



EVENT 6 | 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 and on the top and the chest of the floor for the wall walks and wall walk to wall facing HSPU

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.

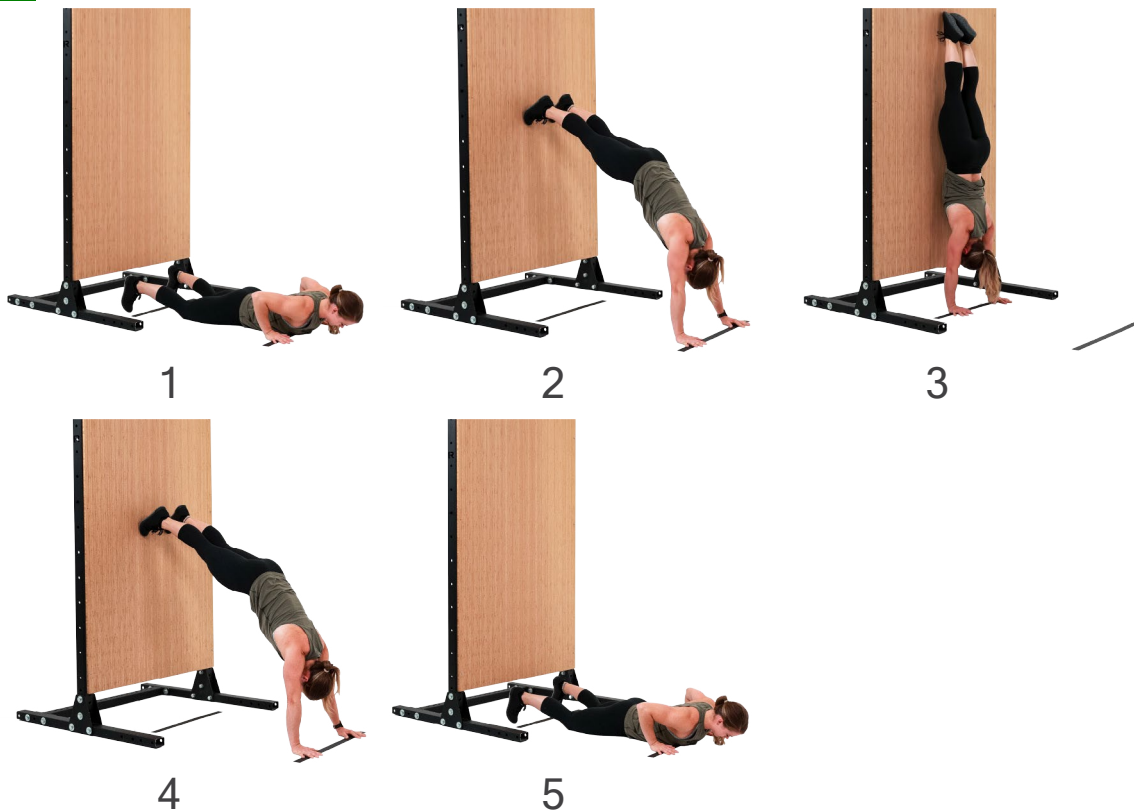


- The rep is credited when:
 - the athlete's hips, knees, and arms are fully extended; and
 - the bar is directly over, or slightly behind, the middle of their body.
- The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed.
- Synchronization 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.



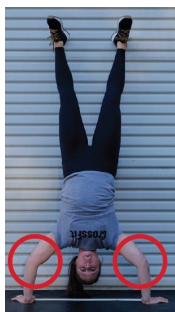
Measuring the tape lines incorrectly.

MOVEMENT STANDARDS HANDSTAND PUSH UPS

NON EXCLUSIVE LIST

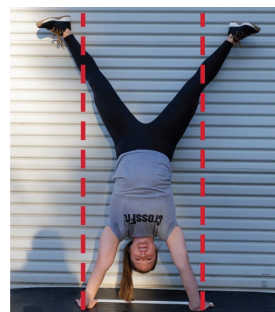


One or both hands coming off the designated tape line at **ANY TIME**.



Not reaching the correct finishing position:

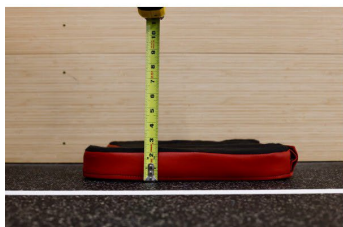
- Arms not extended.
- Hips not extended.
- Shoulders not in line with the body.



Feet wider than the width of the hands at lockout.

SCALED DIVISION

REQUIREMENTS



1



2



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

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

	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: _____