



## **Pairs Event 6** **“JEFFERSON”**

40 Deficit Handstand Push-ups +  
60 ft. Handstand Walk

Points Available: 100

Time Cap: 5:00

### **Division Details**

Elite men and women will use a 45 lb. plate for HSPU deficit, RX men and women will use a 25 lb. plate for HSPU.

### **Event Flow**

At the call of go, athletes will perform 40 handstand push-ups. They may partition the reps however they choose. After 40 handstand push-ups are completed, athlete 1 will handstand walk from the Start mat to the Finish mat. Once athlete 1 reaches the Turf finish zone, athlete 2 will handstand walk from the Start mat to the Turf finish zone. Time is called when athlete 2 reaches the Turf.

### **Movement Standards**

Every repetition of the handstand push-up begins and ends at the top of a handstand with the arms fully locked out, the heels in contact with the wall (feet inside the width of the hands), and the body in line with the arms. The palm of the hands must remain on the plates throughout the entire rep. At the bottom, the athlete's head makes contact with the pad on the ground. The feet do not need to remain in contact with the wall for the entire movement, but must touch the wall at the beginning and end of each rep. Kipping is allowed. If anything other than the heels are touching the wall at the top of the rep, it is a no-rep (butt may not be touching the wall for the rep to be counted). Both athletes must complete at least 1 rep of handstand push-ups. The plates will be set up on a stall mat touching the wall and may not be moved. The mat may be moved by the athletes. Only one athlete may be on the HSPU mat at a time, so during transitions, the non-working athlete must remain off the mat until the working athlete comes off the mat.

For the handstand walk, athletes will start with both feet behind the designated line. The minimum distance athletes must progress is 12 ft. If an athlete comes down prior to both hands crossing the next 12 ft. increment, he or she will be moved back to the previous line. Between the 12 ft. partitions, Elite Pairs will have 2 sets of 45-lb. plates and 1 set of 25 lb. plates to negotiate.

### **Scoring**

Score for event 6 is the total time of completion. The time cap is 5:00. Any reps not completed within the 5:00 time cap will be added as additional seconds to their cap time. For example, if athletes complete all the work except the final 12 ft. section of handstand walk before the 5:00 cap, their score will be recorded as 5:02 on the leaderboard, a one second penalty for not completing the final section of handstand walk and another for not reaching the finish mat. 100 points are available for Event 6.