



**DUTCH
THROWDOWN**

**2025
QUALIFIER
RULEBOOK**



WELCOME TO THE QUALIFIERS FOR THE DUTCH THROWDOWN CLASSIC 2025!

Before starting with the workout, we ask you to read through everything from this point on so that you are well-prepared.

All movement standards are aligned with the [standards of the International Functional Fitness Federation \(iF3\)](#)

Although we would love to take your word and not have an online video qualifier process, that's not how this works. In addition to the scorecard, you, the athlete, will have to upload a video (link) of the prescribed test as visual proof. The main objective is to verify that you have performed the test, that the number of repetitions and times specified are correct, and that you meet the movement standards.

Let us help you by setting up these practical tips and rules to ensure video submission success.

One workout - three parts

This is a "one-click" qualifier, meaning that you will have to do all three workouts within a specified timeframe. The clock needs to be visible and running at all times in the video. You cannot stop the clock, pause it or take it out of the frame.

Please also make sure you perform all workouts in the assigned time frame and in the right order. When all three workouts are done, you need to upload the video to your preferred choice of host (YouTube, Vimeo, etc) and then enter the same link for all three scores inside the system.

Your team can have one or more people helping to exchange the equipment in between workouts - but not in workouts.

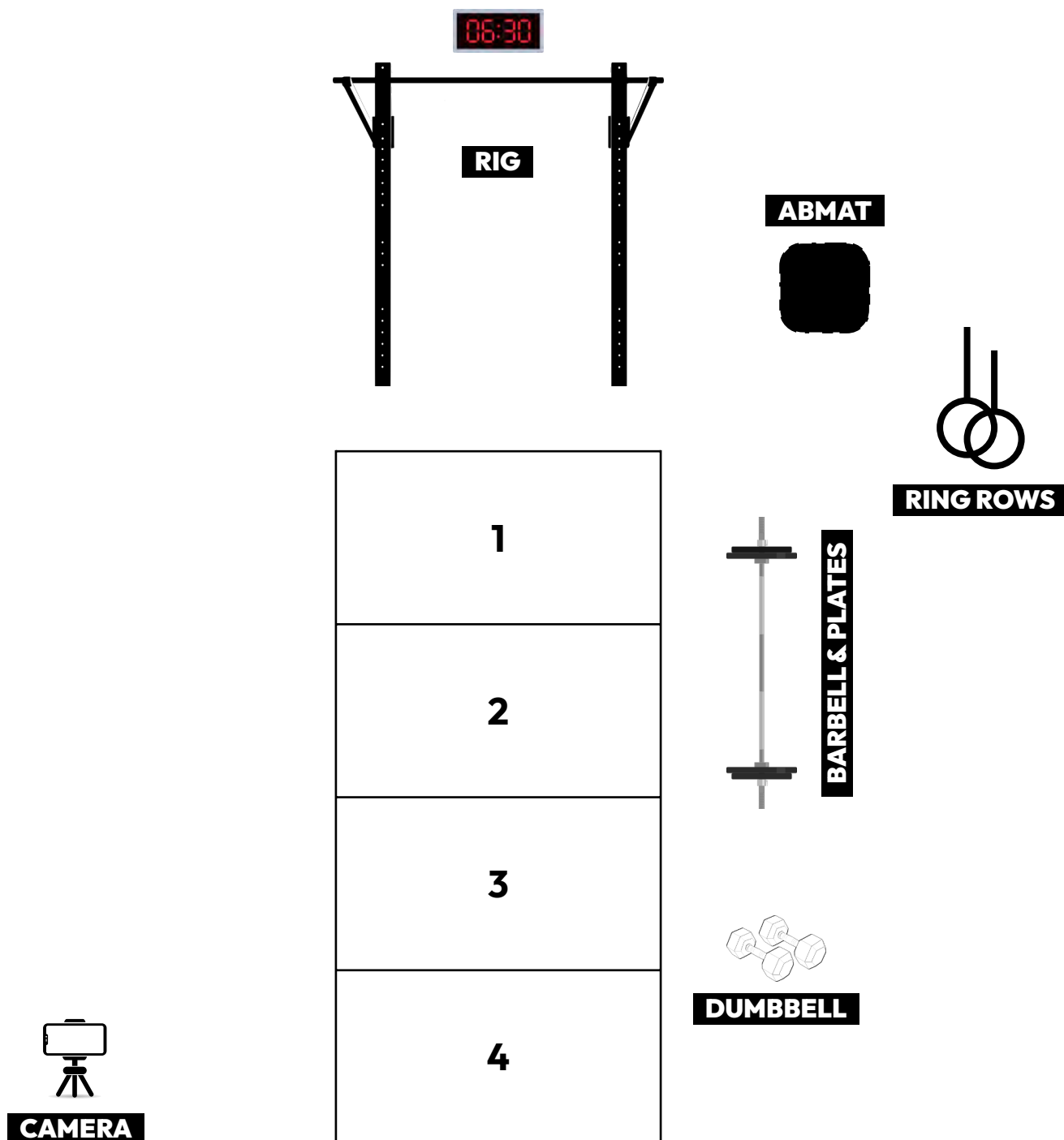
Please note: all movement standards will be described at the end of this document.

Before the test

Make sure you understand the workouts, flow, special regulations and standards by:

- READING them first;
- Asking questions later if something is unclear to you.

We always recommend the use of a judge, even if it is not mandatory. If you do, make sure that your judge does the same steps as mentioned above.





WELCOME

During the test

Make it clear to your judge that officiating is not just counting reps. Your judge must also be aware that you, as an athlete, have to meet all the required rules and standards.

It's your judge's responsibility to inform you if you don't meet the rules and standards = NO-REP.

Your judge can give you verbal instructions (squat deeper, extend those hips/arms, etc..) but a no- rep is a no-rep and should be given at ALL times during this process!

After the test

We recommend that you check your videos yourself before submitting them to the competition platform. Make a comparison with the scorecard and check the following (if applicable):

- Are the totals correct?
- Are the times correct?
- Are the weights correct?
- Are the distances correct?
- Are the heights correct?

It's NOT up to our review team to determine all of the above. You are responsible for this! If

everything is correct and only then, should you upload your video (link) for review without the risk of getting penalties or invalidation of it.

Video format

We recommend that you use the WodProof app to record your workouts. WodProof offers apps for iOS and Android and they also offer a 4-week free of charge trial on their premium plan.

ALL videos must be uncut/unedited to allow an accurate display of the test performance. The use of fisheye or similar lens is NOT ALLOWED and will be invalidated by our review team.

Remember your BASICS

The first thing we want to see when the video starts is you:

- Telling us your name;
- Stating which event, division and workout you are doing;
- Zooming in/focusing on the weights (barbell, dumbbell, kettlebell, etc...), distance (shuttle run, handstand walk, etc...) and time/distance/calories on those screens so we can give you full credit.

If required, don't forget to reset the screens of the machines before starting another round.



Angle and frame

Record the video so that all exercises can be clearly seen, meeting the movement standards. As for framing, make sure your ENTIRE body stays in the frame at ALL times. If we can not see you, we can not assess the video!

- do not place your recording device on the ground with an upward angle;
- do not place your recording device right in front of you (The anterior 45° angle position is the most ideal);
- do not place your recording device far away from you
- watch out for gym related obstacles

Scorecards

The scorecards are a tool that allows you to record all correctly performed reps in order to upload the final score on the online platform. We strongly recommend that you review this scorecard before performing the workout.

Video review

When submitted, your score and video will be under review. Our review team will watch the videos randomly to make sure to give or subtract full credit of your hard work.

Please try to be patient - with technology and us.

If you have questions about your video or score, please try to hold off until we have had a chance to review your submission and log it for you on the leaderboard. If we contact you about submission problems, you will have 24-hours to reply and comply.

Penalties

If you perform a no-rep and count it as a good rep we start with a penalty of -2 reps and every following we multiply with 2 (2,4,6,8,10,12,...)

So every no rep that you count as a good rep will result in total penalty of:

- 1 no rep = -2 reps
- 2 no reps = -6 reps
- 3 no reps = -12 reps
- 4 no reps = -20 reps

Examples:

- If you perform and register 25 unbroken toes-to-bar in part C, but we judge three of them as no-reps, we will adjust your score to 13 reps (25-12).
- If you perform 25 unbroken toes-to-bar in part C, but you yourself calls three of them as no-reps and only registers 22 reps, we will let that score stand.

Appeals

Appeals, scoring discrepancies or questions about the review of online videos will be handled by our head judge. Athletes will receive an email if the score posted is modified due to a penalty. The message will give a brief description explaining the reason for the change in the score. After this notification, athletes will have 24-hour time to appeal. All appeals received after this 24-hour deadline will not be processed!

Only the affected athlete may appeal a result. Coaches or unrelated parties may not appeal on behalf of the athlete. Athletes may not appeal their own performance outcome based on the review, scoring or performance of another athlete.

ON A RUNNING CLOCK:

00:00 - 05:00 (SCORE A)

- 5 rounds for time:
- 10m burpee broad jump (2x5m)
- 10 chest-to-bar pull-ups / pull-ups / jumping pull-ups*
- 10 abmat sit-ups

05:00 - 06:00

Rest

06:00 - 16:00 (SCORE B)

For time:

- 10 Power snatch (weight 1)
- 50m Walking lunges with DB
- 10 Power clean (weight 2)
- 50m Walking lunges with DB
- 10 Power snatch (weight 2)
- 25m Handstand walk (1*) / weighted bear crawl (DB)
- 10 Power clean (weight 3)
- 25m Handstand walk(2*) / weighted bear crawl (DB)

(Please note tiebreak time after last rep of power clean)

16:00 - 17:00

Rest

17:00 - 20:00 (SCORE C)

For reps:

max unbroken TTB / Single leg TTB / Knee raises

FLOW

1. Athletes start under the rig, and at the signal start performing the burpee broad jumps, 5m away and 5m back.
2. Next perform 10 pull-up variants and 10 abmat sit-ups.
3. When the first round is completed, athlete performs four more rounds in the same pattern.
4. When the 5 rounds are completed, note the time for score A.
5. If you do not complete five rounds within the timecap, your score is the total number of repetitions completed.
6. Athlete now rests until 06:00
7. When the clock hits 06:00, start with part B, performing 10 power snatches with weight 1, followed by 50m dumbbell walking lunges in 5m increments. You can choose how you hold the dumbbells.
8. Next go back to the barbell and load weight 2 on it and perform 10 power cleans.
9. When these are finished, pick up the dumbbells and perform again 50m walking lunges in length of 5m.
10. Next go back to the barbell and perform 10 power snatches with weight 2.
11. When these are finished perform a 25m handstand walk / bear crawl.
12. Next go back to the barbell, load weight 3 and perform 10 power cleans with this.
13. Note your time after the final repetition of power cleans with weight 3. This is your tiebreak time.
14. Finally, perform a 25m handstand walk / bear crawl.
15. After these please note the time for your score B. If you do not complete all repetitions within the timecap, your score is the total number of repetitions completed.
16. Athlete now rests until 17:00
17. At 17:00, athlete must now attempt a max reps unbroken set of toes-to-bar / single-leg toes-to-bar / knee raises. You may do as many attempts as wanted until the clock hits 20:00, but only the largest set counts towards your score.

Movements & weights

Rig, part A

- Rx: chest-to-bar pull-ups
- Advanced: pull-ups
- Regular & Scaled: jumping pull-ups

Rig, part C

- RX + Advanced : toes-to-bar
- Regular: Single leg toes-to-bar
- Scaled: Knee raises

Barbells:

- **Weight 1:**
Rx 40/25 - Advanced 30/25 - Regular 20/15 - Scaled 20/15
- **Weight 2:**
Rx 50/35 - Advanced 40/30 - Regular 30/25 - Scaled 20/15
- **Weight 3:**
Rx 60/40 - Advanced 50/35 - Regular 40/30 - Scaled 30/25

Dumbbells:

- Rx: 15 / 12.5 kg
- Advanced: 12.5 / 10 kg
- Regular: 10 / 7 kg
- Scaled: 7 / 5 kg

Handstand walk 1:

- RX: handstand walk
- Advanced, regular, scaled: weighted bear crawl

Handstand walk 2:

RX + advanced: handstand walk
Regular + Scaled: weighted bear crawl

Special regulations

- Handstand walk doesn't need to be unbroken but each 5 meter counts as 1 rep.
- Burpee broad jump: hands must be placed where the feet were standing
- the full length is done when feet are over the line
- Bear crawl is finished when feet are over the line
- Burpee broad jump, bear crawl, handstand walk all start with hands behind the line



RX

A - 5 rounds For time

	R1		R2		R3		R4		R5	
2x5m Burpee broad jump	5	5	5	5	5	5	5	5	5	5
10 Chest to bar pull ups	10		10		10		10		10	
10 sit ups	10		10		10		10		10	

TIME:

B for time										
10 Power snatch 40 / 25 kg	10									
10x5m Walking lunges DB 2 x 15 / 12,5 kg	5	5	5	5	5	5	5	5	5	5
10 Power clean 50 / 35 kg	10									
10x5m Walking lunges DB 2 x 15 / 12,5 kg	5	5	5	5	5	5	5	5	5	5
10 Power snatch Weight 50 / 35 kg	10									
5x5m Handstand walk	5	5	5	5	5	5	5	5	5	5
10 Power clean Weight 60 / 40 kg TIE BREAK TIME:.....	10									
5x5m Handstand walk	5	5	5	5	5	5	5	5	5	5

TIME:

C for reps

Max unbroken reps Toes to bar

REPS:

ADVANCED

A - 5 rounds For time

	R1		R2		R3		R4		R5	
2x5m Burpee broad jump	5	5	5	5	5	5	5	5	5	5
10 Pull ups	10		10		10		10		10	
10 Sit ups	10		10		10		10		10	

TIME:

B for time

10 Power snatch 30 / 25 kg	10									
10x5m Walking lunges DB 2 x 12,5 / 10 kg	5	5	5	5	5	5	5	5	5	5
10 Power clean 40 / 30 kg	10									
10x5m Walking lunges DB 2 x 12,5 / 10kg	5	5	5	5	5	5	5	5	5	5
10 Power snatch Weight 40 / 30 kg	10									
5x5m Bear crawl DB 2 x 12,5 / 10kg	5	5	5	5	5	5	5	5	5	5
10 Power clean Weight 50 / 35 kg TIE BREAK TIME:.....	10									
5x5m Handstand walk	5	5	5	5	5	5	5	5	5	5

TIME:

C for reps

Max unbroken reps Toes to bar	
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REPS:

REGULAR

A - 5 rounds For time

	R1		R2		R3		R4		R5	
2x5m Burpee broad jump	5	5	5	5	5	5	5	5	5	5
10 Jumping pull ups	10		10		10		10		10	
10 Sit ups	10		10		10		10		10	

TIME:

B for time

10 Power snatch 20 / 15 kg	10									
10x5m Walking lunges DB 2 x 10 / 7,5 kg	5	5	5	5	5	5	5	5	5	5
10 Power clean 30 / 25 kg	10									
10x5m Walking lunges DB 2 x 10 / 7,5 kg	5	5	5	5	5	5	5	5	5	5
10 Power snatch Weight 30 / 25 kg	10									
5x5m Bear crawl DB 2 x 10 / 7,5 kg	5	5	5	5	5	5	5	5	5	5
10 Power clean Weight 40 / 30 kg TIE BREAK TIME:.....	10									
5x5m Bear crawl DB 2 x 10 / 7,5 kg	5	5	5	5	5	5	5	5	5	5

TIME:

C for reps

Max unbroken reps Single leg toes to bar	
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REPS:



SCALED

A - 5 rounds For time

	R1		R2		R3		R4		R5	
2x5m Burpee broad jump	5	5	5	5	5	5	5	5	5	5
10 Jumping pull ups	10		10		10		10		10	
10 sit ups	10		10		10		10		10	

TIME:

B for time

10 Power snatch 20 / 15 kg	10									
10x5m Walking lunges DB 2 x 7,5 / 5 kg	5	5	5	5	5	5	5	5	5	5
10 Power clean 20 / 15 kg	10									
10x5m Walking lunges DB 2 x 7,5 / 5 kg	5	5	5	5	5	5	5	5	5	5
10 Power snatch Weight 20 / 15 kg	10									
5x5m Bear crawl DB 2 x 7,5 / 5 kg	5		5		5		5		5	
10 Power clean Weight 30 / 25 kg TIE BREAK TIME:.....	10									
5x5m Bear crawl DB 2 x 7,5 / 5 kg	5		5		5		5		5	

TIME:

C for reps

Max unbroken reps Knee raises

REPS:

On A running Clock:

00:00 - 08:00 (SCORE A)

9 rounds for time: you go I go full rounds

- 10m burpee broad jump (2x5m)
- 10 c2b / pull-ups / jumping pull-ups
- 10 abmat sit-ups

08:00 - 20:00 (SCORE B)

For time:

Please make sure you perform this workout in the prescribed order. Athletes have to follow the schedule below.

- A1: 10 power snatch (weight 1)
- A2: 50m walking DB lunges
- A3: 15 double DB deadlifts
- A2: 10 power clean (weight 2)
- A3: 50m walking DB lunges
- A1: 15 double DB deadlifts
- A3: 10 power snatch (weight 2)
- A1: 25m Handstand walk (RX) / dumbbell bear crawl (Adv + Reg)
- A2: 15 double DB deadlifts
- A1: 10 power cleans (weight 3)
- A2 + A3: 15 synchro single arm DB overhead squats (RX + Adv) / lunges (Reg)

20:00 - 21:00

Rest

21:00 - 24:00 (SCORE C)

- max reps unbroken synchro toes-to-bar / single-leg toes-to-bar / knee raises

Flow:

1. All athletes start at the end of the 5m mark (furthest away from the rig). At the signal, Athlete 1 (A1) runs to the rig and from there starts with the burpee broad jumps, 5m up and 5m back, followed by 10 reps of pull-up variant and ends the round with 10 abmat sit-ups under the rig.
2. After completing a full round, A1 runs back to the starting point, tagging Athlete 2 (A2) who then completes the exact same movements. When A2 is done, he or she tags A3 who also does the same.
3. The team continues in this pattern until nine rounds have been completed (3 rounds per athlete).
4. Note the time finishing the last rep for score A. If you do not complete nine rounds within the timecap, your score is the total number of repetitions completed.
5. If team completes the nine rounds before timecap, they rest until 8:00.
6. On the 8 min mark they start with Part B, where A1 starts and performs 10 power snatches with weight 1 (barbell can be loaded with weight 1 before starting the workout), when A1 finishes the snatches he/she taps A2.
7. A2 goes to the dumbbells and starts doing 50m walking lunges (in 5m sections). When these are finished, A2 taps A3, who picks up the dumbbells and does 15 double dumbbell deadlifts. A3 then taps A2 again.
8. A2 starts performing 10 power cleans with weight 2, when finished taps A3 again.
9. A3 starts performing the 50m walking lunges, when finished A3 taps A1.
10. A1 starts performing the 15 double DB deadlifts, when finished taps A3 again.
11. A3 starts performing 10 power snatches with weight 2, when finished taps A1
12. A1 starts performing 25m handstand walk or 25m bear crawl in lengths of 5m, when finished taps A2
13. A2 performs the 15 double dumbbell deadlifts when done taps A1.
14. A1 starts performing 10 power cleans with weight 3.
15. When done A1 taps A2 and A3 and they perform 15 Syncro SA DB OH Squats / Lunges
16. After the last rep note your time for score B. Athletes now rest until 21:00.
17. At 21:00, the team now has two minutes to establish their maximum set of unbroken synchronized toes-to-bar (or variation).

SPECIAL REGULATIONS

- Lunges and handstand walk must be in 5 meter sections.
- Handstand walk doesn't need to be unbroken but each 5 meter is 1 rep.
- Resting athletes are allowed to re-load barbell with next weight.
- When not re-loading barbell, non-working athletes must be in the starting area.
- For dumbbell deadlifts, only one head of each dumbbell needs to touch the ground.

Movements & weights

Rig, part A:

- Rx: chest-to-bar pull-ups
- Advanced: pull-ups
- Regular: jumping pull-ups

Rig, part C:

- RX + Advanced: toes-to-bar
- Regular: Single leg toes-to-bar

Barbells:

- **Weight 1:**
Rx 40/25 - Advanced 30/25 - Regular 20/15
- **Weight 2:**
Rx 50/35 - Advanced 40/30 - Regular 30/25
- **Weight 3:**
Rx 60/40 - Advanced 50/35 - Regular 40/30

Dumbbells:

- Rx: 15 / 12.5 kg
- Advanced: 12.5 / 10 kg
- Regular: 10 / 7 kg

Handstand walk : RX

- Weighted bear crawl : advanced, regular

RX:

A - 9 ROUNDS FOR TIME

	R1		R2		R3		R4		R5		R6		R7		R8		R9	
2X5M BURPEE ROAD JUMP	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
10 C2B PULL UPS	10		10		10		10		10		10		10		10		10	
10 SIT UPS	10		10		10		10		10		10		10		10		10	

TIME:

B FOR TIME

10 Power snatch 40 / 25 kg	10																	
10x5m Walking lunges DB 2 x 15 / 12,5 kg	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
15 double DB deadlifts DB 2 x 15 / 12,5 kg	15																	
10 Power clean 50 / 35 kg	10																	
10x5m Walking lunges DB 2 x 15 / 12,5 kg	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
15 double DB deadlifts DB 2 x 15 / 12,5 kg	15																	
10 Power snatch Weight 50 / 35 kg	10																	
5x5m Handstand walk	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
15 double DB deadlifts DB 2 x 15 / 12,5 kg	15																	
10 Power clean Weight 60 / 40 kg	10																	
15 Syncro overhead squats DB 15 / 12,5 kg	15																	

TIME:

C for reps

Max unbroken reps Toes to bar

REPS:.....

ADVANCED

A - 9 ROUNDS FOR TIME

	R1		R2		R3		R4		R5		R6		R7		R8		R9	
2X5M BURPEE ROAD JUMP	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
10 pull ups	10		10		10		10		10		10		10		10		10	
10 sit ups	10		10		10		10		10		10		10		10		10	

TIME:

B FOR TIME

10 Power snatch 30 / 25 kg	10									
10x5m Walking lunges DB 2 x 12,5 / 10 kg	5	5	5	5	5	5	5	5	5	5
15 double DB deadlifts DB 2 x 12,5 / 10 kg	15									
10 Power clean 40 / 30 kg	10									
10x5m Walking lunges DB 2 x 12,5 / 10 kg	5	5	5	5	5	5	5	5	5	5
15 double DB deadlifts DB 2 x 12,5 / 10 kg	15									
10 Power snatch Weight 40 / 30 kg	10									
5x5m Bear crawl DB 2 x 12,5 / 10 kg	5		5		5		5		5	
15 double dumbbell deadlifts	15									
10 Power clean Weight 50 / 35 kg	10									
15 Syncro overhead squats DB 12,5 / 10 kg	15									

TIME:

C for reps

Max unbroken reps Toes to bar

REPS:.....

REGULAR:

A - 9 ROUNDS FOR TIME

	R1		R2		R3		R4		R5		R6		R7		R8		R9	
2x5m Burpee broad jump	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
10 Jumping pull ups	10		10		10		10		10		10		10		10		10	
10 sit ups	10		10		10		10		10		10		10		10		10	

TIME:

B FOR TIME

10 Power snatch 20 / 15 kg	10									
10x5m Walking lunges DB 2 x 10 / 7,5 kg	5	5	5	5	5	5	5	5	5	5
15 double DB deadlifts DB 2 x 10 / 7,5 kg	15									
10 Power clean 30 / 25 kg	10									
10x5m Walking lunges DB 2 x 10 / 7,5 kg	5	5	5	5	5	5	5	5	5	5
15 double DB deadlifts DB 2 x 10 / 7,5 kg	15									
10 Power snatch Weight 30 / 25 kg	10									
5x5m Bear crawl DB 2 x 10 / 7,5 kg	5		5		5		5		5	
15 double DB deadlifts DB 2 x 10 / 7,5 kg	15									
10 Power clean Weight 40 / 30 kg	10									
15 Syncro overhead lunges DB 10 / 7,5 kg	15									

TIME:

C for reps

Max unbroken reps Toes to bar

REPS:.....



WORKOUTS

On A running Clock:

00:00 - 06:00 (SCORE A)

3 rounds for time: syncro

- 10m burpee broad jump (2x5m)
- 10 ring rows
- 10 abmat sit ups

06:00 - 07:00

REST

07:00 - 17:00 (SCORE B)

For time:

- 15 synchro Double DB deadlift
- 50m (5m partner alternating) walking lunges
- 10 synchro Double DB hang power clean
- 50m (5m partner alternating) Bear crawl
- 10 synchro Alternating DB power snatches
- 50m (5m partner alternating) Walking lunges
- 10 Synchro Double DB deadlift
- 50m (5m partner alternating) bear crawl

17:00 - 18:00

REST

18:00 - 21:00 (SCORE C)

For reps:

- max reps unbroken Knee raises

FLOW:

1. The athletes start under the rig and at the signal they start with the synchro burpee broad jumps. The sync for this movement is at the start and end of the 5m mark.
2. Next they do 10 synchro ring rows and then ending the round with 10 synchro abmat sit-ups. They repeat this until the 3 rounds are done.
3. After the last rep on the third round, athletes will note their time. This will be their score for Part A.
4. Athletes are now resting until the clock is at 07:00
5. At 7:00, Part B starts with 15 synchro double dumbbell deadlifts, followed by 50m alternating walking lunges, 10 synchro double dumbbell hang power cleans, 50m alternating bear crawl, 10 synchro alternating dumbbell power snatches, 50m alternating, 15 double dumbbell deadlifts and ending part B with 50m alternating bear crawl.
6. Note your score after the last rep for score B.
7. Athletes can now rest until 18:00.
8. On the 18:00 mark, athletes must attempt their largest set of unbroken knee raises.
9. You can do as many attempts as wanted until the clock hits 21:00, but only the largest unbroken set for each athlete will count towards the score.
10. Only one athlete can work at a time.
11. Score for part C is parent reps + kids reps

DUMBBELLS

- Dads: 10 kg
- Moms: 7 kg
- Kids: 3 / 5 / 7 kg

SPECIAL REGULATIONS

- For lunges and bear crawl, alternating needs to be done in 5-meter sections, meaning the parent does 5m, then the kid does 5m, then parent 5m, etc. The total distance covered should be 50m, that is 25m each
- For dumbbell deadlifts, only one head of each dumbbell needs to touch the ground.

PARENT & KID:

A - FOR TIME

	R1		R2		R3	
2x5m Burpee broad jump	5	5	5	5	5	5
10 Jumping pull ups	10		10		10	
10 sit ups	10		10		10	

TIME:

B FOR TIME

15 Syncro double DB deadlifts	15									
10x5m Walking lunges (25m each)	5	5	5	5	5	5	5	5	5	5
10 Syncro double DB hang power clean	10									
10x5m Bear crawl	5	5	5	5	5	5	5	5	5	5
10 Syncro alternating DB power snatch										
10x5m Walking lunges	5	5	5	5	5	5	5	5	5	5
15 Syncro double DB deadlifts										
10x5m Bear crawl	5	5	5	5	5	5	5	5	5	5

TIME:

C for reps

Max unbroken reps Knee raises Parent	
Max unbroken reps Knee raises Kid	

REPS TOTAL:.....

ABMAT SIT-UP

REP START

- Shoulder-blades in contact with the ground.
- Both hands in contact with the ground behind the head.

REP END

- Athlete is a seated, upright position, complete with the shoulders above hips and spine extended.
- Both hands in contact with feet.

REP REQUIREMENTS

- AbMat is kept adjacent to the tailbone and both feet must be in contact with the ground throughout the full rep.

TEAM SYNCHRO

- Rep start and rep end

BEAR CRAWL

(<https://youtu.be/9rhNMNVWID8>)

REP START / REP END

- Standing on hands and toes
- Shoulders above hands
- Knees just above the ground
- Flat back hips in line with shoulders

REP REQUIREMENTS

- Left hand and right foot move at same time
- Right hand and left foot move at same time
- Remain flat back during moving hips in line with shoulders
- Knees must be floating just above ground at all time

BURPEE BROAD JUMP

REP START

- Prone position.

REP END

- Standing free

REP REQUIREMENTS

- Must move from rep start to rep end by one single jump.
- Jump with simultaneous take-off with both feet.

CHEST-TO-BAR PULL-UP

REP START

- Vertical hang from horizontal bar.

REP END

- Chest in contact with the horizontal bar.

REP REQUIREMENTS

- Only hands and chest or above can touch anything during the movement.

DB DEADLIFT

REP START

- Objects-on-ground.
- Hands on objects.

REP END

- Deadlift lockout.

REP REQUIREMENTS

- Hands and arms are kept outside of the legs.

TEAM SYNCHRO

- Rep end

DB HANG POWER CLEAN

REP START

- Hang position.

REP END

- Front-rack lockout.

REP REQUIREMENTS

- 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.

TEAM SYNCHRO

- Rep end

DB POWER SNATCH

REP START

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

REP END

- Overhead lock-out.

REP REQUIREMENTS

- Object is moved in one fluid motion from ground to a overhead position.
- Avoid the bottom of squat.
- Both heads of the dumbbell must touch the ground

TEAM SYNCHRO

- Rep end

HANDSTAND WALK

REP START

- Vertical Inversion
- Both hands in contact with ground behind the starting line.

REP END

- Vertical Inversion
- Both hands in contact with ground past the end line.

REP REQUIREMENTS

- Only hands may contact the ground.
- Feet remain above the hips and head throughout the full rep.

JUMPING PULL-UP

The horizontal bar should be set up so it is at least 0.2 m above the top of the athlete's head when the athlete is standing tall.

REP START

- Arms fully extended

REP END

- Bottom plane of the chin breaks the top-most horizontal plane of the bar.

REP REQUIREMENTS

- Only hands and chest or above can touch anything during the movement.

KNEE RAISES

REP START

- Vertical hang from horizontal bar.
- Hips fully extended.
- Heels break the vertical plane directly under the bar.

REP END

- Both knees must pass the horizontal plane of the hip.

REP REQUIREMENTS

- None.

TEAM SYNCHRO

- Rep end

POWER CLEAN

REP START

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

REP END

- Front-rack lockout.

REP REQUIREMENTS

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

POWER SNATCH

REP START

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

REP END

- Overhead lock-out.

REP REQUIREMENTS

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

PULL-UP

REP START

- Vertical hang from horizontal bar.

REP END

- Bottom plane of the chin breaks the top-most horizontal plane of the bar.

REP REQUIREMENTS

- Only hands and chest or above can touch anything during the movement.

RING ROWS

REP START

- Angled hang from rings.
- Arms fully extended
- Feet must be directly under the vertical plane of the horizontal bar

REP END

- Hands touching the chest

REP REQUIREMENTS

- Body must maintain a plank position with shoulders, hips and feet in alignment.

TEAM SYNCHRO

- Rep start and rep end.

SINGLE-LEG TOES-TO-BAR

REP START

- Vertical hang from horizontal bar.
- Hips fully extended.
- Heels break the vertical plane directly under the bar.

REP END

- Toes on one foot touch the bar.
- The contact point is within the width of the hands.

REP REQUIREMENTS

- None.

TEAM SYNCRO

- Rep end

SINGLE-ARM DB OH LUNGES

REP START

- Standing tall.
- Both feet behind the start line.

REP END

- Standing tall.
- Both feet behind the end line.

REP REQUIREMENTS

- Walk is performed with trailing knee touching the ground per step.
- Each step must end by passing through the position in Rep-start.
- Object is kept overhead throughout the full repetition.

TEAM SYNCRO

- Rep start and rep end
- Trailing knee touching the ground per step

SINGLE-ARM DB OH SQUATS

REP START

- Overhead lockout.

REP END

- Overhead lockout.

REP REQUIREMENTS

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

TEAM SYNCHRO

- Rep start
- Bottom of squat

TOES-TO-BAR

REP START

- Vertical hang from horizontal bar.
- Hips fully extended.
- Heels break the vertical plane directly under the bar.

REP END

- Toes on both feet touch the bar simultaneously.
- The contact point is within the width of the hands.

REP REQUIREMENTS

- None.

TEAM SYNCRO

- Rep end



MOVEMENTS STANDARDS

WALKING LUNGE

REP START

- Standing tall.
- Both feet behind the start line.

REP END

- Standing tall.
- Both feet behind the end line.

REP REQUIREMENTS

- Walk is performed with trailing knee touching the ground per step.
- Each step must end by passing through the position in rep-start.

TEAM SYNCHRO

- Rep start and rep end
- Trailing knee touching the ground per step