



**International Functional Fitness Federation**

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## 2019 MOVEMENT STANDARDS

Any movement listed and described below is eligible for inclusion in iF3 sanctioned events in the 2019-2020 competition season.

## **PREAMBLE TO THE IF3 REGULATIONS FOR 2019 MOVEMENT STANDARDS**

The following document sets forth the general regulations applicable to a collection of the most common or otherwise notable athletic tasks employed and evaluated for purposes of events sanctioned by the iF3. The aim of this document is to establish a set of uniform standards applicable to the athletic tasks described for the purpose of enabling comparison of athletic efforts according to a set of uniform standards.

The document does not and cannot list every possible athletic task that can be incorporated into a functional fitness competition, thus event organizers and/or the iF3 will issue special regulations as necessary to establish uniform standards for other athletic tasks as necessary. The document represents an organic effort to encapsulate the most common standards applicable to designated tasks and may change as experience and the needs of the sport may require. Above all, the document remains an ongoing attempt to refine functional fitness standards into a set of regulations that aim to improve knowledge of functional fitness movements, and to eliminate uncertainty and avoidable exercise of discretion in the execution and evaluation of functional fitness tasks performed at iF3 sanctioned events.

## **DEFINITIONS**

### **BOTTOM-OF-SQUAT**

The Bottom-of-Squat position requires the athlete to achieve a full squat, with the creases of both hips below the plane of the top of the knees.

### **FRONT RACK**

The Front Rack position is a position where the barbell or other object is supported by the top of the shoulder, or at relative shoulder height, with the elbows clearly in front of the barbell or object.

### **FULL EXTENSION**

This is the starting and finishing position for many movements. Full extension of the lower body means the knees are locked out and the hip angle is open. Full extension of the arms means that the elbows are locked out. In overhead movements, full extension of the upper body will require an open shoulder angle in addition to locked out elbows. Achieving full extension of the entire body requires the knee, hip, and shoulder to be in alignment. In certain instances, full extension requires that the legs or arms not extend laterally beyond the outer planes of the shoulders.

### **OPEN HIP ANGLE**

An open hip angle or no hip angle means that the angle made between the knee, the hip joint and the torso is a straight line or 180 degrees. A closed hip angle would be the presence of an angle between knee and torso of less than 180 degrees.

### **OPEN SHOULDER ANGLE**

An open shoulder angle or no shoulder angle means that the angle created between the wrist joint and shoulder and shoulder and torso is a straight line or 180 degrees. A closed shoulder angle would be the presence of an angle between wrist and torso of less than 180 degrees.

### **UNBROKEN**

In a movement involving hanging on the bar, unbroken means the athlete must remain on the bar using only the hands without touching the ground or any other potential assistance until all prescribed repetitions in the set are completed. Athlete may stop in a dead hang between reps as long as the athlete does not come off the bar.

# SQUATS

## SQUAT

The Squat is generally a bodyweight movement, except that it may be supplemented by the addition of athletic equipment worn or held in a specified manner. The athlete begins in a standing position with an open hip angle, descends to a full squat, with the creases of both hips below the plane of the top of the knees, and returns to the standing position with hips returning to an open angle. The hands may not assist in the ascent or descent phases of the movement. The repetition will not be counted if the athlete touches the ground with one or both knees or otherwise leaves the designated lifting area before achieving all points of performance.

Standards that must be met:

1. Full extension of the lower body (knees and hips) to start and finish each repetition;
2. Hip crease below the plane of the top of the knees at the lowest point of the repetition;
3. Return to full extension of the lower body.

## BACK SQUAT

The Back Squat requires that a weight such as a barbell or other object rest on the athlete's back throughout the squatting movement.

## FRONT SQUAT

The Front Squat requires that a weight such as a barbell or other object be situated on or in front of the athlete's shoulders in the front rack position throughout the squatting movement. Hand placement is discretionary so long as the bar or object stays between the clavicle and the chin, though the hands may not be used to assist the ascent or descent phases of the movement.

## OVERHEAD SQUAT

The Overhead Squat requires that the athlete supports a weight such as a barbell or other object overhead throughout the squatting movement with one or both arms. The athlete's arms may bend during the squatting movement but may not use the head, any portion of the body other than the hands and arms or any other apparatus to support the weight at any time. Upon returning to the upright position, the arm(s) supporting the weight must be locked out to complete the repetition.

## **OTHER SQUAT VARIATIONS**

Any specific rules regarding variation of the Squat, or the positioning, use or manipulation of an object or load during the squatting movement will be released in a special regulation prior to an event.

## **PISTOLS**

A pistol is a one-legged squat. All elements applicable to the Squat apply to the Pistol, except that the athlete must keep one foot elevated off the ground and in front of the athlete throughout the movement. The hands may be used to hold the non-supporting leg. Before the non-supporting leg can be placed back on the ground, the supporting knee and hip must reach full extension. Pistols may be designated as alternating, thus requiring the athlete to serially alternate the supporting leg. Any specific rules regarding the positioning, use or manipulation of an object or load during the squatting movement will be released in a special regulation prior to an event.

# PRESSES

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## BODYWEIGHT PRESSING

### Pushup

The Pushup begins at the top of the movement with the athlete in a plank position, with hips linearly aligned with the shoulders and ankles, toes and hands on the ground and arms fully extended. At the bottom of the movement, the athlete must touch the chest to the ground while the hips remain at an open angle. During the descending and ascending phases of movement, the athlete must maintain the plank position and linear hip alignment. The knees may not assist in during any phase of the movement.

Standards that must be met:

1. Linear alignment of the shoulders, hips and ankles throughout the movement.
2. Full extension arms at the top of each repetition;
3. Chest contact at the bottom of each repetition.

**COMMON VARIATIONS:** all standards above are applicable to the following variations except where specifically modified below or otherwise modified by a special regulation published prior to an event.

- **Hand Release Pushup:** the Hand Release Pushup has the same performance points as the Pushup except that at the bottom of each repetition, when chest contact occurs, the hands will briefly come off the ground.
- **Dynamic Pushup:** the Dynamic Pushup has the same performance points as the Pushup except that the top of the movement may include or be replaced by an additional athletic task. Additional requirements will be addressed by publication of a special regulation.



## Handstand Pushup (HSPU)

The Handstand Pushup requires the athlete to achieve a handstand position at the beginning of the repetition with arms fully extended and no part of the palms of the hands extending further than the designated width, which is ordinarily ninety-one (91) centimeters. While maintaining vertical inversion, the athlete descends until making contact with the horizontal surface beneath the inverted athlete. The repetition is counted when the athlete returns to a handstand position with arms fully extended. Throughout the movement, no part of the palms of the hands may extend further than the designated width, and the athlete's feet may not touch the ground during or between the descending and ascending phases.

Standards that must be met:

1. Full Extension and linear alignment of the elbows, shoulders, hips, knees and ankles at the top of the repetition, with feet no wider than the designated perimeter;
2. Head Contact with the designated horizontal surface below the athlete at the bottom of the repetition;
3. Palms entirely within the width of the designated perimeter (usually 91 centimeters).

**COMMON VARIATIONS:** all standards above are applicable to the following variations except where specifically modified below or otherwise modified by a special regulation published prior to an event.

- **Wall-Supported HSPU:** when performed against a wall for support, both heels must touch the wall at the top of the movement; the athlete's back and glutes may come into contact with the wall during descent but may not touch the wall during the ascending phase of the movement.
- **Strict HSPU:** the athlete must maintain full vertical extension and linear alignment during the descending and ascending phase of the movement, with the exception of the arms during descent and ascent; feet must be no wider than the designated perimeter. When performed against a wall for support, both heels must touch the wall at the top of the movement.

## Ring Dip

At the top of the Ring Dip, the athlete must be suspended with vertical support on the rings, arms fully extended and pointing downward. While maintaining suspension, the athlete descends to the bottom of the movement, whereupon the front of the shoulders are below the horizontal plane of the elbows and the hips have descended from the starting position. The repetition is counted when the athlete then returns to the top of the movement.

Standards that must be met:

1. Suspension on the rings throughout the movement;

2. Full extension of the arms at the beginning and end of each repetition;
3. Front of the shoulders below the horizontal plane of the elbows at the bottom of the repetition;
4. Hips descend and then ascend during respective descending and ascending phases of the repetition;

**COMMON VARIATIONS:** all standards above are applicable to the following variations except where specifically modified below or otherwise modified by a special regulation published prior to an event.

- **Strict Ring Dips:** the athlete may not use an opening and/or closing of the hips or a bending and/or straightening of the legs to assist the movement and gain momentum. No kip of any kind will be allowed.

## **SHOULDER-TO-OVERHEAD**

Shoulder-to-Overhead barbell movements involve elevating a barbell from a static position at the shoulder to a static position overhead.

Standards that must be met:

1. Static control of the barbell in the front rack position at the beginning of the repetition;
2. Arms overhead supporting the barbell in a controlled fashion at the top of the repetition; full vertical alignment of the elbows, shoulders, hips, knees and ankles, with feet not wider than the outer planes of the shoulders.

**COMMON VARIATIONS:** all standards above are applicable to the following variations except where specifically modified below or otherwise modified by a special regulation published prior to an event.

### **Strict Press**

- The athlete must elevate the barbell to the top of the repetition without the assistance of bending at the hips or knees during the ascending phase.

### **Push Press**

- The athlete may use a single, simultaneous bending of the hips and/or knees to assist in elevating the barbell to the top of the repetition.

### **Push Jerk (Power Jerk)**

- The athlete may use a double instance of bending the hips and/or knees together to assist in elevating the barbell to the top of the repetition.

### **Split Jerk**

- The athlete may use a double instance of bending the hips and/or knees together to assist in elevating the barbell to the top of the repetition but must achieve a split position (one foot forward of the torso, and one foot to the rear of the torso) with the barbell supported overhead before returning to the top of the repetition.

## **Squat Jerk**

- The athlete may use a double instance of bending the hips and/or knees together to assist in elevating the barbell to the top of the repetition but must achieve a bottom of squat position with the barbell supported overhead before returning to the top of the repetition.

## **Jerk**

- Where unspecified (*i.e.*, where not specifically designated a Push Jerk, Power Jerk, Split Jerk or Squat Jerk), a Jerk refers to any of the above variations except the Strict Press.

## **Other-Objects**

All variations of the Shoulder-to-Overhead task may be performed with objects other than a barbell. All movement standards applying to the barbell version of the task will apply to the Other Object version of the task, subject to such exceptions as may be necessary to accommodate the type of object being used. Specific regulations will be released prior to competitions to address exceptions and modifications in the case of Other Objects.

# PULLING FROM THE FLOOR

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## DEADLIFTS

### Deadlift (Conventional)

For the conventional Deadlift, the athlete must elevate the barbell from the ground while on both feet by standing to a fully upright position with the arms oriented downward from the shoulders. At the top of the repetition, the lower body achieves full extension with the hips open, the knees locked out and shoulders behind the vertical plane of the barbell. The repetition is counted when the athlete achieves all 3 points of performance simultaneously. Athletes may not bounce the weight to gain momentum when completing tandem lifts.

Standards that must be met:

1. Full extension of the lower body at the top of the repetition;
2. Bar touches the floor between reps;
3. Hands and arms are in the outside plane of the knees;
4. Shoulders are behind the vertical plane of the barbell at the top of the repetition.

### Deadlift (Sumo)

All standards applicable to the conventional Deadlift apply to the Sumo Deadlift, except the athlete's hands and arms are situated within the distance between knees inside the legs.

### Other-Object Deadlift

All versions of the Deadlift may be performed with objects other than a barbell. All movement standards applying to the particular barbell version of the Deadlift will apply to the Other-Object version of the Deadlift. Specific regulations will be released prior to competitions involving Other-Object Deadlifts.

## GROUND-TO-OVERHEAD

Ground-to-Overhead barbell movements involve elevating a barbell from a static position on the ground a static position overhead. Where specified, a Ground-to-Shoulder barbell task may be combined with a Shoulder-to-Overhead task (therefore, Ground-to-Shoulder-to-Overhead) to constitute a Ground-to-Overhead task; but in no event will such a combination substitute for a Snatch when a Snatch is the specified task. For Ground-to-Shoulder-to-Overhead combination tasks, refer to the standards outlined in the Ground-to-Shoulder and Shoulder-to-Overhead definition sections.

Standards that must be met:

1. Except for Ground-to-Shoulder-to-Overhead combination tasks, the athlete may not allow the barbell to pause at any point after the initial pull from the ground or prior to achieving overhead support of the barbell, with elbows fully locked;
2. At the top of the repetition, the athlete must demonstrate
  - a. overhead support through the remainder of the repetition after catching the weight;
  - b. full extension of the hips and knees;
  - c. vertical alignment of the shoulders, hips knees and ankles;
  - d. feet positioned no wider than the outer planes of the shoulders;
3. Barbell must touch the ground between repetitions unless specified otherwise.

*COMMON VARIATIONS:* all standards above are applicable to the following variations except where specifically modified below or otherwise modified by a special regulation published prior to an event.

### Snatch (Squat Snatch)

The Snatch (or Squat Snatch) requires the athlete to catch the barbell overhead with elbows fully extended with while achieving the bottom of a Squat. Unless specifically stated, the term "Snatch" presumes use of the bottom-of-Squat requirement.

### Power Snatch

The Power Snatch requires the athlete to catch the barbell overhead with elbows fully extended but without achieving the bottom of a Squat during the task.

### Split Snatch

The Split Snatch requires the athlete to catch the barbell overhead with elbows fully extended, but the athlete must shift the feet during the pull from the ground so that one foot is forward and one foot is rearward of the athlete at the time of the catch.

## Hang Snatch Variations

- Where designated as a Hang version of the above variations, any repetition that begins with the barbell touching the ground or otherwise below the knees requires the athlete to next hold the barbell above the knees while demonstrating full vertical alignment of the shoulders, hips, knees and ankles before proceeding to the top of the repetition;
- At no time after achieving the Hang position may the barbell descend below the knees during the repetition (except for the time between repetitions, where permitted);
- For successive repetitions where the barbell has not travelled below the knees before the next repetition attempt, the athlete need not reset to the pre-Hang vertical alignment at the bottom of the repetition.

## Other-Objects

All variations of the Ground-to-Overhead task may be performed with objects other than a barbell. All movement standards applying to the barbell version of the task will apply to the Other Object version of the task, subject to such exceptions as may be necessary to accommodate the type of object being used. Specific regulations will be released prior to competitions to address exceptions and modifications in the case of Other Objects.

### **GROUND-TO-SHOULDER**

Ground-to-Shoulder barbell movements involve elevating a barbell from a static position on the ground to a static position at the shoulder. Ground-to-Shoulder barbell movements may be combined with Shoulder-to-Overhead movements.

Standards that must be met:

1. After the initial pull from the ground, the athlete must catch the barbell in the front rack position and maintain such front rack positioning through the remainder of the repetition;
2. At the top of the repetition, the athlete must demonstrate
  - a. full extension of the hips and knees,
  - b. vertical alignment of the shoulders, hips knees and ankles,
  - c. feet positioned no wider than the outer planes of the shoulders,
  - d. elbows in front of the bar;
3. Barbell touches the ground between repetitions unless specified otherwise.

**COMMON VARIATIONS:** all standards above are applicable to the following variations except where specifically modified below or otherwise modified by a special regulation published prior to an event.

## Clean (Squat Clean):

- A Clean requires the athlete to catch the barbell in the front rack position while in the bottom of a Squat; initial shoulder contact/positioning may occur prior to the bottom-of-Squat catch, but there must be no pause between the moment of achieving the front rack position and the moment of reaching the bottom of a Squat. Where specifically stated, a Clean may be deemed to include any or all other variations.

## Power Clean:

- A Power Clean requires the athlete to catch the barbell in the front rack position without reaching the bottom of a Squat.

## Split Clean

- For a Split Clean, the athlete must catch the barbell in the front rack position while the feet shift with one foot forward of the athlete and one foot rearward of the athlete.

## Hang Clean Variations

- Where designated as a Hang version of the above variations, any repetition that begins with the barbell touching the ground or otherwise below the knees requires the athlete to next hold the barbell above the knees while demonstrating full vertical alignment of the shoulders, hips, knees and ankles before proceeding to the top of the repetition;
- At no time after achieving the Hang position may the barbell descend below the knees during the repetition (except for the time between repetitions, where permitted);
- For successive repetitions where the barbell has not travelled below the knees before the next repetition attempt, the athlete need not reset to the pre-Hang vertical alignment at the bottom of the repetition.

## Other-Objects

All variations of the Ground-to-Shoulder task may be performed with objects other than a barbell. All movement standards applying to the barbell version of the task will apply to the Other Object version of the task, subject to such exceptions as may be necessary to accommodate the type of object being used. Specific regulations will be released prior to competitions to address exceptions and modifications in the case of Other Objects.

# HANGING MOVEMENTS

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## MOVEMENTS HANGING FROM THE BAR

Extra weight/weighted vests may be added to any hanging bar movement

### Toes-to-Bar

For Toes-to-Bar the athlete hangs vertically from a suspended horizontal bar using both hands. The athlete elevates both feet until they contact the bar simultaneously within the width of the hands. If the athlete performs serial repetitions without dismounting from the bar, the athlete must demonstrate full vertical extension of the hips at the bottom of the repetition, and the heels must break the vertical plane directly under the bar prior to each repetition. If the repetition begins immediately after the athlete's feet leave the ground, the athlete's heels are deemed to have broken the vertical plane of the bar for that repetition. The repetition is counted when some portion of both feet simultaneously touch the bar.

Standards that must be met:

1. Full extension of the hips at the bottom of each repetition (heels break the vertical plane of the bar);
2. Feet touch the bar simultaneously within the width of the hands at the top of each repetition.

*COMMON VARIATIONS:* all standards above are applicable to the following variations except where specifically modified below or otherwise modified by a special regulation published prior to an event.

### Strict Toes-To-Bar

During the Strict Toes-to-Bar task the athlete may not use momentum generated from foot descent or a rearward swing to assist during the ascending phase.

### L-Hang Toes to Bar

During the L-Hang Toes to Bar, the athlete must begin each repetition with the legs in an L-position (*i.e.*, a 90-degree angle at the hip). If the athlete's positioning creates an angle greater than 90 degrees before a repetition, the athlete must pause at the 90-degree position before the repetition will be counted.

### Other Object-to-Bar

The Toes-to-Bar task may be modified by requiring the athlete to hold an object with the legs, knees, ankles or feet and to elevate the Object to the bar. Any specific rules regarding variation of the Toes-to-Bar task, or the





positioning, use or manipulation of an object or load during the task will be released in a special regulation prior to an event.

### **Knees-to-Elbows**

The Knees-to-Elbows task requires the athlete to hang from a suspended horizontal bar as with Toes-to-Bar, except the athlete must elevate both knees from a fully extended knee position until both knees make simultaneous contact with the elbows.

### **Pull-up**

For the Pull-up the athlete hangs vertically from a suspended horizontal bar using both hands at the bottom of the repetition with both arms fully extended. At the top of the repetition the athlete's chin must break the top-most horizontal plane of the bar. A kip of any style may be used unless specifically restricted. The repetition is counted when the athlete's chin breaks the top-most horizontal plane of the bar.

Standards that must be met:

1. Full extension of the arms at the bottom of the repetition;
2. Chin breaks the top-most horizontal plane of the bar.

*COMMON VARIATIONS:* all standards above are applicable to the following variations except where specifically modified below or otherwise modified by a special regulation published prior to an event.

### **Strict Pull-up**

During the Strict Pull-up, the athlete may not use a kip of any kind or otherwise assist the task by generating momentum with the lower body below the hips.

### **Chest-to-Bar Pull-up**

The Chest-to-Bar Pull-up requires the athlete to contact the horizontal bar at the top of the repetition at or below the clavicle height. The repetition is counted when the required contact occurs.

### **Strict Chest-to-Bar Pull-up**

During the Strict Chest-to-Bar Pull-up, the athlete may not use a kip of any kind or otherwise assist the task by generating momentum with the lower body below the hips.

### **L-Hang Pull-Up**

During the L-Hang Pull-up, the athlete must first establish an "L" position with their legs while in a static vertical hang. For the "L" position, the knees must be straight and the legs must be at an angle no greater than 90 degrees in relation to the torso. The heels of the feet must start and remain above the athletes rear end from the start of the movement until the chin clears the bar at the top of the movement. The legs must remain

straight for the duration of the repetition. The original "L" position cannot be achieved while the athlete is moving with upward momentum. However, athletes may cycle repetitions without stopping between as long as the heels never fall below the rear end at any time.

## Bar Muscle-up

For the Bar Muscle-up the athlete hangs vertically from a suspended horizontal bar using both hands at the bottom of the repetition with both arms fully extended. The athlete must elevate his or her bodyweight until reaching a position of support with shoulders above the bar, arms fully extended and vertical. Unless specifically stated by special regulation published before the event, any sort of kip may be utilized. The athlete may not wrap any portion of the body below the hips around the bar to assist in getting to the top of the repetition. A Pull-over will not count as a Bar Muscle-up.

Standards that must be met:

1. Full extension of the arms at the bottom of each repetition;
2. Full extension of the arms at the top of each repetition with arms fully extended and vertical.

## Pull-over

For the Pull-over the athlete hangs vertically from a suspended horizontal bar using both hands at the bottom of the repetition with both arms fully extended. The athlete will then perform a pull up motion to clear their chin above the horizontal plane of the pull up bar. The athlete must then elevate his or her bodyweight until reaching a position of support with shoulders above the bar, arms fully extended and vertical; however, to achieve the top of the repetition, the athlete must pull over the bar by leading with the feet until they clear the bar coming from the opposite side as the athlete's chin, completing a 360-degree rotation of the body.

Standards that must be met:

1. Full extension of the arms at the bottom of each repetition;
2. Chin breaks the horizontal plane of the pullup bar at some point before the feet break the vertical plane above the pull up bar
3. Full extension of the arms at the top of each repetition with a pause in support on the bar;
4. The entire body passes over top of the bar during the movement with feet leading.

## MOVEMENTS HANGING FROM THE RINGS

Extra weight/weighted vests may be added to any hanging ring movement.

## Toes-to/through-Rings

For Toes-to-Rings, the athlete hangs vertically from a suspended set of rings with one hand on each ring. The athlete elevates both feet until they contact the rings simultaneously; contact may be made with the hands as they grip the rings; while specified, contact may be substituted by the requirement to pass some portion of the feet within the circumference of each ring (*i.e.*, Toes-through-Rings). If the athlete performs serial repetitions without dismounting from the rings, the athlete must demonstrate full vertical extension of the hips at the bottom of the repetition, and the heels must break the vertical plane directly under the rings prior to each repetition. If the repetition begins immediately after the athlete's feet leave the ground, the athlete's heels are deemed to have broken the vertical plane of the rings for that repetition. The repetition is counted when some portion of both feet simultaneously make the required contact or pass through the required target area.

Standards that must be met:

1. At the beginning of each repetition, the athlete's legs must be extended and both heels must break the rear vertical plane of the midpoint of the rings;
2. Both feet must simultaneously touch the hands or rings at the top of the repetition;
3. When required, both feet must pass through the vertical plane of the rings within the circumference of each ring at the top of the repetition.

## Ring Muscle-up

For the Ring Muscle-up the athlete hangs vertically from a suspended set of rings with one hand on each ring at the bottom of the repetition with both arms fully extended. The athlete must elevate his or her bodyweight until reaching a position of support with shoulders above the rings, arms fully extended and vertical. Unless specifically stated by special regulation published before the event, any sort of kip may be utilized, but there must be a change of direction which occurs below the rings. The repetition is counted when athlete achieves full elbow lock-out with vertically-oriented arms. A serial rep must begin with elbows locked-out while hanging vertically from the rings.

Standards that must be met:

1. Full extension of the arms at the bottom of each repetition;
2. Full extension of the arms at the top of the repetition while in support;
3. Toes may not pass the height of the ring during the kip.

## Strict Ring Muscle-Up

The standards for the kipping Muscle-up apply to the Strict Muscle-up, except that the athlete may not swing or use the lower body to gain momentum to assist in the ascent. Knees must stay locked out for the duration of the repetition. The hip angle must not go from open to a closed angle of more than 50 degrees during the initial pull. If the toes pass behind the vertical plane while at the bottom of the repetition, the athlete must pause in the fully vertical position before beginning ascent. At the beginning of each repetition,

Standards that must be met:

1. Full extension of the arms at the bottom of the repetition;
2. Full extension of the arms at the top of the repetition while in support;
3. Knees stay straight for the entire repetition;
4. No use of the shoulders or hips to generate momentum;
5. The hip angle must not go from open to a closed angle of 50 degrees or more during the initial pull;
6. Toes may not pass behind the vertical plane of the rings at the bottom/start of the repetition.

## Forward Roll on Rings

For the Forward Roll on Rings the repetition begins with the athlete achieving a position of support on the rings in any manner. The athlete then completes 360-degree forward rotation of the body, completing the repetition by returning to support above the rings without the feet touching the ground during the repetition. The body may fall below the rings during the forward rotation but the athlete's momentum must continue in one direction (*i.e.*, rolling forward, falling below the rings, and performing a muscle-up is not permitted).

Standards that must be met:

1. Full extension above the rings in a support position at the beginning and end of each repetition;
2. Completion of a 360 rotation around the rings.

# HANDSTANDS (NOT INCLUDING HANDSTAND PUSHUPS)

## HANDSTAND HOLD

For the Handstand Hold the athlete must achieve a freestanding handstand in any manner. The athlete may choose a traditional straight body handstand, a straddle, a split, a stag, or any other body position of their choosing as long as the feet remain above the hips during the hold.

Standards that must be met:

1. Time begins when the athlete's hands only are on the ground and the feet are above the hips in a controlled position;
2. The hands must not move once time has begun;
3. The feet may not be lower than the head during the hold.

*COMMON VARIATIONS:* all standards above are applicable to the following variations except where specifically modified below or otherwise modified by a special regulation published prior to an event.

### Handstand Hold with Hand Movement Disallowed

When the athlete reaches a controlled position with the both legs higher than the head, the clock will begin. Time ends when the athlete's hands move or when the athlete falls or otherwise allows the feet to fall below the hips.

### Handstand Hold Hand Movement Allowed

Where hand movement is allowed, the handstand must occur within a designated square perimeter that measures 3 feet by 3 feet. If any part of the palm goes outside of the perimeter, the hold is terminated.

## HANDSTAND WALK

The Handstand Walk requires the athlete to travel a specific distance while balanced on the hands, and without touching the feet on the ground to assist. The athlete's hands must be behind the starting line at the beginning of the walk. Both hands must completely cross the finish line and make contact with the ground on the other side of the finish line before the feet come down. Positioning of the body and legs is discretionary with the athlete, except that the feet must remain above the hips and head during the walk. The following optional and additional requirements will be addresses in a special regulation published prior to an event.

- Segmentation of the walk (*i.e.*, coming down from handstand prior to completing required distance);
- Penalties for segmentation/marketing point of forward progress;
- Travel over, around, or through specific objects or points;
- Whether feet must be together during walk and use of objects between feet during walk.

Standards that must be met:

1. Athlete's hands start behind the starting line;
2. Both hands cross the finish line and contact the ground before the athlete's feet return to the floor;
3. Only the hands are used to complete the walk;
4. Feet remain above the hips and head during the walk.

## **HANDSTAND PIROUETTE**

For the Handstand Pirouette, the athlete must achieve a freestanding handstand in any manner. The athlete will then pivot the orientation of the front of the body a designated number of degrees on a vertical axis while maintaining balance on the hands. The final orientation direction achieved by required pivoting must be or exceed 90 degrees from the initial orientation; pivot degree totals will always be divisible by 90. The athlete must show control at the completion of the pivot before coming down from the handstand for the repetition to count. If the pirouette leads right into another movement (*i.e.*, handstand walk to ½ pirouette to handstand walk the opposite direction) the athlete need not pause after the pirouette before beginning the task that follows.

Standards that must be met:

1. Athlete kicks up with fingers pointing forward (*i.e.*, no kicking up into a partial turn to start);
2. Athlete turns the required number of degrees while in a handstand;
3. Athlete shows control at the end of the pirouette before coming down.

## **PRESS TO HANDSTAND FROM SEATED STRADDLE L**

The Press Handstand from Seated Straddle L begins with the athlete seated on the ground or other equipment, such as a parallettes. The athlete then must elevate the legs and hips from the ground until achieving a handstand, all without touching the ground or equipment after the initial separation from the ground or equipment. The arms may not bend during the repetition. A rocking motion may be used to initiate the movement. The athlete must then return to the Seated Straddle L position after achieving the handstand for the repetition to count. The legs need not remain straddled or straight during the press.

Standards that must be achieved:

1. Athlete begins in seated straddle L position;
2. Arms remain straight during the movement;
3. Athlete achieves a vertical handstand position with feet together at the top of the movement (handwalking is allowed to maintain balance);
4. Feet do not assist the ascent to handstand;

5. Athlete returns to the straddle L position to complete the repetition.

## **ROPE CLIMBS**

### **ROPE CLIMB**

The athlete may jump to begin ascent, using hands, arms and legs in any fashion to climb the rope. Athletes must touch a designated, elevated target as part of the climbing task. Athletes must descend in a controlled manner with at least one hand on the rope until below a designated mark on the rope. The use of feet and legs is permissible but not required on the descent. The rep is complete when the athlete lands BOTH feet on the floor after achieving all points of performance.

Standards that must be met:

1. Athlete touches the elevated target with only one hand;
2. Athlete's hands remain on the rope at least until athlete reaches a designated descent mark on the rope.

### **ROPE CLIMB FROM A SEATED POSITION**

Athlete must begin in a seated position on the ground with legs fully outstretched. Athlete may use feet and legs during ascent but only AFTER pulling off the ground with only hands and arms to start. Athlete may not jump or propel off the ground with leg assistance in any way. Athletes must touch a designated, elevated target as part of the climbing task. Athletes must descend in a controlled manner with at least one hand on the rope until below a designated mark on the rope. The use of feet and legs is permissible but not required on the descent. The rep is complete when the athlete lands BOTH feet on the floor after achieving all points of performance.

Standards that must be met:

1. Athlete touches the elevated target with only one hand;
2. Athlete's hands remain on the rope at least until athlete reaches a designated descent mark on the rope;
3. Athlete begins the rope climb in a seated position.

### **LEGLESS ROPE CLIMB (WITH AND WITHOUT JUMP ALLOWED)**

Where permitted, the athlete may jump onto rope to begin ascent; where not permitted, the athlete may not begin ascent with a jump of any kind. During ascent, the athlete may not contact the rope with legs or feet in any manner that creates resistance with the rope to assist with ascent. The athlete may not grasp the rope with legs and feet until after only one hand has touched the designated, elevated target and returns that hand to the rope. Athlete must descend in a controlled manner with at least one hand on the rope until below a designated mark on the rope. The use of feet and legs is permissible but not required on the descent. The rep is complete when the athlete lands BOTH feet on the floor after achieving all points of performance.



#### Standards that must be met:

1. Where not permitted, athlete does NOT jump to begin the climb; However, standing on toes is permitted, as long as the athlete does not push off their feet in anyway.
2. Athlete does NOT use the feet or legs on the rope during ascent;
3. Athlete touches the elevated target with only one hand;
4. After touching the target, athlete may use feet or legs on the rope for descent or stability; The touch must occur clearly before the legs clamp the rope in anyway. They may NOT occur simultaneously.
5. Athlete's hands remain on the rope at least until athlete reaches a designated descent mark on the rope.

### **L ROPE CLIMB**

Athlete must begin in a seated position on the ground with legs fully outstretched and must have both feet above the hips during the entirety of the ascent, through the moment of contact with the elevated target and until both hands return to the rope. The athlete's legs must be to one side of the rope (i.e. the athlete may not straddle the rope so that there is a leg on each side of the rope). During ascent, the athlete may not contact the rope with legs or feet in any manner that creates resistance to assist with ascent. Athlete must touch a designated, elevated target with only one hand as part of the climbing task. Athletes must descend in a controlled manner with at least one hand on the rope until below a designated mark on the rope. The use of feet and legs is permissible but not required on the descent. The rep is complete when the athlete lands BOTH feet on the floor after achieving all points of performance.

#### Standards that must be met:

1. Feet remain above the height of the hips throughout the ascent, with rope to one side of both legs;
2. Athletes' heels are off the ground before the pull begins;
3. Athlete touches the elevated target with only one hand with feet still above the hips;
4. After touching the target, athlete may use feet or legs on the rope for descent or stability;
5. Athlete's hands remain on the rope at least until athlete reaches a designated descent mark on the rope.

# MONOSTRUCTURAL MOVEMENTS

## ROWING

Rowing may be performed on approved rowing machines or in approved boats on the water. If on a rowing machine, the athlete must be seated on the rower before pulling the handle to accumulate distance or other indicated measure (e.g., time, calories, watts). Specific rules on resetting the rower will be addressed by special regulation prior to an event. If rowing occurs on the water, athlete's will navigate the water using the boat for the time or distance as instructed. Athlete's must use the provided oars or paddles to row the boat and may not advance the boat forward unless seated inside the boat.

Standards that must be met:

1. Athlete remains seated while using the rowing machine/boat.

## RUNNING

Running may be performed inside or outside, on land, or on an approved running machine.

Standards that must be met:

1. Athlete runs or walks the distance required without the assistance of other equipment.

## BICYCLING

Bicycling may be performed on approved stationary bike or approved ambulatory bicycles. The athlete will use the bicycle to accumulate distance or other indicated measure (e.g., time, calories, watts). Unless a special regulation is provided, athletes may advance only while riding the bicycle and may not carry, push or otherwise propel the bicycle forward in any manner other than pedaling.

Standards that must be met:

1. Athlete uses the bicycle to accumulate the required distance, or other measure.
2. Where specified, the athlete will ride a bicycle on a road or through a designated trail for a specified distance or other indicated measure (e.g., time, calories, watts).

## SKIERG

The Concept 2 Skierg will be used. The athlete will use the machine to accumulate distance or other indicated measure (e.g., time, calories, watts).

Standards that must be met:

1. Athlete accumulates the required distance or other measure.

## **SWIMMING**

Swimming may be performed in a pool or in open water. The athlete will traverse through the water using any stroke or style desired.

Standards that must be met:

1. Athletes traverse the required distance through the water

# JUMP-BASED MOVEMENTS

## BURPEE

The standard Burpee requires the athlete to descend to a prone position and make chest contact with the ground at the bottom of the repetition. The athlete then must return to a standing position and perform a specified jumping movement (*e.g.*, vertically to a specified height; horizontally a specified distance; onto or over a specified object).

Standards that must be met:

1. Athlete must be prone while making chest contact with the ground at the bottom of the repetition;
2. Athlete must return and, unless specified otherwise, at least pass through a standing position and then perform the specified jumping movement at the top of the repetition;
3. The jumping portion of the movement must be initiated with both feet simultaneously.

*COMMON VARIATIONS:* all standards above are applicable to the following variations except where specifically modified below or otherwise modified by a special regulation published prior to an event.

### Lateral Onto/Over-Object Burpee

The Lateral Onto/Over-Object Burpee requires the same bottom of repetition performance points as the standard Burpee. The athlete may perform the bottom of the Burpee repetition parallel to the Object; when performing the required jump, the athlete must fully extend the hips unless the task requires the athlete to complete the repetition by going to the opposite side of the object.

- Where specified, the athlete must contact the top of the object (*e.g.*, a box) with both feet during the transition over the object.
- Where specified, the athlete may not come into contact with the object at any time during the repetition.

### Target-Facing Burpee

The Target-Facing Burpee requires the same bottom of repetition performance points as the standard Burpee except that the athlete must be facing and perpendicular to the object at the bottom of the repetition.

### Burpee to a Target

The Burpee to a Target requires the same bottom of repetition performance points as the standard Burpee. The athlete must then ascend from the bottom of the repetition to touch a designated target overhead. Full hip extension is presumed, though not required.

## **BOX JUMP**

The Box Jump requires the athlete to initiate a jump from the ground with both feet simultaneously, land on top of a designated object (e.g., box) with both feet and demonstrate static control.

Standards that must be met:

1. The jump requires a simultaneous take-off with both feet;
2. The athlete must demonstrate static support once on top of the box;
3. Hands may not touch the box at any time prior to demonstrating static support on the box.

## **BOX JUMP-OVER**

The Box Jump-over requires the athlete to initiate a jump from the ground with both feet simultaneously and complete the repetition by jumping over the box.

- Where specified, the athlete must contact the top of the object (e.g., a box) with both feet during the transition over the object.
- Where specified, the athlete may not come into contact with the object at any time during the repetition.

## **JUMP ROPE**

The athlete must hold both ends of a rope – one in each hand – and jump with both feet simultaneously over the rope as it rotates around the sagittal axis of the body.

- Single-under: the rope must pass under both feet once per jump.
- Double-under: the rope must pass under both feet twice per jump.
- Triple-under: the rope must pass under both feet three times once per jump.



## **MOVEMENTS USING PRIMARILY ABS/BACK ("CORE" MOVEMENTS)**

### **GHD SIT-UP**

The GHD Sit-up requires the athlete to mount a glute-ham developer apparatus in a seated position with both feet lodged under designated supports, lower the torso rearward until both hands touch a designated target greater than 180 degrees behind the athlete's rotation axis. The repetition is complete when the athlete returns to the upright seated position and touches both hands to the foot supports on top of the apparatus.

Standards that must be met:

1. Both hands touch the target behind the athlete's head at the bottom of the repetition;
2. Both hands touch the foot supports on top of the apparatus to end the repetition.

### **BACK/HIP EXTENSION**

The Back/Hip Extension requires the athlete to mount a glute ham developer apparatus in a supine fashion with both feet lodged under designated supports, lower the torso forward by bending at the waist until both hands touch the designated target greater than 180 degrees relative to the athlete's rotation axis. The repetition is complete when the athlete returns to the supine position and touches both hands to the designated target set out in front of the apparatus.

Standards that must be met:

1. Both hands touch the designated target at the bottom of the repetition below the GHD apparatus;
2. Both hands touch the designated target at the top of the repetition out in front of the GHD apparatus.

### **ABMAT SIT-UP**

The AbMat sit-up is requires the athlete to sit with an AbMat adjacent to the coccyx. The athlete must lower the torso rearward until the shoulder blades and both hands touch the ground behind the athlete. The athlete must then return to the seated position and touch the designated target at the top of the repetition with both hands. Athletes may not grab their legs or push uoff from the ground with the hands to assist the sit-up portion of the movement.

Standards that must be met:

1. Shoulder blades and both hands touch the ground behind the athlete at the bottom of the repetition;
2. Both hands touch the designated target at the top of the repetition.

## **HOLLOW HOLD**

The Hollow Hold is performed with the athlete in a supine position. The athlete must lift the shoulder blades and legs off the ground and hold in a hollow body shape. Only the glutes and lower back may touch the floor during the hold. The shoulders, legs and arms cannot be higher than a designated height.

Standards that must be met:

1. Shoulder blades are off the ground during the hold;
2. Legs and feet are off the ground during the hold;
3. Legs and arms do not extend above the designated target.

## **HOLLOW ROCK**

The Hollow Rock is performed similarly to the hollow hold except the athlete will rock forward and backward while maintaining the hollow body position. The legs and arms must remain off the ground throughout the entire rock.

Standards that must be met:

1. A rocking motion back to forward is maintained throughout the repetition;
2. Legs and arms remain off the ground the entire repetition.

## **L-SIT**

The L-Sit can be performed on the floor, parallettes, or any other adequately stable surface. The athlete will achieve a support position on hands and arms while elevating the legs to a straight position at a 90 degree angle from the body. The legs must remain above a designated target throughout the hold. If the feet or legs touch the target (*i.e.*, too low), time accumulation will pause or end as specified for the task. If the feet are not past a specified horizontal distance throughout the hold (*i.e.*, not an L-shape), time accumulation will pause or end as specified for the task. The elbows may not be used as a brace against any surface to assist in support, though they do not have to be locked out.

Standards that must be met:

1. Legs remain above the height of the target;
2. Feet remain extended beyond the designated horizontal distance.

## **L-HANG**

The L-Hang is performed similarly to the L-Sit except the athlete must use the hands to hang from a bar, ring or other apparatus.

Standards that must be met:

1. Legs must remain above the height of the target;
2. Feet remain extended beyond the designated horizontal distance.



## **SLEDS AND STONES**

### **SLEDS**

For all Sled Tasks, the Sled and the athlete must begin behind the start line and finish with the athlete and the Sled completely beyond the finish line. The athlete may not lift or carry the Sled, and the bottom surface of the Sled must remain in contact with the ground throughout the task.

- Sled Push: athlete must push a Sled for a designated distance.
- Sled Drag: athlete must drag the Sled while attached to the Sled with a harness. Unless specifically stated in a special regulation, the athlete may face forwards or backwards while dragging the sled, but may not touch the sled itself.
- Sled Pull: from a stationary position across from the Sled, the athlete must pull the Sled toward the athlete's stationary position via a rope or similar device. The athlete may stand or sit during the task but may not take steps while pulling the Sled (unlike as with the Sled Drag).

### **OBJECT-OVER-SHOULDER (STONES)**

For the Object-over-Shoulder, the athlete must pick up the designated object and toss or push it over the shoulder while the athlete reaches full extension of the hips. The athlete may lift the object using any technique; however, some portion of the object must pass over the top of the shoulder, and not merely around the side of the arm or shoulder for the repetition to count. Where specified by a special regulation, alternating of shoulders may be required.

Standards that must be met:

1. Object goes over the top of the shoulder;
2. Full extension of the hips as the object goes over the shoulder;
3. If specified, alternating shoulders each repetition.

## MISCELLANEOUS/UNCATEGORIZED MOVEMENTS

### THRUSTER

The thruster is a combination of the front squat and the push press, but with no pause between the movements. The athlete supports a barbell or other object in the front-rack position, descends to the bottom-of-squat position, then elevates the object to a position directly overhead while standing to full vertical extension of the body. A jerk-type press (*i.e.*, dropping under the object during the elevation phase) is not allowed.

Standards that must be achieved:

1. Hip crease is below the knee at the bottom of the repetition with the object resting on the front of the shoulders or at shoulder level (the front-rack position);
2. Object is overhead and over the sagittal midline of the body at the top of the repetition (*i.e.*, the shoulder angle is open or rearward of the frontal plane);
3. Knees, hips, and elbows are fully extended at the top of the repetition.

### SQUAT-CLEAN THRUSTER

The squat clean thruster is performed similarly to the thruster, except the bar must come from the ground each time. The athlete supports a barbell or other object in the front-rack position, descends to the bottom-of-squat position, then elevates the object to a position directly overhead while standing to full vertical extension of the body. A jerk-type press (*i.e.*, dropping under the object during the elevation phase) is not allowed. For each repetition, the athlete performs a squat clean with the barbell or other object, ending in the bottom of squat position; the athlete then elevates the object to a position directly overhead while standing to full vertical extension of the body. A jerk-type press (*i.e.*, dropping under the object during the elevation phase) is not allowed.

Standards that must be achieved:

1. Bar starts from the ground each repetition;
2. Hip crease is below the knee at the bottom of the repetition with the object resting on the front of the shoulders or at shoulder level (the front-rack position);
3. Object is overhead and over the sagittal midline of the body at the top of the repetition (*i.e.*, the shoulder angle is open or rearward of the frontal plane);
4. Knees, hips, and elbows are fully extended at the top of the repetition.

## **WALLBALL SHOT**

The wallball shot is performed with a medicine ball and an elevated target. With the medicine ball in the frontal plane, the athlete must descend to a bottom-of-squat position and then, while ascending, throw the ball so that it makes contact at or above a designated height. Jumping during the repetition is permissible but not required. Catching the ball after the completion of a good repetition is not required, but if the ball bounces against any surface in its downward path after hitting the target at or above the designated height, the ball must be returned to the ground and be retrieved from the ground before the athlete starts the next repetition. The repetition is counted when the ball makes contact at or above the designated height.

Standards that must be achieved:

1. Hip crease is below the knee at the bottom of the repetition with the ball in the athlete's hands;
2. Ball makes contact with the wall or target at or above the designated height.

## **LUNGE**

The Lunge may be performed with or without a walking requirement, and with or without a barbell or other object. The Lunge requires the athlete to step forward with one leg while bending the trailing leg until the trailing knee touches the ground and then rise until both knees are locked out before proceeding with the next lunge step. A Standing Lunge requires the athlete to return the leading foot to a position adjacent to the trailing foot. A Walking Lunge requires the athlete to bring the trailing foot forward during the ascent. A pause at the top of each repetition is not required. Unless otherwise specified, the athlete must alternate the leading leg successively. Walking Lunges may require travel over a set distance, in which case a start and finish line will be present. The athlete will start behind the start line and finish when both feet have crossed the finish line. Where Lunges require only performance of a set number of repetitions, the repetition count rather than the distance will be tracked.

Where the movement requires the athlete to support a barbell or other object during the movement, Specific standards for grip and object placement for barbell and other objects will be addressed by special regulations.

Standards that must be achieved:

1. Rear knee touches the ground each repetition;
2. Athlete passes through full extension of both knees at the top of each repetition;
3. If a start/finish line is used, athletes start with both feet behind the start line and finish once both feet past the finish line.

# KETTLEBELL MOVEMENTS

## KETTLEBELL SWING

The Kettlebell Swing begins with the athlete holding the Kettlebell, which they will then swing between their legs to generate momentum to bring the kettlebell overhead. The bottom of the kettlebell must be swung higher than the top of the athlete's head at the top of the repetition. At the bottom of the repetition the kettlebell must break the front plane of the athlete's thighs. The repetition is counted at the top position of the movement.

Standards that must be met:

1. At the highest point of the swing, the bottom of the kettlebell breaks the horizontal plane of the top of the athlete's head.
2. At the bottom of the repetition the bell of the kettlebell breaks the front plane of the athlete's thighs.

## RUSSIAN KETTLEBELL SWING

The Russian Kettlebell Swing begins with the athlete holding the Kettlebell, which they will then swing between their legs to generate momentum to bring the kettlebell above the height of the shoulder with straight arms while exceeding a 90 degree angle between the athlete's body and the arms. The bottom of the kettlebell must clear the athlete's shoulder at the top of the repetition. At the top of the repetition the arms must be straight. At the bottom of the repetition the kettlebell must break the front plane of the athlete's thighs. The repetition is counted at the top position of the movement.

Standards that must be met:

1. At the highest point of the swing, the bottom of the kettlebell clears the athlete's shoulders while the arms are straight.
2. At the bottom of the repetition the bell of the kettlebell breaks the front plane of the athlete's thighs.

## KETTLEBELL GET-UP

The Kettlebell Get-up start with the athlete standing with a single kettlebell elevated overhead. From the standing position, the athlete will descend to the floor in any manner desired while maintaining support of the kettlebell overhead with a single arm the entire time. The other arm cannot assist with support of the kettlebell during the repetition. At the bottom of the repetition, the athlete will achieve a face up supine position on the ground with both shoulder blades touching the ground, legs extended straight with heels touching the ground, and the kettlebell still elevated overhead. The athlete will then return to a standing position with the kettlebell still overhead, showing control of the kettlebell at the top of the repetition. If the athlete is changing hands between repetitions, the kettlebell does not need to touch the floor between repetitions. If the kettlebell sinks below the head at any point during the repetition, the repetition will not count.

Standards that must be met:

1. The Kettlebell starts and ends locked out overhead supported by a single arm only and with the athlete standing at full extension
2. The Kettlebell remains overhead for the duration of the repetition.
3. At the bottom of the repetition both shoulder blades touch the ground with the kettlebell locked out overhead and the legs extended.

## **OTHER KETTLEBELL MOVEMENTS**

Movement standards for variants of other movements (*i.e.*, clean, snatch, thruster *et al.*) performed using the kettlebell are covered under the main section for that particular movement. These movements may be prescribed single-arm or two-arm tasks. Special regulations may be issued to clarify kettlebell grip and positioning standards on other kettlebell movements.

## **MOVEMENTS STANDARDS SPECIFIC TO TEAM COMPETITIONS**

Movement Standards Specific to Team Competition such as synchronization of movements, tagging teammates in and out, any static positions that must be held while teammates are working, and the like must be released in a special regulation before the competition begins.

## **WEIGHT VEST REQUIREMENTS**

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 judge that the vest adjustment conforms to the above standard before continuing with further task work.