

EVENT 4 - TIME TO GO HOME THERE BALL

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FOR TIME:

125 ALTERNATING PARTNER WALLBALLS

*EVERY MINUTE ON THE MINUTE, STARTING AT 0:00,
PERFORM 2 ALTERNATING SANDBAG CLEAN-TO-SHOULDER

TIME CAP - 11:00

WEIGHTS/MOVEMENTS PER DIVISION

RX: MEDICINE BALL - 20LBS/14LBS TO 10FT/9FT TARGET |

2 ALTERNATING REPS OF THE SANDBAG - 150LBS/100LBS

INTERMEDIATE: MEDICINE BALL - 20LBS/14LBS TO 10FT/9FT TARGET |

4 ALTERNATING REPS OF THE SANDBAG - 100LBS/75LBS

NOVICE/NOVICE MASTERS: MEDICINE BALL - 14LBS/10LBS TO 10FT/9FT
TARGET | 4 ALTERNATING REPS OF THE SANDBAG - 75LBS/50LBS

FLOW

This workout begins with both athletes standing in front of the crowd. At the call of 3,2,1, GO!... Both athletes will move to the Sandbag and perform 1 Clean-to-Shoulder each (Intermediate & Novice will perform 4 alternating reps, 2 each athlete). Once the Sandbag Clean-to-Shoulder is complete, both athletes will move to the medicine ball and perform as many reps as possible of the Alternating Partner Wallballs in the remaining time of the 1:00 interval. When the 1:00 interval is complete, both athletes must move back to the Sandbag to perform 1 Clean-to-Shoulder each (Intermediate & Novice will perform 4 alternating reps, 2 each athlete). Once the Sandbag Clean-to-Shoulder is complete, both athletes will move back to the medicine ball and pick up where they left off on the Alternating Partner Wallballs and perform as many reps as possible until the next interval begins.

This format will continue until the team accumulates 125 Alternating Partner Wallballs.

Time will be called when the last Alternating Partner Wallball touches the 10ft/9ft Target.. If a team does not complete the reps under the given time cap, the score will be the time cap plus the reps not completed within the time cap. Score is TOTAL time of the workout.

GENERAL/EQUIPMENT STANDARDS

- All Sandbag Clean-to-Shoulder rep must be performed in front of the marked tape line.
- Both the Sandbag and Wallball reps must be alternating.
- THERE WILL BE NO ASSISTANCE FROM THE JUDGES UNLESS SAFETY IS A CONCERN.

MOVEMENT STANDARDS

SANDBAG CLEAN-TO-SHOULDER (ALL DIVISIONS)

The sandbag starts on the ground and must be lifted to the shoulder. With the sandbag at the shoulder, the hips and knees must reach full extension and the athlete must be in full control of the sandbag. The rep is credited when the middle of the sandbag is resting on the shoulder, hip and knees are in full extension and the opposite arm of the athlete is fully extended out to the side of their body and hand inline with the shoulder. A Sandbag Power Clean is permitted but must be stood up to the final position for the rep to be credited. Touch and go reps are permitted as long as the bag clearly touches the floor before the next rep.

ALTERNATING PARTNER WALLBALLS (ALL DIVISIONS)

Both athletes are standing side to side. At the start of each rep, the ball must be in the support position in front of the body. Athlete 1 must squat until the hip crease is below the knee. A squat clean to start the set is allowed but not required as long as the ball starts on the ground. Men will throw to a 10 foot target. Women will throw to a 9 foot target. Once the throw from Athlete 1 hits the target, Athlete 2 will catch the medicine ball to begin their rep. The rep is credited when the center of the ball hits the target at or above the specified height. If the ball hits low or does not hit the wall, the rep will not count. If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce.

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