

[INFO] 2020 OLQ Test Full Descriptions



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Online Qualifier Description

- Full description of test flow, movement standards, modifications, special regulations and video submission standards

Test Descriptions

Test 1: Endurance / 12 Minute AMRAP of

- 500M Row
- 20 box facing burpee box jump overs
 - Men: 24 inch
 - Women: 20 inch
 - 50+ age groups may step up onto box

Test 1 Flow

- Athlete will begin seated on the rower with legs fully extended and hands behind their heads
- Once the call of GO, begins the athlete will row 500 meters
- The athlete **MUST** stay seated on the rower until all meters are completed
- The rower **MUST** be reset each round and the athlete must be seated before pulling on the handle to accumulate 500 meters
- The burpee requires the athlete to descend to a prone position and make chest contact with the ground at the bottom of the repetition
- The athlete then **MUST** jump on or over the box, completing the repetition on the opposite side
- Jump over **MUST** be performed facing/perpendicular to the box
 - The athlete may perform the bottom of the burpee repetition parallel to the box
- Any movement of the Test 1 AMRAP completed to standards after the 12 minute point will not be counted
 - Note: Test 1 and 2 will be completed together using a 20 minute running clock

Test 1 Movement Standards

- Rowing
 - Rowing may be performed on approved rowing machines.
 - Athlete must be seated on the rower before pulling the handle to accumulate distance



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- Box facing burpee box overs
 - Athlete **MUST** be prone while making chest contact with the ground at the bottom of the burpee
 - The jumping portion of the movement **MUST** be initiated with both feet simultaneously
 - Athletes hands may not touch the box at any point in the movement
- Movement of equipment at any time during the test by anyone other than the performing athlete may be ground for test termination

Test 1 Modifications

- Masters 50+; step up is authorized

Test 1 Special Regulations

- The athlete's hands **MUST** be off the rower handle until the call of GO
- The rower **MUST** be reset to zero before each 500 meter row begins
- The athlete **MUST** stay seated while rowing
- Abnormally long pauses at the end of row stroke (longer than 6 seconds) intended to cause glitches in the rower's output measuring system is grounds for score disqualification on this event
- The athlete does not have to reach full extension on the burpees box jump overs
- The athlete may step up from the bottom of the burpee, but **MUST** jump with two feet simultaneously on or over the box
- The athlete may **NOT** touch the box with their hands on the jump over
 - If the athlete's hand(s) make contact with the box they **MUST** repeat the jump portion of the movement, on the side where the error occurred, in order to make that repetition count
- Athlete **MUST** record a display of rowing distances at the end of the video in order to receive a score



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Test 2: Strength / 8 Minutes

- Establish 1 Rep Max Thruster

Test 2 Flow

- Immediately after the conclusion of Test 1 at the 12 minute point, the athlete will have 8 minutes to establish a 1 rep max thruster
- The bar must start unloaded on the ground
- Athlete must load their own weights
- All attempts must originate from the ground
- The athlete supports a barbell in the front-rack position, descends to the bottom-of-squat position, then elevates the object to a position directly overhead while standing to full vertical extension of the body
- A jerk-type press (i.e. dropping under the object during the elevation phase) is NOT allowed.
- The athlete may perform a squat clean thruster if desired
- Any movement of Test 2 completed to standards after the 20 minute point will not be counted
 - Note: Test 1 and 2 will be completed together using a 20 minute running clock

Test 2 Movement Standards

- Hip crease is below the knee at the bottom of the repetition with the object resting on the front of the shoulders or at shoulder level (the front-rack position)
- Object is overhead and over the sagittal midline of the body at the top of the repetition (i.e. the shoulder angle is open or rearward of the frontal plane)
- Knees, hips, and elbows are fully extended at the top of the repetition
- Performing athlete must load their own bar
- Movement of equipment at any time during the test by anyone other than the performing athlete may be ground for test termination

Test 1 Modifications

- N/A

Test 1 Special Regulations

- Athlete must record barbell and weights at the end of the video in order to receive a score



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Test 1 & 2 Video Points of Performance

- Videos **MUST** be submitted using the [WeTime App](#)
- Video **MUST** be completed in one continuous shot
- Athlete **MUST** identify themselves in their video
- Athlete **MUST** show measurements of weights, barbell, and height of box prior to **BEGINNING** of test
- Only **ONE** athlete per video submission
 - Videos with more than one athlete will not be considered for review
- Athlete **MUST** be in clear view for the entirety of the video
- Video angle **MUST** be appropriate to verify movement standard for all movements
- Athlete will upload videos in personal youtube (or comparable video sharing platform) and list as **UNLISTED** when submitting scores in [Boxpeak](#)
- Athlete **MUST** acknowledge that they have watched their video prior to submission



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Test 3: Body Weight 9 / 15 / 21 (11 Minute Cap)

Age 17 to 39

- Bar muscle ups
- Strict handstand pushups
- 50 foot handstand walk at the end of each round of the three (3) rounds

Age 15 to 16, 40 to 44, and 45 to 49

- Bar muscle ups
- Strict handstand pushups
- 50 foot handstand walk at the end of each round of the three (3) rounds

Age 50+

- Chest to bar pullups
- Handstand pushups (Any method)
- 50 foot handstand walk at the end of each round of the three (3) rounds

Test 3 Flow

- Athlete will begin adjacent to the muscle up bar
- On the call of Go, the athlete will begin to perform 9 bar muscle ups
 - 50+ age groups will perform chest to bar pull ups
- After 9 repetitions, the athlete will move to their strict handstand push up box
 - 50+ age groups will perform handstand push ups with any method
- After 9 repetitions, the athlete will perform a 50ft handstand walk
 - Handstand walk does not have to be unbroken
 - Handstand walk lane will be 25 feet long, marked in 5 foot increments
- Athlete will begin to perform 15 bar muscle ups
 - 50+ age groups will perform chest to bar pull ups
- After 15 repetitions, the athlete will move to their strict handstand push up box
 - 50+ age groups will perform handstand push ups with any method
- After 15 repetitions, the athlete will perform a 50ft handstand walk
 - Handstand walk does not have to be unbroken
 - Handstand walk lane will be 25 feet long, marked in 5 foot increments



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- Athlete will begin to perform 21 bar muscle ups
 - 50+ age groups will perform chest to bar pull ups
- After 21 repetitions, the athlete will move to their strict handstand push up box
 - 50+ age groups will perform handstand push ups with any method
- After 21 repetitions, the athlete will perform a 50ft handstand walk
 - Handstand walk does not have to be unbroken
 - Handstand walk lane will be 25 feet long, marked in 5 foot increments
- Time will be called at the completion of the last 50ft handstand walk
- Any movement of Test 3 completed to standards after the 11 minute point will not be counted

Test 3 Movement Standards

- Bar muscle up
 - For the bar muscle-up the athlete hangs vertically from a suspended horizontal bar using both hands at the bottom of the repetition with both arms fully extended
 - The athlete must elevate his or her bodyweight until reaching a position of support with shoulders above the bar, arms fully extended and vertical
 - The athlete may not wrap any portion of the body below the hips around the bar to assist in getting to the top of the repetition
 - A Pull-over will **NOT** count as a bar Muscle-up
- Strict handstand push up
 - Athlete must maintain full vertical extension and linear alignment during the descending and ascending phase of the movement, with the exception of the arms during descent and ascent
 - Feet must be no wider than the designated perimeter
 - When performed against a wall for support, both heels must touch the wall at the top of the movement
 - No part of the palms of the hands extending further than the designated width of the handstand push up box
- Handstand Walk
 - Handstand walk lane will be 25 ft in length, measured out in 5 ft increments
 - Athlete's feet will start behind the start line and finish when **BOTH** hands have crossed the finish line



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- If the athlete does NOT cross a segment with both hands, the athlete must return to the proceeding line which they previously successfully crossed

Test 3 Modifications

- Masters 50+ will perform chest to bar pull ups and any variation of handstand pushups

Test 3 Special Regulations

- Any style of kip may be utilized for the bar muscle up
- Handstand push up box will not exceed 24in x 36in in dimension; **MUST** be measured and displayed on video PRIOR to the beginning of the test
- Abmat is **NOT** authorized for use in this test
- Handstand walk lane will be 25 ft in length, measured out in 5 ft increments
- Handstand walk will be performed in an “out and back” manner
- Handstand walk does not need to be completed unbroken

Test 3 Video Points of Performance

- Videos **MUST** be submitted using the [WeTime App](#)
- Video **MUST** be completed in one continuous shot
- Athlete **MUST** identify themselves in their video
- Athlete **MUST** show measurements of handstand push up box and distance of handstand walk lane prior to **BEGINNING** of test
- Only **ONE** athlete per video submission
 - Videos with more than one athlete will not be considered for review
- Athlete **MUST** be in clear view for the entirety of the video
- Video angle **MUST** be appropriate to verify movement standard for all movements
- Athlete will upload videos in personal youtube (or comprable video sharing platform) and list as **UNLISTED** when submitting scores in [Boxpeak](#)
- Athlete **MUST** acknowledge that they have watched their video prior to submission



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Test 4: Mixed Modal / 3 Rounds for time (14 minute cap)

Age 17 to 49

- 25 alternating single arm dumbbell snatches (50 lbs / 35 lbs)
- 50 foot single arm dumbbell overhead walking lunges (50 lbs / 35 lbs)
- 50 double unders
- 25 toes to bar

Age 15 to 16 and 50+

- 25 alternating single arm dumbbell snatches (35 lbs / 25 lbs)
- 50 foot single arm dumbbell overhead walking lunges (35 lbs / 25 lbs)
- 50 double unders
- 25 toes to bar

Test 4 Flow

- Athlete will begin adjacent to the dumbbell
- On the call of Go, the athlete will begin to perform 25 alternating single arm dumbbell snatches
- After 25 repetitions, the athlete will perform 50ft single arm overhead walking lunges
 - Overhead walking lunge lane will be 25 feet long, marked in 5 foot increments
- After lunges are completed, the athlete will perform 50 double unders
- After 50 repetitions, the athlete will perform 25 toes to bar
- Athlete will repeat these 4 movements for 3 rounds or until the time cap is reached
- Time will be called at the completion of the last toes to bar in the 3rd round
- Any movement of Test 4 completed to standards after the 14 minute point will not be counted

Test 4 Movement Standards

- Dumbbell Snatch
 - From the ground, athlete will elevate the dumbbell from a static position on the ground a static position overhead
 - Athlete may not allow the dumbbell to pause at any point after the initial pull from the ground or prior to achieving overhead support of the dumbbell, with elbows fully locked



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- At the top of the repetition, the athlete **MUST** demonstrate overhead support through the remainder of the repetition after catching the weight
- Full extension of the hips and knees
- Vertical alignment of the shoulders, hips knees and ankles
- Feet positioned no wider than the outer planes of the shoulders
- **BOTH** heads of the dumbbell **MUST** touch the ground between repetitions
- Single arm dumbbell overhead walking lunge
 - Walking lunge lane will be 25 ft in length, measured out in 5 ft increments
 - Athlete will start behind the start line and finish when **BOTH** feet have crossed the end line
 - If the athlete does **NOT** cross a segment with both feet, the athlete must return to the proceeding line which they previously successfully crossed.
 - The lunge requires the athlete to step forward with one leg while bending the trailing leg until the trailing knee touches the ground and then rise until both knees are locked out before proceeding with the next lunge step
 - Rear knee touches the ground each repetition
 - Athlete passes through full extension of both knees at the top of each repetition
- Double unders
 - The athlete must hold both ends of a rope – one in each hand – and jump with both feet simultaneously over the rope as it rotates around the sagittal axis of the body
 - The rope must pass under both feet twice per jump
- Toes to bar
 - Athlete hangs vertically from a suspended horizontal bar using both hands
 - The athlete elevates both feet until they contact the bar simultaneously within the width of the hands.
 - If the athlete performs serial repetitions without dismounting from the bar, the athlete must demonstrate full vertical extension of the hips at the bottom of the repetition, and the heels must break the vertical plane directly under the bar prior to each repetition
 - If the repetition begins immediately after the athlete's feet leave the ground, the athlete's heels are deemed to have broken the vertical plane of the bar for that repetition.
 - The repetition is counted when some portion of both feet simultaneously touch the bar



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- Full extension of the hips at the bottom of each repetition (heels break the vertical plane of the bar) **MUST** be demonstrated

Test 4 Modifications

- N/A

Test 4 Special Regulations

- **BOTH** heads of the dumbbell **MUST** touch the ground between repetitions
- Walking lunge lane will be 25 ft in length, measured out in 5 ft increments
- Walking lunges will be performed in an “out and back” manner
- Walking lunge does not need to be completed unbroken

Test 4 Video Points of Performance

- Test 3 Video Points of Performance
- Videos **MUST** be submitted using the [WeTime App](#)
- Video **MUST** be completed in one continuous shot
- Athlete **MUST** identify themselves in their video
- Athlete **MUST** show measurements of weights and distance of walking lunge lanes prior to **BEGINNING** of test
- Only **ONE** athlete per video submission
- Videos with more than one athlete will not be considered for review
- Athlete **MUST** be in clear view for the entirety of the video
- Video angle **MUST** be appropriate to verify movement standard for all movements
- Athlete will upload videos in personal youtube (or comparable video sharing platform) and list as **UNLISTED** when submitting scores in [Boxpeak](#)
- Athlete **MUST** acknowledge that they have watched their video prior to submission

