

FUELLED BY



QUALIFYING EVENT



EVENT 5: BOTTOM'S UP

AMRAP 10 MIN TIME CAP

ELITE & RX & MASTERS

30 Double Unders

Max Unbroken SHSPU

30 Crossovers

Max Unbroken Wall Facing HSPU

SCALED

30 Double Unders

Max Unbroken HSPU

30 Crossovers

8 Wall Walks

FITNESS

30 Single Unders

20 Hand Release Push Ups

30 Single Unders

5 Wall Walks

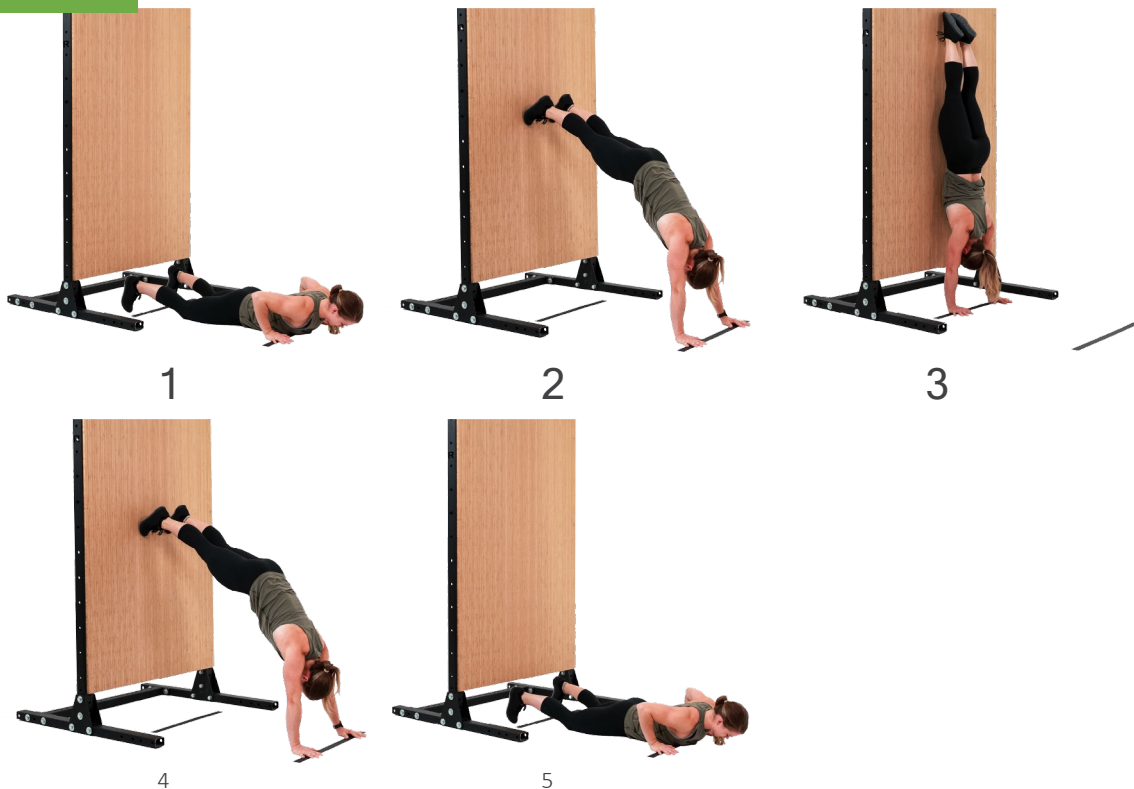
NOTES & FAQ:

- Workout Starts with All 4 Athletes behind the designated lane
- First Athlete will perform the first 2 movements of the each round then the second athlete starts with the remaining 2. Teams must follow the same order for the entire workout
- Athletes will perform the workout relay style
- Each athlete must perform **at least 1 successful rep** of the Gymnastic Movement (SHPI. Wall Facing HSPU, HSPU) before they can tag the next athlete
- For the Wall Walks and Hand released Push , the athlete must complete the full set before tagging the next person

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.

COMMON NO REPS
This list is Non-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.

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.
- Kipping and Strict movement is allowed

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 NO REPS

This list is Non-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.

DOUBLE UNDERS

REQUIREMENTS



- The rope passes under the feet twice during a single jump.
- For scaled divisions, the rope passes under the feet once for each jump.
- The rope must spin forward.

COMMON NO REPS

NOTE: This list is not exhaustive.

- Crediting attempts instead of successful reps.
- Spinning the rope backward.



QUALIFYING EVENT



SCORE CARD: ELITE , RX & MASTERS

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5 Wall Walks

	SHPU	WFHSPU
ROUND 1		
ROUND 2		
ROUND 3		
ROUND 4		
ROUND 5		
ROUND 6		
ROUND 7		
ROUND 8		
TOTAL REPS:		

TEAM NAME: _____ CAT: _____ REPS: _____

JUDGE NAME: _____ Team Captain Signature: _____

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

Judge Signature: _____

EVENT 5

TEAM NAME: _____ CAT: _____ REPS: _____

JUDGE NAME: _____ Team Captain Signature: _____

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

Judge Signature: _____



QUALIFYING EVENT



SCORE CARD: SCALED

EVENT 5: BOTTOM'S UP

AMRAP 10 MIN TIME CAP

ELITE & RX & MASTERS

30 Double Unders

Max Unbroken SHSPU

30 Crossovers

Max Unbroken Wall Facing HSPU

SCALED

30 Double Unders

Max Unbroken HSPU

30 Crossovers

8 Wall Walks

FITNESS

30 Single Unders

20 Hand Release Push Ups

30 Single Unders

5 Wall Walks

ROUND 1

ROUND 2

ROUND 3

ROUND 4

ROUND 5

ROUND 6

ROUND 7

ROUND 8

TOTAL REPS:

HSPU

Wall Walks

TEAM NAME: _____ CAT: _____ REPS: _____

JUDGE NAME: _____ Team Captain Signature: _____

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JUDGE NAME: _____ Team Captain Signature: _____

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Judge Signature: _____

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QUALIFYING EVENT



SCORE CARD: FITNESS

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5 Wall Walks

	Hand Release PU	Wall Walks
ROUND 1	20	25
ROUND 2	45	50
ROUND 3	70	75
ROUND 4	95	100
ROUND 5	120	125
ROUND 6	145	150
ROUND 7	170	175
ROUND 8	195	200
TOTAL REPS:		

TEAM NAME: _____ CAT: _____ REPS: _____

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EVENT 5

TEAM NAME: _____ CAT: _____ REPS: _____

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