



Final

For fastest time (6 min time cap)

At the count of 3-2-1 Go the athlete will step forward to the deadlift bar and complete the required repetitions. Next, the athlete will have a 15m handstand walk that will be measured in 5 meter increments for the Men, and 2.5 meter increments for everyone else. Masters Women 40+ and Girls 15-17 will be measured in completed distance to the 1m without a 2.5m minimum. Next, the athlete will complete the required amount of Bar Muscle Ups. then the athlete will return to the beginning in the reverse order: Handstand walk, then Deadlift. Once the final repetition of the deadlift is completed, the athlete must lower the bar to the floor and run across the start/finish line. This is when the timer will stop.

The Master's Women 40+ and Girls' event will be to complete the deadlifts, then bar muscle ups, and finally the handstand walk. An athlete who completes the full distance of the handstand walk will then run to the finish line for a final timed score. Those who do not finish the handstand walk will be judged on final distance completed.

Standards:

## Deadlift

The athlete will start at the barbell, they may use whichever grip they would like, but they may not use grippers that wrap around the barbell. The athlete will bring the bar to full extension of the knees and hips, and the shoulders will finish behind the barbell. Touch and go reps are allowed, but the athlete may not bounce the barbell off the floor.

## Handstand Walk

The athlete must kick up to a handstand **with both hands behind the line** denoting the start of the segment being attempted. Stepping across the line, or landing with the hands across the line while kicking up into the handstand constitutes a no rep. If at any time the athlete comes down from the handstand, they must restart from the last increment crossed. **Both hands must cross the line marking the 5/2.5m segment** for it to count. Each **5m** segment will count as 1 rep.

## Bar Muscle Up

The Athlete must start from the hang position, arms locked, below the pull up bar. For the

completion of the movement, the athlete will have the arms locked out over the pull up bar with shoulders above or over the bar. **A pull over/roll to support is not allowed.** The athlete must move through the **dip portion** above the bar. Gymnastics straight arm kip is not allowed. The athlete **may not rest and move his/her hands** on the pull up bar; neither on the way up, or the way down from the muscle up.