

EVENT STANDARDS

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Airbike
Alternating snatch
Bar muscle up
Box over jump
Clean
C2b
Deadlift
Double under
Handstand walk
Hspu
Lateral burpee
Rope climb
Row
Run
Slam ball clean
Snatch
Snatch power
Snatch hang
Thruster
T2b
Wall ball

Airbike

The athletes have to handle the airbike. Every athlete have to set his airbike to zero at every rounds and after that they allow to start the biking. Athletes can set to zero the bike's timer by pushing twice the "STOP" button.

The exercise ends when the timer reached the required calories.

The athlete can set up the biker seat before and during the heat.

Key points for the jury:

The competitor doesn't start biking before the clock starts.

Bar Muscle Up

Athlete must begin all of the repetition with hang below the bar with arms fully extended, and then athletes must pass through some portion of a dip to lockout over the bar with arms fully extended.

Key points of the jury:

arms are fully extended starting and ending position

Not a rep if:

any key point misses

Burpee:

The burpees should be performed lateral to the bar. During a burpee, your chest and thighs should touch the ground at the same time, then you jump over the bar with two foot take off and touch the floor on the other side. This count as one (1) rep. After jumping over the bar, the arms mustn't touch the floor before the legs. You don't need to straighten your body or clap.

In the burpees we are not use the new and now not the official CFG burpee standards. Go down to the ground, chest and thighs touch the ground at the bottom and then get up anyhow.

Key points of the jury:

Starting position:

chest and thighs touch the ground
the competitor lays lateral o the bar

Jumping:

jumping with both legs simultaneously
arrival is with both legs simultaneously
arms doesn't touch the floor before feet

Not a rep if:

any key point misses

Clean

Every repetition start from the barbell touch the ground. During the clean you can lift up the barbell to your shoulders with any technique (with extended legs, power clean, squat clean, split clean).

In the standing position, the bar should lay on the shoulders, the elbows are in line with the bar, the legs are paralel, closed and fully extended. The finishing position should be steady. After every repetition, the bar should be put back to the ground The rules of performing this excercise are the same of the the clean's.

Key points of the jury:

Starting position:

- the weight is on the floor

Finishing position:

- the weight lays on the competitor's shoulders, elbows are in line with the bar

- legs are closed and extended

- the competitor controls his body and the weight

- knees and hip fully extended

**Not a rep if:
any key point misses**

Chest to bar pull ups:

Each rep starts with fully extended arms, without the feet touching the floor.

In the upper pull up position, the chest should touch the pull up bar under the collarbone. Any technique is allowed with the previous criterias.

Key points of the jury:

Hanging position:

- arms fully extended

- feet doesn't touch the floor

Pull up position:

- chest touch the pull up bar under the collarbone

**Not a rep if:
any key point misses**

Deadlift

Each rep starts with the weights on the floor. You should pull the bar up, in the finishing position the knees, hips and arms should be extended, the shoulders must go behind the bar. Hands should be outside the knee's line. The weight shouldn't bounce, both sides of the bar should touch the floor.

Key points of the jury:

Starting position:

the weight is on the floor

Finishing position:

Bar is held outside the knees

Arms, legs and hip are extended

Shoulders behind the bar

**Not a rep if:
any key point misses**

Double under:

Jump rope must complete two circles in one jump. Competitors must jump on both feet, rope must go forward.

Key points for the jury:

Jumping:

Jump on both feet

rope must go forward and complete two circles

**Not a rep if:
any key point misses**

Handstand walk

Kick up with both hands (entire hand, including palm and fingers) BEHIND the mark of the segment being attempted. Stepping over the line or landing with the hands on or over the line is a "no rep." Must walk forward. Coming down from the hands at any time requires a restart from behind the last line successfully crossed.

A rep is credited when both hands, including palms and fingers, cross the line before the feet touch the ground. Each section will count as 1 rep. Must handstand walk across the line. Jumping both hands over the line to finish a section is not allowed.

Key points of the jury:

Starting position:

hands behind the mark

Finishing position:

both hands cross the line

feet doesn't touch the floor

**Not a rep if:
any key point misses**

Handstand Push-up:

The exercise has to be done on the configured stations, the stations have 2 plates and an ABMAT between or marked area with the ABMAT. The distance of the plates or the area are defined, change are not allowed!

The movement begins from handstand with arms fully locked out, heels touch the wall, and hands are on the plates or inside the marked area. The athlete at the bottom must make contact with the mat with his head. The feet do not need to remain in contact with the wall for the entire repetition, but athletes must begin and end each repetition with their heels on the wall. At the finish of each repetition, the athlete must reach full lockout, with the hips open, body in line with the arms, and heels touching the wall. Kipping is allowed. Any repetition that is assisted by the hips or legs will not count. Only the heels may touch the wall at the top position.

Key points of the jury:

On begins from handstand with the arms fully locked out.

The heels touch the wall

The hands placed in the marked area.

At the bottom of each rep, the head touch the mat.

**Not a rep if:
any key point misses**

Handstand Strict Push-up:

The exercise has to be done on the configured stations, the stations have 2 plates and an AMBAT between. The distance of the plates are defined, change are not allowed!

The movement begins from handstand with arms fully locked out, heels touch the wall, and hands are on the plates. Palms have to stay completely on the plates (fingers are allowed to run out). At the beginning of each repetition the head has to touch the mat. On the top of each repetition, the arms return to the fully locked out position with heels touching the wall and within the marked area. Kipping is not allowed!

Key points for the jury:

On begins from handstand with the arms fully locked out.

The heels touch wall

The hands placed on the plates.

At the bottom of each rep, the head touch the mat.

Athlete doesn't use kipping

Not a rep if: any key point misses

Rowing:

The competitor should set the "Single distance x m" on the row. The level depends on the competitor..

At finishing the excercise competitor should present his / her time score and the distance.

Key points for the jury:

Snatch

The barbell begins on the ground and must be lifted overhead in one motion, until the arms are fully extended. The barbell cannot touch the shoulders and the head. The lifted barbell must be held on the end point with fully extended arms and legs, the legs have to be in line. The snatch could be performed with any snatch technique (power, squat, split, muscle). At the overhead /finishing position the feet have to be in line and between the shoudlers line.

Key points of the jury:

- lift in one motion
- Barbell doesn't touch your shoulders or head
- knees, hips, arms are fully extended
- the bar is above the head in line with the body
- the bar is held steady and controlled
- legs are in line
- feet between the shoulders line

**Not a rep if:
any key point misses**

Snatch Hang:

The exercise starts by hips, knees and elbows all are fully extended. The officially approved starting area is between the hips and the knees. The rules of performing this exercise are the same of the the snatch's. The competitor must let the bar back down between the hips and the knees after each snatch.

Key points of the jury:

- Finishing position
 - knees, hips, arms are fully extended
 - the bar is above the head in line with the body
 - the bar is held steady and controlled
 - legs are in line at the finishing position
- Standing position
 - knees, hips, arms are fully extended
 - starting area is between the hips and the knees

**Not a rep if:
any key point misses**

Snatch Power

The barbell begins on the ground and must be lifted overhead in one motion, until the arms are fully extended. The barbell cannot touch the shoulders and the head. The lifted barbell must be held on the end point with fully extended arms and legs, the legs have to be in line. During the lift the hips does not go under the knees line.

Key points of the jury:

- lift in one motion
- Barbell doesn't touch your shoulders or head
- knees, hips, arms are fully extended
- the bar is above the head in line with the body
- the bar is held steady and controlled
- legs are in line

**Not a rep if:
any key point misses**

Thruster

The first rep starts with the bar on the floor. The competitor should move the bar to the shoulders with any technique to front rack position, then perform a front squat and a squat-to-overhead press. The press should be one continuous movement from the squat to the overhead position. Squat clean is allowed, if it fits the squat standards (hips below knees). In the finishing position, the knees, hips and arms should be fully extended, the bar is above the head in line with the body, and held steady and controlled.

Key points of the jury:

- In the lower position hips below the knees
- the whole movement continuous

Finishing position:

- knees, hips, arms are fully extended
- the bar above the head in line with the body
- the bar held steady and controlled

Toes to bar:

The exercise starts from a hanging position, with fully extended arms. The legs should clearly go behind the bar's line at each rep. In the lower position, the arms and hips should be extended, in the upper position both toes or feet should touch the bar at the same time. Touching with the sole is not allowed.

Key points of the jury:

Hanging position:

- the feet are behind the bar's line
- arms and hips extended

Finishing position:

- the bar has been touched with both toes or feet simultaneously
- toes or feet touched the bar in between the arms!

**Not a rep if:
any key point misses**

Wall ball:

The competitors should pick up the ball from the floor, the first rep starts from a standing position (squat clean is not allowed!). The ball should be thrown to the target point from a deep squat position. In the squat position, the hips should go below the knees, in the upper standing position, the ball should hit the target point. The whole exercise should be performed with one continuous movement.

Key points of the jury:

Squat position:

- hips below the knees

Standing position:

- the ball hit the target point
- the movement is continuous

**Not a rep if:
any key point misses**

Sancitons

Video rules

If any athlete have some problem about the the judging or his result It is allowed to complain with a selfmade video but just if the video performed within 30minutes after the athletes heat. Accepted video is what filmed by the athletes coach, friend etc about the athlete who signaling the problem.

- so for example if someone have any problem his my judge and he dont have video about himself just from the neighboring athlete and on that video he just in the side of the video somewhere that wont be accpable.

Complaining with the judge during the heat:

If athlete say any comment to the judge about his decision the judge can give a no rep and warn the athlete to be banned.

For the second comment the judge must sign to the head judge the problem and the athlete get a warn by the head judge.

For the third comment the athlete will be banned from the actual event and not allowed to repeat the workout later.

Late from the heat

If someone late from his heat but he check in during his heat he will be allowed to do the workout in later heat.

If someone check in after/after than his heat than he won't be able to do the actual event in later heat.

Technical problem with the bike or rower

If someones airbike or rower go wrong (switch off or something) than we will allow to repeat the workout in a later heat.