



FIELD A
MIXED

SOUTHERN
WARRIORS
2 0 2 2

REGULAR SENIOR E MASTER
BUTTERFLY



EVENT
MIXED

AMRAP CAP: 14 MIN

FROM 00:00 TO 05:00

AMRAP

3 ROUNDS

5 RING MUSCLE UP / BAR MUSCLE UP

10 PISTOL

AMRAP

DOUBLE DUMBBELL CLUSTER 22,5/15 KG

1' REST

8' AMRAP

16 TOES TO BAR

32 DOUBLE UNDER

8 SNATCH 50/35 KG

SCORE IS REP



WEIGHT AND VARIATIONS

DIVISION	RING MUSCLE UP / CHEST TO BAR	PISTOL	CLUSTER	TOES TO BAR	DOUBLE UNDER	SNATCH
REGULAR SENIOR MAN	5 RING MUSCLE UP	10	22,5 KG	16	32	50 KG
REGULAR SENIOR WOMAN	3 BAR MUSCLE UP	10	15 KG	16	32	35 KG
MASTER	3 BAR MUSCLE UP	10	22,5 KG	16	32	40 KG

Should the athlete not have the ring muscle up skill they will be able to climb in chest to bar should the athlete not have the skill bar muscle up they will be able to scale in chest to bar scaling.

Results in that athlete's scoring being lower than someone who did even one rep of the prescribed movement



FLOW

- The athlete waits in the starting line.
On 3,2,1 go the athlete will go to perform 5 ring muscle ups, move to first section and perform 10 pistols.They will return to the rings for a second round of 5 ring muscle ups followed by 10 pistols. Finally the athlete will return to the rings again for the last 5 ring muscle ups followed again by 10 pistols.The athlete will then move to the second section and perform the maximum number of clusters with the double dumbbell.
- A one-minute rest will follow at the end of the first five minutes.
- The athlete starts from the starting line again. He takes to the rig and performs 16 toes to bar. He then takes to the first section and performs 32 double under.
- The athlete will then go to second section to perform the 8 snatches. The athlete will go back to the rig for the 16 toes to bar, then to first section for the double under. The athlete will go to the barbell and move it one section. Here they will go to perform the 8 snatches again. This is continued in this manner until the end of the allotted time.



STANDARD

PISTOL

The athlete will start by taking care to have the nonworking leg raised off the ground. He/she will then descend in squat, bringing the iliac crest below the highest point of the knee. The athlete will not be allowed to rest the nonworking leg on the ground and the hands will not be allowed to rest on the body. In contrast, the athlete may support the nonworking leg by holding the toe.

Rising to top position, the athlete must be with the knee of the working leg locked, hips open, and only at this point can he or she rest the foot of the non-working leg. Each time a rep is validated the athlete must perform the next movement with the other leg.

A no rep on one leg forces a repetition of the movement with the same leg.

RING MUSCLE UP

The athlete starts in hang position with feet off the ground and arms extended. In the kipping phase, the feet cannot go beyond the rings. The athlete, transitioning from a portion of the dip, should be suspended in top position with arms locked and shoulders over or above the rings.



STANDARD

CLUSTER

Each repetition should start from the ground. The movement is a synthesis of a squat clean and a thruster. Each repetition must start from the ground and in bottom position the athlete must have the iliac crest below the highest point of the knee and then continue the movement according to the mechanics of the thruster ending in top position with feet in line, knees locked, hips open, elbows locked and dumbbells in midline on the body. during the ascent phase from bottom position to top position the athlete cannot flex the knees. The dumbbells should rest at least with one head on the shoulders and should be parallel to the floor.

BAR MUSCLE UP

The athlete starts in hang position with feet off the ground and arms extended. In top position he/she will have to be with elbows locked and shoulders over or above the perpendicular of the bar. The athlete will have to reach the top position phase by passing through a portion of the dip. During the kipping phase, it is not permissible to go with the feet over the bar. The athlete may not let go of the grip of the hands on the bar and move them (regrip).



STANDARD

TOES TO BAR

The Athlete starts in hang position with arms outstretched and feet off the ground. On each rep he will have to bring his heels behind the vertical plane of the bar. Both feet should make contact, at the same time, with the part of the bar between the hands.

SNATCH

The barbell starts from the ground and through a one fluid motion is brought into overhead. In top position the athlete should have feet in line, knees locked, hips open, elbows locked and barbell in midline on the body. In bottom position, touch and go allowed, bouncing prohibited. power, muscle, split, squat snatch are allowed. hang snatch is not allowed.

DOUBLE UNDER

The rope passes under the heels twice for each jump made.