International Functional Fitness Federation

MOVEMENT STANDARDS 2026

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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 predefined positions and body parts.

REP START	Defines how the athlete's body and external object must be to **start** a valid repetition.
REP END	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.
TEAM SYNCRO	Defines which portion(s) of the movement where team members must be synchronised.

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 **RED 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 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

COLLARBONE
- The collarbone, or clavicle, refers to the slender bone spanning horizontally across the upper chest, extending from the sternum to the shoulder joint.

GLUTES
- Area between hamstring and lower back.

DEFINITIONS, POSITIONS

STANDING FREE

- Both feet in contact with the ground or object.

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, arm(s) vertical.
- 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.

INVERTED LOCKOUT

- 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 INVERSION

- Inverted (upside – down) position.
- Only the ventral part of the hands in contact with the ground.
- Feet above hips.

VERTICAL SUPPORT

- Fully supported on hands, shoulders 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/heads on a single dumbbell in contact with the ground at the same time.
- When using two dumbbells, at least on side/head of each dumbbell need to make contact with the ground.

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

AIR SQUAT - ID 1.01

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

REP START

- Standing tall.

REP END

- Standing tall.

REP REQUIREMENTS

- Achieve the bottom of squat.

CYCLE & POST REP

- Rep end is a valid rep start.

TEAM SYNCRO

- Rep start
- 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

BACK SQUAT - ID 1.02

Athlete, with weight on back, 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 REQUIREMENTS

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

CYCLE & POST REP

- Rep end is a valid rep start.

TEAM SYNCRO

- Rep start
- 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

FRONT SQUAT - ID 1.03

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

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

REP START

- Front rack lockout.

REP END

- Front rack lockout.

REP REQUIREMENTS

- Achieve the bottom of squat.
- Object in front rack throughout the full repetition.
- Hand(s) below chin.

CYCLE & POST REP

- Rep end is a valid rep start.

VALID OBJECT/EQUIPMENT

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

TEAM SYNCRO

- Rep start
- Bottom of squat

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 REQUIREMENTS

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

CYCLE & POST REP

- Rep end is a valid rep start.

VALID OBJECT/EQUIPMENT

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

TEAM SYNCRO

- Rep start
- 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

FRONT LOADED SQUAT - ID 1.05

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

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

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 REQUIREMENTS

- Achieve the bottom of squat.
- Object is kept in front of chest throughout the full repetition.

CYCLE & POST REP

- Rep end is a valid rep start.

VALID OBJECT/EQUIPMENT

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

VARIATIONS

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

TEAM SYNCRO

- Rep start
- Bottom of squat

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.

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

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 REQUIREMENTS

- 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 rep start.

VARIATIONS

- V.03 - Goblet
- V.06 - Overhead

TEAM SYNCRO

- Rep start
- Bottom of squat

STANDARDS, DEADLIFTS

DEADLIFT - ID 2.01

SUMO DEADLIFT - ID 2.02

SUMO DEADLIFT HIGH PULL - ID 2.03

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

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 REQUIREMENTS

- Hands and arms are kept outside of the legs.

CYCLE & POST REP

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

VARIATIONS

- V.09 - Deficit
- V.10 - Elevated

TEAM SYNCRO

- Rep end

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 REQUIREMENTS

- Hands and arms are kept inside of the legs.

CYCLE & POST REP

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

VARIATIONS

- V.09 - Deficit
- V.10 - Elevated

TEAM SYNCRO

- 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

SUMO DEADLIFT HIGH PULL - ID 2.03

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

Athlete moves object in one fluid motion from ground to collarbone height with wide stance.

REP START

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

REP END

- Standing tall.
- Hand(s) must pass the horizontal plane of the collarbone.

REP REQUIREMENTS

- Hands and arms are kept inside of the legs.
- Elbows higher than hands

CYCLE & POST REP

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

VARIATIONS

- V.09 - Deficit
- V.10 - Elevated

TEAM SYNCRO

- Rep end

STANDARDS, GROUND TO SHOULDER

CLEAN, ANYHOW - ID 3.01

POWER CLEAN - ID 3.02

SQUAT CLEAN - ID 3.03

HANG CLEAN, ANYHOW - ID 3.04

HANG POWER CLEAN - ID 3.05

HANG SQUAT CLEAN - ID 3.06

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 REQUIREMENTS

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

CYCLE & POST REP

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

VARIATIONS

- V.10 - Elevated
- V.14 - Split

TEAM SYNCRO

- 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

POWER CLEAN - ID 3.02

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

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

REP START

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

REP END

- Front-rack lockout.

REP REQUIREMENTS

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

CYCLE & POST REP

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

VARIATIONS

- V.10 - Elevated
- V.14 - Split

TEAM SYNCRO

- Rep end

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 REQUIREMENTS

- 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

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

VARIATIONS

- V.10 - Elevated

TEAM SYNCRO

- 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

HANG CLEAN, ANYHOW - ID 3.04

Athlete moves object from above knees to shoulders.

REP START

- Hang position.

REP END

- Front-rack lockout.

REP REQUIREMENTS

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

CYCLE & POST REP

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

TEAM SYNCRO

- 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

HANG POWER CLEAN - ID 3.05

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

REP START

- Hang position.

REP END

- Front-rack lockout.

REP REQUIREMENTS

- 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

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

TEAM SYNCRO

- 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

HANG SQUAT CLEAN - ID 3.06

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

REP START

- Hang position.

REP END

- Front-rack lockout.

REP REQUIREMENTS

- 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

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

TEAM SYNCRO

- 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

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

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 lock-out.

REP REQUIREMENTS

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

CYCLE & POST REP

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

VARIATIONS

- V.10 - Elevated
- V.14 - Split

TEAM SYNCRO

- 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

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 lock-out.

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

CYCLE & POST REP
- The object can be returned to rep start in any controlled manner.

VARIATIONS
- V.10 - Elevated
- V.14 - Split

TEAM SYNCRO
- 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

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 lock-out.

REP REQUIREMENTS
- Object is moved in one fluid motion from ground to a 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.

VARIATIONS
- V.10 - Elevated

TEAM SYNCRO
- 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

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 lock-out.

REP REQUIREMENTS

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

CYCLE & POST REP

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

TEAM SYNCRO

- 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

HANG POWER SNATCH - ID 4.05

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

REP START

- Hang position.

REP END

- Overhead lock-out.

REP REQUIREMENTS

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

CYCLE & POST REP

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

TEAM SYNCRO

- 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

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.

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

REP START

- Hang position.

REP END

- Overhead lock-out.

REP REQUIREMENTS

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

CYCLE & POST REP

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

TEAM SYNCRO

- Rep end

CLUSTER - ID 4.07

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

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

REP START

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

REP END

- Overhead lock-out.

REP REQUIREMENTS

- 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

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

TEAM SYNCRO

- Rep end

CLEAN & JERK - ID 4.08

Athlete moves object in two motions from ground to overhead.

REP START

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

REP END

- Overhead lock-out.

REP REQUIREMENTS

- Object is moved in one fluid motion from ground to shoulders and in a second motion from shoulders to a overhead position.

CYCLE & POST REP

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

VARIATIONS

- V.10 - Elevated
- V.14 - Split

TEAM SYNCRO

- 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

HANG CLEAN & JERK - ID 4.09

Athlete moves object in two motions from above the knees to overhead.

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

REP START

- Hang position.

REP END

- Overhead lock-out.

REP REQUIREMENTS

- Object is moved in one fluid motion from ground to shoulders and in a second motion from shoulders to a overhead position.
- Adhere to hang rule.

CYCLE & POST REP

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

VARIATIONS

- V.10 - Elevated
- V.14 - Split

TEAM SYNCRO

- Rep end

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

SINGLE ARM THRUSTER - ID 5.06

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 lock-out

REP REQUIREMENTS

- 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.

TEAM SYNCRO

- 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

PUSH PRESS - ID 5.02

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 lock-out

REP REQUIREMENTS

- Knees and hips must be extended after the object has left the front-rack and until overhead lock-out is achieved.

CYCLE & POST REP

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

TEAM SYNCRO

- 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

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 lock-out

REP REQUIREMENTS

- Avoid the bottom of squat.

CYCLE & POST REP

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

VARIATIONS

- V.14 - Split

TEAM SYNCRO

- 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

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 lock-out

REP REQUIREMENTS

- 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 rep start in any controlled manner.

TEAM SYNCRO

- 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

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 lock-out

REP REQUIREMENTS

- None.

CYCLE & POST REP

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

VARIATIONS

- V.14 - Split

TEAM SYNCRO

- 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

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 lock-out.

REP REQUIREMENTS

- 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 support overhead with locked elbows.

CYCLE & POST REP

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

TEAM SYNCRO

- 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

SINGLE ARM THRUSTER - ID 5.07

Athlete performs a front squat while holding an object, in one fluid motion, presses the object overhead with one arm.

REP START

- Bottom of squat with object(s) in front of torso, supported by the hands.

REP END

- Overhead lock-out, with one arm supporting the object.

REP REQUIREMENTS

- 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 support overhead with locked elbows.

CYCLE & POST REP

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

TEAM SYNCRO

- 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

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

AMERICAN KETTLEBELL SWING - ID 6.06

OVERHEAD KETTLEBELL SWING - ID 6.01

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

Athlete start 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 athletes toes and inside the legs.

REP END

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

REP REQUIREMENTS

- Kettlebell must be swung up in one fluid motion.

CYCLE & POST REP

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

VALID OBJECT/EQUIPMENT

- 1 Kettlebell (2 hands).

TEAM SYNCRO

- Rep end

RUSSIAN KETTLEBELL SWING - ID 6.02

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

Athlete start 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 athletes toes and inside the legs.

REP END

- Standing tall.
- The entire kettlebell with handle breaks the horizontal plane of the top of the athlete's shoulders.
- Elbows locked out.

REP REQUIREMENTS

- Kettlebell must be swung up in one fluid motion.

CYCLE & POST REP

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

VALID OBJECT/EQUIPMENT

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

TEAM SYNCRO

- Rep end

KETTLEBELL CLEAN - ID 6.03

Athlete start with the kettlebell just below the groin,the kettlebell is then swung to the shoulder with 1 hand.

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

REP START

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

REP END

- Front-rack lockout.

REP REQUIREMENTS

- 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/EQUIPMENT

- 1 Kettlebell (1 hand).
- 2 Kettlebells

VARIATIONS

- V.14 - Split

TEAM SYNCRO

- Rep end

KETTLEBELL SNATCH - ID 6.04

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

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

REP START

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

REP END

- Overhead lock-out.

REP REQUIREMENTS

- Kettlebell is moved in one fluid motion from rep-start to a overhead position.

CYCLE & POST REP

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

VALID OBJECT/EQUIPMENT

- 1 Kettlebell (1 hand).
- 2 Kettlebells

VARIATIONS

- V.14 - Split

TEAM SYNCRO

- Rep end

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 lock-out.

REP END

- Overhead lock-out.

REP REQUIREMENTS

- 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.

TEAM SYNCRO

- 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

AMERICAN KETTLEBELL SWING - ID 6.06

Athlete start with the kettlebell just below the groin, the kettlebell is then swung up above the head.

REP START

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

REP END

- Standing tall
- Object is overhead.
- Full extension of elbows.

REP REQUIREMENTS

- Kettlebell must be swung up in one fluid motion.

CYCLE & POST REP

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

VALID OBJECT/EQUIPMENT

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

TEAM SYNCRO

- Rep end

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

KNEE RAISE - ID 7.09

TOES-TO-BAR - ID 7.01

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

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

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 REQUIREMENTS

- None.

CYCLE & POST REP

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

VARIATIONS

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

TEAM SYNCRO

- Rep end

L-HANG TOES-TO-BAR - ID 7.02

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

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

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

REP END

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

REP REQUIREMENTS

- Knees and elbows must stay fully extended throughout the full rep.
- Any additional contraction, swing, kip, knee jerk or other movement to generate momentum in prohibited.

CYCLE & POST REP

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

TEAM SYNCRO

- Rep start and rep end

BALL-TO-BAR - ID 7.03

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

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

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 in in contact with the horizontal bar.

REP REQUIREMENTS

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

CYCLE & POST REP

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

TEAM SYNCRO

- Rep end

PULL-UP - ID 7.04

Athlete hanging from a horizontal bar pulls himself up until chin is above bar.

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

REP START

- Vertical hang from horizontal bar.

REP END

- Bottom plane of the chin breaks the top-most horizontal plane of the bar.

REP REQUIREMENTS

- 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.

VARIATIONS

- V.12 - Strict
- V.13 - Kipping
- V.21 - L-hang

TEAM SYNCRO

- Rep end

CHEST-TO-BAR PULL-UP - ID 7.05

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

REP START

- Vertical hang from horizontal bar.

REP END

- Chest in contact with the horizontal bar.

REP REQUIREMENTS

- 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.

VARIATIONS

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

TEAM SYNCRO

- 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

PULL-OVER - ID 7.06

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

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

REP START

- Vertical hang from horizontal bar.

REP END

- Vertical support.

REP REQUIREMENTS

- 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 so happens, athlete needs to jump down to floor before achieving a new rep start.

TEAM SYNCRO

- Rep start and rep end

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 REQUIREMENTS

- No portion of the body below the thighs can move over the top-most horizontal plane of the bar.

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.

VARIATIONS

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

TEAM SYNCRO

- 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

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.

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

REP START

- Vertical hang from object.
- Hips fully extended.

REP END

- Vertical hang from object.
- Hips fully extended.

REP REQUIREMENTS

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

CYCLE & POST REP

- Rep end is a valid new rep start.

VALID OBJECT/EQUIPMENT

- Bar
- Rings

VARIATIONS

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

TEAM SYNCRO

- Rep end
- Feet must achieve at least a vertical alignment below the hips

KNEE RAISE - ID 7.09

Athlete hanging from a horizontal bar move their knees above the horizontal plane of the hip.

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

REP START

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

REP END

- Both knees must pass the horizontal plane of the hip.

REP REQUIREMENTS

- None.

CYCLE & POST REP

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

VALID OBJECT/EQUIPMENT

- Horizontal bar
- Rings
- Parallel bars
- Parallettes

VARIATIONS

- V.12 - Strict
- V.13 - Kipping
- V.15 - Without movement

TEAM SYNCRO

- Rep end

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

INVERTED ROWS - ID 8.05

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 centre hole of each ring until they break the vertical plane at the back of the rings.

REP REQUIREMENTS

- None.

CYCLE & POST REP

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

TEAM SYNCRO

- 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

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.

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

REP START

- Vertical hang from rings.

REP END

- Vertical support.
- Inside of hands not wider than outside of shoulders

REP REQUIREMENTS

- 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.

VARIATIONS

- V.12 - Strict
- V.13 - Kipping
- V.21 - L-hang

TEAM SYNCRO

- Rep end

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

CYCLE & POST REP
- Rep end is a valid rep start.

VALID OBJECT/EQUIPMENT
- Rings
- Bar / Matador

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

TEAM SYNCRO
- 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

FORWARD ROLL ON RINGS - ID 8.04

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

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

REP START

- Vertical support.

REP END

- Vertical support.

REP REQUIREMENTS

- 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 rep start.

TEAM SYNCRO

- Rep end

INVERTED ROWS - ID 8.05

Athlete pulls their chest towards the bar or rings while maintaining a horizontal or inclined body position.

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

REP START

- Feet on the ground or designated surface, stationary and fixed in position, within designated area.
- Body in a straight line from head to heels or knees (if modified).
- Arms fully extended.

REP END

- Feet on the ground or designated surface, stationary and fixed in position, within designated area.
- Body in a straight line from head to heels or knees (if modified).
- Chest makes clear contact with bar or both rings simultaneously.
- Body remains in a straight line.

REP REQUIREMENTS

- Body must remain aligned throughout the movement.

MEASUREMENTS

- Adjustable to athlete height, ensuring arms fully extend at the bottom position.
- Equipments height and feet position must be specified in Events special regulations.

CYCLE & POST REP

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

VALID OBJECT/EQUIPMENT

- Rings
- Bar

TEAM SYNCRO

- Rep end

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.

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

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.

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.

REP END

- Standing free behind the end line.

REP REQUIREMENTS

- At each turnaround point, the athlete must:
  - Touch the ground with one hand.
  - Ensure both feet and one hand cross the line before reversing direction.

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

- 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
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 CROSSOVER - ID 10.11

BURPEE - ID 10.12

BURPEE JUMP OVER OBJECT - ID 10.01

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

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

REP START

- Prone position.

REP END

- Standing free on the other side of the object.

REP REQUIREMENTS

- Jump over object with both feet.
- Both feet need to be off the ground, on the take-off side of the line or object, before the athlete passes over it.
- 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.

TEAM SYNCRO

- Rep start

OBJECT-FACING BURPEE OVER OBJECT - ID 10.02

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

REP START

- Prone position.
- Each hand and foot on each side of the 90° line

REP END

- Standing free on the other side of the object.

REP REQUIREMENTS

- Jump over object with both feet.
- Both feet need to be off the ground, on the take-off side of the line or object, before the athlete passes over it.
- 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.

TEAM SYNCRO

- 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

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 REQUIREMENTS

- None.

CYCLE & POST REP

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

MEASUREMENTS

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

TEAM SYNCRO

- 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

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 REQUIREMENTS

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

CYCLE & POST REP

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

TEAM SYNCRO

- 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

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 REQUIREMENTS

- Jump over object with simultaneous take-off with both feet.
- Athlete passes over the object with entire body.
- Landing or contacting the object with feet during the transition over is ok, but not required.
- If landing on or contacting the object with feet, it must occur with both feet.

CYCLE & POST REP

- Rep end is a valid new rep start.

TEAM SYNCRO

- Rep start and 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

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

SINGLE UNDER CROSSOVER - ID 10.11

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

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

BURPEE - ID 10.12

Athlete from lying on the ground, gets up and jumps and claps overhead.

REP START

- Prone position.

REP END

- Hands clap overhead
- Feets are off the ground
- Knees and hips fully extended

REP REQUIREMENTS

- None.

CYCLE & POST REP

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

TEAM SYNCRO

- 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

STANDARDS, CLIMBING

ROPE CLIMB - ID 11.01

ROPE CLIMB, SEATED START - ID 11.02

PEGBOARD - ID 11.03

ROPE CLIMB - ID 11.01

Athlete climbs up a suspended vertical 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

REP START

- Standing free.

REP END

- Standing free.

REP REQUIREMENTS

- Touch designated target with one hand.
- After touching target, show control below designated decent line, which means that both hands must go under the decent 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

VARIATIONS

- V.17 - No jump
- V.18 - Legless
- V.19 - Seated
- V.21 - L-hang

TEAM SYNCRO

- Rep start and rep end
- Touch designated target with one hand

ROPE CLIMB, SEATED START - ID 11.02

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

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

REP START

- Seated, only glutes in contact with the ground.
- Both hands off the rope.

REP END

- In contact with ground.

REP REQUIREMENTS

- No part of the lower body except glutes may touch the ground before the rep end.
- Touch designated target with one hand.
- After touching target, show control below designated decent line, which means that both hands must go under the decent 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

VARIATIONS

- V.18 - Legless
- V.19 - Seated
- V.21 - L-hang

TEAM SYNCRO

- Rep start and rep end
- Touch designated target with one hand

PEG-BOARD - ID 11.03

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

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

REP START

- Standing free.

REP END

- Standing free.

REP REQUIREMENTS

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

CYCLE & POST REP

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

MEASUREMENTS

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

VARIATIONS

- V.18 - Legless

TEAM SYNCRO

- Pegs into target holes.
- Pegs into holes below designated descent mark.

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 SHOULDER TAPS - ID 12.08

HANDSTAND PUSH-UP - ID 12.01

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

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

REP START

- Inverted lockout
- Heels in contact with the wall.
- Hands and feet within the designated area.

REP END

- Inverted lockout
- Heels in contact with the wall.
- Hands and feet within the designated area.

REP REQUIREMENTS

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

CYCLE & POST REP

- Rep end is a valid rep start.

MEASUREMENTS

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

VARIATIONS

- V.09 - Deficit
- V.10 - Elevated
- V.11 - Parallettes
- V.12 - Strict
- V.13 - Kipping

TEAM SYNCRO

- Rep start and rep end

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

- Inverted lockout
- Hands within the designated area.

REP END

- Inverted lockout
- Hands within the designated area.

REP REQUIREMENTS

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

CYCLE & POST REP

- Rep end is a valid rep start.

MEASUREMENTS

- The standard designated area is 100x100 cm.
- Mark area on ground.

TEAM SYNCRO

- Rep start and 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

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

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

REP END

- Vertical Inversion
- 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

HANDSTAND HOLD - ID 12.04

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

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

REP START

- Vertical Inversion
- Hands within the designated area.

REP END

- Vertical Inversion
- Hands within the designated area.

REP REQUIREMENTS

- 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 rep start.

MEASUREMENTS

- Mark area on ground.

VALID OBJECT/EQUIPMENT

- Parallettes

VARIATIONS

- V.10 - Elevated
- V.15 - Without movement
- V.16 - Movement

TEAM SYNCRO

- Rep start and rep end

HANDSTAND PIROUETTE - ID 12.05

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

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

REP START

- Vertical Inversion
- Hands within the designated area.

REP END

- Vertical Inversion
- Hands within the designated area.

REP REQUIREMENTS

- 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.

CYCLE & POST REP

- Rep end is a valid rep start.

MEASUREMENTS

- Mark area on ground.

VARIATIONS

- V.10 - Elevated

TEAM SYNCRO

- Rep start and rep end

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.

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

REP START

- Prone.
- Any part of both hands on/in designated area.

REP END

- Prone.
- Any part of both hands on/in designated area.

REP REQUIREMENTS

- 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 rep start.

MEASUREMENTS

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

TEAM SYNCRO

- Rep start and rep end
- All hands must be in contact with the wall line at the same time

HANDSTAND PUSH-UP FACING THE WALL - ID 12.07

Athlete in vertical inversion, facing the wall, lowers down and touches head before pressing up and locking elbows.

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

REP START

- Inverted lockout facing the wall.
- Toes in contact with the wall.
- Hands and feet within the designated area.

REP END

- Inverted lockout facing the wall.
- Toes in contact with the wall.
- Hands and feet within the designated area.

REP REQUIREMENTS

- Touching head to horizontal surface.
- Hands must remain within designated area throughout the full rep.
- Only toes may come in contact with the wall.

CYCLE & POST REP

- Rep end is a valid rep start.

MEASUREMENTS

- Mark line for hand placement on ground and foot width on wall

VARIATIONS

- V.09 - Deficit
- V.10 - Elevated
- V.11 - Parallettes
- V.12 - Strict

TEAM SYNCRO

- Rep start and rep end

HANDSTAND SHOULDER TAPS - ID 12.08

Athlete supporting the body in a vertical position by balancing on the hands lifts one arm and touches the same 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

REP START

- Vertical Inversion
- Both hands on the ground or object.

REP END

- Vertical Inversion
- Both hands on the ground or object.

REP REQUIREMENTS

- One hand must leave the ground and touch the shoulder on the same side of the body before returning to the ground.
- Only hands may contact the ground.
- Feet remain above the hips and head throughout the full rep.

CYCLE & POST REP

- Rep end is a valid rep start.

MEASUREMENTS

- None

VALID OBJECT/EQUIPMENT

- Parallettes

VARIATIONS

- V.10 - Elevated
- V.11 Parallettes
- V.24 Cross Body Touch

TEAM SYNCRO

- Rep start and rep end

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

PRESS To HANDSTAND FROM SEATED L-SIT - 13.07

V-UP - ID 13.08

PLANK HOLD SHOULDER TAPS - ID 13.09

ABMAT SIT-UP - ID 13.01

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

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

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, complete with the shoulders above hips and spine extended.
- Both hands in contact with feet.

REP REQUIREMENTS

- 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.

VALID OBJECT/EQUIPMENT

- AbMat.

TEAM SYNCRO

- Rep start.
- Rep end.

GHD SIT-UP - ID 13.02

Athlete performs a sit-up on a GHD.

REP START

- Both hands in contact with foot support.

REP END

- Both hands in contact with foot support.

REP REQUIREMENTS

- 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.

TEAM SYNCRO

- Rep end.
- Touch target.

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

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 with target A.

REP END

- Both hands in contact with with target A.

REP REQUIREMENTS

- 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 rep start in any controlled manner.

MEASUREMENTS

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

VALID OBJECT/EQUIPMENT

- GHD.

TEAM SYNCRO

- Touch target A.
- Touch target B.

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

L-SIT - ID 13.04

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

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

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 REQUIREMENTS

- 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 that 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

- Parallettes

VARIATIONS

- V.15 - Without movement

TEAM SYNCRO

- Rep start and rep end

L-HANG - ID 13.05

Athlete hanging from object with legs held horizontally performing an "L" shape.

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

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 REQUIREMENTS

- 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 that 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

VARIATIONS

- V.15 - Without movement

TEAM SYNCRO

- Rep start and rep end

PRESS TO 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.

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

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 REQUIREMENTS

- Only hands may contact the ground or equipment
- Must come to inverted lockout.

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

TEAM SYNCRO

- Rep start and rep end
- Inverted lockout

PRESS TO HANDSTAND FROM SEATED L-SIT - ID 13.07

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

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

REP START

- Athlete supported on hands.
- Hips bent, forming an L-shape.
- Knees fully extended

REP END

- Athlete supported on hands.
- Hips bent, forming an L-shape.
- Knees fully extended

REP REQUIREMENTS

- Only hands may contact the ground or equipment
- Must come to inverted lockout.

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

TEAM SYNCRO

- Rep start and rep end
- Inverted lockout

V-UP - ID 13.08

Athlete performs a sit-up reaching the toes.

REP START

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

REP END

- Athlete is a seated, upright position with only glutes touching the ground.
- Both hands in contact with the toes.
- Knees and toes above the hips.

REP REQUIREMENTS

- Hands and feet leave the ground at the same time.

CYCLE & POST REP

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

VALID OBJECT/EQUIPMENT

- AbMat.

TEAM SYNCRO

- 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

PLANK HOLD SHOULDER TAPS - ID 13.09

Athlete, starting in a plank position, lifts one hand to touch the same shoulder before returning it to the floor.

REP START

- Plank lockout.

REP END

- Plank lockout.

REP REQUIREMENTS

- Lift one hand to touch the shoulder on the same side of the body then returns it to the ground.
- Hand on the ground is positioned behind the line made by the chin.
- Maintain Plank lockout.

CYCLE & POST REP

- Rep end is a valid rep start.

VARIATIONS

- V.24 - Cross Body Touch

TEAM SYNCRO

- Rep start and 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

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.

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

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

SLED DRAG - ID 14.02

Athlete attached and leaning from sled dragging forward.

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

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

SLED PULL - ID 14.03

Athlete pulling the sled towards him/her with 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

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

OBJECT OVER SHOULDER - ID 14.04

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

The athlete takes an object from the ground, moves it over his shoulder and let 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 REQUIREMENTS

- None.

CYCLE & POST REP

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

TEAM SYNCRO

- Rep end

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 REQUIREMENTS

- None.

CYCLE & POST REP

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

TEAM SYNCRO

- 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

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 REQUIREMENTS

- None.

CYCLE & POST REP

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

TEAM SYNCRO

- Rep start and 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

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

OBJECT FLIP - ID 14.08

Athlete flip an object for distance.

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

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

CONTINENTAL CLEAN - ID 14.09

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

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

REP START

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

REP END

- Front-rack lockout.

REP REQUIREMENTS

- Must be a clean movement.

CYCLE & POST REP

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

MEASUREMENTS

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

VALID OBJECT/EQUIPMENT

- Barbell

VARIATIONS

- V.14 - Split

TEAM SYNCRO

- Rep end

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

STATIONARY LUNGE - ID 15.10

BOX STEP UP - ID 15.11

BENCH PRESS - ID 15.12

PUSH-UP - ID 15.01

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

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

REP START

- Plank lockout.

REP END

- Plank lockout.

REP REQUIREMENTS

- 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
- Knees can not assist in pushing from the ground.

CYCLE & POST REP

- Rep end is a valid rep start.

VARIATIONS

- V.09 - Deficit
- V.10 - Elevated

TEAM SYNCRO

- Rep start and rep end
- Chest in contact with the ground

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.

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

REP START

- Plank lockout.

REP END

- Plank lockout.

REP REQUIREMENTS

- Achieve the prone position before both hands being lifted off the ground simultaneously then returned.
- 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
- Knees can not assist in pushing from the ground.

CYCLE & POST REP

- Rep end is a valid rep start.

MEASUREMENTS

- Fully supported on hands above equipment (typically horizontal bar or rings).

TEAM SYNCRO

- Rep start and rep end
- Hands being lifted off the ground simultaneously

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.

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

REP START

- Plank lockout.

REP END

- Plank lockout.

REP REQUIREMENTS

- 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
- Knees can not assist in pushing from the ground.

CYCLE & POST REP

- Rep end is a valid rep start.

VARIATIONS

- V.09 - Deficit
- V.10 - Elevated

TEAM SYNCRO

- Rep start and rep end

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 REQUIREMENTS

- Athlete, while ascending, throw 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.

MEASUREMENTS

- The standard height for the target is 300cm for men and 275cm for women.

TEAM SYNCRO

- Medicine ball hits the wall above, and only above the designated height.

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

BOX STEP OVER - ID 15.05

Athlete steps over box.

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

REP START

- Standing free.

REP END

- Standing free on the other side of the box.

REP REQUIREMENTS

- Athlete must step onto the box with one foot at a time.
- Both feet must come in contact with the top of the box.
- Athlete must step down from the box with one foot at a time.

CYCLE & POST REP

- Rep end is a valid new rep start.

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

TEAM SYNCRO

- Rep start and rep end

WALKING LUNGE - ID 15.06

Athlete walks with trailing knee touching the ground per step.

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

REP START

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

REP END

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

REP REQUIREMENTS

- 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.

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.22 - Shoulder

TEAM SYNCRO

- Rep start and rep end
- Trailing knee touching the ground per step

DEVIL'S PRESS - ID 15.07

Athlete perform a burpee with an external object.

REP START

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

REP END

- Overhead lock-out.

REP REQUIREMENTS

- Object must be kept in hands during complete rep.

CYCLE & POST REP

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

VALID OBJECT/EQUIPMENT

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

TEAM SYNCRO

- Rep start and 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

TRAVERSE OVER / ACROSS AN OBSTACLE - ID 15.08

Athletes cross the course according to the established rules.

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

- **Continuous segments:** rep end is a valid new rep start.
- **Otherwise:** the athlete may return to rep start in any controlled manner.

TEAM SYNCRO

- Rep start and 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

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

STATIONARY LUNGE - ID 15.10

Athlete steps forward or backward, touching the ground with one knee and returns to standing.

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

REP START

- Standing tall.

REP END

- Standing tall.

REP REQUIREMENTS

- A step is performed with backmost knee touching the ground per step.

CYCLE & POST REP

- Rep end is a valid new rep start.

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.22 - Shoulder

TEAM SYNCRO

- Rep start and rep end
- Knee touching the ground

BOX STEP UP - ID 15.11

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

REP START

- Standing free.

REP END

- Standing tall on top of box.

REP REQUIREMENTS

- Steps onto box with one foot at a time.

CYCLE & POST REP

- 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

TEAM SYNCRO

- 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

BENCH PRESS - ID 15.12

Athlete lies on a bench with the feet on the floor and pushes weight with both arms upwards.

REP START

- Object supported in hands, elbows extended.

REP END

- Same as rep start.

REP REQUIREMENTS

- Lies on bench: shoulderblades and glutes in contact with bench.
- Object(s) must come in controlled contact with chest or shoulders before returning to rep end.

CYCLE & POST REP

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

TEAM SYNCRO

- 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

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 CLEAN & JERK - ID 16.07

WORM SQUAT - ID 16.01

Team performs a squat with worm on one 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

REP START

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

REP END

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

REP REQUIREMENTS

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

CYCLE & POST REP

- Rep end is a valid rep start.

VALID OBJECT/EQUIPMENT

- Worm.

TEAM SYNCRO

- Bottom-of-squat
- Standing tall

WORM CLEAN - ID 16.02

Team moves worm in one fluid motion from the ground to the 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

REP START

- Team facing the same direction.
- Object-on-ground.
- Hand(s) on object

REP END

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

REP REQUIREMENTS

- None

CYCLE & POST REP

- Rep end is a valid rep start.

VALID OBJECT/EQUIPMENT

- Worm.

TEAM SYNCRO

- Rep start.
- Rep end.

WORM HANG CLEAN - ID 16.03

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

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 SYNCRO

- Rep Start
- Rep End

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 SYNCRO

- Rep Start
- Contact on First Shoulder
- Contact on Second Shoulder

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.

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

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 SYNCRO

- Bottom-of-squat.

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.

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

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 SYNCRO

- Rep Start

WORM CLEAN & JERK - ID 16.07

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

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

REP START

- Team facing the same direction.
- Object-on-ground.
- Hand(s) on object

REP END

- Standing tall.
- Worm resting on opposite shoulder.

REP REQUIREMENTS

- Worm makes contact with shoulder of starting side before passing overhead.

CYCLE & POST REP

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

VALID OBJECT/EQUIPMENT

- Worm.

TEAM SYNCRO

- Rep Start
- Contact on First Shoulder
- Contact on Second Shoulder

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
LEGLESS - ID V.18
SEATED - ID V.19
L-SIT - ID V.20
L-HANG - ID V.21
SHOULDER - ID V.22
STEP DOWN - ID V.23
CROSS BODY TOUCH - ID V.24

ANYHOW - ID V.01

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

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

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

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

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

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

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

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

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

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

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
- Handstand push-up facing the wall - ID 12.07

KIPPING - ID V.13

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

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

REP START
- Inverted lockout

REP END
- Inverted lockout

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

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

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

LEGLESS - ID V.18

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

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

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

STEP DOWN - ID V.23

Note: When stepping down from the box, any part of one foot must remain in contact with the top of the box until the other foot reaches the ground. The foot on the box may only be removed and lowered to the ground once the opposing foot has made contact with the ground.

VALID MOVEMENTS

- Box jumps - ID 10.04
- Box jump overs - ID 10.05

CROSS BODY TOUCH - ID V.24

REP START
- Hands touching ground or object

REP END
- Hands touching ground or object.

REP REQUIREMENTS
- Hand touches the required body part on the opposite side of the body.

VALID MOVEMENTS
- Handstand Shoulder Taps - ID 12.08
- Plank Hold Shoulder Taps - ID 13.09