

BATTLE OF ANATOLIA - 2024



1. Program & Participation

- Athletes and teams are expected to compete for at least two days.
- Those who pass the "cut" will participate in semifinal and final workouts.

2. Check-In Procedures

- Main Check-In: November 7, Thursday, 16:00 - 20:00.
- Late Check-In: November 8, Friday, 08:00 - 11:00.
- Check-in is mandatory within specified times for both individual and team athletes; failure to do so results in disqualification from the event.

3. Competition Procedure

- Athletes will receive specific workout briefings before each event.
- Media teams not authorized by the organization are prohibited from athlete areas; violators will be removed.
- Spectators must purchase a separate ticket for each day; only authorized personnel and athletes are exempt from this requirement.

4. Competition Updates

- Follow updates on the Competition Corner event page and Instagram announcements.

5. Protest Authority

- The Head Judge Team has final authority over all event protests.

6. Code of Conduct

- Athletes must adhere to sportsmanship standards; arguments with judges, provoking competitors, or disruptive behavior will not be tolerated.
- Actions obstructing other athletes' opportunities (e.g., equipment damage, instruction refusal) or using communication devices that interfere are prohibited.
- Direct disqualification applies to any abusive language or physical contact with judges, except for friendly greetings.

7. Force Majeure

- If authorities require event cancellation, a new date will be scheduled.
- Tickets for athletes and spectators will carry over to the new date without additional charges.

Protest Procedure

1. **Eligibility**: Only athletes may file protests during the finals within one hour of completing their heat and must pay a 30-euro cash fee.
2. **Outcome**: If the protest is resolved in favor of the athlete/team, the fee will be refunded. The Head Judge has the final say, with no further appeals allowed.
3. **Time Limitation**: Protests submitted later than one hour post-heat will not be accepted.
4. **Limitations**: Each athlete/team is allowed up to two protests during the event. Successful protests do not count toward this limit; unsuccessful ones reduce it by one.
5. **Media Evidence**: Photos, videos, and other media cannot be used to challenge a judge's decision but may be reviewed at the judges' discretion.
6. **Protestable Incidents**:
 - Counting errors, data discrepancies, or equipment malfunctions (e.g., scoreboard inconsistencies, loading issues, course marking errors, unavoidable equipment failure, referee misjudgment).
7. **Non-Protestable Incidents**:
 - Real-time judge decisions such as "no rep" calls (e.g., range of motion standards, squat depth, hip/knee alignment, equipment stabilization).

Notes

- If a non-protestable matter is raised, the Head Judge may review judge consistency and performance.
- Athletes cannot file protests against other competitors, but significant errors may be reviewed for fairness.

BATTLE OF ANATOLIA - 2024

Ek 1: İtiraz Formu-Appeal Form

ATHLETE NAME: _____ ATHLETE OR TEAM #: _____

ATHLETE MOBILE PHONE: _____ ATHLETE EMAIL: _____

EVENT IN QUESTION: _____ HEAT #: _____ LANE #: _____

Please explain the reason for the appeal in detail:

(OFFICIAL USE ONLY)

Resolution:

Payment(Cash Only): 30 Euros-1000 Turkish Liras

This payment has been received by: **Orcan Yazıcı – Dođu Kocaçiftçi – Gökhan Saygın** (Circle the table ref. that has received your payment.)

EVENT-1



23-Min/15min Time Cap - 5/3Rounds For Time:

- 400m Run (vest/no vest)
- 20 Pull-Ups
- 20 Pistol Squats

Start: Under the rig at assigned lane numbers
Finish: After completing the final movement

Athletes will wait at their designated lane numbers under the rig. At the start signal, they will enter the yellow corridor vertically, then proceed to the running track. After completing 400m (two laps), they will re-enter through the yellow corridor and complete the pull-up/pistol movements. Each round will proceed in this manner.

TEAM VERSION AND SYNCHRONIZATION STANDARDS

1. Athletes must be side by side during the run.
2. For pistol squats and air squats, synchronization requires athletes to start with the same leg and finish the movement at the same time.
3. For pull-ups, synchronization requires both athletes' chins to pass the bar height simultaneously.
4. A single bar will be used for deadlifts, and athletes must lift together.

Pull-Ups [VIDEO LINK](#)

1. The movement begins with the athlete hanging on the bar with elbows and shoulders fully extended, and ends when the athlete's chin passes above the bar at a point close to the bar.
2. The athlete must use an overhand/pronated grip (palms facing the same direction as their face).
3. The athlete may use any style (strict, kipping, or butterfly).
4. Movements that do not meet these standards will be counted as no-reps.

Pistol Squats [VIDEO LINK](#)

1. The movement begins with the athlete standing on one leg with the other foot lifted off the ground. The athlete squats down to full depth on one leg and returns to a fully extended standing position on the same leg. Toe hold is allowed.
2. The movement must alternate between legs (i.e., one rep on the right, one rep on the left). If a rep is deemed invalid, the athlete must repeat it on the same leg.

Deadlift [VIDEO LINK](#)

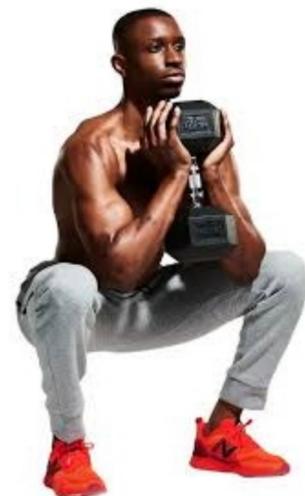
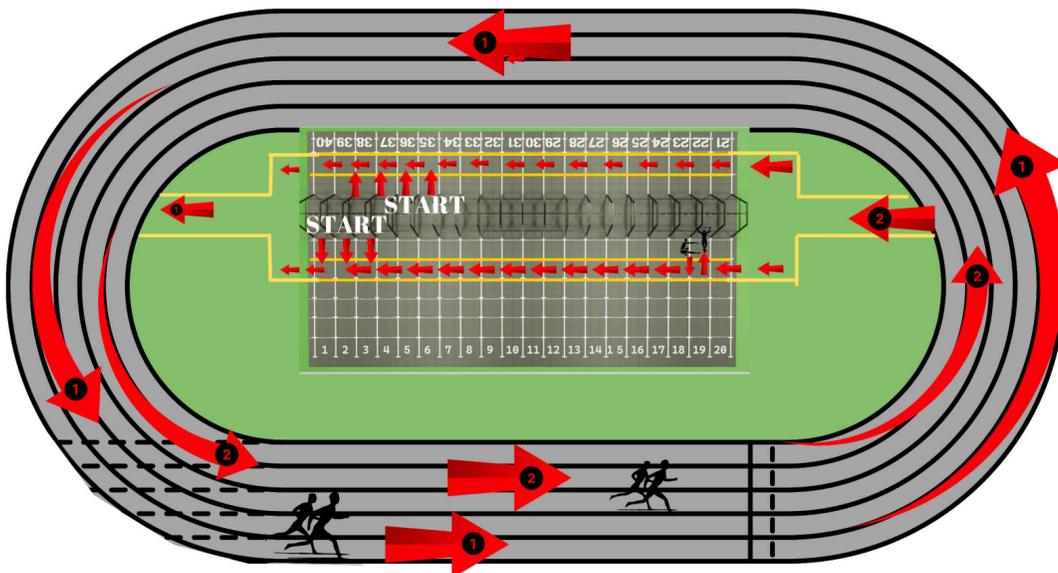
1. Regardless of the type of plate on the bar, the movement must start from the ground.
2. The movement ends when the athlete is standing fully extended, including shoulders behind the barbell.
3. Athletes are not allowed to bounce the bar off the ground (bouncing is invalid).
4. The sumo deadlift technique is not permitted.

Goblet/Air Squat [Air Squat](#) / [Goblet Squat](#)

1. The movement begins with the athlete standing, holding the dumbbell vertically at chest level.
2. The athlete reaches full squat depth and then returns to a fully extended standing position. During this movement, the weight must remain in the same position.
3. For the air squat, the same rules apply, excluding the use of weight.

MOVEMENTS LIST					
Category	R	TC	YES	1.Mov	2.Mov
ELITE	5R	23	YES	20 Pull-Ups	20 Pistol
MASTER 35-39	5R	23	YES	20 Pull-Ups	20 Pistol
ADVANCED	5R	23	X	20 Pull-Ups	20 Pistol
MASTER 40-44	5R	23	X	20 Pull-Ups	20 Pistol
MASTER 45-49	5R	23	X	20 Pull-Ups	20 Pistol
MASTER 50+	3R	15	X	20 Pull-Ups	20 Goblet Squat 22.5kg
SCALED	3R	15	X	M : 20 / F : 15	40 Air Squats
BEGINNER	3R	15	X	M : 60 kg / F : 40 kg	40 Air Squats

TEAMS MOVEMENT LIST					
Category	R	TC	VEST	1.Mov	2.Mov
ELITE	5R	23	YES	20 Pull-Ups FULL SYNC	20 Pistol Squats FULL SYNC
105+	5R	23	YES	20 Pull-Ups FULL SYNC	20 Pistol Squats FULL SYNC
ADVANCED	5R	23	X	20 Pull-Ups FULL SYNC	20 Pistol Squats 2 Per. SYNC
120+	5R	23	X	20 Pull-Ups FULL SYNC	20 Pistol Squats 2 Per. SYNC
SCALED	3R	15	X	30 Pull-Ups 2 Per. SYNC	40 Air Squat FULL SYNC
BEGINNER	3R	15	X	30 Deadlift 80k 2Per. Together	40 Air Squat FULL SYNC



EVENT-1

1. Start under the rig at your lanes
2. Run through yellow corridor and enter the running court
3. Complete 2 Laps (400m) then enter the field.
4. Go through your lane in yellow corridor then enter and start to following movement.
5. Use yellow corridor to enter court and enter field each rounds.

EVENT-2



EVENT-2

3-1-3 Min Time Cap - For Time (7 min)

- 9-7-5 Power Snatch
- Lateral Burpee Over the Bar
- 1 min Rest
- 9-7-5 Overhead Squats
- Lateral Burpee Over the Bar

Start: Specific Markings (Red)

Finish: Specific Markings (Red)

Details:

- Athletes will aim to complete the 9-7-5 workout upon the start signal.
- If they complete it within 3 minutes, judges will record their time, and they will wait for the second 3-minute period to begin.
- The time to complete the second period is recorded, and the workout concludes.

Power Snatch [VIDEO LINK](#)

- 1.The movement begins with the bar on the ground and ends with the bar in a fully extended overhead position in one continuous motion.
- 2.Bouncing the bar off the ground between reps is considered an invalid rep.
- 3.The athlete cannot throw the bar backward; dropping the bar behind at any point during the reps will invalidate the rep.
- 4.Movements that do not meet these standards will be counted as no-reps.

Overhead Squat: [VIDEO LINK](#)

- 1.The athlete may bring the bar overhead using any technique.
- 2.The movement begins in full overhead extension, with the athlete squatting to full depth and then returning to full overhead extension to complete the rep.
- 3.The athlete may perform the first rep as a squat snatch.
- 4.The athlete cannot throw the bar backward; dropping the bar behind at any point during the reps will invalidate the rep.

Lateral Burpee Over The Bar [VIDEO LINK](#)

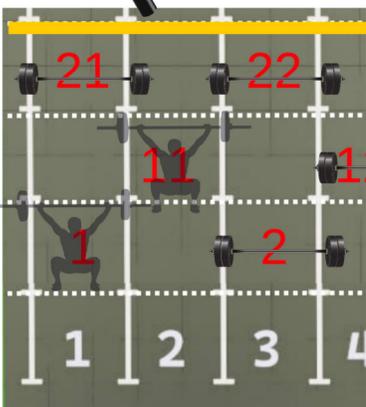
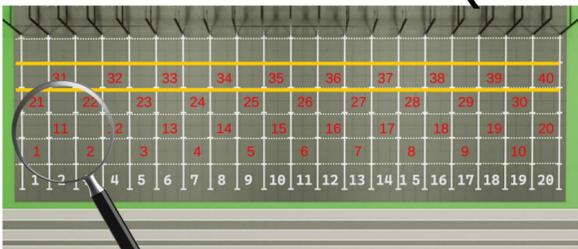
- 1.The athlete positions themselves laterally beside the bar.
- 2.The athlete lies down on the ground so that their chest and legs make contact with the floor. The athlete may get up by either using one leg or both legs but cannot place their knees on the ground to rise.
- 3.The athlete must break contact with the ground with their hands to jump laterally over the bar; however, full extension is not required. (Jumping from push-up position is not allowed)
- 4.The jump must be clearly performed with both feet simultaneously. Jumping over on one foot, stepping like jumps or similar jumps will be considered invalid.
- 5.Invalid reps must be redone from the beginning.

TEAM VERSION AND SYNCHRONIZATION STANDARDS

- 1.For the power snatch and overhead squat, the synchronization standard requires athletes to be in the overhead position simultaneously.
- 2.For burpees, the synchronization standard requires athletes to be on the ground at the same time and to begin the jump over the bar simultaneously.

WEIGHT LIST	
Category	M/F - KG
ELITE	60/40
MASTER 35-39	60/40
ADVANCED	50/35
MASTER 40-44	50
MASTER 45-49	45
MASTER 50+	40
SCALED	40/25
BEGINNER	30/20
TEAMS	
ELITE / 105 + MASTER	60/40
ADVANCED	50/35
120 + MASTER	50/35
SCALED	40/25
BEGINNER	30/20

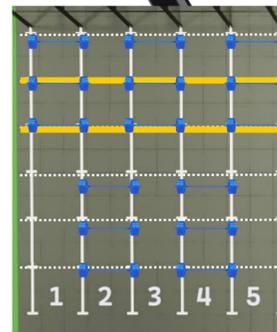
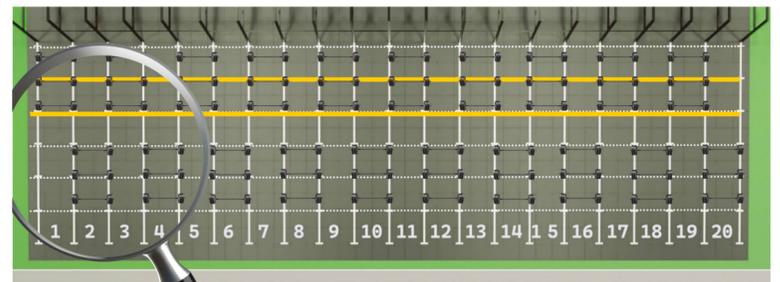
EVENT-2 (Ind)



EVENT-2

1. For this event, the larger side of the field and different (red) numberings will be used.
2. Start on your number close to your barbell.
3. Complete parts A and B in the same place.
4. Barbell movements will be performed facing the main tribune.

EVENT-2 (Team)



EVENT-2

1. For this event, teams will be in their lines.
2. The larger side of the field will be used.
3. Complete parts A and B in the same place.
4. Barbell movements will be performed facing the main tribune.

EVENT-3



EVENT-3

For Time (10 min time cap)
27-21-15-9-3 Shoulder to Overhead - Toes to Bar/Knees to Chest

Start: Lane Numbers, 2nd Yellow Line
Finish: Same as the Start

Details:

- Upon the start signal, athletes will run to their bars and attempt to complete the workout.
- If they finish their reps within the given time, they must run to the finish line (outer yellow) to complete the workout.

Shoulder to Overhead

Video Link: [Strict Press](#), [Push Press](#), [Push Jerk](#), [Split Jerk](#)

- 1.The movement begins with the athlete cleaning the bar to the shoulders. To initiate the movement, the athlete must successfully place the bar in the front rack position.
- 2.The movement ends when the athlete holds the bar overhead with elbows, shoulders, and body in full extension and stable balance.
- 3.For rapid repetitions, a momentary stable position in full extension is sufficient.
- 4.Movements that do not meet these standards will be counted as no-reps.

Toes to Bar [VIDEO LINK](#)

- 1.The movement begins with the athletes hanging from the bar with elbows extended. Only a pronated grip will be accepted.
- 2.The heels must pass behind the bar line,hip extended and then both feet must come up to touch the bar simultaneously.
- 3.Movements that do not meet these standards will be counted as no-reps.

Knees to Chest [VIDEO LINK](#)

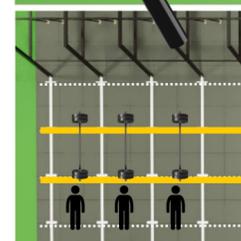
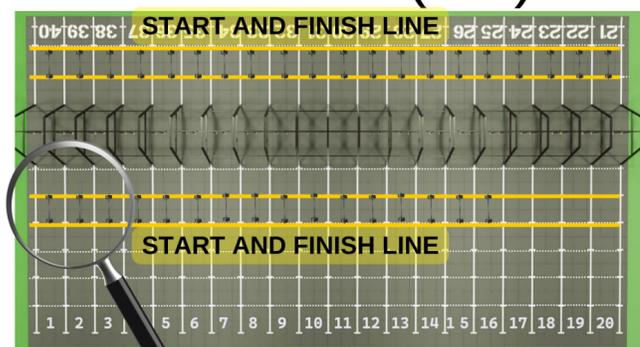
- 1.The movement begins with the athletes hanging from the bar with elbows extended. Only a pronated grip will be accepted.
- 2.The heels must pass behind the bar linehip extended and then both legs must pull up together, with the knees passing below the level of the sternum.
- 3.Athletes may keep their knees continuously flexed during the movement.
- 4.Movements that do not meet these standards will be counted as no-reps.

TEAM VERSION AND SYNCHRONIZATION STANDARDS

- 1.The synchronization standard for the Shoulder to Overhead is that the bar must be in the overhead extension position at the same time.
- 2.For Toes to Bar, the synchronization standard is that both feet must touch the bar simultaneously, and for Knees to Chest, the upper part of the knees must cross the level just above the sternum at the same time.

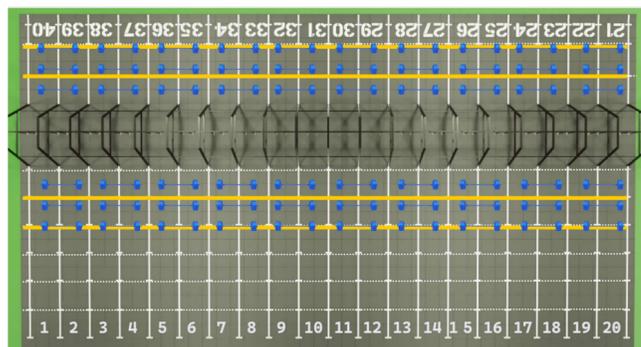
WEIGHTS/MOVEMENT LIST		
Category	M/F - KG	MOV.
ELITE	60/40	T2B
MASTER 35-39	60/40	T2B
ADVANCED	50/35	T2B
MASTER 40-44	50	T2B
MASTER 45-49	45	T2B
MASTER 50+	40	T2B
SCALED	40/25	12 T2B
BEGINNER	40/25	K2C
TEAMS (SYNC)		
ELITE / 105 + MASTER	60/40	T2B
ADVANCED	50/35	T2B
120 + MASTER	50/35	T2B
SCALED (T2B 2 per.SYNC)	40/25	(2)T2B
BEGINNER	40/25	K2C

EVENT-3(Ind)



- EVENT-3
1. This event starts and finishes behind the yellow line in your lane.
 2. At the start athletes will run to their barbells and begin S2OH.
 3. Toes to bar and scaled versions will be performed facing the main tribune.
 4. If the workout finishes before the time cap, athletes will run to the finish (yellow) line to stop their time.

EVENT-3 (Team)



- EVENT-3
1. For this event, teams starts behind their barbells.
 2. Workout finishes when the last Toes to Bar/Knee Raise finishes.
 3. Barbell movements will be performed facing the main tribune.



EVENT-4



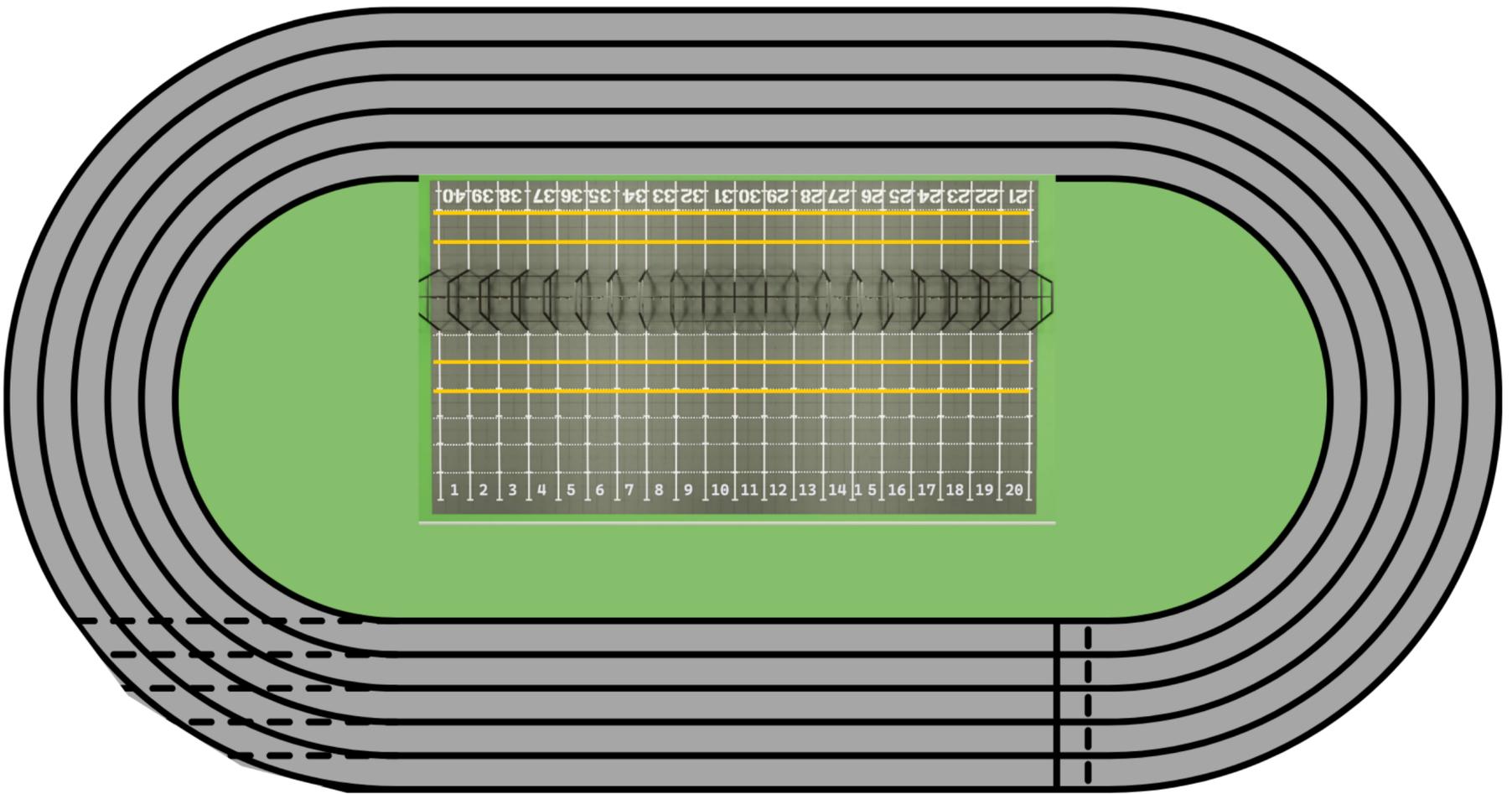
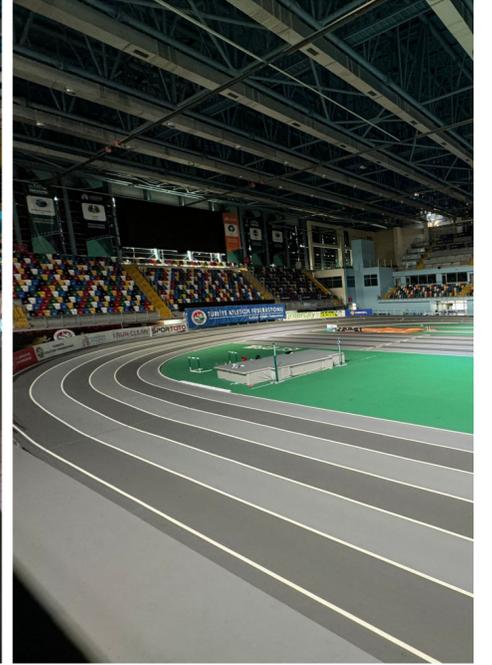
EVENT-4

Individual : 1600m Run
Teams : 3x600 Relay Race

Start: Designated Start Line
Finish: Designated Finish Line

Details:

- This event will be officiated by Athletics Federation Judges and computer controlled electronic systems.
- Running Course is 200m.
- Upon the start signal, athletes will start running.



EVENT-5



For Time (11min tc)

Bikerg - Sandbag Clean - Rope Climb - Sandbag Shoulder Squat

Start: Start Line Numbers

Finish: Start Line Numbers

Details:

•Upon the start signal, athletes will sit on the bikerg close to the start line and aim to reach the specified calorie value.

•Then they will begin the clean movement with the sandbag in the first square. Depending on the category, they will move forward one square for every 6/5 repetitions to complete the given rep count.

•After the last clean, the athlete in the nearest square will complete the required rope climb repetitions and then start the sandbag shoulder squat movement.

•In the squat, they will also advance one square for every 6/5 repetitions according to their category, and when they complete the given repetitions, they will be in the square closest to the start.

•Once the movement is finished, they will run to the start line to complete the event.

Sand Bag Clean [VIDEO](#)

1. Athletes start the movement with the sandbag on the ground. The sandbag must be shouldered from the ground, and the body must be brought to full extension, with the other arm at a 90-degree angle to demonstrate the movement.

2. Athletes cannot lower the sandbag to the ground without receiving valid rep confirmation.

3. During the transition between squares, athletes can carry the sandbag in any way (shoulder, bear hug, etc.), but they cannot drag it on the ground. Sandbags cannot drop behind.

Sand Bag Shoulder Squat [VIDEO LINK](#)

1. The athlete completes the squat movement while the sandbag is on one shoulder. They can use both arms to support the sandbag during this time. But cannot support knees etc.

2. The athlete's hip crease must go below the level of the knees.

3. At the end of the movement, the athlete must reach full extension with hips and knees at the top.

4. The athlete can start the movement with a squat clean from the ground, which will be counted as one successful repetition. Sandbags cannot drop behind.

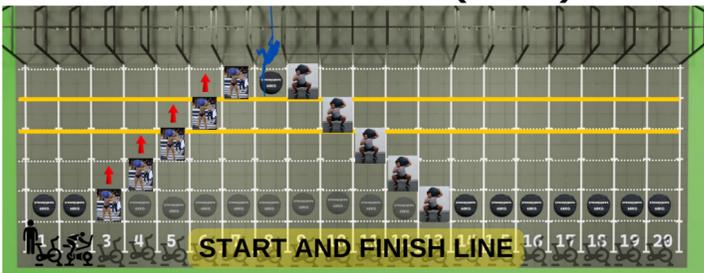
5. Movements that do not meet these standards will be counted as no-reps.

Rope Climb [VIDEO LINK](#)

Athletes can climb the rope using any technique. A rep will be counted when they touch the block to which the rope is attached.

CALORIES/REPS AND WEIGHT LIST				
Category	CAL	CLEAN SQUAT	ROPE CLIMB	M/F - KG
ELITE	30/24	30	6	68/45
MASTER 35-39	25/20	25	5	68/45
ADVANCED	25/20	25	5	68/45
MASTER 40-44	25/20	25	5	68
MASTER 45-49	25/20	25	5	45
MASTER 50+	25/20	25	5	45
SCALED	25/20	25	5	45/32
BEGINNER	25/20	25	5/3	45/32

EVENT-5 (Ind)



EVENT-5

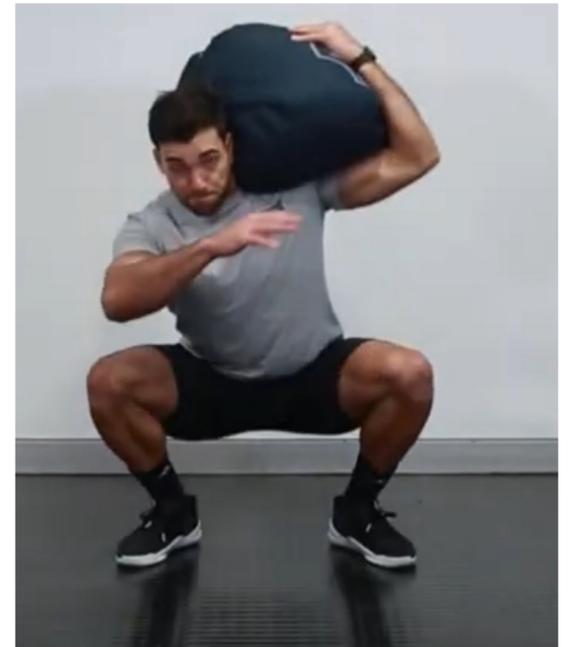
1. This event begins on your lane number at the start line. At "3,2,1, Go" get on the bike erg and start cycling.

2. When you complete the given calories, grab the sandbag, which is in the first square, and start performing sandbag cleans. After every 5 repetitions (6 for elite cat.), you must advance to the next square with your sandbag.

3. Sandbag cleans will finish in the last square for all categories. After that you have to complete rope climbs.

4. When you finish the rope climbs you'll start performing sandbag squats. After every 5 repetitions (6 for elite cat.) you must advance to the next square (moving towards the finish line). Squat repetitions will finish in the first square.

5. Drop your sandbag and go to the finish line.



EVENT-6 INDIVIDUAL



EVENT 6

7min Work - 3min Rest - 5min Work - For Time (15min tc)

40 Dumbbell Snatch

30 Box Jump Over

20/16 cal Skierg

10 Clean & Jerk

3 min REST

Clean Complex: Clean - Hang Clean - Front Squat - Jerk

Start: Inside Rig Lane Numbers

Finish: Start Line Numbers

Details:

- Upon the start signal, athletes will begin the dumbbell snatch movement with the dumbbells near the rig.
- After completing the snatch, they will move to the box and start the box jump over.
- After finishing the box jumps, they will proceed to the skierg to complete the specified calories.
- Once the calories are completed, they will perform 10 clean & jerk repetitions at the bar in the final square.
- After a 3-minute rest, athletes will attempt to perform the clean complex with the heaviest weight without putting the bar down.

Dumbbell Snatch [VIDEO LINK](#)

- 1.The dumbbell starts on the ground and the movement is completed when it is brought to an overhead extension smoothly.
- 2.Both ends of the dumbbell must touch the ground simultaneously on each repetition.
- 3.The movement must be completed alternatingly.
- 4.The non-working arm cannot touch the body or legs during the movement.
- 5.The dumbbell must be lowered to the ground; if thrown, the rep will not be counted.
- 6.After completing a repetition, athletes can switch hands anywhere before starting a new repetition.

Box Jump Over [VIDEO LINK](#)

- 1.Athletes may face the box directly or sideways. The movement ends when the athlete jumps on top of the box and lands on the other side.
- 2.A double-foot jump is required. Athletes may step down from the box.
- 3.If the athlete jumps over the box without touching it, they must land on the other side with both feet touching the ground simultaneously, and their feet must clear the box.
- 4.Only the athlete's feet may touch the box.
- 5.The athlete's hands/arms may not make contact with their body for support.
- 6.Movements that do not meet these standards will be counted as no-reps.

CleanJerk [VIDEO LINK](#)

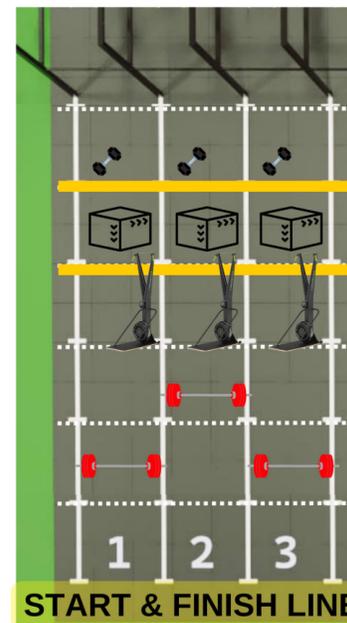
- 1.The movement starts with the bar on the ground. The bar must be smoothly brought to the shoulders; hang styles are not accepted.
- 2.Athletes can use squat, power, or muscle techniques.
- 3.Athletes may use any technique for the overhead press (strict, push press, push, split).
- 4.The weight must reach full extension overhead and cannot be lowered without the judge's signal.

Barbell Complex

- 1.The bar cannot be dropped during the complex, and no resting on the ground is allowed. Elbows must be fully extended at the start of the hang clean.
- 2.If the jerk or any other movement fails, the complex will be considered unsuccessful and must be restarted. Double dips and bouncing will result in a no-rep.
- 3.Athletes will move to the next movement only after receiving rep approval 👍 from the judge.

WEIGHT LIST		
Category	DB	BBELL
ELITE	25/17.5	80/50
MASTER 35-39	25/17.5	80/50
ADVANCED	25/17.5	70/45
MASTER 40-44	25	70
MASTER 45-49	22.5	60
MASTER 50+	17.5	50
SCALED	17.5/12.5	50/35
BEGINNER	17.5/12.5	40/25

EVENT-6 (Ind)



EVENT-6

1. This event starts on your lane numbers. At "3,2,1, Go" run through the dumbbells and begin performing alternating dumbbell snatches.
2. When you complete the given repetitions, step into the next square and begin box jump overs.
3. After you complete the box jump overs, move into the next square and complete the calories on the skierg.
4. After the skierg you will go to the barbell for clean and jerks. When you finish the clean and jerks, run to the finish line to complete Part A and wait there for the start command for Part B.
5. During the rest period you can NOT touch the barbell or enter the clean and jerk area.
6. At "3,2,1, Go," run to your barbell and begin Part B.

EVENT-6 TEAM

EVENT-6 TEAM

7min Work - 3 min Rest - 6min Work

A.FOR TIME (7min TC)

Worm Clean Jerks
Rope Climb
Worm Thruster

3min REST

B.BARBELL COMPLEX (6min TC)

Clean
Hang Clean
Front Squat
Jerk

Start: Start Line Numbers

Finish: Start Line Numbers

Details:

In Part A, teams will start with the clean and jerk movement using the worm. Depending on the category, they must move the worm forward one square for every 5/6 repetitions. After the last repetition, the worm must be within the last square. Teams will then complete the rope climb repetitions and return to the worm for the thruster movement. Similar to the clean and jerk, they will advance the worm one square for every 5/6 repetitions according to their category. Once the last repetitions are completed, they will drop the worm at the starting point and run to the start-finish line to finalize the score for Part A.

During the rest period, teams must remain behind the start line.

Once Part B begins, they will move to the bars and attempt to reach the heaviest weight in the clean-hang clean-front squat-jerk complex. Only one team member may lift at a time. While one team member is lifting, the others may not attempt or warm up. The total weight of the heaviest lifts will count as the score.

MOVEMENT STANDARDS

Worm Clean&Jerk [VIDEO LINK](#)

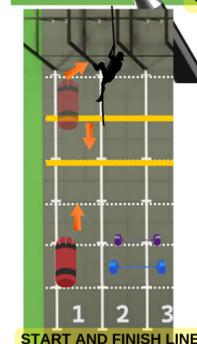
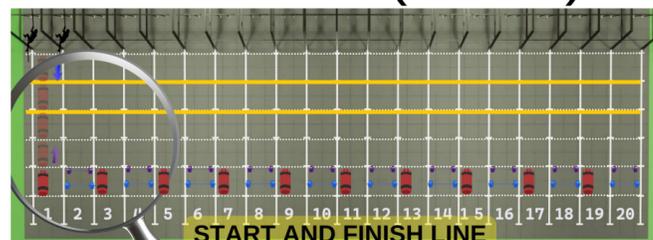
- 1.A rep is counted when the athletes lift the worm from the ground to the shoulders and then transfer it to the other shoulder overhead simultaneously.
- 2.No support may be taken from the head during the overhead transition.
- 3.The worm cannot be released without clear contact with the other shoulder.

Worm Thruster [VIDEO LINK](#)

- 1.Athletes squat with the worm on their shoulders and must rise smoothly while simultaneously transferring the worm to the other shoulder overhead. Meeting these criteria is counted as one rep.
- 2.There must be a smooth transition from the squat to the push; no dips are allowed during the overhead transfer.

REPS LIST		
Category	CJ THRUSTER	ROPE CLIMB
ELITE	30	12
MASTER 105+	30	12
ADVANCED	25	9
MASTER 120+	25	9
SCALED	25	9
BEGINNER	25	9

EVENT-6 (Team)



EVENT-6

1. This event begins on given lanes at the start line. At "3,2,1, Go" grab the worm and start clean jerks.
2. After every 5 repetitions (6 for elite cat.), you must advance to the next square with the worm.
3. Worm Clean Jerks will finish in the last square for all categories. After that you have to complete rope climbs.
4. When you finish the rope climbs you'll start performing worm thrusters. After every 5 repetitions (6 for elite cat.) you must advance to the next square (moving towards the finish line). Thruster repetitions will finish in the first square.
5. Drop your worm and go to the finish line.
6. Rest 3 min then go for Part-B from start line.

EVENT-7



EVENT 7

5min Work - 1min Rest - 5min Work - For Time (11min tc)

Part-A : HSW - Crossover- Pull Over - HSW

Part-B : Squat Snatch - Crossover - Muscleup - OH Walking Lunges

Start: Start Line Numbers

Finish: Start Line Numbers

Details:

-Upon start signal, athletes will start handstand walk variations. After they complete 12.5 meters distance they will start crossover variations. Beginner categories will complete OH walking lunges instead of HSW.

-After crossover variations athletes will continue to gymnastics barbell for pullovers.

-When they finished the pullovers, returning to the start/finish line will be 12.5 HSW variations. When they pass the start line Part-A will be completed.

-After a minute rest, they will start squat snatches. After each 2 snatches they have to to the next square. 10th snatch will be completed at the last square.

-Athletes will complete crossover variation and muscleup variation, then will complete 10 meters overhead walking lunges to finish Part-B.

TEAM CATEGORIES AND SYNCHRONISATION STANDARDS

1.For team categories this event's time window is 6min work-1min Rest-6min Work

2.There will be some movement and sync. differences between categories. Check the Competition Corner and IG posts for details.

3.Pullover and muscleup sync. standard is athletes must be in support position over the bar/ring at the same time.

4.Chest to bar/toes to bar sync. standard is athletes chest/toes must touch to the bar at the same time.

MOVEMENT STANDARDS:

Handstand Walk:

1. At start, athlete's both hands must be behind the line and no foot contact with the floor.
2. Total distance is 5 reps for HSW. For ramp version; ramp will be on 2.3.and 4. Squares and when this three square completed it will be one rep. Therefore total distance is 3 reps for the categories which will use ramp.
3. Athlete's both hands must pass the further line to complete a square. At this moment feet can not be on the floor
4. Athletes cannot touch to the side lines while HSW.

Single Crossover/Double Crossover:

- 1.Single crossover will be counted like crossover-single-crossover-single and each one will be counted as one reps.
- 2.Double crossover is completing one crossover plus one single during a single jump.

Bar Pull-Over [VIDEO LINK](#)

1. The movement must meet the same criteria for the start and finish positions as the Bar Muscle-Up.
2. During the movement, athletes must pass their legs over the bar in the opposite direction of a muscle-up, rotate over their abdomen, and then extend their elbows to complete the movement, similar to a muscle-up.
3. Support from surrounding equipment with legs/feet during the movement will invalidate the exercise.
4. Athletes are required to use an overhand/pronated grip at all times during the movement.
5. Athletes must make their descent from behind the bar. Descents from the front, such as front rolls, will not be accepted.

Overhead Walking Lunges [VIDEO LINK](#)

1. Athletes must set the overhead position before starting lunges.
2. Athlete's stepping knee must touch to the floor and supporting knee&hip must be extended at the end.
3. Athletes must pass the line with both feet and knees&hip must be extended to complete a repetition(s). Athletes cannot drop the barbell before that.

Bar/Ring Muscleups

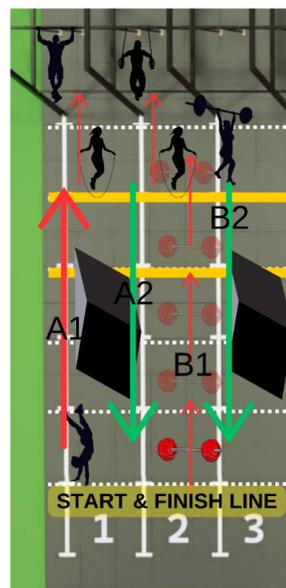
1. The movement begins with the athlete hanging from the bar or rings with elbows and shoulders in full extension.
2. The movement ends as the athlete brings themselves into a support position on top of the bar/ring by extending their elbows while their shoulders are above or in front of the bar/ring. (Locking out the elbows while the shoulders are behind the bar or rings will be considered no-rep.)
3. Athletes with structural slight flexions must demonstrate this to the judge before the workout.
4. The muscle-up movement must be completed without touching any nearby racks or equipment with the feet.

Devil Press [VIDEO LINK](#)

MOVEMENT-REP-WEIGHT LIST					
Category	HSW	CROSSOVER	PULL-OVER	S.SNATCH	MUSCLEUPS
ELITE	RAMP (3)	30 DOUBLE CROSSOVR	12	80/50	20 RING
MASTER 35-39	M:RAMPF :HSW		12	70/45	20 RING
ADVANCED	HSW (5)	40 CRSOVR	10	70/45	15/10 RING
MASTER 40-44	HSW (5)	40 CRSOVR	10	70	15 RING
MASTER 45-49	HSW (5)	40 CRSOVR	10	60	12 RING
MASTER 50+	HSW (5)	40 CRSOVR	8	50	10 RING
SCALED	HSW (5)	40 CRSOVR	15/10 C2B	50/35	15/10 BAR
BEGINNER	OH W.LUNGE	40 CRSOVR	20/15 T2B	40/25kg	20/15 PULUPS

TEAM MOVEMENT-REP-WEIGHT LIST				
Category	HSW	PULL-OVER 3 SYNC.	S.SNATCH	MUSCLEUPS. (2 SYNC)
ELITE	3xRAMP	10	80/50	20 RING
MASTER 105+	3xRAMP	10	80/50	20 RING/BAR
ADVANCED	3xHSW	10	70/45	15 RING BAR
MASTER 120+	3xHSW	10	70	15 RING BAR
SCALED	2xHSW	20 C2B(2)	50/35	15 BAR
BEGINNER	3xOHW	20 C2B(2)	50/35	15 BAR

EVENT-7 (Ind)



EVENT-7 (Except Beginners)

1. This event starts on your lane numbers. At "3,2,1, Go" Part-A starts with handstand walk.
2. When you complete the 12.5 meters of HSW part start jump rope variations.
3. After you complete the jump ropes, complete pull-over repetitions on the gymnastics bar.
4. After the pull-over return to the start/finish line with HSW again. When you pass the start/finish line you'll complete Part A and wait there for the start command for Part B.
5. At "3,2,1, Go," run to your barbell and begin Part B.
6. After each 2 snatches you have move to the next box with your barbell.
7. After 10th snatch complete jump rope and muscleup variations and then go to your barbells and start overhead walking lunges.
8. When you finish 10 meters by passing the start/finish line with both feet+extension, Part-B will be completed.