

TEST 4

20-minute AMRAP:
1,000-meter row
50 GHD sit-ups
500-meter row
25 V-ups

NOTES

Prior to starting, set up the floor plan as shown. The monitor of the rower must be clearly visible. The V-ups must be performed in front of the GHD (closer to the camera).

This test begins with the athlete seated on the rower with hands off of the handle. After "3, 2, 1, ... go," row 1,000 meters (counting up). When the rower reads 1,000 meters, move to the GHD and complete 50 GHD sit-ups, then move back to the rower for 500 meters, then to the floor for 25 V-ups. Then, repeat the sequence. Continue in this fashion until the 20-minute cap.

Your score will be the total time number of repetitions completed before the 20-minute time cap. If you are time-capped on the rower, once the monitor has come to rest, every 10 meters completed will count as 1 repetition (rounded down).

Example: 537 meters = 53 reps

TIEBREAK

There is no tiebreak for this test.

EQUIPMENT

- Tape to mark the floor.
- Glute-hamstring developer.
- Concept2 rower.

Be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the test standards video may be disqualified from the competition. Unless otherwise stated, athletes may not receive assistance with their equipment during the test.

VIDEO SUBMISSION STANDARDS

- All athletes **MUST** submit a video with their score for validation purposes.
- Film **ALL** competition area measurements so the distances and weights can be seen clearly.
- Use the camera placement provided in the floor plan. The camera should capture a $\frac{3}{4}$ view of the athlete during all movements.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 feet (90 cm) off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the test.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Make sure lighting does not obstruct the view of the athlete, equipment, or workout area. Glare from the background or dark spaces makes it hard to review videos.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.

PENALTIES

General:

- Missing repetitions may result in the athlete's score being adjusted to the last correctly completed rep before the missed/skipped rep.
- A significant number of no reps will result in a Major Penalty.
- If an athlete is assessed a no rep on any movement in this test, and the total number of no-reps falls below the threshold for a major penalty, the rep will be removed from the athlete's score.

Not touching the foot pads with both hands when entering the GHD will result in a 1-rep penalty.

Row:

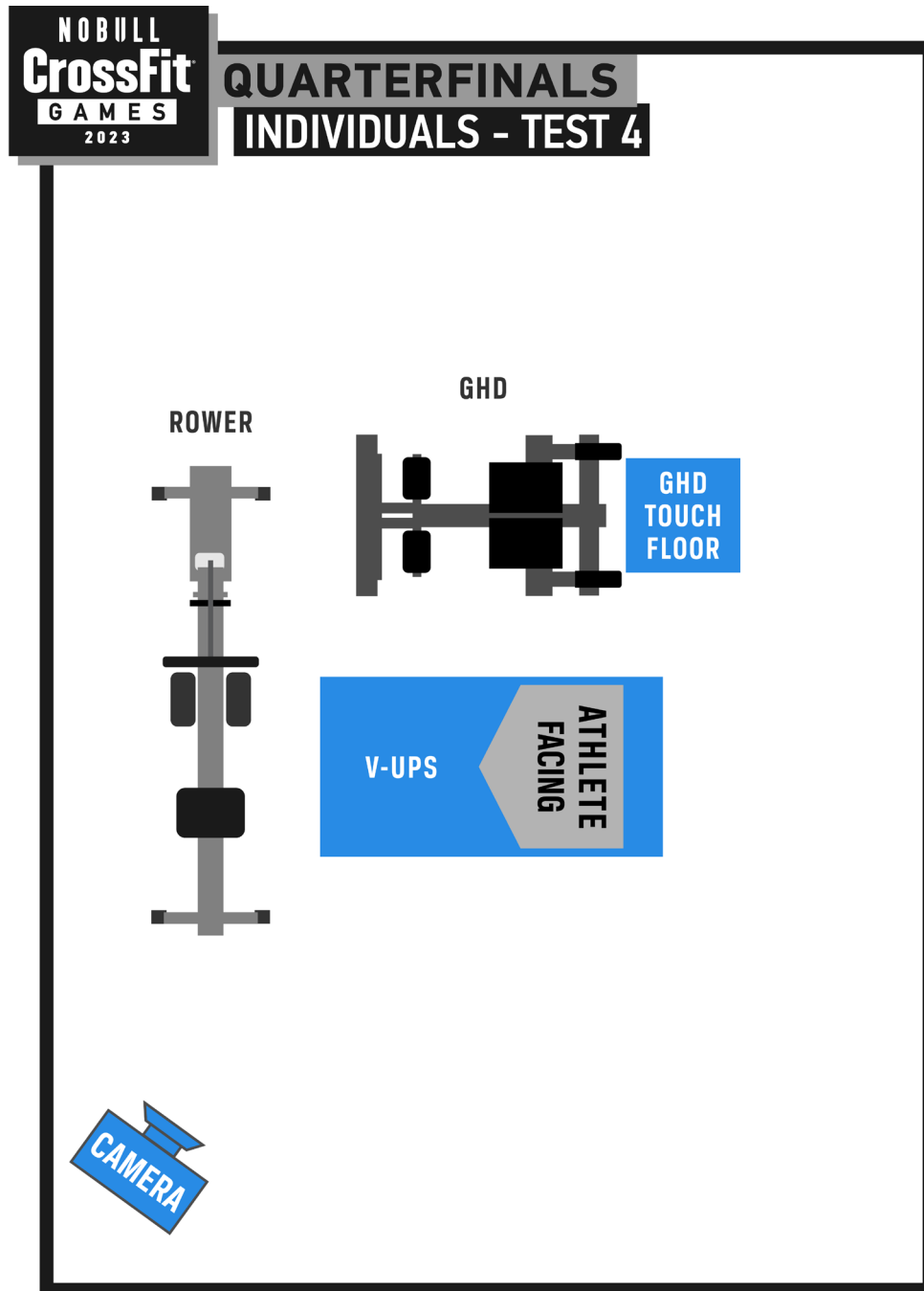
- False-start penalty - 1 repetition.
- Missed/skipped meters - 2-repetition penalty for every 10 meters per instance.
- If the meters rowed are not clearly displayed after each row, the athlete will receive a 10-repetition penalty per occurrence.

To avoid penalty, it is highly recommended to film and review a short row with the intended competition setup to ensure the monitor is clearly visible.

ZERO SCORE VIOLATIONS

The following may result in an immediate zero score:

- Not clearly showing the meters rowed to the camera.
- Filming the V-ups from the front or back (must be filmed from $\frac{3}{4}$ angle or profile).
- Not visually confirming floor layout on camera.
- Not having a visible timer throughout the test.
- Intentionally altering the rep scheme or order of movements.
- Incorrect measurements of any part of the setup.



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MOVEMENT STANDARDS

ROW



- You must use a Concept2 rower.
- The monitor must be clearly visible in your video.
- The monitor on the rower must be set to zero at the beginning of each row and must count up to the designated distance.
- You may receive assistance resetting the rower.
- Start seated on the rower with your hands off the handle until after the call of "3, 2, 1, ... go."
- You must remain seated with your hands on the handle until the monitor reads the designated distance during each round.



- It is recommended that the rowing display is as shown.
- If you are time-capped on the rower, once the monitor has come to rest, every 10 meters completed will count as 1 repetition (rounded down).
 - Example: 537 meters = 53 reps

GHD SIT-UP



- The athlete's hips must be placed on, or behind, the top of the seat pad(s).
- Begin and end each rep seated on GHD with both hands touching the foot pads.
 - *NOTE: The first repetition MUST include a touch of the foot pads with both hands before descending.*



- You must touch the ground or designated riser with both hands before returning to the seated position.
- The touch on the ground or riser must be overhead, not to the side of your body. Your fingers must be at least in line with the top of your head when viewed from profile.
- The rep is credited when both hands touch the foot pads.

MOVEMENT STANDARDS

GHD (CONTINUED)



- **Equipment note:** The distance from the top of the seat pad to the floor may be no fewer than:
 - 40 inches (102 centimeters) for men
 - 37 inches (94 centimeters) for women
- If you are using a GHD that **EXCEEDS** the height requirement, you may touch an elevated target that creates the correct distance — e.g., women may use a 6-inch (15-centimeter) riser on a 43-inch (109-centimeter) GHD to create a net height of 37 inches (94 centimeters).



- If you are using a GHD that is **BELOW** the height requirement, you may elevate the GHD to create the correct distance.

MOVEMENT STANDARDS

V-UP



- Each rep begins with:
 - The feet together.
 - Both feet touching the ground.
 - Both hands touching the ground above the athlete's head (there is no requirement for the arms to remain extended).
- The torso and the legs must leave the ground at the same time.



- Each rep is credited when:
 - Both hands touch the feet at the same time.
 - The feet are together.
 - The toes are above the top of the athlete's head.
- The torso and legs must both be off the ground when the touch occurs.
- After the feet leave the ground, they must remain above the height of the knees.



- If the athlete's knees bend incidentally, the toes must remain clearly above the height of the head when the touch occurs.
- Must be filmed from a side view (profile).
- Any deliberate deviation from the V-up motion will not be allowed.

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	1,000-M ROW	50 GHD SIT-UPS	500-M ROW	25 V-UPS
ROUND 1	100	150	200	225
ROUND 2	325	375	425	450
ROUND 3	550	600	650	675
ROUND 4	775	825	875	900

Athlete Name _____
Print

Reps at 20 Min. _____

Test Location _____

Judge _____
Judge Name

I confirm the information above accurately represents the athlete's performance for this test.

Athlete Signature Date

Athlete Copy

QUARTERFINALS - INDIVIDUALS - TEST 4

Athlete Name _____
Print

Reps at 20 Min. _____

Test Location _____

Judge _____
Judge Name

I confirm the information above accurately represents the athlete's performance for this test.

Judge Signature Date

SCAN TO SUBMIT SCORE

