

Tests Liga 1

2. Spieltag Oktober 2024

Scorecard

Minute 0-6: Bodyweight Test AMRAP6

RUNDEN	8		6	
	Toes to Bar		Burpee Box Jump Over	
1	<input type="checkbox"/>	8	<input type="checkbox"/>	14
2	<input type="checkbox"/>	22	<input type="checkbox"/>	28
3	<input type="checkbox"/>	36	<input type="checkbox"/>	42
4	<input type="checkbox"/>	50	<input type="checkbox"/>	56
5	<input type="checkbox"/>	64	<input type="checkbox"/>	70
6	<input type="checkbox"/>	78	<input type="checkbox"/>	84
7	<input type="checkbox"/>	92	<input type="checkbox"/>	98
8	<input type="checkbox"/>	106	<input type="checkbox"/>	112
9	<input type="checkbox"/>	120	<input type="checkbox"/>	126
10	<input type="checkbox"/>	134	<input type="checkbox"/>	140

AMRAP6
 8 TTB
 6 Burpee Box Jump Over
 (60 cm / 50 cm)

REPS:

-----3 min Rest (Minute 06-09) -----

3 RFT TC: 12 min
 15/12 cal Row
 12 DB Snatch 22,5/15 kg
 9 HR Push Up
 30 DU`s

Minute 09-21: Mixed Modal Test 3RFT

RUNDEN	15/12 Cal. Row	12 DB Snatch	9 HR Push Up	30 DU`s				
1	<input type="checkbox"/>	1	<input type="checkbox"/>	13	<input type="checkbox"/>	22	<input type="checkbox"/>	52
2	<input type="checkbox"/>	53	<input type="checkbox"/>	65	<input type="checkbox"/>	74	<input type="checkbox"/>	104
3	<input type="checkbox"/>	105	<input type="checkbox"/>	117	<input type="checkbox"/>	126	<input type="checkbox"/>	156

Athlet:In:
TO:
Datum/Ort:

Reps oder Zeit:	<input type="text"/>
-----------------	----------------------

Unterschrift Athlet:In _____

Tests Liga 1

2. Spieltag Oktober 2024

Description Card

Testflow

Dieser Spieltag besteht aus zwei Teilen: einem Bodyweight Test und einem Mixed Modal Test. Eine laufende Uhr wird auf 21 Minuten gestellt für beide Teile gemeinsam, darin enthalten sind 3 Minuten Pause (REST) zwischen beiden Teilen.

Die Athlet:in startet stehend vor dem Rig und beginnt, sobald das Signal der Uhr ertönt.

Die Athlet:in starten mit einem AMRAP6 gefolgt von 8 Toes to Bar und 6 Burpee Box Jump over und absolviert so viele Runden wie möglich in der vorgegebene Zeit. Sobald 6 Minuten abgelaufen sind, ist der Bodyweight Test abgeschlossen und es folgen 3 Minuten REST. Score für den Test ist die Summe der erreichten Reps.

Danach werden innerhalb von 12 Minuten Time Cap 3 Runden auf Zeit absolviert. Eine Runde besteht aus: 15/12 cal Row, 12 Single Arm Dumbbell Snatch, 9 Hand Release Push Ups und 30 Double Under. Score für den Test ist die Zeit oder die erreichten Reps innerhalb des Time Caps.

Equipment	Frauen	Männer
Dumbbell	15 Kg	22.5 Kg
Box	50 cm	60 cm
Row		
Springseil		

TOES-TO-BAR - ID 7.01

Athlete hanging from a horizontal bar moves toes to contact bar.

REP START

- Vertical hang from horizontal bar.
- Hips fully extended.
- Heels break the vertical plane directly under the bar.

REP END

- Toes on both feet touch the bar simultaneously.
- The contact point is within the width of the hands.

REP REQUIREMENTS

- None.

CYCLE & POST REP

- The athlete may return to **rep start** in any controlled manner.

VARIATIONS

- V.12 - Strict
- V.13 - Kipping

TEAM SYNCRO

- **Rep end**

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS
 TEAM

BURPEE JUMP OVER OBJECT - ID 10.01

Athlete from lying on the ground, gets up and jumps over an object.

REP START

- Prone position.

REP END

- Standing free on the other side of the object.

REP REQUIREMENTS

- Jump over object with simultaneous take-off with both feet.
- Athlete passes over the object with entire body.
- Unless specified in a special regulation, landing or contacting the object with feet during the transition over is ok, but not required.

CYCLE & POST REP

- The athlete may return to **rep start** in any controlled manner.

TEAM SYNCRO

- **Rep start**

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS
 TEAM

BOX JUMP OVER - ID 10.05

Athlete jumps over box.

REP START

- Standing free.

REP END

- Standing free on the other side of the object.

REP REQUIREMENTS

- Jump over object with simultaneous take-off with both feet.
- Athlete passes over the object with entire body.
- Landing or contacting the object with feet during the transition over is ok, but not required.

CYCLE & POST REP

- Rep end is a valid new rep start.

TEAM SYNCRO

- Rep start and rep end

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS
 TEAM

ROW - ID 9.03

Athlete rows on a rowing machine.

REP START

- Seated on rower.
- At least one hand on the handle.

REP END

- Seated on rower.
- Both feet on foot plates.
- At least one hand on the handle.

REP REQUIREMENTS

- Row until designated goal is met (time, distance or calories).

CYCLE & POST REP

- **Cycle:** The machine must be re-set before a new rep is started (rep = new goal).
- **Post rep:** In fixed time test (max meters/cals) or timecap in a rep the athlete will have to stop applying force to the machine at the timecap, the score will be what is shown when the machine stops moving.

VALID OBJECT/EQUIPMENT

- Rowing machine.

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS
 TEAM

SNATCH ANYHOW - ID 4.01

Athlete moves object in one fluid motion from ground to overhead.

REP START

- Object-on-ground.
- Hand(s) on object.

REP END

- Overhead lock-out.

REP REQUIREMENTS

- Object is moved in one fluid motion from ground to a overhead position.

CYCLE & POST REP

- The object can be returned to rep start in any controlled manner.

VARIATIONS

- V.10 - Elevated
- V.14 - Split

TEAM SYNCRO

- Rep end

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS
 TEAM

HAND-RELEASE PUSH-UP - ID 15.02

Athlete, starting in a plank position, lowers down, lifts hands off ground before returning them and pressing up to plank position.

REP START

- Plank lockout.

REP END

- Plank lockout.

REP REQUIREMENTS

- Achieve the prone position before both hands being lifted off the ground simultaneously then returned.

CYCLE & POST REP

- Rep end is a valid rep start.

MEASUREMENTS

- Fully supported on hands above equipment (typically horizontal bar or rings).

TEAM SYNCRO

- Rep start and rep end
- Hands being lifted off the ground simultaneously

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
MISCELLANEOUS
 TEAM

DOUBLE UNDER - ID 10.07

Athlete jumps rope with the rope passing two times under their feet per jump.

REP START

- Standing free.
- Holding both ends of a jump-rope – one in each hand.

REP END

- Holding both ends of a jump-rope – one in each hand.

REP REQUIREMENTS

- Rope rotates around the sagittal axis of the body.
- A jump with a two-footed take-off is required from rep start.
- While in air, the rope must pass underneath both feet the designated number of times.
- Number of rotations = 2

CYCLE & POST REP

- The athlete may return to rep start in any controlled manner.

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS
 TEAM