

## TEST 1

9 front squats, weight 1 (heaviest)  
9 handstand walks, 25 feet  
15 front squats, weight 2  
15 muscle-ups  
21 front squats, weight 3 (lightest)  
21 chest-to-wall handstand push-ups

♀ 155, 125, 95 lb

♂ 225, 185, 135 lb

Time cap: 15 minutes

## NOTES

Prior to starting, set up the floor plan as shown. Then create a handstand-walk course measuring 25 feet. The rings can be in any configuration as long as they are at least 5 feet from the barbell.

This test begins with the athlete touching the wall. After "3, 2, 1, ... go," move to the barbell and complete 9 front squats with the heaviest weight. After completing the front squats, complete 9, 25-foot handstand walks (25 feet = 1 rep). Once finished with the handstand walk, move back to the barbell and complete 15 front squats at the second weight. Once complete, move to the rings and complete 15 ring muscle-ups. After finishing the muscle-ups, move back to the barbell and complete 21 front squats at the third and final weight (lightest). After finishing the last set of front squats, move to the wall and perform 21 chest-to-wall handstand push-ups. Time stops when the final handstand push-up is completed.

Athletes may use multiple barbells or have assistance changing the load.

Your score will be the total time taken to complete the test. In the event of a time cap, your score will be the total number of repetitions completed when the 15-minute clock elapses.

## TIEBREAK

Record the time after each set of front squats. In the event of a tie, the time taken to complete your last set of front squats will be used to break the tie. The lower time will win the tie.

## EQUIPMENT

- Tape to mark the floor.
  - Rings.
  - Barbell, plates, and collars.\*
- \* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the front squats are:

♀ 70 kg (155 lb), 56 kg (125 lb), 43 kg (95 lb).

♂ 102 kg (225 lb), 83 kg (185 lb), and 61 kg (135 lb).

Be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the test standards video may be disqualified from the competition. Unless otherwise stated, athletes may not receive assistance with their equipment during the test.

## VIDEO SUBMISSION STANDARDS

- All athletes **MUST** submit a video with their score for validation purposes.
- Film **ALL** competition area measurements so the distances and weights can be seen clearly.
- Use the camera placement provided in the floor plan. The camera should capture a  $\frac{3}{4}$  view of the athlete during all movements.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 feet (90 cm) off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the test.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Make sure lighting does not obstruct the view of the athlete, equipment, or workout area. Glare from the background or dark spaces makes it hard to review videos.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.

## **PENALTIES**

General:

- Missing repetitions may result in the athlete's score being adjusted to the last correctly completed rep before the missed/skipped rep.
- A significant number of no reps will result in a Major Penalty.
- If a penalty results in a time greater than the time cap, the athlete's score will be adjusted to less than the total number of possible reps at a rate of -1 rep for every 5 seconds over the cap.

If an athlete is assessed a no rep on any movement, the athlete's average cycle time for the movement will be calculated and doubled, then added as penalty time.

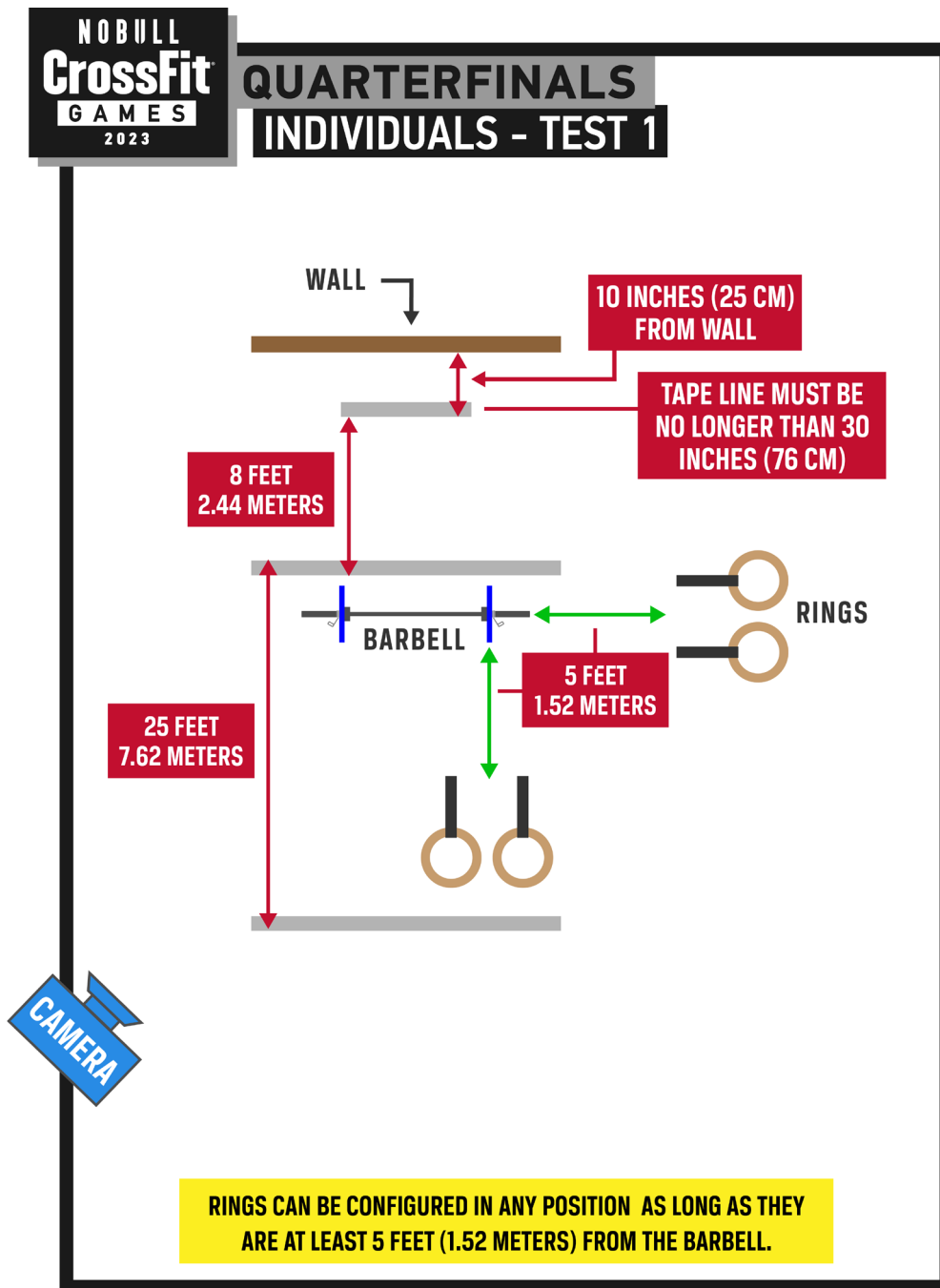
Starting or coming down with any part of the hand on the line during the handstand walk will result in a 10-second penalty per occurrence.

False starts or starting in the wrong position will result in a 5-second penalty.

## **ZERO SCORE VIOLATIONS**

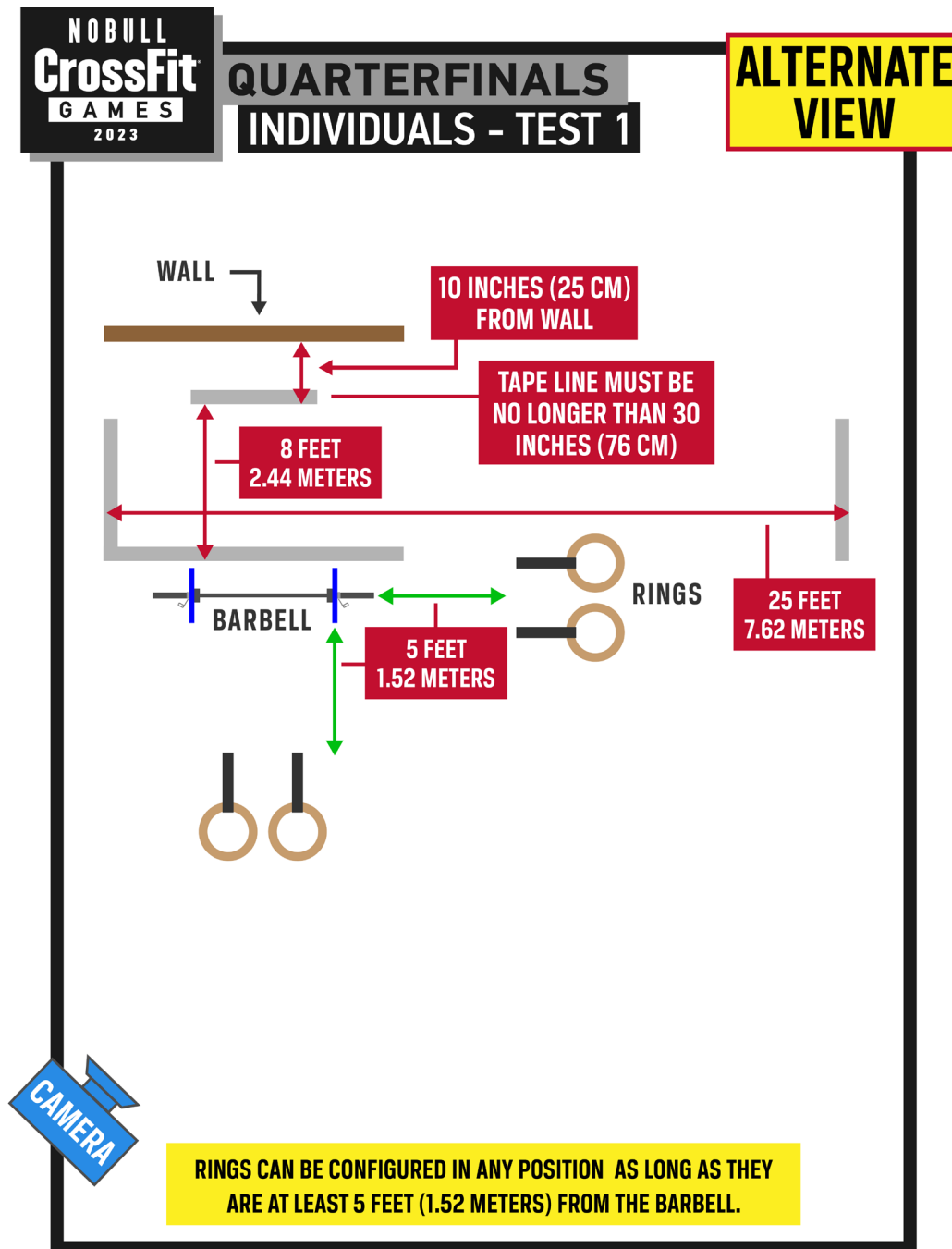
The following may result in an immediate zero score:

- Incorrect weight used for the front squats.
- Facing away from the camera during the muscle-up.
- Not visually confirming the floor layout on camera.
- Not having a visible timer throughout the test.
- Intentionally altering the rep scheme or order of movements.
- Incorrect measurements of any part of the setup.



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## MOVEMENT STANDARDS

### FRONT SQUAT



- Athletes must place collars on the outside of the plates before beginning the lift.
- The bar must be taken from the floor — squat racks are **NOT** allowed.
- The bar rests on the athlete's shoulders in the front-rack position.
- Any grip is permitted.
- The athlete's hip crease must clearly pass below the top of the knees in the bottom position.
- A full squat clean is allowed when the bar is taken from the floor.
- The rep is credited when:
  - The athlete's hips and knees are fully extended.
  - The bar is resting on the athlete's shoulders with the bar in the front-rack position.
  - The athlete's feet are in line with one another when the athlete is viewed from profile.
- Athletes **MAY** have assistance changing loads between rounds **OR** may set up multiple bars.

### HANDSTAND WALK

**1 REP = 25 FT (7.62 M)**



- You **MUST** handstand walk forward.
- When kicking up, your hands (including your fingers) must be placed on the ground **BEHIND** the line.
- Placing your hands or fingers on or over the line when kicking up constitutes a no rep.

## MOVEMENT STANDARDS

### HANDSTAND WALKS (CONTINUED)



- Each length of the 25-ft (7.62-m) measured distance will count as 1 rep.
- Both hands, including palms and fingers, must touch the ground completely clear of the line marking the end of the length before the feet touch the ground.
- If at any time the athlete comes down from their hands before finishing the length, they must repeat the entire length.
- Athletes are not required to kick down after completing a segment.

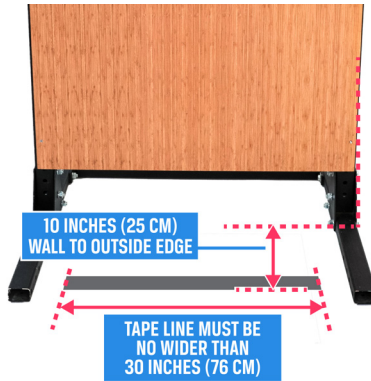
### MUSCLE-UP



- Athletes must face the camera during the muscle-up.
- Athletes must begin each rep hanging from the rings with arms fully extended and feet off the ground.
- Kipping is allowed, but uprises and swings/rolls to support are not permitted.
- During consecutive kipping muscle-ups, a change of direction below the rings is required.
- No part of the foot may rise above the bottom of the rings during the kip.
- The athlete must pass through some portion of a dip before reaching lockout.
- The rep is credited when the elbows are fully locked out in the support position.
- Reaching lockout while pushing or falling away from the rings will not count.

## MOVEMENT STANDARDS

### CHEST-TO-WALL HANDSTAND PUSH-UP



- The athlete must perform their handstand push-ups with both hands touching the tape line 10 inches (25 centimeters) from the wall.
- This tape line must be no wider than 30 inches (76 centimeters).



- Any portion of both of the athlete's hands may be touching the line (fingers OK).



- The athlete must start with the chest and thighs touching the floor before moving to the lockout position.
- The athlete must move into the lockout position with their hands on the line before descending for the first rep.
- The athlete may **NOT** cartwheel or otherwise kick up into the handstand position.
- If the athlete comes down from the wall at any time, they start again from the floor before beginning the next rep.



- The arms must be fully extended and in line with the body before the athlete can descend.
- The legs must remain straight throughout the repetition. Athletes may not attempt to "climb" the wall with their feet or legs.
- The feet may not be wider than the hands at any time during the movement.
- Each rep begins and ends with the athlete in the lockout position with the toes against the wall, arms fully extended, and shoulders in line with the body.
- Both hands must remain on the designated tape line.
- If one or both hands is not touching the tape line at any time, the repetition will not count.

## MOVEMENT STANDARDS

### CHEST-TO-WALL HANDSTAND PUSH-UP



- At the bottom, the head must make contact with the ground.
- If the head and hands are on different surfaces, the surfaces must be level (e.g., if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates).
- The feet do not need to remain in contact with the wall for the duration of the movement, but the feet must return to the wall at the beginning and end of each rep.



- Each rep is credited when the athlete returns to the lockout position with the heels on the wall; arms, hips, and legs fully extended; and shoulders in line with the body.



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push-ups

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Time cap: 15 minutes

9 FRONT SQUATS (WEIGHT 1)		9	TIME
9 HANDSTAND WALKS, 25 FEET		18	
15 FRONT SQUATS (WEIGHT 2)		33	TIME
15 MUSCLE-UPS		48	
21 FRONT SQUATS (WEIGHT 3)		69	TIME
21 CHEST-TO-WALL HANDSTAND PUSH-UPS		90	

Athlete Name \_\_\_\_\_  
Print

Time or Reps at 15 Min. \_\_\_\_\_

Test Location \_\_\_\_\_

Judge \_\_\_\_\_  
Judge Name

I confirm the information above accurately represents the athlete's performance for this test .

\_\_\_\_\_  
Athlete Signature Date

Athlete Copy

**QUARTERFINALS - INDIVIDUALS - TEST 1**

Athlete Name \_\_\_\_\_  
Print

Time or Reps at 15 Min. \_\_\_\_\_

Test Location \_\_\_\_\_

Judge \_\_\_\_\_  
Judge Name

I confirm the information above accurately  
represents the athlete's performance for this test.

\_\_\_\_\_  
Judge Signature Date

SCAN TO SUBMIT SCORE

