



2015 AAU STRENGTH SPORTS COMBINE RULE BOOK

Rules for competitive combine youth/teens/adults

~ RUN, JUMP, LIFT ~

Sanctioned by Amateur Athletic Union Strength Sports, combine competition consists of five events measuring speed, strength and explosive power, and is divided into age groups and weight classes. The combine is the ultimate test of raw athletic ability.

IMPORTANT NOTES:

1. All Referees must be certified as otherwise authorized by the AAU Strength Sports Executive Committee.
2. For National or International combine meets, American or World records cannot be established without the full complement of Referees specified herein.
3. For other than National or International meets, AAU American Records may be established without the full complement of Referees specified herein under the following condition: The Meet Director must provide and review sufficient video evidence to complement the judgment of the meet Referees, recommend approval of American Records, and have them ratified by the AAU Strength Sports Executive Committee.

GENERAL REQUIREMENTS:

1. Event Officials may be any of the following:
 - a. Referee--a current AAU Strength Sports member who has successfully completed the AAU Feats of Strength (FOS) or Combine Referee certification process which includes a written exam and active test and approval of the AAU Strength Sports Committee. While being assigned to a FOS or Combine meet event, he/she shall be under the direct supervision of the Meet Director or the Head Judge.
 - b. Meet Director--a Referee. Must be assigned by a member of the AAU Strength Sports Executive Committee. If logistics prevents the Meet Director from taking both the written and active tests in a timely manner in order attain a certification as an AAU FOS or Combine Referee, the AAU Strength Sports National Chair or Combine Vice-Chair

temporarily may waive the active test for the Meet Director at their discretion. Prior to the meet, the Meet Director must brief the Head Judge, Referees, and other Event Officials about proper safety procedures. The Meet Director shall send a signed or certified score sheet to the AAU Combine Vice-Chair after the meet.

- c. Head Judge--a Referee. In addition, the Head Judge may be the Meet Director. He/she is assigned by the Meet Director as being in charge of directing/officiating a specific Combine meet event, including implementation of required safety procedures. The Head Judge shall assign the Referees for his/her event. Prior to the competition, the Head Judge shall be responsible for making sure that all of the Event Officials have become familiar with the rules and safety requirements pertaining to all of the events being staged for the meet.
 - d. Side Judge-a Referee. As in an AAU Powerlifting meet, two of these judges (if available, one on each side of the contestant), this judge will be used for certain events and will rule on infractions. As per these Rules, this judge may be employed in the Bench Press for Reps and Power Clean for Reps events.
 - e. Bar Judge-a Referee. This AAU judge will be used for the pull-ups event. This judge will stand by one of the pull-up bar posts with eyes at the level of the top of the bar, and rule on whether the chin goes over the top of the bar. This judge has the only definitive view of the chin in relation to the top of the bar, and as such, he/she will have veto power over the other Referees to disallow an attempt or rep.
 - f. Scorekeeper—a current AAU member. This person has been briefed by the Meet Director or other AAU PL member who is experienced using the official AAU Strength Sports score sheet. After each contestant's turn, the Scorekeeper(s) or other assigned Event Official(s) will announce the competition order of at least the next three contestants (as applicable).
 - g. Volunteer—a current AAU member. This person is assigned by the Meet Director or the Head Judge of an event. He/she assists the Head Judge with spotting, loading, photographing, videoing, helping contestants prepare for their events, lining up contestants in the order of competition, and counting reps.
2. Staffing of Event Officials
 - a. The Meet Director and/or Head Judge shall appoint the staff of Event Officials for each event as specified in these Rules.
 - b. The Meet Director may reduce the staffing of Event Officials below the levels specified in these Rules ONLY IF the specified Spotting crew is maintained and safety measures are NOT compromised.
 3. Staffing of Referees
 - a. At National and International competitions, the Meet Director shall take concerted measures to guarantee the staffing of Referees specified in these Rules for every contested event.
 4. Any of the officials may compete when not officiating.
 5. Equipment:
 - a. Contestants may wear a weight belt and knee sleeves.

- b. For the Bench Press for Reps and Power Clean for Reps, events shall be conducted RAW as defined by AAU Powerlifting rules. Special considerations may be given for certain handicaps as allowed by the Meet Director.
 - c. Contestants may not use gloves for any event.
 - d. Contestants shall not wear supportive gear, e.g., bench shirts, erector shirts, squat suits, deadlift suits or supportive suits for any event.
 - e. Compression shirts or shorts may not be worn.
 - f. AAU Powerlifting rules for approved apparel shall be observed, except that gym shorts, tank tops, tee shirts, and sweatshirts may be worn instead of singlets, and hats may be worn for outdoor events. Markings on all apparel shall be in good taste as determined by the Meet Director.
6. Number of Attempts: Contestants will receive one attempt to complete as many repetitions as possible in the Bench Press for Reps, Power Clean for Reps, and Chin-ups/Pull-ups within 60 seconds. Contestants will receive three attempts in the Standing Long Jump, Medicine Ball throw, and the 40-yard Sprint. In those events where more than one attempt is allowed, records may be set on any attempt.
7. For reps events, the competitor's score will be the number of complete reps as announced by the Head Judge.
8. For reps events, there shall be a maximum of two rests between reps of no more than three seconds each. If the contestant pauses during the event, the Head Judge shall announce that there is a pause and start counting the seconds out loud. If the contestant has still paused when the count reaches 3 seconds, the Head Judge shall announce that the event is terminated and the total number of valid reps counted up until that time will be the score. Note that a pause means keeping control of the bar or weight.
9. If the Meet Director is absent during any event, the Head Judge of the specific event shall take responsible charge of the Meet Director's duties.
10. Weight Classification
 - a. Contestants shall follow the official AAU PL weigh-in procedures.
 - b. All efforts should be made to complete the Combine competition in a single day. In the event of a multi-day Combine competition, athletes will be weighed in for each day they are competing and no more than 24 hours prior to their first event on a given day.
11. Video Documentation
 - a. Video documentation IS NOT REQUIRED.
 - b. Videos of record attempts are preferable (but not required) for national and international meets. They add a layer of credibility for AAU records and also aid in publicity.
 - c. The Meet Director shall forward meet videos of competitive events to either the National Chair of AAU Strength Sports or Vice-Chair of AAU Strength Sports Combine for approval. Examples may be posted on the AAU PL Combine YouTube channel. Permission shall be obtained from a parent or guardian of those 17 and under before videos can be publicly displayed.

EVENTS TO BE CONTESTED

- Event 1. **RAW Bench Press for Reps**
- Event 2. **Medicine Ball Chest Pass**
- Event 3. **Standing Long Jump**
- Event 4. **Power Cleans for Reps**
- Event 5. **40-yd Dash**
- Event 6. **(Optional) Pull-ups/Chin-ups or Modified Pull-ups/Chin-ups for Reps**

EVENT 1. RAW BENCH PRESS FOR REPS

Event Officials

1. The Head Judge and two Side Judges who are Referees shall independently judge whether each rep is legal. The three Referees shall use “Rep Score sheets” to aid them in this endeavor.
2. In the event there are not three judges available (such as when the bench press and pull-ups are contested simultaneously), a single Head Judge will issue commands.
3. The Head Judge shall give the “START” and “PRESS” commands to the lifter for each rep. **This is NOT a “touch and go” event.** The lifter must wait for every START signal and every PRESS command.
4. Unless the lifter requests otherwise, the Head Judge shall advise the lifter of any possible infractions during the event so that the lifter may adjust his/her technique and make adjustments for subsequent reps. In order to avoid confusing the lifter, the Head Judge is the only official who may speak to the lifter during the lift, except in an emergency situation.
5. If the lifter fails to lock out in the opinion of the Head Judge after being warned of the infraction, the Head Judge then shall give the “START” command and signal for the subsequent rep.
6. As in an AAU Powerlifting meet for the Bench Press, it is up to the three Referees (i.e., the Front Judge and two Side Judges) or the Head Judge in a single judge scenario to rule whether a lockout occurs at the end of each rep or that the lifter waited for the “PRESS” before beginning each rep.
7. At the completion of the event, the Head Judge shall compile the information from the Front Judge and two Side Judges for each rep (preferably marked on the Referee’s “Rep Score sheets”), rule on the validity of each rep based on the compiled information from the three voting judges, and finally, announce the final result to the lifter and the audience. At least two out of the three judges must rule “no lift” to invalidate any rep.
8. The Head Judge shall assign one or two Event Officials or Volunteers as Loaders.
9. The Head Judge shall assign a Spotter in front of and on each side of the lifter.

Rules of Performance:

1. In the AAU Strength Sports Combine, the repetition bench press is used as a test of upper body strength and stamina, in which athletes lift a percentage of the existing world record for their age and weight class as many times as possible within 60 seconds. The Head Judge will direct the loaders to load the bar with the correct weight in accordance with the Weight Table for the contestant's gender, age group, and bodyweight classification.
2. If a contestant cannot complete a single repetition in the exercise, a zero will be recorded as that contestant's score for that event.
3. AAU Powerlifting rules for the RAW Bench Press will be observed, except that gym clothes may be worn. No gloves or wrist straps, etc. Regulation powerlifting-style wrist wraps are authorized as allowed by AAU PL rules for the RAW Bench Press.
 - a. The lifter has one minute to begin the lift after the Head Judge gives the "BAR IS LOADED" command.
 - b. The lifter has 60 seconds to complete all of his/her reps, beginning with the when the lifter begins lifting.
 - c. The Head Judge shall assign a Timer who must be an AAU Official. This timer shall warn the lifter 10 seconds before time is up and when time is up.
 - d. After the lift off the racks and the bar is fully extended with the elbows locked, the contestant shall wait for the Head Judge to give the "START" signal.
 - e. The contestant shall slowly bring the bar to his chest UNDER CONTROL until it touches (not bounces on) his/her chest.
 - f. When the bar touches the chest and is motionless, he/she must pause for a split second for the referee to verbally command the "PRESS" signal.
 - g. The contestant shall raise the bar to a fully extended position with the elbows locked, with equal extension of the arms and the bar motionless.
 - h. The event will end when the referee orders the spotters to secure the bar, when the contestant asks for assistance or bailout, or when the 60-second time limit expires.
 - i. The contestant shall under no circumstances give up the bar. He/she at all costs shall make a maximum effort return the bar to the racks. The spotters are there to assist in that effort.

EVENT 2. MEDICINE BALL CHEST PASS

Event Officials:

1. The Scorekeeper or other Event Official shall announce the order of competitors.
2. Two foul lines shall be drawn perpendicular to and outward from the starting line from points 5 ft. laterally on each side of the center point of the starting line.

3. A Referee shall stand by the point of initial impact of the back end of the medicine ball with the ground.
4. Another Referee shall stand by the Head Judge and hold the measuring tape taut at the starting line, and measure and announce the distance thrown.
5. Event Officials shall be assigned to line up contestants in the throwing order (as necessary or desired).
6. A Side Judge shall be positioned on each of the two foul lines. If either of the two Side Judges raises a red flag, it shall be ruled a foul. Any part of the medicine ball touching or crossing a side line upon impact shall be ruled a foul.
7. The Head Judge shall be stationed at the starting line on one side of the thrower. No part of the thrower's body shall touch the ground in front of it.
8. If the Head Judge raises a red flag, the throw shall be ruled a foul. If he/she raises a white flag it shall be ruled a good throw, pending the sector line ruling of the two Side Judges. If either Side Judge rules a foul, the Head Judge should then reciprocate and in conclusion, rule it a foul.

Rules of Performance

1. In the AAU Strength Sports Combine, the Medicine Ball Throw is contested as a measure of explosive upper body power, and may be substituted for the chin-up. Contestants will throw the medicine ball from the kneeling position on a mat. A starting line is clearly marked on the mat, and the contestant's knees must be behind (and not touching) that line at the time of release of the throw. The medicine ball is thrown from the chest in the kneeling position, with both elbows facing outward and palms on the medicine ball; this is an explosive movement from the chest, and arms will be extended at the conclusion of the throw. The maximum distance of three attempts will be counted for the event. Medicine balls of different weights shall be used, based on the size of competitors, and contestants of any given age group/weight class shall be assigned an appropriate STANDARD WEIGHT. Contestants may throw only their STANDARD WEIGHTS.
2. To minimize the time of this event, the Meet Director may require each thrower to complete his allotment of throws and delay measurement of the throws until all have been completed. The contestant shall have up to one minute to initiate his next throw after completing the previous throw and the "OFFICIALS ARE READY" command (or raising a white flag) has been given by the Head Judge.
 - a. All throws are conducted from the chest, while kneeling behind the starting line.
 - b. If any part of the contestant's body touches the ground on or in front of the starting line, the Head Judge will declare a foul and the throwing distance for that throw is 0 (in feet or meters).
 - c. The distance shall be measured perpendicular to the starting line. In effect, accuracy will be rewarded.
 - d. The distance shall be marked at the back of the ball where it first strikes the ground.
 - e. The ball may have a cylindrical hole in the middle to be used for a finger grip with either or both hands, as in the "Podium" brand medicine ball. The ball may be of any surface. If

thrown indoors or on pavement, it shall have a soft or rubbery surface that will not damage the flooring or pavement.

- f. Gloves may be worn.
- g. Throwing position: Pushing forward with both hands from the chest ONLY.

EVENT 3. STANDING LONG JUMP

Event Officials:

1. The Head Judge shall mark at the end of the measuring tape and announce the distance jumped.
2. A Referee shall stand by the starting line and judge whether the jump is legal. He/she shall hold the beginning of the tape measure on the starting line.
3. Event Officials shall be assigned to rake the pit (if applicable).

Rules of Performance:

1. The standing long jump is an athletics event that was an Olympic event until 1912. In the AAU Strength Sports Combine, it is used to measure explosive lower body power. In performing the standing long jump, the jumper stands at a line marked on the ground with the feet slightly apart. The athlete takes off and lands using both feet, swinging the arms and bending the knees to provide forward drive. At the start of the jump, toes must be “behind the line.” This event will be held indoors or outdoors at the discretion of the Meet Director. Indoor landing may be on a cushioned mat. Outdoor landing shall be in a sand pit or other pit similarly conditioned for a similarly soft landing.
 - a. The contestant has one minute to initiate the event after his/her name is called to perform.
 - b. Arms should be swung to gain momentum with the jumper jumping as far as he/she can without falling down.
 - c. Measurement is made from the takeoff line to the heel or any other part of the body that touched the surface nearest the takeoff line.
 - d. Measurements are made to the next lower quarter-inch or centimeter (cm).
 - e. If both feet are not on the takeoff line when beginning this is not a jump; it’s a hop and is a foul.
 - f. If part of even one foot moves over the line before jumping it is a foul.
 - g. If a jumper bounces, it’s a foul.
 - h. Each contestant is allowed three tries with the best jump being his/her score. If there are ties then second and third best jumps should be used to break those ties.
 - i. In a standard long jump pit, the contestant must leave the pit under control (i.e., not falling). However, when contested in a narrow pit (equal to or less than 5 ft. wide), the contestant may fall sideways or forward beyond the pit boundary.
 - j. If held in an outdoor long jump pit, the contestants may wear track shoes with 1/8-inch pyramid spikes.

EVENT 4. POWER CLEANS FOR REPS

Event Officials:

1. The Head Judge (a Referee) shall stand in front of the contestant and give the "START" command and the "DOWN" command.
2. A Side Judge (when available) shall stand on each side of the contestant. Alternately, a single Head Judge may issue commands while a single side judge records the number of good repetitions.
 - a. White lights, paddles, or flags from at least 2 out of the 3 referees constitute a good lift. In the instance of a single Head Judge, that judge signals good or "no lift" on each repetition, and the number of good lifts are recorded by the side judge.
 - b. Loaders will be used.

Rules of Performance:

1. In the AAU Strength Sports Combine, the power clean for reps is used as a test of full body strength and stamina, in which athletes lift a percentage of the existing world records for their age and weight class as many times as possible within 60 seconds. The Head Judge will direct the loaders to load the bar with the correct weight in accordance with the Weight Table for the contestant's gender, age group, and bodyweight classification.
2. The bar is placed on the platform horizontally in front of the lifter, gripped palms downward, and pulled in a single movement from the platform to the shoulders. Squatting to receive the bar on the shoulders is permitted but not required. During this continuous movement, the bar may slide along the thighs and lap. The bar must not touch the chest before the final position.
3. It then rests on the clavicles or on the chest above mid-pec, or on the arms fully bent. The feet return to the same line, legs straight, and parallel to the plane of the trunk and the barbell.
4. The lifter then waits on the signal from the referee to replace the barbell on the platform. The referee will give the signal to lower the bar as soon as the lifter becomes motionless.
 - a. The lifter must wait for each DOWN signal for each rep before proceeding.
 - b. At the completion of the event, the Head Judge shall compile the information from himself and the two Side Judges for each rep (preferably marked on the Referee's "Rep Score sheets"). At least two out of the three judges must rule in favor of any specific rep for it to be counted as valid. After compiling the information the Head Judge shall announce the final result to the lifter and the audience.
 - c. The technique known as the "hook grip" is permitted but not required.
 - d. The referee must declare "no lift" any unfinished attempt in which the bar has reached the height of the knees.
 - e. After the referee signals to lower the barbell, the lifter must lower and not let it drop. The grip can be released when it has passed the level of the waist.

- f. The use of use of grease, oil, water, or any lubricant on the thighs is forbidden.
- g. The use of chalk on the hands and/or thighs is permitted.
- h. This event is RAW—no knee wraps or elbow wraps.
- i. Incorrect movements and positions:
 - 1) Pulling from the hang position.
 - 2) Touching the platform with any part of the body other than the feet.
 - 3) Placing the bar on the chest before turning the elbows.
 - 4) Touching the thighs or the knees with the elbows or upper arms.
 - 5) Leaving the platform during the execution of the lift, i.e. touching the area outside the platform with any part of the body.
 - 6) Replacing the barbell on the platform before the referee signals.
 - 7) Dropping the barbell.
 - 8) Failing to finish with the feet and the barbell in line and parallel to the plane of the trunk.
 - 9) Failing to replace the complete barbell on the platform, i.e. the complete barbell must first touch the platform before rolling or exiting.

EVENT 5. 40-YD DASH

Event Officials:

1. The Head Judge shall make sure that the starting line and finish line are measured correctly.
2. The Head Judge will be stationed at the starting line and be assisted by at least one Referee. The Head Judge shall give the commands to start the race. He and the Referees shall monitor the start and officiate false starts.
3. A different Referee or Volunteer shall be assigned to each contestant. Each Referee or Volunteer shall hold his/her own stopwatch and shall be positioned at the finish line.

Rules of Performance:

1. The 40-yard dash is a sprint covering 40 yards (36.58 m). In the AAU Strength Sports Combine, it is used to evaluate raw speed of athletes; it is also sometimes used by coaches as a measure of the potential of athletes in various sports, including collegiate football recruiting and the NFL Draft.
 - a. Event may be held either indoors or outdoors
 - b. The race may be run one at a time or multiple racers in delineated lanes.
 - c. Athletic shoes must be worn. No bare feet.
 - d. The starting AND finish lines shall be considered the back edge of the taped/painted line.
 - e. Shoes must be of an approved type for the specific indoor facility being used.
 - f. Spikes may be worn outdoors on dirt or synthetic track, or indoors on synthetic track. Spikes must be of an approved type and length for the specific track being used.
 - g. Timing shall be either manual or automatic.

- h. For manual starts, all contestants shall position all parts of their body BEHIND the starting line with their bodies motionless at SET signal. There will be a starting gun or verbal start. The timer shall be a different official from the starter and shall start his stopwatch immediately upon hearing the gun or verbal start.
- i. The timer will be positioned at the finish line.
- j. The most forward position of the contestant's body must be behind the starting line at the beginning of the race.
- k. The stopwatch will be stopped when the contestant's upper torso crosses the plane of the finish line.
- l. A false start will be declared if any contestant moves after the SET signal prior to the start. If any contestant false starts, the starter will halt the race with either a second gunshot or verbal command, and the race will be started over again.
- m. A second "false start" will result in the contestant being eliminated from that heat.
- n. When automatic timing equipment is used, the official automatic time will be the time recorded on the automatic timing equipment.
- o. For the record books, .24 seconds shall be added to hand times to convert to equivalent automatic times.

OPTIONAL EVENT -- PULL-UPS/CHIN-UPS FOR REPS AND MODIFIED PULL-UPS/CHIN-UPS FOR REPS

Event Officials:

1. The Head Judge shall stand in front of the contestant and shall vote on the validity of all of the pull-up/chin-up reps preferably using the Referee's Rep Score sheet.
2. At the completion of the event, the Head Judge shall compile the information from himself and two Side Judges for each rep (preferably marked on the Referee's "Rep Score sheets"), rule on the validity of each rep based on the compiled information from the three voting judges, confer with the Bar Judge (see the item for "Bar Judge" below), and finally, announce the final result to the lifter and the audience.
3. Two Side Judges shall stand approximately 30 degrees from the pull-up bar in front of the contestant and off to both sides, and rule on each rep whether valid or not, preferably on their "Rep Score sheets".
4. The Bar Judge shall stand next to one of the posts on the pull-up bar with his/her eyes no more than 3 feet from the contestant and at the level of the top of the pull-up bar. He/she is the only judge who has a definitive view of the chin in relation to the top of the bar. His/her sole function is to independently rule whether the chin goes over the top of the bar for each rep. If he/she rules that the chin does NOT go over the top of the bar on any rep, the "no lift" ruling shall take precedence over that of the three other Referees, and thence the Head Judge shall rule the rep to be invalid.

Rules of performance:

1. In the AAU Strength Sports Combine, the pull-up or chin-up is a test of back and arm strength and endurance. With an under-hand or over-hand grip, the contestant will start from a hanging position and pull their body to a position with their chin above the bar, without assistance of body motion or kipping.
2. For the purposes of performance in youth, both boys and girls, in the age categories 5 and under, 6-7, 8-9, and 10-11, a modified pull-up will be conducted, where athletes keep their body straight, with heels on the floor, while pulling a portion of their bodyweight upward to touch their chest on a bar positioned much lower to the ground than the standard chin-up bar.
3. The maximum hand grip width when using two hands shall be in accordance with AAU Powerlifting rules for the Bench Press: The spacing of the hands shall not exceed 81 cm (31-7/8 in) measured between the forefingers (both forefingers must be within the 81 cm marks). The Head Judge shall mark the bar accordingly.
4. **Standard pull-up or chin-up rules:**
 - a. Neither foot shall touch the floor at any time during the attempt.
 - b. Leg kicks and lower body movement cannot be used to gain momentum. If the feet move during the lift, it shall be done so in extremely slow motion.
 - c. The bar must be straight, continuous, and level. It may be of any diameter. A solid bar may not be used because that produces too much spring that can be used to give the lifter momentum. The bar shall exhibit no visually discernible flex during the performance.
 - d. Straps, dowels, or substances other than basic chalk that aid a competitor's grip are strictly forbidden. Bare hands only.
 - e. Athlete must not receive any assistance from officials, bystanders etc. touching or assisting the athlete will result in disqualification.
 - f. For reps events, the contestant's score will be the number of complete reps as announced by the Head Judge.
 - g. The contestant shall not leave the bar, use the pull-up bar posts for support, or deliberately put his/her feet on the ground at any time during the event. If he/she does so, the Head Judge shall announce that the event is terminated, and the number of reps counted at that point will be the score.
 - h. No preference will be given to pull-ups or chin-ups for award of medals—pull-ups and chin-ups will be all lumped together and treated equally.
 - i. Either the pull-up or the chin-up grip may be used.
 - j. The contestant has 60 seconds to complete as many repetitions as possible.
 - k. Each chin-up must be started from a hanging position—i.e. arms must be straight. Competitors may select either pull-ups or chin-ups but cannot do both.
 - l. The bottom of the chin must be raised above the bar (or to touch the top of the bar) for each repetition (rep) to be counted.
 - m. The competitor's score will be the number of complete reps as determined by the referee(s). No preference will be given to pull-ups over chin-ups. He/she will have only one

attempt. If two competitors have the same number of reps, then the heavier competitor wins.

- n. Hands cannot be overlapped.
5. **Modified pull-up or chin-up rules:**
- a. Male and female contestants in the age categories 5 and under, 6-7, 8-9, and 10-11, will perform a modified pull-up, with heels on the floor, while pulling a portion of their bodyweight upward to touch their chest on a lower bar.
 - b. The contestant has one minute to complete as many repetitions as possible.
 - c. The bar will be positioned at a height of approximately waist-high plus 6 inches, which should allow for athletes with the longest arms to be fully suspended when gripping the bar.
 - d. Athletes will grip the bar from underneath in a lying position, with arms perpendicular to the floor
 - e. The body will be kept as straight as possible, with the heels resting on the floor. Heels may be together, or apart for balance.
 - f. Athletes will pull themselves up from full arm extension to a point where their chest touches the bar, or their chin is over the bar, as judged by the officials. This constitutes one rep.
 - g. Leg kicks and lower body movement cannot be used to gain momentum.
 - h. The bar must be straight, continuous, and level. It may be of any diameter. A solid bar may not be used because that produces too much spring that can be used to give the lifter momentum. The bar shall exhibit no visually discernible flex during the performance.
 - i. Straps, dowels, or substances other than basic chalk that aid a competitor's grip are strictly forbidden. Bare hands only.
 - j. Either the pull-up or the chin-up grip may be used.
 - k. The contestant has 60 seconds to complete as many repetitions as possible.
 - l. The chin, chest or some part of the upper body must touch the bar in the modified chin-up for each repetition (rep) to be counted.
 - m. Athlete must not receive any assistance from officials, bystanders etc. touching or assisting the athlete will result in disqualification.
 - n. The contestant's score will be the number of complete reps as announced by the Head Judge.
 - o. No preference will be given to over or underhand grip modified pull-ups/chin-ups for award of medals— they will be judged together and treated equally.
 - p. If two competitors have the same number of reps, then the heavier competitor wins.
 - q. Hands cannot be overlapped.