

ONTARIO SECTIONAL QUALIFIER
20-21 March 2010
MOVEMENT STANDARDS

Weighted Runs

1. Any weighted run during the course of the competition must be executed in the following manner:
 - a. The weight may be carried in any manner the athlete desires;
 - b. The athlete is allowed to set the weight down at any given time;
 - c. Weight must be picked up where it originally falls; and
 - d. Weights must be placed in the designated area upright.

Row

2. During the course of competition the athlete may employ any rowing technique to complete the prescribed distance. The athlete feet must remain on the platform till the distance on the monitor reads zero.

Run

3. During the course of competition the athlete may employ any running technique to complete the prescribed distance. Time start/stop or next movement in the WOD will when the athlete completes the prescribed distance.

Jumping Rope

4. During the course of the competition jumping rope must be executed in the following manner.
 - a. Rope is swung so that it passes under their feet and over their heads;
 - b. 1 repetition is defined as a complete revolution; and
 - c. Athletes must bring their own ropes.

Push ups

5. Pushups during the competition must be executed in the following manner:
 - a. The athlete adopt and maintain:

- i. Hands just outside of the shoulders and thumbs underneath the shoulder joint;
 - ii. Body must maintain a plank position at all times; and
- b. In the “down” position chest is touching the floor;
- c. In the “up” position, arms are fully extended to lock the elbows maintaining a plank position;
- d. 1 repetition is defined as:
 - i. starting in the down position;
 - ii. moving to the up position;
 - iii. returning to the down position; and
- e. The athletes hands must remain a static position at all times; and
- f. Any angle of the arms from the body is permitted but, the hand position is maintained.

Box Jumps

6. Box jumps during the competition must be executed in the following manner:
 - a. The athlete must stand in front of the box fully upright position with both feet planted on the floor;
 - b. Both feet must leave the ground simultaneously;
 - c. Flexion in the knees hips and back are permitted;
 - d. The arms may be used to gain momentum;
 - e. The athlete must land on the heels and balls of the feet on the top surface;
 - f. To complete the box jump the athlete must fully extend both legs so they are standing upright on the top surface of the box; and
 - g. They may return to the start position in any manner desired.

Ring Dips

7. Ring dips during the competition must be executed in the following manner:
 - a. The athlete adopt and maintain:
 - i. Hands just outside of the shoulders and thumbs underneath the shoulder joint;
 - b. In the “down” position the upper arm/triceps are parallel to the floor;
 - c. In the “up” position, arms are fully extended to lock the elbows maintaining a upright body position with both rings and hands touching the side of the body;
 - d. 1 repetition is defined as:
 - ii. starting in the up position;
 - iii. moving to the down; and

- iv. returning to the up position;
- e. Any leg position of the athlete may be adopted to maintain balance; and
- f. Kipping is NOT allowed

Pull ups

8. During the competition Pull ups must be executed in the following manner:
- a. The athlete adopt and maintain:
 - i. Hands using an over hand grip (open or closed) on the bar;
 - ii. Hands slightly wider then shoulder width;
 - b. In the “down” position the arms are fully extended and body hanging naturally from the bar;
 - c. In the “up” position, the arms are fully flexed and the chin must break the plane of the top edge of the pull up bar;
 - d. 1 repetition is defined as:
 - i. starting in the down position;
 - ii. moving to the up position until the breaks the horizontal plane of the highest edge of the bar;
 - iii. Once the athlete has reached the up position he must return to the down positions to progress the count; and
 - e. The athlete may mount the bar in any manner desired;
 - f. Should the athlete hang drop from the bar before reaching the down position he must remount the bar and adopt the proper “down position” before executing repetitions.

Muscle ups

9. Muscle ups during the competition must be executed in the following manner:
- a. In the “down” position the arms are fully extended and body hanging naturally from rings;
 - b. In the “up” position, arms are fully extended to lock the elbows maintaining a upright body position with both rings and hands touching the side of the body;
 - c. 1 repetition is defined as:
 - i. starting in the down position;
 - ii. moving to the up position; and
 - d. The athlete may mount the rings in any manner desired;
 - e. The athlete may gain momentum by kipping;
 - f. Any leg position of the athlete may be adopted to maintain balance; and

- g. Should the athlete hang drop from the rings before reaching the down position he must remount the rings and adopt the proper “down position” before executing repetitions.

Burpees

10. During the competition burpees must be executed in the following manner:
 - a. In the “up” position, the athlete will adopt a natural stance with both feet planted squarely on the ground;
 - b. In the “down” position the athlete will adopt a planked push up position with thighs, stomach and chest simultaneously touching the ground;
 - c. 1 repetition is defined as:
 - i. Starting in the up position;
 - ii. The athlete will execute a squat pushing the hands forward and legs backward into a push up position ;
 - iii. The athlete will lower himself to the down position;
 - iv. They will pull the legs up to the chest to return to the squat position;
 - v. They will execute a jump and clap their hands about their head, both feet must leave the ground simultaneously; and
 - vi. Return to the up position.
 - d. Both feet must touch the ground prior to continuing the following repetition.

Wall Ball

11. During the competition thruster must be executed in the following manner:
 - a. The athlete adopt and maintain:
 - i. Placed on the bar with an underhand grip slightly wider then shoulder width;
 - ii. Static foot position on the ground slightly wider then shoulder width;
 - iii. Head looking forward;
 - iv. Hips and knees fully extended.
 - b. In the “start” position:
 - i. The athlete must have the ball resting/racked on the upper chest;
 - ii. Hips and knees must be fully extended.
 - c. The "down" position:
 - i. Maintain the ball on the upper chest;
 - ii. Feet slightly wider then shoulder width apart; and
 - iii. The athletes hip crease must be below the knee to begin the upward movement.

- d. In the “up” position:
 - i. Both arms are fully extended with ball striking the target overhead;
 - ii. Hips and knees at full extension.
- e. 1 repetition is defined as:
 - i. moving from the down position; and
 - ii. moving to the up position.
- f. The athlete may move the ball to the chest position in any manner desired.

Overhead Squat

12. Overhead squats during the competition must be executed in the following manner:
- a. The athlete adopt and maintain:
 - i. Bar overhead with a wide grip;
 - ii. Feet position on the ground slightly wider then shoulder width; and
 - iii. Hips and knees must be fully extended.
 - b. In the “up” position:
 - i. Both elbows are locked with the bar overhead;
 - ii. Full extension of the hips and knees.
 - c. The "down" position:
 - i. The athletes hip crease must be below the kneecap to the ground to begin the upward movement.
 - d. 1 repetition is defined as:
 - i. Starting in the up position;
 - ii. Moving to the down position; and
 - iii. Returning to the up position.
 - e. The athlete may move the bar to the over head position in any manner desired.

Thrusters

13. Thrusters during the competition must be executed in the following manner:
- a. The athlete adopt and maintain:
 - i. Placed on the bar with an underhand grip slightly wider then shoulder width;
 - ii. Static foot position on the ground slightly wider then shoulder width;
 - iii. Head looking forward;
 - iv. Hips and knees fully extended.
 - b. In the “start” position:
 - i. The athlete must have the bar resting/racked on the upper chest;
 - ii. Both hands must grip the bar slightly wider then shoulder width;

- iii. Legs must be fully extended but not locked.
- c. The "down" position:
 - i. Maintain the bar on the upper chest;
 - ii. Feet slightly wider than shoulder width apart; and
 - iii. The athlete's hip crease must be below the knee to begin the upward movement.
- d. In the "up" position:
 - i. Both arms are fully extended with the bar overhead;
 - ii. Hips and knees at full extension.
- e. 1 repetition is defined as:
 - i. moving from the down position; and
 - ii. moving to the up position.
- f. The athlete may move the bar to the chest position in any manner desired.

Dead Lifts

14. During the course of the competition Dead lifts must be executed in the following manner:

- a. In the "down" position:
 - i. The arms are fully extended with hands gripping the bar (alternating grip may be used) slightly outside of hip width;
 - ii. Feet between hip and shoulder width;
 - iii. Toes slightly pointed out as per conventional stance;
 - iv. Knees are bent;
 - v. Bent at the waist;
 - vi. Weight is resting on the ground; and
- b. In the "up" position:
 - i. The arms remain in a fully extended position;
 - ii. Legs are fully extended but not locked;
 - iii. The body is extended fully vertically to the lifter's maximum height; and
 - iv. The bar must touch the quad of the lifter.
 - v. Shoulders behind the bar
- c. 1 repetition is defined as:
 - i. starting in the down position; and
 - ii. moving to the up position; and
- d. Sumo stance will not be permitted; and
- e. Weight cannot be bounced off the ground.

Snatch

15. During the competition snatch must be executed in the following manner:
 - a. In the "starting" position:
 - i. The arms are fully extended with hands gripping the bar(grip width determined by athlete);
 - ii. Feet position determined by athlete;
 - iii. Knees are bent;
 - iv. Bent at the waist; and
 - v. Weight is resting on the ground.
 - b. In the "up" position:
 - i. The arms remain in a fully extended position;
 - ii. Hips and knees are fully extended; and
 - iii. Feet still and under the hips.
 - c. In the "landing/receiving" position:
 - i. The athletes hip crease must be below the knee to begin the upward movement; and
 - ii. This is where the athlete receives the bar.
 - d. 1 repetition is defined as:
 - i. starting in the down position;
 - ii. Receiving the bar in the landing position; and
 - iii. moving to the up position.
 - e. No part of the lifter (except the bottom of the feet) shall touch the platform;
and
 - f. The Lifter cannot "press out" the barbell. Press out is when the elbows are bent and the lifter uses strength of the arms to lock out the elbows.
 - g. Pause during the lifting of the barbell.
 - i. Touching the head of the lifter with the bar when finishing the lift.