

TESTS 2A AND 2B

TEST 2A:

10-minute AMRAP:

6 chest-to-wall handstand push-ups

9 GHD sit-ups

12 box jumps

♀ 24-inch box

♂ 30-inch box

TEST 2B:

Immediately following Test 2A, athletes will have 5 minutes to establish:

1-rep-max clean

WORKOUT VARIATIONS

Teenagers 14-17, Masters 35-54

♀ 24-inch box

♂ 30-inch box

Masters 55+

♀ Strict handstand push-ups to a 2-inch riser, 20-inch box

♂ Strict handstand push-ups to a 2-inch riser, 24-inch box

NOTES

Prior to starting, set up the floor plan as shown. As long as the box is 8 feet from the handstand push-up wall, any configuration may be used. The GHD must be unobstructed by the box when viewed from the side.

This test begins with the athlete touching the box behind the line. After "3, 2, 1 ... go," move to the wall and complete 6 chest-to-wall handstand push-ups. After completing the handstand push-ups, move to the GHD and perform 9 GHD sit-ups, then move to the box and perform 12 box jumps. Repeat the sequence for the duration of the 10 minutes. Your score will be the total number of reps completed in 10 minutes.

Age-Group Quarterfinal Test 2B will start as soon as the 10-minute AMRAP is complete. Athletes will have from 10:00 to 15:00 to establish a 1-rep-max clean. The score for Test 2B will be the heaviest successful weight lifted in pounds.

TIEBREAK

There is no tiebreak for Test 2A. In the event of a tie on Test 2B, the athlete who performed more reps in Test 2A will win the tie.

EQUIPMENT

- Tape to mark the floor.
- Box of appropriate height for the athlete's division. The top of the box must be at least 15-by-15 inches.
- GHD set to the appropriate height.
- Barbell (35/45 lb or 15/20 kg).
 - **Note: For this test, a 15-kg bar **MUST** be totaled as 33 lb. A 20-kg bar **MUST** be totaled as 44 lb.
- Bumper plates.*
- Collars.

* The official weight must be recorded in pounds. If converting kilograms to pounds, round to the nearest pound (.5 and up round up, .4 and below round down).

200.1 to 200.4 lb rounds down to 200 lb

200.5 to 200.9 lb rounds up to 201 lb

See more instructions about using equipment measured in kilograms on the next page.

Any weight increases using change plates must result in a whole number (no decimal points). Collars cannot be included in the total weight.

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.

REQUIREMENTS FOR USING EQUIPMENT MEASURED IN KILOGRAMS

Athletes using any piece of equipment measured in kilograms must use the following conversion chart for each piece **BEFORE** the weight is totaled. This includes athletes using a barbell measured in kilograms with plates measured in pounds.

Then round the sum to the nearest whole pound (.5 and up round up, .4 and below round down).

Calculating total load:

Example 1:

Barbell is 20 kg → 44 lb
Two 45-lb plates → 90 lb

TOTAL → 134 lb
Enter 134 lb on scorecard.

Example 2:

Barbell is 15 kg → 33 lb
Two 20-kg plates → 88 lb
Two 0.5-kg plates → 2.2 lb

TOTAL → 123.2 lb
123.3 lb rounds down to 123 lb
Enter 123 lb on scorecard.

This table will be used in all instances when determining scores for this test.

KILOGRAMS (KG)	POUNDS (LB)
0.5	1.0
1.0	2.2
1.5	3.3
2.0	4.4
2.5	5.5
5	11
10	22
15	33
20	44
25	55

VIDEO SUBMISSION STANDARDS

- 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.
- A full view of the athlete must be maintained for the entire test.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 feet 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.

VIDEO REVIEW PENALTIES

General:

- Missing or skipping any repetitions will 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 the athlete is assessed a no rep on any movement in this test and the total number of no-reps falls below the threshold for a Major Penalty, the rep will be removed from the athlete's score.

GHD:

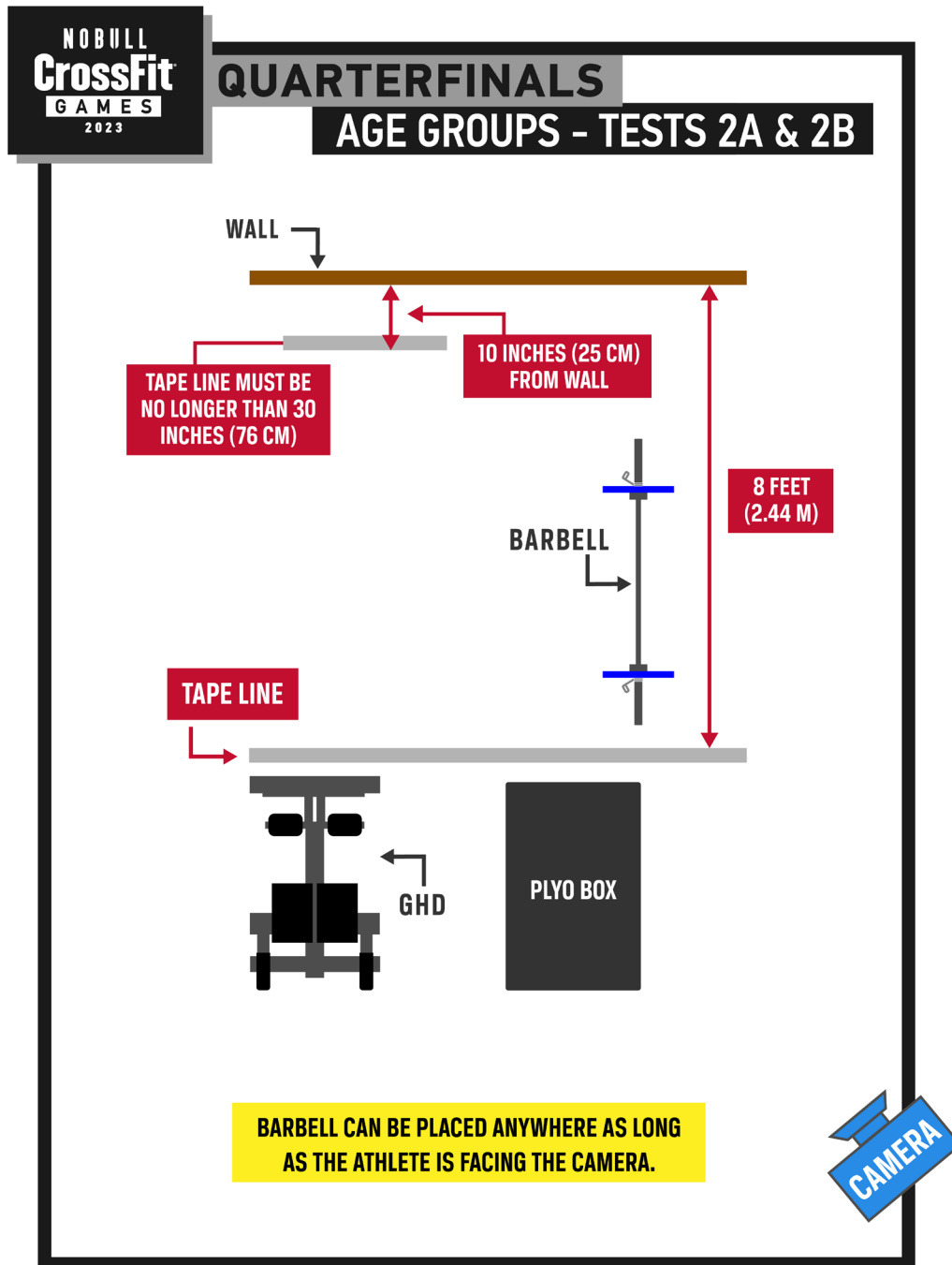
- Not touching the foot pads with both hands when entering the GHD will result in a 1-rep penalty.
- Performing the GHD Sit-ups with the hip clearly on the **RED** side of the pad will result in a penalty of at least 2 reps per round.

False starts or starting in the wrong position will result in a 1-rep penalty.

VIDEO REVIEW ZERO-SCORE VIOLATIONS

The following may result in an immediate zero score:

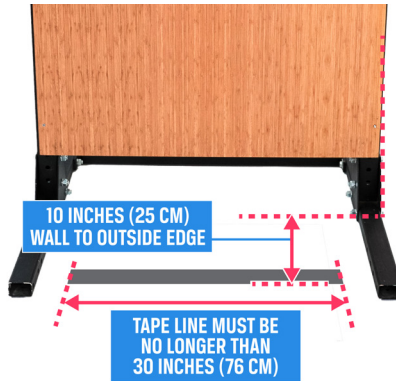
- Incorrect box height.
- Incorrect GHD height.
- Not declaring the weight of the clean or not confirming the weights on camera.
- Not visually confirming the floor measurements on camera.
- Altering the rep scheme or order of movements.
- Incorrect measurements of any part of the setup.
- Failure to use a registered Judge.



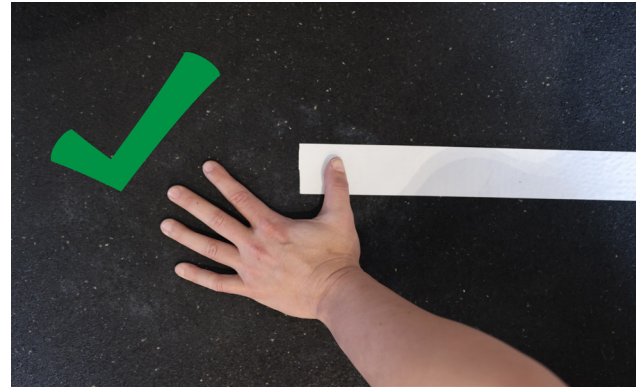
GOWOD
MOBILITY FIRST
FREE MOBILITY FOR QUARTERFINALS

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 longer 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 (CONTINUED)

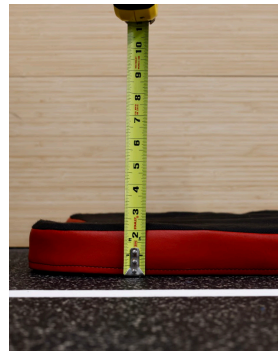


- At the bottom, the head must make contact with the ground.
- If the head and hands are on different surfaces, the surfaces must be level (e.g., if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates).
- The feet do not need to remain 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 toes on the wall; arms, hips, and legs fully extended; and shoulders in line with the body.
- Kipping is **NOT** allowed.

STRICT HANDSTAND PUSH-UPS TO A RISER (55+ DIVISIONS ONLY)



- The athlete must perform their strict handstand push-ups with both hands touching the tape line 10 inches (25 centimeters) from the wall.
 - This tape line must be no longer than 30 inches (76 centimeters).
- Any portion of both of the athlete's hands may be touching the line (fingers OK).
- Set up a 2-inch riser. The athlete must touch their head to the riser before returning to the finish position.

- 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. The athlete will need to start again from the lockout position.

MOVEMENT STANDARDS

STRICT HANDSTAND PUSH-UPS TO A RISER (55+ DIVISIONS ONLY, CONTINUED)



- The arms must be fully extended and in line with the body before the athlete may descend.
- Each rep begins and ends with the athlete in the lockout position with the heels against the wall, arms fully extended, and shoulders in line with the body.



- At the bottom, the head must make contact with the riser.
- 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.
- The handstand push-up must be strict. Kipping is **NOT** allowed. Any repetition that is assisted by the hips or legs will not count. Only the heels may touch the wall during the repetition. The feet may be no wider than the width of the hands at any point.



- 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.

MOVEMENT STANDARDS

GHD SIT-UP



- The athlete's hips must be placed on, or behind, the top of the seat pad(s).
- Begin and end each rep seated on GHD with both hands touching the foot pads.
 - NOTE: The first repetition **MUST** include a touch of the foot pads with both hands before descending.*



- You must touch the ground or designated riser with both hands before returning to the seated position.
- The touch on the ground or riser must be overhead, not to the side of your body. Your fingers must be at least in line with the top of your head when viewed from profile.
- The rep is credited when both hands touch the foot pads.



- Equipment note:** The distance from the top of the seat pad to the floor may be no fewer than:
 - 40 inches (102 centimeters) for men and teenage boys ages 14-54.
 - 37 inches (94 centimeters) for women and teenage girls ages 14-54.
 - 37 inches (94 centimeters) for men ages 55+.
 - 31 inches (78 centimeters) for women ages 55+.
- If you are using a GHD that is **BELOW** the height requirement, you may elevate the GHD to create the correct distance.



- If you are using a GHD that **EXCEEDS** the height requirement, you may touch an elevated target that creates the correct distance — e.g., women may use a 6-inch (15-centimeter) riser on a 43-inch (109-centimeter) GHD to create a net height of 37 inches (94 centimeters).

MOVEMENT STANDARDS

BOX JUMP



- Start with both feet on the ground and face the side of the box.
- A two-foot takeoff is required.
- Do **NOT** angle the box and jump up on the corner.



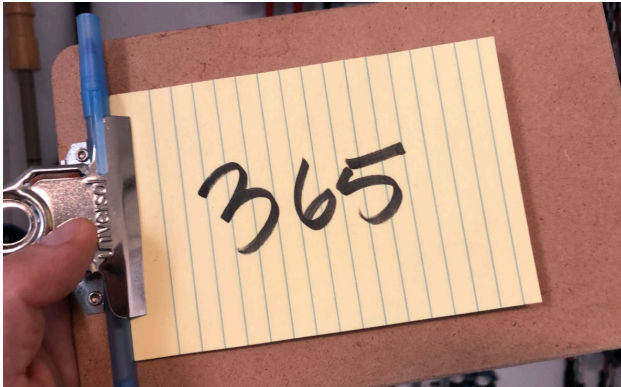
- Stepping up onto the box is not permitted.
- Only your feet may make contact with the box.
- Using your hands to push into your legs is not allowed.



- The rep is credited when:
 - Both feet are on top of the box.
 - Your hips and knees are fully extended.
 - Your head and shoulders are over your hips.
- Jumping off the box and reaching extension in mid-air is a no rep.
- You may step or jump down from the box.

MOVEMENT STANDARDS

CLEAN



- You **MUST** declare the load you are attempting by writing the weight down on paper or a small whiteboard and clearly displaying it to the camera before you start to lift.



- The lift can be performed anywhere on the floor plan as long as the athlete and bar are not obstructed from view.
- Collars must be placed outside the plates during all attempts.
- Start each rep with the bar on the ground.
- Power, squat, and split cleans are permitted.
- Hang cleans are **NOT** permitted.



- The rep is credited when:
 - The athlete's hips and knees reach full extension.
 - The bar is supported in the front-rack position with the elbows clearly in front of the bar.
- Athletes may receive assistance loading their barbell.
- Any successful attempt where the bar has left the ground before the time cap will count.

TEST 2A

10-minute AMRAP:

6 chest-to-wall handstand push-ups

9 GHD sit-ups

12 box jumps

♀ 24-inch box

♂ 30-inch box

Test 2B begins immediately upon completing Test 2A.

**6 CHEST-TO-WALL
HANDSTAND
PUSH-UPS**

9 GHD SIT-UPS

12 BOX JUMPS

	6 CHEST-TO-WALL HANDSTAND PUSH-UPS	9 GHD SIT-UPS	12 BOX JUMPS
ROUND 1	6	15	27
ROUND 2	33	42	54
ROUND 3	60	69	81
ROUND 4	87	96	108
ROUND 5	114	123	135
ROUND 6	141	150	162
ROUND 7	168	177	189
ROUND 8	195	204	216
ROUND 9	222	231	243
ROUND 10	249	258	270
ROUND 11	276	285	297
ROUND 12	303	312	324

WORKOUT VARIATIONS

Teenagers 14-17, Masters 35-54

♀ 24-inch box

♂ 30-inch box

Masters 55+

♀ Strict handstand push-ups to a 2-inch riser,
20-inch box

♂ Strict handstand push-ups to a 2-inch riser,
24-inch box

TEST TIMELINE

0 - 10 minutes = Test 2A

10 - 15 minutes = Test 2B

Athlete Name _____
Print

Reps at 10 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 - AGE GROUPS - TEST 2A

Reps at 10 Min. _____

Athlete Name _____
Print

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



TEST 2B

Test 2B begins immediately upon completing Test 2A.

Athletes will have 5 minutes to establish:

1-rep-max clean

Time cap: 5 minutes

TEST TIMELINE

0 - 10 minutes = Test 2A

10 - 15 minutes = Test 2B

	LOAD (WEIGHT IN POUNDS)
ATTEMPT 1	
ATTEMPT 2	
ATTEMPT 3	
ATTEMPT 4	
ATTEMPT 5	
ATTEMPT 6	
ATTEMPT 7	
ATTEMPT 8	

Athlete Name _____
Print

Heaviest Load (in Pounds) _____

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 - AGE GROUPS - TEST 2B

Athlete Name _____
Print

Heaviest Load (in Pounds) _____

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

