

Movement Standards – 2009 Maine Fittest Games

5000/7000 Overhead

This is a ground to overhead movement using any method of your choosing. The bar must start on the ground at the beginning of each repetition and end in an overhead position with the elbows locked out and a portion of the ear visible in front of the locked out arm. When the bar is locked out overhead, the feet must be under the shoulders or narrower and the hips must be fully extended, i.e. the athlete must be standing. The bar may be dropped from overhead but the athlete MUST maintain control of the bar. Judges will count reps at the top of the movement. Athlete should wait until they hear the judge call out the rep number before returning the bar to the ground. If they miss the lockout at the top of the movement, the lockout can be attempted from the rack or back squat position. The bar does not have to return to the ground on a missed lockout.

Four Corners

Pullup – Movement starts from a fully extended hanging position with no flexion in the elbow joint and the feet are off the ground. The repetition finishes when the front of the chin crosses over the plane of the bar that is parallel to the ground. Any method may be used (kipping, butterfly, deadhang, etc.)

Box Jump – Movement starts with both feet on the ground and ends with both feet completely on the box. The hips must reach full extension at some point in the ground to box top to ground cycle. This can occur on the box or on the way down to the ground. If athlete lands with one or both feet partially on the top platform of the box, the judge will call out “feet” and the athlete must adjust their feet so that they are both completely on the box. The judge will call out the repetition number when the athlete returns to the ground. If there was not adequate hip extension the rep will not be counted or called out and instead the judge will call out “Hips” which will tell the athlete the rep did not count.

Clothesline Ball – Movement begins when the athlete picks up the ball and faces the clothesline. The ball can be tossed over by any method with the only standard being the athlete must face the direction of the clothesline. You can NOT turn your back to the clothesline and throw the ball. The ball must go over the top of the clothesline and fall on the other “side”. The ball can touch the clothesline and bounce over. The athlete is allowed to catch the ball once it clears and turn to face the clothesline for the next attempt. The judge will call out the repetition once the ball has clearly passed over the clothesline.

Body Builder – Movement begins in a standing position with the hips at full extension. The athlete then gets their chest to the ground via any preferred method. This is the beginning of the “honest pushup” stage in which a full pushup is completed. A full, honest pushup requires the chest to hit the ground, the body to be held in a plank position and the arms to be fully locked out and extended at the top of the movement. When the athlete has achieved full lockout the judge will call out the rep number and the athlete returns to standing in any way they choose.

Sandbag Trail Run

Sandbag Carry – Once the sandbag has been picked up it must be carried over the designated course to the “Sandbag Drop Zone”. If it is accidentally dropped or intentionally put down, the athlete is disqualified from the Trail Run event. Dropping a bag is defined as the athlete losing contact with the bag. If the athlete falls but remains in contact with the sandbag, it is not a drop, even if the bag does come in contact with the ground. Don’t drop your bag! Be sure when you reach the “Drop Zone” that you place your sandbag inside the designated area.

Trail Run – The course will be marked and athletes must stay on the trail. If an athlete gets off course, a judge will call, “off course” and mark the spot that the athlete must return to before getting back on course again.

Deadlift – The movement starts with the bar in contact with the ground and ends when the bar is held in the hands of the athlete and has been elevated beyond the knees with fully extended elbows, fully extended hips and shoulders pressed back behind the perpendicular line from the heels to the hips. Judges will count the rep number when at the top of the movement once all standards are met.

Burpee – We use the simplest of Burpee standards. The movement begins in a standing position with the hips fully extended. The chest must hit the ground. The athlete must return to an upright position with the hips fully extended and execute a clap behind the head while the feet are off the ground. Some portion of the ear must be visible in front of the arm when viewed from the side by the judge. The judge will call out the repetition number when they see a fully completed jump and clap. If the jump and/or clap were inadequate, the judge will call out “foul” instead of the rep number. If the athlete successfully completed the chest to ground portion of the repetition and missed either the jump or the clap, they do not need to go back to the ground and can repeat only the missed portion of the repetition.