



FIELD C
SKILL

SOUTHERN
WARRIORS
2 0 2 2

REGULAR SENIOR & MASTER
BLUE SKY



EVENT
SKILL

TIME CAP: 11 MIN

BUY IN

40 CAL SKIERG

27/21 HANDSTAND PUSH UP

3 ROPE CLIMB

18 BOX JUMP OVER

21/18 HANDSTAND PUSH UP

2 ROPE CLIMB

15 BOX JUMP OVER

18/15 HANDSTAND PUSH UP

1 ROPE CLIMB

12 BOX JUMP OVER

RUN TO THE FINISH LINE

SCORE IS TIME



WEIGHT AND VARIATIONS

DIVISION	HANDSTAND	ROPE	BOX JUMPS
REGULAR SENIOR MAN	27/21/18	3/2/1	18/15/12-60 CM
REGULAR SENIOR WOMAN	21/18/15	3/2/1	18/15/12-50 CM
MASTER MAN	21/18/15	3/2/1	18/15/12-60 CM



FLOW

- The athlete waits at the starting line.
At 3,2,1 go he goes to the ski erg and performs 40 calories.
He then goes to the handstand panel where he will go to perform 27 repetitions of handstand push ups.
He will then go to the rope to perform 3 climbs and finally take to the first section to perform 18 box jump overs.
- The athlete will then return to the handstand push up panel to perform the next reps and then go to the rope for the 2 climbs. he will then move the plyo box one section and go to perform the assigned reps.
- He will return for the last time to the handstand panel, then go to the rope for the single climb. he will take to the plyo box and move it one section. he will then go to perform the 12 repetitions.
- He will run in the finish line for time.



STANDARD

HANDSTAND PUSH UP

The rep starts from the top position, with the athlete's head off the ground, elbows locked, hips open, only the heels in contact with the panel. The athlete should then in bottom position bring the head into contact with the floor and then return to top position. During execution, the hands cannot leave the designated space. The feet during the kipping phase cannot leave the panel. If during the rep phase any part of the body, except the heels, makes contact with the panel, the movement will be considered no rep

ROPE CLIMB

The athlete will have to climb the rope going to touch the crossbeam.



STANDARD

BOX JUMP OVER

- The athlete must jump with both feet on the box.
- The take-off from the ground can also be asynchronous.
- The athlete is required to have both feet on the box before coming down. Otherwise he may also perform the box jump directly.
- He/she may jump or steppe the descent from the opposite side from where the repetition began.
- During the execution the hands cannot make contact with either the box or the body. Since it is an “over” movement, no stretching of the hips is required once the athlete is on the box.