

2020 JUNIOR WORLD CUP FINAL TEST ANNOUNCEMENTS

The 2020 Junior World Cup Qualifier consists of 4 tests which are to be performed in order and with the exact rest prescribed. Please read the entire document before attempting any of the tests.

TEST FLOW

TEST 1 ENDURANCE

0:00-2:30

For Max Distance in 2 minutes and 30 seconds:

Shuttle Run

Score = Total Meters

Rest exactly 2:30 minutes from 2:30-5:00

TEST 2 STRENGTH

From 5:00-7:30

On a 2:30 clock:

Set a 10 rep max shoulder to overhead from the ground.

Rest from 7:30-10:00

TEST 3 SKILL

From 10:00-19:00

For Time:

1 L-Rope Pull Up

16 Box Jumps

2 L-Rope Pull Up

16 Box Jumps

3 L-Rope Pull Up

16 Box Jumps

4 L-Rope Pull Up

16 Box Jumps

5 L-Rope Pull Up

16 Box Jumps

6 L-Rope Pull Up

16 Box Jumps

9 Minute Time Cap

Rest 1:00 minute from 19:00-20:00

BOX HEIGHT BY AGE DIVISION

13-14 60cm/50cm (24"/20") box

15-16 75cm/60cm (30"/24") box

17-18 75cm/60cm (30"/24") box

TEST 4 MIXED

From 20:00-30:00

10 minute Amrap:

10 Wall Balls

30 Double Unders

WALL BALL STANDARDS BY AGE DIVISION

13-14

Males 6kg (14lb) ball/ 2.8m (9ft) target

Females 4kg (10lb) ball/ 2.5m (8ft) target

15-18

Males 9kg (20lb) ball/ 3m (10ft) target

Female 6kg (14lb) ball/ 2.8m (9ft) target

MOVEMENT STANDARDS AND SCORING FOR EACH TEST

TEST 1 ENDURANCE

0:00-2:30

For Max Distance in 2 minutes and 30 seconds:

Shuttle Run

Score = Total Meters

Rest exactly 2:30 minutes from 2:30-5:00

TEST 1 FLOW

Athletes will begin standing lying down with their chest on the ground and head toward the start line. The athlete's entire body must be behind the start line. There will be a halfway point line straight ahead 5m from the start line and another line straight ahead, 10 meters from the first line. On the start signal, the athlete will stand up and run to the opposite line. The athlete must pass the opposite line with their entire body and drop to the ground so their chest touches the ground and their head is facing the end line. The athlete will then get up and proceed back to the original start line, again dropping down so their chest hits in the ground as in the bottom of a burpee and their head is facing the start line with their entire body completely behind the line. The athlete will continue in this manner for 2 minutes and 30 seconds, accumulating as many meters as possible.

TEST 1 MOVEMENT STANDARDS

For complete movement standards please see the entries titled "Running" in the International Functional Fitness Federation's Movement Standards Document located at: <https://functionalfitness.sport/wp-content/uploads/2020/07/2019-iF3-Movement-Standards.pdf> which requires the athlete to travel the required distance without assistance.

TEST 1 SCORING

This test has 1 score. The score is the total number of meters completed by the athlete in 2:30. Athletes will receive credit for meters in 5 meter increments, meaning they must pass either an end line or the halfway line before time is called in order to receive credit for that 5 meter segment.

There are no technique points for this test.

TEST 2 STRENGTH

From 5:00-7:30

On a 2:30 clock:

Set a 10 rep max shoulder to overhead from the ground.

Rest from 7:30-10:00

TEST 2 FLOW, MOVEMENT STANDARDS, SPECIAL REGULATIONS, AND SCORING

On the start signal, the athlete will have 2:30 to set a 10 rep max shoulder to overhead from the ground. The athlete may make as many attempts as they would like and increase or decrease load in whatever amounts they would like. The bar may start loaded. Clips must be on the bar before any attempt can be made. Athletes should declare the weight of their attempts to their Technical Official before the attempt. Technical Officials are in charge of verifying that the athletes declared weight is accurate with the weight actually on the bar.

TEST 2 MOVEMENT STANDARDS

For complete movement standards please see "Shoulder to Overhead" in the International Functional Fitness Federation's Movement Standards Document located at: <https://functionalfitness.sport/wp-content/uploads/2020/07/2019-iF3-Movement-Standards.pdf>. For convenience the following abbreviated standard is outlined below:

For the Shoulder to Overhead, the athlete will move the bar from the shoulder to overhead in any fashion. The athlete must achieve full vertical alignment of the elbows, shoulders, hips, knees and ankles with the bar overhead at the top of the repetition..

TEST 2 SCORING

This test is scored in 2 parts.

Part A: Heaviest Load

Part B: Technique Score on a 0-3 scale (Tiebreak: Heaviest Load)

Athletes start with a Technique Score of 3. The athletes' Technical Official will deduct 1 point from the athletes' Technique Score for each fault listed below that is committed by the athlete. The Technique Score is based off of the athletes' technique on ONLY the lift that the athletes uses for their score in Part A:

- 1 point is deducted if the athlete rounds their back and shows flexion of the spine as they lift the bar off the ground to begin their set. This means a deduction is incurred if there is rounding of the back coming off the floor, during the catch of the clean, or coming out of the bottom of the squat if the athlete chooses to squat clean the load.
- 1 point is deducted if the athletes' knees do not track in line over the toes for the duration of the lift, either on the clean getting the bar to the shoulders or on the shoulder to overheads. This deduction is incurred if the inside of the patella travels medially past the big toe (i.e. inside of the big toe).
- 1 point is deducted if the athlete does not maintain a neutral spine during the shoulder to overheads. This deduction is incurred if there is excessive arching (overextension) on the press or lockout phase of the lift.

TEST 3 SKILL

From 10:00-19:00

For Time:

1 L-Rope Pull Up

16 Box Jumps

2 L-Rope Pull Up

16 Box Jumps

3 L-Rope Pull Up

16 Box Jumps

4 L-Rope Pull Up

16 Box Jumps

5 L-Rope Pull Up

16 Box Jumps

6 L-Rope Pull Up

16 Box Jumps

9 Minute Time Cap

Rest 1:00 minute from 19:00-20:00

BOX HEIGHT BY AGE DIVISION

13-14 24"/20" box

15-16 30"/24" box

17-18 30"/24" box

TEST 3 FLOW, MOVEMENT STANDARDS, SPECIAL REGULATIONS, AND SCORING

Athletes will start seated with one leg on each side of the rope. On the Start signal athletes will reach up to grab the rope with fully extended arms and lift their heels off the ground. Once their heels are off the ground

and their arms are straight, the athlete will perform one L-Hang Pull-up. Athlete will then proceed to their box and perform 16 box jumps. Athletes will then return to the rope perform 2 L-Hang Rope Pull-ups starting from a seated positions then 16 more box jumps. Athletes will continue this pattern increasing the number of L-Hang Rope Pull-Ups by 1 repetition until they have completed a round of 6 L-Hang Rope Pull-ups and 16 Box Jumps.

TEST 3 MOVEMENT STANDARDS:

For complete movement standards please see the entries for "L-Hang Pull-Up" and "Box Jump" in the International Functional Fitness Federation's Movement Standards Document located at: <https://functionalfitness.sport/wp-content/uploads/2020/07/2019-iF3-Movement-Standards.pdf>. For convenience the following abbreviated standards are outlined below:

For the L-Hang Pull-up, the athlete must achieve their starting L-position on the first repetition WITHOUT any upward momentum and with arms extended in the hand position. The knees must remain straight and the heels above the butt in the L-hang position for the duration of the repetition. Athletes may string together repetitions as long as they do not break the L-Hang position and achieve straight arms in the L-hang between repetitions.

The Box Jump, requires that athletes jump simultaneously with both feet to land on top of the box. The athlete must demonstrate control on top of the box with the knees, hips, and shoulders in vertical alignment. Hands may not touch the box anytime prior to demonstrating static control on the box. Please see special regulations for rules on dismounting the box.

TEST 3 SPECIAL REGULATIONS

- Athletes may choose which hand to have on top on the L-Hang Pull-Ups. There is no requirement to switch hands at any point.
- Athletes are expected to do their L-Hang in a straddle position with one leg on each side of the rope.
- The Athletes' chin must clear the top hand on each repetition.
- The Athlete may not squeeze the rope between their legs at any point during the repetition.
- Both arms must be completely straight at the start of each repetition.
- The Athlete must start seated for their L-Hang Pull-ups.
- Athletes may connect/string together their L-Hang Pull-ups. If the athlete's butt touches the ground on connecting repetitions of the L-Hang Pull-up it is ok as long as the arms are straight at the bottom of the repetition, the heels stay off the ground, and the L-position is maintained.
- Athletes must step down from the box jumps. Rebounding box jumps are not allowed on this test.

- Athletes may use their hands to assist them in dismounting the box. However, their hands may not touch the box prior to showing the proper finishing position for each repetition.

TEST 3 SCORING

This test is scored in 2 parts.

Part A: Total Time

Part B: Technique Score on a 0-3 scale (Tiebreak: Total Time)

Athletes start with a Technique Score of 3. The athletes' Technical Official will deduct 1 point from the athletes' Technique Score for each fault listed below that is committed by the athlete.:

- 1 point is deducted if the athlete performs a leg kick of any kind during the pullup. This deduction is incurred if the athlete performs anything that resembles a kicking motion during the pullup.
- 1 point is deducted if the athlete performs a “chin reach” on the pullup. This deduction is incurred if the athlete tries to move just their chin, independent of the rest of their body, up and towards the bar in order to achieve clearance of the bar and complete the range of motion.
- 1 point is deducted if the athletes' knees do not track in line over the toes on the takeoff or landing phase of the box jump. This deduction is incurred if the inside of the patella travels medially past the big toe (i.e. inside of the big toe).

TEST 4 MIXED

From 20:00-30:00

10 minute Amrap:

10 Wall Balls

30 Double Unders

WALL BALL STANDARDS BY AGE CATEGORY

13-14

Males 6kg (14lb) ball/ 2.8m (9ft) target

Females 4kg (10lb) ball/ 2.5m (8ft) target

15-18

Males 9kg (20lb) ball/ 3m (10ft) target

Female 6kg (14lb) ball/ 2.8m (9ft) target

TEST 4 FLOW, MOVEMENT STANDARDS, SPECIAL REGULATIONS, AND SCORING

On the start signal the athlete will perform 10 wall balls they will then move to their rope and perform 30 double unders. They will continue this pattern as many times as possible in 10 minutes.

TEST 4 MOVEMENT STANDARDS

For complete movement standards please see the entries for "Wallball Shot" "Double Unders" in the International Functional Fitness Federation's Movement Standards Document located at: <https://functionalfitness.sport/wp-content/uploads/2020/07/2019-iF3-Movement-Standards.pdf>. For convenience the following abbreviated standards are outlined below:

For the wallball athletes must squat with the crease of their hip below the knee while holding the medicine ball then proceed to throw the ball to hit the designated target at the top of the repetition.

For the Double Unders, the rope must go under the athletes' body twice for every one jump.

TEST 4 SPECIAL REGULATIONS

- The rope must spin forward on double unders.
- If the athlete drops the wall ball on the ground. They must settle the ball before restarting their repetitions. They cannot catch the ball off the bounce and immediately continue into their repetitions.

TEST 4 SCORING

Part A: Total Time

Part B: Technique Score on a 0-5 scale (Tiebreak: Total Time)

Athletes start with a Technique Score of 5. The athletes' Technical Official will deduct 1 point from the athletes' Technique Score for each fault listed below that is committed by the athlete.:

- 1 point is deducted if the athlete fails to jump with straight legs. A soft bend in the knees during the rebound phase is allowed. A donkey kick or any significant bend of the knees will result in a deduction.
- 1 point is deducted if the athlete pikes at the hips during the jump. A forward incline of the torso or a forward lifting of the legs in the jump will result in a deduction. Athletes must maintain vertical alignment of the shoulders, hips, knees, and ankles in order to avoid a deduction.
- 1 point is deducted if the athletes' travels forward or backward in their jump. To assist in judging forward or backward travel it is suggested that technical officials mark an X on the floor and instruct athletes to perform double unders on the X. Moving off of the X in any direction during the jump would result in a deduction.
- 1 point is deducted if the athlete is not performing their wall balls symmetrically. This deduction is incurred if the athlete throws the ball with predominantly one arm more than the other.
- 1 point is deducted if the athletes' knees do not track in line over the toes during the squatting phase of the wall balls. This deduction is incurred if the inside of the patella travels medially past the big toe (i.e. inside of the big toe).