

2022 NEW ZEALAND NATIONALS ONLINE QUALIFIER  
SCORECARD



**Workout 4 | Timon on top.**

SCORE DUE 11:59 PM, 31<sup>st</sup>AUGUST 2022

**Workout 4**

For time:

5m Handstand walk

10 Overhead Squats

2 x 5m Handstand walk

8 Overhead Squats

3 x 5m Handstand walk

6 Overhead Squats

4 x 5m Handstand walk

4 Overhead Squats

5 x 5m Handstand walk

2 Overhead Squats

Cap: 8mins

**Flow**

The competitor starts standing behind the start line (a line clearly marked as the start of the five meter area). On the sound of 3,2,1... go, the competitor may kick up into a HS (hands behind the line) and walk, on their hands, across the 5m area. Once they have achieved the Handstand walk they will move to their Barbell and perform 10 Overhead squats. Once complete they will return to the marked area and perform 2 x 5m Handstand walks. This will see the competitor come down from the Handstand after crossing 5m line, turning around and going back the way they came for the second 5m Handstand walk. Once complete they will move back to the Barbell continuing in this fashion, completing the relative repetitions until either the time expires, or they complete the required repetitions.

**Weight changes**

It is the competitors responsibility to change their own weights.

**Scoring**

The total time taken to achieve all stipulated repetitions. If the repetitions are not completed in the 8 minute time cap, each repetition not completed will be added as one second per incomplete repetition.

Note: each 5 meter section of Handstand walk is considered one repetition, for a total of 45 accumulated repetitions.



	For time	Running total
5m HS walk	5m	1
10 Overhead Squats		11
2 x 5m HS walk	5m - 5m	13
8 Overhead Squats		21
3 x 5m HS walk	5m - 5m - 5m	24
6 Overhead Squats		30
4 x 5m HS walk	5m - 5m - 5m - 5m	34
4 Overhead Squats		38
5 x 5m HS walk	5m - 5m - 5m - 5m - 5m	43
2 Overhead Squats		45
Total time: _____		/45

## Movement standards

### Handstand Walk:

The individual must Handstand walk supported by their hands only. The handstand walk area must be five meters in distance, forcing the competitor to turn around after each five meter interval. Both hands must start before the line of the marked area and (both hands must) clearly touch the ground at the end of the same five meter marked area before coming down from the Handstand.

### Overhead Squat:

The Barbell must be taken from the ground. The competitor may Clean and Jerk the Barbell from the ground to Overhead, Clean and Jerk to the Backrack then press or Jerk the Barbell Overhead, or Snatch the Barbell (note, this will be considered an Overhead Squat, but requires the competitor to receive the Barbell in a squat). With the Barbell held overhead, with the arms fully extended at the elbows, the competitor will 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 (A Snatch Balance of any sort would be considered a no-rep).

### Squat Snatch

The bar is to be moved from the ground to locked out overhead so that the feet, knees, hips, shoulders, elbows and hands are in line and locked out. The competitor starts standing behind the bar, the competitor lifts the bar, and in one continuous motion catches in a squat with hip crease below the knee and arms fully extended at the elbow overhead. They then stand until the hips, knees and shoulders are in-line. Single reps may be performed but the bar must be completely stationary before continuing the next rep. Bouncing the bar is not allowed.

## Variations by division

Elite, Teens(16-17), Masters(35-42)&(43-49):

Each five meter Handstand walk **MUST** be unbroken. If broken the competitor must restart that particular five meter block.

Rx, Teens(14-15), Masters(50+):

Each five meter Handstand walk must be achieved in two sets or less. If the competitor fails to make the five meter area within two attempts, they must restart that particular five meter block.

### Scaled:

HS Walk replaced by HS hold (against the wall. The hands, including fingers, may be no further than 100cm apart or 40cm from the wall).

**Each 5m HS Walk to be replaced with 15 seconds HS Hold.**

Overhead squat weights as follows:

Elite:

10 @ 65/42.5kg

8 @ 75/47.5kg

6 @ 85/55kg

4 @ 100/62.5kg

2 @ 115/70kg

Rx, Teens(16-17), Masters(35-42)&(43-49):

10 @ 55/37.5kg

8 @ 65/42.5kg

6 @ 75/47.5kg

4 @ 85/52.5kg

2 @ 90/57.5kg

Teens(14-15), Masters(50+):

10 @ 45/30kg

8 @ 55/37.5kg

6 @ 65/42.5kg

4 @ 75/47.5kg

2 @ 85/52.5kg

Scaled:

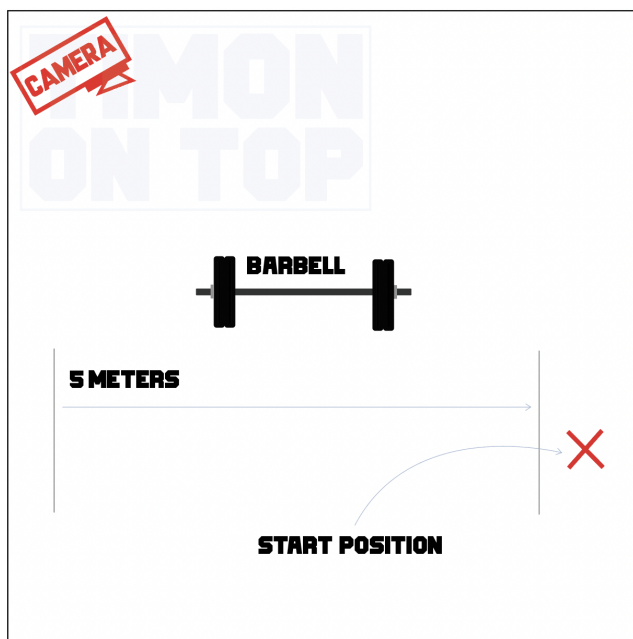
10 @ 45/30kg

8 @ 55/37.5kg

6 @ 65/42.5kg

4 @ 75/47.5kg

2 @ 80/50kg



Competitor Name: \_\_\_\_\_ Score: \_\_\_\_\_

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