



NAIGC Virtual Strength Challenge Frequently Asked Questions

Q: I have a video that exceeds Instagram's video length. What should I do?

A: Most videos will exceed Instagram's video length. Therefore, we ask that you please post the full video(s) on YouTube in addition to posting a shortened clip or picture on Instagram with the required hashtags. Please make sure to include the link to the full YouTube video(s) in the comments section of your Instagram post.

Q: Do Endo rolls have to go all the way to handstand?

A: Yes, each Endo roll should go all the way up to handstand passing through a press position each time.

Q: Can the consecutive back tucks have a step forward if there are space constraints?

A: Yes, you may take up to 3 seconds between each back tuck. If you are in a confined space, you may take a small step forward to ensure safety.

Q: What is "consecutive" with respect to this contest?

A: Consecutive means fewer than three seconds between each repetition.

Q: Should the plank holds be done on the elbows or hands?

A: Plank holds should be performed on your elbows.

Q: Can I do the handstand against the wall on parallelles?

A: Handstands must be against the wall with your hands directly on the floor. Parallelles are not allowed.