



**International Functional
Fitness Federation**

**MOVEMENT
STANDARDS
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POINTS OF PERFORMANCE

Points of Performance, PoP, for a specific exercise should provide a complete picture of the exercise. To make this easy to read and easy to learn, it is based on a few general rules and a small set of pre-defined positions and body parts.

REP START	Defines how the athlete's body and external object must be to start a valid repetition.
REPEND	Defines how the athlete's body and external object must be to end a valid repetition.
REP REQUIREMENTS	Requirements that the athlete must achieve during the repetition in order for it to be valid. This may also restrict what the body and object may do during the repetition.
CYCLE & POST REP	Requirements for body and object after a valid repetition, and before the start of a new repetition.
MEASUREMENTS	Any measurements if applicable.
VALID OBJECT/EQUIPMENT	Defines which object(s) or equipment that can be used in accordance with the specific standard.
VARIATIONS	Lists any variations if applicable. See the variation overview of points to be added to the original PoP in order to meet the variation requirements.

COLOR REFERENCES

BLUE	Reference for POSITIONS within Definitions.
RED	Reference for BODY PARTS AND AREAS within Definitions.
GREEN	Reference for GENERAL RULES .
YELLOW	Reference for REP START and REP END within Point of Performance.

GENERAL RULES

- ADHERE TO INTENT** While a movement's definition is meant to be exact and complete, there might be cases where a literal interpretation of the written standard can be exploited to perform the movement in a way that was not intended. In such cases the Technical Official (TO) or Head Technical Official (HTO) will be able to no-rep such repetitions in real-time or after the test.
- AVOID CONTACT** Unless specifically stated the athlete and/or object may not rest or come in contact with:
- any surface (wall, ceiling, floor)
 - any equipment, bars, boxes, racks etc.
 - any objects not being the active object during a repetition
- The main exceptions not specified are shoes-to-floor on any ground movement and hands-to-rings/bar on any hanging movement as well as the active object's resting position (on ground, in rack etc.).
- PASSIVE ARM** Whenever there are one or more passive arms, e.g. in single arm movements or leg-movements, the passive arm(s) cannot be used to push or pull off the athlete's body or contact it in any way unless specifically stated in the standard. The arm(s) can however be swung in the air to generate momentum or kept freely in the air.
- HANG RULE** If an object is in contact with the ground, including before the initial rep, a [deadlift lockout](#) must be achieved before the rep can be initiated.
- ALTERNATING RULE** An alternating execution of a task implies that the repetitions of the task must be completed by alternating left/right on the active hand or foot. After a good rep by the left side, a new repetition will not be counted on the left side before a good rep has been performed on the right. If the athlete is not able to perform the movement on both sides, he or she will not be able to complete the task.

UNBROKEN RULE

A set of repetitions must be performed without breaking, resting object on ground or resting outside of the normal movement pattern. If **rep start=rep end**, then there are no “in between” reps and rep requirements would count for the whole set.

Some definitions in this regard:

- Breaking equals letting go of external object or dismounting from bar/rings.
- Resting on ground is anything more than a touch-and-go fraction of a second contact.
- Resting outside of normal movement pattern is going into a position that normally one would not and that is clearly done for the recovery purpose. E.g. putting the bar on the back of the neck (not front-rack) during a set of thrusters.

LINE POSITIONING

Whenever a standard requires the athlete to be in contact with the ground on one side of a line, this means that not only must the athlete be in contact with the ground as stated, but no other part of the athlete may be in contact with the actual line or the area on the other side of the line.

Parts of the athlete’s body may be above the line or on the incorrect side of the line as long as these parts are in the air and not in contact with the ground. E.g. an athlete may jump over a finish line while having his hands in the air behind the line.

WEIGHT VEST

If a weight vest is required for a task, it must be worn tight enough so that the vest can be pulled away no greater than two fingers depth from the chest. An athlete who chooses to adjust vest tightness while mid-task may be required to show the TO that the vest adjustment conforms to the above standard before continuing with further task work.

VISIBILITY AT SPEED

Unless specifically stated in the standard, all **rep start, rep end** and other positions may be achieved in speed and with momentum. Still, it is the athlete’s responsibility to perform the movement clearly for the TO.

DEFINITIONS, BODY PARTS & AREAS

CHEST

- Area on torso including the clavicle and down to and including upper abs

SHOULDERS

- Area on torso including the actual shoulders and down to and including clavicle

ABS

- Area on torso including sternum and down to and including hipbones

TOES

- Area on the shoe also known as "toe box" - typically up until the laces start
- Includes top, bottom and any sides of the shoe in this area

HANDS

- **Positioning:** Entire hand with full palm and all fingers
- **Gripping:** Any part of the hand, full or partial

FRONT RACK

- Area including **chest** and **shoulders**

BACK RACK

- Area from neck and down to lower shoulder blades

OVERHEAD

- Area above the top of the head of the athlete. Can be slightly above, or way above
- In front, directly over, or behind the center of head

KNEES

- The joint between the thighs and the lower leg

ELBOWS

- The joint between the humerus (upper arm) and the radius and ulna (forearm)

LEG

- Entire lower limb of the human body, including the foot, thigh and even the hips and gluteal region

HIP

- The joint between the femur and the hip bone

FOOT

- The terminal joint of the leg, below the ankle joint

DEFINITIONS, POSITIONS

STANDING FREE

- Both feet in contact with the ground.

BOTTOM OF SQUAT

- **Standing free** (2-foot version) or 1 foot on the ground
- Achieving a full squat, with the crease of the hip below the plane of the top of the knee for each active leg.

POWER POSITION

- **Standing free.**
- Avoiding bottom-of-squat, this includes:
 - a partial squat
 - a full extension (also known as "muscle position")
 - a split position

STANDING TALL

- **Standing free** position is achieved.
- Full extension of the hips and knees.
- **Chest** up, straight back.
- Vertical alignment of the **shoulders**, hips, knees and ankles.

DEADLIFT LOCKOUT

- **Standing tall** position is achieved.
- Object is supported by the **hands**, arms oriented downward from the **shoulders**.
- Elbows fully extended.
- **Shoulders** behind the vertical plane of the object if object is kept in front of body.

HANG POSITION

- **Standing free.**
- Object off ground (not touching ground with any part of the object).
- Object is supported by the **hands**, arms oriented downward from the **shoulders**.
- Elbows extended.
- Shoulders in front of the vertical plane, placing object slightly lower than a **deadlift lockout**.

FRONT RACK LOCKOUT

- **Standing tall** position is achieved.
- Object in contact with the athlete's **shoulder(s)**.
- Elbow(s) clearly in front of the center of mass of the object.
- Fist(s) below chin.

OVERHEAD LOCKOUT

- **Standing tall** position is achieved.
- Object is **overhead** and over the sagittal midline of the body.
- The shoulder angle is open or rearward of the frontal plane.
- Full extension of elbows.
- For 1-arm versions, the supporting arm is vertical.

VERTICAL HANG

- Hanging vertically from a suspended bar or rings using both **hands**.
- Full extension of elbows.
- The shoulder angle is open or rearward of the frontal plane.

VERTICAL INVERSION

- Inverted (upside - down) position.
- Only the ventral part of the **hands** in contact with the ground.
- Full extension of the hips, knees and elbows.
- Vertical alignment of the **shoulders**, hips, knees and ankles.

VERTICAL SUPPORT

- Fully supported on **hands** above equipment (typically horizontal bar or rings).
- Elbows fully extended.
- **Chest** up, straight back.
- Bodyweight is not supported with any body parts other than the **hands** (e.g. resting trunk on the bar).

PRONE

- Generally flat on the ground, not arching.
- Resting on the ventral part of the **hands**.
- **Hands** positioned behind the line made by the chin.
- **Chest** and **toes** in contact with the ground.
- **Leg, knee**, face or any other body-part contact is permitted, but not required.

SPLIT

- **Standing free**
- The entire front **foot** must be placed further in front than the **toes** of the back **foot**. Both feet must move away from each other.

SEATED

- Gluteus in contact with ground or starting object.

L-POSITION

- "L"-shape 90-degree angle at the hip.
- Forming an L-position horizontal legs, and heels at or above glutes.

PLANK LOCKOUT

- Resting on the ventral part of the **hands** and **toes**.
- No other body parts are in contact with the ground.
- Arms and **legs** fully extended.
- **Shoulders, hips**, and **feet** in alignment.
- **Toes** no greater than **shoulder** width apart.

DEFINITIONS, OBJECT ON GROUND

BARBELL

- Both bumpers in contact with the ground at the same time.

DUMBBELL

- Both sides on a single dumbbell in contact with the ground at the same time.

KETTLEBELL

- Any part of the bottom circle of a kettlebell in contact with the ground.

BALL

- Any part of the ball in contact with the ground.

ODD OBJECT

- Any part of the object in contact with the ground.

STANDARDS, CATEGORICALLY SORTED

AIRSQUAT-ID1.01

Athlete, without any external load, squats down below parallel and returns to standing.

REP START

- [Standing tall.](#)

REP END

- [Standing tall.](#)

REP REQUIREMENT

- Achieve the [bottom of squat.](#)

CYCLE & POST REP

- [Rep end](#) is a valid new [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

BACK SQUAT- ID 1.02

Athlete, with weight on back of shoulders, squats down below parallel and returns to standing.

REP START

- Standing tall.
- Object resting in the **back rack**.

REP END

- Standing tall.
- Object resting in the **back rack**.

REP REQUIREMENT

- Achieve the **bottom of squat**.
- Object in **back rack** throughout the full rep.

CYCLE & POST REP

- **Rep end** is a valid new **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

FRONT SQUAT - ID 1.03

Athlete, with weight on front of shoulders, squats down below parallel and returns to standing.

REP START

- [Front rack lockout.](#)

REP END

- [Front rack lockout.](#)

REP REQUIREMENT

- Achieve the [bottom of squat.](#)
- Object in [front rack](#) throughout the full rep.
- [Hand\(s\)](#) below chin.

CYCLE & POST REP

- [Rep end](#) is a valid new [rep start.](#)

VALID OBJECT / EQUIPMENT

- Barbell
- Dumbbell, 1 or 2
- Kettlebell, 1 or 2

SQUATS

DEADLIFTS

GROUND TO SHOULDER

GROUND TO OVERHEAD

SHOULDER TO OVERHEAD

KETTLEBELL

HORIZONTAL BAR

RINGS

MONOSTRUCTURAL

JUMPING

CLIMBING

HANDSTANDS

CORE

ODD OBJECT

MISCELLANEOUS

OVERHEAD SQUAT - ID 1.04

Athlete, with weight overhead, squats down below parallel and returns to standing.

REP START

- Overhead lockout.

REP END

- Overhead lockout.

REP REQUIREMENT

- Achieve the bottom of squat.
- Object is kept overhead throughout the full rep.

CYCLE & POST REP

- Rep end is a valid new rep start.

VALID OBJECT / EQUIPMENT

- Barbell
- Dumbbell, 1or 2
- Kettlebell, 1or 2

SQUATS

DEADLIFTS

GROUND TO SHOULDER

GROUND TO OVERHEAD

SHOULDER TO OVERHEAD

KETTLEBELL

HORIZONTAL BAR

RINGS

MONOSTRUCTURAL

JUMPING

CLIMBING

HANDSTANDS

CORE

ODD OBJECT

MISCELLANEOUS

FRONT LOADED SQUAT - ID 1.05

Athlete, with weight in front of chest, squats down below parallel and returns to standing.

REP START

- Standing tall.
- Object is kept in front of **chest** and/or **abs**.

REP END

- Standing tall.
- Object is kept in front of **chest** and/or **abs**.

REP REQUIREMENT

- Achieve the **bottom of squat**.
- Object is kept in front of **chest** and/or **abs** throughout the full rep.

CYCLE & POST REP

- **Rep end** is a valid new **rep start**.

VARIATION

- V.03 - Goblet
- V.04 - Zercher
- V.05 - Bear-hug

SQUATS

DEADLIFTS
GROUND TO SHOULDER
GROUND TO OVERHEAD
SHOULDER TO OVERHEAD
KETTLEBELL
HORIZONTAL BAR
RINGS
MONOSTRUCTURAL
JUMPING
CLIMBING
HANDSTANDS
CORE
ODD OBJECT
MISCELLANEOUS

PISTOL - ID 1.06

Athlete, balancing on one leg, squats down below parallel while keeping the non-working leg elevated off the floor and returns to standing.

REP START

- Only the active foot in contact with the ground.
- Full extension of the hip and knee for active leg.
- Chest up, straight back.
- No rotation in body.

REP END

- Only the active foot in contact with the ground.
- Full extension of the hip and knee for active leg.
- Chest up, straight back.
- No rotation in body.

REP REQUIREMENT

- Achieve the **bottom of squat**.
- Non-supporting foot elevated off ground and in front of body throughout the rep.
- Non-supporting foot can be held by hand

CYCLE & POST REP

- **Rep end** is a valid new **rep start**.

VARIATION

V.04 - Goblet

V.06 - Overhead

SQUATS

DEADLIFTS

GROUND TO SHOULDER

GROUND TO OVERHEAD

SHOULDER TO OVERHEAD

KETTLEBELL

HORIZONTAL BAR

RINGS

MONOSTRUCTURAL

JUMPING

CLIMBING

HANDSTANDS

CORE

ODD OBJECT

MISCELLANEOUS

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 REQUIREMENT

- Hands and arms are kept outside the legs.

CYCLE & POST REP

- Object cannot bounce, that is have notable upwards momentum from ground impact.

VARIATION

V.09 - Deficit

V.10 - Elevated

SQUATS

DEADLIFTS

GROUND TO SHOULDER
GROUND TO OVERHEAD
SHOULDER TO OVERHEAD
KETTLEBELL
HORIZONTAL BAR
RINGS
MONOSTRUCTURAL
JUMPING
CLIMBING
HANDSTANDS
CORE
ODD OBJECT
MISCELLANEOUS

SUMO DEADLIFT - ID 2.02

Athlete moves object from ground to hips with wide stance.

REP START

- Object on ground.
- Hand(s) on object.

REP END

- Deadlift lockout.

REP REQUIREMENT

- Hands and arms are kept inside the legs.

CYCLE & POST REP

- Object cannot bounce, that is have notable upwards momentum from ground impact.

VARIATION

V.09 - Deficit

V.10 - Elevated

SQUATS

DEADLIFTS

GROUND TO SHOULDER

GROUND TO OVERHEAD

SHOULDER TO OVERHEAD

KETTLEBELL

HORIZONTAL BAR

RINGS

MONOSTRUCTURAL

JUMPING

CLIMBING

HANDSTANDS

CORE

ODD OBJECT

MISCELLANEOUS

CLEAN, ANYHOW- ID 3.01

Athlete moves object from ground to shoulders in one fluid motion.

REP START

- Object on ground.
- Hand(s) on object.

REP END

- Front rack lockout.

REP REQUIREMENT

- Object is moved in one fluid motion from ground or hang to **front rack**.
- Must be a **clean movement**.

CYCLE & POST REP

- The object can be returned to **rep start** in any controlled manner.

VARIATION

- V.10 – Elevated
- V.14 – Split

SQUATS
 DEADLIFTS
GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

POWER CLEAN - ID 3.02

Athlete moves object in one fluid motion from ground to shoulders, never squatting down to full depth.

REP START

- Object on ground.
- Hand(s) on object.

REP END

- Front rack lockout.

REP REQUIREMENT

- Object is moved in one fluid motion from ground to **front rack** in the **power position**.
- Avoid the **bottom of squat**.

CYCLE & POST REP

- The object can be returned to **rep start** in any controlled manner.

VARIATION

- V.10 – Elevated
- V.14 – Split

SQUATS
 DEADLIFTS
GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

SQUAT CLEAN - ID 3.03

Athlete moves object in one fluid motion from ground to shoulders while squatting below parallel.

REP START

- Object on ground.
- Hand(s) on object.

REP END

- Front rack lockout.

REP REQUIREMENT

- Object is moved in one fluid motion from ground to **front rack**.
- Without pause after receiving the object, the **bottom of squat** must be achieved.

CYCLE & POST REP

- The object can be returned to **repstart** in any controlled manner.

VARIATION

V.10 - Elevated

SQUATS
 DEADLIFTS
GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

HANG CLEAN, ANYHOW - ID 3.04

Athlete moves object in one fluid motion from above knees to shoulder.

REP START

- Hang position.

REP END

- Front rack lockout.

REP REQUIREMENT

- Object is moved in one fluid motion from hang to **front rack**.
- Adhere to **hang rule**.

CYCLE & POST REP

- The object can be returned to **repstart** in any controlled manner as long as it adheres to the **hang rule**.

SQUATS
 DEADLIFTS
GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

HANG POWER CLEAN - ID 3.05

Athlete moves object in one fluid motion from above ground to shoulder never squatting below parallel.

REP START

- Hang position.

REP END

- Front rack lockout.

REP REQUIREMENT

- Object is moved in one fluid motion from hang to **front rack** in the **power position**.
- Avoid the **bottom of squat**.
- Adhere to **hang rule**.

CYCLE & POST REP

- The object can be returned to **repstart** in any controlled manner as long as it adheres to the **hang rule**.

SQUATS
 DEADLIFTS
GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

HANG SQUAT CLEAN - ID 3.06

Athlete moves object in one fluid motion from above ground to shoulder catching the object while squatting below parallel.

REP START

- Hang position.

REP END

- Front rack lockout.

REP REQUIREMENT

- Object is moved in one fluid motion from hang to front rack.
- Without pause after receiving the object, the bottom of squat must be achieved.
- Adhere to hang rule.

CYCLE & POST REP

- The object can be returned to rep start in any controlled manner as long as it adheres to the hang rule.

SQUATS
 DEADLIFTS
GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

SNATCH, ANYHOW-ID 4.01

Athlete moves object in one fluid motion from ground to overhead.

REP START

- Object on ground.
- Hand(s) on object.

REP END

- Overhead lockout.

REP REQUIREMENT

- Object is moved in one fluid motion from ground to **overhead** position.

CYCLE & POST REP

- The object can be returned to **rep start** in any controlled manner.

VARIATION

- V.10 – Elevated
- V.14 – Split

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

POWER SNATCH - ID 4.02

Athlete moves object in one fluid motion from ground to overhead, never squatting down to full depth.

REP START

- Object on ground.
- Hand(s) on object.

REP END

- Overhead lockout.

REP REQUIREMENT

- Object is moved in one fluid motion from ground to overhead position.
- Avoid the bottom of squat.

CYCLE & POST REP

- The object can be returned to rep start in any controlled manner.

VARIATION

- V.10 – Elevated
- V.14 – Split

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

SQUAT SNATCH - ID 4.03

Athlete moves object in one fluid motion from ground to overhead catching the object at full squat depth.

REP START

- Object on ground.
- Hand(s) on object.

REP END

- Overhead lockout.

REP REQUIREMENT

- Object is moved in one fluid motion from ground to overhead position.
- Without pause after receiving the object, the bottom of squat must be achieved.

CYCLE & POST REP

- The object can be returned to rep start in any controlled manner.

VARIATION

V.10 - Elevated

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

HANG SNATCH, ANYHOW - ID 4.04

Athlete moves object in one fluid motion starting above knees to overhead.

REP START

- Hang position.

REP END

- Overhead lockout.

REP REQUIREMENT

- Object is moved in one fluid motion from hang to overhead position.
- Adhere to hang rule.

CYCLE & POST REP

- The object can be returned to rep start in any controlled manner as long as it adheres to the hang rule.

SQUATS
DEADLIFTS
GROUND TO SHOULDER
GROUND TO OVERHEAD
SHOULDER TO OVERHEAD
KETTLEBELL
HORIZONTAL BAR
RINGS
MONOSTRUCTURAL
JUMPING
CLIMBING
HANDSTANDS
CORE
ODD OBJECT
MISCELLANEOUS

HANG POWER SNATCH - ID 4.05

Athlete moves object in one fluid motion starting above knees from ground to overhead, never squatting down to full depth.

REP START

- Hang position.

REP END

- Overhead lockout.

REP REQUIREMENT

- Object is moved in one fluid motion from hang to **overhead** position.
- Avoid the **bottom of squat**.
- Adhere to **hang rule**.

CYCLE & POST REP

- The object can be returned to **rep start** in any controlled manner as long as it adheres to the **hang rule**.

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

HANG SQUAT SNATCH - ID 4.06

Athlete moves object in one fluid motion starting above knees to overhead catching the object at full squat depth.

REP START

- Hang position.

REP END

- Overhead lockout.

REP REQUIREMENT

- Object is moved in one fluid motion from hang to overhead position.
- Without pause after receiving the object, the bottom of squat must be achieved.
- Adhere to hang rule.

CYCLE & POST REP

- The object can be returned to rep start in any controlled manner as long as it adheres to the hang rule.

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

CLUSTER - ID 4.07

Athlete performs a squat clean and a thruster in one fluid motion.

REP START

- Object on ground.
- Hand(s) on object.

REP END

- Overhead lockout.

REP REQUIREMENT

- Object is moved in one fluid motion from ground to **front rack**.
- Without pause after receiving the object, the **bottom of squat** must be achieved.
- Object is moved in one fluid motion from front-rack in **bottom of squat** to **overhead lockout**.
- Knees and hips must be extended after the object has left the **front rack** and until **overhead lockout** is achieved.

CYCLE & POST REP

- The object can be returned to **rep start** in any controlled manner.

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

STRICT PRESS - ID 5.01

Athlete moves object from shoulders to overhead; pressing object up without any movement of lower body.

REP START

- **Standing tall.**
- Object supported in the **front rack** without any momentum.

REP END

- **Overhead lockout.**

REP REQUIREMENT

- Maintaining extended knees and hips as well as heels to the ground throughout the full rep.

CYCLE & POST REP

- The object can be returned to **rep start** in any controlled manner.

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

PUSH PRESS - ID5.02

Athlete moves object from shoulders to overhead; dip and driving the object with legs is allowed.

REP START

- Standing tall.
- Object supported in the **front rack**.

REP END

- Overhead lockout.

REP REQUIREMENT

- Maintaining extended knees and hips after the object has left the **front rack** and until object is supported **overhead** with locked elbows.

CYCLE & POST REP

- The object can be returned to **rep start** in any controlled manner.

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

PUSH JERK - ID 5.03

Athlete moves object from shoulders to overhead; dip and driving the object with legs is allowed, as well as a re-dip.

REP START

- Standing tall.
- Object supported in the **front rack**.

REP END

- Overhead lockout.

REP REQUIREMENT

- Avoid the **bottom of squat**.

CYCLE & POST REP

- The object can be returned to **rep start** in any controlled manner.

VARIATION

V.14 - Split

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

SQUAT JERK - ID 5.04

Athlete moves object from shoulders to overhead; dip and driving the object with legs is allowed. Must re-dip and catch the object at full squat depth, then return to standing.

REP START

- Standing tall.
- Object supported in the **front rack**.

REP END

- Overhead lockout.

REP REQUIREMENT

- After object has left the **front rack**, move in one fluid motion to **bottom of squat**.
- Achieve the **bottom of squat** with the object **overhead** and elbows fully extended.

CYCLE & POST REP

- The object can be returned to **repstart** in any controlled manner.

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

SHOULDER TO OVERHEAD - ID 5.05

Athlete moves object from shoulders to overhead.

REP START

- Standing tall.
- Object supported in the **front rack**.

REP END

- Overhead lockout.

REP REQUIREMENT

- None

CYCLE & POST REP

- The object can be returned to **rep start** in any controlled manner.

VARIATION

V.14 - Split

SQUATS
DEADLIFTS
GROUND TO SHOULDER
GROUND TO OVERHEAD
SHOULDER TO OVERHEAD
KETTLEBELL
HORIZONTAL BAR
RINGS
MONOSTRUCTURAL
JUMPING
CLIMBING
HANDSTANDS
CORE
ODD OBJECT
MISCELLANEOUS

THRUSTER - ID 5.06

Athlete performs a front squat and in one fluid movement continues to press the object overhead.

REP START

- **Bottom of squat** with object in front of torso, supported by the **hands**.

REP END

- **Overhead lockout**.

REP REQUIREMENT

- Object is moved in one fluid motion from **bottom of squat** to **overhead** position.
- Maintaining extended knees and hips after the object has left the **front rack** and until object is supported **overhead** with locked elbows.

CYCLE & POST REP

- The object can be returned to **restart** in any controlled manner.

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

OVERHEAD KETTLEBELL SWING - ID 6.01

Athlete starts with the kettlebell just below the groin. The kettlebell is then swung all the way overhead.

REP START

- **Hang position.**
- Entire kettlebell is behind the vertical plane made by tip of the athlete **toes** and inside the legs.

REP END

- **Standing tall.**
- The entire kettlebell including the handle breaks the horizontal plane of the top of the athlete's head.

REP REQUIREMENT

- Kettlebell must be swung up in one fluid motion.

CYCLE & POST REP

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

VALID OBJECT(S) / EQUIPMENT

- 1 Kettlebell (2 hands).

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

RUSSIAN KETTLEBELL SWING - ID 6.02

Athlete starts with the kettlebell just below the groin. The kettlebell is then swung up above horizontal line.

REP START

- **Hang position.**
- Entire kettlebell is behind the vertical plane made by tip of the athlete **toes** and inside the legs.

REP END

- **Standing tall.**
- The entire kettlebell including the handle breaks the horizontal plane of the top of the athlete's shoulders.

REP REQUIREMENT

- Kettlebell must be swung up in one fluid motion.
- Arms must stay straight throughout the whole repetition.

CYCLE & POST REP

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

VALID OBJECT(S) / EQUIPMENT

- Kettlebell (1 or 2 hands).
- Kettlebells.

SQUATS
DEADLIFTS
GROUND TO SHOULDER
GROUND TO OVERHEAD
SHOULDER TO OVERHEAD

KETTLEBELL

HORIZONTAL BAR
RINGS
MONOSTRUCTURAL
JUMPING
CLIMBING
HANDSTANDS
CORE
ODD OBJECT
MISCELLANEOUS

KETTLEBELL CLEAN - ID 6.03

Athlete starts with the kettlebell just below the groin. The kettlebell is then swung to the shoulders with 1 hand.

REP START

- Hang position.
- Entire kettlebell is behind the vertical plane made by tip of the athlete **toes** and inside the legs.

REP END

- Front rack lockout.

REP REQUIREMENT

- Kettlebell is moved in one fluid motion from **rep start** to a **front rack** position.

CYCLE & POST REP

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

VALID OBJECT(S) / EQUIPMENT

- Kettlebell (1 hand).
- Kettlebells.

VARIATION

V.14 - Split

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

KETTLEBELL SNATCH - ID 6.04

Athlete starts with the kettlebell just below the groin. The kettlebell is then swung all the way overhead with 1 hand.

REP START

- [Hang position](#).
- Entire kettlebell is behind the vertical plane made by tip of the athlete **toes** and inside the legs.

REP END

- [Overhead lockout](#).

REP REQUIREMENT

- Kettlebell is moved in one fluid motion from **repstart** to **overhead** position.

CYCLE & POST REP

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

VALID OBJECT(S) / EQUIPMENT

- 1 Kettlebell (1 hand).

VARIATION

V.14 - Split

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

KETTLEBELL GET-UP - ID 6.05

From standing while keeping object only in contact with hand and upper arm, athlete moves to lying flat on the ground with object supported by 1 arm and back up to standing.

REP START

- [Overhead lockout.](#)

REP END

- [Overhead lockout.](#)

REP REQUIREMENT

- Athlete needs to lay flat on ground: feet, glutes, upper back and head in contact with the ground.
- Object may not come in contact with anything else other than the active **hand** and its forearm.

CYCLE & POST REP

- The athlete may return to [rep start](#) in any controlled manner

VALID OBJECT(S) / EQUIPMENT

- Any object.

SQUATS
DEADLIFTS
GROUND TO SHOULDER
GROUND TO OVERHEAD
SHOULDER TO OVERHEAD

KETTLEBELL

HORIZONTAL BAR
RINGS
MONOSTRUCTURAL
JUMPING
CLIMBING
HANDSTANDS
CORE
ODD OBJECT
MISCELLANEOUS

TOES TO BAR - ID 7.01

Athlete hanging from a horizontal bar moves toes to contact bar.

REP START

- **Vertical hang** from horizontal bar.
- Hips fully extended.
- Heels break the vertical plane directly under the bar.

REP END

- **Toes** on both feet touch the bar simultaneously.
- The contact point is within the width of the **hands**.

REP REQUIREMENT

- None

CYCLE & POST REP

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

VARIATION

V.12 - Strict

V.13 - Kipping

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

L-HANG TOES TO BAR - ID 7.02

Athlete hanging from bar in a "L"-shape moves toes to contact bar.

REP START

- **Vertical hang** from horizontal bar.
- Extended knees.
- Forming an L-position (i.e. a 90-degree angle at the hip) with vertical arms and horizontal legs.

REP END

- **Toes** on both feet touch the bar simultaneously.
- The contact point is within the width of the **hands**.

REP REQUIREMENT

- Adhere to the **strict rule**.

CYCLE & POST REP

- Adhere to the **strict rule**.

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

BALL TO BAR - ID 7.03

Athlete hanging from a horizontal bar with medicine ball between legs, moves ball to contact bar.

REP START

- Vertical hang from horizontal bar.
- Hips fully extended.
- Heels break the vertical plane directly under the bar.
- Ball kept between shoes.

REP END

- The ball is in contact with the horizontal bar.

REP REQUIREMENT

- The ball must be kept between the shoes during the whole rep.

CYCLE & POST REP

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

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

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 REQUIREMENT

- 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.

VARIATION

V.12 - Strict

V.13 – Kipping

V.14 – L-HANG

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

CHEST TO BAR PULL-UP - ID 7.05

Athlete hanging from a horizontal bar pulls himself up until chest comes in contact with the bar.

REP START

- **Vertical hang** from horizontal bar.

REP END

- **Chest** in contact with the horizontal bar.

REP REQUIREMENT

- 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.

VARIATION

V.12 - Strict

V.13 - Kipping

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

PULL-OVER-ID 7.06

Athlete pulls himself over a horizontal bar with feet first ending in support above the bar.

REP START

- **Vertical hang** from horizontal bar.

REP END

- **Vertical support.**

REP REQUIREMENT

- The entire body passes over top of the bar during the rep with feet leading.
- Chin breaks the horizontal plane of the pullup bar at some point before the feet break the vertical plane above the pull up bar

CYCLE & POST REP

- The athlete may not rest on top of horizontal bar in any other way than **vertical support**. If this happens, the athlete needs to jump down to the floor before achieving a new **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

BAR MUSCLE-UP - ID 7.07

Athlete hanging from a horizontal bar pulls himself up over the bar and continues to press out finishing in a support position above the bar.

REP START

- **Vertical hang** from horizontal bar.

REP END

- **Vertical support.**

REP REQUIREMENT

- No portion of the body below the thighs can move over the top-most horizontal plane of the bar.
- Must be a **muscle-up movement**.

CYCLE & POST REP

- The athlete may not rest on top of horizontal bar in any other way than **vertical support**. If so happens, athlete needs to jump down to floor before achieving a new **rep start**.

VARIATION

V.12 - Strict

V.13 - Kipping

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

SKIN THE CAT - ID 7.08

While hanging, athlete inserts their feet and legs between their hands until the toes have completed a 360 degree rotation and are pointed at the floor. The athlete then reverses direction to pull the feet back through the hands to return to the start position.

REP START

- Vertical hang from horizontal bar.
- Hips fully extended

REP END

- Vertical hang from horizontal bar.
- Hips fully extended

REP REQUIREMENT

- Both feet must pass between the hands
- If performed on a horizontal bar, feet must pass under the bar
- Feet and hips must pass below the height of the shoulder
- Feet must achieve at least vertical alignment below the hips before beginning the return to the start position

CYCLE & POST REP

- Rep end is a valid new **restart**.

VALID OBJECT(S) / EQUIPMENT

- Rings
- Bar

VARIATION

- V.12 - Strict
- V.13 - Kipping

- SQUATS
- DEADLIFTS
- GROUND TO SHOULDER
- GROUND TO OVERHEAD
- SHOULDER TO OVERHEAD
- KETTLEBELL
- HORIZONTAL BAR**
- RINGS
- MONOSTRUCTURAL
- JUMPING
- CLIMBING
- HANDSTANDS
- CORE
- ODD OBJECT
- MISCELLANEOUS

TOES THROUGH RINGS - ID 8.01

Athlete hanging from rings moves toes through rings.

REP START

- Vertical hang from rings.
- Hips fully extended.
- Heels break the vertical plane directly under the rings.

REP END

- Toes pass through the center hole of each ring until they break the vertical plane at the back of the rings.

CYCLE & POST REP

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

VARIATION

- V.12 - Strict
- V.13 - Kipping

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

RING MUSCLE-UP - ID 8.02

Athlete hanging from rings pulls himself up over the rings and continues to press out finishing in a support position above the rings.

REP START

- Vertical hang from rings.

REP END

- Vertical support.

REP REQUIREMENT

- Toes may not pass the height of the ring during the kip.
- A change of direction must occur below the rings.

CYCLE & POST REP

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

VARIATION

V.12 - Strict

V.13 - Kipping

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

DIP - ID 8.03

Athlete in vertical support, lowers down to full depth and presses up again to support.

REP START

- Vertical support.

REP END

- Vertical support.

REP REQUIREMENT

- Front of the shoulders are below the horizontal plane of the elbows.

CYCLE & POST REP

- Rep end is a valid new rep start.

VALID OBJECT(S) / EQUIPMENT

- Rings
- Bar/ Matador

VARIATION

V.12 - Strict

V.13 - Kipping

SQUATS
DEADLIFTS
GROUND TO SHOULDER
GROUND TO OVERHEAD
SHOULDER TO OVERHEAD
KETTLEBELL
HORIZONTAL BAR

RINGS

MONOSTRUCTURAL
JUMPING
CLIMBING
HANDSTANDS
CORE
ODD OBJECT
MISCELLANEOUS

FORWARD ROLL ON RINGS - ID 8.04

From a support position on the rings, the athlete rolls forward and returns to support position.

REP START

- Vertical support.

REP END

- Vertical support.

REP REQUIREMENT

- Completion of a 360 rotation around the rings.
- Go from rep start to rep end in one fluid motion.

CYCLE & POST REP

- Rep end is a valid new 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

RUN - ID 9.01

Athlete runs.

REP START

- **Standing free** behind the start line.

REP END

- **Standing free** behind the end line.

REP REQUIREMENT

- 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).

VALID OBJECT(S) / EQUIPMENT

- Treadmills
- Non-motorized treadmills

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

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 REQUIREMENT

- 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

ROW - ID 9.03

Athlete rows on a rowing machine.

REP START

- Seated on rower.
- Both feet on footplates.
- At least one **hand** on the handle.

REP END

- Seated on rower.
- Both feet on footplates.
- At least one **hand** on the handle.

REP REQUIREMENT

- Row until designated goal is met (time, distance or calories).

CYCLE & POST REP**Cycle:**

- The machine must be re-set before a new rep is started (rep = new goal).

Post rep:

- In fixed time test (max meters/calories) or time cap in a rep the athlete will have stop applying force to the machine at the time cap, the score will be what is showed when the machine stops moving.

VALID OBJECT / EQUIPMENT

- Rowing machine.

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

BIKE - ID 9.04

Athlete uses bike outdoors.

REP START

- With bike behind the start line.

REP END

- With bike behind the end line.

REP REQUIREMENT

- 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

AIRBIKE - ID9.05

Athlete cycles on a bike with air resistance and handles for arms.

REP START

- Seated or standing on bike with both feet on pedals.
- At least one **hand** on the handle.

REP END

- Seated or standing on bike with both feet on pedals.
- At least one **hand** on the handle.

REP REQUIREMENT

- Bike until designated goal is met (time, distance or calories).

CYCLE & POST REP**Cycle:**

- The machine must be re-set before a new rep is started (rep = new goal).

Post rep:

- In fixed time test (max meters/calories) or time cap in a rep the athlete will have stop applying force to the machine at the time cap, the score will be what is showed when the machine stops moving.

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

BIKEERG- ID 9.06

Athlete using a BikeErgmachine.

REP START

- Seated or standing on bike with both feet on pedals.

REP END

- Seated or standing on bike with both feet on pedals.

REP REQUIREMENT

- Bike until designated goal is met (time, distance or calories).

CYCLE & POST REP**Cycle:**

- The machine must be re-set before a new rep is started (rep = new goal).

Post rep:

- In fixed time test (max meters/calories) or time cap in a rep the athlete will have stop applying force to the machine at the time cap, the score will be what is showed when the machine stops moving.

VALID OBJECT / EQUIPMENT

- BikeErg machine

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

SKIERG - ID9.07

Athlete using a SkiErg machine.

REP START

- **Standing free.**
- Both **hands** on the handles.

REP END

- **Standing free.**
- Both **hands** on the handles.

REP REQUIREMENT

- Ski until designated goal is met (time, meters or calories).

CYCLE & POST REP**Cycle:**

- The machine must be re-set before a new rep is started (rep = new goal).

Post rep:

- In fixed time test (max meters/calories) or time cap in a rep the athlete will have stop applying force to the machine at the time cap, the score will be what is showed when the machine stops moving.

VALID OBJECT / EQUIPMENT

- SkiErg machine

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

SWIM- ID 9.08

Athlete swims in pool or ocean.

REP START

- In contact with starting point.

REP END

- In contact with endpoint.

REP REQUIREMENT

- Move in water without any support.

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

- Designated start and end points 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

PADDLING- ID 9.09

Athlete travels the distance required, standing up or in prone position on the board, on a lake or in the ocean.

REP START

- In contact with starting point.

REP END

- In contact with end point.

REP REQUIREMENT

- Move in water

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

- Designated start and end points for each segment (rep).

VALID OBJECT /EQUIPMENT

- Paddleboard
- Paddle

SQUATS
DEADLIFTS
GROUND TO SHOULDER
GROUND TO OVERHEAD
SHOULDER TO OVERHEAD
KETTLEBELL
HORIZONTAL BAR
RINGS

MONOSTRUCTURAL

JUMPING
CLIMBING
HANDSTANDS
CORE
ODD OBJECT
MISCELLANEOUS

BURPEE 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 REQUIREMENT

- 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 **repstart** in any controlled manner.

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

OBJECT-FACING BURPEE OVER OBJECT - ID 10.02

Athlete from lying on the ground, facing object, gets up and jumps over object.

REP START

- [Prone position](#).

REP END

- [Standing free](#) on the other side of the object.

REP REQUIREMENT

- 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.

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

BURPEE TO TARGET - ID 10.03

Athlete from lying on the ground, gets up and jumps to touch a target overhead.

REP START

- [Prone position.](#)

REP END

- In contact with target.

REP REQUIREMENT

- None

CYCLE & POST REP

- The athlete may return to [repstart](#) in any controlled manner.

MEASUREMENTS

- A target, typically a horizontal bar or wire above standard reach.

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

BOX JUMP - ID 10.04

Athlete jumps from ground to top of box and stands tall.

REP START

- **Standing free.**

REP END

- **Standing tall** on top of box.

REP REQUIREMENT

- Jump onto box with simultaneous take off with both feet.

CYCLE & POST REP

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

SQUATS
DEADLIFTS
GROUND TO SHOULDER
GROUND TO OVERHEAD
SHOULDER TO OVERHEAD
KETTLEBELL
HORIZONTAL BAR
RINGS
MONOSTRUCTURAL
JUMPING
CLIMBING
HANDSTANDS
CORE
ODD OBJECT
MISCELLANEOUS

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 REQUIREMENT

- 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

- **Rep end** is a valid new **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

SINGLE UNDER - ID 10.06

Athlete jumps rope with the rope passing one time under their feet per jump.

REP START

- Standing free.
- Holding both ends of a jump-rope, one in each hand.

REP END

- Holding both ends of a jump-rope, one in each hand.

REP REQUIREMENT

- Rope rotates around the sagittal axis of the body.
- A jump with a two feet take off is required from repstart.
- While in air, the rope must pass underneath both feet the designated number of times.
- Number of rotations = 1.

CYCLE & POST REP

- Additional rotations are not allowed post rep. Otherwise the athlete may return to repstart in any controlled manner.

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

DOUBLE UNDER - ID 10.07

Athlete jumps rope with the rope passing two times under their feet per jump.

REP START

- **Standing free.**
- Holding both ends of a jump-rope, one in each **hand**.

REP END

- Holding both ends of a jump-rope, one in each **hand**.

REP REQUIREMENT

- Rope rotates around the sagittal axis of the body.
- A jump with a two feet take off is required from **repstart**.
- While in air, the rope must pass underneath both feet the designated number of times.
- Number of rotations = 2.

CYCLE & POST REP

- Additional rotations are not allowed post rep. Otherwise the athlete may return to **repstart** in any controlled manner.

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

TRIPLE UNDER - ID 10.08

Athlete jumps rope with the rope passing three times under his feet per jump.

REP START

- **Standing free.**
- Holding both ends of a jump-rope, one in each **hand**.

REP END

- Holding both ends of a jump-rope, one in each **hand**.

REP REQUIREMENT

- Rope rotates around the sagittal axis of the body
- A jump with a two feet take off is required from **rep start**.
- While in air, the rope must pass underneath both feet the designated number of times
- Number of rotations = 3.

CYCLE & POST REP

- Additional rotations are not allowed post rep. Otherwise the athlete may return to **rep start** in any controlled manner.

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

BROAD JUMP - ID 10.09

Athlete jumps for distance.

REP START

- **Standing free** behind the start line.

REP END

- **Standing free** behind the end line.

REP REQUIREMENT

- Must move from rep start to rep end by one single jump.
- Jump with simultaneous take off with both feet.

CYCLE & POST REP

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

MEASUREMENTS

- Start line and end line.

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

ROPE CLIMB- ID 11.01

Athlete climbs up a suspended vertical rope.

REP START

- Standing free.

REP END

- Standing free.

REP REQUIREMENT

- Touch designated target with one **hand**.
- After touching target, show control below designated descent line, which means that both hands must go under the descent line before jumping off the rope.

CYCLE & POST REP

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

MEASUREMENTS

- Target.
- Designated descent line (can be same as target).

VALID OBJECT /EQUIPMENT

- Rope to ground.
- Elevated rope.

VARIATION

- V.17 – Legless
- V.18 – Seated
- V.19 – L-Sit

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

ROPE CLIMB, SEATED START - ID 11.02

Athlete climbs up a suspended vertical rope from seated position on floor.

REP START

- Seated
- Both **hands** off the rope.

REP END

- In contact with ground.

REP REQUIREMENT

- No part of the lower body except glutes may be touching the ground when the ascent begins.
- Touch designated target with one **hand**.
- After touching target, show control below designated descent line.

CYCLE & POST REP

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

MEASUREMENTS

- Target.
- Designated descent line (can be same as target).

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

PEGBOARD - ID 11.03

Athlete climbs hardboard with pre-drilled holes using arms and pegs.

REP START

- [Standing free.](#)

REP END

- [Standing free.](#)

REP REQUIREMENT

- Insert pegs into target holes.
- Insert pegs into holes below designated descent mark.

CYCLE & POST REP

- The athlete may return to [repstart](#) in any controlled manner.

MEASUREMENTS

- Target.
- Designated descent mark (can be same as target).

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

HANDSTAND PUSH-UP - ID 12.01

Athlete in vertical inversion lowers down and touches head before pressing up and locking elbows.

REP START

- Vertical inversion.
- Heels in contact with the wall.
- Hands and feet within the designated area.

REP END

- Vertical inversion.
- Heels in contact with the wall.
- Hands and feet within the designated area.

REP REQUIREMENT

- Touching head to horizontal surface.
- Hands must remain within designated area throughout the full rep.
- Any body part may come in contact with the wall during descent, only heels on ascent.

CYCLE & POST REP

- Rep end is a valid new rep start.

MEASUREMENTS

- The standard designated area is 95 cm wide and 50 cm deep
- Mark area both on ground and wall.

VARIATION

- V.10 - Deficit
- V.11 - Elevated
- V.12 - Paralettes
- V.13 - Strict
- V.14 - Kipping

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

FREE STANDING HANDSTAND PUSH-UP - ID 12.02

Athlete in vertical inversion, without contacting surrounding walls etc., lowers down and touches head before pressing up and locking elbows.

REP START

- Vertical inversion.
- Hands within the designated area.

REP END

- Vertical inversion.
- Hands within the designated area.

REP REQUIREMENT

- Touching head to horizontal surface.
- Hands must remain within designated area throughout the full rep.

CYCLE & POST REP

- Rep end is a valid new rep start.

MEASUREMENTS

- The standard designated area is 100 x 100 cm.
- Mark area on ground.

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

HANDSTAND WALK - ID 12.03

Athlete walks on their hands. An object may be required to carry between your feet or you may have to navigate around or over objects.

REP START

- Both **hands** in contact with ground behind the starting line.

REP END

- Both **hands** in contact with ground past the end line.

REP REQUIREMENT

- Only **hands** may contact the ground.
- Feet remain above the hips and head throughout the full rep.

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

HANDSTAND HOLD - ID 12.04

Athlete supporting the body in a stable vertical position by balancing on the hands.

REP START

- Vertical inversion.
- Hands within the designated area.

REP END

- Vertical inversion.
- Hands within the designated area.

REP REQUIREMENT

- Hands must remain within designated area throughout the full rep.
- Only hands may contact the ground.
- Feet remain above the hips and head throughout the full rep.
- Maintain requirements until time goal is met.

CYCLE & POST REP

- Rep end is a valid new rep start.

MEASUREMENTS

- Mark area on ground.

VARIATION

- With Hand Movement Allowed
- With Hand Movement Disallowed
- Elevated V-10.0
- No movement V-14.
- With movement V-14.1

VALID OBJECT/EQUIPMENT

- Parallettes

HANDSTAND PIROUETTE - ID 12.05

Athlete turns on their hands around the body's longitudinal axis. An object may be required to be carried between your feet.

REP START

- Vertical inversion.
- Hands within the designated area.

REP END

- Vertical inversion.
- Hands within the designated area.

REP REQUIREMENT

- Athlete must complete the required degrees of rotation in the appropriate direction.
- Only hands may contact the ground.
- Feet remain above the hips and head throughout the full rep.

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

- Mark area on ground.

VARIATION

- Elevated V-10.0

VALID OBJECT/EQUIPMENT

- Parallettes

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

WALL WALK - ID 12.06

Athlete elevates themselves from a prone position on the ground to a handstand position against the wall by placing their feet on the wall and walking their hands toward the wall before walking on their hands back to start position.

REP START

- Prone
- **Hands** on/in the designated area.

REP END

- Prone
- **Hands** on/in the designated area.

REP REQUIREMENT

- Both feet must be on the wall with knees off the ground before either hand can leave the start area
- Both hands must be in contact with the wall line at the same time.
- Feet must be no wider than the hands before the hands leave the wall line.
- Both hands must return to the start area before the feet can come off the wall.

CYCLE & POST REP

- Rep end is a valid new rep start.

MEASUREMENTS

- Designated Start area near athlete's shoulders when prone. A standardized single distance from the wall may be used for all athletes.
- Wall line 25 cm from wall

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
HANDSTANDS
 CORE
 ODD OBJECT
 MISCELLANEOUS

ABMAT SIT-UP- ID13.01

Athlete performs a sit-up from an ab-mat.

REP START

- Shoulder blades in contact with the ground.
- Both **hands** in contact with the ground behind the head.

REP END

- Athlete is a seated, upright position
- Both **hands** in contact with ground across target line.

REP REQUIREMENT

- AbMat is kept adjacent to the tailbone and both feet must be in contact with the ground throughout the full rep.

CYCLE & POST REP

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

MEASUREMENTS

- Target line, standard is 70cm after end of AbMat.

VALID OBJECT / EQUIPMENT

- AbMat

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
CORE
 ODD OBJECT
 MISCELLANEOUS

GHD SIT-UP - ID 13.02

Athlete does sit-up on a GHD-machine.

REP START

- Both **hands** in contact with foot support.

REP END

- Both **hands** in contact with foot support.

REP REQUIREMENT

- Must stay mounted on a glute-ham-developer (GHD).
- Both **hands** must touch target.

CYCLE & POST REP

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

MEASUREMENTS

- Target is behind the back and below the athlete.

VALID OBJECT /EQUIPMENT

- GHD

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
CORE
 ODD OBJECT
 MISCELLANEOUS

HIP EXTENSION - ID 13.03

Athlete bends forward from the hips and touches a target 90 degrees from start.

REP START

- Both **hands** in contact with target A

REP END

- Both **hands** in contact with target A

REP REQUIREMENT

- Must stay mounted on a glute-ham-developer (GHD).
- Both **hands** must touch target B before returning to target A.

CYCLE & POST REP

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

MEASUREMENTS

- Target A and B must be set up with 90-degree rotation between them.

VALID OBJECT / EQUIPMENT

- GHD

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
CORE
 ODD OBJECT
 MISCELLANEOUS

L-SIT - ID 13.04

Athlete has all body weight on hands while torso held in a forward-leaning orientation, with legs held horizontally creating an "L" shape.

REP START

- Athlete supported on **hands**.
- Hips bent, forming an L-shape.

REP END

- Athlete supported on **hands**.
- Hips bent, forming an L-shape.

REP REQUIREMENT

- Legs must remain over vertical target.
- Feet must remain beyond horizontal target.

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

- Vertical target: standard same as top of parallettes
- Horizontal target: at athlete ankle when legs are fully extended.

VALID OBJECT / EQUIPMENT

- Parallettes

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
CORE
 ODD OBJECT
 MISCELLANEOUS

L-HANG- ID 13.05

Athlete hanging from object with legs held horizontally creating an “L”-shape.

REP START

- Athlete hanging from **hands**.
- Hips bent, forming an L-shape.

REP END

- Athlete hanging from **hands**.
- Hips bent, forming an L-shape.

REP REQUIREMENT

- Legs must remain over vertical target.
- Feet must remain beyond horizontal target.

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

- Vertical Target: standard set so athletes legs must be held at a 90 degree angle with the body
- Horizontal target: at athlete ankle when legs are fully extended.

VALID OBJECT / EQUIPMENT

- Horizontal bar
- Rings

PRESS HANDSTAND FROM SEATED STRADDLE L-SIT - ID 13.06

Athlete has all body weight on hands while torso held in a forward-leaning orientation, with legs held horizontally in a straddle seated position. Athlete will move without contact with the floor into handstand.

REP START

- Athlete supported on **hands**.
- Hips bent, forming an L-shape in seated straddle

REP END

- Athlete supported on **hands**.
- Hips bent, forming an L-shape in seated straddle

REP REQUIREMENT

- Only **hands** may contact the ground or equipment
- Must come to **vertical inversion**

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.

VALID OBJECT / EQUIPMENT

- Parallettes
- Rings

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
CORE
 ODD OBJECT
 MISCELLANEOUS

SLED PUSH - ID 14.01

Athlete leaning into sled pushing the sled forward.

REP START

- **Standing free** behind the start line.
- Sled behind the start line.

REP END

- **Standing free** behind the start line.
- Sled behind the end line.

REP REQUIREMENT

- The sled can only be pushed.

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 line and end line.

VALID OBJECT / EQUIPMENT

- Sled

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
ODD OBJECT
 MISCELLANEOUS

SLED DRAG - ID 14.02

Athlete attached and leaning from sled dragging forward.

REP START

- **Standing free** behind the startline.
- Sled behind the start line.

REP END

- **Standing free** behind the startline.
- Sled behind the end line.

REP REQUIREMENT

- The sled can only be dragged with its attachments
- The athlete can not touch the actual sled

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 line and end line.

VALID OBJECT / EQUIPMENT

- Sled w/attachments

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
ODD OBJECT
 MISCELLANEOUS

SLED PULL - ID 14.03

Athlete pulling the sled towards him/her with rope.

REP START

- **Standing free** behind the end line.
- Sled behind the startline.

REP END

- **Standing free** behind the end line.
- Sled behind the endline.

REP REQUIREMENT

- Athlete must pull the sled toward the end line.
- The athlete may stand or sit during the task but may not take steps while pulling the sled.

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 line and end line.

VALID OBJECT / EQUIPMENT

- Sled w/rope

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
ODD OBJECT
 MISCELLANEOUS

OBJECT OVER SHOULDER- ID 14.04

The athlete takes an object from the ground, moves it over his shoulder and lets it fall to the ground on the opposite side of his body.

REP START

- Object-on-ground.
- Hand(s) on object.

REP END

- Standing tall.
- Object passes over the shoulder while hips and knees are fully extended.

REP REQUIREMENT

- None

CYCLE & POST REP

- The object can be returned to **rep start** in any controlled manner.

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
ODD OBJECT
 MISCELLANEOUS

OBJECT ONTO TARGET - ID 14.05

The athlete takes an object from the ground and moves it onto a target.

REP START

- Object-on-ground.
- Hand(s) on object.

REP END

- Object at rest on top of target.

REP REQUIREMENT

- None

CYCLE & POST REP

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

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
ODD OBJECT
 MISCELLANEOUS

OBJECT OVER TARGET - ID 14.06

Athlete takes an object from the ground and moves it over a target.

REP START

- Object-on-ground.
- Hand(s) on object.

REP END

- Object-on-ground on other side of target.

REP REQUIREMENT

- The whole object must be moved over the target.

CYCLE & POST REP

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

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
ODD OBJECT
 MISCELLANEOUS

LOADED CARRY - ID 14.07

Athlete carries object(s) unbroken over a specific distance.

REP START

- **Standing free.**
- Both feet behind the start line.

REP END

- **Standing free.**
- Both feet behind the finish line.

REP REQUIREMENT

- The carry must be done unbroken for the full repetition (segment).

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).

VARIATION

- V.01 - Anyhow
- V.02 - Front-rack
- V.03 - Goblet
- V.04 - Zercher
- V.05 - Bear-hug
- V.06 - Overhead
- V.07 - Farmer
- V.08 - Back-rack

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
ODD OBJECT
 MISCELLANEOUS

OBJECT FLIP - ID 14.08

Athlete flips an object for distance.

REP START

- **Standing free** behind the start line.
- Object behind the start line.

REP END

- **Standing free** behind the end line.
- Object behind the end line.

REP REQUIREMENT

- Object can only be moved by flipping it over.

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).

VALID OBJECT / EQUIPMENT

- Object/Tire

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
ODD OBJECT
 MISCELLANEOUS

CONTINENTAL CLEAN - ID 14.09

Athlete moves object from ground to shoulder, but with a potential rest at hips or belly.

REP START

- Object-on-ground.
- Hand(s) on object.

REP END

- Front-rack lockout.

REP REQUIREMENT

- Must be a **clean movement**.

CYCLE & POST REP

- The object can be returned to **rep start** in any controlled manner

VALID OBJECT / EQUIPMENT

- Barbell

VARIATION

V.14 - Split

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
ODD OBJECT
 MISCELLANEOUS

PUSH-UP - ID 15.01

Athlete, starting in a plank position, lowers down and pressing up to plank position.

REP START

- **Plank lockout.**

REP END

- **Plank lockout.**

REP REQUIREMENT

- Resting on **hands**
- **Hands** positioned behind the line made by the chin
- **Chest** must come in contact with the ground
- **Leg, knee,** face or any other body-part contact is permissible, but not required
- The **knees** must not assist in the push off the ground.
- The **toes** must remain in contact with the ground for the duration of the repetition.

CYCLE & POST REP

- **Rep end** is a valid new **rep start.**

VARIATION

- Elevated V-10.0
- Deficit V09.0

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
MISCELLANEOUS

HAND-RELEASE PUSH-UP - ID 15.02

Athlete, starting in a plank position, lowers down, lifts hands off ground before returning them and pressing up to plank position.

REP START

- Plank lockout.

REP END

- Plank lockout.

REP REQUIREMENT

- Achieve the prone position before both **hands** being lifted off the ground simultaneously then returned.
- The **knees** must not assist in the push off the ground.
- The **toes** must remain in contact with the ground for the duration of the repetition.

CYCLE & POST REP

- Rep end is a valid new 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

DYNAMIC PUSH-UP - ID 15.03

Athlete, starting in a plank position, lowers down and pressing up to plank position with hands and/or feet leaving the ground, possibly ending on a different horizontal plane than they started

REP START

- Plank lockout.

REP END

- Plank lockout.

REP REQUIREMENT

- Resting on **hands**
- **Hands** positioned behind the line made by the chin
- **Chest** must come in contact with the ground
- **Leg, knee**, face or any other body-part contact is permissible, but not required
- **Hands** and/or feet will leave the horizontal plane in which they started

CYCLE & POST REP

- **Rep end** is a valid new **rep start**.

VARIATION

- Elevated V-10.0
- Deficit V09.0

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
MISCELLANEOUS

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 REQUIREMENT

- Athlete, while ascending, throws 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.

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
MISCELLANEOUS

BOX STEP OVER - ID 15.05

Athlete steps over box.

REP START

- [Standing free](#).

REP END

- [Standing free](#) on the other side of the box.

REP REQUIREMENT

- Both feet must come in contact with the top of the box.

VARIATION

- V.09 - Anyhow
- V.10 - Front-rack
- V.11 - Goblet
- V.12 - Zercher
- V.13 - Bear-hug
- V.14 - Overhead
- V.15 - Farmer
- V.16 - Back-rack

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
MISCELLANEOUS

WALKING LUNGE - ID 15.06

Athlete walks with trailing knee touching the ground per step.

REP START

- [Standing tall](#).
- Both feet behind the start line.

REP END

- [Standing tall](#).
- Both feet behind the end line.

REP REQUIREMENT

- Walk is performed with trailing knee touching the ground per step.
- Each step must end by passing through the position in [rep start](#).

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.

VARIATION

- V.01 - Anyhow
- V.02 - Front-rack
- V.03 - Goblet
- V.04 - Zercher
- V.05 - Bear-hug
- V.06 - Overhead
- V.07 - Farmer
- V.08 - Back-rack

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
MISCELLANEOUS

DEVIL’S PRESS-ID 15.07

Athlete performs a burpee with an external object.

REP START

- Object-on-ground.
- Prone position.
- Hands in contact with object.

REP END

- Overhead lockout.

REP REQUIREMENT

- Object must be kept in hands during complete rep.

CYCLE & POST REP

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

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
 JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 ODD OBJECT
MISCELLANEOUS

TRAVERSE OVER/ACROSS AN OBSTACLE - ID 15.08

Athletes cross the course according to the established rules.

REP START

- [Standing tall.](#)
- Both feet behind the start line.

REP END

- [Standing tall.](#)
- Both feet behind the end line.

HAMMERING - ID 15.09

Athletes hammers an object.

REP START

- [Standing tall.](#)
- Both feet behind the start line.

REP END

- [Standing tall.](#)
- Both feet behind the end line.

VARIATIONS

ANYHOW - ID V.01

Category: Load position.

REP START

- None

REP END

- None

REP REQUIREMENT

- External load held at any position throughout the full repetition, but never contacting the ground.

VALID OBJECT / EQUIPMENT

- Any object

VALID MOVEMENTS

- ID 14.07 - Loaded Carry
- ID 16.04 - Walking Lunge
- ID 16.07 - Box Step Over

ANYHOW

FRONT-RACK
 GOBLET
 ZERCHER
 BEAR-HUG
 OVERHEAD
 FARMER
 BACK-RACK
 DEFICIT
 ELEVATED
 PARALETTES
 STRICT
 KIPPING

FRONT RACK- ID V.02

Category: Load position.

REP START

- [Front rack lockout.](#)

REP END

- [Front rack lockout.](#)

REP REQUIREMENT

- Object(s) is kept in the **front rack** throughout the full repetition.

VALID OBJECT / EQUIPMENT

- Barbell
- 1 or 2 Dumbbell(s)
- 1 or 2 Kettlebell(s)

VALID MOVEMENTS

- ID 14.07 - Loaded Carry
- ID 16.04 - Walking Lunge
- ID 16.07 - Box Step Over

ANYHOW
FRONT-RACK
GOBLET
ZERCHER
BEAR-HUG
OVERHEAD
FARMER
BACK-RACK
DEFICIT
ELEVATED
PARALETTES
STRICT
KIPPING

GOBLET - ID V.03

Category: Load position.

REP START

- None

REP END

- None

REP REQUIREMENT

- Object is supported by the **hands** in front of the **chest** throughout the full repetition.

VALID OBJECT/EQUIPMENT

- 1 Dumbbell
- 1 Kettlebell

VALID MOVEMENTS

- ID 1.05 - Anterior Squat
- ID 1.06 - Pistol
- ID 14.07 - Loaded Carry
- ID 16.04 - Walking Lunge
- ID 16.07 - Box Step Over

ANYHOW
FRONT-RACK
GOBLET
ZERCHER
BEAR-HUG
OVERHEAD
FARMER
BACK-RACK
DEFICIT
ELEVATED
PARALETTES
STRICT
KIPPING

ZERCHER - ID V.04

Category: Load position.

REP START

- None

REP END

- None

REP REQUIREMENT

- Object is supported in the elbow pit throughout the full repetition.

VALID OBJECT / EQUIPMENT

- Barbell
- Yoke (Loaded Carry)

VALID MOVEMENTS

- ID 1.05 - Anterior Squat
- ID 14.07 - Loaded Carry
- ID 16.04 - Walking Lunge
- ID 16.07 - Box Step Over

ANYHOW
FRONT-RACK
GOBLET
ZERCHER
BEAR-HUG
OVERHEAD
FARMER
BACK-RACK
DEFICIT
ELEVATED
PARALETES
STRICT
KIPPING

BEAR-HUG - ID V.05

Category: Load position.

REP START

- None

REP END

- None

REP REQUIREMENT

- Object is supported by hugging it to the **chest**/stomach throughout the full repetition.

VALID OBJECT /EQUIPMENT

- Any ball
- Sandbag

VALID MOVEMENTS

- ID 1.05 - Anterior Squat
- ID 14.07 - Loaded Carry
- ID 16.04 - Walking Lunge
- ID 16.07 - Box Step Over

ANYHOW
FRONT-RACK
GOBLET
ZERCHER
BEAR-HUG
OVERHEAD
FARMER
BACK-RACK
DEFICIT
ELEVATED
PARALETES
STRICT
KIPPING

OVERHEAD - ID V.06

Category: Load position.

REP START

- Overhead lockout.

REP END

- Overhead lockout.

REP REQUIREMENT

- Object(s) is kept **overhead** throughout the full repetition.

VALID OBJECT /EQUIPMENT

- Barbell
- Yoke (Loaded Carry)
- 1 or 2 Dumbbell(s)
- 1 or 2 Kettlebell(s)

VALID MOVEMENTS

ID 1.06 - Pistol

ID 14.07 - Loaded Carry

ID 16.04 - Walking Lunge

ID 16.07 - Box Step Over

ANYHOW
FRONT-RACK
GOBLET
ZERCHER
BEAR-HUG
OVERHEAD
FARMER
BACK-RACK
DEFICIT
ELEVATED
PARALETTES
STRICT
KIPPING

FARMER - ID V.07

Category: Load position.

REP START

- None

REP END

- None

REP REQUIREMENT

- Object(s) supported in **hands**, arms oriented downward throughout the full repetition.
- Object(s) cannot rest on body at any time.

VALID OBJECT /EQUIPMENT

- 1 or 2 Dumbbell(s)
- 1 or 2 Kettlebell(s)
- 1 or 2 Barbell(s)
- 1 or 2 Farmer Handle(s)
- 1 or 2 Jug(s)

VALID MOVEMENTS

ID 14.07 - Loaded Carry
 ID 16.04 - Walking Lunge
 ID 16.07 - Box Step Over

ANYHOW
 FRONT-RACK
 GOBLET
 ZERCHER
 BEAR-HUG
 OVERHEAD
FARMER
 BACK-RACK
 DEFICIT
 ELEVATED
 PARALETTES
 STRICT
 KIPPING

BACK RACK - ID V.08

Category: Loadposition.

REP START

- None

REP END

- None

REP REQUIREMENT

- Object(s) is kept back rack throughout the full repetition.

VALID OBJECT /EQUIPMENT

- Barbell
- Yoke (Loaded Carry)

VALID MOVEMENTS

- ID 14.07- Loaded Carry
- ID 16.04 - Walking Lunge
- ID 16.07 - Box Step Over

ANYHOW
FRONT-RACK
GOBLET
ZERCHER
BEAR-HUG
OVERHEAD
FARMER
BACK-RACK
DEFICIT
ELEVATED
PARALETES
STRICT
KIPPING

DEFICIT - ID V.09

Category: Range of motion

REP START

- None

REP END

- None

REP REQUIREMENT

- Athlete (and not ground) is elevated by x cm.

VALID OBJECT /EQUIPMENT

- Barbell (Deadlift)
- Plates (Handstand Push-Ups)
- Blocks (Handstand Push-Ups)

VALID MOVEMENTS

ID 2.01 - Deadlift

ID 12.01 - Handstand push-up

ANYHOW
FRONT-RACK
GOBLET
ZERCHER
BEAR-HUG
OVERHEAD
FARMER
BACK-RACK
DEFICIT
ELEVATED
PARALETTES
STRICT
KIPPING

ELEVATED - ID V.10

Category: Range of motion

REP START

- None

REP END

- None

REP REQUIREMENT

- Ground (and not athlete) is elevated by x cm.

VALID OBJECT /EQUIPMENT

- Barbell (Deadlift)
- Plates (Handstand Push-Ups)
- Blocks (Handstand Push-Ups)

VALID MOVEMENTS

- ID 2.01 - Deadlift
- ID 3.01 - Clean, anyhow
- ID 3.02 - Power Clean
- ID 3.03 - Squat Clean
- ID 4.01 - Snatch, anyhow
- ID 4.02 - Power Snatch
- ID 4.03 - Squat Snatch
- ID 12.01 - Handstand push-up

ANYHOW
FRONT-RACK
GOBLET
ZERCHER
BEAR-HUG
OVERHEAD
FARMER
BACK-RACK
DEFICIT
ELEVATED
PARALETTES
STRICT
KIPPING

PARALLETES - ID V.11

Category: Range of motion

REP START

- None

REP END

- None

REP REQUIREMENT

- Athlete (and not ground) is elevated by x cm and must be supported on parallettes.

VALID OBJECT /EQUIPMENT

- None

VALID MOVEMENTS

ID 12.01 - Handstand push-up

ANYHOW
FRONT-RACK
GOBLET
ZERCHER
BEAR-HUG
OVERHEAD
FARMER
BACK-RACK
DEFICIT
ELEVATED
PARALLETES
STRICT
KIPPING

STRICT - ID V.12

Category: Execution

REP START

- **Repstart** cannot be achieved with any momentum, neither from previous rep or as a result of initial swing, kip or other movement.

REP END

- None

REP REQUIREMENT

- Knees, hips, trunk, shoulders and elbows must stay fully extended throughout the full rep unless it is the active part of the movement.
- Any additional contraction, swing, kip, knee jerk or other movement to generate momentum is prohibited
- The hip angle must be 120 to 180 degrees (bar muscle-up, ring muscle-up).

VALID OBJECT / EQUIPMENT

- None

VALID MOVEMENTS

- ID 7.01 - Toes to bar
- ID 7.04 - Pull-up
- ID 7.05 - Chest-to-bar pull-up
- ID 7.07 - Bar muscle-up
- ID 8.02 - Ring muscle-up
- ID 8.03 - Dip
- ID 12.01 - Handstand push-up

ANYHOW
FRONT-RACK
GOBLET
ZERCHER
BEAR-HUG
OVERHEAD
FARMER
BACK-RACK
DEFICIT
ELEVATED
PARALETTES
STRICT
KIPPING

KIPPING- ID V.13

Category: Execution

Note: Kipping is not a real variation as all movements are kipping by default. However, the word “kipping” can be used in test descriptions to differentiate between required “strict” repetitions of the same movement.

VALID MOVEMENTS

- ID 7.01 - Toes to bar
- ID 7.04 - Pull-up
- ID 7.05 - Chest-to-bar pull-up
- ID 7.07 - Bar muscle-up
- ID 8.02 - Ring muscle-up
- ID 8.03 - Dip
- ID 12.01 - Handstand push-up

ANYHOW
FRONT-RACK
GOBLET
ZERCHER
BEAR-HUG
OVERHEAD
FARMER
BACK-RACK
DEFICIT
ELEVATED
PARALETTES
STRICT
KIPPING

SPLIT - ID V.14

Category: Range of motion

REP START

- None

REP END

- None

REP REQUIREMENT

- The entire front foot must be placed further in front than the toes of the backfoot. Both feet must move away from each other.

VALID OBJECT / EQUIPMENT

- All

VALID MOVEMENTS

- ID 3.01 – Clean, anyhow
- ID 3.02 – Power Clean
- ID 4.01 – Snatch, anyhow
- ID 4.02 – Power Snatch
- ID 5.03 – Push Jerk
- ID 5.05 – Shoulderto overhead
- ID 6.03 – Kettlebell Clean
- ID 6.04 – Kettlebell Snatch
- ID 14.09 – Continental Clean

ANYHOW
 FRONT-RACK
 GOBLET
 ZERCHER
 BEAR-HUG
 OVERHEAD
 FARMER
 BACK-RACK
 DEFICIT
 ELEVATED
 PARALLETES
 STRICT
 KIPPING
SPLIT
 WITHOUT
 MOVEMENT

WITHOUT MOVEMENT - ID V.15

Category: Execution

REP START

- Vertical inversion

REP END

- Vertical inversion

REP REQUIREMENT

- Unbroken rules
- Athlete maintains throughout the full repetition
- Maintain full contact in position of the athlete's rep start point
- Must remain within designated area throughout the full rep
- Maintain requirements until goal is met

VALID OBJECT / EQUIPMENT

- None

VALID MOVEMENTS

- ID 12.04 – Handstand
- ID 13.4 – L-Sit
- ID 13.05 – L-Hang
- ID 14.07 – Loaded carry

ANYHOW
FRONT-RACK
GOBLET
ZERCHER
BEAR-HUG
OVERHEAD
FARMER
BACK-RACK
DEFICIT
ELEVATED
PARALETES
STRICT
KIPPING
SPLIT
WITHOUT
MOVEMENT

MOVEMENT - ID V.15.1

Category: Execution

- Note: Movement is accepted by default. However, the word “movement” or “movement allowed” can be used in test description to differentiate between required “without movement” or “no movement” repetitions of the same movement.

ANYHOW
FRONT-RACK
GOBLET
ZERCHER
BEAR-HUG
OVERHEAD
FARMER
BACK-RACK
DEFICIT
ELEVATED
PARALETES
STRICT
KIPPING
SPLIT
WITHOUT
MOVEMENT
MOVEMENT

NO JUMP - ID V.16

Category: Execution

- Note: Jumping is accepted by default. However, the words “no jump” or “no jumping” can be used in a test description to restrict a starting point of athlete’s repetitions of the same movement.

ANYHOW
FRONT-RACK
GOBLET
ZERCHER
BEAR-HUG
OVERHEAD
FARMER
BACK-RACK
DEFICIT
ELEVATED
PARALETTES
STRICT
KIPPING
SPLIT
WITHOUT
MOVEMENT
MOVEMENT
NO JUMP

LEGLSS- ID V.17

Category: Execution

REP START

- None

REP END

- None

REP REQUIREMENT

- May not use feet, thighs or any part of the body other than hands to support the body (and/or load) or assist in any way.
- This can be applied to ascending or descending during a rep or both

VALID OBJECT / EQUIPMENT

- None

VALID MOVEMENTS

ID 11.01 – Rope climb

ID 11.03 – PegBoard

ANYHOW
 FRONT-RACK
 GOBLET
 ZERCHER
 BEAR-HUG
 OVERHEAD
 FARMER
 BACK-RACK
 DEFICIT
 ELEVATED
 PARALLETES
 STRICT
 KIPPING
 SPLIT
 WITHOUT
 MOVEMENT
 MOVEMENT
 NOJUMP
 LEGLESS

SEATED- ID V.18

Category: Execution

REP START

- None

REP END

- None

REP REQUIREMENT

- Heels must remain above glutes
- May not use feet, thighs or any part of the body other than the ends to support the body or assist in any way
- Legs may not straddle the rope

VALID OBJECT / EQUIPMENT

- None

VALID MOVEMENTS

ID 11.01 – Rope climb

L-SIT - ID V.19

Athlete has all body weight on hands while torso held in a forward- leaning orientation, with legs held horizontally creating an "L" shape.

REP START

- Athlete supported on **hands**.
- Hips bent, forming an L-shape.

REP END

- Athlete supported on **hands**.
- Hips bent, forming an L-shape.

REP REQUIREMENT

- Legs must remain over vertical target.
- Feet must remain beyond horizontal target.

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

- Vertical target: standard same as top of parallelles
- Horizontal target: at athlete ankle when legs are fully extended.

VALID OBJECT / EQUIPMENT

- Parallelles

VALID MOVEMENTS

ID 11.01 – Rope climb

ANYHOW
FRONT-RACK
GOBLET
ZERCHER
BEAR-HUG
OVERHEAD
FARMER
BACK-RACK
DEFICIT
ELEVATED
PARALLETES
STRICT
KIPPING
SPLIT
WITHOUT
MOVEMENT
MOVEMENT
NO JUMP
LEGLESS
SEATED
L-SIT

L-HANG- ID V.20

Athlete hanging from object with legs held horizontally creating an “L”-shape.

REP START

- Athlete hanging from **hands**.
- Hips bent, forming an L-shape.

REP END

- Athlete hanging from **hands**.
- Hips bent, forming an L-shape.

REP REQUIREMENT

- Legs must remain over vertical target.
- Feet must remain beyond horizontal target.

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

- Vertical Target: standard set so athletes legs must be held at a 90 degree angle with the body
- Horizontal target: at athlete ankle when legs are fully extended.

VALID OBJECT / EQUIPMENT

- Horizontal bar
- Rings

VALID MOVEMENTS

ID 7.04 – Pull-up

ID 8.02 – Ring Muscle Up