

NEW ZEALAND NATIONALS
INDIVIDUAL NATIONAL FINALS
ONLINE COMPETITION
[SCORECARD]



Event 9 | GASSED

SCORE DUE 18:59PM 13th DECEMBER 2021

Event 9

For time complete...

18/12 Ring Muscle Ups
12 Burpee box jump overs @40"
12/6 Ring Muscle Ups
6 Burpee box jump overs @40"

Time cap: 4mins.

Flow:

Starting standing on the ground, on the sound of 3,2,1... Go! the competitor may jump up to the rings and begin the Ring Muscle Ups. Competitors may choose to break these how they like. Once the stipulated reps have been completed the competitor may move to the boxes and begin the Burpee Box jump over. Once the stipulated reps are complete they will move back to the rings for another round of Ring Muscle Ups followed by Burpee Box jump overs as per the stipulated rep scheme.

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.

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.

	REPS COMPLETED
18/12 Ring MU	
12 BBJO	
12/6 Ring MU	
6 BBJO	
Time complete _____	

Note: Rx competitors must clear the box with their feet meaning only their hands may touch the top of the box. Additionally, the competitors feet must move above the horizontal plain of the box, reasonably within the parameters of the box as per the image below.



Movement Standards:

Ring Muscle Ups

The competitor starts hanging from the rings at full extension of the arms. they may then use any muscle up movement to move above the rings with the arms fully locked out in the front support position. Front up raise/ Back up raise movements or rolling is NOT allowed. The individual may use a false grip to conduct the muscle up, but, they must first start with their arms at full extension, this can be with false grip and the arms fully extended or starting in a dead hang grip and transitioning into a false grip. The competitor cannot receive any assistance to complete the muscle up. The competitor may NOT start in a false grip with bent arms and then complete the muscle up. The competitor cannot come in contact with any other apparatus whilst transitioning above the rings to the front support position.

Burpee Box Jump Overs

With two boxes stacked one on top of the other, the competitor starts standing behind the box. The competitor lowers themselves to the floor until their chest and thighs are clearly on the floor. Once they have made contact with both their chest and thighs (at the same time), they then stand up and jump onto and over the box. Each Burpee must be performed perpendicular to and facing the box. The individuals may use any method to lower themselves to the ground. Gymnastic or spring-loaded floors are not allowed.

Rx competitors must clear the box with their feet meaning only their hands may touch the top of the box. Additionally, the competitors feet must move above the horizontal plain of the box, reasonably within the parameters of the box as per the image below.

All other competitors may place both their hands and legs on the box in order to move themselves from one side to the other. The competitor must ensure they clearly go over the box and not around.

Toes to Rings

The competitor starts hanging from the rings, they then swing/curl their feet up towards the rings until their feet/toes either touch the rings or go through the centre of the rings. From hanging to touch the rings with the feet/toes is considered a repetition.

Ring Dips

The competitor starts fully extended at the elbows in an upright position. They then lower themselves until their biceps touch the rings. They then press back to their starting position. The competitor may not touch the ground or receive any assistance whilst performing the Ring Dip. Kipping the Ring Dip is allowed.

Variations by divisions:

Intermediate, Teens 14-15:

Ring Muscle Ups substituted with Ring Dips.

Scaled:

Ring Muscle Ups substituted Toes to Rings

Competitors Name: _____ Score: _____

Judge Name: _____ Signed: _____