

## Wod di qualifica *Deadlift and Lipstick 2016*

8'Cap time

### **DIANE:**

21 -15- 9

Deadlift

Hand stand push ups

Complete in the shortest possible time the above exercise.

This wod has a tiebreak, and it is at the completed part of the couplette of 21(21 deadlift and 21 hspu or scaled exercises depending of the category)

The tiebreak must be marked with time complete of mm: ss (minutes and seconds)Hundredths of seconds are not considered.

### **Video features**

Before you start the video, film all the equipment, so the you can see the weight loaded. The athlete must stand up against the wall and mark the line of "good rep" for the handstand push up ( the details of the standards movement section). After counting 3,2,1,GO the athlete can grab the barbell, till then she will wait on front of the barbell, maintaining the standing position.

The athlete must always appear in the video, as well all the equipment and the timer. The video must be still and not badly handled and the performance must clearly visible during the entire duration of the performance.

We suggest to frame the athlete from 45°angle, to allow a clear view of the standards.

### **Equipment**

- Barbell
- Enough Bumpers to load the correct weight depending on the category
- Collars/ clamps ( the wights of this will not be calculated for the purposes of the wod)
- Adhesive tape in a contrasting color for the sigh of the hspu.
- Make sure that the athlete has enough space to move safely.
- Remove from the framing any other obstacle, weight, or person that may hinder.

## Wod variation

### DEADLIFT:

Rx'd e MASTER 17Kg/155 lbs

MASTER2 MASTER3 60Kg/ 135 lbs

SCALED, SCALED MASTER, TEENS 50KG/111bs

BEGGINNERS e BEGGINERS MASTER 40KG/ 90lbs

### HANDSTAND PUSH UP

Rx'd

It is allowed the use of Of two bumpers of 25kg 55lbs , one on each side, next to the ab-mat for safety reasons

Master 1-2-3 e TEENS

Is allowed the use of the ab-mat bot not of the bumpers

SCALED and SCALED MASTER

The HSPU become HAND REALISE PUSH UPS

BEGINNERS e BEGGINNERS MASTER

The HSPU become PUSH PRESS with 20KG/45lbs

### ALL CATEGORIS

21 Deadlift with specific weight for you category

21 Handstand push up or scaled to their category

15 Deadlift with specific weight for you category

15 Handstand push up or scaled to their category

9 Deadlift with specific weight for you category

9 Handstand push up or scaled to their category

With a cap time of 8' (minutes) all the missing repetitions at the end of the 8' will be prescribed and will form a ratio of 1 rep= 1 second according the final of the test .

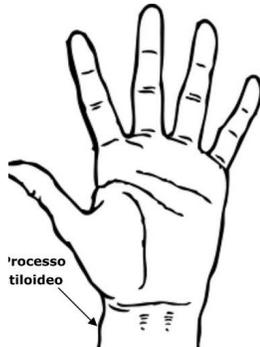
### Motion STANDARD

#### DEADLIFT

The deadlift must be done with your hand outside the knees, sumo deadlift will be NO REP. starting from the ground , you must complete a full, elbows hip, and knees extension, and the shoulders must be behind the barbell, the arm must be always strained. In the return phase, the disc(bumper should touch the floor simultaneously .Is not allowed to bounce the barbell to the floor between reps. It is permitted any type of grip

### **HAND STAND PUSH UP**

Before beginning you will have to fix the line of the top position of the feet for the handstand push up, in upright position with fully extended hip and knees, extended arms with the thumbs touches each other. Place you self facing the wall on the exact spot where you will perform the hspu, with your feet in hip width, feet against the wall (with the shoes that you will perform the qualification wod)While you are in this position you coach will mark the height of the wrist just above the stiloidei processes,.



then will mark a line of 7,5 cm or 3 inches after the sign done before, you will create horizontal line by join the signs done before.

The judge present at the qualification wod could arrange the reference line if needed during the wod. Each HSPU begin and will end with your heels against the wall, above the line the lower one. The athlete can choose the width of the hands on the ground.

In case of use of the bumpers and the ab-mat, or the use of the ab-mat with out the bumpers, the wrist height misuse must be taken over the 25 kg bumper .

In the position with the head to the floor, there must be contact between the head and the floor. Is not allow hairstyle that will shorten the distance between head and floor.

In case of ab-mat use the upper face of the pad must be aligned with those of the bumpers.

The feet should not remain in contact with the wall during the entire execution of the movement, but they need to be in contact with the wall at the beginning and at the end of each repetition. Kipping is allowed

### **HAND REALIOSE PUSH UP**

To the athlete which is expected the execution of push up, is requested to hold your body tense during all execution of the exercise. No swing , no solution of continuity on the line of the body is allowed, nor the support of the knees to ground. In the top position the elbows must be well extended with you feet not wider than the shoulders. At the bottom position the chest should touch the floor and hands must be raised off the floor.

### **PUSH PRESS**

Each repetition starts with the barbell on your shoulders and ends with the barbell above the midline of the body with the arms, hips and knees fully extended and lined. The athlete can go down by flexing the knees and push the barbell while is on the shoulders .but when the barbell leaves the shoulders, hips and knees should be fully extended. Jerk is not allowed. Is not allowed to use the rack, the barbell must start from the ground. Feet should be aligned.

If something is not clear or specified, refer to the general regulation of the competition.

### **BREAK TIME**

Attention:

At the end of the 21HSPU or push up hand realize or push press, you have to take the time marked on the timer , this is used in case of tie between two or more athletes

**WOD QUALIFICATION 2016**

8' CAP TIME

DIANE

21-15-9

DEADLIFT

HANDTSAND PUSH UPS

For each missing rep you need to add one (1) second to to the time of execution.

RX category

DL 70 KG-155lbs hspu

MASTER 2-3 category

DL 60 KG -135 lbs HSPU with ab-mat

MASTER 1 Category

DI 70 kg hspu with ab-mat

SCALED and MASTER SCALED category

DL 50 KG -115 lbs push up hand realise

BEGGINERS AND BEGINNERS MASTER category

DL 40KG – 90lbs push press 20kg

TEENS Category

DI 50kg – hspu with ab mat

DEADLIFT	HSPU	TIME
21	21	_____
15	15	_____
9	9	_____

FIRST NAME LAST NAME ATHLETE .....

TOTAL TIME..... BOX.....

GUDGE .....

Is the Judge a Crossfit certificate judge? YES NO

I confirm that the information above correspond to the performance of my workout.

SIGNATURE AND DATE .....