

PLACEMENT EVENT 1B



EVENT 1B

Every 3:00 for 15 minutes (5 sets)
12/9 Calories Row (Teens 9/6 Cal)
9 Plate Facing Burpee on the Plate
20 Single/Double Unders (see scorecard)
Max reps gymnastics in remaining time (see scorecard)

There is no rest after the 3 minutes.

EQUIPMENT

- Concept 2 Rower
- 5kg plate
- Jump rope
- Pull-up rig
- Abmat
- Handstand pushup set-up

Event 1A and 1B don't have to be performed on the same day.

DESCRIPTION

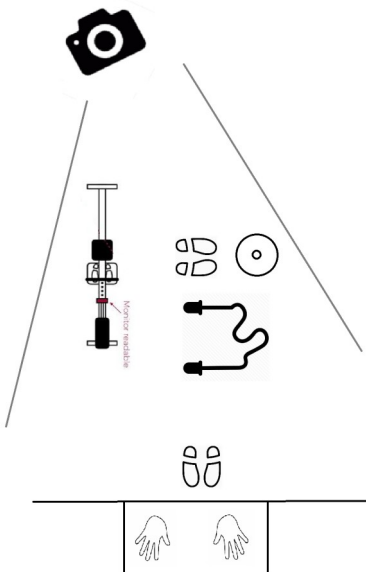
The workout starts with the athlete sitting on the rower, with the rower on 0 calories. The athlete may not touch the handle. On the count of 3-2-1-GO the athlete may start the workout and touch the handle. The athlete performs 12/9 calories on the rower. The athlete must stay seated on the rower until the screen hits 12/9 calories (no ghost riding). Then the athlete performs 9 Plate Facing Burpees on the Plate, followed by 20 Single Unders (round 1 & 2) or 20 double unders (round 3, 4 & 5). The remaining time of the 3-minute section, the athlete performs as many reps as possible of Sit-ups. At the 3:00 mark, the athlete stops doing sit-ups and starts the next round with 12/9 cal row, 9 burpees, 20 single unders and then max reps Single Leg Toes to Bar. At the 6:00 mark, the athlete does the same but with max reps Pull-ups. At the 9:00 mark the athlete does the same but with max reps Handstand Pushups, At the 12:00 mark the athlete does the same but with max reps muscle ups.

Note that you can NOT do an other movement than the assigned movement for that section. If you are not able to perform the movement, just wait until that 3 min section is over, and restart the next section on the rower, because all repetitions count.

The workout is finished when the time of 15 minutes has passed.

The score for this workout is the total number of repetitions completed.

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



VIDEOSTANDARDS

Start the video with stating your full name and box. Then film the 5kg plate, HSPU setup and rower screen.

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.

Make sure the rower screen is visible when the athlete is rowing.

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 the setup stated in the picture on the left.

PLACEMENT EVENT 1B



Complete as many repetitions as possible in 3 minutes of:

12 (m) / 9 (v) Calories Row
9 Plate Facing Burpee on the Plate
20 Single/Double Unders
Max reps Gymnastics

Repeat for a total of five sets, each time with different gymnastics. There is no additional rest between the rounds.

Your score on Event 1B is the total number of reps completed in the 15 minutes. Enter your score in The Nationals App.

FROM 0:00 TILL 3:00					
	12/9 CAL ROW	9 BURPEES	20 SINGLES	Max Situps	TOTAL REPS
ROUND 1	12/9	21/18	41/38		
FROM 3:00 TILL 6:00					
	12/9 CAL ROW	9 BURPEES	20 SINGLES	Max SL T2B	TOTAL REPS
ROUND 2	12/9	21/18	41/38		
FROM 6:00 TILL 9:00					
	12/9 CAL ROW	9 BURPEES	20 DOUBLES	Max Pull-ups	TOTAL REPS
ROUND 3	12/9	21/18	41/38		
FROM 9:00 TILL 12:00					
	12/9 CAL ROW	9 BURPEES	20 DOUBLES	Max HSPU	TOTAL REPS
ROUND 4	12/9	21/18	41/38		
FROM 12:00 TILL 15:00					
	12/9 CAL ROW	9 BURPEES	20 DOUBLES	Max Muscle-ups	TOTAL REPS
ROUND 5	12/9	21/18	41/38		
Total reps					

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



PLACEMENT EVENT 1B



TEENS DIVISION

Complete as many repetitions as possible in 3 minutes of:

- 9 (b) / 6 (g) Calories Row
- 9 Plate Facing Burpee on the Plate
- 20 Single/Double Unders
- Max reps Gymnastics

Repeat for a total of five sets, each time with different gymnastics. There is no additional rest between the rounds.

*Athletes may choose between bar and ring muscle ups

Your score on Event 1B is the total number of reps completed in the 15 minutes. Enter your score in The Nationals App.

FROM 0:00 TILL 3:00					
	9/6 CAL ROW	9 BURPEES	20 SINGLES	Max Situps	TOTAL REPS
ROUND 1	9/6	18/15	38/35		
FROM 3:00 TILL 6:00					
	9/6 CAL ROW	9 BURPEES	20 SINGLES	Max SL T2B	TOTAL REPS
ROUND 2	9/6	18/15	38/35		
FROM 6:00 TILL 9:00					
	9/6 CAL ROW	9 BURPEES	20 DOUBLES	Max Pull-ups	TOTAL REPS
ROUND 3	9/6	18/15	38/35		
FROM 9:00 TILL 12:00					
	9/6 CAL ROW	9 BURPEES	20 DOUBLES	Max HSPU	TOTAL REPS
ROUND 4	9/6	18/15	38/35		
FROM 12:00 TILL 15:00					
	9/6 CAL ROW	9 BURPEES	20 DOUBLES	Max Muscle-ups*	TOTAL REPS
ROUND 5	9/6	18/15	38/35		
Total reps					

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



PLACEMENT EVENT 1B



MOVEMENT STANDARDS

GENERAL RULES

- A box may be used to get into the rig, but using the box for assistance (jumping pullup/muscle-up) is not allowed.
- For the 5th interval, athletes may choose between bar and ring muscle ups.
- 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

ROW

The movement starts with the athlete seated on the rower, and the monitor set at 0 calories. At the 0/3/6/9/12 minute mark, the athlete can touch the handle (not earlier). The athlete needs to stay on the rower until the screen shows the assigned number of calories (no ghost riding). After each round, the monitor needs to be reset to 0. Someone else can assist in doing this. Make sure to have the screen visible on your video.

PLATE FACING BURPEE ON THE PLATE

For this movement you need a 5kg bumper plate.

The movement starts with the athlete standing tall with hips and knees fully extended. The athlete drops to the floor (steps or jumps) facing the plate, with the head behind the plate, touching the floor with hips and chest at the same time. The athlete stands back on the feet (steps or jumps) and jumps with both feet on the plate until the heels are completely on the plate. Jumping on the plate is mandatory, stepping on the plate is a no-rep. The rep is complete when the athlete stands tall with both heels completely on the plate, hips and knees fully extended and the shoulders in line with the hips and feet. From this point, the athlete may step or jump back into the next rep.

SINGLE UNDER

The movement starts with the jump rope on the floor. The athlete grabs the jump rope and jumps over the rope while the rope passes the athlete once. The athlete needs to jump with both feet at the same time. If the athlete steps on the rope, this is a no-rep. Double unders do not count as reps for single unders at all.

DOUBLE UNDER

The movement starts with the jump rope on the floor. The athlete grabs the jump rope and jumps over the rope while the rope passes the athlete twice. The athlete needs to jump with both feet at the same time. If the athlete steps on the rope, this is a no-rep. Single unders do not count as reps for double unders at all.

SIT-UP

The movement starts with the athlete sitting on the floor, having their foot soles pressed against each other, knees flaring out. The athlete touches the floor with their upper back, and touches the floor behind the head with both hands at the same time. Then the athlete sits back up, with both shoulders in front of the hips, and touches the floor in front of their shoes with both hands at the same time. This is one repetition. During the movement, the soles of the feet need to stay together.



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ALTERNATING SINGLE LEG TOES TO BAR

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 swings up until one foot clearly touches the rig between the hands. This can be strict or with a kip, as long as no other parts of the body than the hands touch the rig. This is one repetition. For the next rep, both feet need to be behind the vertical plane of the pull-up rig again. Then the athlete swings the opposite leg up until one foot clearly touches the rig.

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.

HANDSTAND PUSH-UP (RX)

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.

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.

BAR MUSCLE 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 kips up until the athlete is in support on top of the pull-up rig, with shoulders in front of the vertical plane of the pull-up rig, and elbows completely locked out. During the kip, the feet and knees may not be above the horizontal plane of the pull-up rig. No other body part than the hands may be on the rig (no climbing in the rig).

Once on top, the hands must stay in contact with the bar, and athlete must maintain support with their arms. Removing the hands and resting while on top of the bar is not allowed.

RING MUSCLE UP

The movement starts with the athlete hanging from the rings, with elbows fully extended and both feet behind the vertical plane of the rings.

The athlete kips up until the athlete is in support on top of the rings, with shoulders straight above the rings, and elbows completely locked out. During the kip, the feet and knees may not be above the horizontal plane of the rings. Kipping the muscle-up is allowed, but swings or rolls to support are not allowed. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required.