

# MOVEMENT STANDARDS 2025

## 25Q1 A+B

### Burpee Box Jump Over

**Burpee Standard:** Chest and thighs must touch the ground.

**Jump Over:** Athlete must jump and land on top of the box with both feet (no stepping up unless scaled).

**Over:** May face or laterally approach the box; does not require full hip extension on top.

**Rep Invalid:** No chest contact on burpee, stepping up (if RX), or missing the box.

### Box Step Over

**Burpee Standard:** Chest and thighs must touch the ground.

**Standard:** Athlete must step onto and over the box, touching the top with both feet.

**Over:** May face or laterally approach the box.

**Rep Invalid:** Jumping over without contact on top, or incomplete step (only one foot touches).

### One-arm KB Hang Snatch – Standard

**Start from hang:** KB begins above the knees, not from the floor.

**Snatch in one motion:** From hang to full overhead lockout — no press-out.

**Top position:** Arm, hips, and knees fully extended; KB overhead, in line with ear. Switch arms freely, anytime.

**No reps if:** KB starts from floor, Press-out occurs, No lockout or unstable finish

### Clean

**Standard:** Barbell must start from the floor and be lifted in one continuous motion to the front rack position.

**Catch Position:** Elbows must be clearly in front of the bar at the top; hips and knees fully extended.

**Types Allowed:** Power clean, squat clean, or split clean unless specified otherwise.

**Rep Invalid:** No full extension at top, bar not received in front rack, or pause at shoulders before full catch.

### Front Squat

**Start:** Bar in front rack, elbows in front of the bar.

**Movement:** Hip crease below the knee at bottom.

**Finish:** Hips and knees fully extended at top.

**Rep Invalid:** Incomplete depth, failure to stand fully.

# 2025

## Shoulder to Overhead (STOH)

**Start:** Bar in front rack.

**Finish:** Arms, hips, and knees locked out overhead; bar over the middle of the body.

**Allowed Variations:** Strict press, push press, push jerk, split jerk.

**Rep Invalid:** Bar not locked out overhead; failure to bring feet back together (if split jerk).

In this workout (EMT 2025) last STOH from behind the neck

## Back Squat

**Start:** Barbell on upper back.

**Movement:** Hip crease below the top of the knee.

**Finish:** Hips and knees fully extended at the top.

**Rep Invalid:** Insufficient depth, no full extension.

25Q2

## Toes to Bar

**Start:** Full hang from bar.

**Movement:** Both feet must touch the bar between the hands at the same time.

**Finish:** Return to full hang between each rep.

**Rep Invalid:** Only one foot touches, or feet miss the bar.

## Knee Raise

**Standard:** Athlete hangs from bar with arms extended; both knees must rise above hip crease.

**Form:** No momentum swings; must be controlled.

**Rep Invalid:** Knees stay below hips, or no full extension between reps.

## Dumbbell Thrusters

**Start:** Dumbbells in front rack position.

**Movement:** Full squat (hip crease below knee) followed by a continuous press overhead to full lockout.

**Finish:** Arms extended overhead, dumbbells in control, hips and knees locked.

**Rep Invalid:** Pause between squat and press; no lockout; no full squat.

## Jumping Pull-Up

**Standard:** Bar set so wrists touch bar when arms are fully extended while standing. Chin must rise above bar.

**Execution:** Legs assist via jump; control must be maintained.

**Rep Invalid:** Chin does not clear bar, no jump initiation, or no extension at bottom.

# 2025

## Pull-Up

**Standard:** Full extension at the bottom; chin must clear the bar at the top.

**Grip:** Any grip allowed (overhand, underhand, mixed).

**Rep Invalid:** Chin below bar, no full lockout at bottom, or excessive kipping beyond control.

## Chest to Bar Pull-Up

**Start:** Full hang from the bar.

**Finish:** Chest must clearly make contact with the bar below the collarbone.

**Rep Invalid:** Chin-over-bar only; no chest contact.

## Dumbbell Devil Press

**Start:** Dumbbells on the ground; athlete performs a burpee (chest to floor) between them.

**Finish:** Single fluid motion ground-to-overhead using both dumbbells; arms locked out overhead.

**Rep Invalid:** No chest to floor, pressing dumbbells from the shoulders (must be a snatch motion).

## Bar Muscle-Up

**Start:** Full hang from the bar.

**Finish:** Athlete must pass over the bar to full lockout with elbows extended, shoulders over the bar.

**Rep Invalid:** No lockout on top; failure to get hips above the bar.

