

THE BATTLE OF AMSTERDAM



MOVEMENT STANDARDS



THE AMSTERDAM THROWDOWN

**GENERAL MOVEMENT STANDARDS
FOR THE QUALIFIERS OF THE
AMSTERDAM THROWDOWN AND THE
BATTLE OF AMSTERDAM. IN A CASE
OF SPECIFIC MOVEMENT STANDARDS
THAT DIFFER FROM THE GENERAL
STANDARD, THIS WILL BE NOTED IN
THE WORKOUT DESCRIPTION.**

OVERVIEW

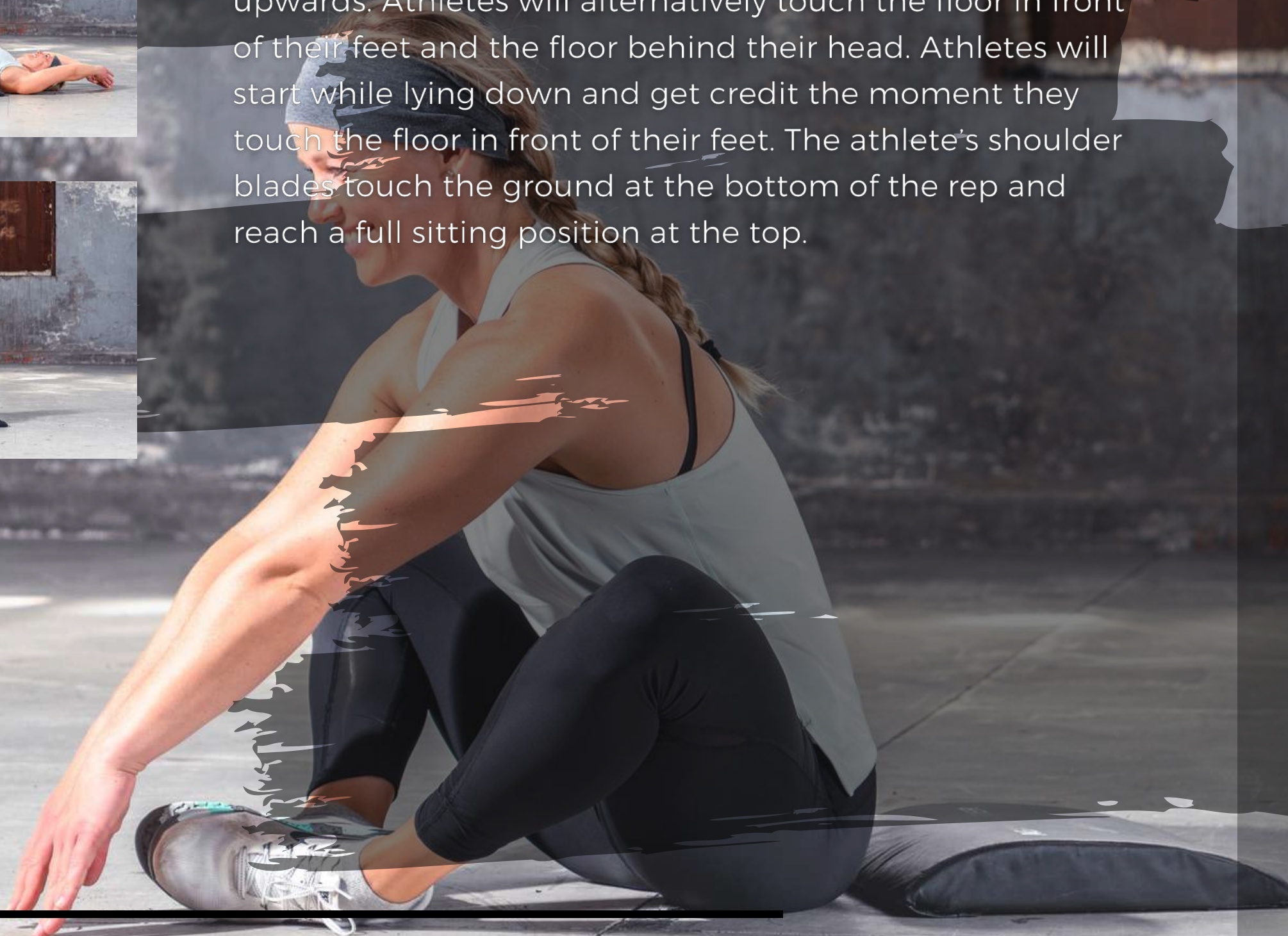
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In this movement the athlete will place an abmat under the lumbar curve while sitting on the floor. Feet can be in 'butterfly position' or with both feet on the floor, knees upwards. Athletes will alternatively touch the floor in front of their feet and the floor behind their head. Athletes will start while lying down and get credit the moment they touch the floor in front of their feet. The athlete's shoulder blades touch the ground at the bottom of the rep and reach a full sitting position at the top.

ABMAT SIT-UP



AIR SQUAT



The movement starts with athlete's feet standing shoulder width apart. The athlete's hips descend past parallel, lower than the knees, and stands tall with hips and knees fully extended at the top. The rep is counted at the top when athlete is standing in full extension.



The monitor on the air bike must be set to zero at the beginning of each set. The athlete may have assistance resetting the monitor. The athlete must stay seated on the air bike until the monitor reads the required calories.



AIR BIKE

AMERICAN KETTLEBELL SWING



The athlete starts with the feet planted shoulder width apart, with the kettlebell on the ground between the feet. The athlete picks up the kettlebell and proceeds to push the hips back and down, but above the knees. The hips and legs then extend rapidly, driving the kettlebell overhead with straight arms. The arms then pull the kettlebell to over the middle of the feet, as the athlete's hips sit back in a partial squat as the bell descends to begin the next rep.





The athlete begins standing behind the barbell. In the back squat, the barbell must be held behind the neck on the athlete's shoulders or back. At the bottom, the crease of the hips must pass below the height of the knee. At the top, the knees and hips must be fully extended with the barbell in control.

BACK SQUAT



BAR MUSCLE-UP



The athlete must begin with or pass through a hang below the bar, with arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pullovers, rolls to support and glide kips are not permitted. No portion of the foot may rise above the height of the bar during the kip. The rep is counted when the arms are fully locked out while the athlete is in the support position above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip-to-lockout over the bar. Only the hands and no other part of the arm may touch the bar to assist the athlete with completing the rep. Once at top, the hands must stay in contact with the bar, and athletes must maintain support with their arms. Removing the hands and resting while on top of the bar is not allowed.



The movement starts with the athlete's body laying flat on the bench, with arms extended bar over the chest and feet planted on the ground. The shoulders and hips remain in contact with the bench as the athlete lowers the barbell to the bottom of the chest, elbows in close to the body. The athlete then presses the barbell back up and the rep is given when the arms are at full extension.

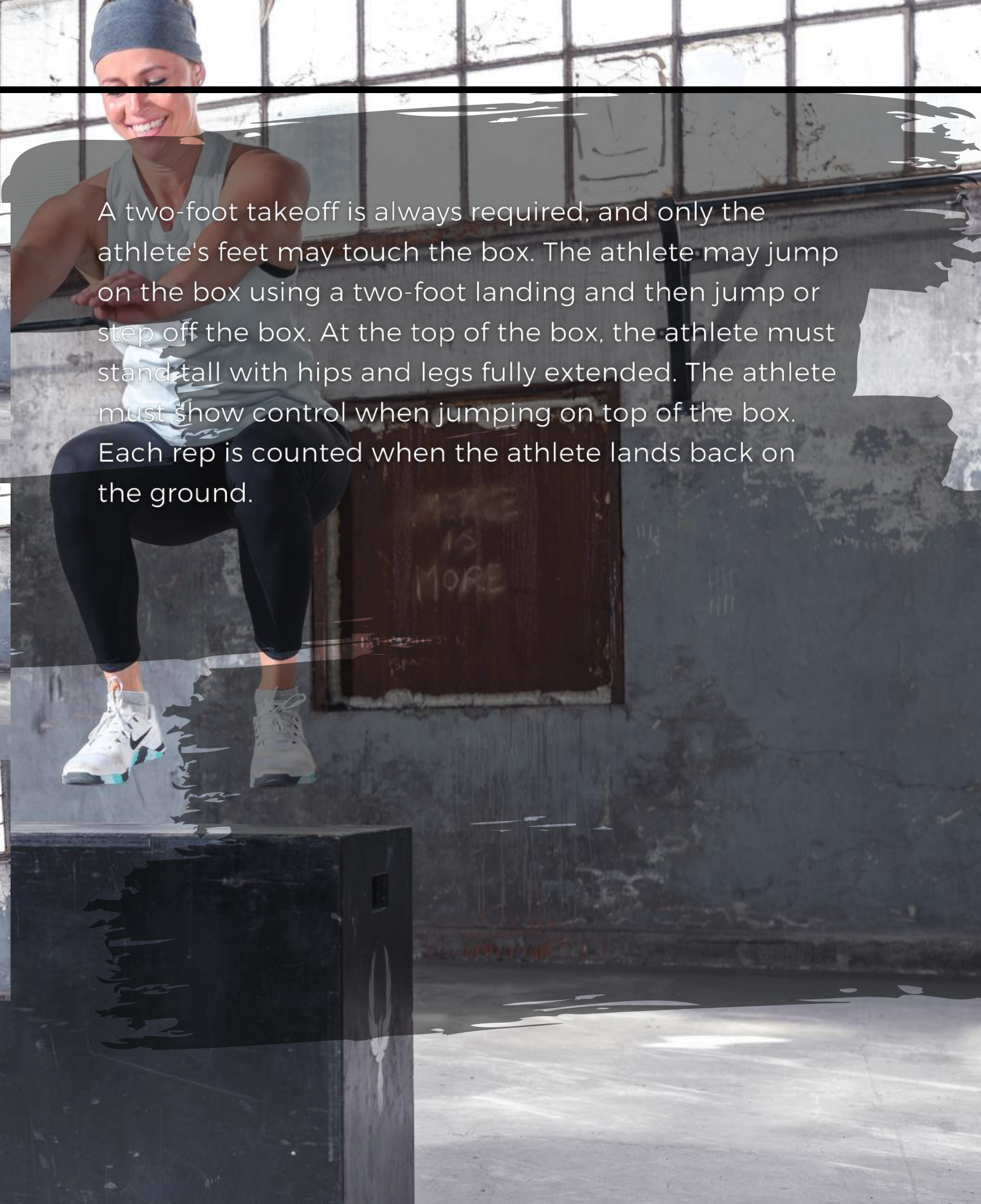
BENCH PRESS



BOX JUMP



A two-foot takeoff is always required, and only the athlete's feet may touch the box. The athlete may jump on the box using a two-foot landing and then jump or step off the box. At the top of the box, the athlete must stand tall with hips and legs fully extended. The athlete must show control when jumping on top of the box. Each rep is counted when the athlete lands back on the ground.





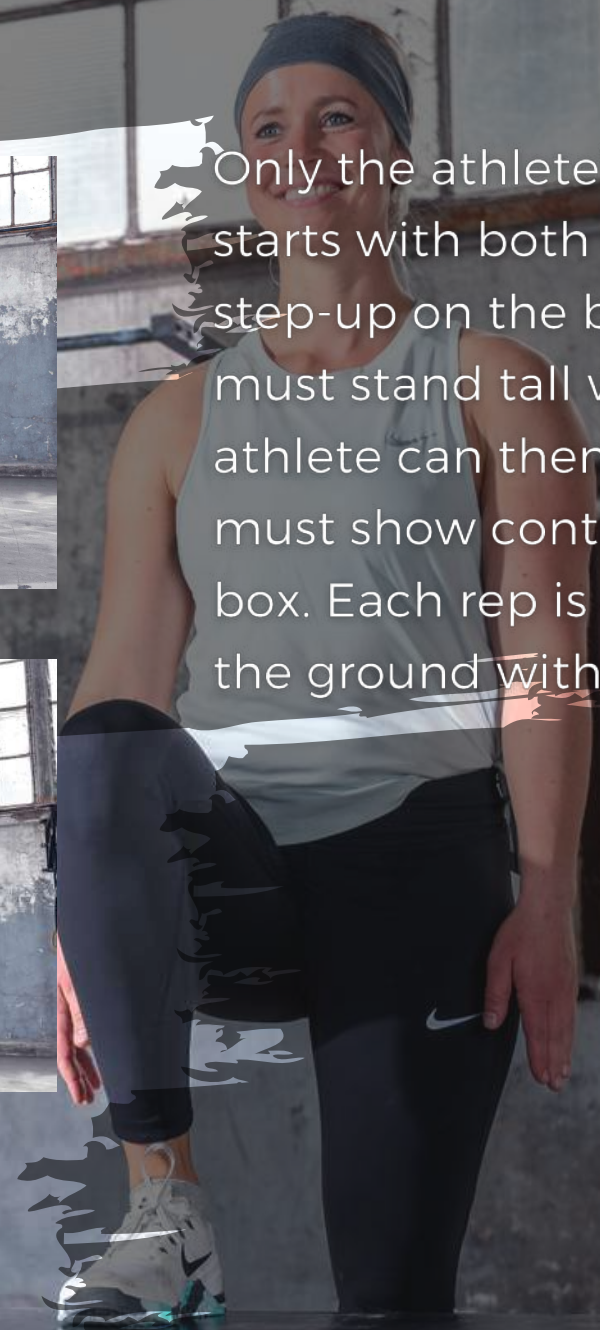
There is no requirement to stand tall while on top of the box. A two-foot take off is always required, and only the athlete's feet may touch the box. The athlete may jump on the box using a two-foot landing and then jump or step off to the other side, or the athlete may jump completely over the box. If jumping over the box, the feet must go over the box, not around it, and the athlete must use a two-foot landing. Each rep is counted when the athlete lands back on the ground on the opposite side, where they may begin their next rep.

BOX JUMP OVER

BOX STEP



Only the athlete's feet may touch the box. The athlete starts with both feet on the ground and uses one leg to step-up on the box. At the top of the box, the athlete must stand tall with hips and legs fully extended. The athlete can then jump or step off the box. The athlete must show control when jumping off or stepping off the box. Each rep is counted when the athlete lands back on the ground with both feet.



BOX STEP-UP WITH DUMBBELLS

Only the athlete's feet may touch the box. The athlete starts with both feet on the ground and uses one leg to step-up on the box, while holding the dumbbells (at the prescribed weight). At the top of the box, the athlete must stand tall with hips and legs fully extended. The athlete can then step off the box. The athlete must show control when stepping off the box. Each rep is counted when the athlete lands back on the ground with both feet and dumbbells in hand.



BURPEE



The athlete will start with movement standing tall with hips and knees fully extended. The athlete will jump back so that they are lying on the ground. The chest and thighs touch the ground at the bottom before the athlete jumps up with both feet to a standing position. The athlete must jump up and clap both hands above their head, in full hip and knee extension, for the rep to count.



The burpee box jump starts with the athlete laying as prescribed (facing the box or parallel) while touching their chest and thighs to the ground, and finishes with the athlete showing control on top of the box while stand tall with hips and legs fully extended.

The burpee box jump (over) starts with the athlete laying as prescribed (facing the box or parallel) while touching their chest and thighs to the ground, and finishes with the athlete jumping down from the box on the other side.

Facing the box: In the bottom position, to ensure the athlete remains perpendicular to the box on each rep, the center of the athlete's chest must be between the edges of the box.

A two foot take-off onto the box is required, however the athlete can step down off the box. Only the athlete's feet may touch the box.

BURPEE BOX JUMP (OVER)

BURPEE OVER THE BAR/ROWER

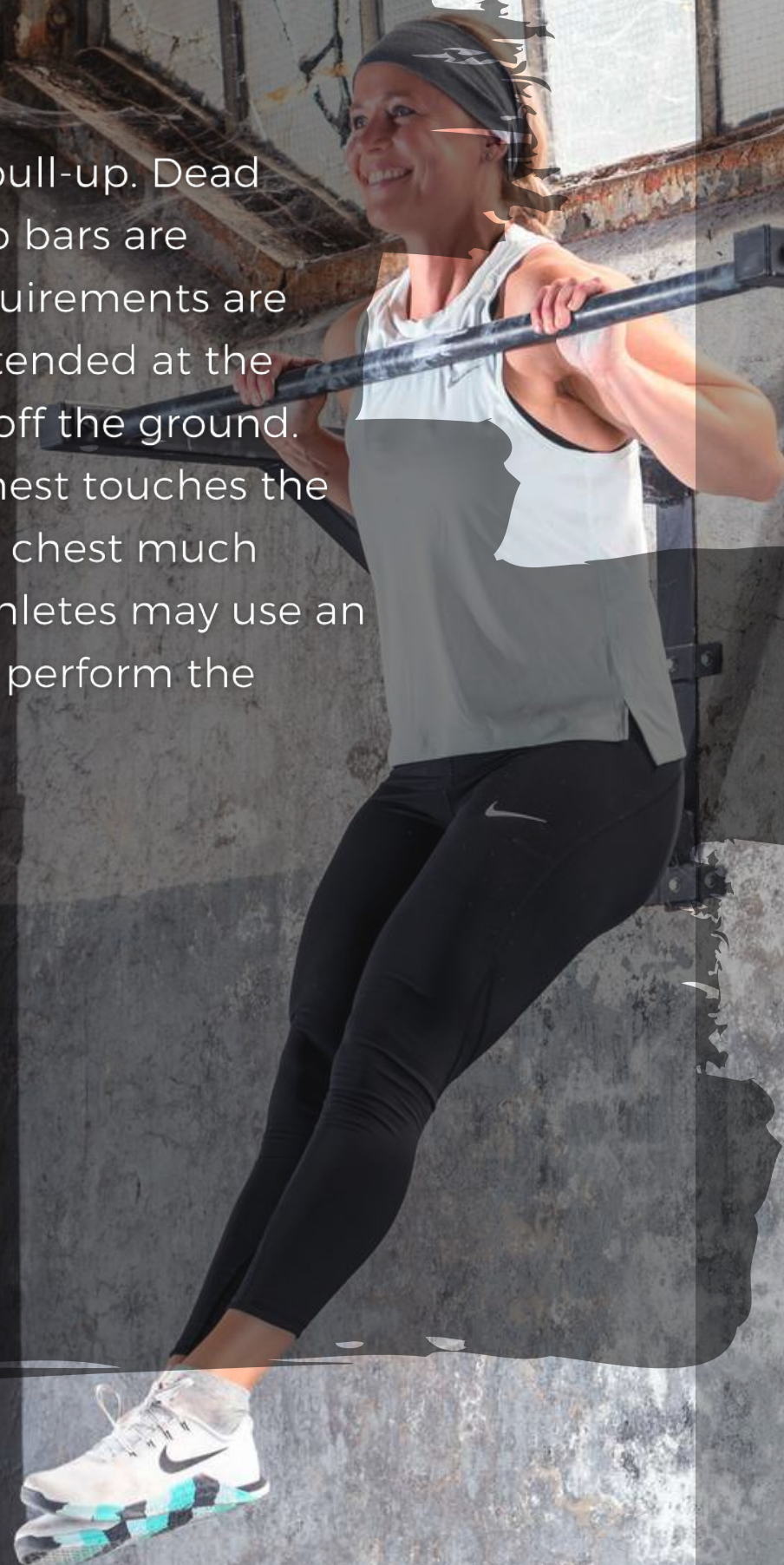


The burpee is performed as prescribed: facing or parallel to the rower/bar. The athlete jumps back with both feet, or steps back, to lie on the ground. The chest and thighs must touch the ground at the bottom. From this position the athlete can jump or step to their feet. The athlete **MUST** clearly jump over the barbell. Both feet must be off the ground as the athlete passes over the bar. Stepping over is **NOT** permitted. The athlete does **NOT** need to use a two-foot takeoff. The rep is credited when both feet have touched the ground on the opposite side of the barbell. There is no requirement to land with both feet at the same time.



CHEST TO BAR PULL-UP

This is a standard chest to bar pull-up. Dead hang, kipping, butterfly chest to bars are permitted as long as all the requirements are met. The arms must be fully extended at the bottom, with the athlete's feet off the ground. The rep is counted when the chest touches the horizontal plane of the bar. The chest must touch below the collarbone. Athletes may use an overhand or underhand grip to perform the movement.



CLEAN & JERK



The movement starts with the weight on the floor and finishes with the barbell fully locked out overhead with arms, hips and legs extended, and the bar over the center of the athlete's body when viewed from the side. The barbell must pass through the front rack position before going overhead: snatching is not permitted. A muscle clean, power clean, split clean or squat clean may be used, as long as the barbell comes up to the rack position on the shoulders. Once racked, a split jerk or push jerk may be used to lock the barbell out overhead.





This is a standard barbell cluster 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 clearly pass below the top of the knees in the bottom position. The athlete must perform a full squat clean into the thruster when the bar is taken from the floor. If the barbell is dropped overhead, it must settle on the ground before the athlete picks it up for the next repetition.

CLUSTER



DEADLIFT

This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed. Starting with the barbell on the floor, the athlete lifts the bar until the hips and knees reach full extension, and the head and shoulders are behind the bar. The arms must be straight throughout. No bouncing.



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.



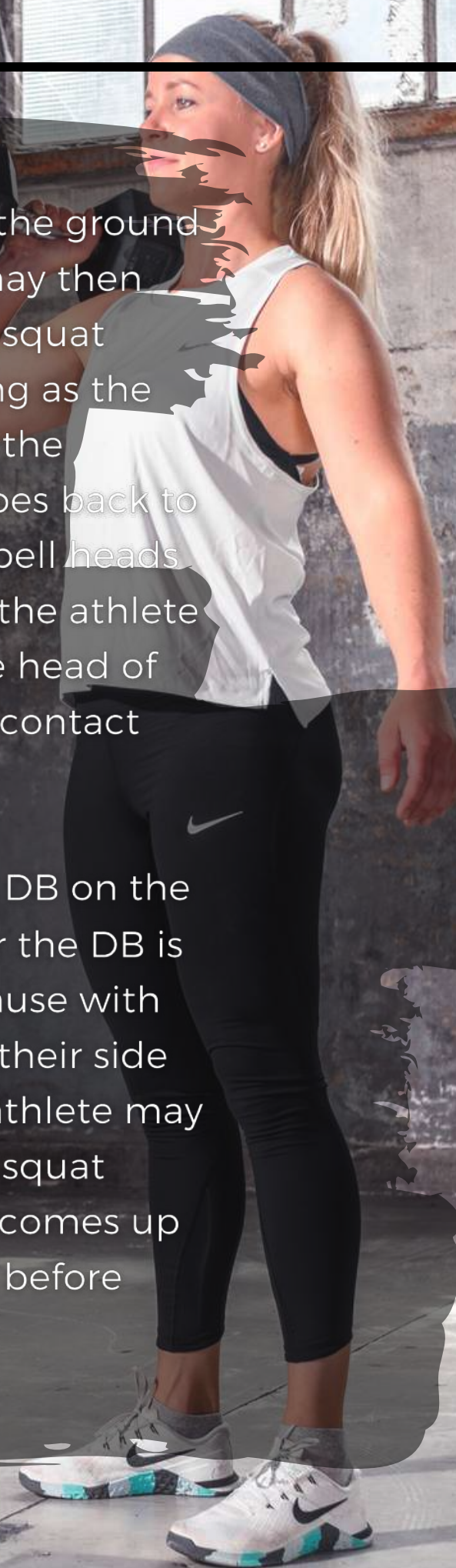
DOUBLE UNDERS



The movement starts with the DB on the ground placed outside the feet. The athlete may then perform a muscle clean, power clean, squat clean or split clean with the DB, so long as the DB come up and makes contact with the athlete's shoulder. The athlete then goes back to the starting position with both dumbbell heads on the ground to start the next rep. If the athlete chooses to do "touch and go" only one head of the dumbbells is required to come in contact with the ground.

HANG: The movement starts with the DB on the ground next to the athlete's foot. After the DB is lifted off the floor, the athlete must pause with the DB at the hang position, either at their side or between the legs. From there, the athlete may perform a muscle clean, power clean, squat clean or split clean, so long as the DB comes up and makes contact with the shoulder before bringing it back down to the side.

DUMBBELL (HANG) CLEAN



DUMBBELL LUNGES FRONT RACK OVERHEAD



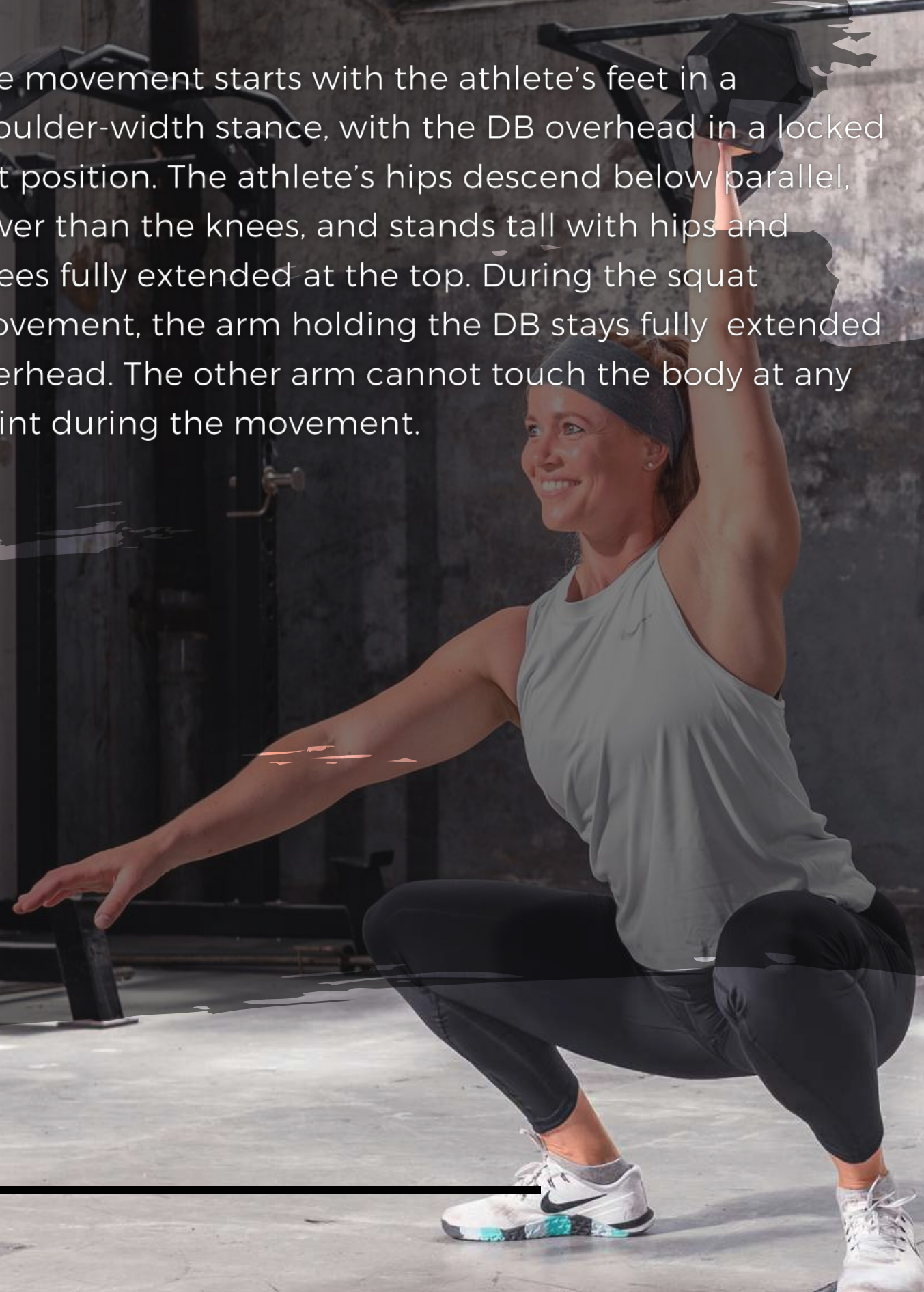
FRONT RACK: The athlete starts by picking up the DB and hold the DB on their shoulder in the front rack position. The athlete steps forward. At the bottom of the lunge, the trailing knee must make contact with the ground. The athlete must hold the DB on their shoulder in the front rack position during the entire movement. The athlete must then step back to a two-foot standing position before beginning the next lunge forward. The rep is given when the athlete is holding the DB in the front rack position, and is standing tall with hips and knees fully extended.

OVERHEAD: Each lunge begins with a DB overhead, the feet together and the athlete standing tall with hips and knees extended. The athlete must then step forward with one foot. At the bottom of the overhead lunge, the trailing knee must make contact with the ground and the DB must be above the height of the athlete's head. If, during the lunge, one or both heads of the DB comes into contact with or falls below the level of the athlete's head, the athlete must stop the lunge and a no-rep will be given. The athlete then steps back to a two-foot standing position before stepping the opposite foot forward. The rep is given when the athlete has the DB in the overhead position and is standing tall with hips and knees fully extended.



The movement starts with the athlete's feet in a shoulder-width stance, with the DB overhead in a locked out position. The athlete's hips descend below parallel, lower than the knees, and stands tall with hips and knees fully extended at the top. During the squat movement, the arm holding the DB stays fully extended overhead. The other arm cannot touch the body at any point during the movement.

DUMBBELL OVERHEAD SQUAT



DUMBBELL PUSH PRESS



The movement starts with the DB in the front rack position, elbows slightly in front of the DB, on the athlete's shoulders. The athlete's body then dips down before pushing the DB overhead; with hips, knees and arms fully extended at the top position.



The movement starts with the DB (both heads of the DB) on the ground between the athlete's feet. The athlete then pulls the DB up with a straight arm until hips and legs extend. The athlete can perform a muscle snatch, power snatch, squat snatch or split snatch, as long as at the top of the movement, the arm, knees and hips are fully extended with the DB over the middle of the foot. At no point during the movement can the athlete's non-working arm have any contact with the body. The athlete must show control when bringing the DB back down to the ground. No dropping from overhead allowed. If the athlete chooses to do "touch and go" only one head of the dumbbells is required to come in contact with the ground.

DUMBBELL SNATCH



DUMBBELL STRICT PRESS



The movement starts with the DB in the front rack position, elbows slightly front of the DB, on the athlete's shoulders. With a rigid body, the athlete presses the DB overhead. The rep is given when the DB is overhead and over the centre of the body; arms, knees and hips fully extended.





FRONT RACK: The athlete starts by picking up the DB and holds the dumbbell on their shoulder in the front rack position. Starting behind the mark denoting the start of the lane, the athlete steps forward. At the bottom of the lunge, the trailing knee must make contact with the ground. The athlete must hold the DB on their shoulder in the front rack position during the entire movement and must continuously move forward. The rep is given when the athlete gets both heels across the line, is holding the DB on their shoulder in the front rack position, and is standing tall with hips and knees fully extended. Shuffle steps are not allowed.

OVERHEAD: Each lunge begins with a DB overhead, the feet together and the athlete standing tall with hips and knees extended. The athlete must be behind the mark denoting the start of the segment begin attempted. At the bottom of the overhead lunge, the trailing knee must make contact with the ground and the DB must be above the height of the athlete's head. If, during the lunge, one or both heads of the DB comes into contact with or falls below the level of the athlete's head, the athlete must stop lunging and return to the last completed section in order to continue. Athletes must continuously move forward. The rep is given when the athlete gets both heels across the line, has the DB in the overhead position and is standing tall with hips and knees fully extended. Shuffle steps are not allowed.

DUMBBELL WALKING LUNGES FRONT RACK OVERHEAD



FRONT SQUAT



In the front squat, the barbell must be held in the front rack position. At the bottom, the crease of the hips must pass below the height of the knee. At the top, the knees and hips must be fully extended with the barbell in control. A full squat clean will count as a repetition as long as all the above requirements are met.





Every rep begins and ends at the top of the handstand, with arms fully locked out, hips open and the body in line with the arms. At the bottom, the athlete's head makes contact with the ground. If the head and hands are on different surfaces, the surfaces must be level. Kipping is allowed.

- **TAPE REQUIREMENT**

Prior to starting, a box measuring 40 inches wide and 24 inches deep must be marked on the floor with tape.

HANDSTAND PUSH-UP

HANDSTAND WALK



The athlete must start with the hands (entire hand including palm and fingers) behind the the mark denoting the start of the segment begin attempted. When kicking up, stepping across the line or landing with the hands on or over the line constitutes a no rep. Athletes must walk forward. If the athlete comes down at any time, the athlete must restart from where they came down (unless specified otherwise). Both hands, including palms and fingers, must start behind the designated marker where the athlete came down. Athletes must be walking across the line and may not jump both hands over the line to finish the section.

HAND RELEASE PUSH-UP

The athlete starts in a plank position, leaning on hands and toes and no other body parts touching the floor. The athlete's chest must make contact with the ground and both hands must be lifted from the ground before the athlete can push back up to the starting position. The athlete's thighs cannot touch the ground at any point during the movement. Using this standard of movement, the athlete must complete the full range of motion: The chest must touch the ground, the elbows must reach full extension at the top. The athlete's body must be in a plank throughout the movement.



HANG POWER CLEAN



Each rep must start from the hang. Therefore, the first rep must be taken from the floor to a deadlift lockout (hips and knees fully extended, and head and shoulders behind the bar) before re-dipping to initiate the hang clean. Once the bar has been deadlifted, re-dipping below the top of the knee is not permitted. A hang squat clean is not permitted. The athlete must receive the barbell in a power position, with the crease of the hip above the top of the knee. Each rep finishes 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 bring the barbell to the hang position before starting the next rep. Touch and go in the hang position is permitted, however if the athlete drops the barbell, they must first deadlift the barbell to start the next rep.



Each rep must start from the hang. Therefore, the first rep must be taken from the floor, with a wide grip, to a deadlift lockout (hips and knees fully extended, and head and shoulders behind the bar) before re-dipping to initiate the hang snatch. Once the bar has been deadlifted, re-dipping below the top of the knee is not permitted. A hang squat snatch is not permitted. The athlete must receive the barbell in a power position, with the crease of the hip above the top of the knee. The rep is counted when the barbell is at full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body with the feet in line. The athlete must bring the barbell back to the hang position to begin the next rep. Touch and go in the hang position is permitted, however if the athlete drops the barbell, they must first deadlift the barbell to start the next rep.

HANG POWER SNATCH

JUMPING PULL-UPS



For jumping pull-ups, the bar should be set up so it is at least 15cm above the top of the athlete's head when the athlete is standing tall. At the bottom, the arms must be fully extended. Overhand, underhand or mixed grip are all permitted. At the top, the chin must break the horizontal plane of the bar.





The movement starts with the kettlebell on the ground between the athletes feet. From there, the athlete may perform a muscle clean, power clean, squat clean or split clean with the kettlebell, so long as the kettlebell comes up and makes contact with the shoulder before bringing it back down to the athlete's side, or swinging it through the middle of the athlete's legs, to start the next rep.

HANG: The movement starts with the kettlebell on the ground next to the athlete's foot. After the kettlebell is lifted off the floor, the athlete must pause with the kettlebell at the hang position, either at their side or between the legs. From there, the athlete may perform a muscle clean, power clean, squat clean or split clean, so long as the kettlebell comes up and makes contact with the shoulder before bringing it back down to the side.

KETTLEBELL (HANG) CLEAN

KETTLEBELL GOBLET SQUAT



The movement starts with athlete's feet standing shoulder width apart and the kettlebell in between the feet on the ground. The athlete picks up the kettlebell and holds it in the middle of their chest anyway they like. The athlete's hips descend past parallel, lower than the knees, and stands tall with hips and knees fully extended at the top. The rep is counted at the top when athlete is standing in full extension. At no point in the movement can the athlete's elbows touch or rest on their thighs.





FRONT RACK: The athlete starts by picking up the kettlebell and holds the kettlebell in the front rack position. The athlete steps forward. At the bottom of the lunge, the trailing knee must make contact with the ground. The athlete must hold the kettlebell in the front rack position during the entire movement. The athlete must then step back to a two-foot standing position before beginning the next lunge forward. The rep is given when the athlete is holding the kettlebell in the front rack position, and is standing tall with hips and knees fully extended.

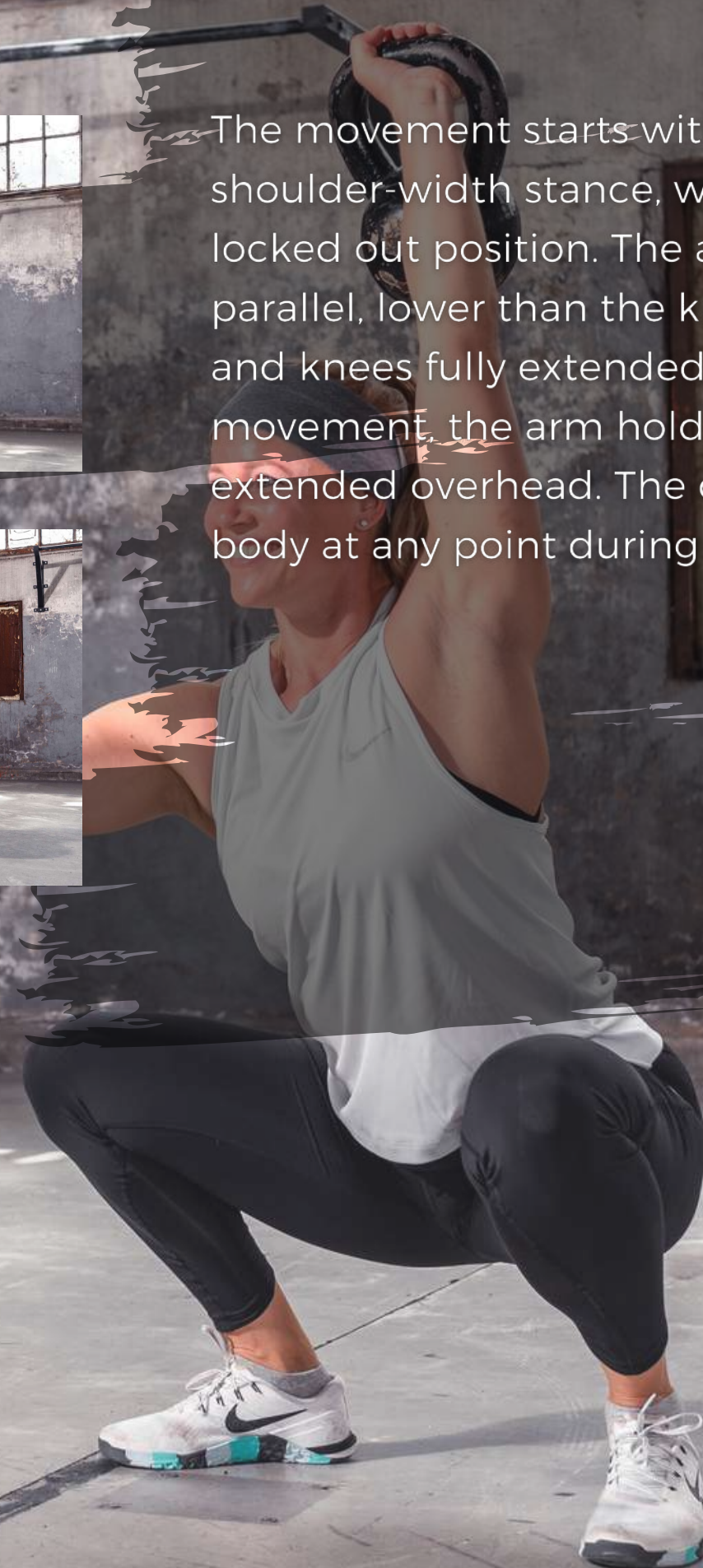
OVERHEAD: Each lunge begins with a kettlebell overhead, the feet together and the athlete standing tall with hips and knees extended. The athlete must then step forward with one foot. At the bottom of the overhead lunge, the trailing knee must make contact with the ground and the kettlebell must be above the height of the athlete's head. If, during the lunge, the kettlebell comes into contact with or falls below the level of the athlete's head, the athlete must stop the lunge and a no-rep will be given. The athlete then steps back to a two-foot standing position before stepping the opposite foot forward. The rep is given when the athlete has the kettlebell in the overhead position and is standing tall with hips and knees fully extended.

KETTLEBELL LUNGES FRONT RACK OVERHEAD

KETTLEBELL OVERHEAD SQUAT



The movement starts with the athlete's feet in a shoulder-width stance, with the kettlebell overhead in a locked out position. The athlete's hips descend below parallel, lower than the knees, and stands tall with hips and knees fully extended at the top. During the squat movement, the arm holding the kettlebell stays fully extended overhead. The other arm cannot touch the body at any point during the movement.



KETTLEBELL PUSH PRESS

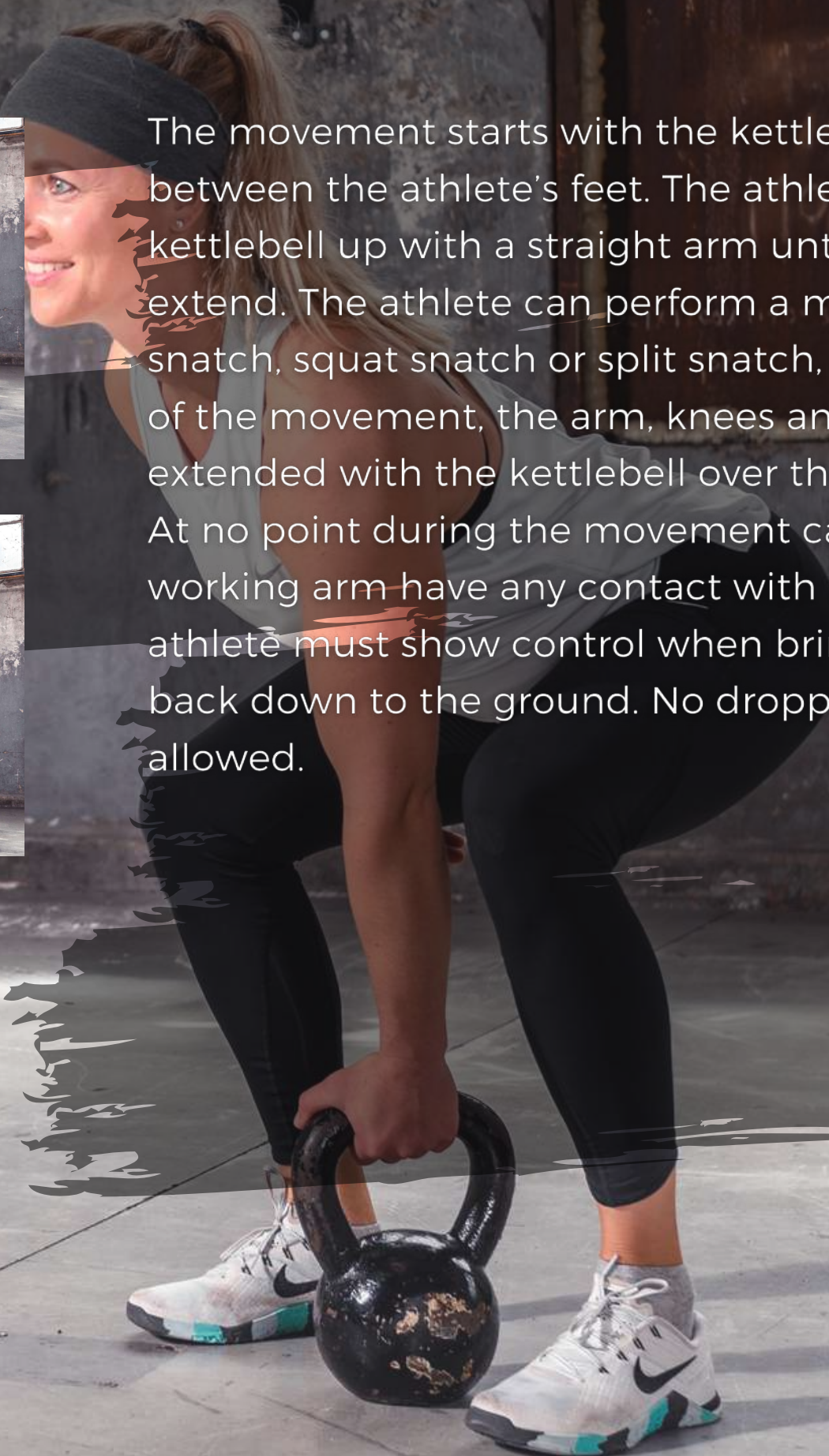
The movement starts with the kettlebell in the front rack position, elbows slightly in front of the kettlebell, on the athlete's shoulders. The athlete's body then dips down before pushing the kettlebell overhead; with hips, knees and arms fully extended at the top position.



KETTLEBELL SNATCH



The movement starts with the kettlebell on the ground between the athlete's feet. The athlete then pulls the kettlebell up with a straight arm until hips and legs extend. The athlete can perform a muscle snatch, power snatch, squat snatch or split snatch, as long as at the top of the movement, the arm, knees and hips are fully extended with the kettlebell over the middle of the foot. At no point during the movement can the athlete's non-working arm have any contact with the body. The athlete must show control when bringing the kettlebell back down to the ground. No dropping from overhead allowed.





The movement starts with the kettlebell in the front rack position, elbows slightly front of the kettlebell, on the athlete's shoulders. With a rigid body, the athlete presses the kettlebell overhead. The rep is given when the kettlebell is overhead and over the centre of the body; arms, knees and hips fully extended.



KETTLEBELL STRICT PRESS

KETTLEBELL WALKING LUNGE

FRONT RACK

OVERHEAD



FRONT RACK: The athlete starts by picking up the kettlebell and holds the kettlebell in the front rack position. Starting behind the mark denoting the start of the lane, the athlete steps forward. At the bottom of the lunge, the trailing knee must make contact with the ground. The athlete must hold the kettlebell in the front rack position during the entire movement and must continuously move forward. The rep is given when the athlete gets both heels across the line, is holding the kettlebell in the front rack position, and is standing tall with hips and knees fully extended. Shuffle steps are not allowed.

OVERHEAD: Each lunge begins with a kettlebell overhead, the feet together and the athlete standing tall with hips and knees extended. The athlete must be behind the mark denoting the start of the segment begin attempted. At the bottom of the overhead lunge, the trailing knee must make contact with the ground and the kettlebell must be above the height of the athlete's head. If, during the lunge, the kettlebell comes into contact with or falls below the level of the athlete's head, the athlete must stop lunging and return to the last completed section in order to continue. Athletes must continuously move forward. The rep is given when the athlete gets both heels across the line, has the kettlebell in the overhead position and is standing tall with hips and knees fully extended. Shuffle steps are not allowed.

KNEE RAISES

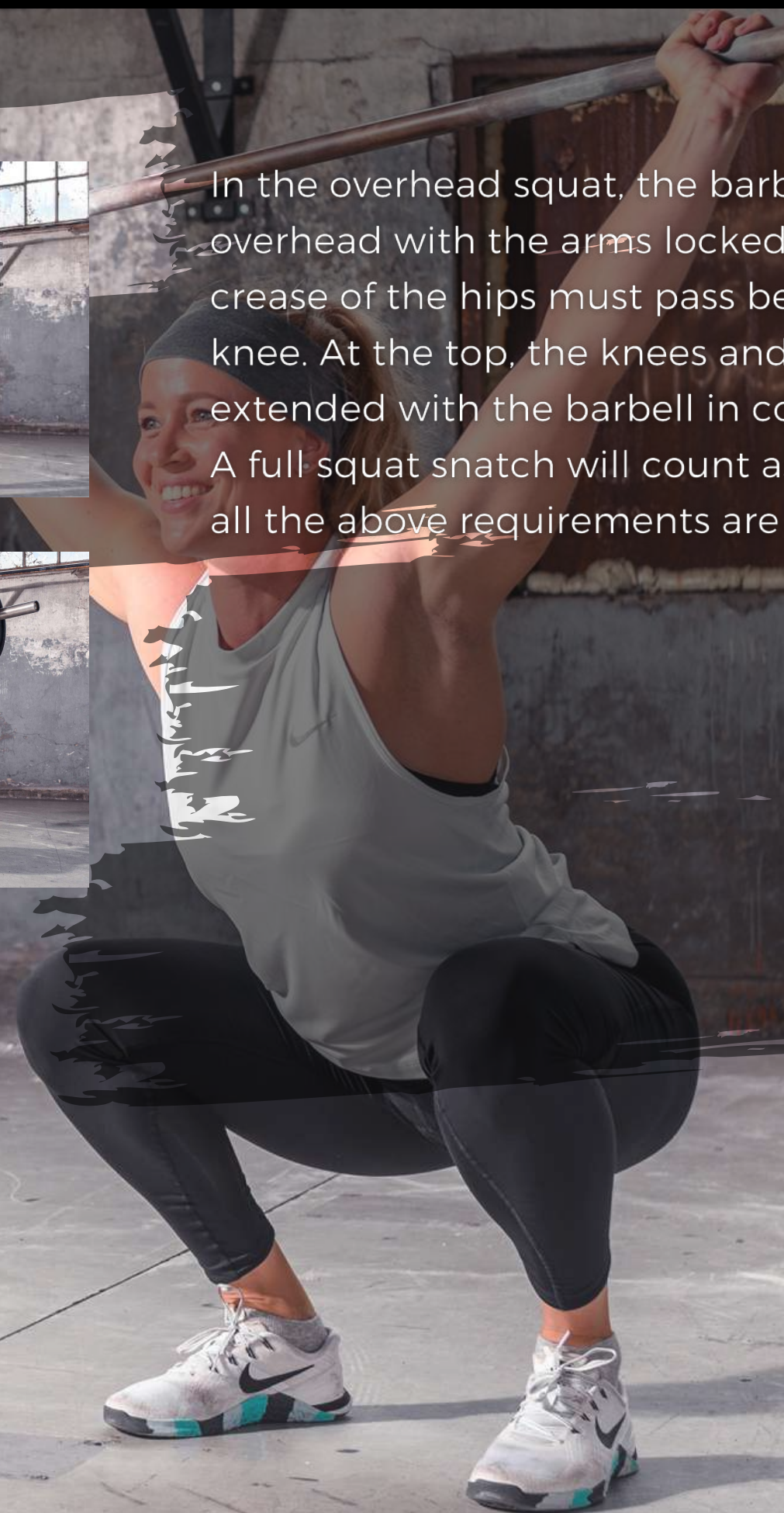
In the hanging knee-raise, the arms and hips must be fully extended at the bottom with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body. An overhand, underhand or split-grip are all permitted. At the top of the repetition, the athlete must raise the knees above the height of the hips.



OVERHEAD SQUAT



In the overhead squat, the barbell must be kept overhead with the arms locked out. At the bottom, the crease of the hips must pass below the height of the knee. At the top, the knees and hips must be fully extended with the barbell in control and over the heels. A full squat snatch will count as a repetition as long as all the above requirements are met.





Each lunge begins with the barbell overhead, the feet together and the athlete standing tall with hips and knees extended. The athlete must be behind the mark denoting the start of the segment begin attempted. At the bottom of the overhead lunge, the trailing knee must make contact with the ground and the barbell must be above the height of the athlete's head. If, during the lunge, the barbell comes into contact with or falls below the level of the athlete's head, the athlete must stop lunging and return to the last completed section in order to continue. Athletes must continuously move forward. The rep is given when the athlete gets both heels across the line, has the barbell in the overhead position and is standing tall with hips and knees fully extended. Shuffle steps are not allowed.

OVERHEAD WALKING LUNGE



PISTOL SQUAT



The athlete starts with both feet shoulder width apart on the floor. The athlete then extends one leg and keeps the foot from touching the floor. The hips descend back and down to below the knee in the bottom. Once the hips have broken parallel (below the knee), the athlete stands tall with the hips and knee of the working leg at full extension. The athlete then switches legs and performs the same movement on the opposite leg.



POWER CLEAN

The barbell begins on the ground. Touch and go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next rep. The athlete must catch the bar with their hips above parallel in a partial squat, and athlete's feet must be brought back in line for the rep to count. A deadlift followed by a hang clean is not allowed. The rep is counted when the athlete's hips and knees are fully extended, and the bar is resting on the shoulders with the elbows in front of the bar.



POWER SNATCH



Barbell begins on the ground and must be lifted overhead in one motion. The athlete must catch the bar with their hips above parallel in a partial overhead squat, and athlete's feet must be brought back in line. The barbell can be dropped from overhead. The rep is counted when the barbell is at full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body with the feet in line.



PULL-UP

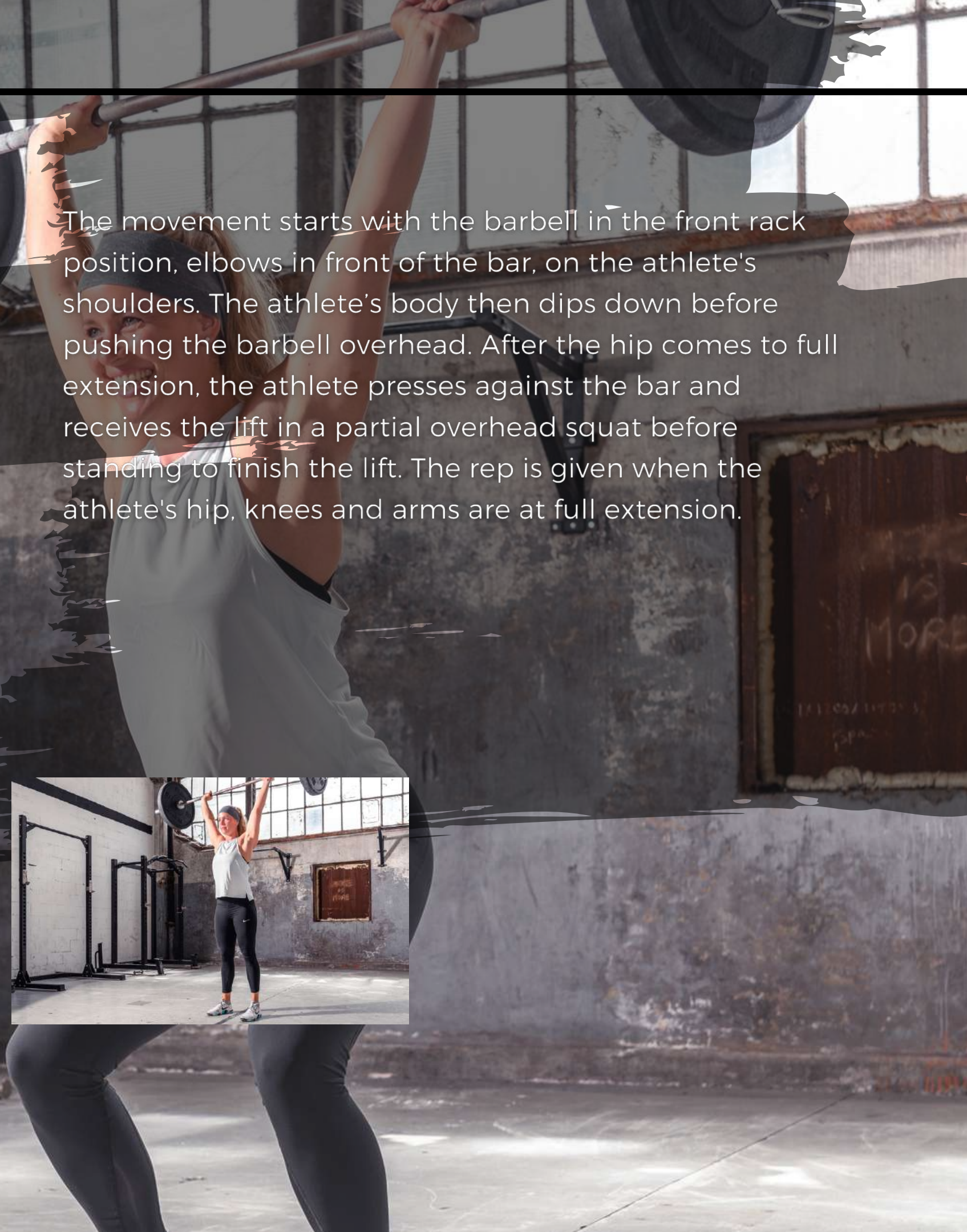
This is a standard pull-up. Dead hang, kipping, butterfly pull-ups are permitted as long as all the requirements are met. The arms must be fully extended at the bottom, with the athlete's feet off the ground. The rep is counted when the chin breaks the horizontal plane of the bar. Athletes may use an overhand or underhand grip to perform the movement.



PUSH JERK

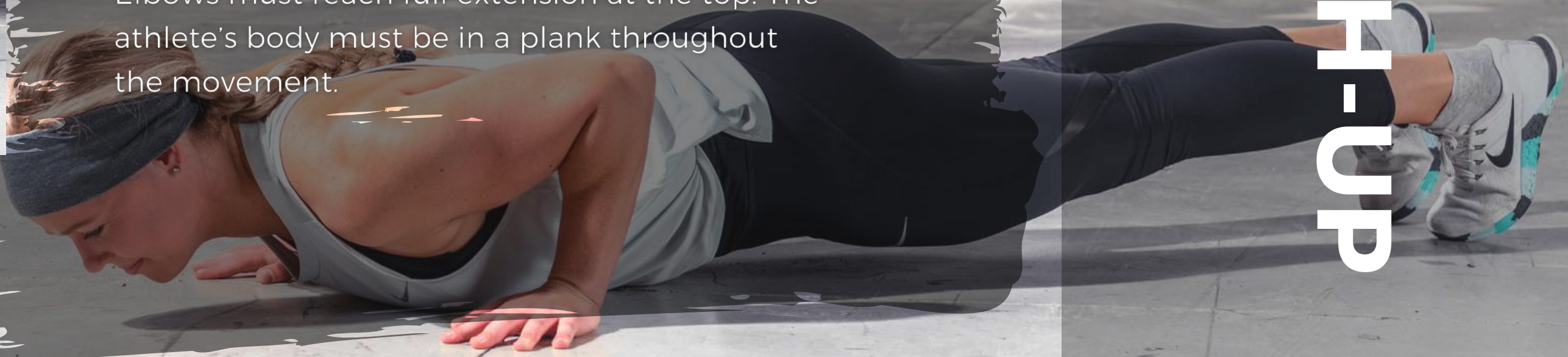


The movement starts with the barbell in the front rack position, elbows in front of the bar, on the athlete's shoulders. The athlete's body then dips down before pushing the barbell overhead. After the hip comes to full extension, the athlete presses against the bar and receives the lift in a partial overhead squat before standing to finish the lift. The rep is given when the athlete's hip, knees and arms are at full extension.





The athlete starts in a plank position leaning on hands and toes and no other body parts touching the floor. The athlete lowers their body by bending the arms, while keeping the plank position. For a good rep, the athlete's chest must touch the ground before the athlete can push back up to the starting position. No other body parts can touch the ground in the bottom position other than hands, feet and chest. Elbows must reach full extension at the top. The athlete's body must be in a plank throughout the movement.



PUSH-UP

PUSH PRESS



The movement starts with the barbell in the front rack position. elbows in front of the bar, on the athlete's shoulders. The athlete's body then dips down before pushing the barbell overhead; with hips, knees and arms fully extended at the top position.





The rings start shoulder width apart with the athlete's full grip on the rings. The athlete starts with arms extended and pushing down into the rings. The chest drops down while the elbows move back and the athlete's shoulders descend lower than the elbows. In the bottom position the rings must touch the sides of the athlete's chest. The rep is completed when the athlete pushing back up to the arms being fully extended.

RING DIP

RING MUSCLE-UP



In the muscle-up, the athlete must begin with or pass through a hang below the rings, with the arms fully extended (with or without a false grip) and the feet off the ground. The heels may not rise above the height of the rings during the kip. The elbows must be fully locked out while in the support position above the rings.

Kipping the muscle-up is acceptable, but swings or rolls to support are not permitted. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required.

RING ROW

The rings are set shoulder width apart and the athlete starts with the legs and arms fully extended. The feet must be placed on the designated marker at the beginning position. The athlete pulls the elbows back into the body until the rings touch the sides of the chest. The body stays rigid during the entire movement. The rep is completed when the arms are back in full extension.



ROPECLIMBS



Prior to starting, the athlete must verify that the height of the climbing rope reaches to a point that is at the designated height. A mark at the designated height on the rope must be made. This will mark the height that the athlete must lower themselves to before dropping from the rope on the descent. Each rep starts from the floor. The athlete may reach up or jump up to start the climb. Both feet must touch the floor between reps. Athletes may use their legs for assistance during the climb. At the top, one hand must touch at or above the designated height marker. On the way down, the athlete must descend below the marker on the rope and show control before releasing their grip. Dropping from above that marker is a no-rep.



ROW

The monitor on the rower must be set to zero at the beginning of each row. The athlete may have assistance resetting the monitor. The athlete must stay seated on the rower until the monitor reads the required calories.



The athlete starts with the feet planted shoulder width apart on the ground, with the kettlebell on the ground between the feet. The athlete picks up the kettlebell and proceeds to push the hips back and down, but above the knees. The hips and legs then extend rapidly, driving the kettlebell to parallel with straight arms. The rep is completed when the kettlebell is at or greater than parallel with the floor with full lockout of the elbows, hips and knees.

RUSSIAN KETTLEBELL SWING



SHOULDER TO OVERHEAD



The shoulder-to-overhead starts in the front rack position. The athlete can perform a strict press, push press, push jerk or split jerk to complete the rep. The rep is counted when the arms are fully extended overhead, hips and legs are extended, and feet are in line with the shoulders. If the athlete performs a split jerk, they must bring their feet together for the rep to count.





SINGLE UNDER

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



SKI-ERG

The monitor on the ski erg must be set to zero at the beginning of each set. The athlete reaches up to take the handles and starts the ski movement. The athlete must stay on the ski erg until the monitor reads the required calories.

STRICT PRESS

The movement starts with the barbell in the front rack position, elbows in front of the bar, on the athlete's shoulders. With a rigid body, the athlete presses the barbell overhead. The rep is given when the barbell is overhead and over the center of the body; arms, knees and hips fully extended.



SUMO DEADLIFT HIGH PULL



Starting with the barbell on the floor, the athlete lifts the bar until it reaches above the clavicle. The athlete uses a small grip, with hands inside of their legs, while their feet are in a wide stance. The athlete pulls the bar up to the clavicle, with hips and knees fully extended for the rep to count. The athlete may drop or place the barbell back on the ground.





The barbell begins on the ground. Touch and go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next rep. The athlete must pass through a full squat with hips below the knees. The athlete must perform a squat clean for the rep to count. A deadlift followed by a hang clean is not allowed. The rep is counted when the athlete is standing tall with the hips and knees fully extended, and the bar is resting on the shoulders with the elbows in front of the bar.

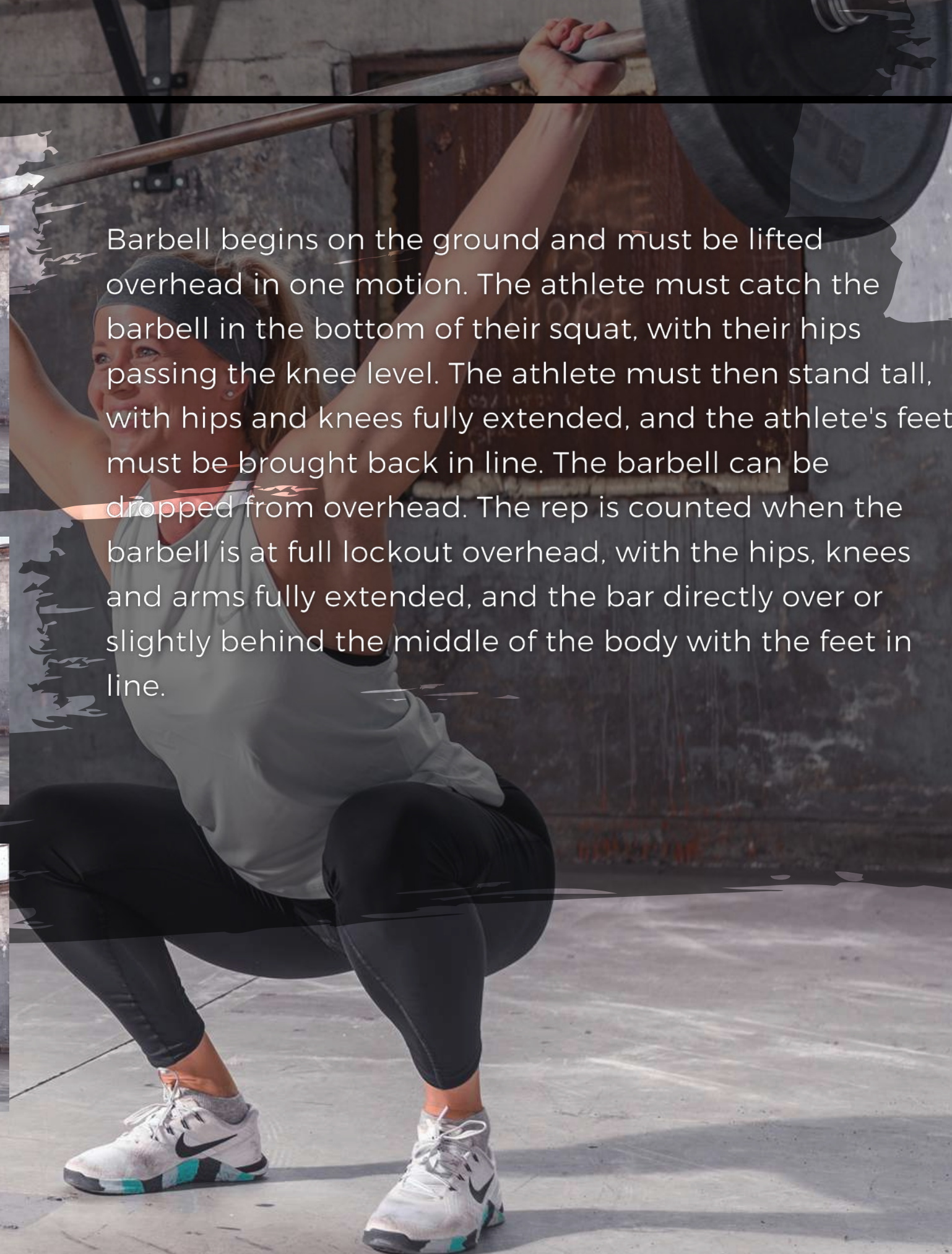
SQUAT CLEAN



SQUAT SNATCH



Barbell begins on the ground and must be lifted overhead in one motion. The athlete must catch the barbell in the bottom of their squat, with their hips passing the knee level. The athlete must then stand tall, with hips and knees fully extended, and the athlete's feet must be brought back in line. The barbell can be dropped from overhead. The rep is counted when the barbell is at full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body with the feet in line.





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 clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed when the bar is taken from the floor. If the barbell is dropped overhead, it must settle on the ground before the athlete picks it up for the next repetition.

THRUSTER

TOES TO BAR



Athlete must go from a full hang to having the toes touch the pull-up bar. At the start of each rep, the arms must be fully extended and the heels must be brought back behind the bar. Overhand, underhand or mixed grips are all permitted. The rep is counted when both feet come into contact with the bar at the same time, between the hands. Any part of the feet may make contact with the bar.





TRIPLE UNDER

In this movement, the rope passes under the feet three times for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

WALLBALL

In the wall ball shot, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target. The rep is given when the centre of the ball hits the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a 'no-rep'. If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

Target height Male: 10feet/303cm
Target height Female: 9feet/272,7cm

