

NEW ZEALAND NATIONALS
INDIVIDUAL NATIONAL FINALS
ONLINE COMPETITION
[SCORECARD]



Event 2 | HANG TIME

SCORE DUE 12:01PM 11th DECEMBER 2021

Event 2

For time, complete...

Max effort Hang.

Flow:

On the sound of 3,2,1... Go! The competitor will already be hanging from the Pull up bar. They will continue to hang for as long as possible. When the competitor comes down from the bar or touches the ground (or anything other than the Pull up bar they are holding) time will stop.



Floor plan: N/A

Note: competitors will be required to submit a video of them completing the entire workout. The video must be taken from in front of the competitor where the competitors entire body will be in the frame for the duration of the workout.

Video Submission:

Competitors will be required to submit a video of them completing this workout. The video must show the entire competitor in the one frame for the duration of the workout.

Movement Standards:

Competitors must hang from a single bar whereby they can not touch the ground or any other apparatus. Competitors may bend at their knees to achieve this.

Once competitors place their hands on the Pull up bar they will not be able to move (or remove) them. The competitor may choose to use an overhand grip, a reverse grip or a mixed grip however once started can not change their chosen grip. If a single hand comes off the bar, the time is up.

No grips or the like may be used during this workout. Competitors may use chalk, and may tape the Pull Up bar using standard medical strapping tape or the like, so long as there is no adhesive on the outer of the tape (that will touch the competitors hands).

Variations by divisions:

Nil.

Competitors Name: _____ Score: _____

Judge Name: _____ Signed: _____