

2020 MASTERS WORLD CUP FINAL TEST ANNOUNCEMENTS

The 2020 Masters World Cup Final consists of 4 tests which must be performed in order with the specified amount of rest between each test.

MASTERS WORLD CUP FINAL TIMELINE

At the start of your designated competition block there will be roughly a 10 minute introductory period to allow athletes time to login on to the streaming platform and for last minute instructions.

TEST 1 ENDURANCE

0:00-21:00

7 rounds:

On a 2:30 minute clock

4 x 15 meter (49 feet) shuttle run (60 meters/196 feet total)

10 burpees to 7 centimeter (3 inch) plate

4 x 15 meter (49 feet) shuttle run (60 meters/196 feet total)

Max meters on Concept2 rower in remaining time

Rest 30 seconds between rounds

Score: Total number of Meters from all 7 rounds

Rest exactly 14 minutes until clock reaches 35 minutes

TEST 2 STRENGTH

On a 15 minute clock:

Find a 3 rep max shoulder to overhead (anyhow)

Find a 3 rep max overhand grip deadlift

Score: Sum of heaviest successful 3rm shoulder to overhead and heaviest successful 3rm deadlift

Rest exactly 10 minutes until clock reaches 1:00:00

TEST 3 POWER

For Time:

30 thrusters

300/250 meter row

Time Cap: 2:30

30-44 YEARS 40/30KG (90/65 POUNDS)

45-54 YEARS 35/25KG (80/55 POUNDS)

55+ YEARS 30/20KG (65/45 POUNDS)

Rest until clock reaches an hour and 10 minutes (1:10:00 or 70 minutes)

TEST 4 MIXED

10min AMRAP:

10 Pull ups

10 Handstand push ups

10 Kettlebell deadlifts

30 double unders

20 Pull ups

20 Handstand push ups

20 Kettlebell deadlifts

60 double unders

30 Pull ups

30 Handstand push ups

30 Kettlebell deadlifts

90 double unders

40 Pull ups

40 Handstand push ups

40 Kettlebell deadlifts

120 double unders

50 pull ups

50 Handstand push ups

50 Kettlebell deadlifts

150 double unders

30 - 44 YEARS

Handstand pushup: head to ground; Hands must remain in a box that is 61 x 91 centimeters (24 x 36 inches)

Kettlebell 32/24 kg (70/53 lbs) each hand

45 YEARS +

Handstand pushup: head to 7 centimeter (3 inch) riser; Hands must remain in a box that is 61 x 91 centimeters (24 x 36 inches)

Kettlebell 24/16 kg (53/35 lbs) per hand

FINISH

INDIVIDUAL TEST FLOW AND MOVEMENT STANDARDS

TEST 1 ENDURANCE

0:00-21:00

7 rounds:

On a 2:30 minute clock

4 x 15 meter (49 feet) shuttle run (60 meters/196 feet total)

10 burpees to 7 centimeter (3 inch) plate

4 x 15 meter (49 feet) shuttle run (60 meters/196 feet total)

Max meters on Concept2 rower in remaining time

Rest 30 seconds between rounds

Score: Total number of Meters in all 7 rounds

Rest exactly 14 minutes until clock reaches 35 minutes

TEST 1 FLOW

Athlete will start standing behind the start line. On the start signal, athlete will run 15 meters straight forward and touch one hand to the ground completely over the line on the other end. The athlete will then return to the start and again touch one hand to the ground completely over the start line. The athlete will continue this for one more cycle of down and back. After the 4th shuttle run the athlete will move to their plate and perform 10 burpees to their plate. After the 10th burpee, the athlete will go back to the starting line and complete 4 more shuttle runs in exactly the same pattern as before. After the last shuttle run, the athlete will move to their rower and row as many meters as possible in the remaining time. When the 2:30 clock for the round expires the athlete must stop rowing immediately. When the athlete's rower stops counting meters, the total number of meters rowed will be recorded by their Technical Official and the rower will be reset by the Technical Official. The athlete has :30 to rest before the next round begins. The athlete will repeat this cycle for a total of 7 rounds. The athlete's score will be the total number of meters rowed across all 7 rounds.

TEST 1 MOVEMENT STANDARDS

For complete movement standards please see the entries titled "Rowing," "Target Facing Burpee" and "Running" in the International Functional Fitness Federation's Movement Standards Document located at: <https://functionalfitness.sport/sport/2019-movement-standards/>. "Rowing" requires athlete to row the specified distance without assistance of others and remain seated while rowing and until time has stopped.

For the Burpee, the athlete must descend to a prone position and make chest contact with the ground at the bottom of the repetition with their head facing the plate. The jump onto the plate must be initiated by both feet simultaneously and the athlete must show full knee and hip extension while standing on the plate.

TEST 1 SPECIAL REGULATIONS

- Athletes must use a Concept2 Rowing Machine for this test.
- Athletes must be seated on the rower while rowing.
- The Technical Official must reset the Athletes' rower between rounds. The TO will also record the athletes' total meters each round before resetting the rower.
- The athlete **MUST** stop rowing exactly when time is called each round. However, the TO will record meters after the rowing machine has stopped counting completely, not at time (i.e. rollover meters count).
- On the shuttle run, the athlete must start with both feet behind the line.
- When the athlete reaches a turn around point on the shuttle run, they must touch one hand to the ground on the far side of the turn around line to complete the repetition.
- Athletes do not have to touch the ground on the final shuttle run of a set.
- If an athlete does not have a 15m length to work with they may do a 7.5m shuttle run for 8 lengths.

TEST 2 STRENGTH

On a 15 minute clock:

Find a 3 rep max shoulder to overhead (anyhow)

Find a 3 rep max overhand grip deadlift

Score: Sum of heaviest successful 3rm shoulder to overhead and heaviest successful 3rm deadlift

Rest exactly 10 minutes until clock reaches 1:00

TEST 2 FLOW

On the start signal, the athlete will have 15 minutes to set a 3 rep max shoulder to overhead from a rack and a 3 rep max overhand grip deadlift 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. The athlete also may cycle between lifts as they wish and divide their 15 minutes between lifts as they wish. They are not required to spend a certain

amount of time on each lift. Clips must be on the bar before performing any lift. Athletes may have two bars. Both bars may start loaded. The athlete may have assistance loading and unloading the barbell. 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 "Conventional Deadlift" and "Shoulder to Overhead" 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 Shoulder to Overhead, the athlete will move the bar from the shoulder to overhead in any fashion. 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.

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.

TEST 2 SPECIAL REGULATIONS

- The Shoulder to Overhead must be taken from a rack.
- The deadlift must use a double overhand grip. The athlete may hookgrip the bar, but cannot use a mixed grip or underhand grip. No straps or products providing grip assistance may be used.
- The deadlifts must be "Touch and Go." The athlete cannot drop the bar between reps and the bar cannot rest on the ground for longer than a tap.
- If an athlete completes their lifts using pound plates, the athlete must convert their score to kilograms when they enter the score online.
- The athlete may use two different bars.
- Both bars may start loaded.
- Clips must be on the bar prior to any lift being performed.
- Athletes may use their rest time between tests 1 and 2 to warm up, but lifts performed before the 35:00 minute mark on the clock will not count towards the athletes final score.

- Athletes can divide their time between the two lifts as they choose and may cycle back and forth between lifts.

TEST 3 POWER

For Time:

30 Thrusters

300/250 meter row

Time Cap: 2:30

Rest until clock reaches an hour and 10 minutes (1:10:00 or 70 minutes)

SCALING BY AGE GROUP

30-44

40/30kg (90/65 pounds)

45-54

35/25 kg (80/55 pounds)

55+

30/20 kg (65/45 pounds)

TEST 3 FLOW

On the start signal the athlete will pick up their barbell and perform 30 thrusters at their prescribed weight. At the completion of 30 thrusters, the athlete will proceed to their rower and row the designated distance. Time will stop after the distance has been completed. There is a 2:30 minute time cap on this test.

TEST 3 MOVEMENT STANDARDS

For complete movement standards please see the entries for "Rowing" and "Thrusters" 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:

"Rowing" requires athlete to row the specified distance without assistance of others and remain seated while rowing until the required distance has been completed.

For the Thruster, 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.

TEST 3 SPECIAL REGULATIONS

- None

TEST 4 MIXED

10 minute AMRAP:

10 Pull ups

10 Handstand Push Ups

10 Kettlebell Deadlifts

30 Double Unders

20 Pull Ups

20 Handstand Push Ups

20 Kettlebell Deadlifts

60 Double Unders

30 Pull Ups

30 Handstand Push Ups

30 Kettlebell Deadlifts

90 Double Unders

40 Pull Ups

40 Handstand Push Ups

40 Kettlebell Deadlifts

120 Double Unders

50 Pull Ups

50 Handstand Push Ups

50 Kettlebell Deadlifts

150 Double Unders

SCALING BY AGE GROUP

30 - 44

Handstand Pushup: Head must touch the ground, Hands must remain in a box that is 61 x 91 centimeters (24 x 36 inches)

Kettlebell: 32/24kg (70/53 pounds) each hand

45+

Handstand Pushup: Head must touch a 7cm (3 inch) riser on the ground, Hands remain in a box that is 61 x 91 centimeters (24 x 36 inches).

Kettlebell: 24/16kg (53/35 pounds) per hand

TEST 4 FLOW

On the Start signal athletes will perform 10 pull-ups, 10 handstand push ups, 10 kettlebell deadlifts and 30 Double Unders. Athlete will then return to the pullups and complete another round of each exercise but the reps will increase by 10 for the pullups, handstand pushups and kettlebell deadlifts, and by 30 for the double unders. Athletes will continue in this pattern completing increasing numbers of repetitions until the 10 minute clock expires.

TEST 4 MOVEMENT STANDARDS

For complete movement standards please see the entries for "Pull-up," "Handstand Push Up," "Other Object Deadlift," and "Double Under" 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 Handstand Push Ups, the athlete must achieve full extension and linear alignment of the elbows, shoulders, hips, knees and ankles at the start and end of the repetition, with feet no wider than the designated box. Head Contact with the designated horizontal surface below the athlete at the bottom of the repetition. Palms must be entirely within the width of the designated box.

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 “Other Object Deadlift” the athlete must Full extension of the lower body at the top of the repetition. Both kettlebells must touch the floor between reps and hands and arms are outside of the knees.

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

TEST 4 SPECIAL REGULATIONS

- The rope must spin forward on double unders.
- The athlete must have the kettlebells outside their legs on the kettlebell deadlift.