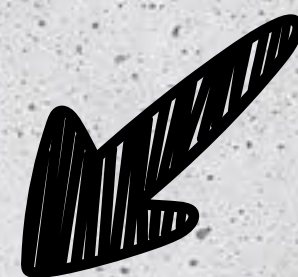


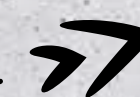
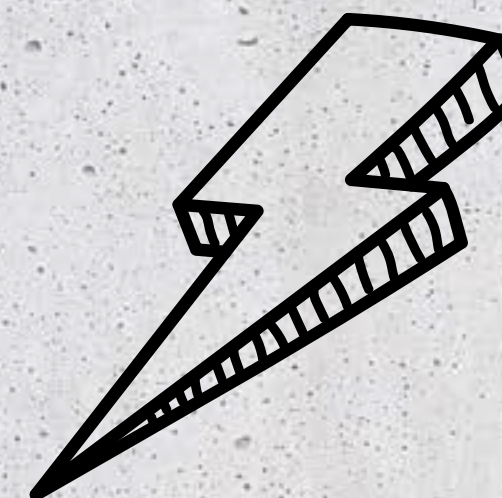


WOD 05
MAY 2025



LEAGUE

STANDARDY



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01 RULEBOOK



BRIEFING

Athletes and teams will be informed about the workouts via official social media accounts, the website, and by distributing the standards document among athletes.

It is the responsibility of each athlete and team to study this document and become familiar with the standards.

The organizer reserves the right to make any changes to disciplines, the organizational plan, and the competition day schedule.

All bars must be secured with collars throughout the entire workout.

The organizer reserves the right to evaluate video submissions retrospectively based on available footage or other supporting materials.

PERMITTED ATHLETE EQUIPMENT FOR WORKOUTS:

Weightlifting belt, wraps, chalk, weightlifting shoes

Prohibited equipment includes, among others: lifting straps

The organizer/Head Judges reserve the right to prohibit the use of certain equipment for a given workout.

02

RESERVED
RIGHTS



LEAGUE

STANDARDS

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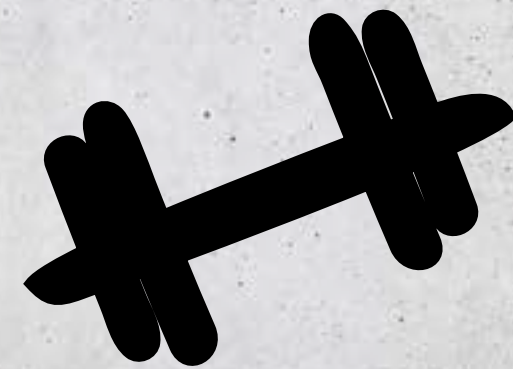
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03

WORKOUTS

+

FLOWS



LEAGUE

STANDARDS

KATEGORIE

WOD 5
SOMETHING NEW, SOMETHING HEAVY

ELITE

3 RND

5X BACK SQUAT

4X WALL WALK

3 RND

5X BACK SQUAT

2X 8M HANDSTAND WALK

TC: 10 MIN



Flow:

The workout consists of two parts, three rounds each. The first alternates between back squats and wall walks, then back squats and handstand walks. Athletes complete the first three rounds in full, before moving on to the second part.

Part 1 - 3 rounds:

5x Back Squat (122.5/82.5 kg):

- The barbell is placed in a rack/rack.
- Each squat must be under parallel (hips below knee level, below 90°) and end with full extension of the knees and hips.

4 Wall Walks:

- Athlete starts and ends in a prone position - chest and thighs in contact with the ground
- Palms start full behind the 100cm line from the wall.
- Both feet must be on the wall and in contact at the same time until both hands touch the line at the wall (25cm).
- In returning to the next repetition, the athlete's hands must first leave the line closer and then the athlete returns to the starting position, and the athlete may lower the feet to the ground only after both hands have crossed the line (100cm from the wall)

Second part - 3 rounds:

5x Back Squat (same weight, same rack):

- Again from the back rack, same standard.

2x 8m Handstand Walk:

- Athlete must walk 8m unbroken in one direction, both hands start in front of the line.
- A valid attempt is only made when the athlete crosses the 8m line with both hands at the end of the Handstand Walk.
- After completing the section, the athlete turns around and walks back the same 8m.
- If the athlete falls, he starts the direction from the beginning again.

Workout goal:

Complete all 6 rounds (3+3) as fast as possible within the time limit of 10 minutes.

The result is the time achieved.

If all „6“ rounds are not completed, the workout time (10 minutes) plus any unfinished reps will count.

(*Each unfinished rep is worth 1s.)

This workout is a combination of strength, technique and advanced gymnastics - requiring control, tempo and effective transitions.



VIDEO standard:

To be recognized, the video must be clear, smooth and unedited, with visible technique and equipment throughout the workout.

1. Camera setup:

The camera must be stable, recording at all times:

Dumbbell stand (visible dumbbell removal)

Athlete's entire body during all movements (squat, wall walk, handstand walk)

Both lines for wall walk (100 cm from wall and 25 cm at wall)

Entire distance for handstand walk (8 m) - ideally from above or from an angle, where you can see the beginning and end

A timer that runs from the beginning to the end of the workout

The camera can be moved around to improve the quality and clarity of the movements, but the athlete's entire body must always be visible

2. Before the video starts:

The athlete must introduce themselves to the camera:

(name, category, WOD number).

He/she will film and show:

Loaded dumbbell with discs and their weight (122,5 kg men / 82,5 kg women)

Both marked lines for wall walk (including measured distance 100 cm from the wall and 25 cm from the wall)

Marked distance of 8 meters for handstand walk

Functional timer ready for start

3. During the workout:

Back Squat:

Dumbbell removed from back rack

Must be visible:

Squat depth (hips below knee level, below 90°)

Full hip and knee extension in top position

All 5 reps must be clearly countable

Wall Walks (NEW standard): Exact description in STANDARDS below

Begin and end in a lying position (chest + thighs on the ground)

Palms fully in front of a line 100 cm from the wall

Both feet must be in contact with the wall and contact must not be broken until both palms touch the line at the wall

Return: both hands behind the line 100 cm from the wall, only then can the feet come down

Both lines and the athlete's body must be clearly visible

Handstand Walk (8m out and back):

Each section must be performed unbroken (without falling)

If the athlete falls, he/she returns to the start of the direction

Reaching 8m must be clearly visible (ideally marked with a line). The athlete must cross the line ending the 8m distance with both hands.

The whole body must be in view, including the start and end

4. After the workout:

Show the timer with the final time

Show the discs on the line (If not done at the beginning of the WOD)

Show the marked distances and lines (wall walk, handstand walk)

Voluntary: report the result to the camera

Important:

Video must be uninterrupted, uncut, with sound

All standards must be clearly recognizable on the footage

If something is out of frame or illegible, the result may be invalid

WOD 5

SOMETHING NEW, SOMETHING HEAVY

KATEGORIE

ADVANCED

3 RND

5X BACK SQUAT

2X 8M HANDSTAND WALK

3 RND

5X BACK SQUAT

4X WALL WALK

TC: 10 MIN



Flow:

The workout consists of two parts, three rounds each. The first alternates between back squats and handstand walks, then back squats and wall walks. Athletes complete the first three rounds in full, before moving on to the second part.

Part 1 - 3 rounds:

5x Back Squat (105/70kg):

- The barbell is placed in a rack/rack.
- Each squat must be below parallel (hips below knee level, below 90°) and end with a full extension of the knees and hips.

2x 8m Handstand Walk:

- Athlete must walk 8m in one direction, both hands start in front of the line.(4m unbroken)
- A valid attempt is only made if at the end of the Handstand Walk the athlete crosses the 8m line with both hands.
- After completing the section, the athlete turns around and walks back the same 8m.
- If they fall, they continue where they left off/interrupted the Handstand Walk.

Part 2 - 3 rounds:

5x Back Squat (same weight, same rack)):

- Again from the back rack, same standard.

4 Wall Walks:

- Athlete starts and ends in a lying position - chest and thighs in contact with the ground
- Palms start all behind the 100cm line from the wall.
- Both feet must be on the wall and in contact at the same time until both hands touch the line at the wall (25cm).
- In returning to the next repetition, the athlete's hands must first leave the line closer and then the athlete returns to the starting position, and the athlete may lower the feet to the ground only after both hands have crossed the line (100cm from the wall).

Workout Goal:

Complete all 6 rounds (3+3) as quickly as possible within the time limit of 10 minutes.

The result is the time achieved.

If all „6“ rounds are not completed, the workout time (10 minutes) plus any unfinished reps will count.

(*Each unfinished rep is worth 1s.)

This workout is a combination of strength, technique and advanced gymnastics - requiring control, tempo and effective transitions.



VIDEO standard:

To be recognized, the video must be clear, smooth and unedited, with visible technique and equipment throughout the workout.

1. Camera setup:

The camera must be stable, recording at all times:

Dumbbell stand (visible dumbbell removal)

Athlete's entire body during all movements (squat, wall walk, handstand walk)

Both lines for wall walk (100 cm from wall and 25 cm at wall)

Entire distance for handstand walk (8 m) - ideally from above or from an angle, where you can see the beginning and end

A timer that runs from the beginning to the end of the workout

The camera can be moved around to improve the quality and clarity of the movements, but the athlete's entire body must always be visible

2. Before the video starts:

The athlete must introduce themselves to the camera:

(name, category, WOD number).

He/she will film and show:

Loaded dumbbell with discs and their weight (105 kg men / 70 kg women)

Both marked lines for wall walk (including measured distance 100 cm from the wall and 25 cm from the wall)

Marked distance of 8 meters for handstand walk

Functional timer ready for start

3. During the workout:

Back Squat:

Dumbbell removed from back rack

Must be visible:

Squat depth (hips below knee level, below 90°)

Full hip and knee extension in top position

All 5 reps must be clearly countable

Wall Walks (NEW standard): Exact description in STANDARDS below

Begin and end in a lying position (chest + thighs on the ground)

Palms fully in front of a line 100 cm from the wall

Both feet must be in contact with the wall and contact must not be broken until the palms touch the line at the wall

Return: both hands behind the line 100 cm from the wall, only then can the feet come down

Both lines and the athlete's body must be clearly visible

Handstand Walk (8m out and back):

Each section (4m unbroken) must be performed unbroken (without falling)

If the athlete falls, he/she returns to the start of the direction

Reaching 8m must be clearly visible (ideally marked with a line). The athlete must cross the line ending the 8m distance with both hands.

The whole body must be in view, including the start and end

4. After the workout:

Show the timer with the final time

Show the discs on the line (If not done at the beginning of the WOD)

Show the marked distances and lines (wall walk, handstand walk)

Voluntary: report the result to the camera

Important:

Video must be uninterrupted, uncut, with sound

All standards must be clearly recognizable on the footage

If something is out of frame or illegible, the result may be invalid

WOD 5

SOMETHING NEW, SOMETHING HEAVY

KATEGORIE

MASTERS

3 RND

5X BACK SQUAT

4X WALL WALL

3 RND

5X BACK SQUAT

2X 8M HANDSTAND WALK

TC: 10 MIN



Flow:

The workout consists of two parts, three rounds each. The first alternates between back squats and handstand walks, then back squats and wall walks. Athletes complete the first three rounds in full, before moving on to the second part.

Part 1 - 3 rounds:

5x Back Squat (105/70kg):

- The barbell is placed in a rack/rack.
- Each squat must be below parallel (hips below knee level, below 90°) and end with a full extension of the knees and hips.

4 Wall Walks:

- Athlete begins and ends in a lying position - chest and thighs in contact with the ground
- Palms start full behind the 100cm line from the wall.
- Both feet must be on the wall and in contact at the same time until both hands touch the line at the wall (25cm).
- In returning to the next repetition, the athlete's hands must first leave the line closer and then the athlete returns to the starting position, and the athlete may lower the feet to the ground only after both hands have crossed the line (100cm from the wall)

Second part - 3 rounds:

5x Back Squat (same weight, same rack)):

- Again from the back rack, same standard.

2x 8m Handstand Walk:

- Athlete must walk 8m in one direction, both hands start in front of the line.(4m unbroken)
- A valid attempt is only if at the end of the Handstand Walk the athlete crosses the 8m line with both hands.
- After completing the section, he/she turns around and walks back the same 8m.
- If he/she falls, he/she continues where he/she left off/interrupted the Handstand walk

Workout goal:

Complete all 6 rounds (3+3) as fast as possible within the time limit of 10 minutes.

The result is the time achieved.

If all „6“ rounds are not completed, the workout time (10 minutes) plus any unfinished reps will count.

(*Each unfinished rep is worth 1s.)

This workout is a combination of strength, technique and advanced gymnastics - requiring control, tempo and effective transitions.



VIDEO standard:

To be recognized, the video must be clear, smooth and unedited, with visible technique and equipment throughout the workout.

1. Camera setup:

The camera must be stable, recording at all times:

Dumbbell stand (visible dumbbell removal)

Athlete's entire body during all movements (squat, wall walk, handstand walk)

Both lines for wall walk (100 cm from wall and 25 cm at wall)

Entire distance for handstand walk (8 m) - ideally from above or from an angle, where you can see the beginning and end

A timer that runs from the beginning to the end of the workout

The camera can be moved around to improve the quality and clarity of the movements, but the athlete's entire body must always be visible

2. Before the video starts:

The athlete must introduce themselves to the camera:

(name, category, WOD number).

He/she will film and show:

Loaded dumbbell with discs and their weight (105 kg men / 70 kg women)

Both marked lines for wall walk (including measured distance 100 cm from the wall and 25 cm from the wall)

Marked distance of 8 meters for handstand walk

Functional timer ready for start

3. During the workout:

Back Squat:

Dumbbell removed from back rack

Must be visible:

Squat depth (hips below knee level, below 90°)

Full hip and knee extension in top position

All 5 reps must be clearly countable

Wall Walks (NEW standard): Exact description in STANDARDS below

Begin and end in a lying position (chest + thighs on the ground)

Palms fully in front of a line 100 cm from the wall

Both feet must be in contact with the wall and contact must not be broken until the palms touch the line at the wall

Return: both hands behind the line 100 cm from the wall, only then can the feet come down

Both lines and the athlete's body must be clearly visible

Handstand Walk (8m out and back):

Each section (4m unbroken) must be performed unbroken (without falling)

If the athlete falls, he/she returns to the start of the direction

Reaching 8m must be clearly visible (ideally marked with a line). The athlete must cross the line ending the 8m distance with both hands.

The whole body must be in view, including the start and end

4. After the workout:

Show the timer with the final time

Show the discs on the line (If not done at the beginning of the WOD)

Show the marked distances and lines (wall walk, handstand walk)

Voluntary: report the result to the camera

Important:

Video must be uninterrupted, uncut, with sound

All standards must be clearly recognizable on the footage

If something is out of frame or illegible, the result may be invalid

KATEGORIE

WOD 5

SOMETHING NEW, SOMETHING HEAVY

SPORT

3 RND

6X BACK SQUAT

3X WALL WALK

12X D-DB SHOULDER TO OVERHEAD

3 RND

6X BACK SQUAT

10X D-DB SHOULDER TO OVERHEAD

2X WALL WALK

TC: 12 MIN



Flow:

The workout consists of two parts, three rounds each. The first alternates back squats and wall walks with D-DB shoulder to overhead, then back squats and D-DB shoulder to overhead and wall walks. The athletes complete the first three rounds in full before moving on to the second part.

Part One - 3 rounds:

6x Back Squat (60/37.5kg):

- The barbell is placed in a rack/rack.
- Each squat must be below parallel (hips below knee level, below 90°) and end with a full extension of the knees and hips.

3x Wall Walks:

- Athlete starts and ends in a lying position - chest and thighs in contact with the ground
- Palms start all the way behind the 100cm line from the wall.
- Both feet must be on the wall and in contact at the same time until both hands touch the line at the wall (25cm).
- In returning to the next repetition, the athlete's hands must first leave the line closer and then the athlete returns to the starting position, and the athlete may lower the feet to the ground only after both hands have crossed the line (100cm from the wall)

12x D-DB Shoulder to overhead (DBs: 2x15/9kg)

The athlete will start with one arm in rack position on the shoulders. Each repetition starts with dumbbells on shoulders and finishes overhead in a locked position - arms, hips and knees fully extended, dumbbells in a line over the body.

Allowed techniques: strict press, push press, push jerk.

After each repetition, a stable overhead position must be seen before the dumbbells return to the shoulders. Repeat a total of 12 times.

Part 2 - 3 rounds:

6x Back Squat (same weight, same rack):

- Again from the back rack, same standard.

10x D-DB Shoulder to overhead

Athlete will start with the single arm in a rack position on the shoulders. Each repetition starts with dumbbells on shoulders and finishes overhead in a locked position - arms, hips and knees fully extended, dumbbells in line over body.

Allowed techniques: strict press, push press, push jerk.

After each repetition, a stable overhead position must be seen before the dumbbells return to the shoulders. Repeat a total of 10 times.

2x Wall Walks:

- Athlete starts and ends in a lying position - chest and thighs in contact with the ground
- Palms start all the way behind the 100cm line from the wall.
- Both feet must be on the wall and in contact at the same time until both hands are past the line at the wall (25cm).
- In returning to the next repetition, the athlete's hands must first leave the line closer and then the athlete returns to the starting position, and the athlete may only lower the feet to the ground after both hands have crossed the line (100cm from the wall).

Workout Goal:

Complete all 6 rounds (3+3) as quickly as possible within the time limit of 12 minutes.

The result is the time achieved.

Failure to complete all „6“ rounds will result in the workout time (12 minutes) plus any unfinished reps.

(*Each unfinished rep is worth 1s.)

This workout is a combination of strength, technique and advanced gymnastics - requiring control, tempo and effective transitions.

VIDEO standard:

To be recognized, the video must be clear, smooth and unedited, with visible technique and equipment throughout the workout.

1. Camera setup:

The camera must be stable, recording at all times:

Dumbbell stand (visible dumbbell removal)

Athlete's entire body during all movements (squat, wall walk, handstand walk)

Both lines for wall walk (100 cm from wall and 25 cm at wall)

Entire distance for handstand walk (8 m) - ideally from above or from an angle, where you can see the beginning and end

A timer that runs from the beginning to the end of the workout

The camera can be moved around to improve the quality and clarity of the movements, but the athlete's entire body must always be visible

2. Before the video starts:

The athlete must introduce themselves to the camera:

(name, category, WOD number).

Filmed and shown:

Loaded barbell with discs and their weight (60 kg men / 37.5 kg women)

Both marked lines for wall walk (including measured distance of 100 cm from the wall and 25 cm from the wall)

Marked distance of 8 meters for handstand walk

Functional timer ready to start



3. During the workout:

Back Squat:

Dumbbell is removed from the back rack

Must be visible:

Squat depth (hips below knee level, below 90°)

Full hip and knee extension in the top position

All 5 reps must be clearly countable

Wall Walks (NEW standard): Exact description in STANDARDS below

Begin and end in lying position (chest + thighs on the ground)

Palms full in front of a line 100 cm from the wall

Both feet must be in contact with the wall and contact must not be broken until palms touch the line at the wall

Return: Both hands behind the line 100 cm from the wall, only then can the feet come down

Both lines and the athlete's body must be clearly visible

D-DB shoulder to overhead,

Must be clearly visible:

Starting position (dumbbells on shoulders)

Top position (dumbbells locked overhead, arms, hips and knees fully extended)



4. After the workout:

Show the timing sheet with the final time

Show the reels on the line (If not done at the beginning of the WOD)

Show the marked distances and lines (wall walk, handstand walk)

Voluntary: report the result to the camera

Important:

Video must be uninterrupted, uncut, with sound

All standards must be clearly recognizable on the footage

If something is out of frame or illegible, the result may be invalid

KATEGORIE

WOD 5
HANG & BANG

TEAM ADVANCED

FOR TIME

20 CLEAN AND JERK 60/40KG
60 TOES TO BAR
20 CLEAN AND JERK 60/40KG
60 TOES TO BAR

SPLIT ALL REPETITIONS ANYHOW



FLOW:

This workout is timed and is worked by two athletes in a team who can split all reps as they wish (split anyhow). Only one athlete is always working, the other is resting.

Workout Structure:

20x Clean and Jerk (60/40 kg)

- Athletes rotate as needed.
- Each repetition starts with the barbell on the ground and ends overhead in a stable position.
- Allowed techniques: power/squat clean + shoulder to overhead (press, push press, jerk...).

60x Toes to Bar

- Athletes alternate as needed.
- Each rep starts from the hang and ends with both feet touching the bar between the palms.

20x Clean and Jerk (60/40 kg)

- Same principle as in part one. Athletes continue to alternate.

60x Toes to Bar

- Final set, athletes choose strategy based on fatigue and time.

Goal:

Complete the entire workout as quickly as possible. Tactical alternation, smooth transitions and tempo distribution are the keys to success. The result is the overall team time.

video standrad

1. Camera setup:

The camera must be stable and recording all the time:

Both athletes' bodies must be visible in the shot

Dumbbell and Discus (visible lifting and locked out positions overhead)

Trapeze (Toes to Bar) - shot must clearly show starting vis and feet touching the trapeze

Timer running from the beginning to the end of the workout

2. Before the video starts:

Both athletes introduce themselves: name/team name, workout number

Showing:

The weights used (60 kg men / 40 kg women)

The axle itself and the marking of the discs

A trapeze bar with sufficient height

A working timekeeper that will capture the entire workout

3. During the workout:

Clean & Jerk:

Each repetition starts with the barbell on the ground and ends overhead



The athlete must show control in the top position (arms, hips and knees fully extended)
Allowed techniques: power clean, squat clean + press, push press, push jerk or split jerk

Toes to Bar:

Each repetition starts from the hang with arms extended

Both feet must touch the bar between the palms at the same time

Starting and finishing positions must be clearly visible

Technique can be strict or kipping

Only one athlete works at a time, the other athlete waits on the sidelines

4. After the workout:

Showing the timer with the final time

Showing the barbell with the discs used (or reconfirming the weight)

Optional: reporting the final time and score to the camera

Important notes:

Athletes must be in camera view throughout the WOD. (At least for the most part)

Video must be shot without editing, in one take and with audible sound

If the full range of motion, weight or time is not visible, the result may be marked as invalid

Clear visibility of locked positions and correct execution is essential for performance recognition



KATEGORIE

WOD 5
HANG & BANG

TEAM SPORT

FOR TIME

20 CLEAN AND JERK 40/27.5
40 TOES TO BAR
20 CLEAN AND JERK 40/27.5
40 TOES TO BAR

SPLIT ALL REPETITIONS ANYHOW



FLOW:

This workout is timed and is worked by two athletes in a team who can split all reps as they wish (split anyhow). Only one athlete is always working, the other is resting.

Workout Structure:

20x Clean and Jerk (40/27,5 kg)

- Athletes rotate as needed.
- Each repetition starts with the barbell on the ground and ends overhead in a stable position.
- Allowed techniques: power/squat clean + shoulder to overhead (press, push press, jerk...).

40x Toes to Bar

- Athletes alternate as needed.
- Each rep starts from the hang and ends with both feet touching the bar between the palms.

20x Clean and Jerk (40/27,5 kg)

- Same principle as in part one. Athletes continue to alternate.

40x Toes to Bar

- Final set, athletes choose strategy based on fatigue and time.

Goal:

Complete the entire workout as quickly as possible. Tactical alternation, smooth transitions and tempo distribution are the keys to success. The result is the overall team time.

video standard

1. Camera setup:

The camera must be stable and recording all the time:

Both athletes' bodies must be visible in the shot

Dumbbell and Discus (visible lifting and locked out positions overhead)

Trapeze (Toes to Bar) - shot must clearly show starting vis and feet touching the trapeze

Timer running from the beginning to the end of the workout

2. Before the video starts:

Both athletes introduce themselves: name/team name, workout number

Showing:

The weights used (40 kg men / 27,5 kg women)

The axle itself and the marking of the discs

A trapeze bar with sufficient height

A working timekeeper that will capture the entire workout

3. During the workout:

Clean & Jerk:

Each repetition starts with the barbell on the ground and ends overhead



The athlete must show control in the top position (arms, hips and knees fully extended)
Allowed techniques: power clean, squat clean + press, push press, push jerk or split jerk

Toes to Bar:

Each repetition starts from the hang with arms extended

Both feet must touch the bar between the palms at the same time

Starting and finishing positions must be clearly visible

Technique can be strict or kipping

Only one athlete works at a time, the other athlete waits on the sidelines

4. After the workout:

Showing the timer with the final time

Showing the barbell with the discs used (or reconfirming the weight)

Optional: reporting the final time and score to the camera

Important notes:

Athletes must be in camera view throughout the WOD. (At least for the most part)

Video must be shot without editing, in one take and with audible sound

If the full range of motion, weight or time is not visible, the result may be marked as invalid

Clear visibility of locked positions and correct execution is essential for performance recognition



05 STANDARDS ✓

Wall Walk (NEW standard)

Wall walk begins and ends in a lying position on the ground with the athlete's chest and thighs in contact with the ground.

Start: Both palms must be fully in front of a line 100 cm from the wall (i.e. closer to the center of the room).

The athlete rises on his hands and both feet must be in contact with the wall at the same time - this contact must not be broken until the next point is reached.

The athlete may only cross the 100cm hand line when both feet are on the wall and contact is still maintained.

Both hands must clearly touch the line at the wall (25cm from the wall).

Return: The athlete returns in the same way.

Only when both hands are again behind the farther (100cm) line can he lower his feet down the wall.

The repetition ends in a lying position, with the chest and thighs on the floor.

An invalid repetition occurs if:

The palms do not start all the way in front of the 100cm line

The feet are not both on the wall, or contact with the wall is broken before the hands are allowed to cross the line

Toes To Bar

The athlete must first go through a full extension of the arms in a trapeze hang before starting Toes To Bars, while getting the heels behind the vertical - past the level of the bar, in the top position, both shoes/soles must touch the bar between the hands at the same time.

Back Squat from Rack

The movement begins with the barbell placed in a rack at a height appropriate to the athlete's height. The athlete lifts the dumbbell onto his/her back in a back rack position (dumbbell resting on top of the trapezius or back shoulders), lifts it off the rack and steps back into the open space.

Valid reps:

The movement begins in an upright position with the barbell on the back, hips and knees fully extended

The athlete performs a squat so that the bottom of the hips drop below the top of the knees (hips below knee level, below 90°).

From the bottom position, the athlete rises back to a fully upright position with hips and knees locked.

The dumbbell must be steady on the back throughout the repetition.

Each repetition begins and ends with a full hip and knee extension.

Handstand Walk

Each category has a separate prescribed number of meters to perform unbroken. To count a valid repetition, the athlete must walk the specified number of m UB. The athlete must start with the feet and also the whole hands, including the fingers, in front of the tape of the segment to be attempted. If the athlete starts the repetition with any hand touching the line, it is an invalid repetition. A valid repetition ends when the athlete gets both hands behind the designated line of that segment.

Clean and Jerk

The movement consists of two parts: the Clean and the Jerk. The athlete must perform the entire complex in a smooth and controlled manner.

Clean:

The movement begins with the barbell on the ground.

The athlete moves the barbell from the floor to a front rack position on the shoulders.

The dumbbell must be caught in the front rack position where the elbows are in front of the centerline and the dumbbell rests on the shoulders.

Allowed variations: muscle clean, power clean, squat clean or split clean.

Upon completion of the clean, the athlete must be fully extended, with hips and knees extended, before moving to the jerk.

Jerk:

From the front rack position, the athlete pushes the barbell overhead into a stable overhead position.

Allowed techniques: strict press, push press, push jerk or split jerk.

The movement is valid if the athlete reaches fully extended arms, elbows, hips and knees, and the dumbbell is stably overhead in a controlled position.

For the split jerk, the athlete must straighten the legs underneath and stand in a fully upright position with control before lowering the dumbbell.

D-DB Shoulder to overhead

The athlete will start with the one-arm shoulder rack position. Each repetition begins with the dumbbells coming to rest on the shoulders and finishes overhead in a locked position - arms, hips and knees fully extended, dumbbells in a line over the body.

Allowed techniques: strict press, push press, push jerk.

After each repetition, a stable overhead position must be seen before the dumbbells return to the shoulders.



LEAGUE

STANDARDS

