



**International Functional
Fitness Federation**

MOVEMENT STANDARDS 2023

TABLE OF CONTENTS

POINTS OF PERFORMANCE	PAGE	3
COLOR REFERENCES	PAGE	3
GENERAL RULES	PAGE	4
DEFINITIONS	PAGE	6
● BODY PARTS & AREAS	PAGE	6
● POSITIONS	PAGE	7
● OBJECT ON GROUND	PAGE	9
STANDARDS	PAGE	10
1. SQUATS	PAGE	11
2. DEADLIFTS	PAGE	18
3. GROUND TO SHOULDER	PAGE	21
4. GROUND TO OVERHEAD	PAGE	28
5. SHOULDER TO OVERHEAD	PAGE	38
6. KETTLEBELL	PAGE	45
7. HORIZONTAL BAR	PAGE	51
8. RINGS	PAGE	60
9. MONOSTRUCTURAL	PAGE	65
10. JUMPING	PAGE	75
11. CLIMBING	PAGE	86
12. HANDSTANDS	PAGE	90
13. CORE	PAGE	98
14. ODD OBJECT	PAGE	105
15. MISCELLANEOUS	PAGE	115
16. TEAM	PAGE	125
VARIATIONS	PAGE	132

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 object 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 athletes body or contact 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 repetition 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 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 touch-and-go fraction of a second.
- 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 may however be above the line or on the other side as long as this is in air, and not in contact. E.g. An athlete may jump over a finish line while having his hand in the air over the other side.

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 hip-bones.

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
- Inside of heels no wider than outer plane of the **shoulders**.

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 if 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** (eg 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 no 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 with ground or starting object.
- 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.

WORM

- Full worm in contact with the ground, or if held by **hands**, the **hands** are in contact with the ground.

STANDARDS, CATEGORICALLY SORTED

SQUATS

DEADLIFTS

GROUND TO SHOULDER

GROUND TO OVERHEAD

SHOULDER TO OVERHEAD

KETTLEBELL

HORIZONTAL BAR

RINGS

MONOSTRUCTURAL

JUMPING

CLIMBING

HANDSTANDS

CORE

ODD OBJECT

MISCELLANEOUS

TEAM



STANDARDS, SQUATS

AIR SQUAT - ID 1.01

BACK SQUAT - ID 1.02

FRONT SQUAT - ID 1.03

OVERHEAD SQUAT - ID 1.04

FRONT LOADED SQUAT - ID 1.05

PISTOL - ID 1.06



STANDARDS, GROUND TO OVERHEAD

SNATCH, ANYHOW - ID 4.01

POWER SNATCH - ID 4.02

SQUAT SNATCH - ID 4.03

HANG SNATCH, ANYHOW - ID 4.04

HANG POWER SNATCH - ID 4.05

HANG SQUAT SNATCH - ID 4.06

CLUSTER - ID 4.07

CLEAN & JERK - ID 4.08



STANDARDS, SHOULDER TO OVERHEAD

STRICT PRESS - ID 5.01

PUSH PRESS - ID 5.02

PUSH JERK - ID 5.03

SQUAT JERK - ID 5.04

SHOULDER TO OVERHEAD - ID 5.05

THRUSTER - ID 5.06



STANDARDS, KETTLEBELL

OVERHEAD KETTLEBELL SWING - ID 6.01

RUSSIAN KETTLEBELL SWING - ID 6.02

KETTLEBELL CLEAN - ID 6.03

KETTLEBELL SNATCH - ID 6.04

KETTLEBELL GET-UP - ID 6.05



STANDARDS, HORIZONTAL BAR

TOES TO BAR - ID 7.01

L-HANG TOES TO BAR - ID 7.02

BALL TO BAR - ID 7.03

PULL-UP - ID 7.04

CHEST TO BAR PULL-UP - ID 7.05

PULL-OVER - ID 7.06

BAR MUSCLE-UP - ID 7.07

SKIN THE CAT - ID 7.08



STANDARDS, RINGS

TOES THROUGH RINGS - ID 8.01

RING MUSCLE-UP - ID 8.02

DIP - ID 8.03

FORWARD ROLL ON RINGS - ID 8.04



STANDARDS, MONOSTRUCTURAL

RUN - ID 9.01

SHUTTLE RUN - ID 9.02

ROW - ID 9.03

BIKE - ID 9.04

AIR BIKE - ID 9.05

BIKEERG - ID 9.06

SKIERG - ID 9.07

SWIM - ID 9.08

PADDLING - ID 9.09



RUN - ID 9.01

Athlete runs.

REP START

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

REP END

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

REP REQUIREMENTS

- 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/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
 TEAM

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 REQUIREMENTS

- 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
 TEAM

ROW - ID 9.03

Athlete rows on a rowing machine.

REP START

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

REP END

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

REP REQUIREMENTS

- 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/cals) or timecap in a rep the athlete will have to stop applying force to the machine at the timecap, the score will be what is shown 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
 TEAM

BIKE - ID 9.04

Athlete cycle using bike outdoors.

REP START

- With bike behind the start line.

REP END

- With bike behind the end line.

REP REQUIREMENTS

- 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
 TEAM

AIR BIKE - ID 9.05

Athlete cycle 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 REQUIREMENTS

- 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/cals) or timecap in a rep the athlete will have to stop applying force to the machine at the timecap, the score will be what is shown when the machine stops moving.

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
 TEAM

BIKEERG - ID 9.06

Athlete cycle using a BikeErg machine.

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 REQUIREMENTS

- 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/cals) or timecap in a rep the athlete will have to stop applying force to the machine at the timecap, the score will be what is shown 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
 TEAM

SKIERG - ID 9.07

Athlete skis using a SkiErg machine.

REP START

- Standing free.
- Both hands on the handles.

REP END

- Standing free.
- Both hands on the handles.

REP REQUIREMENTS

- Ski 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/cals) or timecap in a rep the athlete will have to stop applying force to the machine at the timecap, the score will be what is shown 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
 TEAM

SWIM - ID 9.08

Athlete swims in pool or ocean.

REP START

- In contact with starting point.

REP END

- In contact with end-point.

REP REQUIREMENTS

- 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
 TEAM

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 REQUIREMENTS

- 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
 TEAM

STANDARDS, JUMPING

BURPEE OVER OBJECT - ID 10.01

OBJECT FACING BURPEE OVER OBJECT - ID 10.02

BURPEE TO TARGET - ID 10.03

BOX JUMP - ID 10.04

BOX JUMP OVER - ID 10.05

SINGLE UNDER - ID 10.06

DOUBLE UNDER - ID 10.07

TRIPLE UNDER - ID 10.08

BROAD JUMP - ID 10.09

DOUBLE UNDER CROSSOVER - ID 10.10



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 REQUIREMENTS

- Rope rotates around the saggital axis of the body.
- A jump with a two-footed 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 = 1

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
 TEAM

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 REQUIREMENTS

- Rope rotates around the saggital axis of the body.
- A jump with a two-footed 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 = 2

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
 TEAM

TRIPLE UNDER - ID 10.08

Athlete jumps rope with the rope passing three 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 REQUIREMENTS

- Rope rotates around the saggital axis of the body.
- A jump with a two-footed 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

- 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
 TEAM

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 REQUIREMENTS

- 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
 TEAM

DOUBLE UNDER CROSSOVER - ID 10.10

Athlete jumps rope with the rope passing two times under their feet per jump crossing their hands in front of them during one of the rotations.

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 REQUIREMENTS

- Rope rotates around the saggital axis of the body.
- A jump with a two-footed take-off is required from **rep start**.
- While in air, the rope must pass underneath both **feet** the designated number of times with a crossing of the **hands** at some point during one of the rotations.
- Number of rotations = 2

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
 TEAM

STANDARDS, CLIMBING

ROPE CLIMB - ID 11.01

ROPE CLIMB, SEATED START - ID 11.02

PEGBOARD - ID 11.03



STANDARDS, HANDSTANDS

HANDSTAND PUSH-UP - ID 12.01

FREE STANDING HANDSTAND PUSH-UP - ID 12.02

HANDSTAND WALK - ID 12.03

HANDSTAND HOLD - ID 12.04

HANDSTAND PIROUETTE - ID 12.05

WALL WALK - ID 12.06

WALL FACING HANDSTAND PUSH-UP - ID 12.07



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 REQUIREMENTS

- 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
 TEAM

STANDARDS, CORE

ABMAT SIT-UP - ID 13.01

GHD SIT-UP - ID 13.02

HIP EXTENSION - ID 13.03

L-SIT - ID 13.04

L-HANG - ID 13.05

PRESS TO HANDSTAND FROM SEATED STRADDLE L-SIT - ID 13.06



STANDARDS, ODD OBJECT

SLED PUSH - ID 14.01

SLED DRAG - ID 14.02

SLED PULL - ID 14.03

OBJECT OVER SHOULDER - ID 14.04

OBJECT ONTO TARGET - ID 14.05

OBJECT OVER TARGET - ID 14.06

LOADED CARRY - ID 14.07

OBJECT FLIP - ID 14.08

CONTINENTAL CLEAN - ID 14.09



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 end line
- Sled behind the end line

REP REQUIREMENTS

- 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
 TEAM

SLED DRAG - ID 14.02

Athlete attached and leaning from sled dragging forward.

REP START

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

REP END

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

REP REQUIREMENTS

- 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
 TEAM

SLED PULL - ID 14.03

Athlete pulling the sled towards him/her with rope.

REP START

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

REP END

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

REP REQUIREMENTS

- 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
 TEAM

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 end line.

REP REQUIREMENTS

- 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 line and end line for each segment (rep).

VARIATIONS

- 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
- V.15 - Without movement

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

OBJECT FLIP - ID 14.08

Athlete flip 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 REQUIREMENTS

- Object can only be moved through 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 line 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
 TEAM

STANDARDS, MISCELLANEOUS

PUSH-UP - ID 15.01

HAND-RELEASE PUSH-UP - ID 15.02

DYNAMIC PUSH-UP - ID 15.03

WALL BALL - ID 15.04

BOX STEP OVER - ID 15.05

WALKING LUNGE - ID 15.06

DEVIL'S PRESS - ID 15.07

TRAVERSE OVER/ACROSS AN OBSTACLE - ID 15.08

HAMMERING - ID 15.09



HAMMERING - ID 15.09

Athlete hammers an object.

REP START

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

REP END

- Standing free.
- Both feet behind the end line.

REP REQUIREMENTS

- None.

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
 TEAM

STANDARDS, TEAM

WORM SQUAT - ID 16.01

WORM CLEAN - ID 16.02

WORM HANG CLEAN - ID 16.03

WORM HANG CLEAN & JERK - ID 16.04

WORM THRUSTER - ID 16.05

WORM SHOULDER TO OVERHEAD - ID 16.06



WORM HANG CLEAN - ID 16.03

Team moves worm in one fluid motion from above the knee to the same shoulder.

REP START

- Hang position.
- Team facing the same direction.
- Team holding worm on same side of their bodies.

REP END

- Standing tall.
- Worm resting on shoulder.

REP REQUIREMENTS

- 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.

VALID OBJECT/EQUIPMENT

- Worm.

TEAM EpfUZif

- Rep Start
- Rep End

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

WORM HANG CLEAN & JERK - ID 16.04

Team moves worm in one fluid motion from above the knee on one side of the body to the same shoulder, over the head to the shoulder on the opposite side of the body.

REP START

- [Hang position.](#)
- Team facing the same direction.
- Team holding worm on same side of their bodies.

REP END

- [Standing tall.](#)
- Worm resting on opposite [shoulder](#).

REP REQUIREMENTS

- Worm makes contact with [shoulder](#) of starting side before passing overhead.
- 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](#).

VALID OBJECT/EQUIPMENT

- Worm.

TEAM Synchro

- [Rep Start](#)
- Contact on First Shoulder
- Contact on Second Shoulder

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

WORM THRUSTER - ID 16.05

Team performs a squat with worm on one shoulder and in one fluid movement continues to move the worm over the head to the opposite shoulder.

REP START

- **Bottom-of-squat** with object on one **shoulder**, supported by the **hands**.
- Team facing the same direction
- Team resting worm on same side of their bodies

REP END

- **Standing tall**.
- Team facing the same direction.
- Team resting worm on same side of their bodies.

REP REQUIREMENTS

- Object is moved in one fluid motion from **rep start** to the opposite **shoulder**.
- Maintaining extended **knees** and **hips** after the object has left the **shoulder** on one side and until object is supported by **shoulder** and **hands** on opposite side of the body.
- Team facing the same direction throughout the full rep.

CYCLE & POST REP

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

VALID OBJECT/EQUIPMENT

- Worm.

TEAM Synchro

- **Bottom-of-squat**.

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

WORM SHOULDER TO OVERHEAD - ID 16.06

Team moves worm from the shoulder one side of the body, over the head to the shoulder on the opposite side of the body.

REP START

- [Standing tall](#).
- Team facing the same direction.
- Team resting worm on the **shoulder** on same side of their bodies.

REP END

- [Standing tall](#).
- Team facing the same direction.
- Team resting worm on the **shoulder** on same side of their bodies.

REP REQUIREMENTS

- The object leaves the **shoulder** on one side and passes over the head until object is supported by **shoulder** and **hands** on opposite side of the body.
- Team facing the same direction throughout the full rep.

CYCLE & POST REP

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

VALID OBJECT/EQUIPMENT

- Worm.

TEAM Synchro

- [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
TEAM

VARIATIONS

ANYHOW - ID V.01

FRONT-RACK - ID V.02

GOBLET - ID V.03

ZERCHER - ID V.04

BEAR-HUG - ID V.05

OVERHEAD - ID V.06

FARMER - ID V.07

BACK RACK - ID V.08

DEFICIT - ID V.09

ELEVATED - ID V.10

PARALLETTES - ID V.11

STRICT - ID V.12

KIPPING - ID V.13

SPLIT - ID V.14

WITHOUT MOVEMENT - ID V.15

MOVEMENT - ID V.16

NO JUMP - ID V.17

LEGLISS - ID V.18

SEATED - ID V.19

L-SIT - ID V.20

L-HANG - ID V.21



ANYHOW - ID V.01

LOAD POSITION
RANGE OF MOTION
EXECUTION

REP START

- None

REP END

- None

REP REQUIREMENTS

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

VALID OBJECT/EQUIPMENT

- Any object.

VALID MOVEMENTS

- Loaded carry - ID 14.07
- Box step over - ID 15.05
- Walking lunge - ID 15.06

FRONT RACK - ID V.02

LOAD POSITION
RANGE OF MOTION
EXECUTION

REP START

- [Front rack lockout.](#)

REP END

- [Front rack lockout.](#)

REP REQUIREMENTS

- 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

- Loaded carry - ID 14.07
- Box step over - ID 15.05
- Walking lunge - ID 15.06

GOBLET - ID V.03

LOAD POSITION
RANGE OF MOTION
EXECUTION

REP START

- None.

REP END

- None.

REP REQUIREMENTS

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

VALID OBJECT/EQUIPMENT

- 1 Dumbbell
- 1 Kettlebell

VALID MOVEMENTS

- Front loaded squat - ID 1.05
- Pistol - ID 1.06
- Loaded carry - ID 14.07
- Box step over - ID 15.05
- Walking lunge - ID 15.06

ZERCHER - ID V.04

LOAD POSITION
RANGE OF MOTION
EXECUTION

REP START

- None

REP END

- None

REP REQUIREMENTS

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

VALID OBJECT/EQUIPMENT

- Barbell
- Yoke (Loaded carry)

VALID MOVEMENTS

- Front loaded squat - ID 1.05
- Loaded carry - ID 14.07
- Box step over - ID 15.05
- Walking lunge - ID 15.06

BEAR HUG - ID V.05

LOAD POSITION
RANGE OF MOTION
EXECUTION

REP START

- None

REP END

- None

REP REQUIREMENTS

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

VALID OBJECT/EQUIPMENT

- Any ball
- Sandbag

VALID MOVEMENTS

- Front loaded squat - ID 1.05
- Loaded carry - ID 14.07
- Box step over - ID 15.05
- Walking lunge - ID 15.06

OVERHEAD - ID V.06

LOAD POSITION
RANGE OF MOTION
EXECUTION

REP START

- Overhead lockout.

REP END

- Overhead lockout.

REP REQUIREMENTS

- 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

- Pistol - ID 1.06
- Loaded carry - ID 14.07
- Box step over - ID 15.05
- Walking lunge - ID 15.06

FARMER - ID V.07

LOAD POSITION
RANGE OF MOTION
EXECUTION

REP START

- None

REP END

- None

REP REQUIREMENTS

- 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

- Loaded carry - ID 14.07
- Box step over - ID 15.05
- Walking lunge - ID 15.06

BACK RACK - ID V.08

LOAD POSITION
RANGE OF MOTION
EXECUTION

REP START

- None

REP END

- None

REP REQUIREMENTS

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

VALID OBJECT/EQUIPMENT

- Barbell
- Yoke (Loaded carry)

VALID MOVEMENTS

- Loaded carry - ID 14.07
- Box step over - ID 15.05
- Walking lunge - ID 15.06

DEFICIT - ID V.09

LOAD POSITION
RANGE OF MOTION
EXECUTION

REP START

- None

REP END

- None

REP REQUIREMENTS

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

VALID OBJECT/EQUIPMENT

- Barbell (Deadlift)
- Plates (Handstand push-ups)
- Blocks (Handstand push-ups)

VALID MOVEMENTS

- Deadlift - ID 2.01
- Sumo deadlift - ID 2.02
- Handstand push-up - ID 12.01
- Push-up - ID 15.01
- Dynamic push-up - ID 15.03

ELEVATED - ID V.10

LOAD POSITION
RANGE OF MOTION
EXECUTION

REP START

- None

REP END

- None

REP REQUIREMENTS

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

VALID OBJECT/EQUIPMENT

- Barbell (Deadlift)
- Plates (Handstand push-ups)
- Blocks (Handstand push-ups)

VALID MOVEMENTS

- Deadlift - ID 2.01
- Sumo deadlift - ID 2.02
- Clean, anyhow - ID 3.01
- Power clean - ID 3.02
- Squat clean - ID 3.03
- Snatch, anyhow - ID 4.01
- Power snatch - ID 4.02
- Squat snatch - ID 4.03
- Clean & Jerk - ID 4.08
- Hang Clean & Jerk - ID 4.09
- Handstand push-up - ID 12.01
- Handstand hold - ID 12.04
- Handstand pirouette - ID 12.05
- Push-up - ID 15.01
- Dynamic push-up - ID 15.03

PARALLETTES - ID V.11

LOAD POSITION
RANGE OF MOTION
EXECUTION

REP START

- None

REP END

- None

REP REQUIREMENTS

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

VALID OBJECT/EQUIPMENT

- None

VALID MOVEMENTS

- Handstand push-up - ID 12.01

STRICT - ID V.12

LOAD POSITION
RANGE OF MOTION
EXECUTION

REP START

- **Rep start** 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 REQUIREMENTS

- **Knees, hips**, trunk, **shoulder** and **elbows** must stay fully extended throughout 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

- Toes to bar - ID 7.01
- Pull-up - ID 7.04
- Chest-to-bar pull-up - ID 7.05
- Bar muscle-up - ID 7.07
- Skin the cat - ID 7.08
- Ring muscle-up - ID 8.02
- Dip - ID 8.03
- Handstand push-up - ID 12.01

KIPPING - ID V.13

LOAD POSITION
RANGE OF MOTION
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

- Toes to bar - ID 7.01
- Pull-up - ID 7.04
- Chest-to-bar pull-up - ID 7.05
- Bar muscle-up - ID 7.07
- Skin the cat - ID 7.08
- Ring muscle-up - ID 8.02
- Dip - ID 8.03
- Handstand push-up - ID 12.01

SPLIT - ID V.14

LOAD POSITION
RANGE OF MOTION
EXECUTION

REP START

- None.

REP END

- None

REP REQUIREMENTS

- 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.

VALID OBJECT/EQUIPMENT

- All.

VALID MOVEMENTS

- Clean, anyhow - ID 3.01
- Power clean - ID 3.02
- Snatch, anyhow - ID 4.01
- Power snatch - ID 4.02
- Clean & Jerk - ID 4.08
- Hang Clean & Jerk - ID 4.09
- Push jerk - ID 5.03
- Shoulder to overhead - ID 5.05
- Kettlebell clean - ID 6.03
- Kettlebell snatch - ID 6.04
- Continental clean - ID 14.09

WITHOUT MOVEMENT - ID V.15

LOAD POSITION
RANGE OF MOTION
EXECUTION

REP START

- vertical inversion.

REP END

- Vertical inversion

REP REQUIREMENTS

- 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

- Handstand hold - ID 12.04
- L-sit - ID 13.04
- L-hang - ID 13.05
- Loaded carry - ID 14.07

MOVEMENT - ID V.16

LOAD POSITION
RANGE OF MOTION
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.

VALID MOVEMENTS

- Handstand hold - ID 12.04
- L-sit - ID 13.04
- L-hang - ID 13.05
- Loaded carry - ID 14.07

NO JUMP - ID V.17

LOAD POSITION
RANGE OF MOTION
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.

VALID MOVEMENTS

- Rope climb - ID 11.01

LEGLSS - ID V.18

LOAD POSITION
RANGE OF MOTION
EXECUTION

REP START

- None.

REP END

- None.

REP REQUIREMENTS

- 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

- Rope climb - ID 11.01
- Rope climb, seated start - ID 11.02
- PegBoard - ID 11.03

SEATED - ID V.19

LOAD POSITION
RANGE OF MOTION
EXECUTION

REP START

- None.

REP END

- None.

REP REQUIREMENTS

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

VALID OBJECT/EQUIPMENT

- None.

VALID MOVEMENTS

- Rope climb - ID 11.01
- Rope climb, seated start - ID 11.02

L-SIT - ID V.20

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**.
- **Hip** bent, forming an L-shape.

REP END

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

REP REQUIREMENTS

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

CYCLE & POST REP

- Continuous segments: **rep end** is a valid **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.

VALID MOVEMENTS

-

L-HANG - ID V.21

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

REP START

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

REP END

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

REP REQUIREMENTS

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

CYCLE & POST REP

- Continuous segments: **rep end** is a valid **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

- Pull-up - ID 7.04
- Ring muscle-up - ID 8.02
- Rope climb - ID 11.01
- Rope climb, seated start - ID 11.02

SHOULDER - ID V.22

LOAD POSITION
RANGE OF MOTION
EXECUTION

REP START

- None

REP END

- None

REP REQUIREMENTS

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

VALID OBJECT/EQUIPMENT

- Worm

VALID MOVEMENTS

- Walking lunge - ID 15.06

DEFINITIONS , Positions

- Standing free , Bottom-of-squat , Power position , Standing tall , Deadlift lockout , Hang position
- Front-rack lockout , Overhead lock-out , Vertical hang , Vertical Inversion , Vertical support , Prone , Split
- Seated , L-position , Plank lockout , Object-on-ground

DEFINITIONS , Body parts and areas

- Hand(s) , hands , knees , hips , front-rack , overhead , elbows , foot , feet , Chest , abs , back rack , shoulders , toes , leg

GENERAL RULES

- adhere to intent , avoid contact , passive arm , hang rule , alternating rule
- unbroken rule , line positioning , weight vest , visibility at speed

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.

VARIATIONS

- 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
- V.09 - Deficit
- V.10 - Elevated
- V.11 - Parallettes
- V.12 - Strict
- V.13 - Kipping
- V.14 - Split
- V.15 - Without movement
- V.16 - Movement
- V.17 - No jump
- V.18 - Legless
- V.19 - Seated
- V.20 - L-sit
- V.21 - L-hang