



FIELD C
SKILL

SOUTHERN
WARRIORS
2 0 2 2

ELITE SENIOR - MASTER 30
HEAD DOWN



EVENT

SKILL

TIME CAP: 15 MIN

10 WALL WALK + STRICT WALL FACING HANDSTAND PUSH (1+1)

3 LEGLESS ROPE CLIMB

10 WALL WALK + STRICT WALL FACING HANDSTAND PUSH (1+1)

2 LEGLESS ROPE CLIMB

10 WALL WALK + STRICT WALL FACING HANDSTAND PUSH (1+1)

1 LEGLESS ROPE CLIMB

IMMEDIATELY INTO

2 ROUND OF:

15 STRICT HSPU

15 BOX CLEAR OVER

30 M HANDSTAND WALK

(if you fall down: penalty 10 pistols)

RUN TO THE FINISH LINE

SCORE IS TIME



WEIGHT AND VARIATIONS

FEMALE ELITE

8 WALL WALK + STRICT WALL FACING HANDSTAND PUSH (1+1)

3 ROPE CLIMB

8 WALL WALK + STRICT WALL FACING HANDSTAND PUSH (1+1)

2 ROPE CLIMB

8 WALL WALK + STRICT WALL FACING HANDSTAND PUSH (1+1)

1 ROPE CLIMB

IMMEDIATELY INTO

2 ROUND OF:


12 STRICT HSPU

12 BOX CLEAR OVER

30 M HANDSTAND WALK

(if you fall down: penalty 10 pistols)

RUN TO THE FINISH LINE



FLOW

- The athlete waits in the starting line. On 3,2,1 go he takes to the handstand push up panel and performs 1 wall walk + 1 strict wall facing handstand push up ten times. He then takes himself to the rope and performs 3 climbs to the rope in legless mode.
- Then return to the wall walk panel to again perform the 10 reps of wall walk and 10 handstand push up strict facing the wall, followed by 2 climbs to the rope.
- The athlete will then go to the panel to perform the last 10 reps of wall walk + strict wall facing handstand push ups and move to the rope for the last rep of rope climb.
- At this point the athlete will go to perform 15 strict handstand push ups, move to the first section to perform 15 box clear overs. Back to the panel he will perform 15 strict handstand push ups followed again by 15 box clear overs.
- then starting from the finish line of the first section he will go 30 meters of handstand walk reaching the finish line of the competition field. From here he will run to the chess piece for the time

CAUTION: In consideration of the high temperatures, it is suggested that gloves be provided for the handstand walk and handstand push ups



STANDARD

WALL WALK + STRICT FACING HANDSTAND PUSH UP

The athlete brings himself to the ground, chest, thighs and feet in contact with the ground.

both hands must remain on the line until both feet are on the wall. the athlete at this point must bring both hands in contact with the line near the wall.

At this point the athlete should perform a push up strict bringing the head in contact with the ground (bottom position) and then climb back up having elbows locked, hips open, only feet in contact with the wall

At this point the wall walk descent can begin. in bottom position both hands should touch the outermost line before the feet touch the ground. The rep will end with the athlete lying on the ground: chest, thighs, feet on the ground.

SEQUENCE:

- Starting position: Chest, thighs, feet on ground; hands on outermost line
- Execution: Two feet to the wall only after I move my hands
- Top position: Hands on the line closest to the wall
- Handstand push up: I perform handstand push up strict
- Bottom position: Hands on the outermost line first, only after feet on the ground



STANDARD

HANDSTAND PUSH UP

The rep starts from 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 may not leave the designated space. If during rep execution any part of the body, except the heels, makes contact with the panel, the movement will be considered no rep.

ROPE CLIMB REGULAR

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

ROPE CLIMB LEGLESS

The athlete must go to touch the crossbeam without availing the use of the legs in contact with the rope.



STANDARD

HANDSTAND WALK

An unbroken run of the required distance is requested.

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 hands the athlete should fall between two or more sections he/she must start again from the last section conquered but first he/she must take a penalty of 10 pistol.

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

BOX CLEAR OVER

The athlete must jump, even asynchronously, the box without resting the feet or any other body part on the box. The rep ends on the opposite side of the box