

2021 WORLDS INDIVIDUAL TEST ANNOUNCEMENTS

TEST 1 ENDURANCE

5 rounds for time of:

20/15 calories on the skierg

Rest 1 minute between rounds

After last 20/15 calorie ski, there is no rest. Immediately go to treadmill

1000 meter run on treadmill

Immediately after finishing the run begin:

5 rounds

20/15 calories on the skierg

Rest 1 minute between

Time Cap: 23:00

TEST 1 FLOW, MOVEMENT STANDARDS, AND SPECIAL REGULATIONS

On the start signal, the skierg will be pre-set to intervals of 20/15 calories with a 1 minute rest between. Athletes will proceed to the Ski Erg and complete the designated number of calories and the required minute of rest 5 times. After the 5th ski, athletes will not rest. They will immediately move to the treadmill and will complete a 1000 meter run. At the completion of the 1000 meter run, athletes will move back to the skierg and immediately begin another 5 rounds of calories and rest identical in structure to the first 5 rounds. When athletes finish their 5th set of ski calories in the second set they will run across the finish line and stop the time.

TEST 1 MOVEMENT STANDARDS

For complete movement standards please see the entries titled "Run ID 9.01," 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.

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.
- When Athletes finish their 5th set of ski calories before the run, they may immediately proceed to the treadmill. There is no prescribed rest about the 5th set of ski calories.

TEST 2 STRENGTH

For Time:

8-6-4-2 Alternating Single Arm Dumbbell Squat Clean and Jerk

Men's weights: 40-45-50-55kg

Women's weights: 32.5- 35-37.5-40 kg

Time Cap: 5 minutes

TEST 2 FLOW, MOVEMENT STANDARDS, AND SPECIAL REGULATIONS

TEST 2 FLOW

On the start signal, the athlete will approach the first dumbbell and perform 8 single arm dumbbell squat clean and jerks, alternating arms every repetition. After the 8th rep, the athlete will move to the next dumbbell and perform 6 repetitions in the same fashion, alternating arms every repetition. The athlete will repeat this pattern at 2 more increasingly heavy dumbbells completing 4 and then 2 repetitions respectively. After completing the final repetition, the athlete will return the dumbbell to the ground and run across the finish line to stop the time.

TEST 2 MOVEMENT STANDARDS

For complete movement standards please see "Squat Clean ID 3.03" and "Shoulder to Overhead ID 5.05" 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. For convenience the following abbreviated standards are outlined below:

For the Squat Clean, the athlete will move the object in one fluid motion from the ground to shoulders while squatting below parallel, ending in a front rack lockout.

For the Shoulder To Overhead, the athletes will start standing tall with the dumbbell in the front rack position and finish in the overhead lockout position.

Definitions of all positions are located in the movement standards document. Please make sure to read the movement standards document completely.

TEST 2 SPECIAL REGULATIONS

- Athletes must alternate arms after every successful repetition.
- After completing the squat clean successfully, (i.e. the athlete achieves front rack lockout at the end of the repetition), the athlete may use their free hand to adjust or stabilize the dumbbell on their shoulder before attempting the jerk. The free hand must be removed from the dumbbell before the jerk is attempted.
- If the athlete fails to jerk the dumbbell but is able to successfully return the dumbbell to their shoulder without it touching the ground or falling below the shoulder, the athlete may re-attempt the jerk without having to perform an additional clean from the ground.
- Due to the heavy nature of the dumbbells, for safety, athletes must keep at least one hand on the dumbbell until it is back on the ground after a successful repetition. Athletes may use both hands to return the dumbbell to the floor after a successful repetition.
- The free hand cannot touch or push off other parts of the athlete's body during the lift.

TEST 3 BODYWEIGHT

For Time:

25 Toes to Rings

25 Handstand Push-ups

40 Lateral Burpees Over the Bar

25 Toes to Rings

25 Handstand Push-ups

30 Bar Facing Burpees

25 Toes to Rings

25 Handstand Push-ups

20 Burpee Box Jump Over (24"/20")

25 Toes to Rings

25 Handstand Push-ups

10 Burpee Pull-ups

Time Cap: 15:00 minutes

TEST 3 FLOW

On the Start signal athletes will proceed to the rings for 25 toes to rings. They will then proceed to wall for a 25 Handstand Push-ups. They will then move to the barbell for 40 lateral burpees over the bar. Athletes will then go back to the rings and start the cycle again performing 25 toes to rings, 25 Handstand Push-Ups, and this time 30 bar facing burpees. Athletes will continue in this pattern for two more rounds with the burpee number decreasing each round but increasing in difficulty. Time will stop after the athlete crosses the finish line after their final burpee pull-up repetition.

TEST 3 MOVEMENT STANDARDS:

For complete movement standards please see the entries for "Toes Through Rings ID 8.01," Handstand Push-Up ID 12.01," "Burpee over Object ID 10.01," "Object Facing Burpee Over Object ID 10.02" and "Burpee To

Target ID 10.03" + "Pull-up ID 7.06" 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 SPECIAL REGULATIONS

- For the set of 20 Burpees Box Jump Overs, the "Object Facing Burpee Over Object ID 10.02" standard will be used. The athlete may land on the box during their jump over or may clear the box completely without making contact on their jump over.
- For the set of 10 Burpee Pull-ups a combination of the "Burpee to Target ID 10.03" + "Pull-up ID 7.06" standards will be used. When the athlete makes contact with the target, which will be a pull-up bar, the athlete will grab the bar and perform one pull-up of any style. A kip may or may not be used. The athlete may use the height of their jump from the burpee to catch the bar in an already bent arm hang and complete their pull-up.

TEST 4 SKILL

For Time:

Handstand Walk + Ramp/Stairs Ascent (approximately 6 meters)

4/3 Legless Rope Climbs

6 Pistols on small platform (right leg)

6 Pistols on small platform (left leg)

Handstand Walk + Ramp/Stair Ascent (approximately 6 meters)

Handstand Walk + Ramp/Stairs Ascent (approximately 6 meters)

3/2 Legless Rope Climbs

6 Pistols on small platform (right leg)

6 Pistols on small platform (left leg)

Handstand Walk + Ramp/Stair Ascent approximately 6 meters)

Handstand Walk + Ramp/Stairs Ascent (approximately 6 meters)

2/1 Legless Rope Climbs

6 Pistols on small platform (right leg)

6 Pistols on small platform (left leg)

Handstand Walk to Ramp/Stair Ascent approximately 6 meters)

Time Cap: 9 minutes

TEST 4 FLOW

On the start signal the athlete will kick up into a handstand behind the designated line and walk over the obstacle and past the line on the other side. The athlete will then proceed to the rope and perform the designated number of legless rope climbs. After their rope climbs, the athlete will then proceed to their platform. They will stand on their platform and perform their pistols. After completion of their pistols they will move to the line where they finished their first handstand walk, kick up behind it and handstand walk back in the opposite direction until they pass the line on the far side. They will immediately turn around, kick up behind the line and handstand walk back again to where they just came. Athlete will then return to the rope for their second round of rope climbs, followed by their second round of pistols, and another handstand walk. Athletes will continue in this pattern for one more full round before running across the line to stop their time.

TEST 4 MOVEMENT STANDARDS

For complete movement standards please see the entries for "Handstand Walk 12.03" "Rope Climb ID 11.01 Variation 17 Legless," and "Pistol ID 1.06" 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 use their legs on the descent of their rope climbs.
- Athletes will perform their pistols on a small platform. If the athlete loses balance and steps or falls off the platform during a pistol repetition or before showing control after completing a pistol repetition that repetition will not count.

TEST 5 MIXED

4 rounds:

On a 3 minute clock:

30 Wall Balls (9kg/6kg to 3m)

20/15 Calories on the Rower

Max Power Snatch (60/45kg) in remaining time

Rest 1 minute between rounds

Continue until you complete 65 Snatches

Time Cap: 15 minutes

TEST 5 FLOW

At the start signal a 3 minute clock will begin and all athletes will pick up their medicine balls and complete 30 wall balls to the designated target. Athletes will then proceed to their rower and row the designated number of calories. After completing their set number of calories, athletes will proceed to their barbell and complete as many snatches as possible in the remaining time. At the 3 minute mark, athletes will stop working and a 1 minute rest will begin. During this rest athletes will return to the start line and prepare to start the cycle over. At the completion of the 1 minute rest, a start signal will sound and athletes will start the pattern again. Athletes will continue this cycle for 4 rounds or until 65 snatches have been completed.

TEST 5 MOVEMENT STANDARDS

For complete movement standards please see the entries for "Wall Ball ID 15.04" and "Row ID 9.03" and "Snatch, Anyhow ID 4.01" 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 5 SPECIAL REGULATIONS

- None At This Time

TEST 6 POWER

For Time:

15 Bar Muscle Up

20/15 Calorie Standing Bike Erg

25 Chest to Bar Pull-Ups

Time Cap: 3 minutes

TEST 6 FLOW

At the start signal the athlete will perform 15 Bar Muscle Ups. Athletes will then head to their Bike Ergs and perform the designated calories while standing. They will then return to their pull-up bar for 25 Chest to Bar Pull-Ups. Athletes will run across the finish line and stop their time.

TEST 6 MOVEMENT STANDARDS

For complete movement standards please see the entries for "Bar Muscle Up ID 7.07," "BikeErg ID 9.06" and "Chest to Bar Pull-ups ID 7.05" 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 6 SPECIAL REGULATIONS

- Athletes must stand while performing their BikeErg. Seats will be removed from the Bikes to prevent athletes from sitting on the bike.