

## TEST 5

21 deadlifts, weight 1 (lightest)  
21 chest-to-bar pull-ups  
15 deadlifts, weight 2  
15 bar muscle-ups  
9 deadlifts, weight 3 (heaviest)  
9 rope climbs, 15 ft

♀ 155, 185, 205 lb

♂ 225, 275, 315 lb

Time cap: 15 minutes

## NOTES

Prior to starting, set up the floor plan as shown. As long as the barbell is 8 feet away from the pull-up bar and the rope, any configuration is acceptable. Any requested video must clearly capture a ¾ angle of the athlete during the chest-to-bar pull-ups and bar muscle-ups. Athletes may receive assistance changing the deadlift load or may set up multiple barbells.

This test begins with the athlete standing under the pull-up bar. After "3, 2, 1, ... go," move to the barbell and perform 21 deadlifts with the lightest weight, then move to the pull-up bar and perform 21 chest-to-bar pull-ups. Then, move back to the barbell and perform 15 deadlifts at the second weight, then move back to the pull-up bar and perform 15 bar muscle-ups. Finally, move back to the barbell for 9 deadlifts at the heaviest weight, then to the rope for 9 rope climbs. Time stops when you complete the final rope climb.

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 before the 15-minute cap.

## TIEBREAK

There is no tiebreak for this test.

## EQUIPMENT

- Tape to mark the floor.
- Barbell, plates, and collars.\*
- Pull-up bar.
- Climbing rope, measured and marked to the designated height.

\* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the snatches are:

♀ 70 kg (155 lb), 83 kg (185 lb), and 93 kg (205 lb).

♂ 102 kg (225 lb), 125 kg (275 lb), and 143 kg (315 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 ¾ 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.

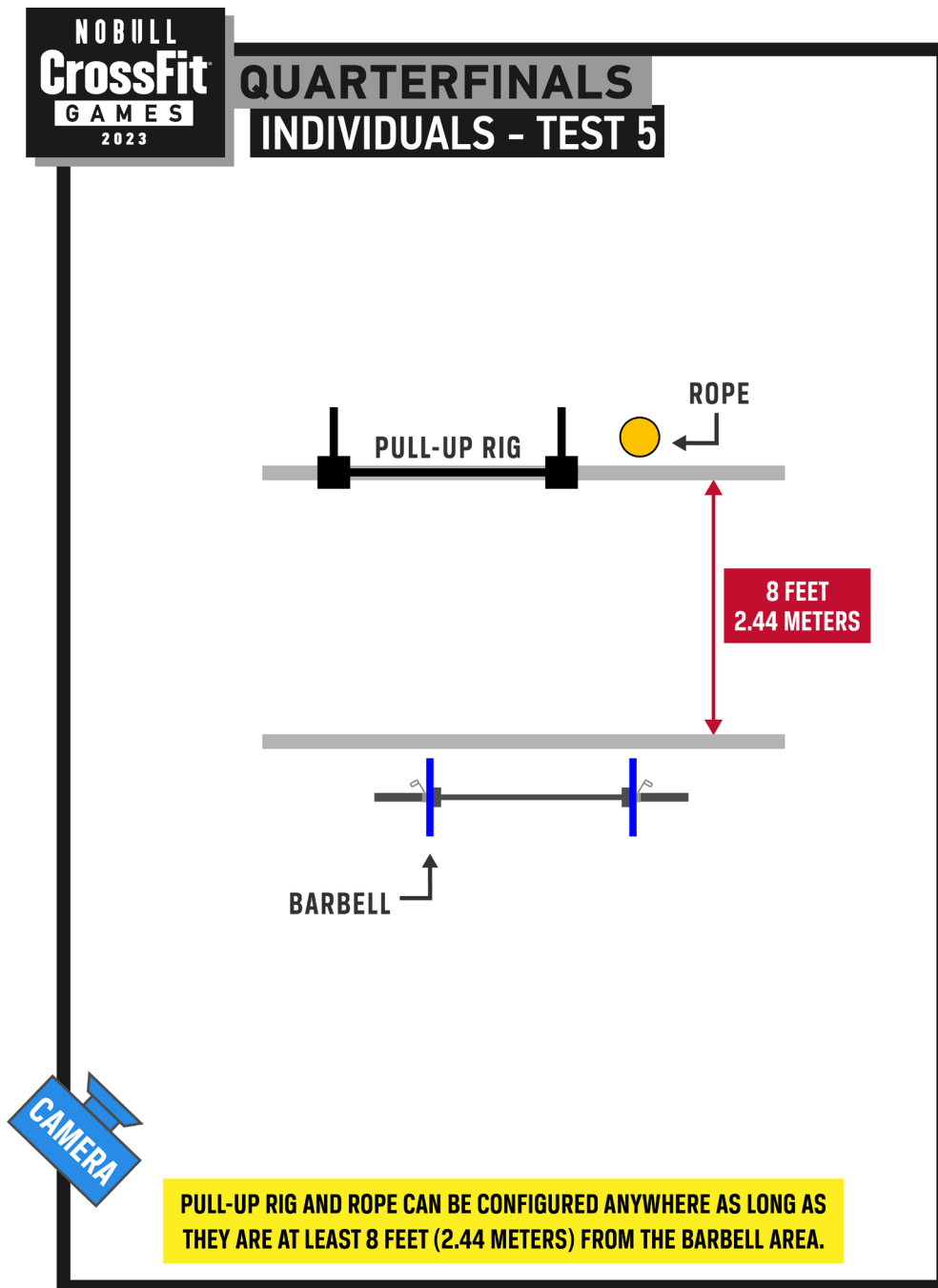
If an athlete is assessed a no rep on any movement, the athlete's average cycle time for the movement will be calculated and doubled, then added as penalty time.

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 deadlifts.
- Incorrect height used for the rope climb.
- Not clearly showing the height of the rope climb.
- Facing away from the camera during the chest-to-bar pull-ups and/or bar muscle-ups.
- Not visually confirming 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.



SCAN THE CODE

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## MOVEMENT STANDARDS

### DEADLIFT



- The barbell starts on the ground. Collars must be placed outside the plates.
- The athlete's hands must be outside the knees. Sumo deadlifts are not allowed.
- Deliberately bouncing the bar is not allowed.



- The rep is credited when:
  - The athlete's hips and knees reach full extension.
  - The athlete's head and shoulders are behind the bar.
- The athlete may receive assistance changing the load or may set up multiple barbells.
- Athletes may **NOT** use gymnastics grips during the deadlift.

### CHEST-TO-BAR PULL-UP



- The athlete must start each rep with their arms fully extended and their feet off the ground.
- Any style of pull-up or grip is permitted as long as the other requirements are met.



- The rep is credited when the athlete's chest clearly comes into contact with the bar at or below the collarbone.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar **AND** wearing hand protection is not.
- Requested video must clearly show a  $\frac{3}{4}$  angle of the athlete.

## MOVEMENT STANDARDS

### BAR MUSCLE-UP



- You must begin with or pass through a hang below the bar, with arms fully extended and feet off the ground.
- Kipping the muscle-up is acceptable, but pull-overs, rolls to support, and glide kips are not permitted.
- No portion of the foot may rise above the lowest part of the bar during the kip.



- You must pass through some portion of a dip before locking out over the bar.



- The rep is credited when:
  - Your arms are fully locked out in the support position above the bar.
  - Your shoulders are over or slightly in front of the bar.
- Only your hands, and no other part of your arm, may touch the bar during the rep.
- Removing your hands while you're in the support position is not allowed.
- At lockout, only your arms may support your weight.
- Requested video must clearly show a  $\frac{3}{4}$  angle of the athlete.

## MOVEMENT STANDARDS

### ROPE CLIMB



- Each rep starts with both feet on the ground.
- The athlete may jump into the rope climb.
- Any style of climbing is permitted.



- The rep is credited when one hand clearly touches above the designated mark.
- Athletes may choose to touch a fixed object, such as a beam or the ceiling, so long as the object is at least 15 feet (4.57 meters) high.
- There is no requirement during the descent of the climb.

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21 DEADLIFTS, WEIGHT 1 (LIGHTEST)	21
21 CHEST-TO-BAR PULL-UPS	42
15 DEADLIFTS, WEIGHT 2	57
15 BAR MUSCLE-UPS	72
9 DEADLIFTS, WEIGHT 3 (HEAVIEST)	81
9 ROPE CLIMBS	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 5

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

