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# POINTS OF PERFORMANCE

Points of Performance, PoP, for a specific exercise should provide a complete picture of the exercise. To make this easy to read and easy to learn, it is based on a few general rules and a small set of pre-defined positions and body parts.

<b>REP START</b>	Defines how the athlete's body and external object must be to <b>start</b> a valid repetition.
<b>REPEND</b>	Defines how the athlete's body and external object must be to <b>end</b> a valid repetition.
<b>REP REQUIREMENTS</b>	Requirements that the athlete must achieve <b>during</b> the repetition in order for it to be valid. This may also restrict what the body and object may do during the repetition.
<b>CYCLE &amp; POST REP</b>	Requirements for body and object <b>after</b> a valid repetition, and <b>before</b> the start of a new repetition.
<b>MEASUREMENTS</b>	Any measurements if applicable.
<b>VALID OBJECT/EQUIPMENT</b>	Defines which object(s) or equipment that can be used in accordance with the specific standard.
<b>VARIATIONS</b>	Lists any variations if applicable. See the variation overview of points to be <b>added</b> to the original PoP in order to meet the variation requirements.

# COLOR REFERENCES

<b>BLUE</b>	Reference for <b>POSITIONS</b> within Definitions.
<b>RED</b>	Reference for <b>BODY PARTS AND AREAS</b> within Definitions.
<b>GREEN</b>	Reference for <b>GENERAL RULES</b> .
<b>YELLOW</b>	Reference for <b>REP START</b> and <b>REP END</b> within Point of Performance.

# GENERAL RULES

- ADHERE TO INTENT** While a movement's definition is meant to be exact and complete, there might be cases where a literal interpretation of the written standard can be exploited to perform the movement in a way that was not intended. In such cases the Technical Official (TO) or Head Technical Official (HTO) will be able to no-rep such repetitions in real-time or after the test.
- AVOID CONTACT** Unless specifically stated the athlete and/or object may not rest or come in contact with:
- any surface (wall, ceiling, floor)
  - any equipment, bars, boxes, racks etc.
  - any objects not being the active object during a repetition
- The main exceptions not specified are shoes-to-floor on any ground movement and hands-to-rings/bar on any hanging movement as well as the active object's resting position (on ground, in rack etc.).
- PASSIVE ARM** Whenever there are one or more passive arms, e.g. in single arm movements or leg-movements, the passive arm(s) cannot be used to push or pull off the athlete's body or contact it in any way unless specifically stated in the standard. The arm(s) can however be swung in the air to generate momentum or kept freely in the air.
- HANG RULE** If an object is in contact with the ground, including before the initial rep, a [deadlift lockout](#) must be achieved before the rep can be initiated.
- ALTERNATING RULE** An alternating execution of a task implies that the repetitions of the task must be completed by alternating left/right on the active hand or foot. After a good rep by the left side, a new repetition will not be counted on the left side before a good rep has been performed on the right. If the athlete is not able to perform the movement on both sides, he or she will not be able to complete the task.

**UNBROKEN RULE**

A set of repetitions must be performed without breaking, resting object on ground or resting outside of the normal movement pattern. If **rep start=rep end**, then there are no “in between” reps and rep requirements would count for the whole set.

**Some definitions in this regard:**

- Breaking equals letting go of external object or dismounting from bar/rings.
- Resting on ground is anything more than a touch-and-go fraction of a second contact.
- Resting outside of normal movement pattern is going into a position that normally one would not and that is clearly done for the recovery purpose. E.g. putting the bar on the back of the neck (not front-rack) during a set of thrusters.

**LINE POSITIONING**

Whenever a standard requires the athlete to be in contact with the ground on one side of a line, this means that not only must the athlete be in contact with the ground as stated, but no other part of the athlete may be in contact with the actual line or the area on the other side of the line.

Parts of the athlete’s body may be above the line or on the incorrect side of the line as long as these parts are in the air and not in contact with the ground. E.g. an athlete may jump over a finish line while having his hands in the air behind the line.

**WEIGHT VEST**

If a weight vest is required for a task, it must be worn tight enough so that the vest can be pulled away no greater than two fingers depth from the chest. An athlete who chooses to adjust vest tightness while mid-task may be required to show the TO that the vest adjustment conforms to the above standard before continuing with further task work.

**VISIBILITY AT SPEED**

Unless specifically stated in the standard, all **rep start, rep end** and other positions may be achieved in speed and with momentum. Still, it is the athlete’s responsibility to perform the movement clearly for the TO.

# DEFINITIONS, BODY PARTS & AREAS

## CHEST

- Area on torso including the clavicle and down to and including upper abs

## SHOULDERS

- Area on torso including the actual shoulders and down to and including clavicle

## ABS

- Area on torso including sternum and down to and including hipbones

## TOES

- Area on the shoe also known as "toe box" - typically up until the laces start
- Includes top, bottom and any sides of the shoe in this area

## HANDS

- **Positioning:** Entire hand with full palm and all fingers
- **Gripping:** Any part of the hand, full or partial

## FRONT RACK

- Area including **chest** and **shoulders**

## BACK RACK

- Area from neck and down to lower shoulder blades

## OVERHEAD

- Area above the top of the head of the athlete. Can be slightly above, or way above
- In front, directly over, or behind the center of head

## KNEES

- The joint between the thighs and the lower leg

## ELBOWS

- The joint between the humerus (upper arm) and the radius and ulna (forearm)

## LEG

- Entire lower limb of the human body, including the foot, thigh and even the hips and gluteal region

## HIP

- The joint between the femur and the hip bone

## FOOT

- The terminal joint of the leg, below the ankle joint

# DEFINITIONS, POSITIONS

## STANDING FREE

- Both feet in contact with the ground.

## BOTTOM OF SQUAT

- **Standing free** (2-foot version) or 1 foot on the ground
- Achieving a full squat, with the crease of the hip below the plane of the top of the knee for each active leg.

## POWER POSITION

- **Standing free.**
- Avoiding bottom-of-squat, this includes:
  - a partial squat
  - a full extension (also known as "muscle position")
  - a split position

## STANDING TALL

- **Standing free** position is achieved.
- Full extension of the hips and knees.
- **Chest** up, straight back.
- Vertical alignment of the **shoulders**, hips, knees and ankles.

## DEADLIFT LOCKOUT

- **Standing tall** position is achieved.
- Object is supported by the **hands**, arms oriented downward from the **shoulders**.
- Elbows fully extended.
- **Shoulders** behind the vertical plane of the object if object is kept in front of body.

## HANG POSITION

- **Standing free.**
- Object off ground (not touching ground with any part of the object).
- Object is supported by the **hands**, arms oriented downward from the **shoulders**.
- Elbows extended.
- Shoulders in front of the vertical plane, placing object slightly lower than a **deadlift lockout**.

## FRONT RACK LOCKOUT

- **Standing tall** position is achieved.
- Object in contact with the athlete's **shoulder(s)**.
- Elbow(s) clearly in front of the center of mass of the object.
- Fist(s) below chin.

**OVERHEAD LOCKOUT**

- **Standing tall** position is achieved.
- Object is **overhead** and over the sagittal midline of the body.
- The shoulder angle is open or rearward of the frontal plane.
- Full extension of elbows.
- For 1-arm versions, the supporting arm is vertical.

**VERTICAL HANG**

- Hanging vertically from a suspended bar or rings using both **hands**.
- Full extension of elbows.
- The shoulder angle is open or rearward of the frontal plane.

**VERTICAL INVERSION**

- Inverted (upside - down) position.
- Only the ventral part of the **hands** in contact with the ground.
- Full extension of the hips, knees and elbows.
- Vertical alignment of the **shoulders**, hips, knees and ankles.

**VERTICAL SUPPORT**

- Fully supported on **hands** above equipment (typically horizontal bar or rings).
- Elbows fully extended.
- **Chest** up, straight back.
- Bodyweight is not supported with any body parts other than the **hands** (e.g. resting trunk on the bar).

**PRONE**

- Generally flat on the ground, not arching.
- Resting on the ventral part of the **hands**.
- **Hands** positioned behind the line made by the chin.
- **Chest** and **toes** in contact with the ground.
- **Leg, knee**, face or any other body-part contact is permitted, but not required.

**SPLIT**

- **Standing free**
- The entire front **foot** must be placed further in front than the **toes** of the back **foot**. Both feet must move away from each other.



## **SEATED**

- Gluteus in contact with ground or starting object.

## **L-POSITION**

- "L"-shape 90-degree angle at the hip.
- Forming an L-position horizontal legs, and heels at or above glutes.

## **PLANK LOCKOUT**

- Resting on the ventral part of the **hands** and **toes**.
- No other body parts are in contact with the ground.
- Arms and **legs** fully extended.
- **Shoulders, hips**, and **feet** in alignment.
- **Toes** no greater than **shoulder** width apart.

# DEFINITIONS, OBJECT ON GROUND

## **BARBELL**

- Both bumpers in contact with the ground at the same time.

## **DUMBBELL**

- Both sides on a single dumbbell in contact with the ground at the same time.

## **KETTLEBELL**

- Any part of the bottom circle of a kettlebell in contact with the ground.

## **BALL**

- Any part of the ball in contact with the ground.

## **ODD OBJECT**

- Any part of the object in contact with the ground.

# STANDARDS, CATEGORICALLY SORTED

## AIRSQUAT-ID1.01

Athlete, without any external load, squats down below parallel and returns to standing.

### REP START

- [Standing tall.](#)

### REP END

- [Standing tall.](#)

### REP REQUIREMENT

- Achieve the [bottom of squat.](#)

### CYCLE & POST REP

- [Rep end](#) is a valid new [rep start.](#)

## SQUATS

DEADLIFTS

GROUND TO SHOULDER

GROUND TO OVERHEAD

SHOULDER TO OVERHEAD

KETTLEBELL

HORIZONTAL BAR

RINGS

MONOSTRUCTURAL

JUMPING

CLIMBING

HANDSTANDS

CORE

ODD OBJECT

MISCELLANEOUS

**BACK SQUAT**- ID 1.02

Athlete, with weight on back of shoulders, squats down below parallel and returns to standing.

**REP START**

- Standing tall.
- Object resting in the **back rack**.

**REP END**

- Standing tall.
- Object resting in the **back rack**.

**REP REQUIREMENT**

- Achieve the **bottom of squat**.
- Object in **back rack** throughout the full rep.

**CYCLE & POST REP**

- **Rep end** is a valid new **rep start**.

**SQUATS**

DEADLIFTS

GROUND TO SHOULDER

GROUND TO OVERHEAD

SHOULDER TO OVERHEAD

KETTLEBELL

HORIZONTAL BAR

RINGS

MONOSTRUCTURAL

JUMPING

CLIMBING

HANDSTANDS

CORE

ODD OBJECT

MISCELLANEOUS

**FRONT SQUAT** - ID 1.03

Athlete, with weight on front of shoulders, squats down below parallel and returns to standing.

**REP START**

- **Front rack lockout.**

**REP END**

- **Front rack lockout.**

**REP REQUIREMENT**

- Achieve the **bottom of squat.**
- Object in **front rack** throughout the full rep.
- **Hand(s)** below chin.

**CYCLE & POST REP**

- **Rep end** is a valid new **rep start.**

**VALID OBJECT / EQUIPMENT**

- Barbell
- Dumbbell, 1 or 2
- Kettlebell, 1 or 2

**SQUATS**

DEADLIFTS

GROUND TO SHOULDER

GROUND TO OVERHEAD

SHOULDER TO OVERHEAD

KETTLEBELL

HORIZONTAL BAR

RINGS

MONOSTRUCTURAL

JUMPING

CLIMBING

HANDSTANDS

CORE

ODD OBJECT

MISCELLANEOUS

**OVERHEAD SQUAT - ID 1.04**

Athlete, with weight overhead, squats down below parallel and returns to standing.

**REP START**

- Overhead lockout.

**REP END**

- Overhead lockout.

**REP REQUIREMENT**

- Achieve the bottom of squat.
- Object is kept overhead throughout the full rep.

**CYCLE & POST REP**

- Rep end is a valid new rep start.

**VALID OBJECT / EQUIPMENT**

- Barbell
- Dumbbell, 1or 2
- Kettlebell, 1or 2

**SQUATS**

DEADLIFTS

GROUND TO SHOULDER

GROUND TO OVERHEAD

SHOULDER TO OVERHEAD

KETTLEBELL

HORIZONTAL BAR

RINGS

MONOSTRUCTURAL

JUMPING

CLIMBING

HANDSTANDS

CORE

ODD OBJECT

MISCELLANEOUS

**FRONT LOADED SQUAT - ID 1.05**

Athlete, with weight in front of chest, squats down below parallel and returns to standing.

**REP START**

- Standing tall.
- Object is kept in front of **chest** and/or **abs**.

**REP END**

- Standing tall.
- Object is kept in front of **chest** and/or **abs**.

**REP REQUIREMENT**

- Achieve the **bottom of squat**.
- Object is kept in front of **chest** and/or **abs** throughout the full rep.

**CYCLE & POST REP**

- **Rep end** is a valid new **rep start**.

**VARIATION**

- V.03 - Goblet
- V.04 - Zercher
- V.05 - Bear-hug

**SQUATS**

DEADLIFTS  
GROUND TO SHOULDER  
GROUND TO OVERHEAD  
SHOULDER TO OVERHEAD  
KETTLEBELL  
HORIZONTAL BAR  
RINGS  
MONOSTRUCTURAL  
JUMPING  
CLIMBING  
HANDSTANDS  
CORE  
ODD OBJECT  
MISCELLANEOUS

## PISTOL - ID 1.06

Athlete, balancing on one leg, squats down below parallel while keeping the non-working leg elevated off the floor and returns to standing.

### REP START

- Only the active foot in contact with the ground.
- Full extension of the hip and knee for active leg.
- Chest up, straight back.
- No rotation in body.

### REP END

- Only the active foot in contact with the ground.
- Full extension of the hip and knee for active leg.
- Chest up, straight back.
- No rotation in body.

### REP REQUIREMENT

- Achieve the **bottom ofsquat**.
- Non-supporting foot elevated off ground and in front of body throughout the rep.
- Non-supporting foot can be held by hand

### CYCLE & POST REP

- **Rep end** is a valid new **rep start**.

### VARIATION

V.04 - Goblet

V.06 - Overhead

## SQUATS

DEADLIFTS

GROUND TO SHOULDER

GROUND TO OVERHEAD

SHOULDER TO OVERHEAD

KETTLEBELL

HORIZONTAL BAR

RINGS

MONOSTRUCTURAL

JUMPING

CLIMBING

HANDSTANDS

CORE

ODD OBJECT

MISCELLANEOUS

**DEADLIFT - ID 2.01**

Athlete moves object from ground to hips.

**REP START**

- Object on ground.
- Hand(s) on object.

**REP END**

- Deadlift lockout.

**REP REQUIREMENT**

- Hands and arms are kept outside the legs.

**CYCLE & POST REP**

- Object cannot bounce, that is have notable upwards momentum from ground impact.

**VARIATION**

V.09 - Deficit

V.10 - Elevated

SQUATS

**DEADLIFTS**

GROUND TO SHOULDER  
GROUND TO OVERHEAD  
SHOULDER TO OVERHEAD  
KETTLEBELL  
HORIZONTAL BAR  
RINGS  
MONOSTRUCTURAL  
JUMPING  
CLIMBING  
HANDSTANDS  
CORE  
ODD OBJECT  
MISCELLANEOUS



## SUMO DEADLIFT - ID 2.02

Athlete moves object from ground to hips with wide stance.

### REP START

- Object on ground.
- Hand(s) on object.

### REP END

- Deadlift lockout.

### REP REQUIREMENT

- Hands and arms are kept inside the legs.

### CYCLE & POST REP

- Object cannot bounce, that is have notable upwards momentum from ground impact.

### VARIATION

V.09 - Deficit

V.10 - Elevated

SQUATS

### DEADLIFTS

GROUND TO SHOULDER

GROUND TO OVERHEAD

SHOULDER TO OVERHEAD

KETTLEBELL

HORIZONTAL BAR

RINGS

MONOSTRUCTURAL

JUMPING

CLIMBING

HANDSTANDS

CORE

ODD OBJECT

MISCELLANEOUS

**CLEAN, ANYHOW**- ID 3.01

Athlete moves object from ground to shoulders in one fluid motion.

**REP START**

- Object on ground.
- Hand(s) on object.

**REP END**

- Front rack lockout.

**REP REQUIREMENT**

- Object is moved in one fluid motion from ground or hang to **front rack**.
- Must be a **clean movement**.

**CYCLE & POST REP**

- The object can be returned to **rep start** in any controlled manner.

**VARIATION**

V.10 – Elevated

V.14 – Split

SQUATS

DEADLIFTS

**GROUND TO SHOULDER**

GROUND TO OVERHEAD

SHOULDER TO OVERHEAD

KETTLEBELL

HORIZONTAL BAR

RINGS

MONOSTRUCTURAL

JUMPING

CLIMBING

HANDSTANDS

CORE

ODD OBJECT

MISCELLANEOUS

**POWER CLEAN** - ID 3.02

Athlete moves object in one fluid motion from ground to shoulders, never squatting down to full depth.

**REP START**

- Object on ground.
- Hand(s) on object.

**REP END**

- Front rack lockout.

**REP REQUIREMENT**

- Object is moved in one fluid motion from ground to **front rack** in the **power position**.
- Avoid the **bottom of squat**.

**CYCLE & POST REP**

- The object can be returned to **rep start** in any controlled manner.

**VARIATION**

- V.10 – Elevated
- V.14 – Split

SQUATS  
 DEADLIFTS  
**GROUND TO SHOULDER**  
 GROUND TO OVERHEAD  
 SHOULDER TO OVERHEAD  
 KETTLEBELL  
 HORIZONTAL BAR  
 RINGS  
 MONOSTRUCTURAL  
 JUMPING  
 CLIMBING  
 HANDSTANDS  
 CORE  
 ODD OBJECT  
 MISCELLANEOUS

**SQUAT CLEAN** - ID 3.03

Athlete moves object in one fluid motion from ground to shoulders while squatting below parallel.

**REP START**

- Object on ground.
- Hand(s) on object.

**REP END**

- Front rack lockout.

**REP REQUIREMENT**

- Object is moved in one fluid motion from ground to **front rack**.
- Without pause after receiving the object, the **bottom of squat** must be achieved.

**CYCLE & POST REP**

- The object can be returned to **repstart** in any controlled manner.

**VARIATION**

V.10 - Elevated

SQUATS  
 DEADLIFTS  
**GROUND TO SHOULDER**  
 GROUND TO OVERHEAD  
 SHOULDER TO OVERHEAD  
 KETTLEBELL  
 HORIZONTAL BAR  
 RINGS  
 MONOSTRUCTURAL  
 JUMPING  
 CLIMBING  
 HANDSTANDS  
 CORE  
 ODD OBJECT  
 MISCELLANEOUS

**HANG CLEAN, ANYHOW** - ID 3.04

Athlete moves object in one fluid motion from above knees to shoulder.

**REP START**

- [Hang position.](#)

**REP END**

- [Front rack lockout.](#)

**REP REQUIREMENT**

- Object is moved in one fluid motion from hang to [front rack](#).
- Adhere to [hang rule](#).

**CYCLE & POST REP**

- The object can be returned to [repstart](#) in any controlled manner as long as it adheres to the [hang rule](#).

SQUATS  
 DEADLIFTS  
**GROUND TO SHOULDER**  
 GROUND TO OVERHEAD  
 SHOULDER TO OVERHEAD  
 KETTLEBELL  
 HORIZONTAL BAR  
 RINGS  
 MONOSTRUCTURAL  
 JUMPING  
 CLIMBING  
 HANDSTANDS  
 CORE  
 ODD OBJECT  
 MISCELLANEOUS

**HANG POWER CLEAN** - ID 3.05

Athlete moves object in one fluid motion from above ground to shoulder never squatting below parallel.

**REP START**

- Hang position.

**REP END**

- Front rack lockout.

**REP REQUIREMENT**

- Object is moved in one fluid motion from hang to **front rack** in the **power position**.
- Avoid the **bottom of squat**.
- Adhere to **hang rule**.

**CYCLE & POST REP**

- The object can be returned to **repstart** in any controlled manner as long as it adheres to the **hang rule**.

SQUATS  
 DEADLIFTS  
**GROUND TO SHOULDER**  
 GROUND TO OVERHEAD  
 SHOULDER TO OVERHEAD  
 KETTLEBELL  
 HORIZONTAL BAR  
 RINGS  
 MONOSTRUCTURAL  
 JUMPING  
 CLIMBING  
 HANDSTANDS  
 CORE  
 ODD OBJECT  
 MISCELLANEOUS

**HANG SQUAT CLEAN** - ID 3.06

Athlete moves object in one fluid motion from above ground to shoulder catching the object while squatting below parallel.

**REP START**

- Hang position.

**REP END**

- Front rack lockout.

**REP REQUIREMENT**

- Object is moved in one fluid motion from hang to **front rack**.
- Without pause after receiving the object, the **bottom of squat** must be achieved.
- Adhere to **hang rule**.

**CYCLE & POST REP**

- The object can be returned to **rep start** in any controlled manner as long as it adheres to the **hang rule**.

SQUATS  
 DEADLIFTS  
**GROUND TO SHOULDER**  
 GROUND TO OVERHEAD  
 SHOULDER TO OVERHEAD  
 KETTLEBELL  
 HORIZONTAL BAR  
 RINGS  
 MONOSTRUCTURAL  
 JUMPING  
 CLIMBING  
 HANDSTANDS  
 CORE  
 ODD OBJECT  
 MISCELLANEOUS

**SNATCH, ANYHOW-ID 4.01**

Athlete moves object in one fluid motion from ground to overhead.

**REP START**

- Object on ground.
- Hand(s) on object.

**REP END**

- Overhead lockout.

**REP REQUIREMENT**

- Object is moved in one fluid motion from ground to **overhead** position.

**CYCLE & POST REP**

- The object can be returned to **rep start** in any controlled manner.

**VARIATION**

- V.10 – Elevated
- V.14 – Split

SQUATS  
 DEADLIFTS  
 GROUND TO SHOULDER  
**GROUND TO OVERHEAD**  
 SHOULDER TO OVERHEAD  
 KETTLEBELL  
 HORIZONTAL BAR  
 RINGS  
 MONOSTRUCTURAL  
 JUMPING  
 CLIMBING  
 HANDSTANDS  
 CORE  
 ODD OBJECT  
 MISCELLANEOUS



**POWER SNATCH** - ID 4.02

Athlete moves object in one fluid motion from ground to overhead, never squatting down to full depth.

**REP START**

- Object on ground.
- Hand(s) on object.

**REP END**

- Overhead lockout.

**REP REQUIREMENT**

- Object is moved in one fluid motion from ground to overhead position.
- Avoid the bottom of squat.

**CYCLE & POST REP**

- The object can be returned to rep start in any controlled manner.

**VARIATION**

- V.10 – Elevated
- V.14 – Split

SQUATS  
 DEADLIFTS  
 GROUND TO SHOULDER  
**GROUND TO OVERHEAD**  
 SHOULDER TO OVERHEAD  
 KETTLEBELL  
 HORIZONTAL BAR  
 RINGS  
 MONOSTRUCTURAL  
 JUMPING  
 CLIMBING  
 HANDSTANDS  
 CORE  
 ODD OBJECT  
 MISCELLANEOUS

**SQUAT SNATCH** - ID 4.03

Athlete moves object in one fluid motion from ground to overhead catching the object at full squat depth.

**REP START**

- Object on ground.
- Hand(s) on object.

**REP END**

- Overhead lockout.

**REP REQUIREMENT**

- Object is moved in one fluid motion from ground to overhead position.
- Without pause after receiving the object, the bottom of squat must be achieved.

**CYCLE & POST REP**

- The object can be returned to rep start in any controlled manner.

**VARIATION**

V.10 - Elevated

SQUATS  
 DEADLIFTS  
 GROUND TO SHOULDER  
**GROUND TO OVERHEAD**  
 SHOULDER TO OVERHEAD  
 KETTLEBELL  
 HORIZONTAL BAR  
 RINGS  
 MONOSTRUCTURAL  
 JUMPING  
 CLIMBING  
 HANDSTANDS  
 CORE  
 ODD OBJECT  
 MISCELLANEOUS

## HANG SNATCH, ANYHOW - ID 4.04

Athlete moves object in one fluid motion starting above knees to overhead.

### REP START

- Hang position.

### REP END

- Overhead lockout.

### REP REQUIREMENT

- Object is moved in one fluid motion from hang to **overhead** position.
- Adhere to **hang rule**.

### CYCLE & POST REP

- The object can be returned to **rep start** in any controlled manner as long as it adheres to the **hang rule**.

SQUATS  
DEADLIFTS  
GROUND TO SHOULDER  
**GROUND TO OVERHEAD**  
SHOULDER TO OVERHEAD  
KETTLEBELL  
HORIZONTAL BAR  
RINGS  
MONOSTRUCTURAL  
JUMPING  
CLIMBING  
HANDSTANDS  
CORE  
ODD OBJECT  
MISCELLANEOUS

**HANG POWER SNATCH** - ID 4.05

Athlete moves object in one fluid motion starting above knees from ground to overhead, never squatting down to full depth.

**REP START**

- Hang position.

**REP END**

- Overhead lockout.

**REP REQUIREMENT**

- Object is moved in one fluid motion from hang to **overhead** position.
- Avoid the **bottom of squat**.
- Adhere to **hang rule**.

**CYCLE & POST REP**

- The object can be returned to **rep start** in any controlled manner as long as it adheres to the **hang rule**.

SQUATS  
 DEADLIFTS  
 GROUND TO SHOULDER  
**GROUND TO OVERHEAD**  
 SHOULDER TO OVERHEAD  
 KETTLEBELL  
 HORIZONTAL BAR  
 RINGS  
 MONOSTRUCTURAL  
 JUMPING  
 CLIMBING  
 HANDSTANDS  
 CORE  
 ODD OBJECT  
 MISCELLANEOUS

**HANG SQUAT SNATCH** - ID 4.06

Athlete moves object in one fluid motion starting above knees to overhead catching the object at full squat depth.

**REP START**

- Hang position.

**REP END**

- Overhead lockout.

**REP REQUIREMENT**

- Object is moved in one fluid motion from hang to **overhead** position.
- Without pause after receiving the object, the **bottom of squat** must be achieved.
- Adhere to **hang rule**.

**CYCLE & POST REP**

- The object can be returned to **rep start** in any controlled manner as long as it adheres to the **hang rule**.

SQUATS  
 DEADLIFTS  
 GROUND TO SHOULDER  
**GROUND TO OVERHEAD**  
 SHOULDER TO OVERHEAD  
 KETTLEBELL  
 HORIZONTAL BAR  
 RINGS  
 MONOSTRUCTURAL  
 JUMPING  
 CLIMBING  
 HANDSTANDS  
 CORE  
 ODD OBJECT  
 MISCELLANEOUS

**CLUSTER** - ID 4.07

Athlete performs a squat clean and a thruster in one fluid motion.

**REP START**

- Object on ground.
- Hand(s) on object.

**REP END**

- Overhead lockout.

**REP REQUIREMENT**

- Object is moved in one fluid motion from ground to **front rack**.
- Without pause after receiving the object, the **bottom of squat** must be achieved.
- Object is moved in one fluid motion from front-rack in **bottom of squat** to **overhead lockout**.
- Knees and hips must be extended after the object has left the **front rack** and until **overhead lockout** is achieved.

**CYCLE & POST REP**

- The object can be returned to **rep start** in any controlled manner.

SQUATS  
 DEADLIFTS  
 GROUND TO SHOULDER  
**GROUND TO OVERHEAD**  
 SHOULDER TO OVERHEAD  
 KETTLEBELL  
 HORIZONTAL BAR  
 RINGS  
 MONOSTRUCTURAL  
 JUMPING  
 CLIMBING  
 HANDSTANDS  
 CORE  
 ODD OBJECT  
 MISCELLANEOUS

**STRICT PRESS** - ID 5.01

Athlete moves object from shoulders to overhead; pressing object up without any movement of lower body.

**REP START**

- **Standing tall.**
- Object supported in the **front rack** without any momentum.

**REP END**

- **Overhead lockout.**

**REP REQUIREMENT**

- Maintaining extended knees and hips as well as heels to the ground throughout the full rep.

**CYCLE & POST REP**

- The object can be returned to **rep start** in any controlled manner.

SQUATS  
 DEADLIFTS  
 GROUND TO SHOULDER  
 GROUND TO OVERHEAD  
**SHOULDER TO OVERHEAD**  
 KETTLEBELL  
 HORIZONTAL BAR  
 RINGS  
 MONOSTRUCTURAL  
 JUMPING  
 CLIMBING  
 HANDSTANDS  
 CORE  
 ODD OBJECT  
 MISCELLANEOUS

**PUSH PRESS** - ID5.02

Athlete moves object from shoulders to overhead; dip and driving the object with legs is allowed.

**REP START**

- Standing tall.
- Object supported in the **front rack**.

**REP END**

- Overhead lockout.

**REP REQUIREMENT**

- Maintaining extended knees and hips after the object has left the **front rack** and until object is supported **overhead** with locked elbows.

**CYCLE & POST REP**

- The object can be returned to **rep start** in any controlled manner.

SQUATS  
 DEADLIFTS  
 GROUND TO SHOULDER  
 GROUND TO OVERHEAD  
**SHOULDER TO OVERHEAD**  
 KETTLEBELL  
 HORIZONTAL BAR  
 RINGS  
 MONOSTRUCTURAL  
 JUMPING  
 CLIMBING  
 HANDSTANDS  
 CORE  
 ODD OBJECT  
 MISCELLANEOUS



**PUSH JERK** - ID 5.03

Athlete moves object from shoulders to overhead; dip and driving the object with legs is allowed, as well as a re-dip.

**REP START**

- Standing tall.
- Object supported in the **front rack**.

**REP END**

- Overhead lockout.

**REP REQUIREMENT**

- Avoid the **bottom of squat**.

**CYCLE & POST REP**

- The object can be returned to **rep start** in any controlled manner.

**VARIATION**

V.14 - Split

SQUATS  
 DEADLIFTS  
 GROUND TO SHOULDER  
 GROUND TO OVERHEAD  
**SHOULDER TO OVERHEAD**  
 KETTLEBELL  
 HORIZONTAL BAR  
 RINGS  
 MONOSTRUCTURAL  
 JUMPING  
 CLIMBING  
 HANDSTANDS  
 CORE  
 ODD OBJECT  
 MISCELLANEOUS

**SQUAT JERK** - ID 5.04

Athlete moves object from shoulders to overhead; dip and driving the object with legs is allowed. Must re-dip and catch the object at full squat depth, then return to standing.

**REP START**

- Standing tall.
- Object supported in the **front rack**.

**REP END**

- Overhead lockout.

**REP REQUIREMENT**

- After object has left the **front rack**, move in one fluid motion to **bottom of squat**.
- Achieve the **bottom of squat** with the object **overhead** and elbows fully extended.

**CYCLE & POST REP**

- The object can be returned to **repstart** in any controlled manner.

SQUATS  
 DEADLIFTS  
 GROUND TO SHOULDER  
 GROUND TO OVERHEAD  
**SHOULDER TO OVERHEAD**  
 KETTLEBELL  
 HORIZONTAL BAR  
 RINGS  
 MONOSTRUCTURAL  
 JUMPING  
 CLIMBING  
 HANDSTANDS  
 CORE  
 ODD OBJECT  
 MISCELLANEOUS

## SHOULDER TO OVERHEAD - ID 5.05

Athlete moves object from shoulders to overhead.

### REP START

- [Standing tall.](#)
- Object supported in the **front rack.**

### REP END

- [Overhead lockout.](#)

### REP REQUIREMENT

- None

### CYCLE & POST REP

- The object can be returned to **rep start** in any controlled manner.

### VARIATION

V.14 - Split

SQUATS  
DEADLIFTS  
GROUND TO SHOULDER  
GROUND TO OVERHEAD  
**SHOULDER TO OVERHEAD**  
KETTLEBELL  
HORIZONTAL BAR  
RINGS  
MONOSTRUCTURAL  
JUMPING  
CLIMBING  
HANDSTANDS  
CORE  
ODD OBJECT  
MISCELLANEOUS



































































































**WALL WALK** - ID 12.06

Athlete elevates themselves from a prone position on the ground to a handstand position against the wall by placing their feet on the wall and walking their hands toward the wall before walking on their hands back to start position.

**REP START**

- Prone
- **Hands** on/in the designated area.

**REP END**

- Prone
- **Hands** on/in the designated area.

**REP REQUIREMENT**

- Both feet must be on the wall with knees off the ground before either hand can leave the start area
- Both hands must be in contact with the wall line at the same time.
- Feet must be no wider than the hands before the hands leave the wall line.
- Both hands must return to the start area before the feet can come off the wall.

**CYCLE & POST REP**

- Rep end is a valid new rep start.

**MEASUREMENTS**

- Designated Start area near athlete's shoulders when prone. A standardized single distance from the wall may be used for all athletes.
- Wall line 25 cm from wall

SQUATS  
 DEADLIFTS  
 GROUND TO SHOULDER  
 GROUND TO OVERHEAD  
 SHOULDER TO OVERHEAD  
 KETTLEBELL  
 HORIZONTAL BAR  
 RINGS  
 MONOSTRUCTURAL  
 JUMPING  
 CLIMBING  
**HANDSTANDS**  
 CORE  
 ODD OBJECT  
 MISCELLANEOUS



































**PUSH-UP** - ID 15.01

Athlete, starting in a plank position, lowers down and pressing up to plank position.

**REP START**

- **Plank lockout.**

**REP END**

- **Plank lockout.**

**REP REQUIREMENT**

- Resting on **hands**
- **Hands** positioned behind the line made by the chin
- **Chest** must come in contact with the ground
- **Leg, knee,** face or any other body-part contact is permissible, but not required
- The **knees** must not assist in the push off the ground.
- The **toes** must remain in contact with the ground for the duration of the repetition.

**CYCLE & POST REP**

- **Rep end** is a valid new **rep start.**

**VARIATION**

- Elevated V-10.0
- Deficit V09.0

SQUATS  
 DEADLIFTS  
 GROUND TO SHOULDER  
 GROUND TO OVERHEAD  
 SHOULDER TO OVERHEAD  
 KETTLEBELL  
 HORIZONTAL BAR  
 RINGS  
 MONOSTRUCTURAL  
 JUMPING  
 CLIMBING  
 HANDSTANDS  
 CORE  
 ODD OBJECT  
**MISCELLANEOUS**

































































