

SUNDAY 5 May

EVENT 4: « LADDER »

50s On / 10s Off (rotation)

5 Burpees (no jump, only hips extension) then

1 Ground to Overhead (tiebreak with max deadlift at last weight)

@60/40 - 70/45 - 75/50 - 80/55 - 85/60 - 90/65 - 95/67,5 - 100/70 -

105/72,5 - 110/75 - 115/77,5 - 120/80 - 125/82,5 - 130/85 - 135/87,5 - 140/90

(100 points)

CAP 17min

STANDARDS EVENT 4

BURPEES

Before the go, the athlete stands before the start line. At the sound of “3-2-1-Go”, the athlete moves to the place where he/she will perform the burpees (in front of his/her bar). The chest must touch the floor and the athlete must clearly show the hip extension before executing the next repetition.

GROUND TO OVERHEAD/DEADLIFT

Inside the 50 seconds, after the 5 burpees, the athlete may take the bar. He/she has got the remaining time to perform the lift at the expected weight. He/she can choose to perform a clean and jerk or a snatch. All styles are permitted (muscle, power or squat) as long as the movement is performed continuously (a hang with a pause at the knee or a re-dip is not allowed)

The rep is valid when the athlete stands on full extension (arm, knee and hips). The athlete can perform any try inside the allowed time.

However the rep must be performed in full before the end signal.

If the athlete cannot lift the required weight, he/she must perform one try by lifting the bar up above the knee at minimum. He/she can then perform a maximum of deadlift with the same weight inside the remaining time (he/she cannot go back to the ground to overhead).

The deadlift is validated when the legs, hips and arms are at full extension.

The shoulders must pass beyond the vertical at each rep. The judge write down the number of deadlift and the event finishes for the athlete.

EVENT 5: « Only your bodyweight»

50cal Row

40 Pistol

30 High box jump (30/24inch)

20 Hand stand push-up (homme deficit : 10cm)

10 Bar muscle-up

20 HSPU

30 High box jump

40 Pistol

50cal Row

CAP 16 min

(100 points)

STANDARDS EVENT 5

ROW

The judge must confirm the athlete does not start rowing before the “3-2-1 Go” and that he/she performs the 50 cal before moving out of the rower.

PISTOL

The rep is valid when the hips are below the parallel of the side of the foot remaining on the floor and the athlete comes back to the full extension. No other part of the body must touch the floor before the full extension of the knees and the hips. The athlete has the right to hold his/her foot to help him/her during the rep.

The athlete is required to alternate between left and right foot after each valid rep. If a rep is declared “no rep”, the athlete must start again the rep on the same foot.

HIGH BOX JUMP

The athlete must jump with both feet on the box but may step down one foot after one other. The rep is valid when both feet are touching the box and the athlete clearly shows the hips extension at the top of the box.

HAND STAND PUSH UP

The rep starts when the athlete is in full extension next to the wall (arms and legs extended) with the palms inside the marked lines (fingers may cross the lines)

The athlete must touch the floor with his/her head before going up. He/she can perform his/her reps strict or kipping. The rep is valid when the arms and the legs are extended and only the feet are touching the wall. Men will use plates of 20Kg for the deficit HSPU.

BAR MUSCLE UP

The rep starts when the athlete is at full extension under the bar. Feet do not touch the floor neither the rack and arms are extended. During the bar MU, feet must not go beyond the height of the bar and no other body parts are in contact with the sides of the rack. The rep is valid when the athlete has the arms and hips fully extended above the bar.

EVENT 6: « Mix the girls »

12-9-6

Thruster @60/45

21-15-9

Ring push ups

CAP 5 min

(100 points)

STANDARDS EVENT 6

THRUSTER

For the thruster, the rep starts with the squat. Hips must go below the parallel and athlete must perform the movement continuously (no pause at the shoulders during the go up of the squat). The rep is valid when the legs, the hips and the arms are extended with the bar above the head (be careful of the lockout of the bar too much in front)

The athlete can make a stop in the movement with the bar in overhead, on the shoulders during the go down of the push press or at the bottom of the squat. During the first repetition from the floor, the athlete is not required to mark the hip extension before to go down in squat.

RING PUSH UP

The rep starts when the athlete has the arms at full extension in position of pushups above the rings (be careful to elbow lockout). He must touch the top of the rings with the shoulders before going up. The rep is valid when the athlete comes back to the start position (full extension of the arms above the rings)