



# MOVEMENT STANDARDS

## ONLINE QUALIFIER STANDARDS

Squat Snatches – The barbell begins on the ground and must be lifted overhead in one motion. Touch-and-go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition. In every division, the athlete must pass through a full squat with hips below the knees. For the Rx'd division, catching the bar while above parallel will only be allowed if the athlete continues to drop below parallel in a smooth motion, without pausing or rising before achieving the required depth. A power snatch followed by an overhead squat will not be allowed. The scaled and masters divisions are not required to catch the bar below parallel and will be permitted to power snatch, pause or stand, and then proceed to the bottom of the overhead squat. The barbell must come to full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body. This is not a ground-to-overhead any way.

HSPU – Prior to starting, a box that is 36 inches wide and 24 inches deep must be marked on the floor. Every repetition of the handstand push-up begins and ends at the top of a handstand with the arms fully locked out, only the heels in contact with the wall, the hips open and the body in line with the arms. The feet must remain inside the width of the hands throughout the entire repetition. At the bottom, the athlete's head makes contact with the ground or target. The feet do not need to remain in contact with the wall for the entire repetition, but athletes must begin and end each repetition with their heels on the wall. At the finish of each repetition, the athlete must reach full lockout, with the hips open, body in line with the arms and heels touching the wall. The palms of the hands must stay within the dimensions of the box marked on the ground, but the fingers may extend past the line.

Sync Pull-ups – This is a standard 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. For the sync pull-ups, both athletes must meet the starting and finishing requirements at the same time.

Jumping Pull-ups – For jumping pull-ups, the bar should be set up so it is at least 6 inches above the top of the athlete's head when the athlete is standing tall. At the bottom, the arms must be fully extended. Overhand, underhand and mixed grips are all permitted. The rep

is credited when the chin breaks the horizontal plane of the bar.

S2OH – Barbell begins in the front rack position. No racks allowed. Dip and drive with the legs while the weight is on the shoulders. Any variation of a S2OH (strict, push press, push jerk, split jerk) is allowed. The rep is credited when arms, hips, and knees are fully extended and the bar is directly over or slightly behind the middle of the body, with feet in line.

Cal Row – The monitor on the rower must be set to zero calories at the beginning of each row. The movement is complete when the monitor shows “21” calories.

## FAQ

- Yes, Clips are mandatory. If the clips are not in place, the rep is a NO REP!
- Yes, it is 3 minutes of HSPU/S2OH per team. You may split up as desired.
- You must keep track on the number of rounds and reps completed in the 15 minute AMRAP and the amount of HSPU/S2OH completed. These will be two separate scores.

## **EVENT 1: Motor Boatin’**

### STANDARDS

Partner Thrusters – Starting from the floor, both athletes must clean the loaded barbell to their shoulders, into a front rack position. This is the starting position. A partner squat clean is NOT allowed. From the starting position, both athletes must squat until both athletes’ hip crease is below the top of the knee, a.k.a. below parallel. From the bottom, both athletes will stand and press, in one fluid motion, the bar above head until the arms, knees and hips are fully extended and in line. Collars must be placed outside the plates.

Sync Chest-to-Bar – This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the athlete’s feet off the ground. Overhand, underhand or mixed grip are all permitted. The rep is credited when the chest clearly comes into contact with the bar below the collarbone. Both partners must meet these requirements at the same time.

Pull-ups/Sync Pull-ups – This is a standard 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. For the sync pull-ups, both athletes must meet the starting and finishing requirements at the same time.

Partner Deadlifts – Start every rep with the barbell on the ground. Hands must be outside the knees. Sumo deadlifts are not allowed. Arms must be straight throughout. No bouncing. The rep is credited when both athletes’ hips and knees reach full extension and the head and shoulders are behind the bar. Collars must be placed outside the plates.

Cal Row – The monitor on the rower must be set to zero calories at the beginning of each row. When exiting the rower, credit will be earned for the calories displayed at the time the handle is released. No pulls will be allowed after the time has expired.

## FAQ

- Yes, Clips are mandatory. If the clips are not in place, the rep is a NO REP!
- If there is a height difference between partners on the thrusters, the shortest athlete must reach full extension with their arms. The taller athlete must press the bar to at least an equal height but are not required to fully lock out.
- Partners must be facing the same direction.
- Yes, both athletes must be below parallel, at the same time, at the bottom of the thruster.
- Yes, both athletes must be on the respective bar at the same time. Exception: the pull-ups in the scaled version. One athlete works at a time in the scaled version.
- Yes, you may sit on the rower after time is up and allow the residual calories to count.
- No, the chain may not be pulled any farther out, from the rower, after the 3 minutes.
- No, everybody does not have to do a pull-up, scaled version only. One athlete may work for the entire minute, if desired.
- No, you do not have to move at the same speed for the sync C2B/pull-ups. Both athletes must meet the starting and finishing requirements at the same time.
- Yes, one athlete may wait at the top for the second athlete to reach the top. Pull-ups and C2B.

## **EVENT 2: Need A Lift**

### **STANDARDS**

**Strict Press** – This is a standard shoulder press. The bar will come, from a rack, into a front rack position. The athlete will then press the bar directly overhead until the arms are fully locked out and in line with the body. No bend in the knees or hips is allowed.

**Overhead Squat** – This is a standard overhead squat. The bar will come from a rack. The athlete may choose any S2OH movement to get the bar overhead to start the movement. The hip crease must be below the top of the knee at the bottom. The barbell must come to full lockout overhead, with the athlete's hips, knees and arms fully extended, and the bar directly over the middle of the body.

**Clean** – The attempt starts with the barbell at rest on the ground. The rep is complete when the athlete's hips and knees are fully extended and the bar is resting on the shoulders in the front-rack position with the athlete's elbows in front of the bar. Power cleans, squat cleans and split cleans are permitted. Hang cleans are not permitted.

**Thrusters** – This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. The hip crease must clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed when the bar is taken from the floor. If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition. Using a ball, box or other object to check for proper depth is not allowed. The barbell must come to a full lockout overhead, with the hips, knees and arms

fully extended, and the bar directly over the middle of the athlete's body.

### FAQ

- Yes, Clips are mandatory. If the clips are not in place, the rep is a NO REP!
- No, your feet must stay completely on the ground during the strict press.
- Yes, your partners may help load the barbell.
- Yes, your partners may help reload the barbell to the rack, in the event of a bail.
- No, this does not have to be a squat clean.
- No, every athlete does not have to complete a thruster to advance the weight.
- The thruster reps are a total number, split between all teammates.
- Yes, you may perform a S2OH from the back rack position.
- No, your arms are not required to be fully locked out throughout the middle part of the overhead squat. Only at the start and end are required.

## **EVENT 3: Flip, Rip, Go**

### STANDARDS

**HSPU** – Prior to starting, a box that is 36 inches wide and 24 inches deep must be marked on the floor. Every repetition of the handstand push-up begins and ends at the top of a handstand with the arms fully locked out, only the heels in contact with the wall, the hips open and the body in line with the arms. The feet must remain inside the width of the hands throughout the entire repetition. At the bottom, the athlete's head makes contact with the ground or target. The feet do not need to remain in contact with the wall for the entire repetition, but athletes must begin and end each repetition with their heels on the wall. At the finish of each repetition, the athlete must reach full lockout, with the hips open, body in line with the arms and heels touching the wall. The palms of the hands must stay within the dimensions of the box marked on the ground, but the fingers may extend past the line.

**Alternating Dumbbell Snatch** – The dumbbell snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, BOTH heads of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion. Touch-and-go is permitted. Bouncing the dumbbell is not allowed. Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved. The non-lifting hand and arm may not be in contact with the body during the repetition. At the top, the arms, hips, and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. The athlete may choose to do a split style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.

**Sprint** – The sprint will move from the alternating dumbbell snatch position to a bucket on the other side of the lane. You will grab one baton, and sprint back to place it in the bucket next to the handstand pushup area.

**5" Elevated HSPU** – For divisions that require an elevated handstand push-up, the start and end positions are the same as described for the handstand push-up. Set up a target of appropriate height for your division. The head must touch the target depth before

returning to the finish position. This elevation will be achieved with a 35# bumper plate and a HSPU mat.

## FAQ

- Yes, kipping handstand pushups are allowed.
- Yes, the Rx teams will be provided a HSPU mat and two 25# bumper plates.
- No, you may not alternate hands with the dumbbell above your head.
- Yes, you must place the baton in the bucket. This signifies the completion of the round.
- Yes, you must replace the baton if it bounces out. The next round may not start until the baton is secured in the bucket.
- Yes, for non Rx teams, they must physically tag hands for the next athlete to take over.

## **EVENT 4: Kickin' up Sand**

### STANDARDS

Double-Unders – The rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

1-Legged Squat – At the start and finish of each rep, the hips and knee of the working leg are extended. Holding on to the non-working leg is permitted. The non-working leg must be off the ground. At the bottom, the hip crease must pass below the top of the knee on the working leg. If any part of the body other than the support foot touches the floor before lockout, the rep will not count. Resting the non-working leg on the working leg is permitted. Using the hands/arms to push into the working leg is not permitted.

Box Jump Overs – Start with both feet on the ground and face the side of the box. Do NOT angle the box and jump up on the corner. You must jump either completely over the box, or onto the box. There is no requirement to fully extend on the box. Jumping OR stepping off the box is permitted. Only the feet may make contact with the box. Using hands to push into the legs during the step-up is not allowed. The rep is credited when: Both feet have landed on the ground, on the opposite side of the box.

Overhead Squat – The hip crease must be below the top of the knee at the bottom. A full squat snatch is permitted but not required to start the movement if standard depth is achieved. The barbell must come to full lockout overhead, with the athlete's hips, knees and arms fully extended, and the bar directly over the middle of the body. The athlete may not use a rack.

Burpee to Target – May jump or step back to reach the bottom position. Chest and thighs must touch the ground. Stepping and/or jumping back to the starting position are both permitted. The rep is credited when both hands have touched the pull-up bar. If an athlete misses touching the pull-up bar, they may re-attempt the jump.

Sync Toes-to-Bar – Begin by hanging from the pull-up bar with arms extended. Heels must be brought back behind the bar. Overhand, underhand, or mixed grips are all permitted. The rep is credited when both feet come in contact with the bar at the same time, between the hands. Any part of the feet may make contact with the bar. Both athletes don't have to move at the same speed but must be in the starting and finishing positions at the same time. Two

athletes are working at a time. You may switch out working pairs as desired.

Sandbag Over-the-Shoulder – The sandbag starts and ends on the ground. One athlete works at a time. The sandbag must go from the floor and pass OVER the shoulder by any means. It may be one fluid motion or broken up in segments. The athletes cannot stoop down to pass under the bag.

Single Unders – The rope must pass under the feet once per jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

Sync Dumbbell Squat – The rep begins from the top, with knees and hips extended and dumbbell in the front rack position. At the bottom of the squat, the hip crease must pass below the knees. At the top, the hips and knees must be fully extended. All three athletes must be at the start/finish position and below parallel at the same time.

Box Overs – Start with both feet on the ground and face the side of the box. Do NOT angle the box and jump or step up on the corner. Jumping OR stepping onto and off the box is permitted. Only the feet may make contact with the box. Using hands to push into the legs during the step-up is not allowed. The rep is credited when: Both feet have landed on the ground, on the opposite side of the box.

Sync Knee Raises – Begin by hanging from the pull-up bar with arms extended. Heels must be brought back behind the bar. Overhand, underhand, or mixed grips are all permitted. The rep is credited when the knees are above the hips. Both athletes must meet starting and finishing requirements at the same time.

### FAQ

- Yes, each athlete must perform every rep of DUs.
- No, the DUs do not have to be at the same pace.
- Yes, you may wrap the non-working leg, but the foot may not touch the ground.
- No, they do not have to be alternating.
- No, unless specified the reps may be split up as desired.
- No, for Rx teams, they may not step up onto the box.
- No, it is not required to stand up on the box.
- Yes, you may jump completely over the box. HOWEVER, you must go over the box. Your feet/legs may not go around the box.
- Yes, everybody on the team will jump to the same target for the burpees to target, regardless of height.
- Yes, only two people are working at a time on the sync toes-to-bar/knee raises.
- Yes, all three members are working on the sync dumbbell squats.
- Yes, the difference between box jump overs and box overs is being allowed to step up or not.
- Yes, each athlete will have their own judge for the DUs/SUs.