



Push-Pull

4 Rounds for Time

50 ft. D-ball Push (150/100 lbs)

10 D-ball Carries (20 ft)

50 ft. D-ball Pull (150/100 lbs)

Alternate rounds with your partner

Time Cap: 10:00

Division Details

Movement	Elite	RX	Scaled	Masters 35-49	Masters 50+/Teens
D-ball Push/Pull	150/100 lbs	150/100 lbs	150/100 lbs	150/100 lbs	150/100 lbs
D-ball Carry	150/100 lbs	150/100 lbs	100/70 lbs	150/100 lbs	100/70 lbs
D-ball Carry Reps	10	6	6	6	6

Event Flow

Both athletes begin on the Start/Finish mat. At the sound of the beep, one athlete will complete one round of “Push-Pull” and return to the Start/Finish mat. The second athlete will complete a round, followed by the first athlete again, and finally the second athlete for a second round. When the second athlete completes their second round and returns to the Start/Finish mat, time will be called.

Each round of “Push-Pull” starts with a 50 ft. D-ball push. Once completed, the athlete will perform the designated number of D-ball carries. When the D-ball carries are done, the athlete will pull their D-ball back to where it started.

Movement Standards

For the D-ball push, the athlete will push the ball on the floor with their hands moving in a forward direction. It must be rolled, not slid across the floor. It must start and finish fully on the designated mat at each end.

For the D-ball carry, athletes may carry the ball using any method they choose. It must start and finish fully on the designated mat at each end. Touch-and-go reps are permitted, but if this method is used, the hands must not be under the ball preventing it from touching the designated mat. Interlocking the fingers underneath the ball for touch-and-go reps is not permitted.

For the D-ball pull, the athlete will pull the ball on the floor with their hands moving in a backward direction. It must start and finish fully on the designated mat at each end.

Scoring

Score for “Push-Pull” is the total time of completion. The time cap is 10:00. For the push and pull, one “rep” is 50 ft. For the carries, one “rep” is 20 ft. Any reps not completed within the 10:00 time cap will be added as additional seconds to the time cap, including finishing on the Start/Finish mat. For example, if athletes complete all the work except the final D-ball pull, their score will be recorded as 10:02 on the leaderboard: a one second penalty for failing to complete the final D-ball pull and a one second penalty for not getting to the Start/Finish mat. 100 points available.