



JUNIOR WORLD CUP QUALIFIER 2020



IF3 WORLD CUP
MASTERS & JUNIORS

Name: _____

TEST 1 - ENDURANCE

FROM: 0:00-10:00

For Time – 10 min cap

5 Rounds or Time

250m Row

35 unbroken Double Unders

Rest from 00:00 to 00:00

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 |
| | 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: _____