



# NM2019 // KVALIFISERINGSUKE 2

PERIODE: 22.04.19 07:00 - 27.04.19 21:00

## – RUSLEBIFF'N I SKUDDLINJA –

ÅPEN KLASSE

MASTER 35-39

MASTER 40+

UNDER 20

FORMAT  
FOR TID

TIDSBEGRENSNING  
4 MINUTTER

RESULTATSKILLE  
INGEN

RESULTATSTYPE  
TID, SÅ REPETISJONER

### MALE

15 reps. Shoulder-to-overhead, anyhow, 60 kg

20 reps. Clean, anyhow, 60 kg

35 cal. Row

S20H

15

G2S

35

ROW

70

=

19.5

### FEMALE

15 reps. Shoulder-to-overhead, anyhow, 40 kg

20 reps. Clean, anyhow, 40 kg

25 cal. Row

S20H

15

G2S

35

ROW

60

=

19.5

FF-KLUBB \_\_\_\_\_

UTØVER \_\_\_\_\_

RESULTAT \_\_\_\_\_

KJØNN  Kvinne  Mann

DOMMER \_\_\_\_\_

PRESENTERT AV



# FLEXFIT



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4 MINUTTER

RESULTATSKILLE  
INGEN

RESULTATSTYPE  
TID, SÅ REPETISJONER

### MALE

15 reps. Shoulder-to-overhead, anyhow, 50 kg

20 reps. Clean, anyhow, 50 kg

35 cal. Row

S20H

15

G2S

35

ROW

70

=

19.5

### FEMALE

15 reps. Shoulder-to-overhead, anyhow, 35 kg

20 reps. Clean, anyhow, 35 kg

25 cal. Row

S20H

15

G2S

35

ROW

60

=

19.5

FF-KLUBB \_\_\_\_\_

UTØVER \_\_\_\_\_

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## BESKRIVELSE

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Utøveren gjennomfører 15 reps. shoulder to overhead, anyhow, 20 reps. clean, anyhow og 35/25 cal's row. Resultat på 19.5 vil være tid, eller repetisjoner gjennomført ved tidsbegrensning på 4 minutter.

Romaskinen kan stå på når utøveren kommer til den, men må vise 0 cal og 0 meter. Dette kan gjøres av dommer eller en 3. person

# 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.

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

**CLEAN, ANYHOW** - ID 3.01

Athlete moves object from ground to shoulders.

**REP START**

- Object-on-ground.
- Hand(s) on object.

**REP END**

- Front-rack lockout.

**REP REQUIREMENT**

- Object is moved in one fluid motion from ground or hang to front-rack.
- Must be a clean movement.

**CYCLE & POST REP**

- The object can be returned to rep start in any controlled manner.

**VARIATION**

- V.10 - Elevated

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

## SHOULDER TO OVERHEAD - ID 5.05

Athlete moves object from shoulders to overhead.

### REP START

- Standing tall.
- Object supported in the front-rack.

### REP END

- Overhead lockout.

### REP REQUIREMENT

- None

### CYCLE & POST REP

- The object can be returned 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

**ROW** - ID 9.03

Athlete rows on the Concept2 rowing machine.

**REP START**

- Seated on rower.
- Both feet on foot-plates.
- At least one **hand** on the handle.

**REP END**

- Seated on rower.
- Both feet on foot plates.
- At least one **hand** on the handle.

**REP REQUIREMENT**

- Row until designated goal is met (time, distance or calories).

**CYCLE & POST REP****Cycle:**

- The machine must be re-set before a new rep is started (rep = new goal).

**Post rep:**

- In fixed time test (max meters/cals) or timecap in a rep the athlete will have to stop applying force to the machine at the timecap, the score will be what is showed when the machine stops moving.

**VALID OBJECT / EQUIPMENT**

- Concept2 rowing machine.

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