

Welcome to the third event of season 6!

In this holiday month, we'll keep it short. In a fifteen minute timeframe, you'll get both scores. Let's get upside down!

All workouts need to be done within the time frame given. When logging your scores, it is not allowed to combine scores from different attempts. All two scores need to be from the same attempt and the same video.

Never underestimate yourself, and just make that video! You'll be disappointed if you haven't filmed, and suddenly you're in a top spot in your division.

In case of a tie, the athlete with the highest ranking will receive the prize. If both athletes have the same ranking, the athlete with the highest rank on event 3b will receive the prize.

If you have any questions, or problems with logging, contact us at info@thenationals.nl

Good luck!

Team The Nationals

Conversions from metric to imperial for WOD 3

Movement	Meters	Feet
Shuttle Runs	7,5	25
Handstand Walk	1,5	5
Handstand Walk	2,5	8

Movement	Centimeters	Inches
Wall Walk Rx	152	60
Wall Walk Rx	140	55
Wall Walk Rx	128	50
Wall Walk Rx	25	10
Wall Walk Light	60	23,5
HSPU	100x60	39x23,5

	IRON	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
FROM 0:00-3:00	20 Shuttle Runs Max reps Wall Walks Light	20 Shuttle Runs Max reps Wall Walks	26 Shuttle Runs Max reps HSPU Light	26 Shuttle Runs Max reps HSPU RX	30 Shuttle Runs Max reps HS Walk (1,5m)	30 Shuttle Runs Max reps HS Walk (2,5m)
1 MINUTE BREAK						
FROM 4:00-8:00	30 Shuttle Runs Max reps Wall Walks Light	30 Shuttle Runs Max reps Wall Walks	36 Shuttle Runs Max reps HSPU Light	36 Shuttle Runs Max reps HSPU RX	40 Shuttle Runs Max reps HS Walk (1,5m)	40 Shuttle Runs Max reps HS Walk (2,5m)
2 MINUTE BREAK						
FROM 10:00-15:00	40 Shuttle Runs Max reps Wall Walks Light	40 Shuttle Runs Max reps Wall Walks	46 Shuttle Runs Max reps HSPU Light	46 Shuttle Runs Max reps HSPU RX	50 Shuttle Runs Max reps HS Walk (1,5m)	50 Shuttle Runs Max reps HS Walk (2,5m)
<i>Total Runs</i>	<i>90</i>	<i>90</i>	<i>108</i>	<i>108</i>	<i>120</i>	<i>120</i>

Score 3A = total accumulated time on the shuttle runs

Score 3B = total accumulated number of max reps

EQUIPMENT

- Tape
- Abmat (silver only)

	YOUNGSTERS	TEENS
FROM 0:00-3:00	20 Shuttle Runs Max reps HSPU Light	20 Shuttle Runs Max reps Wall Walks Light
1 MINUTE BREAK		
FROM 4:00-8:00	30 Shuttle Runs Max reps HSPU Light	30 Shuttle Runs Max reps Wall Walks Light
2 MINUTE BREAK		
FROM 10:00-15:00	40 Shuttle Runs Max reps HSPU Light	40 Shuttle Runs Max reps Wall Walks Light
<i>Total runs</i>	<i>90</i>	<i>90</i>

Score 3A = total accumulated time on the shuttle runs

Score 3B = total accumulated number of max reps

EQUIPMENT

- Tape
- Abmat (youngsters only)

SCORING

Score 3A = total accumulated time on the shuttle runs + total reps shuttle runs.

Sum the time of the three shuttle runs on an ascending clock. You do NOT have to subtract the rest time.

Example 1: I finished all the runs
(20-30-40 rep example)

Finish time block 1 = 2:12

Finish time block 2 = 6:30

Finish time block 3 = 13:08

TIME: 2:12 + 6:30 + 13:08 = 21:50

REPS = 20+30+40 = 90 reps

Example 2: I did not finish all the runs
(20-30-40 rep example)

Finish time block 1 = 2:12

Finish time block 2 = 6:30

Block 3 - did 23 out of 40 runs = 15:00

TIME: 2:12 + 6:30 + 15:00 (capped) = 23:42

REPS = 20+30+38 = 88 reps

Score 3B = total accumulated number of max reps

Sum the total reps on the Wall Walks / HSPU / Dips / Wall Balls

Example 1: I finished all the runs

Reps block 1 = 5

Reps block 2 = 8

Reps block 3 = 12

REPS = 5+8+12 = 25 reps

Example 2: I did not finish all the runs

Reps block 1 = 5

Reps block 2 = 8

Reps block 3 = 0

REPS = 5+8+0 = 13 reps

VIDEO STANDARDS

- Start the video with stating your full name and box. Then show the distance 7,5mtr with a ruler.
- Show the measurement of the Wall Walk / HSPU box (whichever is applicable)
- 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.

WORKOUT FLOW

The workout starts with the athlete standing tall behind the first line. On the count of 3-2-1 GO the athlete may start running towards the 7,5m line. The athlete touches the floor behind the second line with one hand (=1 rep), the athlete runs back and touches the floor behind the first line with one hand(=2 reps), and continues to complete all assigned shuttle runs. When the athlete completes the last rep, the judge needs to note the time on the clock for score 3A.

In the remaining time of the 3 minutes, the athlete completes as many reps of the Wall Walk / HSPU / Handstand Walk as possible. The judge needs to note the number of reps for score 3B.

When the clock hits 3:00, the athlete must rest until the clock hits 4:00.

When the clock hits 4:00, the athlete starts again with the assigned number of shuttle runs. When completed, the judge needs to note the time on the clock for score 3A. In the remaining time of the 4 minutes, the athlete completes as many reps of the Wall Walk / HSPU / Handstand Walk as possible. The judge needs to note the number of reps for score 3B.

When the clock hits 8:00, the athlete must rest until the clock hits 10:00.

When the clock hits 10:00, the athlete starts again with the assigned number of shuttle runs. When completed, the judge needs to note the time on the clock for score 3A. In the remaining time of the 5 minutes, the athlete completes as many reps of the Wall Walk / HSPU / Handstand Walk as possible. The judge needs to note the number of reps for score 3B.

The workout stops when the clock hits 15:00.

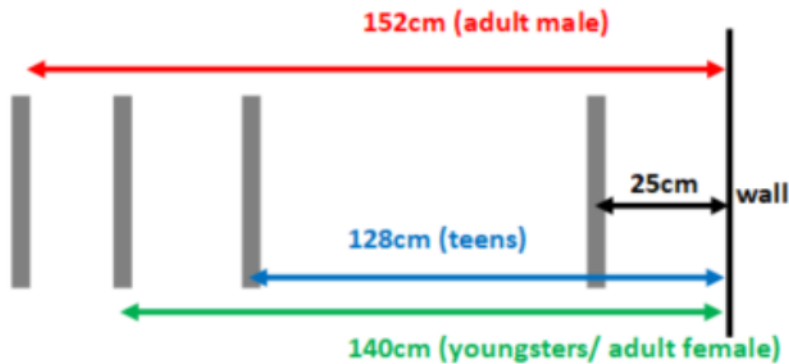
It is the responsibility of the athlete and judge to perform the movements according to the movement standards. In case of doubt by the judge or organization, the repetition will be no-repped.

MOVEMENT STANDARDS

GENERAL RULES

- 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

WALL WALK (BRONZE)



Two lines need to be taped:

- From the wall to the first tape = 152cm (male) / 140cm (female)
- From the wall to the second tape = 25cm

Every repetition starts with the athlete lying down, with chest, feet and thighs touching the floor. At start and finish of each rep, both hands/fingers need to touch the first taped line (152/140/128cm)

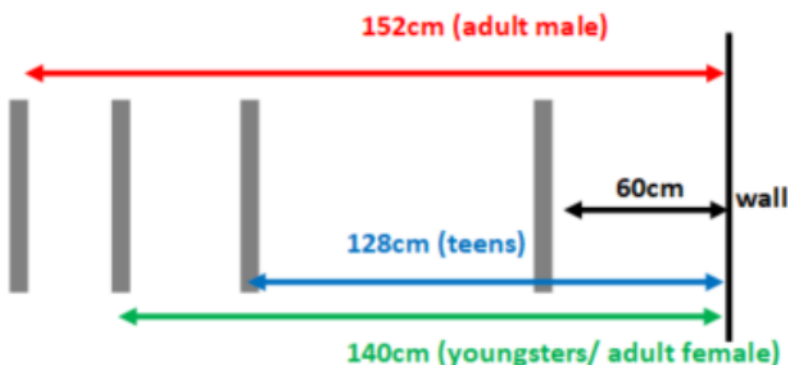
The athlete puts both feet on the wall. Hands need to stay on the tape (152/140/128cm) until the whole body is from the floor (except for hands). Athlete walks their hands closer to the wall, until both hands/fingers touch the second tape (25cm).

Then, athlete walks back to the first tape (152/140/128cm), while the rest of the body does not touch the floor. Athlete touches the first tape (152/140/128cm) with a part of the hands, then lies down with chest, feet and thighs touching the floor. This is one repetition.

WALL WALK LIGHT (TEENS / IRON)

The movement standard for the Wall Walk Light is exactly the same as for the Rx Wall Walk. The only difference is that the second tape is now 60cm away from the wall except for 25cm.

Teens use a taped line that is 128cm away from the wall as stated in the image.



HANDSTAND PUSHUP LIGHT & RX (SILVER / YOUNGSTERS / GOLD)

Before starting, tape a box of 100x60cm 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.

For RX: hands and head should be at same height. If an abmat and plates are used, make sure the plates and abmat are at the same level.

For Light: an abmat may be used without plates next to it.

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.

HANDSTAND WALK (PLATINUM / DIAMOND)

Before starting, tape lines on the floor in one straight line, each line being 1,5 or 2,5m (depending on division) apart from each other. These lines need to be set-up between the 7,5m lines that are used for the shuttle runs.

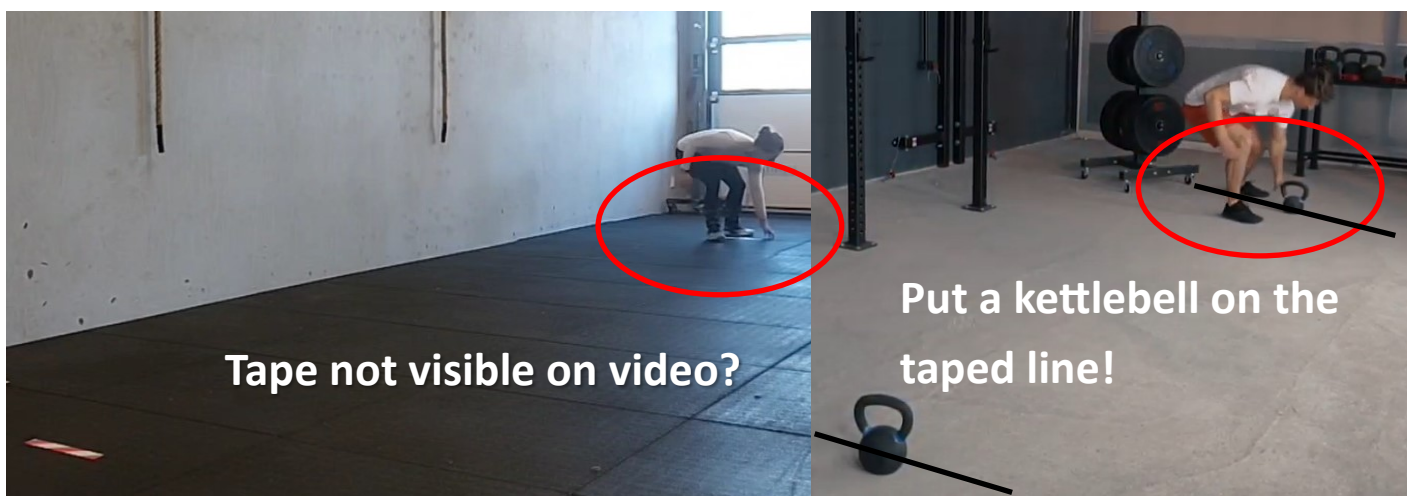
Kick up with both hands completely behind the line. Stepping over the line or starting with the hands on or over the line is a "no rep". Must walk forward. Coming down from the hands at any time requires a restart from behind the last line completely crossed. Hands need to completely pass the tape for the rep to be credited. Jumping the hands over the line for a finish is not allowed. Walking more than 7,5m in one direction is also not allowed: athlete needs to stay within the 7,5m used for the shuttle runs.

SHUTTLE RUN (7,5m each)

Start by measuring 7,5 meters and tape 2 clear lines on each end. If the tape is not clear on the video, we recommend to put a kettlebell on the line (see images below)

For the first rep, start with both feet behind the first tape. Run towards the second tape. Touch the floor behind the tape with your hand. This is one repetition. Then run back towards the first tape and touch the floor behind the tape with your hand, that is the second rep.

With every rep, you clearly need to touch the floor behind the tape with your hand. The last rep can be finished by just passing the line with both feet.



IRON
DIVISION



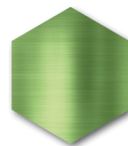
BRONZE
DIVISION



YOUNGSTERS
DIVISION



TEENS
DIVISION



A	FOR TIME	At 0:00, perform 20 shuttle runs	
		At 4:00, perform 30 shuttle runs	
		At 10:00, perform 40 shuttle runs	
			TOTAL TIME

MAX REPS IN REMAINING TIME OF:

Iron: WALL WALKS LIGHT

Bronze: WALL WALKS

Youngsters: HSPU LIGHT

Teens: WALL WALKS LIGHT

B	FOR REPS	Until 3:00, perform max reps	
		Until 8:00, perform max reps	
		Until 15:00, perform max reps	
			TOTAL REPS

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

SILVER
DIVISION



GOLD
DIVISION



A	FOR TIME	At 0:00, perform 26 shuttle runs	
		At 4:00, perform 36 shuttle runs	
		At 10:00, perform 46 shuttle runs	
			TOTAL TIME

MAX REPS IN REMAINING TIME OF:

Silver: HSPU LIGHT

Gold: HSPU Rx

B	FOR REPS	Until 3:00, perform max reps	
		Until 8:00, perform max reps	
		Until 15:00, perform max reps	
			TOTAL REPS

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

PLATINUM
DIVISION



DIAMOND
DIVISION



A	FOR TIME	At 0:00, perform 30 shuttle runs	
		At 4:00, perform 40 shuttle runs	
		At 10:00, perform 50 shuttle runs	
			TOTAL TIME

MAX REPS IN REMAINING TIME OF:

Platinum: Handstand Walk per 1,5m = 1 rep

Diamond: Handstand Walk per 2,5m = 1 rep

B	FOR REPS	Until 3:00, perform max reps	
		Until 8:00, perform max reps	
		Until 15:00, perform max reps	
			TOTAL REPS

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____