



FIELD C

BODYWEIGHT

SOUTHERN

WARRIORS

2 0 2 2

REGULAR SENIOR E MASTER

FREE STYLE



EVENT

BODYWEIGHT

TIME CAP: 7 MIN

21/18 CHEST TO BAR

2 SHUTTLE RUN (back and forth = 1)

18 MT HANDSTAND WALK (9 mt + 9 mt)

15/12 CHEST TO BAR

2 SHUTTLE RUN

18 MT HANDSTAND WALK

21/18 CHEST TO BAR

SCORE IS TIME



WEIGHT AND VARIATIONS

DIVISION	CHEST TO BAR	SHUTTLE RUN 30 MT	HANDSTAND WALK
REGULAR MAN	21/15/21	16	18
REGULAR FEMALE	18/12/18	16	18
REGULAR SENIOR	18/12/18	16	18

You can scaled the «handstand walk» into an overhead walking lunges using a bumper.

Man: 20 kg
Woman: 15 kg

If you scale the movement, your score will be worst than the score of an athlete that perform even a single rep of the request movement.



FLOW

- The athlete waits in starting line.
- On “3,2,1...GO!” moves to the rig and performs 21 chest to bar. he goes to the first section line and performs 2 shuttle runs. Pay attention: 1 shuttle run is a back and forth. the athlete moves now into a 18 mt handstand walk from (3 sections of 3 mt each; also in this case is a back and forth). he returns to the rig and he performs 15 chest to bar, followed by 2 shuttle runs and 9 + 9 mt of handstand walk. He returns to the rig for the last 21 reps of chest to bar.
- The athlete will run to the finish line for the time.



STANDARD

CHEST TO BAR

The athlete starts in hanging position with straight arms and feet off the ground. In top position the chest must clearly touch the bar below the collar bone.

SHUTTLE RUN

The athlete runs from a lane to a lane. a single shuttle run is a back and forth.



STANDARD

HANDSTAND WALK

The athlete kick up with both hands (entire hand, including palm and fingers) BEHIND the mark of the segment being attempted. Stepping over the line or landing with the hands on or over the line is a “no rep.” Must walk forward. Coming down from the hands at any time requires a restart from behind the last line successfully crossed. A rep is credited when both hands, including palms and fingers, cross the line before the feet touch the ground. Jumping both hands over the line to finish a section is not allowed.