

# Tests Liga Teams Inter.

## 3. Spieltag November 2024

### Scorecard

#### Minute 0-10: Mixed for time

<b>50</b> <b>Wall Balls (9/6kg)</b>
<input type="checkbox"/> 10 <input type="checkbox"/> 20 <input type="checkbox"/> 30 <input type="checkbox"/> 40 <input type="checkbox"/> 50
<b>40</b> <b>Deadlift (75/50kg)</b>
<input type="checkbox"/> 60 <input type="checkbox"/> 70 <input type="checkbox"/> 80 <input type="checkbox"/> 90
<b>30</b> <b>Pull Ups</b>
<input type="checkbox"/> 100 <input type="checkbox"/> 110 <input type="checkbox"/> 120
<b>20</b> <b>Sync. Burpees over Bar</b>
<input type="checkbox"/> 125 <input type="checkbox"/> 130 <input type="checkbox"/> 135 <input type="checkbox"/> 140
Reps o. Time: <input style="width: 100%;" type="text"/>

**Mixed for Time TC:10 ( 0-10 min)**  
**(Split as you want)**  
50 Wall Balls 9/6 kg  
40 Deadlift 75/50 kg  
30 Pull Ups  
Sync. 20 Burpees over Bar

**Strength TC:5 ( 10-15 min)**  
**Rounds for time**  
Deadlift 70/50 kg

**Bodyweight TC:8 (16-24 min)**  
**3 Runden sync.**  
8 Shuttle Runs  
20-15-10 Box Jump over 60/50

#### Minute 10-15: Strength

<b>Deadlift 70/50 kg</b>		
<b>Wdh.</b>	<b>A</b>	<b>B</b>
5	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>
1	<input type="checkbox"/>	<input type="checkbox"/>



**1 Transition**  
**Minute 16-24: Bodyweight**



<b>Runde 1</b>	<b>Runde 2</b>	<b>Runde 3</b>
<b>8 sync. Shuttle Runs</b>	<b>8 sync. Shuttle Runs</b>	<b>8 sync. Shuttle Runs</b>
<input type="checkbox"/> 8	<input type="checkbox"/> 36	<input type="checkbox"/> 59
<b>20 sync. Box Jump Over</b>	<b>15 sync. Box Jump Over</b>	<b>10 sync. Box Jump Over</b>
<input type="checkbox"/> 28	<input type="checkbox"/> 51	<input type="checkbox"/> 69
Reps o. Time: <input style="width: 100%;" type="text"/>		

Athlet:In:
TO:
Datum/Ort:

Unterschrift Athlet:In \_\_\_\_\_

# Tests Team Interm.

## 3. Spieltag November 2024

### Description Card

#### Testflow YGIG

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 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 (50/75 Kg), 30 Pull Ups und 20 Synchroner Burpee over Bar.

Im Anschluß von Minute 10-15 (TC:5 min) folgt gleich der Kraftpart mit Deadlift touch & go im Wechsel von 5-5,4-4,3-3,2-2,1-1 (50/70 Kg)

Danach erfolgt eine Minute Transition. Nach der Transition geht es in den Bodyweight Test von Minute 16-24 (TC:8 min), es werde 3 Runden absolviert mit 8 Synchroner Shuttle Runs ( 1 SR= 2x6 m) und 20 – 15 - 10 Synchroner Box Jump Over.

Die Synchroner Shuttle Runs sehen wie folgt aus: Beide sind immer gleich auf, dürfen an der Linie aufeinander warten.

Score für den Test ist die Zeit, die Reps oder das erreichte Gewicht innerhalb des Time Caps.

Equipment	Frauen	Männer
Langhantel (F/M)	50 Kg	70 Kg / 75 Kg
Wall Ball	6 Kg	9 Kg
Box	50 cm	60 cm
Shuttle Runs	1 SR= 2x6 m	1 SR= 2x6 m
Rig		

# 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

# PULL-UP - ID 7.04

Athlete hanging from a horizontal bar pulls himself up until chin is above bar.

## REP START

- Vertical hang from horizontal bar.

## REP END

- Bottom plane of the chin breaks the top-most horizontal plane of the bar.

## REP REQUIREMENTS

- Only hands and chest or above can touch anything during the movement.

## CYCLE & POST REP

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

## VARIATIONS

- V.12 - Strict
- V.13 - Kipping
- V.21 - L-hang

## 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 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