



MOVEMENT STANDARDS 2019

Here are some of the Movement Standards for Two 2 Tango 2019.

Weights and Movements are subject to change.

Be ready for "the unknown and the unknowable"...

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.

FRONT SQUAT

RX: 70kg/50kg

Intermediate: 60kg/40kg

Masters (RX): 60kg/40kg

Scaled: 50kg/35kg

Masters (Scaled): 50kg/35kg

Beginners: 50kg/35kg

Masters (50+): 40kg/30kg

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.

OVERHEAD SQUAT

RX: 70kg/50kg

Intermediate: 60kg/40kg

Masters (RX): 60kg/40kg

Scaled: 50kg/35kg

Masters (Scaled): 50kg/35kg

Beginners - Not Required

Masters - Not Required

The movement begins and ends standing straight with the elbows, hips and knees fully extended.

At the bottom the hip crease must be below the top of the knee and the elbows must remain extended during the entire repetition. Any method may be used to get the barbell from the ground to the start position.

GOBLET SQUAT

RX: 32kg/24kg

Intermediate: 28kg/20kg

Masters (RX): 28kg/20kg

Scaled: 24kg/16kg

Masters (Scaled): 24kg/16kg

Beginners: 20kg/12kg

Masters (50+): 20kg/12kg

The movement begins and ends standing straight with the hips and knees fully extended, cupping the kettlebell like a goblet with the handle facing down.

The kettlebell must be held on the front of the torso during the entire repetition and at the bottom the hip crease must be below the top of the knee.

FRONT RACK STANDING LUNGE

RX: 60kg/40kg

Intermediate: 50kg/35kg

Masters (RX): 50kg/35kg

Scaled: 40kg/30kg

Masters (Scaled): 40kg/30kg

Beginners: 35kg/25kg

Masters (50+): 35kg/25kg

Movement is started from a standing position with the barbell in the front rack position, resting with both elbows in front of the body. A step is taken forward in to a lunge position. The back knee is required to touch the ground (though allowance given for range of motion issues), 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 and both feet together. 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.

SHOULDER TO OVERHEAD

RX: 70kg/50kg

Intermediate: 60kg/40kg

Masters (RX): 60kg/40kg

Scaled: 50kg/35kg

Masters (Scaled): 50kg/35kg

Beginners: 40kg/30kg

Masters (50+): 40kg/30kg

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.

SHOULDER PRESS (STRICT PRESS)

The hips and knees must remain extended through the entire repetition. No kip or dip is allowed. Press the bar straight up in a vertical plane.

PUSH PRESS

A “dip” is allowed involving a break of the hips and/or knees to drive the barbell off the shoulders, but must be caught at the top with elbows, hips and knees all extended.

The barbell can NOT be caught in a squat or “broken” position; this would constitute a NO REP.

SPLIT/PUSH JERK

A “dip” is allowed involving a break of the hips and/or knees to drive the barbell off the shoulders, and CAN be caught at the top in a squat or split position (with hips and/or knees out of extension).

The repetition only counts when the barbell is extended overhead with elbows, hips and knees fully extended and both feet together.



PISTOL SQUAT

RX / Intermediate bumper plate is positioned flat on the ground in front of the athlete. When lowering into the bottom position the front foot must not make contact with the plate. Masters (RX), Scaled, Masters (Scaled), Masters 50+ = 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.

WALLBALL

RX: 10kg/8kg
Intermediate: 9kg/6kg
Masters (RX): 9kg/6kg
Scaled: 9kg/6kg
Masters (Scaled): 9kg/6kg
Beginners: 6kg/4kg
Masters (50+): 6kg/4kg

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. The ball must NOT be allowed to drop straight from the target to the floor. Even on the last rep it must be caught and placed on the ground. A ball not caught at the bottom will result in a no rep.

TOE TO BAR

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 athlete 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

RX: 70kg/50kg
Intermediate: 60kg/40kg
Masters (RX): 60kg/40kg
Scaled: 50kg/35kg
Masters (Scaled): 50kg/35kg
Beginners: 35kg/25kg
Masters (50+): 35kg/25kg

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.

POWER CLEAN

RX: 70kg/50kg
Intermediate: 60kg/40kg
Masters (RX): 60kg/40kg
Scaled: 50kg/35kg
Masters (Scaled): 50kg/35kg
Beginners: 35kg/25kg
Masters (50+): 35kg/25kg

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.

DEADLIFT

RX: 70kg/50kg
Intermediate: 60kg/40kg
Masters (RX): 60kg/40kg
Scaled: 50kg/35kg
Masters (Scaled): 50kg/35kg
Beginners: 40kg/30kg
Masters (50+): 40kg/30kg

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.

LATERAL BAR BURPEE

The movement starts by dropping down to the burpee ground position parallel to the bar. 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.

BOX JUMP

RX: 70cm/60cm Jump Up Only.
Intermediate, Masters (RX),
Masters (Scaled): 60cm/50cm
Jump Up Only.

Beginners/Masters (50+):
60cm/50cm

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

RX, Intermediate, Masters
(RX), Masters (Scaled), Scaled
= Double Unders.

Masters 50+ = Double
Unders & Single Unders.
Beginners = Single 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.

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.

Masters (RX & Scaled), Scaled,
Intermediate = Pull Ups

This is a standard 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.



RING DIP

All divisions but Beginners

The athlete starts standing on the ground and jumps on to the rings to have both elbows at full extension. This top position is both the start and finish positions. The athlete lowers themselves to bring the shoulders below parallel with the top of the elbow, and then raises themselves back up to the finish position.

There is no requirement for the hips or knees to be in extension, however the athlete must move in a vertical plane.

THRUSTER

RX: 60kg/40kg

Intermediate: 50kg/35kg

Masters (RX): 50kg/35kg

Scaled: 40kg/30kg

Masters (Scaled): 40kg/30kg

Beginners: 35kg/25kg

Masters (50+): 35kg/25kg

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

RX: 32kg/24kg

Intermediate: 28kg/20kg

Masters (RX): 24kg/16kg

Scaled: 24kg/16kg

Masters (Scaled): 24kg/16kg

Beginners: 20kg/12kg

Masters (50+): 24kg/16kg II

20kg/12kg

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.

GROUND TO OVERHEAD

Beginners only

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.

KETTLEBELL SNATCH

RX: 28kg/20kg

Intermediate: 24kg/16kg

Masters (RX): 24kg/16kg

Scaled: 24kg/16kg

Masters (Scaled): 24kg/16kg

Beginners: 20kg/12kg

Masters (50+): 20kg/12kg

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 below the waist line 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.

POWER SNATCH

RX: 60kg/40kg

Intermediate: 50kg/35kg

Masters (RX): 50kg/35kg

Scaled: 40kg/30kg

Masters (Scaled): 40kg/30kg

Beginners: 35kg/25kg

Masters (50+): 35kg/25kg

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. The barbell may be caught at the top with a slight break in the knees and hips but the athlete may not drop in to a squat.

BURPEE TO PLATE

Beginners only

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.

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).

PARTNER BURPEE

Each rep starts with the athletes standing facing each other. They move down to the floor where chests must clearly touch the ground. Any movement is allowed to get back to the standing position and the rep finishes with both athletes clapping/touching their palms against their opposite partner as both feet leave the ground for the jump.

BAR MUSCLE UP

RX / Intermediate / Masters
(RX)

This is a standard bar muscle up. Dead-hang or kipping are all allowed as long as all the requirements are met. The arms must be fully extended at the bottom. At the top, the athlete must demonstrate a vertical push to the extended position. Pushing out horizontally over the bar and rolling upright will result in a no rep.

This is a standard 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.

HANDSTAND PUSH UP

RX set up with 20kg bumpers with an abmat in the middle.

Intermediate / Masters (RX),

Scaled, Masters (Scaled) - set up is an abmat in the middle.

The movement begins at the top of a handstand with the arms fully locked out, the heels on the wall. At the bottom of each rep, the head touches the abmat. At the top of each rep, the arms return to fully locked out with the heels on the wall. Kipping is allowed.

FRONT-RACK HOLD

The barbell begins on the ground. The barbell must come up to the shoulders with the bar racked on the shoulders and the elbows clearly in front of the bar with the hips and knees fully extended. The athlete must remain in this position for the time required.

HANDSTAND WALK

RX / Intermediate /
Masters (RX)

Athlete must achieve an inverted position, supporting bodyweight entirely on the hands. While demonstrating control in the inverted position, athlete must advance a designated distance while using only the hands to walk forward.

ROWING

All Divisions

The athlete may begin the workout seated in the rower but may not grab the handle until the call of "go." The monitor must be set to zero at the beginning of each round. The athlete, teammate, or the judge may reset the monitor.

ROPE CLIMB

RX / Intermediate /
Masters (RX) / Scaled /
Masters (Scaled)

In the rope climb, the athlete ascends the rope to touch the designated target at the top, and must remain in control on the descent. No uncontrolled dropping at any point.

LEGLESS ROPE CLIMB

RX

Athletes will climb the rope without the assistance of their legs.

On the legless rope climbs, athletes may not use their legs on the ascent. They may use their legs on the descent, but must touch the designated target at the top and return both hands to the rope before engaging their legs or the ascent will not count.

SQUAT SNATCH

RX: 60kg/40kg
Intermediate: 50kg/35kg
Masters (RX): 50kg/35kg
Masters Scaled: 40kg/30kg
Scaled: 40kg/30kg
Masters 50+: 35kg/25kg
Beginners: 35kg/25kg

The barbell begins on the ground and must be lifted overhead in one smooth motion. This is a squat snatch, so the athlete must receive the bar with the hip crease below the knee in the bottom position. A power snatch to overhead squat is not allowed (but as long as the athlete remains in motion on the descent the rep will be counted). At the top, 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.

