

2020 JUNIOR WORLD CUP QUALIFIER TEST ANNOUNCEMENTS

The 2020 Junior World Cup Qualifier consists of 4 tests which are to be performed in 1 single session of which has a 49 minute time cap. All tests must 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

From 0:00-10:00

5 rounds for time:

250m row

35 unbroken Double Unders

Time Cap: 10 Minutes

Rest exactly 5 minutes from 10:00-15:00

TEST 2 STRENGTH

From 15:00-25:00

10 mins to set a 1 rep max Squat Clean Thruster

Rest Exactly 5 minutes from 25:00-30:00

TEST 3 SKILL

From 30:00-36:00

For Time:

7.5 meter (25 feet) unbroken handstand walk down

7.5 meter (25 feet) unbroken handstand walk back

25 strict pull-ups

Time Cap: 6 minutes

Rest Exactly 5 minutes from 36:00-41:00

TEST 4 MIXED

From 41:00-49:00

For Time:

4 rope climbs (4.5 meters or 15 feet)

45/35 Calorie Assault Bike

30 Alternating Hang Dumbbell Snatch

45/35 Calories Assault Bike

4 rope climbs (4.5 meters or 15 feet)

Time Cap: 8 minutes

Dumbbell Weight by Age Group:

13-14 years old 15/12.5 kg (35/25 lbs)

15-16 years old 20/15 kg (45/35 lbs)

17-18 years old 25/20 kg (55/45 lbs)

MOVEMENT STANDARDS AND SCORING FOR EACH TEST

TEST 1 FLOW, MOVEMENT STANDARDS, SPECIAL REGULATIONS, AND SCORING

Athlete will start seated on their rower. On the start signal, athlete will row 250 meters. After they complete 250 meters they will dismount the rower, pick up their jump rope and perform 35 unbroken double unders. If the athlete trips, stops, or in any other way fails to complete 35 unbroken double unders, the athlete must start that set of double unders from zero. The athlete cannot move back to the rower until they complete 35 unbroken double unders. After the completion of 35 unbroken double unders the athlete will return to the rower and repeat this pattern for 4 more rounds. Time will stop at the completion of the athlete's final set of double unders. There is a time cap of 10 minutes on this test. If the athlete completes the test before the 10 minute mark they will earn extra rest time. They cannot start test 2 before the 15:00 minute mark on the clock.

TEST 1 MOVEMENT STANDARDS

For complete movement standards please see the entries titled "Rowing" and "Jump Rope - Double Under" in the International Functional Fitness Federation's Movement Standards Document located at: <https://functionalfitness.sport/sport/2019-movement-standards/> which 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 Double Unders, the rope must pass under the athletes' feet twice for every one jump.

TEST 1 SPECIAL REGULATIONS

- Athletes must use a Concept2 Rowing Machine for this test.
- Athletes may not leave the rower until the requisite meters have been reached. This means you must seated on the rower until the work has been completed.
- The rope must spin forward on double unders.

TEST 1 SCORING

This test is scored in 3 parts.

Score A: Total Time for the Test

Score B: Time Difference between your Slowest Round and your Fastest Round (Tiebreak: Total Time)

Score C: 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 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.

TEST 2 STRENGTH

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

On the start signal, the athlete will have 10 minutes to set a one rep max squat clean thruster from the floor. 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. Your 5 minute rest will begin when your 10 minute lifting clock expires.

TEST 2 MOVEMENT STANDARDS

For complete movement standards please see "Squat Clean Thruster" in the International Functional Fitness Federation's Movement Standards Document located at: <https://functionalfitness.sport/sport/2019-movement-standards/>. For convenience the following abbreviated standard is outlined below:

For the squat clean thruster the athlete will start with the barbell on the ground. The athlete then moves the barbell to 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 knees, hips, and elbows. A jerk-type press (dropping under the object during the elevation phase) is not allowed.

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 throughout the first phase of their lift. 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.
- 1 point is deducted if the athletes' knees do not track in line over the toes for the duration of the lift. 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 overhead phase of the lift. This deduction is incurred if there is excessive arching (overextension) on the press or lockout phase of the lift.

TEST 3 SKILL

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

On the Start signal athletes will handstand walk 7.5 meters (25 feet) without coming down. Athlete will then turn around and handstand walk 7.5 meters (25 feet) back without coming down. If the athlete comes down before completing their walk, they must return to the start line for that handstand walk and start again. Athlete will then proceed to the pull up bar and perform 25 strict pull ups. The time cap for this test is 6 minutes. The athletes' rest period will start at the conclusion of the 6 minute time cap. An athlete who finishes the test before the time cap will earn extra rest.

TEST 3 MOVEMENT STANDARDS:

For complete movement standards please see the entries for "Handstand Walk" and "Strict Pull-up" in the International Functional Fitness Federation's Movement Standards Document located at: <https://functionalfitness.sport/sport/2019-movement-standards/>. For convenience the following abbreviated standards are outlined below:

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 Strict Pull-Up, the athlete must start hanging with elbows fully extended and pull themselves up until their chin breaks the horizontal plane of the top of the pull-up bar. No kip may be used and the athlete may not generate any momentum to assist the pull-up using the lower body.

TEST 3 SCORING

This test is scored in 2 parts.

Part A: Total Time

Part B: Technique Score on a 0-6 scale (Tiebreak: Total Time)

Athletes start with a Technique Score of 6. 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 athletes feet are apart on the handstand walks. This deduction is incurred if athletes' feet are not physically in contact with each other at any point that is not the kick up or kick down portion of the handstand walk.
- 1 point is deducted if the athlete does not maintain a straight or hollow body handstand position for the duration of both handstand walks. This deduction is incurred if there is excessive arching of the spine during either walk.
- 1 point is deducted if the athlete has bent legs on their handstand walks. This deduction is incurred if the athlete bends their knees at any point that is not the initial kick up or kick down phase of the handstand walk.
- 1 point is deducted if the athletes' feet come apart in the pullup. This deduction is incurred if athletes' feet are not physically in contact with each other from the time the athlete starts the pulling motion until the finishing position with the chin over the bar. The athlete may separate their feet while mounting or dismounting the bar and between reps.
- 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.

TEST 4 MIXED

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

On the start signal the athlete will perform 4 rope climbs to a height of 4.5 meters (15 feet). After the final rope climb athlete will then mount their Assault Bike and complete 45 calories (males) or 35 calories (females). After completing their calories, the athlete will move to the dumbbell where they will complete 30 alternating hang snatches with their dumbbell. The athlete will then move back through the movements in reverse order, first heading to their bike for 45 or 35 more calories and finishing with 4 more rope climbs. There is an 8 minute time cap on this test.

TEST 4 MOVEMENT STANDARDS

For complete movement standards please see the entries for "Rope Climb" "Bicycling" and "Ground to Overhead Hang Snatch Variations" in the International Functional Fitness Federation's Movement Standards Document located at: <https://functionalfitness.sport/sport/2019-movement-standards/>. For convenience the following abbreviated standards are outlined below:

For the Rope Climb, the athlete may jump to begin ascent, using hands, arms and legs in any fashion to climb the rope. Athletes must touch the target at the designated height before descending the rope in a controlled manner. The repetition is counted when both the athlete's feet are back on the ground after the descent.

For Bicycling, the athlete must complete the designated number of calories without assistance. Athlete must stay on the bike until all repetitions are completed.

For the Hang Dumbbell Snatch, any time the athlete is picking up the dumbbell from the floor they must achieve a full vertical alignment of the shoulder, hips, and knees with the dumbbell in the hang position before beginning any repetitions. The athlete must move the dumbbell overhead in one continuous motion to achieve an overhead lockout at the top of the repetition. The athlete must switch hands on each repetition.

TEST 4 SPECIAL REGULATIONS

- Athletes may use either an Assault Bike or a Rogue Echo Bike for this workout. If an athlete does not have access to either of these brands of bike the athlete may submit a request for use of a particular brand of bike to the iF3 for approval. The iF3 cannot guarantee the timeline for receiving approval for use of a different brand of bike. Therefore, all requests should be submitted as early as possible. If a particular brand is approved after a request has been made by an athlete, that fact it will be made public.

- Athletes may not use the non-working arm for assistance on the dumbbell snatch. The nonworking arm cannot touch the athlete's body during the ascent phase of the lift. The nonworking arm can be used on the transition and during the descent phase of any repetition.

TEST 4 SCORING

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 stalls or pauses during the ascent of the rope climb. This deduction is incurred if the athlete stops at any point during the ascent phase of the rope climb. A pause to perform the target touch at the top of the climb is allowed.
- 1 point is deducted if the athlete does not control the descent of their rope climb. This deduction is incurred if the athlete descends the rope in a manner that would be considered unsafe or it appears that the athlete does not have full control of their descent speed.
- 1 point is deducted if the athlete does not maintain a neutral spine during the overhead phase of the dumbbell snatch. This deduction is incurred if there is excessive arching (overextension) when the dumbbell is overhead.