

NEW ZEALAND NATIONALS
 INDIVIDUAL NATIONAL FINALS
 ONLINE COMPETITION
 [SCORECARD]



Event 3 | TASTICS

SCORE DUE 12:01PM 12th DECEMBER 2021

Event 3

For time (as 2on /1off, 2on /1off, 4on), complete...

72 Dumbbell Thrusters

Note: each working piece (i.e. the 2, 2 and 4min blocks) begins with the following buy in...

7 Bar Muscle Ups
 57 Double Unders

Flow:

On the sound of 3,2,1... Go! The competitor will begin by completing the Buy-in. This will see them complete 7 Bar Muscle Ups, then 57 Double Unders, before starting to work towards 72 Thrusters. Once the first 2min cap expires, competitors will take a 1min rest before beginning the next working piece. Again they will begin by completing the same buy-in, before continuing to accumulate Thrusters. If the 72 Thrusters are not complete prior to the expiration of the second 2min cap, competitors will again take a 1min rest. Then again competitors will begin by completing the buy-in before moving to complete their remaining repetitions of Thrusters, this time with a 4min cap.

Scoring:

This workout will be scored by the time taken to complete the required repetitions including any rest. Each rep not completed is scored as one additional second to the cap of 10mins.

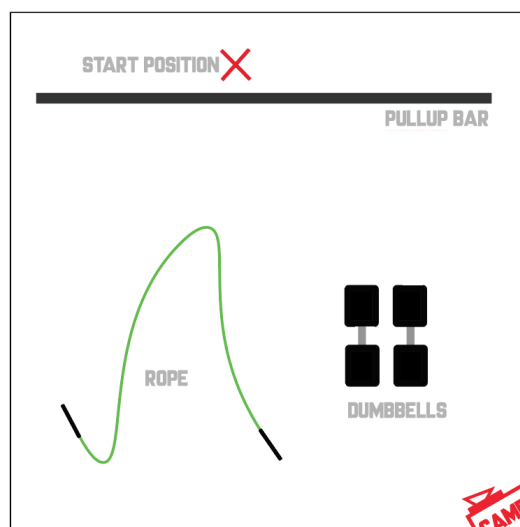
Example: A competitor completes 72 repetitions in round 2 after 1min and 57sec, their score is 2:00 + 1:00 + 1:57 = 4:57

Example: A competitor has completed 68 repetitions at the expiration of the 4min piece. Their score is 10:00 + 0:04 (4 reps not completed) = 10:04

If a buy-in is not completed in the allotted time the competitor will rest the allocated time then try again in the next allocated time. A competitor can only achieve reps once a buy in is completed in the respective round.

	BUY IN	REPS COMPLETED
<i>Round 1</i>	7 B.MU	
	57 DU	
<i>Round 2</i>	7 B.MU	
	57 DU	
<i>Round 3</i>	7 B.MU	
	57 DU	
Time complete _____		

Floor plan: REQUIRED.



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:

Bar Muscle Ups

The individual starts hanging from the bar at full extension of the arms. they may then use any muscle up movement to move above the bar with the arms fully locked out in the front support position. A 'glide kip' Muscle-Up is acceptable provided the competitors Toes do not move above the horizontal plain of the Pull up bar. The individual cannot receive any assistance to complete the muscle up. The individual cannot come in contact with any other apparatus whilst transitioning above the bar to the front support position.

Double Unders

This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

Lateral Bar Hops

The repetition begins with the competitor standing laterally (side on) to their Barbell. The competitor must jump over the barbell, taking off and landing with both feet. One-footed jumping or stepping over is not permitted. The next rep will then begin on the opposite side of the barbell. If the barbell is touched during the repetition, this is a no-rep and requires the competitor to complete that repetition again. Barbells must be loaded, with standard size Bumper plates (not incrementals)

Dumbbell Thrusters

The competitor, will frontrack the Dumbbells by place the Dumbbells on the shoulder, squat down until their hip crease goes below the top of their knee, then stand until they are fully extended with the hips, knees and shoulders in line, at the same time pressing both Dumbbells simultaneously overhead. The competitor's elbows must NOT touch their knees throughout each repetition. The competitor may NOT jerk the Dumbbells over head. This is completed as a single movement.

Pull Ups

The competitor must start hanging on the bar with the arms fully extended and their feet off the ground. They must then pull up until their chin is higher than the horizontal plain of the TOP of the bar. The competitor may perform a strict, kipping or butterfly pull-up to achieve this.

Chest to Bar Pullup

The competitor must start hanging on the bar with their arms fully extended and their feet off the ground. They must then Pull-up until their chest makes contact with the bar. The competitor may perform a strict, kipping or butterfly Pull-up to achieve this.

Variations by divisions:

Rx, Masters 40-49, Teens 16-17:

Dumbbells @ 2x22.5kg / 2x15kg

Masters 50+, Teens 14-15:

Dumbbells @ 2x15kg / 2x10kg

Note: both Masters(50+) and Teens (14-15) may choose to scale the Muscle Ups to Chest to Bar Pullups. In this case Muscle Ups will be replaced with 18 C2b Pullups.

Intermediate:

Dumbbells @ 2x22.5kg / 2x15kg

Muscle Ups replaced with 14 Chest to Bar Pullups.

Scaled:

Dumbbells @ 2x15kg / 2x10kg

Muscle Ups replaced with 14 Pullups.

Double Unders replaced with Lateral Bar hops.

Competitors Name: _____ Score: _____

Judge Name: _____ Signed: _____