



MOVEMENT STANDARDS

QUALIFYING WORKOUTS



MOVEMENT STANDARDS

QUALIFYING WORKOUTS



ROW

- The monitor must be clearly visible in your video.
- The monitor on the rower must be set to 2000m/1600m at the beginning of the row.
- Start seated on the rower with your hands off the handle until after the call of “3, 2, 1, ... go.”
- You must remain seated with your hands on the handle until the monitor reads the designated number of meters (0 meters).

CLEAN AND JERK

- Start each rep with the barbell on the ground. Touch and go is permitted.
- No bouncing or dropping and catching the barbell on the rebound.
- If dropped, the barbell must settle on the ground before the start of the next rep.
- Power cleans, squat cleans, and split cleans are permitted.
- Hang cleans are not allowed.
- The lift must have two distinct phases: the clean and the jerk.
- Snatching is not permitted.
- The barbell must make contact with the shoulders.
- It is NOT necessary to lock out the hips and legs to complete the clean before lifting the bar overhead.
The rep is credited when:
 - The barbell is locked out overhead, and arms, hips and legs are extended.
 - The bar is over or slightly behind the center of the body, with feet in line.
- A press, push press, push jerk, or split jerk are all permitted as long as the required finish position is achieved.

TOE TO BAR

- Athletes begin by hanging from the pull-up bar with arms extended.
- The heels must be brought back behind the bar.
- Overhand, underhand, or mixed grips are all permitted.
- The rep is credited when both feet contact the bar between the hands at the same time.
- Any part of the feet may make contact with the bar.
- Wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted.

BOX JUMP OVERS

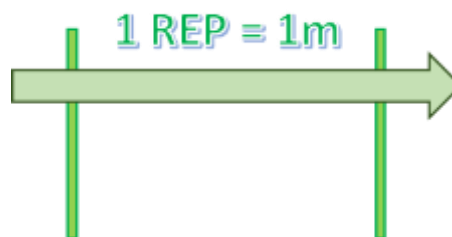
- The athlete starts with the both feet on the ground on the side of the box.
- Do not angle the box and jump or step up on the corner.
- A lateral jump over the box (starting with the feet parallel to the box) IS PERMITTED.
- A two-foot takeoff is always required, and only the athlete's feet may touch the box.
- After landing on the box, the athlete may step off or jump to the other side. Rebounding into the next jump is permitted.



- Scaled division and Master Division 55+ may step up.
- In this case (box step up) both feet **MUST** touch the top of the box if stepping up and over.
- There is no requirement to stand tall while on the top of the box.
- The rep is credited when both feet have touched the ground on the opposite side of the box. From there, they may begin their next rep.

HANDSTAND WALK

- Athlete **MUST** handstand walk forward.
- When kicking up, your hands (including your fingers) must be placed on the ground **BEHIND** the line.
- Placing your hands or fingers on or over the line when kicking up constitutes a **NO REP**.
- Both hands, including palms and fingers, must touch the ground completely clear of the line marking the end of the length before the feet touch the ground.
- If at any time the athlete comes down from their hands before finishing the length, they must repeat the entire length.
- Each length of the 1.0m measured distance will count as 1 rep.

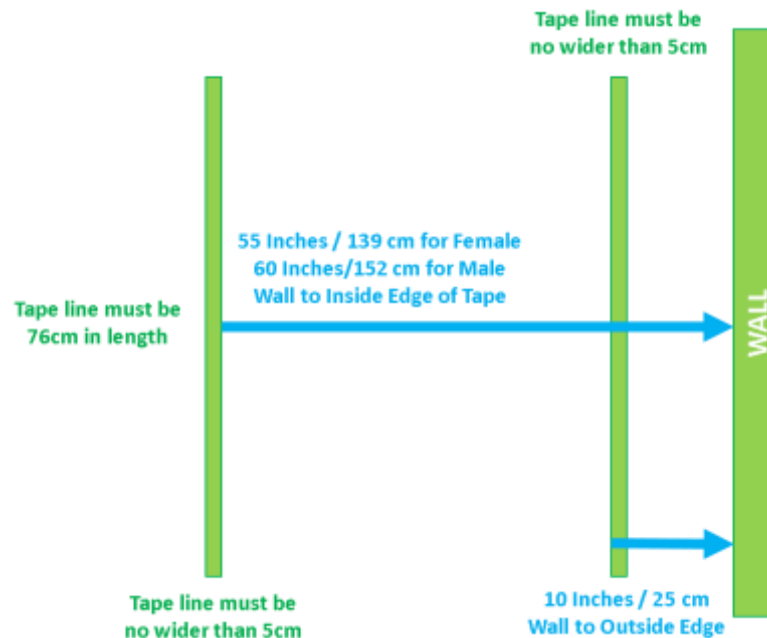


BAR MUSCLE UP

- The athlete must begin with or pass through a hang below the bar, with arms fully extended and feet off the ground.
- Kipping the muscle-ups is acceptable, but pull-overs, rolls to support, and glide kips are not permitted.
- No portion of the foot may rise above the lowest part of the bar during the kip.
- The athlete must pass through some portion of a dip before locking out over the bar.
The rep is credited when:
 - The athlete's arms are fully locked out in the support position above the bar.
 - The athlete's shoulders are over or slightly in front of the bar.
 - Only the hands, and no other part of the arm, may touch the bar during the rep.
 - Removing the hands in the support position is not allowed.
 - At lockout, only the arms may support the athlete's weight.
 - Wearing hand protection (gymnastic grips, gloves, etc) is **PERMITTED**.

WALL WALK

- Wall Walk Floor Plan:



- Mark a tape line to designate the start/finish line. Measure from the wall to the edge of the tape that is CLOSEST to the wall. For women, the distance from the wall to the tape is 55 inches. For men, the distance is 60 inches. This first line will be the start and finish line for each repetition.
- Tape a second line that leaves 10 inches of space between the tape's far edge and the wall.,
- The tape line placed 10 inches from the wall must be 30 inches in length and NO WIDER than 2 inches.
- Every rep begins and ends with the athlete lying down, with the chest, feet, and thighs touching the ground.
- At the start and finish of each rep, both hands must touch the first tape line (fingers touching is OK).
- Both hands must remain on the tape until both feet are on the wall.
- At the top of the movement, both hands must touch the tape line at the 10-inch mark before the athlete may descend.
- Any part of the hand may touch the tape line.
- On the descent, the feet must remain on the wall until both hands are touching the first line.
- The rep is credited when the athlete returns to the starting position, with both hands touching the first line and the chest, thighs, and feet touching the ground.
- Any part of the hand may make contact with the tape line.

CHEST-TO-BAR PULL-UP

- At the start of each rep, arms must be fully extended, with feet off the ground.
- Any style of pull-up or grip is permitted as long as the requirements are met.



- The rep is credited when the chest CLEARLY comes into contact with the bar at or below the collarbone.
- Wearing hand protection (gymnastic grips, gloves, etc) is PERMITTED.

CHIN-OVER-BAR PULL-UP

- At the start of each rep, arms must be fully extended, with feet off the ground.
- Any style of pull-up or grip is permitted as long as the requirements are met.
- The rep is credited when the chin breaks the horizontal plane of the bar.
- Wearing hand protection (gymnastic grips, gloves, etc) is PERMITTED.

LATERAL BURPEES OVER BARBELL

- The burpees must be performed lateral to the barbell.
- Athletes may jump or step back to reach the bottom position.
- Stepping and/or jumping back to the starting position are both permitted.
- The athlete MUST clearly jump over the barbell.
- Both feet must be off the ground as the athlete passes over the bar.
- Stepping over is NOT permitted.
- The athlete does NOT need to use a two-foot takeoff.
- Scaled divisions may step over the bar.
- Touching the barbell on the jump or step-over is a “NO REP” and athlete need to redo jump over the barbell.
- The rep is credited when both feet have touched the ground on the opposite side of the barbell.
- There is no requirement to land with both feet at the same time.
- The athlete must be lateral to the barbell before starting the next rep.

SNATCH

- Each rep starts with the bar on the ground.
- Power, squat, and split snatches are permitted.
- Hang snatches are NOT permitted.
- Bouncing the bar is NOT permitted.
- The rep is counted when the athlete’s hips, knees, and arms are extended.
- The bar must be over the middle of the body, or slightly behind, when viewed from profile.
- If a split snatch is used, the feet must return in line before the bar is lowered.