



EVENT 6 I HIT A WALL

FOR TIME 9 MIN TIME CAP

In pairs

Round 1

7 Synchro Thrusters Weight 1 M-F

7 Synchro Wall Walks M-F

Round 2

7 Synchro Thrusters Weight 2 M-F

7 Synchro Hand Stand Push Ups M-F

Round 3

7 Synchro Thrusters Weight 3 M-F

Max Synchro Wall Walk to Wall Facing HSPU

RX

Weight 1: 115 / 75 lbs

Weight 2: 135 / 95 lbs

Weight 3 : 155 / 115 lbs

Choice of Kipping or Strict HSPU

SCALED

Weight 1: 95 / 65 lbs

Weight 2: 115 / 75 lbs

Weight 3 : 135 / 95 lbs

Choice of Kipping or Strict HSPU with 1 ab mat

NOTES:

- Workout Starts with all 4 athletes standing behind the line
- After the countdown 3,2,1 first 2 athletes will go to perform the first set of Thrusters
- Second pair M-F can start the first round of thrusters till the first pair has finished them.
- Subsequently second pair can only move to the next movement when the first pair has already finished it
- Teams cannot change the female / male pairs till the Wall Facing HSPU
- On the final round of Max wall walk to wall facing teams can change athletes at any time.
- All barbells will be set for Weight one. Teams are responsible for changing the plates for the other weights
- Synchronization of all gymnastics movements is on top of the rep.

Thrusters



- The athlete and the barbell must remain on the side of the 8-ft (2.45-meters) tape line away from the pull up bar. If the plates or the athlete's foot touch the line at any time the rep will not count.
- Each set of thrusters begins with the barbell on the ground.
- The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position.
- A full squat clean into the thruster is allowed when the bar is taken from the floor.

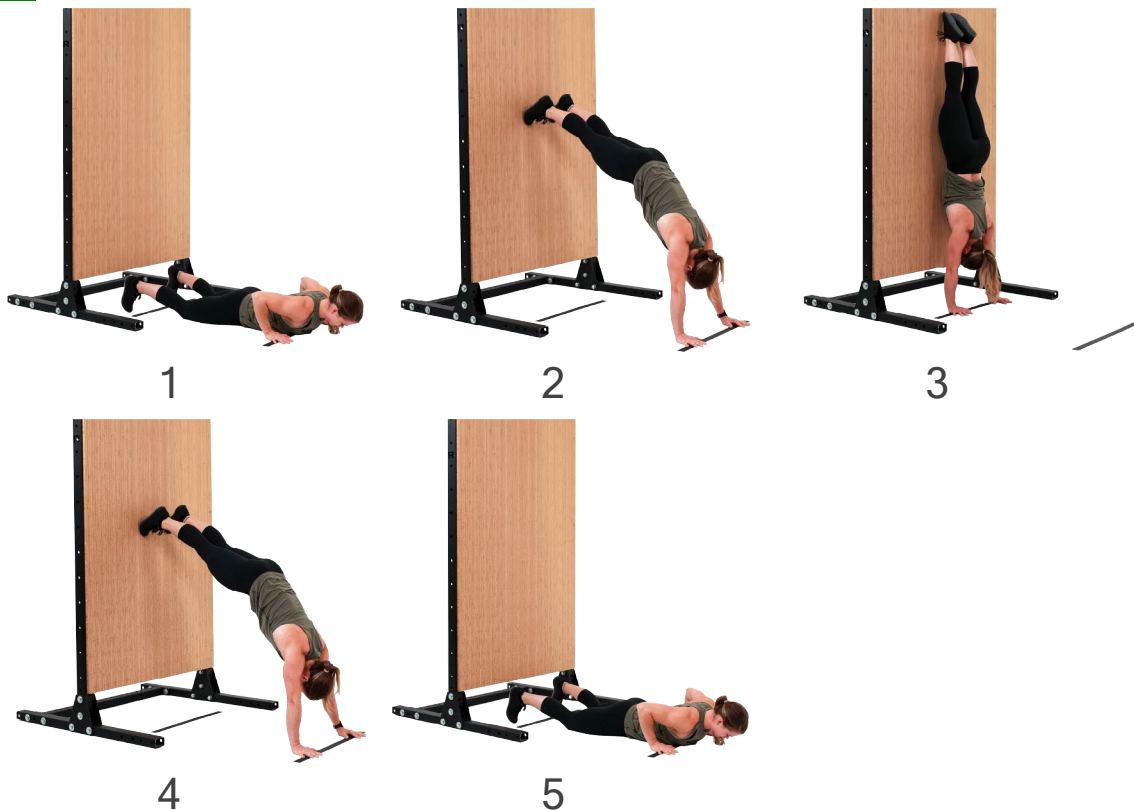


- The rep is credited when:
 - the athlete's hips, knees, and arms are fully extended; and
 - the bar is directly over, or slightly behind, the middle of their body.
- The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed.
- Synchronization is on the overhead position
- If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition.
- Athletes may **NOT** receive assistance moving or resetting their barbell
- .

MOVEMENT STANDARDS

WALL WALK

REQUIREMENTS



1. Every rep begins and ends with the athlete lying down, with the chest, feet, and thighs touching the ground.
 - At the start and finish of each rep, both hands must touch the 60/55-inch tape line (fingers touching is **OK**).
2. Both hands must remain on the tape until both feet are on the wall.
3. At the top of the movement, both hands must be on the 10-inch line before the athlete may descend.
 - Any part of the hand may touch the tape line.
4. On the descent, the feet must remain on the wall until both hands are touching the 60/55-inch line.
5. The rep is credited when the athlete returns to the starting position, with both hands touching the 60/55-inch line and the chest, thighs, and feet touching the ground.
 - Any part of the hand may make contact with the tape line.

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QUALIFYING EVENT



COMMON NO-REPS
NOTE: This list is not exhaustive.



Hands leaving the 60/55-inch line before both feet are on the wall.



Not reaching the 10-inch tape line before descent.



Feet touching the ground before both hands have touched the 60/55-inch line.



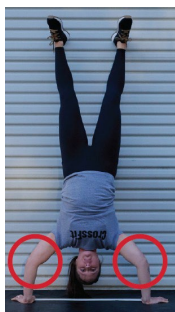
Measuring the tape lines incorrectly.

MOVEMENT STANDARDS HANDSTAND PUSH UPS

NON EXCLUSIVE LIST



One or both hands coming off the designated tape line at **ANY TIME**.



Not reaching the correct finishing position:

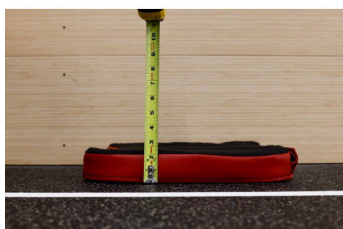
- Arms not extended.
- Hips not extended.
- Shoulders not in line with the body.



Feet wider than the width of the hands at lockout.

SCALED DIVISION

REQUIREMENTS



1

1. Set up a 2-inch riser as shown.



2

2. The start and end positions are the same as described for the handstand push-up.

- The athlete must touch their head to the riser before returning to the finish position.



Scaled divisions will perform all handstand push-ups (kipping and strict) to a riser.

WALL FACING HANDSTAND PUSH UPS

REQUIREMENTS



1



2



3

1. Each rep begins and ends in the lockout position with:

- Both hands touching the tape line. Any portion of the hands may be touching the line (fingers **OK**).
- Toes against the wall.
- Both arms fully extended and shoulders in line with the body. The arms must be fully extended and in line with the body before descending.
- There is no requirement for how an athlete gets into the starting position (lockout) against the wall.
- The legs must remain straight throughout the entire movement.

2. At the bottom, the head must make contact with the ground.

- The head does **NOT** need to touch the tape line.

3. Each rep is credited when the athlete returns to the lockout position with:

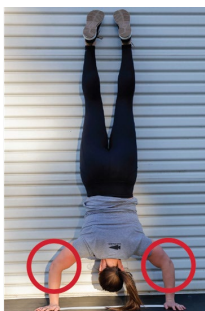
- Toes on the wall.
- Arms, hips, and legs fully extended.
- Shoulders in line with the body.

COMMON MISTAKES

NOTE: This list is not exhaustive.



- One or both hands coming off the designated tape line.



- Not reaching the correct finishing position with the arms extended.



- Feet wider than the width of the hands at lockout.

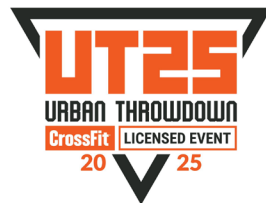
ADDITIONAL:

- Kipping or any assistance with the hips/legs.

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QUALIFYING EVENT



SCORE CARD

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Round 2

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7 Synchro Hand Stand Push Ups M-F

Round 3

7 Synchro Thrusters Weight 3 M-F

Max Synchro Wall Walk to Wall Facing HSPU

	Tie Break Time	Max WW to WFPU
ROUND 1		
ROUND 2		
ROUND 3		

TEAM NAME: _____ CAT: _____ SCORE: _____

TIE BREAK TIME: _____

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____

EVENT 6:

TEAM NAME: _____ CAT: _____ SCORE : _____ TIME
TIE BREAK TIME: _____

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____