

2020 CONTINENTAL CUP PRELIMINARY TEAM TEST ANNOUNCEMENTS

TEST 1 ENDURANCE

0:00-22:00

Performed by all four athletes.

For Time:

500 Double Unders (Male Athlete 1)

500 Double Under (Female Athlete 1)

5000 meter Row (Split between Male Athlete 2 and Female Athlete 2)

All athletes are working on their respective pieces at the same time. One male athlete will perform all 500 Double Unders, simultaneously one female athlete will perform all 500 Double Unders, and the remaining male and female athlete will share a 5000m row between them (only 1 rower for the pair).

Score is all three times added together to get one total time. (Male Athlete 1's time on double unders + Female Athlete 1's time on double unders + 5000m row time= total time).

22:00 minute time cap

Rest 22:00-30:00

TEST 2 STRENGTH + TEST 3 BODYWEIGHT

30:00-42:00

Performed by all 4 athletes

On a 12 minute clock:

Each athlete must set a 5 rep max touch and go squat clean thruster while the team accumulates as many strict ring muscle ups as possible

12 min time cap

Rest 42:00-50:00

TEST 4 MIXED RELAY 1

From 50:00-1:05:00

One Male and One Female Athlete will perform this test.

Each athlete performs 3 rounds of the following sequence for time:

Athletes must switch roles every round

Athlete 1:

10-7-4 Kettlebell Swings (30/24kg)

Perform 5 lateral burpees over the kettlebell after each set of kettlebell swings

Athlete 2:

Hang from pull up bar

*Athlete 1 may only work while Athlete 2 is actively hanging on the bar. If athlete 2 comes off the bar at anytime Athlete 1 must stop working until Athlete 2 resumes their hang. *

Score: Total time for each athlete to complete three rounds of the entire sequence.

15 minute time cap

Rest 1:05:00-1:10:00

EVENT 5 MIXED RELAY 2

1:10:00-1:25:00

The Male and Female Athlete that did not perform test 4 will perform this test.

Each athlete performs 3 rounds of the following sequence for time:

Athletes must switch roles every round

Athlete 1:

12-9-6 Toes to Bar

25 Double Unders after each set of Toes to Bar

Athlete 2:

Wall Facing Handstand Hold

*Athlete 1 may only work while Athlete 2 is in a handstand. If athlete 2 comes down from the handstand at anytime Athlete 1 must stop working until Athlete 2 resumes their handstand. *

Score: Total time for each athlete to complete three rounds of the entire sequence.

15 minute time cap

Rest 1:25:00-1:35:00

TEST 6 TEAM STRATEGY

1:35:00-1:50:00

All four athletes complete this test.

2 Rounds for time:

400 meter Row

21 Thrusters 45 kg (100 lbs)

15 Bar Muscle Ups

9 Cleans Anyhow 70 kg (155lbs)

Each athlete will choose one task to complete. Athletes must complete the same task each round. An Athlete can only begin their task when the previous athlete completes his or her task.

Score is total time for both rounds

15 minute time cap

FLOW, MOVEMENT STANDARDS, AND SPECIAL REGULATIONS FOR ALL TESTS

TEST 1

0:00-22:00

Performed by all four athletes.

For Time:

500 Double Unders (Male Athlete 1) + 500 Double Under (Female Athlete 1)

5000 meter Row (Split between Male Athlete 2 and Female Athlete 2)

All athletes are working on their respective pieces at the same time. One male athlete will perform all 500 Double Unders, one female athlete will perform all 500 Double Unders, and the remaining male and female athlete will share a 5000m row between them (only 1 rower for the pair).

22:00 minute time cap

Rest 22:00-30:00

TEST 1 SCORING

Score is all three times added together to get one total time. (Male Athlete 1's time on double unders + Female Athlete 1's time on double unders + 5000m row time= total time).

TEST 1 FLOW

Male Athlete 1 and Female Athlete 1 will start with their jump rope in hand. Either Male Athlete 2 or Female Athlete 2 will start started on the rower. The rower will be set to count down from 5000 meters. On the start signal, the three working athletes will begin their assigned repetitions. Male Athlete 1 and Female Athlete 1 will continue to to perform double unders until they have completed 500 repetitions. Male Athlete 2 and Female Athlete 2 will take turns on the rower until 5000 meters have been completed. Male Athlete 2 and Female Athlete 2 may switch who is the working athlete and who is the resting athlete as many times and at whatever intervals they wish.

Two Technical Officials are needed to judge this test. One Technical Official will count Male Athlete 1's Double Unders, and one Technical Official will count Female Athlete 1's double unders. The rower will be set to count down from 5000m. When the first Double Under athlete finishes that Technical Official will move to the Rower to oversee and record the row time.

Male Athlete 1's Time + Female Athlete 2's Time + Row Time= Total Time For This Test

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/wp-content/uploads/2020/07/2019-iF3-Movement-Standards.pdf>. Rowing 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.
- The rope must spin forward on double unders.
- The rower must count down from 5000 meters.
- Rowing athletes may switch who is the active rower whenever and as often as desired.
- Double Under athletes may NOT participate in the row.

TEST 2 STRENGTH + TEST 3 BODYWEIGHT

30:00-42:00

Performed by all 4 athletes

On a 12 minute clock:

Each athlete must set a 5 rep max touch and go squat clean thruster while the team accumulates as many strict ring muscle ups as possible

Rest 42:00-50:00

TEST 2 + 3 SCORING

Test 2 Score: The Sum of the heaviest 5rm for each athlete (Athlete 1's 5rm + Athlete 2's 5rm + Athlete 3's 5rm + Athlete 4's 5rm)

Test 3 Score: Total Number of Strict Ring Muscle Ups for the Team

TEST 2 + 3 FLOW

On the start signal, athletes will have 12 minutes for all 4 athletes to set a 5 rep max touch and go squat clean thruster while simultaneously accumulating as many strict ring muscle ups as possible. Teams may only use one barbell and one set of rings. Athletes may take as many attempts as they want on the squat clean thruster. However, the weight on the bar can only go up. Athletes may perform strict ring muscle ups while another athlete is lifting. Ring muscle ups may be performed by any athlete, in any order, and in whatever sets as desired.

The team will need two Technical Officials for this test. One will officiate the squat clean thrusters while the other officiates the strict ring muscle ups.

TEST 2 + 3 MOVEMENT STANDARDS

For complete movement standards please see "Squat Clean Thruster" and "Strict Ring Muscle Up" in the International Functional Fitness Federation's Movement Standards Document located at: <https://functionalfitness.sport/wp-content/uploads/2020/07/2019-iF3-Movement-Standards.pdf>. 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.

For the Strict Ring Muscle-up, the athlete must show full extension of the arms at the bottom and top of each repetition. The athlete may not swing or use the lower body to gain momentum to assist in the ascent. Knees must stay locked out for the duration of the repetition. If the toes pass behind the vertical plane while at the bottom of the repetition, then the athlete must pause in the fully vertical position before beginning ascent.

TEST 2 + 3 SPECIAL REGULATIONS

- The squat clean thruster repetitions must be touch and go. This means that resting on the floor longer than a "tap" of the barbell on the ground is NOT allowed.
- Only one barbell may be used, and the bar may start loaded.
- The weight on the bar can only increase.
- Team Members may assist each other when changing the weight of the barbell during the test.
- When a Team Member is lifting, they must declare the weight of their attempt out loud to their official before making their attempt. The official will verify that the athlete has stated the right weight before recording the athlete's score.

- The squat clean thruster must be performed in a smooth motion from the floor. Deadlifting the bar and performing the lift from the hang is not allowed; nor is pausing in the front rack position and then push pressing the bar to complete the thruster.
- When cycling between reps:
 - The athlete may rest in the front rack between completed repetitions
 - The athlete may rest with the bar overhead between completed repetitions
 - The athlete may NOT rest with the bar in the back rack between completed repetitions
 - The athlete MAY NOT remove their hands from the barbell at any time during the 5 repetitions, otherwise that attempt will not count. For clarity, this means if the athlete chooses to trap the bar in their hips to rest, they MAY NOT remove their hands from the barbell while in this position.
- If an athlete gets “no repped” in the middle of their set of squat clean thrusters, they do not have to stop the set as long as their hands have not come off the bar and the bar has not come to rest on the floor. The athlete may continue the set until they have completed 5 successful repetitions. (Example: An athlete performs two successful squat clean thrusters. On the third repetition the athlete is no repped for lack of depth. The athlete does not drop the bar and continues the set and performs 3 additional counting repetitions. The athlete has completed a successful set of 5 repetitions, and this set will count.)
- Only one pair of rings may be used for the team for the strict muscle ups.
- There is no minimum work requirement for athletes on the strict ring muscle ups.

TEST 4 MIXED RELAY 1

From 50:00-1:05:00

One Male and One Female Athlete will perform this test.

Each athlete performs 3 rounds of the following sequence for time:

Athletes must switch roles every round

Athlete 1:

10-7-4 Kettlebell Swings (30/24kg)

Perform 5 lateral burpees over the kettlebell after each set of kettlebell swings

Athlete 2:

Hang from pull up bar

*Athlete 1 may only work while Athlete 2 is actively hanging on the bar. If athlete 2 comes off the bar at anytime Athlete 1 must stop working until Athlete 2 resumes their hang. *

15 minute time cap

Rest 1:05:00-1:10:00

TEST 4 SCORING

Score: Total time for both athletes to complete three rounds of the entire sequence.

TEST 4 FLOW

On the Start signal, Athlete 2 will hang from the pullup bar. Once Athlete 2 is hanging, Athlete 1 will pick up their Kettlebell and perform 10 swings, 5 lateral burpees over the kettlebell, 7 swings, 5 lateral burpees, 4 swings, and 5 more burpees. Once Athlete 1 completes their last set of 5 burpees, the athletes will switch roles and Athlete 2 will perform the kettlebell and burpee sequence while Athlete 1 hangs. The athletes will continue in this manner until both athletes have completed the complete kettlebell and burpee sequence 3 times. The athlete working on the kettlebell and burpees sequence can only accumulate reps when the other athlete is hanging on the pull-up bar. If the hanging athlete drops from the bar, the other athlete must stop working and cannot start again until the hanging athlete remounts the bar.

The score for this workout is the total time.

This test will require two Technical Officials. One will watch the athlete working on kettlebells and burpees. The other will watch the hanging athlete and declare when the kettlebell/burpee athlete may start and/or stop working.

TEST 4 MOVEMENT STANDARDS:

For complete movement standards please see the entries for "Kettlebell Swing" and "Lateral Onto/Over Object Burpee" in the International Functional Fitness Federation's Movement Standards Document located at: <https://functionalfitness.sport/wp-content/uploads/2020/07/2019-iF3-Movement-Standards.pdf>. For convenience the following abbreviated standards are outlined below:

For the Kettlebell Swing the bottom of the kettlebell must break the horizontal plane at the top of the athlete's head at the highest point of the swing for the repetition to count. At the bottom of the repetition the bell of the kettlebell must break the front plane of the athletes thighs.

For the Lateral Burpee, athletes' chest must contact the floor at the bottom of the repetition while the body is parallel to the kettlebell. The athlete must jump over the kettlebell using a two foot takeoff. The hips do not have to fully extend during the jump.

TEST 4 SPECIAL REGULATIONS

- Athletes must complete the full kettlebell and burpee sequence before switching roles with the hanging athlete.
- The hanging athlete may hang in any grip of their choosing and may adjust or change their grip at anytime or hang with only one hand if desired.

EVENT 5 MIXED RELAY 2

1:10:00-1:25:00

The Male and Female Athlete that did not perform test 4 will perform this test.

Each athlete performs 3 rounds of the following sequence for time:

Athletes must switch roles every round

Athlete 1:

12-9-6 Toes to Bar

25 Double Unders after each set of Toes to Bar

Athlete 2:

Wall Facing Handstand Hold

*Athlete 1 may only work while Athlete 2 is in a handstand. If athlete 2 comes down from the handstand at anytime Athlete 1 must stop working until Athlete 2 resumes their handstand. *

15 minute time cap

Rest 1:25:00-1:35:00

TEST 5 SCORE

Score: Total time for both athletes to complete three rounds of the entire sequence.

TEST 5 FLOW

On the Start signal athlete 2 will kick up into a handstand hold against the wall with their stomach facing the wall. Once Athlete 2 has achieved the handstand position, Athlete 1 will perform 12 toes to bar, 25 double unders, 9 toes to bar, 25 double unders, 6 toes to bar, and 25 double unders. After Athlete 1's last set of

Double Unders the athletes will switch roles, and Athlete 1 will hold a handstand while Athlete 2 will complete the toes to bar and double under sequence. The athletes will continue in this manner until both athletes have completed the complete the toes to bar and double under sequence 3 times. The athlete working on the toes to bar and double under sequence can only accumulate reps when the other athlete is holding a handstand. If the holding athlete comes down from a handstand, the other athlete must stop working and cannot start again until their partner regains the handstand position.

The score for this test is the total time.

Two Technical Officials are required for this test. One will judge the toes to bar and double under sequence and one will judge the handstand hold and instruct the toes to bar/double under athlete when they may start and/or stop working.

TEST 5 MOVEMENT STANDARDS:

For complete movement standards please see the entries for "Jump Rope - Double Under" and "Toes to Bar" and "Handstand Hold Hand Movement Allowed" in the International Functional Fitness Federation's Movement Standards Document located at: <https://functionalfitness.sport/wp-content/uploads/2020/07/2019-iF3-Movement-Standards.pdf>. For convenience the following abbreviated standards are outlined below:

For the Double Under, the rope must pass under the athletes' feet twice for every one jump.

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

For the Handstand Hold, the requirement for a freestanding hold is waived. This hold is against the wall. Please see special regulations for other specifications.

TEST 5 SPECIAL REGULATIONS

- For the Handstand Hold, the athlete's stomach must be facing the wall, but only the toes may touch the wall.
- For the Handstand Hold, the athletes may adjust their hands during the hold but the hands must remain completely inside a box that extends one meter away from the wall and one meter wide.
- The rope must spin forward on double unders.

TEST 6 TEAM STRATEGY

1:35:00-1:50:00

All four athletes complete this test.

2 Rounds for time:

400 meter Row

21 Thrusters 45 kg (100 lbs)

15 Bar Muscle Ups

9 Cleans Anyhow 70 kg (155lbs)

Each athlete will choose one task to complete. Athletes must complete the same task each round. An Athlete can only begin their task when the previous athlete completes his or her task.

15 minute time cap

TEST 6 SCORING

Score is total time for both rounds

TEST 6 FLOW

The team will select one athlete to perform each movement. That athlete must perform the same movement each round. The athlete must perform all the repetitions of that movement and the team cannot move on until all repetitions are completed. The weights and repetitions are set regardless of whether the team chooses a male or female athlete for that task. On the go signal, Athlete one will row 400 meters. After they finish, athlete 2 will perform 21 thrusters. After the thrusters are completed, athlete 3 will begin 15 bar muscle ups. After their last bar muscle up, the final athlete will approach the barbell and perform 9 cleans. After the last clean, athlete 1 will begin a second 400 meter row and all athletes will proceed through the sequence again. Time is called when the last athlete finishes their second set of 9 cleans.

TEST 6 MOVEMENT STANDARDS:

For complete movement standards please see the entries for "Rowing" "Thrusters" "Bar Muscle Ups" and "Ground to Shoulder" in the International Functional Fitness Federation's Movement Standards Document located at: <https://functionalfitness.sport/wp-content/uploads/2020/07/2019-iF3-Movement-Standards.pdf>. For convenience the following abbreviated standards are outlined below:

For "Rowing" the athlete must row the specified distance without assistance of others and remain seated while rowing and until the specified distance has been reached .

For "Thrusters"the athlete supports a barbell or other object in 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 body (hip, knee, and elbow extension). A jerk-type press (i.e., dropping under the object during the elevation phase) is not allowed.

For "Bar Muscle Ups," the athlete must start in a fully extended vertical hang, and the athlete must finish in a locked out front support on top of the pull-up bar with arms fully extended.

For the "Ground to Shoulder," any style of clean may be used, but the athlete must take the bar from the ground to the front rack position on the shoulder. At the top of the repetition the knees and hips must be fully extended with the elbows in front of the bar.

TEST 6 SPECIAL REGULATIONS

- No tagging is required between athletes, but no athlete can start their task until the Technical Official has signaled to them that the athlete before them has finished and they may begin.
- Any style of clean may be used on the cleans.