

SOUTHERN  
WARRIORS

# EVENT 3

4<sup>TH</sup> SEPTEMBER

BIG  
GYM



SOLID STATE TECHNOLOGY

REGULAR

# EVENT 3

**10 RING MUSCLE UP  
10 HANDSTAND PUSH UP  
100 DOUBLE UNDER**

**10 BAR MUSCLE UP  
10 HANDSTAND PUSH UP  
75 DOUBLE UNDER**

**10 CHEST TO BAR  
10 HANDSTAND PUSH UP  
50 DOUBLE UNDER**

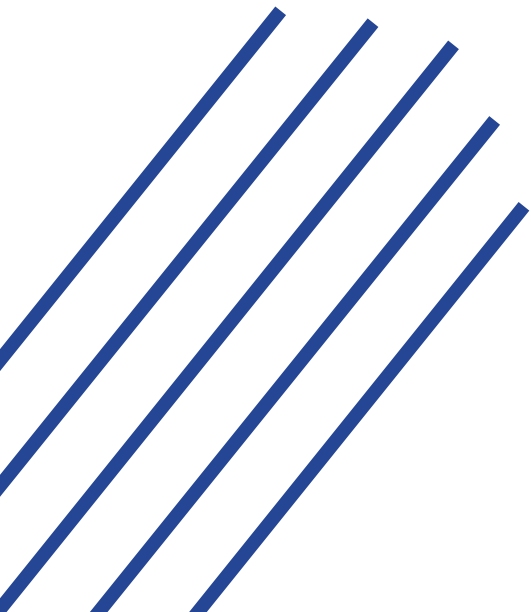


**TIME CAP: 10 MIN**

**SCORE IS TIME**

# LOCATION

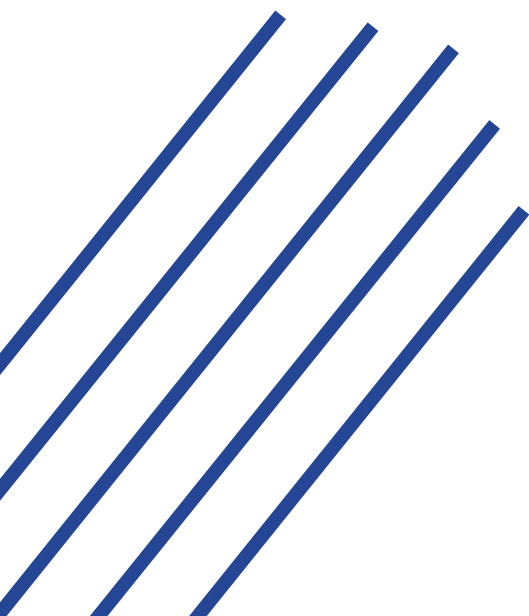
## FIELD A



# WEIGHT & VARIATIONS

<b>MALE</b>	<b>GYMNASTIC RING MUSCLE – BAR MUSCLE UP CHEST TO BAR</b>	<b>HAND STAND PUSH UP</b>	<b>DOUBLE UNDER</b>
<b>SENIOR</b>	√	√	√
<b>MASTER 35</b>	BAR MUSCLE UP – CHEST TO BAR – PULL UP	√	√
<b>MASTER 40</b>	BAR MUSCLE UP – CHEST TO BAR – PULL UP	√	√
<b>MASTER 45</b>	BAR MUSCLE UP – CHEST TO BAR – PULL UP	√	√

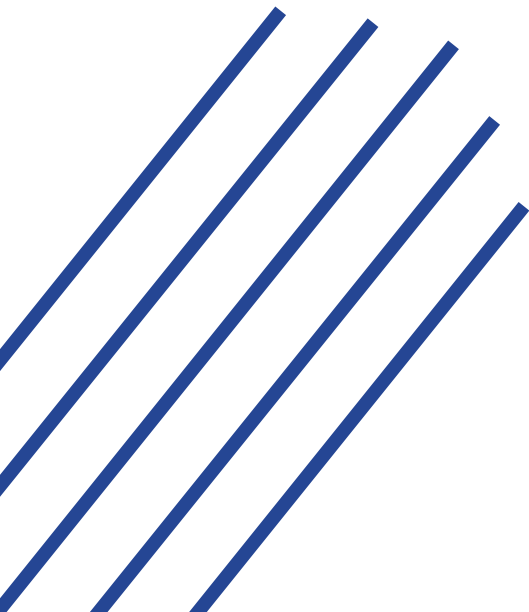
**IF AN ATHLETE DOES NOT HAVE THE REQUIRED SKILL, THEY MAY ASK THE JUDGE TO CLIMB THE MOVEMENT. IN THIS CASE, HE WILL MAKE 10 CHEST TO BARS FOR EACH ROUND (THEREFORE NO RING AND NO BAR MUSCLE UP)**



# WEIGHT & VARIATIONS

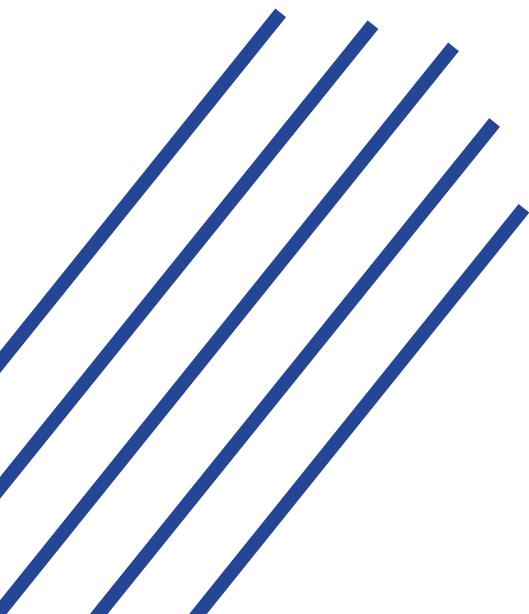
FEMALE	RING MUSCLE UP	HAND STAND PUSH UP	DOUBLE UNDER
SENIOR	5 BAR MUSCLE UP 5 CHEST TO BAR 5 PULL UP } SCALED INTO CHEST TO BAR	√	√

IF A FEMAL ATHLETE DOES NOT HAVE THE MUSCLE UP BAR SKILL, THEY WILL RUN 5 CHEST TO BARS FOR EACH ROUND.



# FLOW

**ATHLETES WILL AT THE STARTING LINE. AT THE CALL OF “3,2,1...GO” THEY WILL MOVE TO THE RING AND COMPLETE THE REQUESTED REPS. ONCE THEY ARE COMPLETED, ATHLETES WILL MOVE TO THE WALL AND COMPLETE 10 REPS OF HANDSTAND PUSH UP. THEN, THEY WILL MOVE TO THE FIRST SECTION TO PERFORM 100 DOUBLE UNDER. THEN, THEY WILL RETURN TO THE RIG AND PERFORM THERE 10 BAR MUSCLE UP, FOLLOWED BY 10 HANDSTAND PUSH UP. THEY WILL THEN GRAB THE JUMPING ROPE, ADVANCE TO THE NEXT SECTION AND PERFORM 75 DOUBLE UNDER. THEN, THEY WILL RETURN TO THE RIG FOR THE LAST TIME AND PERFORM 10 CHEST TO BAR, FOLLOWED BY 10 HANDSTAND PUSH UP. THEY WILL THEN GRAB THE JUMPING ROPE, ADVANCE TO THE THIRD SECTION AND PERFORM 50 DOUBLE UNDER. ONCE THE 50 DOUBLE UNDERS ARE COMPLETED, THEY WILL SPRINT TO THE FINISH LINE WHERE THE TIME WILL BE TAKEN.**



# STANDARD

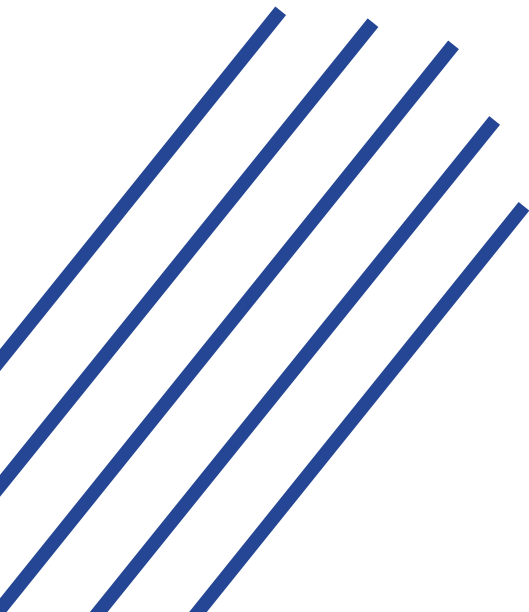
## RING MUSCLE UP

**ATHLETES MUST BEGIN EACH REP HANGING FROM THE RINGS, WITH ARM FULLY EXTENDED AND FEET OFF THE GROUND. NO PART OF THE FEET MAY RISE ABOVE THE BOTTOM PART OF THE RING DURING THE KIP.**

**THE ATHLETES MUST PASS THROUGH A PORTION OF A DIP BEFORE REACHING LOCKOUT.**

**THE REP IS CREDITED WHEN THE ELBOWS ARE FULLY LOCKED OUT IN THE SUPPORT POSITION WITH THE ATHLETE'S SHOULDER OVER OR SLIGHTLY BEYOND THE RINGS.**

**REACHING LOCKOUT WHILE FALLING AWAY FROM THE RINGS WILL BE CONSIDERED A NO REP.**



# STANDARD

## BAR MUSCLE UP

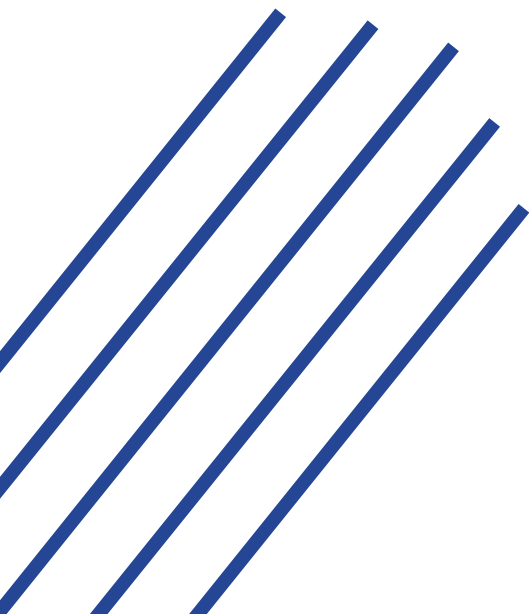
**ATHLETES MUST BEGIN EACH REP HANGING FROM THE BAR, WITH ARM FULLY EXTENDED AND FEET OFF THE GROUND.**

**NO PART OF THE FEET MAY RISE ABOVE THE BAR DURING THE KIP.**

**THE ATHLETES MUST PASS THROUGH A PORTION OF A DIP BEFORE REACHING LOCKOUT.**

**THE REP IS CREDITED WHEN THE ELBOWS ARE FULLY LOCKED OUT IN THE SUPPORT POSITION WITH THE ATHLETE'S SHOULDER OVER OR SLIGHTLY BEYOND VERTICAL PLAN OF THE BAR.**

**REGRIPPING, LETTING GO OF THE HANDS FROM THE BAR AND MOVING THEM, IS NOT PERMITTED.**



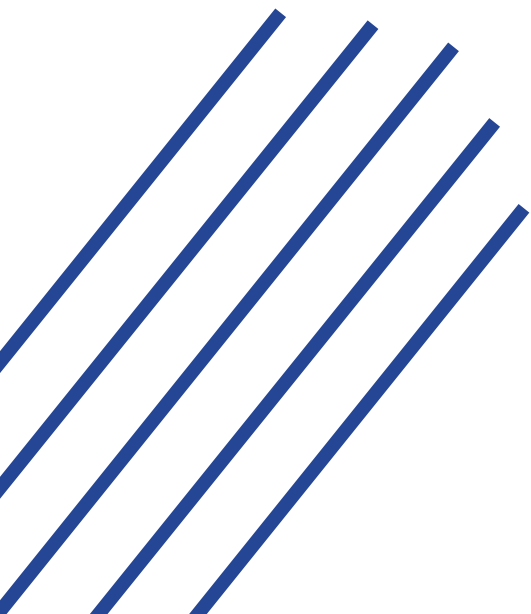


# STANDARD

## CHEST TO BAR

**AT THE START OF EACH REP, THE ATHLETE'S ARM MUST BE FULLY EXTENDED WITH THE FEET MUST OFF THE GROUND.**

**THE REP IS CREDITED WHEN THE ATHLETE'S CHEST CLEARLY COMES IN CONTACT WITH THE BAR AT OR BELOW THE COLLAR BONE.**



# STANDARD

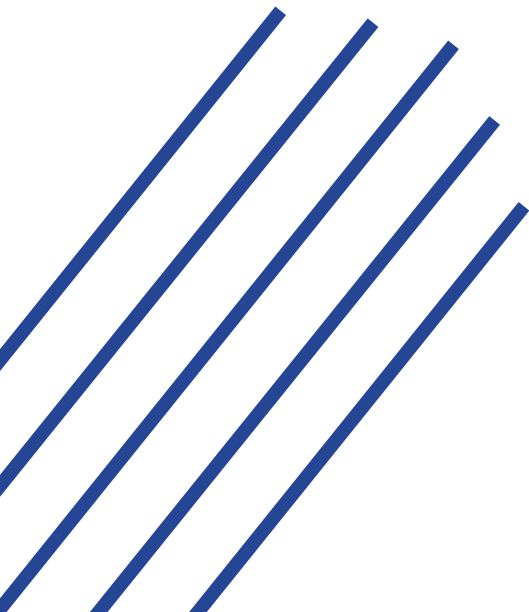
## HANDSTAND PUSH UP

**EACH REP BEGINS WITH THE ATHLETE IN THE LOCKOUT POSITION WITH ONLY THE HEELS AGAINST THE WALL, HEAD OFF THE GROUND, ARMS FULLY EXTENDED AND SHOULDERS IN LINE WITH THE BODY.**

**AT THE BOTTOM, THE HEAD MUST MAKE CONTACT WITH THE GROUND. THE HANDS MUST REMAIN INSIDE THE DESIGNATED AREA. THE REP IS CREDITED WHEN THE ATHLETE RETURNS TO THE LOCKOUT POSITION WITH THE HEELS ON THE WALL; ARMS, HIPS AND LEGS FULLY EXTENDED; AND SHOULDERS IN LINE WITH THE BODY.**

**KIPPING IS ALLOWED, BUT THE FEET MAY BE NOT WIDER THAN THE WIDTH OF THE PANEL .**

**AT ANY TIME, IF ANY PART OF THE BODY, EXCEPT THE HEELS, MAKES CONTACT WITH THE PANEL, THE REP DOES NOT COUNT**

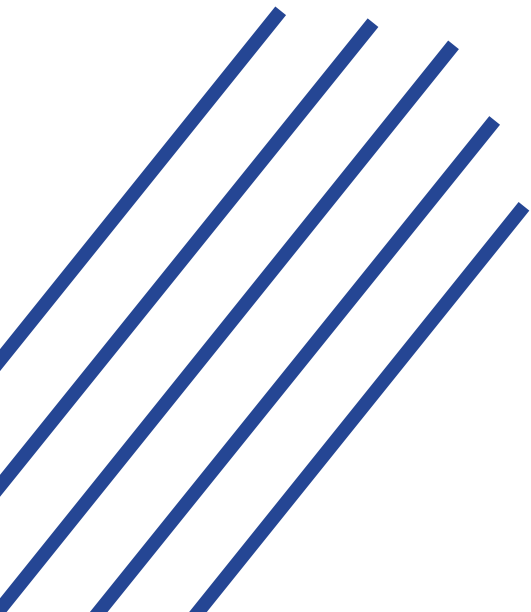


# STANDARD

## DOUBLE UNDER

**THE ROPE PASSES UNDER THE FEET TWICE FOR EACH JUMP.**

**THE ROPE MUST SPIN FORWARD FOR THE REP TO COUNT.**



# STANDARD

## SCALE THE MOVEMENT

**AT THE BEGINNING OF THE WORKOUT, THE ATHLETE CAN DECLARE TO HIS JUDGE THAT HE/SHE WANTS TO SCALE THE MOVEMENT, FROM RINGS TO BAR MUSCLE UP (CHEST TO BAR FOR THE LADIES).**

**SHOULD THE MOVEMENT BE SCALED, THE ATHLETE WILL BE RANKED BEHIND THOSE WHO HAVE PERFORMED EVEN ONE SINGLE REPETITION OF THE PRESCRIBED EXERCISE.**

