

Movement standards

Gymnastics

Toes to bar

Athletes begin by hanging from the pull-up bar with their arms fully extended.
Before each rep, the heels must be brought back behind the rig.
The rep is credited when both feet touch the bar between the hands at the same time.
Any part of the feet may make contact with the bar.
The athlete is allowed to use gymnastic grips.
Overhand, underhand, or mixed grips are all permitted.
The rep may be done strict, or kipping.

Synchro Toes to bar

Movement is the same as Toes to bar as described above.
Both feet of both athletes need to touch the bar at the same time. Athletes are allowed to wait with their feet against the bar until the other athletes reach the bar.
The swing does not have to be synchronized.

Pull-ups

Athletes begin by hanging from the pull-up bar with their arms fully extended.
Before each rep, the heels must be brought back behind the rig.
The rep is credited when the chin rises above the pull-up bar.
The athlete is allowed to use gymnastic grips.
Overhand, underhand, or mixed grips are all permitted.
The rep may be done strict, kipping, or butterfly.

Synchro Chest-to-bar

Athletes begin by hanging from the pull-up bar with their arms fully extended.
Before each rep, the heels must be brought back behind the rig.
The rep is credited when the chest of both athletes clearly makes contact with the bar at or below the collarbone at the same time.
The swing does not have to be synchronized.
The athlete is allowed to use gymnastic grips.
Overhand, underhand, or mixed grips are all permitted.
The rep may be done strict, kipping, or butterfly.

Gymnastics complex: Toes to bar + Pull-up

An unbroken complex of a toes to bar followed by a pull-up must be performed to credit the rep. The same standards apply as described above.

The athlete is allowed to make any number of extra swings between the toes to bar and the pull-up, or make an extra attempt if, for example, the pull-up is not high enough. The athlete is not allowed to drop down from the rig between the toes to bar and the pull-up. After dropping down, the athlete needs to first perform a toes to bar before attempting a pull-up.

Per a fully completed complex, 2 points are credited to the team. If they perform 4 complexes + 1 toes to bar, they are awarded 8 points ($4 \times 2 + 0$).

Synchro Gymnastics complex: Synchro Toes to bar + Synchro Chest-to-bar pull-up

An unbroken complex of a toes to bar followed by a pull-up must be performed to credit the rep. The same standards apply as described above, and both movements need to be synced as described above.

The athletes are allowed to make any number of extra swings between the toes to bar and the chest-to-bar pull-up, or make an extra attempt if, for example, the chest-to-bar pull-up is not high enough. The athlete is not allowed to drop down from the rig between the toes to bar and the chest-to-bar pull-up. After dropping down, the athlete needs to first perform a toes-to-bar before attempting a chest-to-bar pull-up.

Per a fully completed complex, 2 points are credited to the team. If they perform 4 complexes + 1 toes to bar, they are awarded 8 points ($4 \times 2 + 0$).

Handstand pushups

The athlete starts standing upside down against the wall with both hands touching the line, arms fully extended, and heels against the wall.

The athlete then lowers their body until the head touches the ground.

From there, the athlete comes back up to the lockout position with heels against the wall.

The athlete can perform a strict or kipping handstand push-up.

Only at the start and end position, the athlete's heels have to be in contact with the wall. During the rest of the movement, the heels do not need to remain in contact with the wall.

The hands must keep touching the tape line during the whole movement.

Wallwalks

Every rep begins and ends with the athlete lying down, with their chest, feet, and thighs touching the ground. At the start and finish of each rep, both hands must touch the first tape line (fingers are OK).

Both hands must remain on the tape until both feet are on the wall.

At the top of the movement, both hands must touch the tape line for the 10-inch mark before the athlete can descend. Any part of the hand may touch the tape line.

On the descent, the feet must remain on the wall until both hands are touching the first line.

The rep is credited when the athlete returns to the starting position, with both hands touching the first line and their chest, thighs, and feet touching the ground. Any part of the hand may make contact with the tape line.

Dumbbell Movements

Synchro Alternating dumbbell clean

Each rep starts with one head of the dumbbell on the ground.

Both athlete grabs one dumbbell with the same hand (both athletes have the dumbbell in the left hand or both have it in the right hand).

The dumbbell moves from the floor to the front rack position, where the elbow is in front of the dumbbell.

The rep is credited when the knees and hips are fully extended, the elbows are in front of the body, and the athlete shows control over the dumbbell.

For the next rep, the athletes must switch hands. The switch can happen anywhere on the way down or on the ground.

The clean may be performed as a muscle, power, or squat clean.

Devil presses

The athlete grabs one dumbbell in either the left or right hand and moves down until the chest and thighs touch the floor at the same time.

Then the athlete steps or jumps on their feet and moves the dumbbell overhead in one fluent motion. Pausing with the dumbbells on the shoulders is not allowed.

The rep is credited when the dumbbell is centered above the head of the athlete with their knees, hips, and elbows fully extended.

The athlete can perform all reps with the dumbbell on the same side or is allowed to switch hands.

When switching hands, the switch can happen anywhere on the way down or on the ground.

The non-lifting hand does not make contact with the body at any time during the movement.

Barbell Movements

Complex: Clean + Front squat + Thruster + Shoulder to overhead

Each of the different movements of the complex is explained below.

During the complex, the barbell cannot touch the ground at any time.

Dropping the barbell behind will result in a no-rep.

Dropping the barbell with plates of 5kg or lower is not allowed and will result in a no-rep.

Stepping off the platform during any part of the lift will result in a no-rep.

Clean

Each rep starts with the barbell on the ground (both plates touching the ground).

The barbell moves from the floor to the front rack position, where the elbows are in front of the bar.

The rep is credited when the knees, hips, and elbows are fully extended and the athlete shows control over the barbell.

The clean may be performed as a muscle, power, or squat clean.

Front Squat

The rep starts and ends with the barbell in the front rack position, with knees and hips fully extended.

The athlete must pass through a full squat, with the hip crease clearly passing below the top of the knee, for the rep to count.

Thruster

The rep starts with the barbell in the front rack position, with knees and hips fully extended.

The athlete must pass through a full squat, with the hip crease clearly passing below the top of the knee.

From this bottom position, the barbell needs to move to an overhead position in one fluent motion. A pause or catching the barbell with bent knees is not allowed.

The rep is credited when the bar is straight above the head of the athlete, and knees, hips, and elbows are fully extended.

Shoulder to overhead

The athlete needs to bring the barbell back to the front rack position after the thruster.

From the front rack position, the athlete moves the barbell to an overhead position where the barbell is straight above the head of the athlete, and knees, hips, and elbows are fully extended.

The shoulder to overhead may be performed as a push jerk, split jerk, push press, or strict press.

Other movements

Wallballs

At the start of each rep, the ball must be in the support position in front of the athlete's body. The athlete squats down with the ball with the hip crease clearly passing below the top of the knee. The athlete then throws the ball to the target. The rep is credited when the center of the ball is above the tape line.

A squat clean to start the set is allowed but not required.

Box jump overs

The athlete starts with both feet on the ground on one side of the box. Standing on the corner is not allowed. The athlete jumps with 2 feet at the same time onto the box. After landing on the box, the athlete is not required to extend the body. The athlete may step off or jump off to the other side of the box. The rep is credited when both feet have touched the ground on the opposite side of the box. From there, they may begin their next rep. Only the feet are allowed to touch the box.

Double unders

The rope passes under the feet twice for each jump. The rope must spin forward.

The easiest way to count double unders is to focus on the feet and count the jumps.

Heavy rope single unders

The rope passes under the feet once for each jump. The rope must spin forward.

Ski-erg

The judge sets the ski-erg to a 9' workout before the start of the workout. The screen should not be touched during the workout. Ensure that the athletes stop skiing at the full minute mark, even if they started their minute of skiing later.

After each round, you write down the accumulated calories up to that point (don't reset the monitor). In the final round weight for the machine to stop counting up to note down the final amount of calories (thus, rollover calories count.)

Worm movements

Worm squats

Each rep starts and ends with the worm on the same shoulder for each athlete, with knees and hips fully extended.

The athletes squat down with the hip crease clearly passing below the top of the knee.

The athletes are allowed to do all reps with the worm on the same shoulder or switch sides, as long as both athletes have the worm on the same side of their body.

Both athletes look in the same direction (not facing each other).

Worm squat clean and jerks

Each rep starts with the worm on the ground.

The athletes need to bring the worm to their shoulder while squatting down with the hip crease clearly passing below the top of the knee.

Catching the worm in a power position and squatting down to full depth of the squat is also allowed.

The athletes then need to bring the worm overhead to the other shoulder.

They can do this by standing up straight and simultaneously bringing the worm overhead to the other shoulder (thruster-style). Or they can first stand up straight and then dip down to bring it overhead to the other shoulder.

The rep ends with the worm on the other shoulder than it started with, knees and hips fully extended.

While bringing the worm overhead to the other shoulder, athletes are not required to extend their elbows.

Worm carry

The rep starts with the worm on the ground, and both athletes stand with their feet completely behind the line.

The athletes then start moving forward until both feet of the person in the back are completely over the next line.

The worm can be carried any way they like, but it cannot be dragged on the ground.

Worm walking lunges

The rep starts with the worm on the same shoulder of both athletes and both athletes stand with their feet completely behind the line.

The athletes then start lunging forward with the same leg in front. For each step, the knees of both athletes need to touch the ground at the same time.

Then the athletes need to come up forward until full extension of the knees and hips is required before making the next step.

The rep ends when both feet of the person in the back are completely over the next line.

Athletes may alternate with which leg they step forward, but this is not required.

In case of rain, the athletes will perform alternating forward worm lunges on the spot. The athletes step forward with the same leg until the knees of both athletes touch the ground.

Now, instead of coming up forward, they need to step backward to their starting position until full extension of the knees and hips is achieved.

The athletes then take the next step with their other foot forward.

Burpees over the worm

The athletes start on opposite sides of the worm facing each other.

Both athletes move down until the chests and thighs are touching the floor at the same time.

Athletes are allowed to remain in lying position until the other athletes chest and thighs touch the floor.

Jumping or stepping in and out of the bottom of the burpee is permitted.

The athletes then jump over the worm (both feet must be off the ground at the same time, stepping is not allowed).

Jumping does not have to be done synchronized.

The rep is credited when both athletes have their feet on the ground on the opposite side of the worm.

Jumping behind or in front of the worm results in a no-rep.

Worm Shoulder to overhead

Each rep starts and ends with the worm on the same shoulder for each athlete.

The athletes may dip down to bring the worm overhead to the other shoulder.

Elbows do not need to be extended when bringing the worm overhead.

The athletes may catch the worm with a dip in their knees and directly continue with their next rep as long as full extension of the knees and hips is reached at any point of the rep.

Athletes do need to stand up straight with knees and hips fully extended before dropping the worm or continuing to the lunges.

Worm Thrusters

Each rep starts and ends with the worm on the same shoulder for each athlete.

The athletes squat down with the hip crease clearly passing below the top of the knee.

The athletes then need to bring the worm overhead to the other shoulder.

They need to do this by standing up and in one fluent motion bring the worm overhead to the other shoulder.

Athletes are allowed to immediately move down into their next rep.

Athletes do need to stand up straight with knees and hips fully extended before dropping the worm or continuing to the lunges.