

# Pittsburgh Standards of Movement

## Workout #1:

**Thrusters** - For all divisions, we will want to see a good rep for the thruster. The hip crease must be below the knee at the bottom of the squat, and the bar immediately pressed overhead without hesitation or a redip-drive (ie a thrustajerk) A good rep will be called when the bar is locked out overhead, hips open, knees locked out and the head is through the window. Failure to lock out, hit depth, or push head through the window will be a no rep.

**Chest to Bar** - Athlete will go from dead hang, initiate pull, and make contact with the bar somewhere between the xiphoid process (bottom of sternum) and the collarbone. Contact can be made on the upswing or downswing, but VISIBLE contact must be made. You may do these strict, kipping, or butterfly,, contact will need to be made visibly.

**Pull Ups** - For RX division, the athlete must go from full extension hanging from the bar, to the chin crossing the plane at the top. Butterfly, kipping, and strict is permitted. We will be enforcing strict standards, and you must cross the plane with the chin - aim for good reps, and not "turtle necking."

## Workout #2:

**Lateral OTB Burpee:** Athletes will start from standing, perform a burpee lateral to the bar, ensuring the hips and chest contact the deck, pop up and move to clear the bar. A clap does not need to be initiated, and the hips don't need to open fully before a jump over is attempted. Athletes can move over the box however they see fit, so long as the ankles/feet cross the vertical plane over the bar - whether they jump - duck hop over, jump-stand-and-step, or step. If you have a different strategy, please clear it with the judge beforehand, or shoot us an email to find out if we will legally allow it. If you intend to do anything than the aforementioned, PLEASE CLEAR IT WITH THE HEAD JUDGE. We will no rep you if you attempt to do something other than outlined in the movement briefing.

**Snatch Complex:** Athlete will set up on bar, and snatch from the ground - be it power, muscle or squat snatch. They must bring the bar from the ground, to overhead, and stand - showing control - with hips open and knees locked out for a good rep. Bars can be cycled, or singles are allowed. Then Athlete will push press the bar while maintaining initial snatch grip. Push press will consist of bringing the bar to the front or back rack position. Then, the athlete will dip and press the bar up overhead. The Athlete may not drop under the bar and perform a jerk. When in the top position of the press, the Athlete will perform an overhead squat with hands in the snatch position.

Ensuring the arms are locked out with the bar in a stable position overhead, the athlete will squat to below parallel, ensuring the hip crease is below the knee, and then stand, keeping the arms locked out, opening hips, and locking out knees. The athlete will then drop to the hang position to perform a hang snatch to complete. Hang position will hit above the knee and snatch will be performed by power, muscle, or squat. If the athlete drops the bar at any point in time, a no rep will be issued. Hands may be adjusted as needed but may not come off of the bar completely during the complex. Failure to keep a full grip on the bar will result in a no rep.

### **Workout #3:**

**Assault Bike Cals** - Athlete will set up on the assault bike with the counter clearly indicating calories. They must work on the bike until the required amount of calories is crossed on the timer. The counter should be reset between rounds.

**Box Jump Overs (RX) - Box Jumps** - 24"/20" Athletes must clear the box with the ankles crossing the vertical plane. The rep starts on one side of the box and they must get to the other side, either by jumping up, hopping over without extending, and landing on the other side, box jump then step down, or clear the box without touching it in a single bound. The rep is complete when the athlete has both feet on the other side. Two foot takeoff required. These can be done laterally if the athlete chooses.

**Box Step Overs (Scaled)** - Athletes will start from standing, step up and over to the other side. Athlete does not have to open hips on the box and can stay in a squat stance over the box; however, two feet must touch the top of the box. Both feet must touch the ground on the other side of the box to be considered one rep.