MOVEMENT STANDARDS

**RIG 1**

Wall Ball

* The ball must hit the designated target
* The ball must come to a rest if it hits the ground (no catching the bounce)
* The hip crease must break parallel on the squat
* Partners can be rotated while the ball is in the air, but the partner swapping in must come from behind (no tossing side to side)
* The reps can be split between athletes in any manner desired

Power Snatch

* The bar must come from the ground
* The barbell cannot drop below the top of the head during the movement
* The rep will be completed when the barbell is in a stable overhead position with elbows, shoulders, hips, and knees at full lock out
* Both plates must touch the ground between reps

Squat Snatch

* The bar must come from the ground
* The hip crease must break parallel at during the squat portion
* The barbell cannot drop below the top of the head during the movement
* The rep will be completed when the barbell is in a stable overhead position with elbows, shoulders, hips, and knees at full lock out
* Both plates must touch the ground between reps

Hang Snatch

* When coming from the ground, the bar must have a deliberate pause above the knee
* During continuous reps, the barbell may not drop below the knee
* The barbell cannot drop below the top of the head during the squat
* The rep will be completed when the barbell is in a stable overhead position with elbows, shoulders, hips, and knees at full lock out

Snatch (Scaled/Beginner)

* Power snatches or squat snatches are allowed
* The bar must come from the ground
* The barbell cannot drop below the top of the head during the movement
* The rep will be completed when the barbell is in a stable overhead position with elbows, shoulders, hips, and knees at full lock out
* Both plates must touch the ground between reps - if the bar does not have plates, then the bar must drop below the knee between reps

Pull Up

* The movement must start from a dead hang with the arms fully locked out and the feet off of the ground
* The rep will be completed when the chin is above the bar
* Full lock out of the arms must be attained between reps
* Strict, kipping, or butterfly pull ups are allowed

Chest to Bar Pull Up

* The movement must start from a dead hang with the arms fully locked out and the feet off of the ground
* The rep will be completed when a portion of the chest between the collar bone and nipple line touches the bar
* Full lock out of the arms must be attained between reps
* The feet must pass behind the bar between reps
* Strict, kipping, or butterfly pull ups are allowed

Muscle Up

* The movement must start from a dead hang with the arms fully locked out and the feet off of the ground and behind the bar
* The feet may not rise above the bar
* The rep will be completed when the athlete is above the bar with elbows locked out and shoulders in front of the bar
* The athlete must attain full lock out of the arms between reps
* The feet must pass behind the bar between reps
* The athlete may not use any other portion of the rig for assistance
* No other gymnastics movement is allowed

Jumping Pull Up

* The bar will be at a height where the bar makes contact with the middle of the forearm while the athlete stands tall with both arms extended overhead
* The movement must start with the arms fully locked out putting the athlete in a partial squat
* The rep will be completed when the chin is above the bar
* Full lock out of the arms must be attained between reps

**LIFT**

Clean and Jerk

* The barbell must start on the ground
* Any variation of the clean is permitted
* The barbell must pass through the front rack position before going overhead (snatching is not permitted)
* The movement ends when the barbell is fully locked out overhead with the legs, hips, and arms fully extended with the weight centered over the athlete’s body
* Athletes may choose to perform a press, push press, push jerk, or split jerk – if a split jerk is performed, the feet must come back together while the barbell is locked out overhead
* Both plates must touch the ground between reps

Overhead Squat

* The barbell must start from the ground
* The athlete may use a snatch or a clean and jerk to get the barbell overhead
* The rep must start with the barbell locked out overhead with arms fully extended
* At the bottom of the squat, the hip crease must break parallel (below the top of the knee)
* The movement ends with the legs, hips, and arms fully extended with the weight centered over the athlete’s body
* The first rep may be a squat snatch
* The barbell may not drop below the top of the athlete’s head at any point during the movement
* The barbell may be placed in the back rack in lieu of being dropped on the ground between reps – however the athlete must lock out the barbell overhead with arms fully extended prior to starting the next rep

Clean

* The barbell must start on the ground
* The movement ends when the bar is in the front rack with the legs and hips fully extended and the elbows forward of the bar
* Both plates must touch the ground between reps – if the barbell is not equipped with plates, the barbell must pass below the knee
* Any variation of clean is permitted

Back Squat

* The barbell must start on the ground
* The athlete may use a snatch or a clean and jerk to pass the barbell overhead
* Once the barbell is in the back rack, the athlete may begin the first rep
* At the bottom of the squat, the hip crease must break parallel
* The movement ends with the legs and hips fully extended and the barbell in the back rack

**FIELD**

Field Run

* The field will be marked every 5 yds from the 0 yd line to the 100 yd line
* Both athletes must run the full 200 yds.
* Run 100 yds (from 0 yd line to 100 yd line), place the flag in the cone, and retrieve the kettle bell
* Run 100 yds with the kettle bell back (100 yd line to 0 yd line)
* The kettle bell may be carried by one or both athletes in any manner desired

Walking Lunges

* The athlete will start by standing tall with toes behind the line and the kettle bell in the appropriate position: Rx/Masters - fully locked out overhead, Scaled – on the shoulder, behind the head, or front rack, Beginner – may hold in any manner desired
* The athlete will step forward dropping the back knee to the ground, stand, step forward, and repeat alternating legs – the feet do not have to stop together and the athlete may step through
* The kettle bell must remain in the designated position until the full 10 yds have been completed
* Both feet must pass the designated 10 yd interval with the athlete standing tall and the kettle bell in the designated position
* The athlete must stand tall between lunges (staying low and duck walking is not permitted)
* If the athlete drops the kettle bell, the kettle bell comes out of the designated position, or the athletes swap in the middle of the 10 yd interval, they must return to the last successful 5 yd increment with both feet behind the line
* Every 10 yd interval will start with both toes behind the line regardless of where the burpees or kettle bell swings were completed
* The non-working athlete will walk next to the working athlete
* For co-ed divisions, the non-working athlete must take their kettle bell with them

Burpees

* With the athlete standing tall, drop to the ground touching the chest and thighs to the ground
* The athlete will come to a standing position and jump touching their hands together above their head
* The hips must be extended during the jump - maintaining a hunched forward position is not permitted
* There is no height requirement during the jump so long as both feet leave the ground
* Both stepping and jumping forward/backward during the bottom portion of the burpee are permitted for all divisions

Kettle Bell Swings

* The kettle bell will start between the athletes legs and centered under their body
* The kettle bell must travel in front of the body in an upward motion
* The rep will be completed when the kettle bell is centered over the body with the arms, hips, and knees fully extended and the ear visible in front of the arm
* The kettle bell must come between the legs between reps
* The athlete may use any variation of swing as long as the movement standards are met

Bear Crawl

* Hands and feet must be in contact with the ground and be behind the designated yard line to start
* The athlete must have the front of their body facing the ground and move in the direction their head is facing
* Athletes 1 and 2 may transition as desired, however the new starting position will be the last successfully completed 5 yd interval

Handstand Walk

* The hands must be in contact with the ground and start behind the designated yard line
* The athlete must be in an upright position as they walk
* The 5 yd interval will be considered “a good rep” when both hands pass the 5 yd interval with the athlete in a handstand while showing stability
* Athletes 1 and 2 may transition as desired, however the new starting position will be the last successfully completed 5 yd interval

**RIG 2**

Deadlift

* The bar must start from a static position on the ground
* The athlete will pull the barbell until they are standing tall with the knees and hips locked out and the shoulders behind the bar
* The weight can be dropped after the rep is completed, but the barbell must settle before the next rep begins
* The barbell cannot be bounced off of the ground

Box Jump

* From a static, standing position, the athlete will conduct a two foot take off and a two foot landing on top of the box
* The athlete must stand tall on top of the box fully extending the hips and the knees
* The athlete may step down or jump down
* When athletes swap, the athlete coming off of the box must have both feet on the ground before the next athlete begins their jump

Step Ups

* From a static standing position, the athlete will step onto the box and bring the second foot to meet the first foot on top of the box
* The athlete must stand tall on top of the box fully extending the hips and knees
* The athlete may step down or jump down
* When athletes swap, the athlete coming off of the box must have both feet on the ground before the next athlete steps onto the box
* Scaled and Beginner athletes may perform a box jump if preferred

Toe to Bar

* The rep begins with the athlete hanging from the bar with the arms fully locked out and the feet off of the ground
* The feet must pass behind the plane of the bar
* The athlete will touch both feet to the bar between the hands
* Both feet must touch the bar at the same time
* The athlete’s arms must be fully locked out before beginning the next rep
* The feet must pass behind the plane of the bar between reps

Knee Raises

* The rep begins with the athlete hanging from the bar with the arms fully locked out and the feet off of the ground
* The feet must pass behind the plane of the bar
* The athlete will raise both knees until the top of the knee is higher than the crease of the hip
* Both knees most move together
* The athlete’s arms must be fully locked out before beginning the next rep
* The feet must pass behind the plane of the bar between reps