



**FIELD C**  
***SKILL***

**SOUTHERN**

**WARRIORS**

**2 0 2 2**

**ELITE**

**MASTER 35-40-45-50**

**HEAD DOWN**



# EVENT *SKILL*

**TIME CAP: 15 MIN**

**30 MT HANDSTAND WALK**

**16 CAL SKI ERG**

**4 ROPE CLIMB**

**8 BOX JUMP CLEAR OVER**

**16 CAL SKI ERG**

**3 ROPE CLIMB**

**8 BOX JUMP CLEAR OVER**

**16 CAL SKI ERG**

**2 ROPE CLIMB**

**8 BOX JUMP CLEAR OVER**

**16 CAL SKI ERG**

**1 ROPE CLIMB**

**8 BOX JUMP CLEAR OVER**

**RUN TO FINISH LINE**

**SCORE IS TIME**



# WEIGHT AND VARIATIONS

DIVISION	HANDSTAND WALK	ROPE	BOX JUMP CLEAR OVER
MASTER 35	30	4/3/2/1	8
MASTER 40	30	4/3/2/1	8
MASTER 45	30	4/3/2/1	12 BOX JUMP OVER
MASTER 50	30	4/3/2/1	12 BOX JUMP OVER
MASTER 35 – 40 FEMALE	30	2/2/2/2	12 BOX JUMP OVER



# FLOW

- The athlete waits at the finish line. At 3,2,1 he takes handstand walk to the first section at this point the athlete will go to the ski erg and accumulate the required calories. he then takes to the rope and performs 4 climbs in regular mode. He then goes to first section for clear over boxes.
  - He then returns to the ski erg for assigned calories, goes to the rope and performs 3 climbs. He then moves the plyo box one section and goes to perform the clear over boxes.
  - He then returns to the ski erg, performs his assigned 16 calories, goes to the rope for the two climbs, and then goes to the plyo box. He moves it one section and then performs the box jumps clear over.
- He continues in this way, decreasing the climbs to the rope and ends the
- wod by running in the finish line.



# 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.

## ROPE CLIMB

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

## 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



# 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.