



MOVEMENT STANDARDS

OVERHEAD SQUATS (Elite)

Each rep starts and ends with the bar fully locked out and in line with the body overhead. At the bottom, the hip crease must clearly reach below the top of the knee. At the top, the barbell must come to full lockout overhead with the hips knees and arms fully extended, and the bar directly over the middle of the body.

Athletes may get the barbell overhead any way they choose. Use of a rack is **NOT ALLOWED**

A full squat snatch **IS ALLOWED**, but not required, to start the movement as long as standard depth is achieved.

TOES TO BAR (Elite)

In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. The rep is counted when both feet make contact with the bar at the same time, inside the hands. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the body/vertical plane before initiating the next rep. Any part of the shoe may touch the bar for the rep to count. Any grip may be used.

If both feet do not make contact with the bar at the **SAME TIME**, it will result in a **NO REP**

If the body does not come to full extension with feet brought back behind the body at the bottom, that will result in a **NO REP**

FRONT SQUATS (Scaled)

Each rep begins with the barbell racked on the front of the shoulders. At the top, the hips and knees must be fully extended. Any grip is permitted as long as the bar remains in the front rack position. At the bottom, the hip crease must clearly reach below the top of the knee.

The weight must begin on the ground to achieve the rack position, use of a squat rack is **NOT ALLOWED**

A full squat clean **IS ALLOWED**, but not required to begin the movement as long as standard depth is achieved.

HANGING KNEE RAISE (Scaled)

In the hanging knee raise, the athlete must hang from the bar with arms and hips fully extended, and the feet brought back behind the body/ vertical plane. The rep is counted when the athlete reaches the top position, with their knees clearly above the height of the hip crease in front of the body



VIDEO SUBMISSION STANDARDS

Please note that a video is not required to be uploaded when submitting your score. Please see our FAQ page for details on the video submission process for top qualifying athletes after the Qualifier is complete

Prior to starting the workout, state your name and division. Film the plates and barbell that will be used so that the loads can be clearly seen. All video submissions must be uncut and unedited in order to accurately display the performance. A second person with a stopwatch, or a WOD clock will need to be visible through the entire workout. Video should be at an angle that can confirm depth in the squats and full range and contact requirements for the toes to bar (hanging knee raise for scaled)

Please be sure you have enough battery life, memory and time to upload your video. You may need to increase your limit on YouTube in order to allow a longer video.