

Tests Liga 3

3. Spieltag November 2024

Scorecard

Minute 0-10: Mixed for time

50 Wall Balls (6/4kg)
<input type="checkbox"/> 10 <input type="checkbox"/> 20 <input type="checkbox"/> 30 <input type="checkbox"/> 40 <input type="checkbox"/> 50
40 Deadlift (60/40kg)
<input type="checkbox"/> 60 <input type="checkbox"/> 70 <input type="checkbox"/> 80 <input type="checkbox"/> 90
30 Ring Rows
<input type="checkbox"/> 100 <input type="checkbox"/> 110 <input type="checkbox"/> 120
20 Burpee over Bar
<input type="checkbox"/> 125 <input type="checkbox"/> 130 <input type="checkbox"/> 135 <input type="checkbox"/> 140
Reps o. Time:

Mixed for Time TC:10 (0-10 min) 50 Wall Balls 6/4 kg 40 Deadlift 60/40 kg 30 Pull Ups 20 Burpees over Bar

Strength TC:5 (10-15 min) 3 RM touch & go Deadlift
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Bodyweight TC:8 (16-24 min) 3 Runden 7 Shuttle Runs 30-20-10 Box Step over 60/50

Minute 10-15: Strength

3 RM touch & go Deadlift
Kg
Kg
Kg
WEIGHT:



1 Transition



Minute 16-24: Bodyweight

Runde 1	Runde 2	Runde 3
7 Shuttle Runs	7 Shuttle Runs	7 Shuttle Runs
<input type="checkbox"/> 7	<input type="checkbox"/> 44	<input type="checkbox"/> 71
30 Box Step Over	20 Box Step Over	10 Box Step Over
<input type="checkbox"/> 37	<input type="checkbox"/> 64	<input type="checkbox"/> 81
Reps o. Time:		

Athlet:In:
TO:
Datum/Ort:

Unterschrift Athlet:In _____

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Description Card

Testflow

Dieser Spieltag besteht aus drei Teilen: einem Mixed for time Test, einem Strength Test und einem Bodyweight Test. Eine laufende Uhr wird auf 24 Minuten gestellt, fortlaufend von 0 aufwärts, für alle Teile gemeinsam, darin enthalten sind 1 Minuten Pause (REST) zwischen den zweiten und dritten Teil. Die Athlet:in startet stehend vor dem Target und beginnt, sobald das Signal der Uhr ertönt. Die Athlet:in starten mit einem Mixed for time Minute 0-10 (TC:10 min), gefolgt von 50 Wall Balls, 40 Deadlifts, 30 Ring Rows und 20 Burpee over Bar. Im Anschluß von Minute 10-15 (TC:5 min) folgt gleich der Kraftpart mit 3 RM touch & go Deadlift. Danach erfolgt eine Minute Transition. Nach der Transition geht es in den Bodyweight Test von Minute 16-24 (TC:8 min), es werden 3 Runden absolviert mit 7 Shuttle Runs (1 SR= 2x6 m) und 30 - 20 - 10 Box Step Over. Score für den Test ist die Zeit, die Reps oder das erreichte Gewicht innerhalb des Time Caps.

Equipment	Frauen	Männer
Langhantel (F/M)	40 Kg	60 Kg
Wall Ball	4 Kg	6 Kg
Box	50 cm	60 cm
Shuttle Runs	1 SR= 2x6 m	1 SR= 2x6 m
Ring Rows*		

***Einstellung und Standards Ring Rows:**

Unter dem Rig (Ringe) wird eine Linie abgeklebt. Die Höhe der Ringe werden auf 76 cm eingestellt, die untere Kante der Ringe sind gemeint als Maß zum Boden.

Die Athlet:in muss jede Wiederholung beginnen mit:

- Die Fersen auf der Linie unmittelbar unter der Reckstange
- Er/Sie hält die Ringe (1 in jeder Hand) und lehnt sich mit vollständig gestreckten Armen und Körper nach hinten

Die Fersen müssen während der gesamten Bewegung auf dem Boden bleiben

Die Wiederholung wird gezählt, wenn:

- Die Athlet:in sich hochzieht, bis die Brust gleichzeitig die Ringe berührt
- Die Fersen müssen auf der Linie bleiben
- Eine aufrechte Haltung während der gesamten Bewegung beibehalten wird

WALL-BALL - ID 15.04

Athlete stands up like a front squat and in one movement continues by throwing the ball towards a target.

REP START

- Bottom-of-squat position with a medicine ball in the frontal plane supported by the hands.

REP END

- Medicine ball hits the wall above, and only above the designated height.

REP REQUIREMENTS

- Athlete, while ascending, throw the ball.

CYCLE & POST REP

- The ball must be caught on its way down from previous throw

OR

- The ball must be retrieved from the ground.

MEASUREMENTS

- The standard height for the target is 300cm for men and 275cm for women.

TEAM SYNCRO

- Medicine ball hits the wall above, and only above the designated height.

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

DEADLIFT - ID 2.01

Athlete moves object from ground to hips.

REP START

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

REP END

- Deadlift lockout.

REP REQUIREMENTS

- Hands and arms are kept outside of the legs.

CYCLE & POST REP

- Object cannot bounce, that is have notable upwards momentum from ground impact.

VARIATIONS

- V.09 - Deficit
- V.10 - Elevated

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

SHUTTLE RUN - ID 9.02

Athlete runs back-and-forth touching hand to the ground on each turn.

REP START

- Standing free behind the start line.
- One hand in contact with the ground behind the start line.

REP END

- Standing free behind the end line.
- One hand in contact with the ground behind the end line.

REP REQUIREMENTS

- None.

CYCLE & POST REP

- **Continuous segments:** rep end is a valid new rep start.
- **Otherwise:** the athlete may return to rep start in any controlled manner.

MEASUREMENTS

- Start and end line for each segment (rep).

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 STEP OVER - ID 15.05

Athlete steps over box.

REP START

- Standing free.

REP END

- Standing free on the other side of the box.

REP REQUIREMENTS

- Both feet must come in contact with the top of the box.

CYCLE & POST REP

- Rep end is a valid new rep start.

VARIATIONS

- V.01 - Anyhow
- V.02 - Front-rack
- V.03 - Goblet
- V.04 - Zercher
- V.05 - Bear hug
- V.06 - Overhead
- V.07 - Farmer
- V.08 - Back-rack

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