

**EVENT 4 - TIMECAP 15 MINUTES**

Teens	Iron	Bronze	Silver	Gold	Platinum
For time 25 Wall Ball Light 20 Deadlifts 15 Wall Ball Light 15 Ring Rows OR 5 Pull-ups* 5 Wall Walks 15 Ring Rows OR 5 Pull-ups* 15 Wall Ball Light 20 Deadlifts 25 Wall Ball Light	For time 25 Wall Ball Light 20 Deadlifts 15 Thrusters 15 Ring Rows 5 Wall Walks 15 Ring Rows 15 Thrusters 20 Deadlifts 25 Wall Ball Light	For time 25 Wall Balls 20 Deadlifts 15 Thrusters 10 Pull-ups 10 Wall Walks 10 Pull-ups 15 Thrusters 20 Deadlifts 25 Wall Balls	For time 60 Wall Balls 50 Deadlifts 40 HSPU abmat 30 Pull-ups 20 Thrusters	For time 60 Wall Balls 50 Deadlifts 40 HSPU Rx 30 C2B Pull-ups 20 Thrusters	For time 60 Wall Balls 50 Deadlifts 40 HSPU Rx 30 C2B Pull-ups 20 Thrusters
Medball 6/4kg Barbell 35/25kg *Every 1 pullup = 3 reps	Medball 9/6kg Barbell 35/25kg	Medball 9/6kg Barbell 35/25kg	Medball 9/6kg Barbell 40/30kg	Medball 9/6kg Barbell 50/35kg	Medball 9/6kg Barbell 60/40kg

**EQUIPMENT**

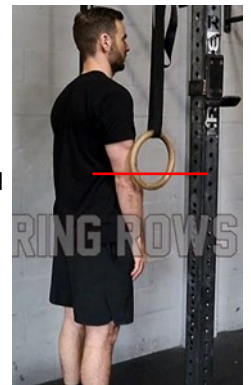
- Medball
- Barbell, plates and collars
- Rings (Iron/Teens)
- Rig
- Wall walk measures (Teens/Iron/Bronze)
- HSPU measures (Silver/Gold/Platinum)

**PREPARATION**

Before the workout, make sure to get the right set-ups for the Ring Rows, Wall Walks and Handstand Push-ups

**RING ROWS**

Start with taping a clear line on the floor, straight under the rings. This must be taped so it can be viewed from your chosen camera angle. For the height of the rings, the athlete needs to stand tall in between the rings, and with feet on the line. The arms hanging relaxed next to the body. The lowest end of the rings should be equal than or lower than the elbow of the athlete (see photo). Show this in the beginning of your video.



**WALL WALKS**

Start with the athlete standing tall with his heels and back against the wall, hips and knees fully extended. A line needs to be drawn straight at the top of the athlete's head. Put tape over this line on the wall. On the video, show us clearly the measurement.

**HANDSTAND PUSH-UPS**

Before starting, tape a box of 90x60cm on the floor. Clearly show the height and width of the box in your video. During the whole movement, the hands and fingers need to stay within the box. If an abmat and plates are used, make sure the plates and abmat are at the same level (Gold/platinum). Silver may use an abmat only.

**WORKOUT FLOW**

The workout starts with the athlete standing tall at the wall without holding any equipment. On the count of 3-2-1-GO the athlete may start the workout by touching the medball and performing the Wall Balls (light). After this, the athlete moves onto the barbell deadlifts. When these are all completed, the athlete moves onto the next movement. The athlete continues until all movements and reps are completed or the timecap of 15 minutes is reached.

The score for this workout is the total number of reps completed + the finish time. If the athlete did not complete all reps within the timecap, his/her finish time is 15:00.

It is the responsibility of the athlete and judge to perform the movements according to the movement standards. In case of doubt by the judge or organization, the repetition will be no-repped.

**VIDEO STANDARDS**

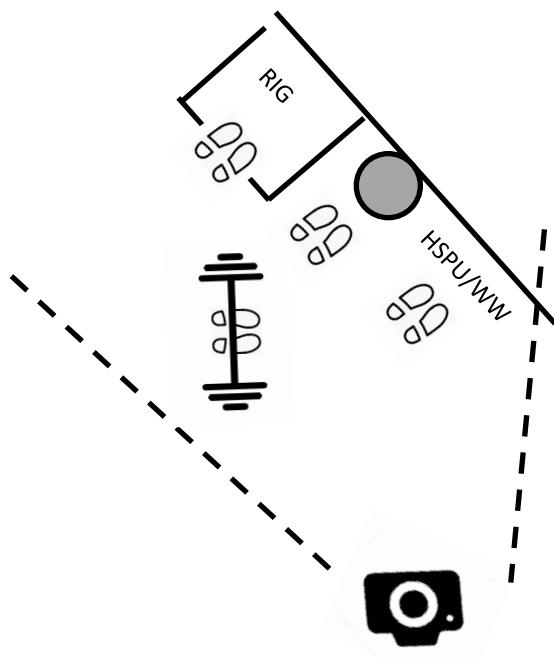
Start the video with stating your full name, division and box. Then film the set-up of your ring rows and wall walk/handstand push-up. Also show the weight of the medball, barbell and plates that you use. If you don't show us, you will receive a penalty!

The video must be uncut and unedited. Fisheye lenses are not allowed.

An ascending clock (0 -> 15) must be visible during the whole workout.

The athlete must be in the frame during the whole workout.

Film from an angle that allows us to see the movement standard clearly. If we cannot see if the movement is done correctly, the rep will not count. Use a setup like the one below.



***MOVEMENT STANDARDS******GENERAL RULES***

- Tape and/or grips may be used. Straps are not allowed.
- Collars must be outside all plates.
- Make sure to show control in the end of every movement. Fast is good, but too fast can cost you a no-rep.
- In doubt about a standard? Contact us at [info@thenationals.nl](mailto:info@thenationals.nl)

***WALL BALL LIGHT***

Teen Girls will use a 8-10lb or 4kg wall ball and throw to a 9 foot target.

Female & Teen Boys will use a 14lb or 6kg wall ball and throw to a 9 foot target.

Male will use a 20lb or 9kg wall ball and throw to a 10 foot target.

In the start of the Wall Ball, the medicine ball must be in the support position in front of the body. The athlete squats bends the knee to make a dip, a full squat is not required in the wall ball light. The athlete throws the ball to the target. The rep is credited when the center of the ball hits the target at or above the specified height.

***WALL BALL***

Female will use a 14lb or 6kg wall ball and throw to a 9 foot target.

Male will use a 20lb or 9kg wall ball and throw to a 10 foot target.

In the start of the Wall Ball, the medicine ball must be in the support position in front of the body. The athlete squats until the hip crease is below the knee. The athlete throws the ball to the target. The rep is credited when the center of the ball hits the target at or above the specified height.

***DEADLIFT***

The movement starts with the barbell touching the floor with both bumper plates at the same time. The athlete stands behind the bar and picks the bar up with both hands outside the legs (no sumo deadlifts).

The athlete lifts the weight up until hips and knees are fully extended and the shoulders are behind the barbell. This is one repetition.

Touch and go reps are allowed, bouncing (slamming the bar into the floor to use the bounce) is not allowed.

***THRUSTER***

The movement starts with the athlete standing tall with the barbell at the front rack position, where the elbows are in front of the bar, and hips and knees fully extended. The athlete squats down until below parallel, where the hip crease is clearly below the kneecap. Then the athlete presses the bar overhead in one fluent motion (no jerks). The rep is credited when the elbows, hips and knees are fully extended, the bar is straight above the head of the athlete and the athlete has control over the bar. The barbell must be dropped in front of the athlete. Dropping behind will result in a no rep.

A squat clean thruster as first rep is allowed as long as all standards are met.

***RING ROW***

The movement starts with the athlete having both feet/heels completely over the taped line on the floor. The athlete holds the rings in his/her hands and has extension in hips, knees and elbows. The rep is credited when athlete pulls himself up until the rings or thumbs are clearly touching the body AND hips and knees are fully extended.

***MOVEMENT STANDARDS (cont.)******PULL-UP***

The movement starts with the athlete hanging from the rig in pronated grip, with elbows fully extended and both feet behind the vertical plane of the pull-up rig.

The athlete moves their body up until the chin is clearly above the pull-up bar. This may be done strict, kipping or butterfly as long as all standards are met and no other parts of the body than the hands touch the rig.

***CHEST TO BAR PULL-UP***

The movement starts with the athlete hanging from the rig in pronated grip, with elbows fully extended and both feet behind the vertical plane of the pull-up rig.

The athlete moves their body up until the chest below the collarbone is clearly touching the pull-up bar. This may be done strict, kipping or butterfly as long as all standards are met and no other parts of the body than the hands touch the rig.

***WALL WALK***

The movement starts with the athlete lying on the floor, hips and chest in contact with the floor, feet in contact with the wall, and hands off the floor (hand released).

The athlete climbs up the wall until both feet are clearly above the taped line. Hands need to be on the floor, and no other body parts may touch the floor. This is one repetition. The athlete may descent as he wants to.

***HANDSTAND PUSH-UP***

Every repetition starts and ends with the athlete at the top of a handstand, with elbows fully locked out, heels in contact with the wall, hips open (not touching the wall) and the body in line with the arms.

At the bottom, the athlete's head makes contact with the ground/abmat. The feet do not need to remain in contact with the wall at this point. Strict and kipping are both allowed.

The same standards apply as for the Abmat HSPU (silver) as for the regular Handstand Push-up, but instead of the floor to be levelled, an abmat must be used without plates next to it.

<i>EVENT 4</i>	<i>TEENS DIVISION</i>	<i>TIMECAP 15:00</i>
25 WALL BALL LIGHT 6/4KG		25
20 DEADLIFTS 35/25KG		45
15 WALL BALL LIGHT		60
15 RING ROW or 5 PULL-UPS (1 Pull-up=3 reps)		75
5 WALL WALKS		80
15 RING ROW or 5 PULLUPS		95
15 WALL BALL LIGHT		110
20 DEADLIFTS		130
25 WALL BALL LIGHT		155
<b>FINISH TIME + TOTAL REPS MADE</b>		

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_



<i>EVENT 4</i>	<i>IRON DIVISION</i>	<i>TIMECAP 15:00</i>
25 WALL BALL LIGHT 9/6KG		25
20 DEADLIFTS 35/25KG		45
15 THRUSTERS 35/25KG		60
15 RING ROW		75
5 WALL WALKS		80
15 RING ROWS		95
15 THRUSTERS		110
20 DEADLIFTS		130
25 WALL BALL LIGHT		155
<b>FINISH TIME + TOTAL REPS MADE</b>		

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_



<i>EVENT 4</i>	<i>BRONZE DIVISION</i>	<i>TIMECAP 15:00</i>
25 WALL BALLS 9/6KG		25
20 DEADLIFTS 35/25KG		45
15 THRUSTERS 35/25KG		60
10 PULL-UPS		70
10 WALL WALKS		80
10 PULL-UPS		90
15 THRUSTERS		105
20 DEADLIFTS		125
25 WALL BALL		150
<b>FINISH TIME + TOTAL REPS MADE</b>		

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_



<i>EVENT 4</i>	<i>SILVER DIVISION</i>	<i>TIMECAP 15:00</i>
60 WALL BALLS 9/6KG		60
50 DEADLIFTS 40/30KG		110
40 HSPU AMBAT		150
30 PULL-UPS		180
20 THRUSTERS 40/30KG		200
FINISH TIME + TOTAL REPS MADE		

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_





<i>EVENT 4</i>	<i>GOLD DIVISION</i>	<i>TIMECAP 15:00</i>
60 WALL BALLS 9/6KG		60
50 DEADLIFTS 50/35KG		110
40 HSPU RX		150
30 CHEST TO BAR PULL-UPS		180
20 THRUSTERS 50/35KG		200
FINISH TIME + TOTAL REPS MADE		

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

<i>EVENT 4</i>	<i>PLATINUM DIVISION</i>	<i>TIMECAP 15:00</i>
60 WALL BALLS 9/6KG		60
50 DEADLIFTS 60/40KG		110
40 HSPU RX		150
30 CHEST TO BAR PULL-UPS		180
20 THRUSTERS 60/40KG		200
FINISH TIME + TOTAL REPS MADE		

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_