



JUNIOR WORLD CUP QUALIFIER 2020



Name: _____

TEST 1 - ENDURANCE

FROM: 0:00-10:00

For Time – 10 min cap

5 Rounds for Time

250m Row

25 unbroken Double Unders

Rest from 10:00 to 15:00

SCORING

Score A: Total Time for the Test

Score B: Time Difference (in seconds)
between your slowest and fastest
rounds

Score C: Technique Score (3 to 0)

The Total Time will act as a tiebreak for
Scores B and C

	<u>Reps/Meters</u>	<u>Clock Time</u>	<u>Round Time</u>	<u>Total Reps</u>
Row	250m	N/A		25
DU	35 unbroken	_____	_____	60
Row	250m	N/A		85
DU	35 unbroken	_____	_____	120
Row	250m	N/A		145
DU	35 unbroken	_____	_____	180
Row	250m	N/A		205
DU	35 unbroken	_____	_____	240
Row	250m	N/A		265
DU	35 unbroken	_____	_____	300

TECHNIQUE POINTS

Athlete starts with **3 points**. **-1 point** for breaching each of the criteria below

(mark each box on breach of condition):

-1

Failing to **jump with straight legs**,
including a donkey kick or significant
bend of the knee.

-1

Athlete **pikes at the hips during**
jump, including a forward incline of
torso or forward lifting of legs

-1

Athlete **moves off the designated**
mark on the floor during double
unders

TEST 1 **Score A: Total Time OR Reps Complete** _____

Score B: Time Difference (in sec): _____ **Score C: Technique Score (3-0)** _____

Judge Signature: _____

Athlete Signature: _____



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Name: _____

TEST 2 - STRENGTH

FROM: 15:00-25:00

10 mins to find

1 rep max Squat Clean Thruster

Rest from 25:00 to 30:00

SCORING

Score A: Heaviest Load

Score B: Technique Score (3 to 0)

The Heaviest Load will act as a tiebreak for
Score B

<u>Weight</u>	<u>Complete?</u>	
	Y	N
	Y	N
	Y	N
	Y	N
	Y	N
	Y	N
	Y	N
	Y	N
	Y	N
	Y	N
	Y	N
	Y	N
	Y	N
	Y	N

TECHNIQUE POINTS

Athlete starts with **3 points**. **-1 point** for breaching each of the criteria below
(mark each box on breach of condition):

-1

Athlete **rounds back** and shows **flexion of the spine** during the first phase of the lift. This includes coming off the floor, during the catch of the clean or coming out of the bottom of the squat.

-1

Athlete's **knees do not track 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

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 2 **Score A: Heaviest Load** _____

Score B: Technique Score (3-0) _____

Judge Signature: _____

Athlete Signature: _____



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Name: _____

TEST 3 - SKILL

FROM: 30:00-36:00

For Time – 6 min cap

7.5m (25ft) unbroken handstand walk down

7.5m (25ft) unbroken handstand walk back

25 strict pull-ups

Rest from 36:00 to 41:00

<u>TEST 3</u>	<u>Reps</u>	<u>Total Reps</u>
HS Walk Down	7.5m / 25ft	1
HS Walk Back	7.5m / 25ft	2
Strict Pull Ups	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25	27

SCORING

Score A: Total Time for the Test

Score B: Technique Score (6 to 0)

The Total Time will act as a tiebreak for Score B

TECHNIQUE POINTS

Athlete starts with **6 points**. **-1 point** for breaching each of the criteria below
(mark each box on breach of condition):

-1

Athlete's **feet are apart during the handstand walks**. Incurred if feet are not physically in contact at any point that is not the kick up or kick down.

-1

Athlete **does not maintain a straight or hollow body handstand position** for the duration of both walks. Incurred if there is excessing arching of the spine during the walk.

-1

Athlete **has bent legs during the handstand walk**. Incurred if the athlete bends their knees at any point that is not the kick up or kick down.

-1

Athlete's **feet come apart during the pullups**. Feet must physically be in contact during the rep. Athlete may part feet while mounting or dismounting the bar and between reps.

-1

Athlete **performs a leg kick of any kind during the pullup**. Incurred if the athlete performs anything that resembles a kicking motion during the pullup.

-1

Athlete **performs a 'chin reach' on the pullup**. 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 bar.

TEST 3 **Score A: Total Time OR Reps Complete** _____

Score C: Technique Score (6-0) _____

Judge Signature: _____

Athlete Signature: _____



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Name: _____

TEST 4 - MIXED

FROM: 41:00-49:00

For Time – 8 min cap

- 4 rope climbs (4.5m or 15ft)
- 45/35 Calories Assault Bike
- 30 Alternating Hang DB Snatch
- 45/35 Calories Assault Bike
- 4 rope climbs (4.5m or 15ft)

SCORING

Score A: Total Time for the Test

Score C: Technique Score (3 to 0)

The Total Time will act as a tiebreak for
Score B

<u>TEST 4</u>	<u>Reps/Meters</u>										<u>Total (M/F)</u>
Rope	1 2 3 4										4/4
Bike	45/35 cal										49/39
Snatch	1	2	3	4	5	6	7	8	9	10	79/69
	11	12	13	14	15	16	17	18	19	20	
	21	22	23	24	25	26	27	28	29	30	
Bike	45/35 cal										124/104
Rope	1 2 3 4										128/108

DB WEIGHTS

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

15-16 years old – 20/17.5kg (45/35lbs)

17-18 years old – 25/20kg (55/45lbs)

TECHNIQUE POINTS

Athlete starts with **3 points**. **-1 point** for breaching each of the criteria below
(mark each box on breach of condition):

-1

Athlete **pauses or stalls during the ascent of the rope climb**. Incurred if the athlete stops at any point during the ascent phase. A pause to perform target touch at the top is allowed.

-1

Athlete **does not control descent of their rope climb**. Incurred if the athlete descends the rope in a manner that would be considered unsafe or appears they don't have full control of their descent speed.

-1

Athlete **does not maintain a neutral spine during the overhead phase of the dumbbell snatch**. Incurred if there is excessive arching (overextension) when the dumbbell is overhead.

TEST 4 **Score A: Total Time OR Reps Completed** _____

Score B: Technique Score (3-0) _____

Judge Signature: _____

Athlete Signature: _____