



# JUNIOR WORLD CUP FINAL 2020



Name: \_\_\_\_\_

## TEST 1 - ENDURANCE

**FROM: 0:00-2:30**

**For Max Distance – 2:30 time limit**

### SCORING

10m Shuttle Run

**Score:** Total Distance (in 5 meter increments)

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*Rest from 2:30 to 5:00*

	<u>Reps</u>									
<b>Full Lengths</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	<b>31</b>	<b>32</b>	<b>33</b>	<b>34</b>	<b>35</b>	<b>36</b>	<b>37</b>	<b>38</b>	<b>39</b>	<b>40</b>
<b>Half Length at end</b>					<b>0</b>	<b>.5</b>				

**To calculate score: Multiple Reps by 10 (eg: 7.5 reps = 75 meters)**

**TEST 1      Score A: Total Distance in meters \_\_\_\_\_**

**Judge Signature: \_\_\_\_\_**

**Athlete Signature: \_\_\_\_\_**



# JUNIOR WORLD CUP FINAL 2020



Name: \_\_\_\_\_

## TEST 2 - STRENGTH

FROM: 5:00-7:30

On a 2:30 clock

Set a 10 rep max Shoulder to Overhead  
(from the ground)

*Rest from 7:30 to 10:00*

### 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

### 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 lift off the ground. This includes coming off the floor, during the catch of the clean or coming out of the bottom of the squat if they chose to squat clean.

**-1**

Athlete's **knees do not track over the toes** for the duration of the lift, either getting the bar to the shoulders or on the shoulder to overhead 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 lifts. 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:** \_\_\_\_\_



# JUNIOR WORLD CUP QUALIFIER 2020



Name: \_\_\_\_\_

## TEST 3 – SKILL

**FROM: 10:00-19:00**

**For Time – 9 min cap**

- 1 L-Rope Pull Up  
16 Box Jumps
- 2 L-Rope Pull Ups  
16 Box Jumps
- 3 L-Rope Pull Ups  
16 Box Jumps
- 4 L-Rope Pull Ups  
16 Box Jumps
- 5 L-Rope Pull Ups  
16 Box Jumps
- 6 L-Rope Pull Ups  
16 Box Jumps

<u>Pull Up</u>	<u>Box Jump</u>	<u>Total Reps</u>
1	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16	17
1 2	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16	35
1 2 3	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16	54
1 2 3 4	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16	74
1 2 3 4 5	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16	95
1 2 3 4 5 6	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16	117

Rest from 19:00 to 20:00

### SCORING

**Score A:** Total Time for the Test      **Score B:** Technique Score (3 to 0)

*The Total Time will act as a tiebreak for Score B*

### 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's **knees do not track in line with the toes on takeoff or landing of the box jump**. 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 **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 B: Technique Score (3-0)** \_\_\_\_\_

**Judge Signature:** \_\_\_\_\_

**Athlete Signature:** \_\_\_\_\_



# JUNIOR WORLD CUP FINAL 2020



**iF3 WORLD CUP**  
MASTERS & JUNIORS

Name: \_\_\_\_\_

## TEST 4 - MIXED

**FROM: 20:00-30:00**

**10 min AMRAP**

10 Wall Balls

30 Double Unders

### SCORING

**Score A:** Total reps for the Test

**Score B:** Technique Score (5 to 0)

*Total Time will act as tiebreak for  
Score B*

### Wall Balls

**13-14 years** – 6/4kg (14/10lbs) to  
9/8ft target

**15-18 years** – 9/6kg (20/14lbs) to  
10/9ft target

Rd	Wall Balls	DU	Total	Rd	Wall Balls	DU	Total
1	1 2 3 4 5 6 7 8 9 10	30	40	8	1 2 3 4 5 6 7 8 9 10	30	320
2	1 2 3 4 5 6 7 8 9 10	30	80	9	1 2 3 4 5 6 7 8 9 10	30	360
3	1 2 3 4 5 6 7 8 9 10	30	120	10	1 2 3 4 5 6 7 8 9 10	30	400
4	1 2 3 4 5 6 7 8 9 10	30	160	11	1 2 3 4 5 6 7 8 9 10	30	440
5	1 2 3 4 5 6 7 8 9 10	30	200	12	1 2 3 4 5 6 7 8 9 10	30	480
6	1 2 3 4 5 6 7 8 9 10	30	240	13	1 2 3 4 5 6 7 8 9 10	30	520
7	1 2 3 4 5 6 7 8 9 10	30	280	14	1 2 3 4 5 6 7 8 9 10	30	560

### TECHNIQUE POINTS

Athlete starts with **5 points**. **-1 point** for breaching each of the criteria below  
(mark each box on breach of condition):

**-1**

Athlete **piques at the hips during the jump**. A forward incline of the torso or forward lifting of the legs during jump will result in a deduction. Athletes must maintain vertical alignment of shoulders, hips, knees and ankles to avoid deduction

**-1**

Athlete **travels forward or backward in the jump**. It is suggested officials mark an X on the floor and instruct athlete to perform double unders on the X. Moving off the X in any direction during the jump would result in a deduction

**-1**

Athlete's **knees do not track in line over the toes during the squatting phase of the wall ball**. 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 **fails to jump with straight legs**. A soft bend during rebound is allowed. A donkey kick or significant bend of the knee will result in a deduction

**-1**

Athlete **does not perform wall balls symmetrically**. Incurred if athlete throws the ball predominately with one arm more than the other

### TEST 4

**Score A: Reps Completed** \_\_\_\_\_

**Score B: Technique Score (5-0)** \_\_\_\_\_

**Judge Signature:** \_\_\_\_\_

**Athlete Signature:** \_\_\_\_\_