

2020 CONTINENTAL CUP FINAL INDIVIDUAL TEST ANNOUNCEMENTS

TEST 1 ENDURANCE + TEST 2 STRENGTH

0:00-24:00

Every 6 minutes for 4 rounds:

1000 meter Row

5 unbroken Thrusters (Athlete chooses the weight)

SCORING

Test 1 Score: Total 4000m row time (Row 1 + Row 2 + Row 3 + Row 4)

Test 2 Score: Total Load for Thrusters (Round 1 Load + Round 2 Load + Round 3 Load + Round 4 Load)

Rest 24:00-40:00

TEST 3 BODYWEIGHT + TEST 4 SKILL

40:00-56:00

On a 16 minute running clock

4 MINUTE AMRAP

Burpee Box Jump Over (100cm/90cm) (40"/36")

4 MINUTE AMRAP

5 free standing Handstand Push-ups last rep must go directly into a 9 meter unbroken Handstand walk

10 second unbroken L Sit on paralettes (Parallette height 14" (35 cm), L-Sit Plate Height 9" (23 cm))

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Burpee Box Jump Over (100cm/90cm) (40"/36")

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10 second unbroken L Sit on paralettes (Parallette height 14" (35 cm), L-Sit Plate Height 9" (23 cm))

Scoring

Test 3 Score: Total Burpee Box Jump Overs in amraps #1 and #3

Test 4 Score: Total Rounds and Reps in amraps #2 and #4

Rest 56:00-1:10:00

TEST 5 POWER AND TEST 6 MIXED

1:10:00-1:20:00

1 MINUTE AMRAP

Ground to Overhead (55kg/40kg) (120#/90#)

IMMEDIATELY INTO A 9 MINUTE AMRAP

5 power clean (55kg/40kg) (120#/90#)

10 Wallballs (14kg/9kg, 3m/2.8m) (30#/20#, 10'/9')

50 Double Unders

SCORING

Test 5 Score: Total Reps in 1 minute

Test 6 Score: Total Reps in 9 minutes

FLOW, MOVEMENT STANDARDS, AND SPECIAL REGULATIONS FOR ALL TESTS

TEST 1 ENDURANCE + TEST 2 STRENGTH

0:00-24:00

Every 6 minutes for 4 rounds:

1000 meter Row

5 unbroken Thrusters (Athlete chooses the weight)

Rest 24:00-40:00

TEST 1 + 2 FLOW

Athletes will start seated on their rower, with the rower set to count down from 1000 meters. At the start signal, athletes will pick up the rower handle and row 1000 meters. Athletes will then advance to their barbell and complete 5 unbroken thrusters at a weight of their choosing. Athletes will then rest until the 6 minute mark. At the 6 minute mark athletes will start the cycle over again with another 1000 meter row and another set of 5 thrusters. Athletes will continue in this manner until 4 total rounds are completed.

TEST 1 + 2 SCORING

Test 1 Score: Total 4000m row time (Row 1 + Row 2 + Row 3 + Row 4)

Test 2 Score: Total Load for Thrusters (Round 1 Load + Round 2 Load + Round 3 Load + Round 4 Load)

TEST 1 + 2 MOVEMENT STANDARDS

For complete movement standards please see the entries titled "Rowing" and "Thruster" 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>. Rowing requires athlete to row the specified distance without assistance of others and remain seated while rowing and until the specified distance has been reached.

For the Thruster, the athlete supports a barbell or other object in the front-rack position, descends to the bottom-of-squat position with the crease of the hip below the knee, then elevates the object to a position directly overhead while standing to full vertical extension of the body (hip, knee, and elbow extension). A jerk-type press (i.e., dropping under the object during the elevation phase) is not allowed.

TEST 1 + 2 SPECIAL REGULATIONS

- Athletes must use a Concept2 Rowing Machine for this test.
- The rower should count down from 1000 meters each round.
- Athletes may select the weight of their choosing for the thrusters each round. Athletes may increase or decrease weight each round as desired.
- Athletes' may receive assistance loading and unloading the bar.
- Clips must be on the bar prior to each lift.
- Athletes must complete 5 unbroken thrusters for their set to count.
- Once the athlete starts their set of thrusters the bar may only rest in the front rack or the overhead position.
- The bar may not rest in the back rack or in the hang during the athletes thrusters.
- If an athlete is no repped on a thruster they may continue their set and perform repetitions until 5 valid repetitions are completed. (Example: An athlete is no repped for depth on repetition three. The athlete does not put the bar down but continues to perform thrusters until they have completed 5 counting repetitions.)
- If an athlete fails a set of 5 thrusters but still has time remaining in their round, the athlete may make as many additional attempts as they desire in order to try to achieve 5 successful repetitions.
- If an athlete successfully completes a set of 5 thrusters in any given round but still has time remaining in their round, they may add weight to their bar and attempt additional sets of 5 in order to increase their score for that round. Only the heaviest weight lifted in a given round will count towards the athletes score for that round.

TEST 3 BODYWEIGHT + TEST 4 SKILL

40:00-56:00

On a 16 minute running clock

4 minute amrap

Burpee Box Jump Over (100cm/90cm) (40"/36")

4 minute amrap

5 free standing Handstand Push-ups last rep must go directly into a 9 meter (29.5 feet) unbroken Handstand walk

10 second unbroken L Sit on parallettes (Parallette height 14" (35 cm), L-Sit Plate Height 9" (23 cm))

4 minute amrap

Burpee Box Jump Over (100cm/90cm) (40"/36")

4 minute amrap

5 free standing Handstand Push-ups last rep must go directly into a 9 meter (29.5 feet) unbroken Handstand walk

10 second unbroken L Sit on parallettes (Parallette height 14" (35 cm), L-Sit Plate Height 9" (23 cm))

Rest 56:00-1:10:00

TEST 3 + 4 SCORING

Test 3 Score: Total Burpee Box Jump Overs in amraps #1 and #3

Test 4 Score: Total Rounds and Reps in amraps #2 and #4

TEST 3 + 4 FLOW

On the start signal, athletes will perform burpee box jump overs for 4 minutes. At the 4 minute mark, athletes will immediately transition into 4 minutes of 5 freestanding handstand pushups into a 9 meter handstand walk and a 10 second unbroken L-Sit on parallettes. At the 8 minute mark athletes will resume burpee box jump overs. At the 12 minute mark athletes will resume the handstand pushup and L-Sit amrap. Athletes will resume this amrap from where they left off when they stopped this amrap at minute 8.

TEST 3+4 MOVEMENT STANDARDS

For complete movement standards please see "Target Facing Burpee," "Handstand Push-Up," "Handstand Walk," "L-Sit" 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 Handstand Push Ups, the athlete must achieve full extension and linear alignment of the elbows, shoulders, hips, knees and ankles at the start and end of the repetition. Head must make contact with the designated horizontal surface below the athlete at the bottom of the repetition.

For the Handstand Walk the athlete must start with their hands behind the designated start line. They will then traverse the designated distance on their hands. Both hands must completely cross the finish line and make contact with the ground on the other side for the repetition to count.

For the L-Sit, The athlete will achieve a support position on hands and arms while elevating the legs to a straight position at a 90 degree angle from the body. The legs must remain above a designated target throughout the hold. If the feet or legs touch the target (too low), time accumulation will end. The elbows may not be used as a brace against any surface to assist in support, though they do not have to be locked out.

TEST 3 + 4 MEASURING THE DISTANCE FROM YOUR PLATES TO YOUR PARALLETES FOR THE L-SIT

To set up for your L-Sit, a stack of plates must be placed out in front of your parallettes to act as a target for your legs. The height of the plates is standardized for each division. However, the distance from your plates to your parallettes must be measured based on your leg length. In order to measure the distance from your parallettes to your plates properly, start with your hands on your parallettes with your hips in line with your hands. Then place your feet on your plates in front of you with your knees fully extended. Adjust the plate distance as needed until your heels are sitting in the center hold of your plates when your knees are at full extension.

TEST 3 + 4 SPECIAL REGULATIONS

- Athletes may use their hands for assistance in getting over the box in the burpee box jump overs.
- Athletes feet must go over the box. They cannot go around the box during burpee box jump overs.
- Other body parts such as the athletes knees, butt, shins, etc may touch the box as long as the athletes feet pass over the top of the box and not around the side of the box.
- Athletes do not have to stay in a designated box for their freestanding handstand pushups.
- Athletes may use an abmat for their head for freestanding handstand push-ups. The abmat can be no more than 7 cm tall (3 inches).
- On the last repetition of the freestanding handstand pushup the athlete's hands must be behind the designated line to start their handstand walk and the athlete must go directly from their last handstand pushup into an unbroken 9 meter handstand walk.
- For the L-Sit, a stack of weight plates or boxes may be substituted for parallettes as long as the height is 14" tall.
- For the L-Sit, the athletes' feet must remain above the stack of weight plates during the hold. This means the feet must be higher than the height of the plates as well as physically over top of the plates. If the feet are higher than the height of the plates but the feet are behind (not directly over) the plates, time accumulation will end.
- The L-Sit must be unbroken each round.

TEST 5 POWER + TEST 6 MIXED

1:10:00-1:20:00

1 minute amrap

Ground to Overhead (55kg/40kg) (120#/90#)

immediately into a 9 minute amrap

5 power clean (55kg/40kg) (120#/90#)

10 Wallballs (14kg/9kg, 3m/2.8m) (30/20#, 10'/9')

50 Double Unders

TEST 5 + 6 SCORING

Test 5 Score: Total Reps in 1 minute

Test 6 Score: Total Reps in 9 minutes

TEST 5 + 6 FLOW

On the start signal the athlete will pick up their barbell and perform as many ground to overhead as possible in 1 minute. At the 1 minute mark, the athlete will start a 9 minute amrap of 5 power cleans, 10 wall balls and 50 double unders.

TEST 5 + 6 MOVEMENT STANDARDS

For complete movement standards please see the entry for “Ground to Overhead” “Ground to Shoulder - Power Clean” and “Wallball Shot” 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 “Ground to Overhead,” any style of clean and jerk or any style of snatch may be used, but the athlete must take the bar from the ground to start and finish overhead. At the top of the repetition the knees and hips must be fully extended with the elbows locked out and the bar overhead in vertical alignment with the shoulders, hips, knees, and ankles.

For the Power Clean, the athlete will bring the bar from the ground to the front rack position in one fluid motion. At the top of the repetition, the athlete must demonstrate 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, elbows in front of the bar; Barbell touches the ground between repetitions. The crease of the hip must be pass below the knee on the power clean.

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 5 + 6 SPECIAL REGULATIONS

- The rope must spin forward on double unders.
- In the one minute amrap, any style of clean and jerk or any style of snatch may be used as long as the barbell starts on the ground for each repetition and ends in the correct locked out position.
- Athletes may switch ground to overhead styles during the 1 minute amrap as often as desired.
- 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.