



## MOVEMENT STANDARDS

("XX" weights/distances are not yet announced. Be ready for "the unknown and the unknowable".....)

### Overhead Standing Lunge

Rx - XXkg/XXkg (Men/Women)  
Scaled - XXkg/XXkg  
Masters - XXkg/XXkg  
Beginners - XXkg/XXkg

Any ground-to-overhead technique is allowed. Movement is started from a standing position with locked arms overhead and a step is taken forward in to a lunge position. The back knee is not required (though recommended) to touch the ground, however the hip crease must be below the top of the forward knee at the bottom. The rep is finished by the athlete stepping back in to a standing position with the hip and knee fully extended. On the first rep, or if the bar has been lowered and repositioned, the movement can be initiated on either leg but each consecutive rep must be alternated. Resting at any point is acceptable, but movement must begin from the location of the last completed rep, which requires standing up fully with the plate overhead.



### Pistols



Rx - 20kg bumper plate is positioned flat on the ground in front of the athlete. When lowering in to the bottom position the front foot must not make contact with the plate  
Scaled / Masters - No Special Requirements  
Beginners - Not Required

The movement begins and ends with the athlete standing and the hip and knee fully extended showing control. Athletes must alternate legs after every successful rep and cannot alternate until a successful rep is completed. Athletes must remain in their lane or the rep will not count.

The hip crease must be below the top of the knee at the bottom and the opposite foot (non-supporting leg) cannot touch the ground (or plate) until the repetition is completed. The non-supporting foot must be in front of the supporting foot during the entire repetition. You may hold the foot of the opposite (non-supporting) leg with your hand while performing the movement

### Power Cleans

Rx - XXkg/XXkg (Men/Women)  
Scaled - XXkg/XXkg  
Masters - XXkg/XXkg  
Beginners - XXkg/XXkg

The barbell begins on the ground. Touch and go is permitted. No bouncing. The barbell must come up to the shoulders with each repetition finishing with the bar racked on the shoulders and the elbows clearly in front of the bar with the hips and knees fully extended



### **Front Squat**

Rx - XXkg/XXkg (Men/Women)  
 Scaled - XXkg/XXkg  
 Masters - XXkg/XXkg  
 Beginners - XXkg/XXkg

The movement begins and ends with the athlete standing and the hip and knee fully extended. The barbell must be racked on the front of the shoulders with the athlete standing in full extension before the reps begin.

Any grip is permitted as long as the bar is in the front-rack position. At the bottom the hip crease must be below the top of the knee.

### **Wallball**



Rx - 12kg/9kg (Men/Women)  
 Scaled - 9kg/6kg  
 Masters - 9kg/6kg  
 Beginners - 6kg/3kg

The medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the wall above the required height marker. The ball must make contact with the wall. If the ball hits the bottom or top edge of the height marker or does not hit the wall at all, it is a no rep. The rep is counted when the ball makes contact with the target. If the ball is dropped, it must come to a full stop on the ground before the athlete may pick it up for the next rep.

### **Toe to Bar**

Rx / Scaled / Masters - Required  
 Beginners - Not Required



The athlete must go from a full hang to having the toes touch the pull-up bar. Both feet must be in contact with the bar at the same time, inside the hands. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body.

### **Butterfly Sit up**

Beginners only  
 (partner movement)

Athletes sit on the ground in sit up position with the soles of their shoes and hands touching their partners. The movement starts with each athlete lying down in unison and reaching over backward to touch the floor behind the athletes head. The rep is counted once the athletes returns to the hand touching position.

The feet must be in contact with the ground at both ends of the movement range. Both hands must make contact with the partner and the floor for each rep.

### **Hang Clean**

Each repetition must start from the hang, or any repetition taken from the floor, must achieve a deadlift lockout (hips and knees fully extended, shoulders behind the bar) before re-dipping to initiate the hang clean.

Each repetition finishes with the bar racked on the shoulders and the elbows clearly in front of the bar with the hips and knees fully extended. Power cleaning the barbell from the ground in one continuous motion is not permitted.

The bar cannot pass below the top of the knee for it to be classed as a hang clean. A squat clean is allowed as long as it originated from the hang position.

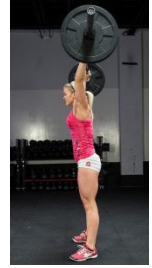


Rx - 70kg/50kg  
 Scaled - 50kg/35kg  
 Masters - 50kg/35kg  
 Beginners - 35kg/20kg

### Shoulder to Overhead

Each rep begins with the barbell on the shoulders (below the chin) and finishes with the weight fully locked out overhead and over the middle of the body. A shoulder press, push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line and face is forward of the window. Using a rack is not permitted.

Rx - XXkg/XXkg  
 (Men/Women)  
 Scaled - XXkg/XXkg  
 Masters - XXkg/XXkg  
 Beginners - XXkg/XXkg



### Deadlift

This is a standard deadlift with the hands outside the knees, any grip is permitted but sumo deadlifts are not allowed. Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar. Any hand position is allowed, but the arms must be straight throughout. No bouncing. The barbell begins on the ground and must touch the ground between each rep. Dropping the barbell at the top of the movement is permitted but not required. Chalk and any injury prevention/protection such as tape are permitted. Sticky substances, wraps, or anything used for advantage are prohibited. Belts are permitted.



Rx - 70kg/50kg  
 Scaled - 50kg/35kg  
 Masters - 50kg/35kg  
 Beginners - 35kg/20kg

### Rowing

The athlete may begin the event seated in the rower but may not grab the handle until the call of "go". The athlete may adjust the damper setting and foot straps at any time, but may not adjust the electronic monitor.

Rx - XXXm  
 Scaled - XXXm  
 Masters - XXXm  
 Beginners - XXXm

### Bar Facing Burpee



The movement starts by dropping down to the burpee ground position. The athletes head cannot be over the barbell. The chest and thighs must touch the ground at the bottom. The athlete must jump over the barbell from both feet and land on both feet. One-footed jumping or stepping over is not permitted. The rep is counted when the athlete has landed on the opposite site of the bar with both feet. Both the burpee and the jump is required to be "bar facing" (i.e. side jump is not allowed).

### Box Jump

Rx / Scaled / Master - Jump only allowed  
 Beginner - You may jump or step up or down as long as both feet start on the ground and both feet end on the box in control.



Every rep must begin with both feet on the floor. The rep finishes with the hips and knees fully open while in control on top of the box. Feet are required to be completely on the box, heels hanging off is a no rep. "Falling" off the box or not coming to full extension at the top will be a no rep. All divisions may step down.

## Double Unders

This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

Rx / Scaled / Masters - Double Unders  
 Beginners - Single Unders

## Pull Up



Rx –  
 Chest to Bar

This is a standard chest to bar pull-up. Dead-hang, kipping or butterfly pull-ups are all allowed as long as all the requirements are met. The arms must be fully extended at the bottom. At the top, the chest must clearly come into contact with the bar.

Scaled / Masters -  
 Pull Ups

This is a standard chest to bar pull-up. Dead-hang, kipping or butterfly pull-ups are all allowed as long as all the requirements are met. At the top, the chin must break the horizontal plane of the bar.

Beginners -  
 Partner Carry

Partners alternate carrying the other athlete. Any technique may be used so long as the athlete being carried is not making contact with the ground.  
 If contact is made the athlete carrying must stop until the athlete being carried is no longer making contact with the ground.

## 1 Arm Overhead Kettlebell Squat

Rx - 32kg/24kg (Men/Women)  
 Scaled - 24kg/16kg  
 Masters - 24kg/16kg  
 Beginners - Not Required

(This is a "Buy In" movement only. i.e. very low reps)

The kettlebell can be lifted to the overhead position using any technique. The movement begins and ends with the athlete standing and the hip and knee fully extended. The kettlebell must remain overhead with carrying arm locked in extension during the entire movement.

At the bottom the hip crease must be below the top of the knee and the rep is counted when the athlete returns to the standing fully extended position.

Changing hands between reps is not required.

## Thruster

This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. The hip crease must pass below the knees. A full squat clean into the thruster is allowed if the bar is on the ground. The barbell must come to a full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the body.



## Kettlebell Swing



At the top of the swing, the kettlebell must be fully inverted (bell over the handle), centered over the feet with the hips and knees fully extended and the arms straight. At the bottom, the wrists must touch the thighs and the bell must pass behind the heels.

Rx - XXkg/XXkg (Men/Women)  
 Scaled - XXkg/XXkg  
 Masters - XXkg/XXkg  
 Beginners - XXkg/XXkg



### **Ground to Overhead**

Each rep begins with the plate touching the floor while being held in both hands and finishes with the plate fully locked out overhead and over the middle of the body. Any technique or grip is allowed as long as the plate touches the floor at the bottom, remains in both hands of the athlete throughout the entire movement and finishes directly over the body with the feet in line and face is forward of the window.

Beginners only – XXkg/XXkg

### **Kettlebell Snatch**

Rx - 32kg/24kg (Men/Women)  
 Scaled - 24kg/16kg  
 Masters - 24kg/16kg  
 Beginners - Not Required

The kettlebell must be moved from the ground to full lockout overhead in one continuous motion, without stopping at the shoulders. The top position requires the knees and hips to be fully open, with the kettlebell locked out overhead over the center of the body. Once the top position is successfully established, the kettlebell must be brought back to the ground under control while maintaining a full grip with at least one hand. The athlete may use either or both hands to lower the weight under control. The kettlebell may not be dropped from any height. Athletes are not required to alternate arms after each rep.

### **Barbell Snatch**



Rx - XXkg/XXkg (Men/Women)  
 Scaled - XXkg/XXkg  
 Masters - XXkg/XXkg  
 Beginners - Not Required

The barbell begins on the ground. Touch and go is permitted. No bouncing. The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body. A Muscle, Power or full Squat Snatch is allowed.

### **Burpee to Plate**

The movement starts by dropping down to the burpee ground position. The athletes head cannot be over the plate. The chest and thighs must touch the ground at the bottom.

Beginners only

The athlete must jump on to the plate from both feet and land on both feet. One-footed jumping or stepping over is not permitted. The rep is counted when the athlete has landed on the plate with both feet.

Both the burpee and the jump is required to be "plate facing" (i.e. side jump is not allowed)



### **Air Squats**

Beginners only

The movement begins and ends with the athlete standing and the hip and knee fully extended. The athlete must be standing in full extension before the reps begin.

At the bottom the hip crease must be below the top of the knee.