

NEW ZEALAND NATIONALS  
INDIVIDUAL NATIONAL FINALS  
ONLINE COMPETITION  
[SCORECARD]



**Event 6 | 150**

**SCORE DUE 18:59PM 13<sup>th</sup> DECEMBER 2021**

**Event 6**

*For time complete...*

120 Wall Balls  
30m Overhead walking Lunge

Cap: 7mins.

*Note: The time allocated for this event is from 0:00 - 07:00. If a competitor finishes early they must rest out the remainder of the allocated time. Following the 7min cap of this event, competitors will have a 3min rest before beginning Event 7.*

*Competitors must use a running clock for the duration of Event 6 through to the completion of Event 8.*

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**Flow:**

On the sound of 3,2,1... Go! The competitor will pick up their Wall Ball and begin the 120 repetitions. Once they have completed the required number of Wall Balls they will move to and uplift their Dumbbells. With both Dumbbells held overhead, they will Lunge 30 meters, turning around every 5 meters.

**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.

	<b>REPS COMPLETED</b>
120 Wall Balls	
30m OH walking Lunge	
Time complete _____	

**Scoring:**

This workout will be scored by the time taken to complete the entire workout. If repetitions are not complete in the stipulated time frame, each rep not complete is added as 1sec to the time cap.

Floor plan: REQUIRED (either).



### Movement Standards:

#### Overhead Walking Lunge

With both Dumbbells held overhead. Walking forward the competitor will lunge, alternating legs each step and ensuring the stand to full extension of the knees and hips with a straight line through the body between each rep/lunge. Each 5 meter block begins with the competitor standing behind the marked line indicating the start, and finished with the competitor clearing the line at the end of the 5 meter area.

#### Wall Balls

The Wall ball starts on the ground. The movement starts from the bottom of a squat, hip crease below the knee, the competitor then stands and throws the ball to hit the specified target/height. All competitors will throw to or above a 10ft target/height.

### Variations by divisions:

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

Dumbbells @2x22.5/2x15kg

Wall Balls @9/6kg

*Masters 50+, Teens 14-15:*

Dumbbells @2x15/2x10kg

Wall Balls @9/6kg

*Scaled:*

Dumbbells @2x15/2x10kg

Wall Balls @6/3kg

Competitors Name: \_\_\_\_\_

Score: \_\_\_\_\_

Judge Name: \_\_\_\_\_

Signed: \_\_\_\_\_