



MASTERS WORLD CUP QUALIFIER 2020

Name: _____

TEST 1 - ENDURANCE

5 x 4 min rounds of

300/270m Row
25 Burpees Over Rower
300/270m Row
Max Double Unders

Rest 1 minute between rounds

SCORING

Score: Total Number of **Double Unders** from all 5 rounds

SCALING

30-44

As prescribed

45-54

280/250m Row
20 Burpees Over Rower

55+

260/230m Row
20 Burpees Over Rower (may step over rower)

Rd	Row	Burpees	Row	Double Unders
1	See Scaling for distances	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 <i>RX – 21 22 23 24 25</i>	See Scaling	
2	See Scaling for distances	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 <i>RX – 21 22 23 24 25</i>	See Scaling	
3	See Scaling for distances	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 <i>RX – 21 22 23 24 25</i>	See Scaling	
4	See Scaling for distances	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 <i>RX – 21 22 23 24 25</i>	See Scaling	
5	See Scaling for distances	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 <i>RX – 21 22 23 24 25</i>	See Scaling	

TEST 1 Score A: Total Double Unders _____

Judge Signature: _____

Athlete Signature: _____



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TEST 2 - STRENGTH

16 mins on the clock

FROM: 0:00-8:00

Find 1 rep max Power Clean

FROM: 8:00-16:00

Find 1 rep max **Strict** Press

SCORING

Score: Total weight lifted for both max lifts
in kilograms

<u>POWER CLEAN</u>		<u>STRICT PRESS</u>	
<u>Attempt Wgt</u>	<u>Complete?</u>	<u>Attempt Wgt</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
	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

TEST 2

Total of Max Lifts in kilograms _____

Judge Signature: _____

Athlete Signature: _____



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TEST 3 - SKILL

For Time – 9 min cap

Accumulate 1:00 L-Hang on Pull Up Bar

30 Alternating Pistols to Bench/Box

Accumulate :45 L-Sit on Parallettes

30 Alternating Pistols (no bench/box)

Accumulate :30 L-Sit on Parallettes

NOTE – Minimum :05 hold length per set

<u>TEST 3</u>	<u>Reps</u>	<u>Total Reps</u>
L-Hang on Bar	60 secs	60
Pistols to Box	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 26 27 28 29 30	90
L-Sit on Parallette	45 secs	135
Pistols	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 26 27 28 29 30	165
L-Sit on Parallette	30 secs	195

SCALINGS

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

Total Time OR Reps Completed _____

Judge Signature: _____

Athlete Signature: _____



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TEST 4 - BODYWEIGHT

For Time – 12 min cap

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

	<u>Reps</u>	<u>Total</u>
Push	1 2 3 4 5	5
Pull	1 2 3 4 5 6 7 8 9 10	15
Squat	5 10 15	30
Push	1 2 3 4 5 6 7 8 9 10	40
Pull	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20	60
Squat	5 10 15 20 25 30	90
Push	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	105
Pull	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 26 27 28 29 30	135
Squat	5 10 15 20 25 30 35 40 45	180
Push	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20	200
Pull	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 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40	240
Squat	5 10 15 20 25 30 35 40 45 50 55 60	300
Push	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	325
Pull	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 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50	375
Squat	5 10 15 20 25 30 35 40 45 50 55 60 65 70 75	450

TEST 4

Total Time _____

Judge Signature: _____

Athlete Signature: _____



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TEST 5 - MIXED

For Time – 15 min cap

3 Rounds of:

- 12 Deadlifts
- 9 Hang Power Clean
- 6 Shoulder to Overhead
- 30 Wall Balls

then 3 Rounds of:

- 30 Alternating DB Snatch
- 15 Toes to Bar

SCALINGS

30-44

- Barbell** – 60/40kg (135/90lbs)
- Wall Ball** – 9/6kg (20/14lbs) @ 3/2.75m (10/9ft)
- Dumbbell** – 22.5/15kg (50/35lbs)

45-54

- Barbell** – 50/35kg (110/80lbs)
- Wall Ball** – 9/6kg (20/14lbs) @ 3/2.75m (10/9ft)
- Dumbbell** – 22.5/15kg (50/35lbs)

55+

- Barbell** – 40/30kg (90/65lbs)
- Wall Ball** – 6/4kg (12/8lbs) @ 3/2.75m (10/9ft)
- Dumbbell** – 15/10kg (35/25lbs)

	<u>Reps</u>	<u>Total</u>
DL	1 2 3 4 5 6 7 8 9 10 11 12	12
HPC	1 2 3 4 5 6 7 8 9	21
S2OH	1 2 3 4 5 6	27
WB	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 26 27 28 29 30	57
DL	1 2 3 4 5 6 7 8 9 10 11 12	69
HPC	1 2 3 4 5 6 7 8 9	78
S2OH	1 2 3 4 5 6	84
WB	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 26 27 28 29 30	114
DL	1 2 3 4 5 6 7 8 9 10 11 12	126
HPC	1 2 3 4 5 6 7 8 9	135
S2OH	1 2 3 4 5 6	141
WB	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 26 27 28 29 30	171
DB	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 26 27 28 29 30	201
T2B	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	216
DB	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 26 27 28 29 30	246
T2B	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	261
DB	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 26 27 28 29 30	291
T2B	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	306

TEST 5

Total Time _____

Judge Signature: _____

Athlete Signature: _____



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TEST 6 - POWER

For Time – 3 min cap

- 15 Snatch
- 15 Clean and Jerk
- 15 Bar Facing Burpees

SCALINGS

30-44

Barbell – 50/35kg (110/80lbs)

45-54

Barbell – 40/30kg (90/65lbs)

55+

Barbell* – 30/20kg (65/45lbs)

Burpees – 10 Bar Facing Burpees

Barbell movements for 55+ can be performed
from the hang BELOW the knees

Second bar must be set up for bar facing
burpees at regular plate height

	<u>Reps</u>															<u>Total</u>
Snatch	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	15
C&J	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	30
BFB	1 2 3 4 5 6 7 8 9 10*										11 12 13 14 15					45

* - 55+ only require 10 Bar Facing Burpees

TEST 6

Total Time _____

Judge Signature: _____

Athlete Signature: _____