

2020 MASTERS WORLD CUP QUALIFIER TEST ANNOUNCEMENTS

The 2020 Masters World Cup Qualifier consists of 6 tests which may be performed in any order between September 1 and September 30. Tests must be completed and scores submitted online by September 30th 2020.

TEST 1 ENDURANCE

5 rounds:

On a 4 minute clock

300/270 meter row

25 burpees over rower

300/270 meter row

Max double unders in remaining time

Rest 1 minute between rounds

Score: Total number of Double Unders in all 5 rounds

SCALING BY AGE GROUP

30 - 44

As RX'd

45 - 54

280/250m row

20 burpees over rower

280/250m row

Max double unders in remaining time

55+

260/230m row

20 burpees over rower (55+ may step over the rower instead of jump)

260/230m row

Max double unders in remaining time

TEST 1 FLOW

Athlete will start seated on their rower. On the start signal, athlete will row the designated number of meters. After they complete 250 meters they will dismount the rower, and begin their burpees over the row. The athlete will move back to the rower for a second row after they complete their required number of burpees. After the completion of the second row, the athlete will pick up their jump rope and perform as many double unders as possible until their 4 minute clock expires. At the 4 minute mark, the athlete will rest exactly 1 minute before starting round 2. The athlete will repeat this sequence for a total of 5 rounds. The athlete's score will be the total number of double unders completed across all 5 rounds.

TEST 1 MOVEMENT STANDARDS

For complete movement standards please see the entries titled "Rowing," "Lateral Onto/Over Object Burpee" 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 the Burpee, the athlete must descend to a prone position and make chest contact with the ground at the bottom of the repetition. The jump over the rower must be initiated by both feet simultaneously.

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.
- Athletes in the 55-59, 60-64, and 65+ age group may step over the rower instead of jumping over on burpees.
- During the burpee, contact with the rower by the feet on the jump over is ok and will not result in a no rep.
- The rope must spin forward on double unders.

TEST 2 STRENGTH

This test runs on a 16 minute clock.

From 0:00-8:00:

Set a 1 rep max power clean

From 8:00-16:00:

Set a 1 rep max STRICT press

Score = total weight lifted for both lifts in kilograms

TEST 2 FLOW

On the start signal, the athlete will have 8 minutes to set a one rep max power clean 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. At the 8 minute mark, the athlete will transition to a rack and have 8 minutes to establish a one rep max strict press from the rack. Both bars may start loaded. The athletes' scores will be the sum of the heaviest weight lifted on both lifts IN KILOGRAMS.

TEST 2 MOVEMENT STANDARDS

For complete movement standards please see "Ground to Shoulder - Power Clean" and "Shoulder to Overhead - Strict Press" 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 power clean the athlete must move the bar from the ground to the shoulder in one motion without descending below parallel in the catch. The athlete must achieve fully extended hips and knees with elbows in front of the bar to complete the repetition.

For the Strict Press, the athlete will move the bar from the shoulder to overhead without any movement or assistance from the lower body. There must be static control of the barbell in the front rack before starting the repetition. 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 SPECIAL REGULATIONS

- The Strict Press must be taken from a rack.

- If an athlete completes their lifts using pound plates, the athlete must convert their score to kilograms when they enter the score online.
- Both bars may start loaded.

TEST 3 SKILL

For Time:

Accumulate 1:00 L-Hang on Pull-up Bar*

30 Alternating Pistols to Bench/Box

Accumulate :45 L-Sit on Parallettes*

30 Alternating Pistols

Accumulate :30 L-Sit on Parallettes*

*Minimum :05 hold length per set

9 minute time cap

SCALING BY AGE GROUP

30-44

Parallette height 14" (35 cm)

Single leg squat 14" (35 cm) box/weight plate stack for first 30 reps

:45 L-Sit Plate Height 6" (15 cm)

:30 L-Sit Plate Height 9" (23 cm)

45-54

Parallette height 14" (35 cm)

Single leg squat to 18" (45 cm) box/weight stack for first 30 reps

:45 L-Sit Plate Height 6" (15 cm)

:30 L-Sit Plate Height 9" (23 cm)

55+

Parallette height 14" (35 cm)

Single leg squat to 20" (50 cm) box/weight stack for first 30 reps

:45 L-Sit Plate Height 3" (8 cm)

:30 L-Sit Plate Height 6" (15 cm)

TEST 3 FLOW

On the start signal the athlete will jump up to the pull-up bar and accumulate 1 min in an L-Hang. The athlete may break this one minute up into whatever increments desired. However, no single hold can be shorter than :05, unless it is the final set and less than :05 remain to finish the time. After accumulating 1 minute, the athlete will perform 30 alternating single leg squats to a bench or box at their assigned height. After the single leg squats, the athlete will move to their parallettes, and accumulate a :45 second L-Sit at their first assigned height. Again this may be accumulated in whatever increments desired as long as they are a minimum of :05 long. After the first L-Sit, the athlete will perform 30 alternating pistols. This set of pistols is NOT performed to a box. After the pistols, the athlete will finish the test with a final :30 L-Sit on the parallettes at their second assigned height. There is a 9 minute time cap on this test.

TEST 3 MOVEMENT STANDARDS

For complete movement standards please see the entries for "L-Hang" "Pistol" and "L-Sit" 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 L-Hang, the athlete must hang from a pull-up bar with the hips bent in an L-Shape. The heels must remain higher than the base of the glutes for the hold to count. The knees cannot be higher than the feet.

For the Pistols, the athlete must keep one foot elevated off the ground and in front of the athlete as they perform a one legged squat. For the regular pistol, the crease of the hip of the supporting leg must descend past the knee at the lowest point of the squat. For pistols to a box, the glutes must touch the target at the bottom of the repetition. At the top of the rep the athlete must come to full extension of the hips and knees on both feet before starting the next repetition.

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 pause. 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 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 SPECIAL REGULATIONS

- For any of the holds (L-Sit or L-Hang) the minimum hold length is :05 seconds. A hold shorter than :05 seconds will not count unless it is the final hold to complete the required total time and a total of less than :05 seconds remain.
- For the L-Hang the athletes' heels must remain higher than the base of the glutes for the hold to count, and the knees cannot be higher than the feet.
- The first round of pistols is to an elevated target as specified for your division. The second round of pistols is performed to full depth.
- 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 stop.

TEST 4 BODYWEIGHT

For time:

5 Hand Release Push Ups

10 Pull Ups

15 Air Squats

10 Hand Release Push Ups

20 Pull Ups

30 Air Squats

15 Hand Release Push Ups

30 Pull Ups

45 Air Squats

20 Hand Release Push Ups

40 Pull Ups

60 Air Squats

25 Hand Release Push Ups

50 Pull Ups

75 Air Squats

12 Minute Time Cap

TEST 4 FLOW

On the Start signal athletes will perform 5 hand release push-ups, 10 pull-ups, and 15 air squats. Athlete will then return to the hand release push-ups and complete another round of 10 hand release push-ups, 20 pull-ups, and 30 air squats. Athletes will continue in this pattern completing increasing numbers of hand release push ups, pull ups, and air squats until the round of 75 air squats is completed or the 12 minute time cap expires.

TEST 4 MOVEMENT STANDARDS

For complete movement standards please see the entries for "Hand Release Push Up" and "Pull-up" and "Squat" 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 Hand Release Push Ups, there must be linear alignment of the shoulders, hips and ankles throughout the movement, full extension arms at the top of each repetition, and chest contact at the bottom of each repetition. The athlete's hands must briefly come off the ground at the bottom of the repetition.

For the 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. Any type of kip may be used.

For the Squat, there must be full extension of the lower body (knees and hips) to start and finish each repetition. The hip crease must be below the plane of the top of the knees at the lowest point of the repetition before returning to full extension of the lower body.

TEST 5 MIXED

For Time:

3 rounds of:

1 round of DT (12 Deadlifts, 9 Hang Power Clean 6 Shoulder to Overhead = 1 Round of DT)

30 Wall Balls

Immediately into

3 rounds of:

30 Alternating DB Snatch

15 Toes to Bar

SCALING BY AGE GROUP

30-44

DT @ 60/40 kg (135/90 lbs)

Wall ball 9/6kg (20/14 lbs) and 3/2.75 meters (10/9 ft)

DB snatch @ 22.5/15 kg (50/35 lbs)

45-54

DT @ 50/35 kg (110/80 lbs)

Wall ball 9/6kg (20/14 lbs) and 3/2.75 meters (10/9 ft)

DB snatch @ 22.5/15 kg (50/35 lbs)

55+

DT @ 40/30 kg (90/65 lbs)

Wall Ball 6/4kg (12/8 lbs) at 3/2.75 meters (10/9 ft)

DB Snatch @ 15/10 kg (35/25 lbs)

TEST 5 FLOW

On the start signal the athlete will pick up their barbell and perform 1 round of DT. DT is 12 Deadlifts, 9 Hang Power Cleans, and 6 Shoulder to Overhead. The athlete will then perform 30 wall balls. The athlete will repeat this cycle for two more rounds. After the third set of 30 wall balls, the athlete will move on to 3 rounds of 30 alternating Dumbbell Snatch and 15 Toes to Bar. Time is called after the last rep of toes to bar in the third round. There is a 15 minute time cap on this test.

TEST 5 MOVEMENT STANDARDS

For complete movement standards please see the entries for "Conventional Deadlift" "Hang Power Clean" "Shoulder to Overhead," "Wall Ball Shot" "Ground to Overhead Other Objects" and "Toes to Bar" 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 conventional Deadlift, the athlete must elevate the barbell from the ground while on both feet by standing to a fully upright position with the arms oriented downward from the shoulders. At the top of the repetition, the lower body achieves full extension with the hips open, the knees locked out and shoulders behind the vertical plane of the barbell. The repetition is counted when the athlete achieves all 3 points of performance simultaneously. Athletes may not bounce the weight to gain momentum when completing tandem lifts. Standards that must be met include Full extension of the lower body at the top of the repetition; Bar touches the floor between reps; Hands and arms are outside of the knees; Shoulders are behind the vertical plane of the barbell at the top of the repetition.

For the Hang Power Clean, the athlete must show full extension with the barbell in the hang position before beginning the first repetition and any repetition after a break where the bar is being picked up from the ground. The athlete will elevate the bar from the hang position. to the shoulder. The repetition finishes with the barbell in the front rack position with the hips and knees locked out. Elbows must be break the vertical plane in front of the barbell. Athletes may cycle repetitions of the hang power clean without reestablishing the vertical alignment in the hang position as long as the bar does not pass below the knee during the cycling phase.

Shoulder-to-Overhead barbell movements involve elevating a barbell from a static position at the shoulder to a static position overhead. Standards that must be met: Static control of the barbell in the front rack position at the beginning of the repetition; Arms overhead supporting the barbell in a controlled fashion at the top of the repetition; full vertical alignment of the elbows, shoulders, hips, knees and ankles, with feet not wider than the outer planes of the shoulders. A strict press, push press, push jerk, or split jerk are all acceptable variations of the Shoulder to Overhead movement.

For the Alternating Dumbbell Snatch, the dumbbell will start on the ground and in one smooth motion the athlete will elevate the Dumbbell overhead finishing in control with the arm holding the dumbbell locked out at the elbow and shoulder and the dumbbell centered in line with the shoulder. Athletes must alternate hands every repetition.

For the Wall Ball Shot 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 Toes To Bar

- There must be full extension of the hips at the bottom of the repetition (heels break the vertical plane of the bar);
- Feet touch the bar simultaneously within the width of the hands at the top of each repetition

TEST 5 SPECIAL REGULATIONS

- Only one hand may be on the dumbbell during the upward/ascent phase of the dumbbell snatch.
- Athletes may place two hands on the dumbbell during the descent of the movement and in order to switch hands
- A "touch and go" style of dumbbell snatch may be used, but both heads of the dumbbell must touch the ground at the start of each repetition
- If athletes drop the wallball between repetitions they must settle the ball before picking it up and beginning again. Picking the ball up off the bounce and going immediately into the next repetition is not allowed.
- A power clean will NOT count as a Deadlift OR a Hang Power Clean. You cannot do a power clean from the floor on your 12th deadlift and count it as a deadlift. Nor will it count as a hang power clean. You MAY do a deadlift, pause at the top of the deadlift on the 12th rep clearly showing the hang position, and then immediately begin your hang power cleans.
- Athletes can do their 9th hang power clean directly into their first shoulder to overhead without achieving a final lockout on the 9th clean. However, the shoulder to overhead must achieve the required lockout.

TEST 6 POWER

For Time

15 Snatch

15 Clean and Jerk

15 Bar Facing Burpees

Time Cap 3 minutes

SCALING BY AGE GROUP

30-44

50/35 kg (110/80 lbs)

45-54

40/30 kg (90/65 lbs)

55+

30/20*kg (65/45 lbs)

10 Bar Facing Burpees

*These can be performed from the hang BELOW the knees

*Second bar must be set up to jump properly at regular plate height

TEST 6 FLOW

On the start signal the athlete will pick up their barbell and perform 15 snatches anyhow into 15 clean and jerks anyhow followed by the appropriate number of bar facing burpees for their division. There is a 3 minute time cap on this workout.

TEST 6 MOVEMENT STANDARDS

For complete movement standards please see the entries for "Ground to Overhead (Snatch Variations)" "Ground to Shoulder + Shoulder to Overhead" and "Target Facing Burpees" 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 Snatch, any kind of snatch is acceptable for this test except for variations coming from the hang. The barbell must go from the ground to overhead in one motion without stopping at the shoulders. Full lockout and extension of the elbows, hips, and knees must occur at the top of the repetition.

For the Clean and Jerk, any combination of a ground to shoulder movement (except hang clean variations) plus any shoulder to overhead movement is acceptable. The object must come from the ground, stop at the shoulders, and then continue overhead, finishing with the barbell overhead with locked out elbows, hips, and knees.

For the Target Facing Burpee, the athlete will be facing perpendicular to the barbell. They must make chest contact with the floor at the bottom of the repetition and initiate the jump over the barbell with two feet at the same time.

TEST 6 SPECIAL REGULATIONS

- Any Snatch variation and any Clean and Jerk variation may be used in this workout EXCEPT for variations coming from the hang.
- On the Clean and Jerk, athletes can do their clean directly into their shoulder to overhead without achieving a final lockout on the clean movement. However, the shoulder to overhead must achieve the required lockout.