

2021 WORLDS JUNIOR TEST ANNOUNCEMENTS

TEST 1 ENDURANCE

5 Rounds for Time:

500/400 meter SkiErg

50 unbroken Double Unders

400 meter Treadmill Run

*Breaking on Double Unders Adds 100 meters to the Treadmill Run for that Round

Time Cap: 27 minutes

TEST 1 FLOW

On the start signal, athletes will mount the SkiErg platform and Ski the designated number of meters. After completing the prescribed number of meters, athletes will pick up their jump rope and perform 50 unbroken double unders. If the athlete trips, stops, or in any other way fails to complete 50 unbroken double unders, 100 meters will be added to the athlete's treadmill run. After the completion of their double unders athletes will head to their treadmill to complete their run. After the treadmill run, athletes will head back to the SkiErg and begin round 2. Athletes will continue in this pattern until 5 rounds have been completed. After the athlete finishes their run in the 5th round, they will cross the line to stop the time.

TEST 1 MOVEMENT STANDARDS

For complete movement standards please see the entries titled "Run ID 9.01," "Double Under ID 10.07," and "SkiErg ID 9.07" in the International Functional Fitness Federation's Movement Standards Document located at https://functionalfitness.sport/wp-content/uploads/2021/01/2021_iF3_Movement_Standards.pdf which requires the athlete to run and ski, the specified amount without assistance of others or other equipment and without interfering with others.

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

TEST 1 SPECIAL REGULATIONS

- Athletes may not touch the hand rails of the Self-Motorized Treadmill except when mounting and starting the treadmill or to gain balance if falling. If athletes attempt to continually grab the hand rails, they will be warned by their Technical Official and then assessed a :30 second time penalty for every subsequent offense.

- Athletes may not leave the piece of equipment until the requisite meter/calorie count has been reached. This means you must stay on the treadmill, and remain standing on the skiers platform, until the work has been completed.
- The rope must spin forward on double unders.
- If an athlete breaks a set of 50 double unders, they will run a 500 meter treadmill run in that round instead of 400 meters regardless of how many breaks they have in that set.

TEST 1 SCORING

This test is scored in 2 parts.

Score A: Total Time for the Test

Score B: Technique Score on a 0-3 scale. (Tiebreak: Total Time)

Athletes start with a Technique Score of 3. The athletes' Technical Official will deduct 1 point from the athletes' Technique Score for each fault listed below that is committed by the athlete:

- 1 point is deducted if the athlete fails to jump with straight legs on their Double Unders. A soft bend in the knees during the rebound phase is allowed. A donkey kick or any significant bend of the knees will result in a deduction.
- 1 point is deducted if the athlete pikes at the hips during the jump on their Double Unders. A forward incline of the torso or a forward lifting of the legs in the jump will result in a deduction. Athletes must maintain vertical alignment of the shoulders, hips, knees, and ankles in order to avoid a deduction.
- 1 point is deducted if the athlete travels forward or backward in their jump on their Double Under.

TEST 2 STRENGTH

Establish a 7 repetition max Overhead Squat in 10 minutes

Time Cap: 10 minutes

TEST 2 FLOW

On the start signal, the athlete will have 10 minutes to set a 7 rep max Overhead Squat 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. Bars will start empty.

TEST 2 MOVEMENT STANDARDS

For complete movement standards please see "Overhead Squat ID 1.04" in the International Functional Fitness Federation's Movement Standards Document located at: https://functionalfitness.sport/wp-content/uploads/2021/01/2021_iF3_Movement_Standards.pdf.

TEST 2 SPECIAL REGULATIONS

- The bar will start from the floor.
- Athletes may squat snatch the first rep and have that count as the first Overhead Squat if all movement standards are achieved.
- Athletes may get the bar to the overhead position in any manner of their choosing. For clarity, this means they may clean and jerk the barbell from either in front or behind the neck to the overhead position or snatch the barbell to the overhead position.
- If you get a "no rep" for depth or failing to extend all the way at the top of the repetition in the middle of your set you may continue to perform Overhead Squats until you successfully complete the required number of repetitions.
- The athlete may snatch balance the first repetition of the overhead squat.
- The bar must be dropped in front of the athlete for the set to count. If the athlete drops the bar behind them the set will not count.

TEST 2 SCORING

This test is scored in 2 parts.

Part A: Heaviest Load

Part B: Technique Score on a 0-3 scale (Tiebreak: Heaviest Load)

Athletes start with a Technique Score of 3. The athletes' Technical Official will deduct 1 point from the athletes' Technique Score for each fault listed below that is committed by the athlete. The Technique Score is based off of the athletes' technique on ONLY the lift that the athletes uses for their score in Part A:

- 1 point is deducted if the athlete's feet do not stay flat on the floor throughout the seven repetitions. This deduction is incurred if an athlete performs overhead squat repetitions with their heels off the floor.
- 1 point is deducted if the athlete's knees do not track in line 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 point is deducted if the athlete's arms bend during the lift. This deduction is incurred if the athletes elbows bend during the descent or ascent phase of any squat.

TEST 3 BODYWEIGHT

As many rounds as possible in 8 minutes of:

2 rope climbs (4.5 meters)

Traverse Balance Beam

10 Kipping Handstand Push-ups

Traverse Balance Beam

Time Cap: 8 Minutes

TEST 3 FLOW

On the Start signal athletes will complete two rope climbs. Athlete will then walk down the balance beam and back to the rig. If the athlete falls off the beam before reaching the end, they must return to the start line and start again. Athlete will then proceed to the wall for 10 handstand push-ups. After the 10 handstand push-ups the athlete will again walk down and back on the balance beam. The athlete will then return to the rope to start round 2 with two more rope climbs. The athlete will continue working following the same flow until the 8 minute time cap is reached.

TEST 3 MOVEMENT STANDARDS:

For complete movement standards please see the entries for "Rope Climb ID 11.01," "Handstand Push-ups ID 12.01," and "Traverse Over/Across An Obstacle ID 15.08" in the International Functional Fitness Federation's Movement Standards Document located at https://functionalfitness.sport/wp-content/uploads/2021/01/2021_iF3_Movement_Standards.pdf.

TEST 3 SCORING

This test is scored in 2 parts.

Part A: Total Number of Rounds and Repetitions Performed

Part B: Technique Score on a 0-3 scale (Tiebreak: Total Time)

Athletes start with a Technique Score of 3. The athletes' Technical Official will deduct 1 point from the athletes' Technique Score for each fault listed below that is committed by the athlete.:

- 1 point is deducted if the athlete displays excessive arch at the top of their handstand push-up position. Some arching is expected due to the nature of the wall supported handstand push-up movement.

However, this deduction is incurred if athlete displays an excessive or loose arch through the midsection of their body (an arch with a break at the hips) rather than a tight arch which extends throughout the entirety of the body.

- 1 point is deducted if the athlete does not put their feet together at the top of their handstand push-up position. This deduction is incurred if the athlete's feet do not come completely together at the top of the repetition before starting the next repetition. The feet may come apart during the descent phase and during the kipping phase as long as they come back completely together at the top of the repetition before descending into the next repetition.
- 1 point is deducted if the athlete stalls or pauses during the ascent of the rope climb. This deduction is incurred if the athlete stops at any point during the ascent phase of the rope climb. A pause to perform the target touch at the top of the climb is allowed.

TEST 4 MIXED

3 Rounds for Time:

30 Toes to Bar

30 Alternating Dumbbell Hang Power Snatch

500/400 meter Row

Time cap: 15:00

Dumbbell Weight by Age Group:

13-14 years old 15/12.5 kg

15-16 years old 20/15 kg

17-18 years old 25/20 kg

TEST 4 FLOW

On the start signal the athlete will perform 30 Toes To Bar. They will then proceed to their dumbbell and perform 30 alternating dumbbell hang power snatches. After the final snatch, they will then mount their rower and row the prescribed number of meters. After completing the required number of meters, the athlete will move on to start round two where they will complete another 30 toes to bar, another 30 alternating hang snatches with their dumbbell, and another set of rowing for meters. The athletes will then continue in this pattern for 1 more round. Time will stop when the athlete crosses the line after their final row.

TEST 4 MOVEMENT STANDARDS

For complete movement standards please see the entries for “Toes To Bar ID 7.01,” “Hang Snatch, Anyhow ID 4.04,” and “Row ID 9.03” in the International Functional Fitness Federation's Movement Standards Document located at: https://functionalfitness.sport/wp-content/uploads/2021/01/2021_iF3_Movement_Standards.pdf.

TEST 4 SPECIAL REGULATIONS

- Athletes may not use the non-working arm for assistance on the dumbbell snatch. The nonworking arm cannot touch the athlete's body during the ascent phase of the lift. The nonworking arm can be used on the transition and during the descent phase of any repetition.

TEST 4 SCORING

Part A: Total Time

Part B: Technique Score on a 0-3 scale (Tiebreak: Total Time)

Athletes start with a Technique Score of 3. The athletes' Technical Official will deduct 1 point from the athletes' Technique Score for each fault listed below that is committed by the athlete.:

- 1 point is deducted if the athlete bends their arms early on the row. This deduction is incurred if the arms bend before the legs fully extend on the drive or outward pull phase of the row.
- 1 point is deducted if the athlete bends their legs early on the row. This deduction is incurred if the athlete bends their knees before their hands pass their knees on the recovery or return phase of the row.
- 1 point is deducted if the athlete does not maintain a neutral spine during the overhead phase of the dumbbell snatch. This deduction is incurred if there is excessive arching (overextension) when the dumbbell is overhead.