



Presented by Born Primitive

• Saturday & Sunday, APR 24th & 25th 2021

• Shreveport Convention Center

• Shreveport, LA

#4-All The Gymnastics

For Time:

Elite/RX/Masters Individuals

- 4 Rope Climbs
- 100 Double Unders*
- 25 Alternating Pistols
- 25 Toes-to-Bar
- 25 Handstand Pushups*
- 25 Toes-to-Bar
- 25 Alternating Pistols
- 100 Double Unders*
- 4 Rope Climbs

Scaled Individuals

- 3 Rope pulls (#35/25)
- 100 Single Unders
- 50 Air Squats
- 25 Knee Raises
- 25 Hand Release Pushups
- 25 Knee Raises
- 50 Air Squats
- 100 Single Unders
- 3 Rope pulls (#35/25)

Open/Intermediate Teams

- 8 Rope Climbs
- 200 Double Unders
- 50 Pistols
- 50 Toes-to-Bar
- 50 Handstand Pushups
- 50 Toes-to-Bar
- 50 Pistols
- 200 Double Unders
- 8 Rope Climbs

Scaled Teams

- 6 Rope pulls (#35/25)
- 200 Single Unders
- 100 Air Squats
- 50 Knee Raises
- 50 Hand Release Pushups
- 50 Knee Raises
- 100 Air Squats
- 200 Single Unders
- 6 Rope pulls (#35/25)

DIVISION VARIATIONS:

- *Elite- Drag Rope (provided) and Deficit HSPU (4.5"/2.5")

DESCRIPTION: At the call of “3,2,1, go!” the athlete will run from the starting line to his/her rope to start and then proceed to complete the division-specific movements in order before sprinting to the finish line.

DAY: Sunday

LOCATION: Main Floor

TIMECAP: 9 minutes (individuals and teams)

SCORING: Time to complete the work.

TIEBREAK: None

EQUIPMENT

- Drag Ropes (Provided: may choose from three available sizes before event begins).
- Rig (chalk and step-up bars provided).
- Padded mats, deficit blocks, and Ab-Mats provided.

TEAMS

- Teams may perform the pistols in any order, and alternating legs is not required for teams.
- Team double unders cannot start until the rope climbing team member touches the top of the rig on the last climb. Do not begin double unders before the judge signals to start.

MOVEMENT STANDARDS

- **Rope Climbs:**
 - A complete rope climb will require the athlete to move from the ground to the top of the rope, where they must clearly touch the crossbar at the top of the rig.
 - Scaled athletes will perform weighted rope pulls with #35/25 plates attached to the bottom of rope which passes to the top of the rig. Athlete must control the descent of the weight (no dropping) and the rep is not counted until the weight touches the floor again.
 - Must pull the rope using the hands only, from a seated position, with feet behind a designated line, until a marker on the rope passes through a pulley at the top of the rig.
 - Standing to use body weight as counterweight for the pull is not allowed. Leaning backwards with butt on floor to use torso weight as counterweight is allowed.
- **Double Unders:**
 - This is the standard double under in which the rope passes completely under the feet twice for each jump. The rope must spin forward for the rep to count.
 - Elite will use a drag rope (three lengths to choose from provided by WOD GODZ); all others use rope of their choice.
 - Scaled athletes will do single unders.
- **Alternating Pistols:**
 - Each rep will begin with the athlete standing in full extension on one leg, with the non-working foot off the floor in front of the body.
 - One rep will be counted after each full squat with the working leg (hip crease below the knee) without the non-working foot touching the floor UNTIL FULL EXTENSION is reached at the top.
 - Neither hand may touch any part of the working leg or the floor but may touch non-working leg.
 - The non-working leg may be straight or bent. The Athlete must switch legs after each rep and the transition must be at the top of each rep in full extension.
 - If a no rep is called, the athlete may continue with either leg as next counted rep.
- **Toes-to-bar:**
 - The arms must be fully extended with the feet off the ground and behind the vertical plane of the bar at the bottom of each rep. Both feet must contact the bar at the same time, inside the hands. Overhand, underhand, and split grips are permitted.

- Scaled individuals and teams will perform knee raises, in which the arms must be fully extended with the feet off the ground and behind the vertical plane of the bar at the bottom of each rep and the knees must RISE TOGETHER to above the level of the hip crease at the top (above parallel).