



NM2019 // KVALIFISERINGSUKE 2

PERIODE: 22.04.19 07:00 - 27.04.19 21:00

— TVILLINGTRØBBEL —

ÅPEN KLASSE

MASTER 35-39

MASTER 40+

UNDER 20

19.3

FORMAT
FOR TID

TIDSBEGRENSNING
5 MINUTTER

RESULTATSKILLE
INGEN

RESULTATSTYPE
TID, SÅ REPETISJONER

3 ROUNDS:

15 reps. Box jump overs, 60/50 cm

15 reps. Pull-ups

30 reps. Double unders

	BJO	P-U	DU	
1	<input type="text" value="15"/>	<input type="text" value="30"/>	<input type="text" value="60"/>	
2	<input type="text" value="75"/>	<input type="text" value="90"/>	<input type="text" value="120"/>	
3	<input type="text" value="135"/>	<input type="text" value="150"/>	<input type="text" value="180"/>	= <input type="text" value="19.3"/>

DIREKTE OVER TIL 19.4 VED 05:00

19.4

FORMAT
FOR TID

TIDSBEGRENSNING
5 MINUTTER

RESULTATSKILLE
TID

RESULTATSTYPE
TID, SÅ REPETISJONER

40 reps. Chest-to-bar pull-ups

30 reps. Burpees-over-bar, anyhow

20 reps. Handstand push-ups, **strict**

10 reps. Bar muscle-ups

Resultatskille

	C2B	BOB	HSPU	BMU	
	<input type="text" value="5"/>	<input type="text" value="45"/>	<input type="text" value="75"/>	<input type="text" value="95"/>	
	<input type="text" value="10"/>	<input type="text" value="50"/>	<input type="text" value="80"/>	<input type="text" value="100"/>	
	<input type="text" value="15"/>	<input type="text" value="55"/>	<input type="text" value="85"/>		
	<input type="text" value="20"/>	<input type="text" value="60"/>	<input type="text" value="90"/>		
	<input type="text" value="25"/>	<input type="text" value="65"/>			
	<input type="text" value="30"/>	<input type="text" value="70"/>			
	<input type="text" value="35"/>				
	<input type="text" value="40"/>				
			<input type="text" value="TID"/>		= <input type="text" value="19.4"/>

FF-KLUBB _____

UTØVER _____

RES. 19.3 _____

KJØNN Kvinne Mann

DOMMER _____

RES. 19.4 _____ / _____ RES.SKILLE

PRESENTERT AV



FLEXFIT



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40 reps. Chest-to-bar pull-ups

30 reps. Burpees-over-bar, anyhow

20 reps. Handstand push-ups, **kiping** Resultatskille

10 reps. Muscle-ups, bar

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FF-KLUBB _____

UTØVER _____

RES. 19.3 _____

KJØNN Kvinne Mann

DOMMER _____

RES. 19.4 _____ / _____ REP.SKILLE

PRESENTERT AV



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BESKRIVELSE

19.3 og 19.4 er to separate tester som scores hver for seg, men hvor 19.4 starter 5 minutter etter at 19.3 starter.

Utøveren starter med tre runder av 15 reps. box jump overs, 15 reps. pull-ups og 30 reps. double unders. Resultat på 19.3 vil være tid, eller repetisjoner gjennomført ved tidsbegrensningen på 5 minutter.

Ved 05:00 starter utøver på 19.4 og gjennomfører 40 reps. chest to bar pull-ups, 30 reps. burpees over bar anyhow, 20 reps. handstand pushups strict og 10 reps. bar muscle ups. Resultat på 19.4 vil være tid, eller repetisjoner gjennomført ved tidsbegrensningen på 10 minutter. Merk at det i 19.4 er et resultatskille (tie-break) etter burpees-over-bar.

Box jump overs: 60/50 cm (24/20 inch)

POINT OF PERFORMANCE

Point of Performance, PoP, for en bestemt øvelse skal gi et komplett bilde av øvelsen. For å gjøre dette lettlest og enkelt å lære seg baserer det seg på noen få generelle regler og et lite sett pre-definerte posisjoner og kroppsdelar.

REP START	Defines how the athlete's body and external object must be to start a valid repetition.
REP END	Defines how the athlete's body and external object must be to end a valid repetition.
REP REQUIREMENTS	Requirements that the athlete must achieve during the repetition in order for it to be valid. This may also restrict what the body and object may do during the repetition.
CYCLE & POST REP	Requirements for body and object after a valid repetition, and before the start of a new repetition.
MEASUREMENTS	Any measurements if applicable.
VALID OBJECT / EQUIPMENT	Defines wich object(s) or equipment that can be used in accordance with the specific standard.
VARIATIONS	Lists any variations if applicable. See the variation overview of points to be added to the original PoP in order to meet the variation requirements.

COLOR REFERENCES

BLUE Reference for **POSITIONS** within Definitions.

RED Reference for **BODYPARTS AND AREAS** within Definitions.

GREEN Reference for **GENERAL RULES**.

YELLOW Reference for **REP START** and **REP END** within Point of Performance.

GENERAL RULES

ADHERE TO INTENT

While a movements definition is meant to be exact and complete, there might be cases where a literal interpretation of the written standard can be exploited to perform the movement in a way that was not intended. In such cases the judge will be able to no-rep such repetitions in real-time or after the test.

AVOID CONTACT

Unless specifically stated the athlete and/or object may not rest or come in contact with:

- any surface (wall, ceiling, floor)
- any equipment, bars, boxes, racks etc.
- any objects not being the active object during a repetition

The main exceptions not specified are shoes-to-floor on any ground movement and hands-to-rings/bar on any hanging movement as well as the active object's resting position (on ground, in rack etc.).

PASSIVE ARM

Whenever there one or more passive arms, e.g. in one-arm movements or leg-movements, the passive arm(s) cannot be used to push or pull off the athletes body or contact it in any way unless specifically stated in the standard. The arm(s) can however be swung in air to generate momentum or kept in air.

HANG RULE

If object is in contact with the ground, including before the initial rep, a [deadlift lockout](#) must be achieved before the rep can be initiated.

ALTERNATING RULE

An alternating execution of a task implies that the repetitions of the task must be completed by alternating left/right on the active hand or foot. After a good rep by the left side, a new repetition will not be counted on the left side before a good rep as been performed on the right. If the athlete is not able to perform the movement on both sides he or she will not be able to complete the task.

DEFINITIONS, BODYPARTS & AREAS

CHEST

- Area on torso including the clavicle and down to and including upper abs

SHOULDERS

- Area on torso including the actual shoulders and down to and including clavicle

ABS

- Area on torso including sternum and down to and including hip-bones

TOES

- Area on the shoe also known as "toe box" - typically up until the laces start
- Includes top, bottom and any sides of the shoe in this area

HANDS

- **Positioning:** Entire hand with full palm and all fingers
- **Gripping:** Any part of the hand, full or partial

FRONT-RACK

- Area including **chest** and **shoulders**.

BACK-RACK

- Area from neck and down to lower shoulder blades

OVERHEAD

- Area above the top of the head of the athlete. Can be slightly above, or way above
- In front, directly over, or behind the center of head

DEFINITIONS, POSITIONS

STANDING FREE

- Both feet in contact with the ground.

BOTTOM-OF-SQUAT

- **Standing free** (2-foot version) or 1 foot in the ground
- Achieving a full squat, with the crease of the hip below the plane of the top of the knee for each active leg.

UNBROKEN RULE

A set of repetitions must be performed without breaking, resting object on ground or resting outside of the normal movement pattern. If **rep start = rep end**, then there are no "in between" reps and rep requirements would count for the whole set.

Some definitions in this regard:

- Breaking equals letting go of external object or dismounting from bar/rings.
- Resting on ground is anything more than a touch-and-go fraction of a second contact.
- Resting outside of normal movement pattern is going into a position that normally one would not and that is clearly done for the recovery purpose. E.g. putting the bar on the neck (not front-rack) during a set of thrusters.

LINE POSITIONING

Whenever a standard requires the athlete to be in contact with the ground on one side of a line, this means that not only must the athlete be in contact with the ground as stated, but no other part of the athlete may be in contact with the actual line or the area on the other side of the line.

Parts of the athlete may however be in above the line or on the other side as long as this is in air, and not in contact. E.g. an athlete may jump over a finish line while having his hand in the air over the other side.

WEIGHT VEST

If a weight vest is required for a task, it must be worn tight enough so that the vest can be pulled away no greater than two fingers depth from the chest. An athlete who chooses to adjust vest tightness while mid-task may be required to show the judge that the vest adjustment conforms to the above standard before continuing with further task work.

VISIBILITY AT SPEED

Unless specifically stated in the standard, all **rep start, rep end** and other positions may be achieved in speed and with momentum. Still, it is the athletes responsibility to perform the movement clearly for the judge.

POWER POSITION

- Standing free.
- Avoiding **bottom-of-squat**, this includes:
 - a partial squat
 - a full extension (also known as "muscle position")
 - a split position

STANDING TALL

- Standing free position is achieved.
- Full extension of the hips and knees.
- **Chest** up, straight back.
- Vertical alignment of the **shoulders**, hips, knees and ankles.
- Inside of heels no wider than outer plane of the shoulders.

DEADLIFT LOCKOUT

- Standing tall position is achieved.
- Object is supported by the **hands**, arms oriented downward from the **shoulders**.
- Elbows fully extended.
- **Shoulders** behind the vertical plane of the object if object is kept in front of body.

HANG POSITION

- Standing free.
- Object off ground (not touching ground with any part of the object).
- Object is supported by the **hands**, arms oriented downward from the **shoulders**.
- Avoid **standing tall** to ensure object is slightly lower than a **deadlift lockout**.

FRONT-RACK LOCKOUT

- Standing tall position is achieved.
- Object in contact with the athlete's **shoulder(s)**.
- Elbow(s) clearly in front of the center of mass of the object.
- Fist(s) below chin.

OVERHEAD LOCKOUT

- Standing tall position is achieved.
- Object is **overhead** and over the sagittal midline of the body.
- The shoulder angle is open or rearward of the frontal plane.
- Full extension of elbows.
- For 1-arm versions, the supporting arm is vertical.

VERTICAL HANG

- Hanging vertically from a suspended bar or rings using both **hands**.
- Full extension of elbows.
- The shoulder angle is open or rearward of the frontal plane.

VERTICAL INVERSION

- Inverted (upside - down) position.
- Only the ventral part of the **hands** in contact with the ground.
- Full extension of the hips, knees and elbows.
- Vertical alignment of the **shoulders**, hips, knees and ankles.

VERTICAL SUPPORT

- Fully supported on **hands** above equipment (typical horizontal bar or rings).
- Elbows fully extended.
- **Chest** up, straight back.
- Not resting any bodyweight through other parts than the **hands** (e.g. resting trunk on bar).

PLANK LOCKOUT

- Resting on the ventral part of the **hands** and **toes**.
- No other body parts are in contact with the ground.
- Arms and legs fully extended.
- **Shoulders**, hips, and feet in alignment.

PRONE

- Generally flat on the ground, not arching.
- Resting on the ventral part of the **hands**.
- **Hands** positioned behind the line made by the chin.
- **Chest** and **toes** in contact with the ground.
- Leg, knee, face or any other bodypart contact is permissible, but not required.

DEFINITIONS, OBJECT ON GROUND

BARBELL

- Both bumpers in contact with the ground at the same time.

DUMBBELL

- Both sides on a single dumbbell in contact with the ground at the same time.

KETTLEBELL

- Any part of the bottom circle of a kettlebell in contact with the ground.

BALL

- Any part of the ball in contact with the ground.

ODD OBJECT

- Any part of the object in contact with the ground.

PULL-UP - ID 7.04

Athlete hanging from a horizontal bar pulls himself up until chin is above bar.

REP START

- **Vertical hang** from horizontal bar.

REP END

- Bottom plane of the chin breaks the top-most horizontal plane of the bar.

REP REQUIREMENT

- Only **hands** and **chest** or above can touch anything during the movement.

CYCLE & POST REP

- The athlete may return to **rep start** in any controlled manner.

VARIATION

- V.12 - Strict
- V.13 - Kipping

SQUATS
DEADLIFTS
GROUND TO SHOULDER
GROUND TO OVERHEAD
SHOULDER TO OVERHEAD
KETTLEBELL

HORIZONTAL BAR

RINGS
MONOSTRUCTURAL
JUMPING
CLIMBING
HANDSTANDS
CORE
STRONGMAN
MISCELLANEOUS

CHEST TO BAR PULL-UP - ID 7.05

Athlete hanging from a horizontal bar pulls himself up until chest come in contact with the bar.

REP START

- **Vertical hang** from horizontal bar.

REP END

- **Chest** in contact with the horizontal bar.

REP REQUIREMENT

- Only **hands** and **chest** or above can touch anything during the movement.

CYCLE & POST REP

- The athlete may return to **rep start** in any controlled manner.

VARIATION

- V.12 - Strict
- V.13 - Kipping

SQUATS
DEADLIFTS
GROUND TO SHOULDER
GROUND TO OVERHEAD
SHOULDER TO OVERHEAD
KETTLEBELL

HORIZONTAL BAR

RINGS
MONOSTRUCTURAL
JUMPING
CLIMBING
HANDSTANDS
CORE
STRONGMAN
MISCELLANEOUS

BAR MUSCLE-UP - ID 7.07

Athlete hanging from a horizontal bar pulls himself up over the bar, and continues to press out finishing in a support position above the bar.

REP START

- [Vertical hang](#) from horizontal bar.

REP END

- [Vertical support](#).

REP REQUIREMENT

- No portion of the body below the thighs can move over the top-most horizontal plane of the bar.
- Must be a **muscle-up movement**.

CYCLE & POST REP

- The athlete may not rest on top of horizontal bar in any other way than [vertical support](#). If so happens, athlete needs to jump down to floor before achieving a new [rep start](#).

VARIATION

- V.12 - Strict
- V.13 - Kipping

SQUATS
DEADLIFTS
GROUND TO SHOULDER
GROUND TO OVERHEAD
SHOULDER TO OVERHEAD
KETTLEBELL

HORIZONTAL BAR

RINGS
MONOSTRUCTURAL
JUMPING
CLIMBING
HANDSTANDS
CORE
STRONGMAN
MISCELLANEOUS

BURPEE OVER OBJECT - ID 10.01

Athlete from lying on the ground, gets up and jumps over an object.

REP START

- [Prone position](#).

REP END

- [Standing free](#) on the other side of the object.

REP REQUIREMENT

- Jump over object with simultaneous take-off with both feet.
- Athlete passes over the object with entire body.
- Landing or contacting the object with feet during the transition over is ok, but not required.

CYCLE & POST REP

- The athlete may return to [rep start](#) in any controlled manner.

SQUATS
DEADLIFTS
GROUND TO SHOULDER
GROUND TO OVERHEAD
SHOULDER TO OVERHEAD
KETTLEBELL
HORIZONTAL BAR
RINGS
MONOSTRUCTURAL
JUMPING
CLIMBING
HANDSTANDS
CORE
STRONGMAN
MISCELLANEOUS

BOX JUMP OVER - ID 10.05

Athlete jumps over box.

REP START

- Standing free.

REP END

- Standing free on the other side of the object.

REP REQUIREMENT

- Jump over object with simultaneous take-off with both feet.
- Athlete passes over the object with entire body.
- Landing or contacting the object with feet during the transition over is ok, but not required.

CYCLE & POST REP

- Rep end is a valid new rep start.

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 STRONGMAN
 MISCELLANEOUS

DOUBLE UNDER - ID 10.07

Athlete jumps rope with the rope passing two times under their feet per jump.

REP START

- Standing free.
- Holding both ends of a jump-rope, one in each hand.

REP END

- Holding both ends of a jump-rope, one in each hand.

REP REQUIREMENT

- Rope rotates around the sagittal axis of the body.
- A jump with a two feet take-off is required from rep start.
- While in air, the rope must pass underneath both feet the designated number of times.
- Number of rotations = 2.

CYCLE & POST REP

- Additional rotations is not allowed post rep. Otherwise the athlete may return to rep start in any controlled manner.

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
JUMPING
 CLIMBING
 HANDSTANDS
 CORE
 STRONGMAN
 MISCELLANEOUS

HANDSTAND PUSH-UP - ID 12.01

Athlete in vertical inversion lowers down and touches head before pressing up and locking elbows.

REP START

- Vertical inversion.
- Heels in contact with the wall.
- Hands and feet within the designated area.

REP END

- Vertical inversion.
- Heels in contact with the wall.
- Hands and feet within the designated area.

REP REQUIREMENT

- Touching head to horizontal surface.
- Hands must remain within designated area throughout the full rep.
- Any bodypart may come in contact with the wall during decent, only heels on ascent.
- Wall-walk or crawling with heels up is not allowed.

CYCLE & POST REP

- Rep end is a valid new rep start.

MEASUREMENTS

- The standard designated area is 95 cm wide and 50 cm deep
- Mark area both on ground and wall.

VARIATION

- V.09 - Deficit
- V.10 - Elevated
- V.11 - Paralettes
- V.12 - Strict
- V.13 - Kipping

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
 RINGS
 MONOSTRUCTURAL
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STRICT - ID V.12

Category: Execution

REP START

- **Rep start** cannot be achieved with any momentum, neither from previous rep or as a result of initial swing, kip or other movement.

REP END

- None

REP REQUIREMENT

- Knees, hips, trunk, shoulders and elbows must stay fully extended throughout the full rep unless it is the active part of the movement.
- Any additional contraction, swing, kip, knee jerk or other movement to generate momentum is prohibited
- The hip angle must be 120 to 180 degrees (bar muscle-up, ring muscle-up).

VALID OBJECT / EQUIPMENT

- None

VALID MOVEMENTS

- ID 7.01 - Toes to bar
- ID 7.04 - Pull-up
- ID 7.05 - Chest-to-bar pull-up
- ID 7.07 - Bar muscle-up
- ID 8.02 - Ring muscle-up
- ID 12.01 - Handstand push-up

ANYHOW
FRONT-RACK
GOBLET
ZERCHER
BEAR-HUG
OVERHEAD
FARMER
BACK-RACK
DEFICIT
ELEVATED
PARALETTES
STRICT
KIPPING

KIPPING - ID V.13

Category: Execution

Note: Kipping is not a real variation as all movements are kipping by default. Still "Kipping <movement>" can be used in tests to differences between "Strict <movement>" of the same type.

VALID MOVEMENTS

- ID 7.01 - Toes to bar
- ID 7.04 - Pull-up
- ID 7.05 - Chest-to-bar pull-up
- ID 7.07 - Bar muscle-up
- ID 8.02 - Ring muscle-up
- ID 12.01 - Handstand push-up

ANYHOW
FRONT-RACK
GOBLET
ZERCHER
BEAR-HUG
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BACK-RACK
DEFICIT
ELEVATED
PARALETTES
STRICT
KIPPING