



Online Qualifier #2: "Rock the Cradle"

Score: Max Repetitions

RX

Intermediate

Scaled

EQUIPMENT

Jump Rope

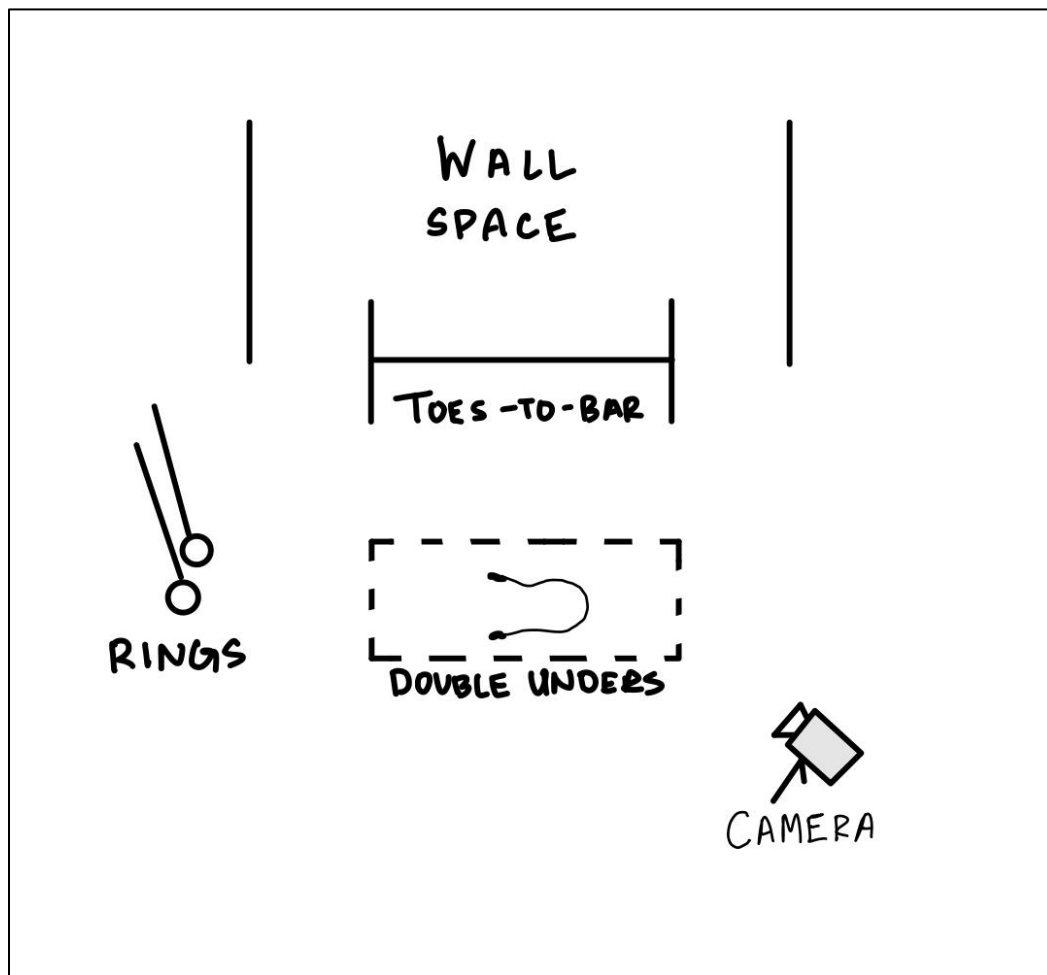
Pull Up Bar

Wall Space

Tape Box

Rings (Rx, Scaled)

FLOOR LAYOUT





MOVEMENT STANDARDS

Double Unders (Rx/ Intermediate), Single Unders (Scaled)

- The rope passes under the feet twice for each jump.
- For scaled divisions, the rope passes under the feet once for each jump.
- The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

Toes To Bar (Rx/Intermediate)

- Athlete begin by hanging from the pull-up bar with arms extended.
- Heels must be brought back behind the bar for each repetition.
- Overhand, underhand, or mixed grips are all permitted.
- Repetition is complete when both feet contact the bar between the hands at the same time.
- Any part of the feet may make contact with the bar for rep to count.

Hanging Knee Raise (Scaled)

- Athlete must begin by hanging from the pull-up bar with arms extended.
- Heels must be brought back behind the bar for each repetition.
- Overhand, underhand, or mixed grips are all permitted.
- Repetition is complete when knees rise above hip crease.

Strict HSPU (Rx)

- Athlete must perform repetitions within a 40 inch wide and 24 inch deep box. The box must be on the same surface as the hands (ie. if using an elevated platform, the taped box must be on the platform).
- Repetition starts and ends in top of handstand position with arms fully extended, body aligned with hips open and the heels only in contact with the wall.
- Hands must remain inside the designated box. If any part of the hand, including the fingers touch the tape at any time, the repetition will not count.
- 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.
- 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 start and end positions for each rep. At no point can the feet be wider than the designated box.
- Kipping is NOT permitted.



- Repetition is complete when the athlete returns to the handstand position with the heels on the wall, arms extended, body aligned, hips open and feet on the wall.

Kipping HSPU (Intermediate)

- Athlete must perform repetitions within a 40 inch wide and 24 inch deep box. The box must be on the same surface as the hands (ie. if using an elevated platform, the taped box must be on the platform).
- Repetition starts and ends in top of handstand position with arms fully extended, body aligned with hips open and the heels only in contact with the wall. Hands must remain inside the designated box. If any part of the hand, including the fingers touch the tape at any time, the repetition will not count.
- 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. 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 start and end positions for each rep. At no point can the feet be wider than the designated box.
- Athlete can perform strict variation if preferred and all standards are met.
- Repetition is complete when the athlete returns to the handstand position with the heels on the wall, arms extended, body aligned, hips open and feet on the wall.

Hand Release Push Ups (Scaled)

- Repetition begins with the athlete at the top position of a push up, with arms locked out.
- Athlete lowers their body to the ground and releases hands before pushing back up to starting position.
- The thighs **MUST** be OFF the ground when pressing to start position. The body must move as one fluid unit for the repetition to count.

Ring Muscle Up (Rx)

- Repetition begins with or passing through a hang below the rings with arms fully extended and the feet off the ground.
- Strict or kipping variations are permitted along with the use of false grip.
- The heels may not rise above the height of the rings during the kip.
- In the support position, the elbows must be locked out and showing control at the top of the dip.
- If the athlete presses out of the dip while simultaneously falling into the next rep, it will be not be counted.



- Swings or rolls to support are not permitted.
- If consecutive kipping muscle ups are performed, a change of direction below the rings is required.

Chest to Bar Pull Ups (Intermediate)

Athlete may perform dead hang-strict, kipping or butterfly variations as long as ALL requirements are met below.

- Arms fully extended at the start or bottom position with the feet off the ground.
- Overhand, underhand or mixed grip are all permitted.
- CHEST TO BAR: At the top of the repetition, the chest MUST clearly contact the bar below the collarbone. No contact will be a No rep.
- Tape is permitted around the pull up bar and the athlete may wear hand protection such as gymnastics grips. However, there cannot be tape AND hand protection.

Ring Row (Scaled)

- The set up requires a 45 pound plate placed directly underneath the pull up bar.
- Repetition begins and ends with athlete's feet on the plate, in a plank position.
- At the top position, rings are pulled in alignment with Athlete's chest.
- Kipping the hips (no body alignment) is NOT permitted.

VIDEO SUBMISSION

- Utilize the floor plan provided to guide set up for the workout.
- Avoid placing the camera low to the ground. It is recommended to place the camera at least 3 feet off the ground.
- Film ALL competition area measurements so the distances and/or heights can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer MUST be visible through the entire workout.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do NOT use a countdown timer.
- Ensure the Judge does not obstruct the view of the athlete. If this occurs, reps completed out of sight will be considered no reps.