



# Competition Movement Standards:

## **DEADLIFT**

This is a traditional deadlift with the hands outside the knees. 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 grip position is allowed, but the arms must be straight throughout. Hitching is permitted, if, full extension of the knees and hips is eventually reached.

## **BURPEES**

When you go to the ground, your chest and thighs must make contact with the floor. Your feet must come back up together. This is a newer **standard**, as it used to be permissible to step up with one foot at a time.

## **KETTLEBELL SWINGS**

Kettlebell on the floor between your legs. Squat down and wrap both hands around the handle, including your thumbs. ... The kettlebell will follow your hips, and your forearms should make contact with your hip creases.

## **RUN**

You must run behind all cars in the parking lot and come in the same door you go out of.

## **CLEAN AND JERK**

During the clean, the barbell begins on the ground and must be lifted from the ground to the shoulders in one motion. 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 press, push press, split jerk, or push jerk may be used to lock the barbell out overhead. The barbell must pass through the front-rack position before going overhead; snatching is not permitted.

The rep is counted when the barbell is fully locked out overhead directly over the middle of the athlete's body, with the arms, hips, and knees extended, and the feet in line under the body. No part of the body other than the feet may touch the ground during the execution of the lift.

## **WALKING LUNGES**

Step one-foot forwards as if you were taking a big step, allowing the front heel to root itself into the floor. Once you have set the foot, shift your weight and balance forward into the lead leg, and slowly allow both knees (front and back) to bend as you descend. *The front heel should be a few inches in front of the back knee. If your step was too small, the front heel will often lift at the bottom of the lunge, which is incorrect.* As you approach the bottom of the lunge, you should feel the front leg strong and stable, and the full foot attached to the floor. Without stopping at the bottom of the lunge, allow the front knee to bend slightly over the toes, and

begin to stand up by driving down through the floor of the front foot. Your trail leg may assist you some, however your momentum should still be traveling forwards and upwards (standing up). Bar must remain on back the entire time.

### **BACK SQUATS**

Stand with the bar on your upper-back, and your feet shoulder-width apart. Squat down by pushing your knees to the side while moving hips back. *You MUST Break parallel* by Squatting down until your hips are lower than your knees. Squat back up while keeping your knees out and chest up. Stand with your hips and knees locked at the top.

### **HANDSTAND HOLD**

Legs must be to the wall arms fully extended. Body is fully locked out

### **SIT-UP STANDARDS**

Body is full extended arms are to touch the ground overhead, when sitting up your shoulders must cross the plane of your hips and your hands must touch your big toe. Both teammates must be at the hip plan area together.

### **WALL BALLS**

*In the wall ball, the medicine ball must be taken from the bottom of a squat, hip crease below knee, and thrown to hit the specified target. (Men over the yellow, women to the blue). The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall it is no rep. Team members must be in sync at the bottom of the squat.*

### **BOX JUMPS**

This is a two-foot jump onto the box. The hips and knees must open fully at or above the height of standing on the box. *Both feet must be on the box together at some point in the rep. You may jump down or step down, but you must jump up. Both team members must be on the top of the box at the same time at the fully extended position.*

### **DOUBLE-UNDERS**

This is the standard double-under in which the rope passes completely under the feet twice for each jump. The rope must spin forward for the rep to count.