

# **2020 CONTINENTAL CUP FINAL TEAM TEST ANNOUNCEMENTS**

Teams must assign the roles of Male Athlete 1, Male Athlete 2, Female Athlete 1, and Female Athlete 2 prior to the start of the competition. Athletes must stay in the same role for all 6 tests.

## **TEST 1 ENDURANCE**

0:00-17:00

Performed by all 4 athletes

For Time:

4000 meter Row

Must be completed in this order:

Male Athlete 1

Male Athlete 2

Female Athlete 1

Female Athlete 2

Each athlete will row 1000 meters.

Timecap: 17:00 minutes

### **SCORE**

Total Time to Complete 4000 meters

*Rest 17:00-30:00*

## **TEST 2 STRENGTH**

30:00-40:00

Performed by all 4 athletes

For Time:

30 Overhead Squat (95kg/70kg) (210#/155#)

This workout will be performed in pairs. The two male athletes will be one pair, and the two female athletes will be the other pair. Each pair must perform 15 of the 30 total reps.

Time Cap: 10 minutes

## **SCORE**

Total Time to complete 30 repetitions

*Rest 40:00-50:00*

## **TEST 3 BODYWEIGHT**

50:00-1:10:00

Performed by all four athletes

For Time:

30 strict ring muscle ups

50 Strict Deficit Handstand Push-ups (8 centimeters) (3 inches)

70 Strict Pull-ups

Athletes must stay in order of Male 1, Male 2, Female 1, Female 2. Each athlete is only allowed to do an unbroken set of repetitions then they must switch with the next athlete.

Time Cap: 20 minutes

## **SCORE**

Total Time to Complete

*Rest 1:10:00-1:20:00*

## **TEST 4 MIXED RELAY 1**

1:20:00-1:28:00

Performed by one male and one female athlete

On an 8 minute clock:

Athlete 1: 1 minute amrap double unders

Athlete 2: 1 minute amrap power snatches (30kg) (65#)

Every minute athletes will switch amraps and begin accumulating repetitions on the opposite amrap. Athletes will continue in this pattern, alternating amraps every minute, until the 8 minute clock expires.

### **SCORE**

Total repetitions for both athletes on all amraps

*Rest 1:28:00-1:30:00*

## **TEST 5 MIXED RELAY 2**

1:30:00-1:38:00

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

On an 8 minute clock:

Athlete 1: 1 minute amrap double unders

Athlete 2: 1 minute amrap power snatches (45kg) (100#)

Every minute athletes will switch amraps and begin accumulating repetitions on the opposite amrap. Athletes will continue in this pattern, alternating amraps every minute, until the 8 minute clock expires.

### **SCORE**

Total repetitions for both athletes on all amraps

*Rest 1:38:00-1:45:00*

# **TEST 6 TEAM STRATEGY**

1:45:00-1:55:00

All athletes complete this test.

For Time:

2000 meter row

Must be completed in this order:

Female Athlete 1

Female Athlete 2

Male Athlete 1

Male Athlete 2

Each athlete will row 500 meters.

Time Cap: 10 minutes

## **SCORE**

Total time to complete 2000 meters.

**FLOW, MOVEMENT STANDARDS, AND SPECIAL REGULATIONS FOR ALL TESTS**

## TEST 1 ENDURANCE

0:00-17:00

Performed by all 4 athletes

For Time:

4000 meter Row

Must be completed in this order:

Male Athlete 1

Male Athlete 2

Female Athlete 1

Female Athlete 2

Athletes will switch who is on the rower every 1000 meters.

Timecap: 17:00 minutes

*Rest 17:00-30:00*

## TEST 1 FLOW

Before the start signal, the rower will be set to countdown from 4000m with Male Athlete 1 seated on the rower. On the start signal, male athlete 1 will begin rowing and will continue rowing until the rower countdown reaches 3000m. At this point, male athlete 1 will get off the rower and male athlete 2 will get on the rower and row until the 2000m mark. At the 2000m mark, female athlete 1 will get on the rower and row until the 1000m mark. At the 1000m mark, female athlete 2 will get on the rower and row until the finish.

## TEST 1 SCORING

Total Time to Complete 4000 meters

## TEST 1 MOVEMENT STANDARDS

For complete movement standards please see the entry titled "Rowing" 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.

## TEST 1 SPECIAL REGULATIONS

- Athletes must use a Concept2 Rowing Machine for this test.
- The rower must count down from 4000 meters.
- Athletes will switch who is the active rowing athlete every 1000 meters.

## TEST 2 STRENGTH

30:00-40:00

Performed by all 4 athletes

For Time:

30 Overhead Squat (95kg/70kg) (210#/155#)

This workout will be performed in pairs. The two male athletes will be one pair, and the two female athletes will be the other pair. Each pair must perform 15 of the 30 total reps.

Time Cap: 10 minutes

*Rest 40:00-50:00*

## TEST 2 FLOW

Teams may select whether the male pair or the female pair will lift first. On the start signal, the first pair will complete 15 OHS between the two of them. The pair can split the repetitions in any fashion, and there is no minimum work requirement for each athlete. Once the pair completes their 15 repetitions, pair number 2 will pick up their barbell and complete their 15 repetitions. Once again the pair can split the repetitions in any fashion and there is no minimum work requirement for each athlete.

## TEST 2 SCORING

Total Time to complete 30 repetitions

## TEST 2 MOVEMENT STANDARDS

For complete movement standards please see "Overhead Squat" 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 Overhead Squat the athlete must hold the barbell overhead while descending to the bottom of the squat and back to full extension. The arms may bend during the squatting movement but the athlete may not use the head, any portion of the body other than the hands and arms or any other apparatus to support the weight at any time. Upon returning to the upright position, the arm(s) supporting the weight must be locked out to complete the repetition.

## TEST 2 SPECIAL REGULATIONS

- The bar must be taken from the ground for this test.
- Two barbells will be used for this test; one for each pair.
- There is no minimum work requirement for this test. (i.e. one athlete can perform all 15 of their pair's repetitions if desired).
- It is up to the team to decide whether the male or female pair will start first, but the starting pair must perform all 15 repetitions before the second pair can begin lifting.

## TEST 3 BODYWEIGHT

50:00-1:10:00

Performed by all four athletes

For Time:

30 strict ring muscle ups

50 Strict Deficit Handstand Push-ups (8 centimeters) (3 inches)

70 Strict Pull-ups

Athletes must stay in order of Male 1, Male 2, Female 1, Female 2. Each athlete is allowed to do an unbroken set of repetitions only then they must switch with the next athlete.

Time Cap: 20 minutes

*Rest 1:10:00-1:20:00*

## TEST 3 FLOW

On the start signal, male athlete 1 will mount the rings and perform unbroken strict muscle ups. When he is done with his set, male athlete 2 will mount the rings and continue performing unbroken strict muscle ups. After male athlete 2 is done with his set, female athlete 1 will mount the rings and perform a set of unbroken strict muscle ups. After she has completed her set, female athlete 2 will perform an unbroken set of strict muscle ups. Athletes will continue in this pattern until the strict muscle ups are completed, they will then move on to strict deficit handstand pushups. After the strict deficit handstand pushups are completed, the athletes will move on to strict pull-ups.

## TEST 3 SCORING

Total Time to Complete

## TEST 3 MOVEMENT STANDARDS

For complete movement standards please see the entries for "Strict Muscle Ups" and "Strict Handstand Pushups" and "Strict Pull-ups" 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 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.

For the Strict Handstand Pushup, the athlete must start in full vertical extension with locked out elbows and knees and open hip and shoulder angles. The athletes head must contact the mat at the bottom of the handstand pushup and the athlete must return to the fully extended start position without breaking the hip or knee angle during the ascent. Both heels must be in contact with the wall at the top of the movement before the rep can be considered complete.

For the Strict 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. No kip may be used and the athlete may not generate any momentum to assist the pull-up using the lower body.

### **TEST 3 SPECIAL REGULATIONS**

- Athletes must stay in the order Male Athlete 1, Male Athlete 2, Female Athlete 1, Female Athlete 2 throughout the workout.
- Athletes can choose the number of repetitions in their sets, but athletes can only perform an unbroken set of repetitions before having to switch with the next athlete. For the purposes of this test, “unbroken” means that the athlete cannot come off of the rings, out of the handstand, or off the pullup bar. Pauses between repetitions are acceptable as long as the athlete does not dismount the equipment.
- Even if an athlete is unable to perform successful repetitions of a given movement, when their turn in the lineup comes around that athlete must still make an attempt to perform a repetition before the turn can pass to the next athlete.
- The deficit on strict handstand pushups is the same for male and female athletes.
- Athletes should use one set of equipment.

### **TEST 4 MIXED RELAY 1**

1:20:00-1:28:00

Performed by one male and one female athlete. Teams can select any male and any female to perform this test.

On an 8 minute clock:

Athlete 1: 1 minute amrap double unders

Athlete 2: 1 minute amrap power snatches (30kg) (65#)

Every minute athletes will switch amraps and begin accumulating repetitions on the opposite amraps. Athletes will continue in this pattern, alternating amraps every minute, until the 8 minute clock expires.

*Rest 1:28:00-1:30:00*

## **TEST 4 FLOW**

On the Start signal, Athlete 1 will perform double unders for 1 minute while athlete two performs power snatches for 1 minute. At the one minute mark the athletes will switch places. The athletes will continue switching places every minute until the 8 minute clock expires.

This test will require two Technical Officials; one for each athletes.

## **TEST 4 SCORE**

Total repetitions for both athletes on all amraps

## **TEST 4 MOVEMENT STANDARDS:**

For complete movement standards please see the entries for "Double Unders" and "Ground to Overhead - Power Snatch" 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 Double Unders, the rope must pass under the athletes' feet twice for every one jump.

For the Power Snatch, the athlete must bring the bar from the ground to overhead in one motion without passing through the bottom of the squat position. At the top of the repetition, the athlete must demonstrate overhead support with full extension of the hips and knees and vertical alignment of the shoulders, hips knees and ankles.

## **TEST 4 SPECIAL REGULATIONS**

- Teams may select either male and either female athlete to perform this test.
- Teams can also select which athlete will start on which movement.
- The rope must spin forward on double unders.

## **TEST 5 MIXED RELAY 2**

1:30:00-1:38:00

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

On an 8 minute clock:

Athlete 1: 1 minute amrap double unders

Athlete 2: 1 minute amrap power snatches (45kg) (100#)

Every minute athletes will switch amraps and begin accumulating repetitions on the opposite amraps. Athletes will continue in this pattern, alternating amraps every minute, until the 8 minute clock expires.

*Rest 1:38:00-1:45:00*

## TEST 5 FLOW

On the Start signal, Athlete 1 will perform double unders for 1 minute while athlete two performs power snatches for 1 minute. At the one minute mark the athletes will switch places. The athletes will continue switching places every minute until the 8 minute clock expires.

This test will require two Technical Officials; one for each athlete.

## TEST 5 SCORE

Total repetitions for both athletes on all amraps

## TEST 5 MOVEMENT STANDARDS:

For complete movement standards please see the entries for "Double Unders" and "Ground to Overhead - Power Snatch" 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 Double Unders, the rope must pass under the athletes' feet twice for every one jump.

For the Power Snatch, the athlete must bring the bar from the ground to overhead in one motion without passing through the bottom of the squat position. At the top of the repetition, the athlete must demonstrate overhead support with full extension of the hips and knees and vertical alignment of the shoulders, hips knees and ankles.

## TEST 5 SPECIAL REGULATIONS

- The two athletes that did not perform test 4 will perform this test.
- Teams can also select which athlete will start on which movement.

- The rope must spin forward on double unders.

## **TEST 6 TEAM STRATEGY**

1:45:00-1:55:00

All athletes complete this test.

For Time:

2000 meter row

Must be completed in this order:

Female Athlete 1

Female Athlete 2

Male Athlete 1

Male Athlete 2

Each athlete will row 500 meters.

Time Cap: 10 minutes

## **TEST 6 FLOW**

Before the start signal, the rower will be set to countdown from 2000m with Female Athlete 1 seated on the rower. On the start signal, female athlete 1 will begin rowing and will continue rowing until the rower countdown reaches 1500m. At this point, female athlete 1 will get off the rower and female athlete 2 will get on the rower and row until the 1000m mark. At the 1000m mark, male athlete 1 will get on the rower and row until the 500m mark. At the 500m mark, male athlete 2 will get on the rower and row until the finish.

## **TEST 6 SCORING**

Total Time to Complete 2000 meters

## **TEST 6 MOVEMENT STANDARDS**

For complete movement standards please see the entry titled "Rowing" 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.

## TEST 6 SPECIAL REGULATIONS

- Athletes must use a Concept2 Rowing Machine for this test.
- The rower must count down from 2000 meters.
- Athletes will switch who is the active rowing athlete every 500 meters.