

SOUTHERN  WARRIORS

# EVENT 6

5<sup>TH</sup> SEPTEMBER

IRISH  
WALL



TEAM

# LOCATION

## FIELD C



# EVENT 6

**20 M. SPRINT**

**10 BURPEE OVER IRISH WALL «I GO YOU GO»**

**10 M. BEAR HUG CARRY (BOTH)**

**10 SANDBAG GROUND TO SHOULDER «I GO YOU GO»**

**10 M. BEAR HUG CARRY (BOTH)**

**10 BURPEE OVER IRISH WALL**

**20 M. SPRINT**

**TIME CAP: 6 MIN**

**SCORE IS TIME**



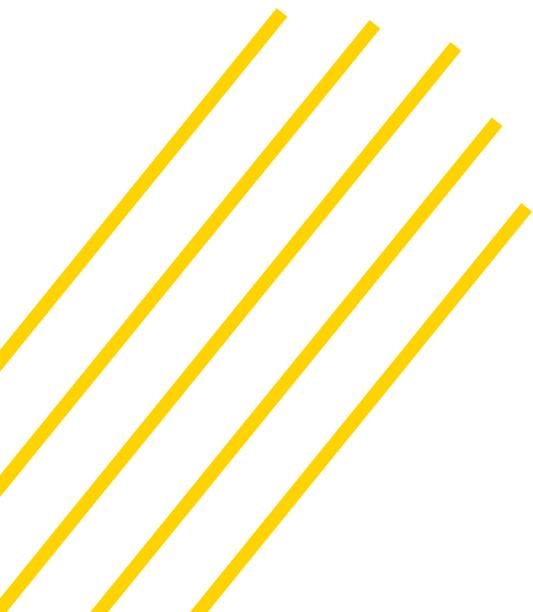
# WEIGHT & VARIATIONS

<b>TEAM</b>	<b>SANDBAG</b>	<b>GROUND TO SHOULDER</b>
<b>M/M</b>	<b>75/50 KG</b>	<b>75 KG - FOR BOTH</b>
<b>M/F</b>	<b>75/50 KG</b>	<b>75 KG MALE - 50 KG FEMALE</b>
<b>F/F</b>	<b>50/25 KG</b>	<b>50 KG - FOR BOTH</b>



# FLOW

**THE TEAM WILL WAIT AT THE STARTING LINE.  
AT THE CALL OF “3,2,1 ... GO” BOTH ATHLETES WILL SPRINT  
TO REACH THE IRISH WALL WHERE THEY WILL COMPLETE 10  
BURPEES OVER IN «I GO YOU GO» MODE.  
WHEN THE BURPEES ARE COMPLETED THEY WILL KEEP THE  
SANDBAGS AND WILL WALK 10 METRI WITH THE SANDBAG IN  
BEAR HUG POSITION FOLLOWED BY 10 GROUND TO SHOULDER  
IN «I GO YOU GO» MODE.  
THEY WILL THEN WALK BACK 10 METERS WITH THE SANDBAG  
IN BEAR HUG POSITION, WILL COMPLETE 10 BURPEES OVER  
THE IRISH WALL IN «I GO YOU GO» MODE AND FINALLY THEY  
WILL SPRINT TO THE FINISH LINE WHERE THE TIME WILL BE  
TAKEN.**



# STANDARD

## **BURPEE OVER THE IRISH WALL**

**THE ATHLETE WILL BRING THE CHEST AND THIGHS TO THE GROUND.**

**ONCE BACK UP HE WILL HAVE TO CLIMB OVER THE IRISH WALL (1.60 METERS) AND THEN LAND ON THE OPPOSITE SIDE COMPLETING THE REPETITION (I GO YOU GO MODE = 10 REP TOTAL).**



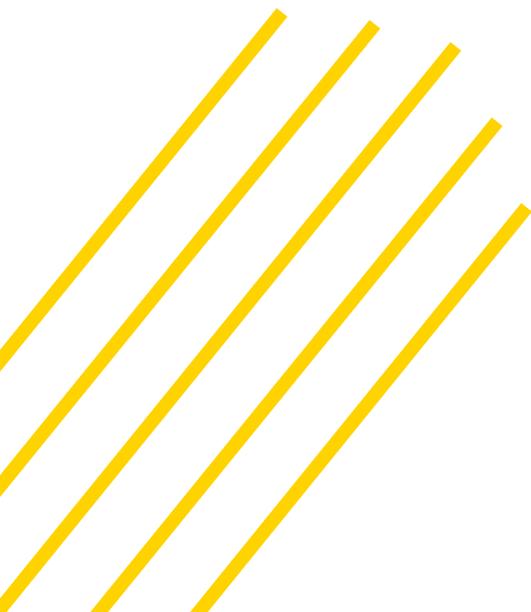
# STANDARD

## BEAR HUG

**THE ATHLETE WILL HAVE TO GRAB THE SANDBAG AND HOLD IT RAISED ABOVE THE HIPS.**

**IF THE SANDBAG FALLS BELOW THE HIPS, A NO REP WILL BE CALLED AND BOTH ATHLETES MUST DROP THE SANDBAG ON THE GROUND, RAISE IT AGAIN AND THEN CONTINUE THE WALK.**

**THE ATHLETES MUST HAVE BOTH FEET ON THE MAT BEFORE DROPPING THE SANDBAG (THROWING IT WILL THEREFORE BE CONSIDERED NO REP AND FORCES THE ATHLETE TO TAKE THE SANDBAG BACK TO THE POINT SHOWN BY THE JUDGE).**



# STANDARD

## GROUND TO SHOULDER

**THE ATHLETE WILL LIFT THE SANDBAG FROM THE GROUND TO THE SHOULDER. IN TOP POSITION THE ATHLETE MUST HAVE HIPS, KNEES FULLY EXTENDED AND THE SANDBAG OVER CLEARLY ON THE SHOULDER.**

**TOUCH AND GO IS PERMITTED.**

**DROPPING THE SANDBAG BEHIND THE BACK WILL BE CONSIDERED A NO REP. (I GO YOU GO MODE = 10 REP TOTAL)**

