



FIELD C
SKILL

SOUTHERN
WARRIORS
2 0 2 2

ELITE TEAM DIVISION
ARMS UP



EVENT
SKILL

AMRAP: 14 MIN

MAX REP HANDSTAND PUSH UP STRICT

EVERY TIME YOU GET OFF YOU MUST PERFORM

1 ROPE CLIMB LEGLESS

15 + 15 MT HANDSTAND WALK (BACK AND FORTH)

MOVE THE CHESS PIECE

SWITCH PARTNER

SCORE IS REP



WEIGHT AND VARIATIONS

DIVISION	HANDSTAND PUSH UP	ROPE CLIMB	HANDSTAND WALK
ELITE MM	STRICT	1 LEGLESS	15 + 15
ELITE MF	STRICT	1 LEGLESS/ 1 REGULAR	15 + 15
ELITE FF	REGULAR	1 REGULAR	15 + 15
TEAM REGULAR	REGULAR	1 REGULAR	15 + 15
TEAM MASTER	REGULAR	1 REGULAR	15 + 15



FLOW

- The team shows up at the starting line.
On the 3,2,1 go a team member goes to the handstand push up panel and performs the maximum number of repetitions possible.
VAs soon as the athlete dismounts from the handstand position he/she must perform 1 rope climb, then he/she will go for 15 meters round trip handstand walk.
- He then moves the chess piece and runs to relieve his partner. The change is mandatory.
- It will be the partner's turn to perform the same type of work. It will continue in this way until the end of the time set for the wod.



STANDARD

HANDSTAND PUSH UP

La rep parte dalla top position, con la testa dell'atleta staccata da terra, gomiti bloccati, anche aperte, solo i talloni a contatto con il pannello. L'atleta dovrà quindi in bottom position portare la testa a contatto con il pavimento per poi tornare in top position. Durante l'esecuzione le mani non possono uscire dallo spazio designato. I piedi durante la fase di kipping non possono uscire dal pannello. Se durante la fase di esecuzione delle rep qualunque parte del corpo, eccetto i talloni, entra in contatto con il pannello, il movimento sarà considerato no rep

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Non è ammesso nessun movimento kipping.



STANDARD

HANDSTAND WALK

The athlete starts with both hands before the section line. In starting the walk vertically both hands should be placed before the section line, without any part of them touching it.

The athlete should then walk the length of the section until both hands reach beyond the section line. If during the walk on the hands the athlete should fall he/she must start again from the last section conquered.

The athlete may not throw himself and his hands over the section line but must maintain control of the movement at all times.

ROPE CLIMB

The athlete climbs the rope and goes to touch the crossbeam.

ROPE CLIMB LEGLESS

In the legless rope the athlete will not be able to use his legs in the ascent phase. He will then first have to touch the crossbeam then bring their hands back on the rope, at which point he can again use their legs in the descent phase.