

NEW ZEALAND NATIONALS
 INDIVIDUAL NATIONAL FINALS
 ONLINE COMPETITION
 [SCORECARD]



Event 7 | UPSIDE

SCORE DUE 18:59PM 13th DECEMBER 2021

Event 7

12 rounds for time, as...

6 Rounds of:

- 8 Pull ups
- 5 meter Handstand walk

4 Rounds of:

- 8 Pull ups
- 10 meter Handstand walk

2 Rounds of:

- 8 Pull ups
- 15 meter Handstand walk

Cap: 10mins.

Note: Following the 7min cap for Event 6, competitors will have a 3min rest before beginning this Event. The time allocated for this event is from 10:00 - 20:00. If a competitor finishes under the cap they must rest out the remainder of the allocated time. Following the 10min cap for event 7 competitors will have a 10min rest before beginning event 8.

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

Flow:

On the sound of 3,2,1... Go! The competitor will begin by completing the 8 Pullups. Once complete they will move to the start line of the Handstand walk and complete their 5 meter Handstand walk. They will continue in this fashion for 6 rounds. On the 7th round they will again complete the 8 pullups, however after completing the first 5 meters of Handstand walk they will turn around to complete the second 5 meter block, accumulating 10 meters. This will continue for 4 rounds. On rounds 11 and 12 the competitor will again complete the 8 Pull ups, however during the Handstand walk they will complete three 5 meter blocks, turning around each 5 meters, accumulating the stipulated 15 meters.

		REPS COMPLETED
Round 1	8 Pull ups	/9
	5m Hs walk	
Round 2	8 Pull ups	/18
	5m Hs walk	
Round 3	8 Pull ups	/27
	5m Hs walk	
Round 4	8 Pull ups	/36
	5m Hs walk	
Round 5	8 Pull ups	/45
	5m Hs walk	
Round 6	8 Pull ups	/54
	5m Hs walk	
Round 7	8 Pull ups	/64
	10m Hs walk	
Round 8	8 Pull ups	/74
	10m Hs walk	
Round 9	8 Pull ups	/84
	10m Hs walk	
Round 10	8 Pull ups	/94
	10m Hs walk	
Round 11	8 Pull ups	/105
	15m Hs walk	
Round 12	8 Pull ups	/116
	15m Hs walk	
Time/Reps complete _____		

Scoring:

This workout will be scored by the time taken to complete the required repetitions. Each rep not completed is scored as one additional second to the cap of 10mins. Each 5m block of HS walk incomplete is 1sec.

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:

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.

Handstand Walk

Both hands must start before the first red line and pass the last red line

Sumo Deadlift High Pull (SDHP)

The individual starts with the Barbell on the ground. They then pull the Barbell up until their hands pass above the horizontal plain of their collarbone (elbows above the hands), at the same time their knees and hips are extended and inline. They then return the Barbell to the ground and start the next repetition. The individual's hands must hold the Barbell closer than the width their feet are placed for the duration of the repetition.

Variations by divisions:

Rx, Masters (all), Teens (all), Intermediate:

Handstand walk (5 meter gap, each way) unbroken

Scaled

Pull Ups substituted for SDHP @45/30kg

Handstand walk, scaled to be achieved in 3 attempts. Note, the 5 meter section must be achieved within 3 successful efforts one after the other to be awarded the repetition. If on the 3rd attempt the section is not achieved the competitor must restart the 5 meter section.

Competitors Name: _____ Score: _____

Judge Name: _____ Signed: _____