



**International Functional  
Fitness Federation**

# **MOVEMENT STANDARDS 2025**

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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.

<b>REP START</b>	Defines how the athlete's body and external object must be to <b>start</b> a valid repetition.
<b>REP END</b>	Defines how the athlete's body and external object must be to <b>end</b> a valid repetition.
<b>REP REQUIREMENTS</b>	Requirements that the athlete must achieve <b>during</b> the repetition in order for it to be valid. This may also restrict what the body and object may do during the repetition.
<b>CYCLE &amp; POST REP</b>	Requirements for body and object <b>after</b> a valid repetition, and <b>before</b> the start of a new repetition.
<b>MEASUREMENTS</b>	Any measurements if applicable.
<b>VALID OBJECT/EQUIPMENT</b>	Defines which object(s) or equipment that can be used in accordance with the specific standard.
<b>VARIATIONS</b>	Lists any variations if applicable. See the variation overview of points to be <b>added</b> to the original PoP in order to meet the variation requirements.
<b>TEAM SYNCRO</b>	Defines which portion(s) of the movement where team members must be synchronised.

## COLOR REFERENCES

<b>BLUE</b>	Reference for <b>POSITIONS</b> within Definitions.
<b>RED</b>	Reference for <b>BODY PARTS AND AREAS</b> within Definitions
<b>GREEN</b>	Reference for <b>GENERAL RULES</b> .
<b>YELLOW</b>	Reference for <b>REP START</b> and <b>RED END</b> 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.

## 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

## SQUATS

DEADLIFTS

GROUND TO SHOULDER

GROUND TO OVERHEAD

SHOULDER TO OVERHEAD

KETTLEBELL

HORIZONTAL BAR

RINGS

MONOSTRUCTURAL

JUMPING

CLIMBING

HANDSTANDS

CORE

ODD OBJECT

MISCELLANEOUS

TEAM

# 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.

## 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

## SQUATS

DEADLIFTS

GROUND TO SHOULDER

GROUND TO OVERHEAD

SHOULDER TO OVERHEAD

KETTLEBELL

HORIZONTAL BAR

RINGS

MONOSTRUCTURAL

JUMPING

CLIMBING

HANDSTANDS

CORE

ODD OBJECT

MISCELLANEOUS

TEAM



# 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.

## 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**

## 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, DEADLIFTS

DEADLIFT - ID 2.01

SUMO DEADLIFT - ID 2.02

SUMO DEADLIFT HIGH PULL - ID 2.03



# 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

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 - 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

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

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 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.

## 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

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 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.

## 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

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

# CLUSTER - ID 4.07

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 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

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

# 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.

## 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

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, 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

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

SQUATS  
- ID 6.01 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

- [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

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

## 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.

## 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](#)

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

# 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.

## 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](#)

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

# 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

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

SQUATS  
- ID 6.06 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

- [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.

## 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**

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-HANG TOES-TO-BAR - ID 7.02

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

## 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 is prohibited.

## CYCLE & POST REP

- 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



# BALL-TO-BAR - ID 7.03

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

## 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**

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-UP - ID 7.04

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

## 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**

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

# 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.

## 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](#)

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

# 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.

## 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**

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

# KNEE RAISE - ID 7.09

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

## 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**

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, 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.

## 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**

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

# 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.

## 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

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

# INVERTED ROWS - ID 8.05

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

## 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**

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, MONOSTRUCTURAL

**RUN - ID 9.01**

**SHUTTLE RUN - ID 9.02**

**ROW - ID 9.03**

**BIKE - ID 9.04**

**AIR BIKE - ID 9.05**

**BIKEERG - ID 9.06**

**SKIERG - ID 9.07**

**SWIM - ID 9.08**

**PADDLING - ID 9.09**



# RUN - ID 9.01

Athlete runs.

## REP START

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

## REP END

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

## REP REQUIREMENTS

- None.

## CYCLE & POST REP

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

## MEASUREMENTS

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

## VALID OBJECT/EQUIPMENT

- Treadmills.
- Non-motorized treadmills.

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

# SHUTTLE RUN - ID 9.02

Athlete runs back-and-forth touching hand to the ground on each turn.

## REP START

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

## 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

- BikeErg machine.

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

# SWIM - ID 9.08

Athlete swims in pool or ocean.

## REP START

- In contact with starting point.

## REP END

- In contact with end-point.

## REP REQUIREMENTS

- Move in water without any support.

## CYCLE & POST REP

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

## MEASUREMENTS

- Designated start and end points for each segment (rep).

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

# PADDLING - ID 9.09

Athlete travels the distance required, standing up or in prone position on the board, on a lake or in the ocean.

## REP START

- In contact with starting point.

## REP END

- In contact with end-point.

## REP REQUIREMENTS

- Move in water.

## CYCLE & POST REP

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

## MEASUREMENTS

- Designated start and end points for each segment (rep).

## VALID OBJECT/EQUIPMENT

- Paddleboard
- Paddle

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

# STANDARDS, JUMPING

BURPEE OVER OBJECT - ID 10.01

OBJECT FACING BURPEE OVER OBJECT - ID 10.02

BURPEE TO TARGET - ID 10.03

BOX JUMP - ID 10.04

BOX JUMP OVER - ID 10.05

SINGLE UNDER - ID 10.06

DOUBLE UNDER - ID 10.07

TRIPLE UNDER - ID 10.08

BROAD JUMP - ID 10.09

DOUBLE UNDER CROSSOVER - ID 10.10

SINGLE UNDER 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.

## 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, at the same time.
- 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

# 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, at the same time.
- 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.

## 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 sagittal 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 sagittal 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 sagittal 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 sagittal 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 sagittal 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

PEGBBOARD - ID 11.03



# ROPE CLIMB - ID 11.01

Athlete climbs up a suspended vertical rope.

## 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**

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

# ROPE CLIMB, SEATED START - ID 11.02

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

## 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**

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

# PEG-BOARD - ID 11.03

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

## 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.

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, 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 PUSH-UP - ID 12.01

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

## 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

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

# 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.

## 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

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 PIROUETTE - ID 12.05

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

## 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

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

# 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.

## 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

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 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.

### 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**

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



# STANDARDS, CORE

ABMAT SIT-UP - ID 13.01

GHD SIT-UP - ID 13.02

HIP EXTENSION - ID 13.03

L-SIT - ID 13.04

L-HANG - ID 13.05

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

PRESS To HANDSTAND FROM SEATED L-SIT - 13.07

V-UP - ID 13.08



# ABMAT SIT-UP - ID 13.01

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

## 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.**

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

# 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.

## 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**

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-HANG - ID 13.05

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

## 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**

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

# 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.

## 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**

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

# 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.

## 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**

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



# 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

# STANDARDS, ODD OBJECT

SLED PUSH - ID 14.01

SLED DRAG - ID 14.02

SLED PULL - ID 14.03

OBJECT OVER SHOULDER - ID 14.04

OBJECT ONTO TARGET - ID 14.05

OBJECT OVER TARGET - ID 14.06

LOADED CARRY - ID 14.07

OBJECT FLIP - ID 14.08

CONTINENTAL CLEAN - ID 14.09



# SLED PUSH - ID 14.01

Athlete leaning into sled pushing the sled forward.

## REP START

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

## REP END

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

## REP REQUIREMENTS

- The sled can only be pushed.

## CYCLE & POST REP

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

## MEASUREMENTS

- Start line and end line.

## VALID OBJECT/EQUIPMENT

- Sled

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

# SLED DRAG - ID 14.02

Athlete attached and leaning from sled dragging forward.

## REP START

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

## REP END

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

## REP REQUIREMENTS

- The sled can only be dragged with its attachments.
- The athlete can not touch the actual sled.

## CYCLE & POST REP

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

## MEASUREMENTS

- Start line and end line.

## VALID OBJECT/EQUIPMENT

- Sled w/ attachments

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

# SLED PULL - ID 14.03

Athlete pulling the sled towards him/her with rope.

## REP START

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

## REP END

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

## REP REQUIREMENTS

- Athlete must pull the sled toward the end line,.
- The athlete may stand or sit during the task but may not take steps while pulling the sled.

## CYCLE & POST REP

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

## MEASUREMENTS

- Start line and end line.

## VALID OBJECT/EQUIPMENT

- Sled w/ rope

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

# OBJECT OVER SHOULDER - ID 14.04

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

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 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

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

# OBJECT FLIP - ID 14.08

Athlete flip an object for distance.

## REP START

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

## REP END

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

## REP REQUIREMENTS

- Object can only be moved through flipping it over.

## CYCLE & POST REP

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

## MEASUREMENTS

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

## VALID OBJECT/EQUIPMENT

- Object
- Tire

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

# CONTINENTAL CLEAN - ID 14.09

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

## 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

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

# STANDARDS, MISCELLANEOUS

PUSH-UP - ID 15.01

HAND-RELEASE PUSH-UP - ID 15.02

DYNAMIC PUSH-UP - ID 15.03

WALL BALL - ID 15.04

BOX STEP OVER - ID 15.05

WALKING LUNGE - ID 15.06

DEVIL'S PRESS - ID 15.07

TRAVERSE OVER/ACROSS AN OBSTACLE - ID 15.08

HAMMERING - ID 15.09

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.

## 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

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

# 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.

## 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

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

# 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.

## 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

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

# 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.

## 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](#)

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

# WALKING LUNGE - ID 15.06

Athlete walks with trailing knee touching the ground per step.

## 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

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

# 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.

## 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

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 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.

## 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](#)

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

# WORM CLEAN - ID 16.02

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

## 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.**

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

# WORM HANG CLEAN - ID 16.03

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

## REP START

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

## REP END

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

## REP REQUIREMENTS

- Adhere to [hang rule](#).

## CYCLE & POST REP

- The object can be returned to [rep start](#) in any controlled manner as long as it adheres to the [hang rule](#).

## VALID OBJECT/EQUIPMENT

- Worm.

## TEAM 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**

# 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

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

# WORM THRUSTER - ID 16.05

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

## REP START

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

## REP END

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

## REP REQUIREMENTS

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

## CYCLE & POST REP

- Rep end is a valid rep start.

## VALID OBJECT/EQUIPMENT

- Worm.

## TEAM SYNCRO

- Bottom-of-squat.

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

# WORM SHOULDER TO OVERHEAD - ID 16.06

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

## REP START

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

## REP END

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

## REP REQUIREMENTS

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

## CYCLE & POST REP

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

## VALID OBJECT/EQUIPMENT

- Worm.

## TEAM 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**

# 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.

## 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

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



# VARIATIONS

ANYHOW - ID V.01

FRONT-RACK - ID V.02

GOBLET - ID V.03

ZERCHER - ID V.04

BEAR-HUG - ID V.05

OVERHEAD - ID V.06

FARMER - ID V.07

BACK RACK - ID V.08

DEFICIT - ID V.09

ELEVATED - ID V.10

PARALLETES - 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.21



# ANYHOW - ID V.01

**LOAD POSITION**  
RANGE OF MOTION  
EXECUTION

## REP START

- None

## REP END

- None

## REP REQUIREMENTS

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

## VALID OBJECT/EQUIPMENT

- Any object.

## VALID MOVEMENTS

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

# FRONT RACK - ID V.02

**LOAD POSITION**  
RANGE OF MOTION  
EXECUTION

## REP START

- Front rack lockout.

## REP END

- Front rack lockout.

## REP REQUIREMENTS

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

## VALID OBJECT/EQUIPMENT

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

## VALID MOVEMENTS

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

# GOBLET - ID V.03

**LOAD POSITION**  
**RANGE OF MOTION**  
**EXECUTION**

## REP START

- None.

## REP END

- None.

## REP REQUIREMENTS

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

## VALID OBJECT/EQUIPMENT

- 1 Dumbbell
- 1 Kettlebell

## VALID MOVEMENTS

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

# ZERCHER - ID V.04

**LOAD POSITION**  
RANGE OF MOTION  
EXECUTION

## REP START

- None

## REP END

- None

## REP REQUIREMENTS

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

## VALID OBJECT/EQUIPMENT

- Barbell
- Yoke (Loaded carry)

## VALID MOVEMENTS

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

# BEAR HUG - ID V.05

**LOAD POSITION**  
RANGE OF MOTION  
EXECUTION

## REP START

- None

## REP END

- None

## REP REQUIREMENTS

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

## VALID OBJECT/EQUIPMENT

- Any ball
- Sandbag

## VALID MOVEMENTS

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

# OVERHEAD - ID V.06

**LOAD POSITION**  
**RANGE OF MOTION**  
**EXECUTION**

## REP START

- Overhead lockout.

## REP END

- Overhead lockout.

## REP REQUIREMENTS

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

## VALID OBJECT/EQUIPMENT

- Barbell
- Yoke (Loaded carry)
- 1 or 2 Dumbbell(s)
- 1 or 2 Kettlebell(s)

## VALID MOVEMENTS

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

# FARMER - ID V.07

**LOAD POSITION**  
RANGE OF MOTION  
EXECUTION

## REP START

- None

## REP END

- None

## REP REQUIREMENTS

- Object(s) supported in **hands**, arms oriented downward throughout the full repetition.
- Object(s) cannot rest on body at any time.

## VALID OBJECT/EQUIPMENT

- 1 or 2 Dumbbell(s)
- 1 or 2 Kettlebell(s)
- 1 or 2 Barbell(s)
- 1 or 2 Farmer Handle(s)
- 1 or 2 Jug(s)

## VALID MOVEMENTS

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



# BACK RACK - ID V.08

**LOAD POSITION**  
RANGE OF MOTION  
EXECUTION

## REP START

- None

## REP END

- None

## REP REQUIREMENTS

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

## VALID OBJECT/EQUIPMENT

- Barbell
- Yoke (Loaded carry)

## VALID MOVEMENTS

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

# DEFICIT - ID V.09

LOAD POSITION  
**RANGE OF MOTION**  
EXECUTION

## REP START

- None

## REP END

- None

## REP REQUIREMENTS

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

## VALID OBJECT/EQUIPMENT

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

## VALID MOVEMENTS

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

# ELEVATED - ID V.10

LOAD POSITION  
**RANGE OF MOTION**  
EXECUTION

## REP START

- None

## REP END

- None

## REP REQUIREMENTS

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

## VALID OBJECT/EQUIPMENT

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

## VALID MOVEMENTS

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

# PARALLETTES - ID V.11

LOAD POSITION  
**RANGE OF MOTION**  
EXECUTION

## REP START

- None

## REP END

- None

## REP REQUIREMENTS

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

## VALID OBJECT/EQUIPMENT

- None

## VALID MOVEMENTS

- Handstand push-up - ID 12.01

# STRICT - ID V.12

LOAD POSITION  
RANGE OF MOTION  
**EXECUTION**

## REP START

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

## REP END

- None

## REP REQUIREMENTS

- **Knees, hips, trunk, shoulder and elbows** must stay fully extended throughout full rep unless it is the active part of the movement.
- Any additional contraction, swing, kip, knee jerk or other movement to generate momentum is prohibited.
- The hip angle must be 120 to 180 degrees (bar muscle-up, ring muscle-up).

## VALID OBJECT/EQUIPMENT

- None

## VALID MOVEMENTS

- Toes to bar - ID 7.01
- Pull-up - ID 7.04
- Chest-to-bar pull-up - ID 7.05
- Bar muscle-up - ID 7.07
- Skin the cat - ID 7.08
- Ring muscle-up - ID 8.02
- Dip - ID 8.03
- Handstand push-up - ID 12.01
- Handstand push-up facing the wall - ID 12.07

# KIPPING - ID V.13

LOAD POSITION  
RANGE OF MOTION  
**EXECUTION**

**Note:** Kipping is not a real variation as all movements are kipping by default. However, the word “kipping” can be used in test descriptions to differentiate between required “strict” repetitions of the same movement.

## VALID MOVEMENTS

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

# SPLIT - ID V.14

LOAD POSITION  
RANGE OF MOTION  
**EXECUTION**

## REP START

- None.

## REP END

- None

## REP REQUIREMENTS

- The entire front foot must be placed further in front than the toes of the back foot. Both feet must move away from each other.

## VALID OBJECT/EQUIPMENT

- All.

## VALID MOVEMENTS

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

# WITHOUT MOVEMENT - ID V.15

LOAD POSITION  
RANGE OF MOTION  
**EXECUTION**

## REP START

- 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

LOAD POSITION  
RANGE OF MOTION  
**EXECUTION**

**Note:** Movement is accepted by default. However, the word “movement” or “movement allowed” can be used in test description to differentiate between required “without movement” or “no movement” repetitions of the same movement.

## VALID MOVEMENTS

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

# NO JUMP - ID V.17

LOAD POSITION  
RANGE OF MOTION  
**EXECUTION**

**Note:** Jumping is accepted by default. However, the words “no jump” or “no jumping” can be used in a test description to restrict a starting point of athlete’s repetitions of the same movement.

## VALID MOVEMENTS

- Rope climb - ID 11.01

# LEGLLESS - ID V.18

LOAD POSITION  
RANGE OF MOTION  
**EXECUTION**

## REP START

- None.

## REP END

- None.

## REP REQUIREMENTS

- May not use feet, thighs or any part of the body other than hands to support the body (and/or load) or assist in any way.
- This can be applied to ascending or descending during a rep or both.

## VALID OBJECT/EQUIPMENT

- None.

## VALID MOVEMENTS

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

# SEATED - ID V.19

LOAD POSITION  
RANGE OF MOTION  
**EXECUTION**

## REP START

- None.

## REP END

- None.

## REP REQUIREMENTS

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

## VALID OBJECT/EQUIPMENT

- None.

## VALID MOVEMENTS

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

# L-SIT - ID V.20

LOAD POSITION  
RANGE OF MOTION  
**EXECUTION**

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

LOAD POSITION  
RANGE OF MOTION  
**EXECUTION**

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

## REP START

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

## REP END

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

## REP REQUIREMENTS

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

## CYCLE & POST REP

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

## MEASUREMENTS

- Vertical target: standard set so athletes **legs** must be held at a 90 degree angle with the body.
- Horizontal target: at athlete ankle when **legs** are fully extended.

## VALID OBJECT/EQUIPMENT

- Horizontal bar.
- Rings.

## VALID MOVEMENTS

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

# SHOULDER - ID V.22

**LOAD POSITION**  
RANGE OF MOTION  
EXECUTION

## REP START

- None

## REP END

- None

## REP REQUIREMENTS

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

## VALID OBJECT/EQUIPMENT

- Worm

## VALID MOVEMENTS

- Walking lunge - ID 15.06

# STEP DOWN - ID V.23

LOAD POSITION  
RANGE OF MOTION  
**EXECUTION**

**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