

2021 WORLDS TEAM TEST ANNOUNCEMENTS

TEST 1 ENDURANCE

For Time:

Male Athlete 1 and Female Athlete 1 will perform:

150 Calorie SkiErg

1500 meter Treadmill Run

Both athletes will work at the same time. Switching as desired.

As soon as the first pair finishes, Male Athlete 1 and Female Athlete 1 will perform:

120 Calorie SkiErg

1200 meter Treadmill Run

Both athletes will work at the same time. Switching as desired.

Time Cap: 16 minutes

TEST 1 FLOW

The team may pair up the athletes however they may like, but each pair must contain one male and one female athlete. Pair one will start first. On the start signal one member of the pair will begin skiing while the other will begin running on the treadmill. The athletes in the pair may switch pieces of equipment at any time and as often as needed. Upon the completion of 150 calories on the SkiErg and 1500 meters on the treadmill by the first pair, the second pair will begin their portion of the test which will have the same flow as the first pair. Time will stop when the second pair has completed their work, and the athletes have crossed the finish line.

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 the specified work 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.

- Both athletes in the pair are working at the same time during this test.
- Working athletes may switch pieces of equipment with their partner at anytime and as often as desired.
- If a pair finishes on one piece of equipment before the other (i.e. The pair reaches 1500m on the run before 150 calories on the SkiErg), both members of the pair can continue switching on and off on the remaining piece of equipment until the work is completed.

TEST 2 STRENGTH

For Time, performed as same gender pairs:

10-8-6-4

Single Arm Dumbbell Squat Clean And Jerk

Female Weights: 32.5-35-37.5-40 kg

Male Weights: 40-45-50-55 kg

Both males will work together on their repetitions (the pair completes a total of 10-8-6-4 repetitions) while both females work on their repetitions (the pair completes a total of 10-8-6-4 repetitions).

Time Cap: 7 minutes

TEST 2 FLOW

On the start signal, all four athletes will enter the competition floor. Both male athletes will work on completing a total of 10-8-6-4 repetitions at their assigned weights, while both female athletes will work on completing a total of 10-8-6-4 repetitions at their assigned weights. Within each pair the athletes may divide up the work as desired. The male and female athletes do not need to move at the same pace, but time will not stop until the last pair has completed their final repetition and crossed the finish line.

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

- There is no minimum work requirement per athlete for this test. One athlete in the pair can perform all the repetitions at a single dumbbell or throughout the entire test if desired by the team.
- There is no requirement to alternate arms for this test.
- Within their pair, athletes can switch in and out as often as desired.
- 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

This test will contain 10 rounds. Each round is 2 minutes long. Athletes will perform the test in same gender pairs. Pairs will alternate rounds. Each pair will perform 5 of the total 10 rounds.

On a 2 min clock:

30 Handstand Push-ups (While non-working partner holds a handstand)

30 Toes to Bar (While non-working partner holds in a static hang on the bar)

Max synchro bar-facing burpees in remaining time

Score for the test: Total bar-facing burpees for the team.

Time Cap: 20 minutes

TEST 3 FLOW

On the Start signal, a two minute clock will begin and the first pair of athletes will kick up to handstand and begin their work. One athlete will perform handstand push-ups while the other athlete will hold a handstand. Athletes can switch roles as often as desired until 30 repetitions are completed. The nonworking partner must be remain in a handstand while the working partner is doing their handstand pushups for repetitions to count. After completing their handstand pushups, the athletes will move to the pull-up bar and perform 30 Toes to Bar. The nonworking athlete must be in a static hang while the working athletes performs toes to bar for repetitions to count. Athletes may switch roles as often as desired until 30 repetitions are completed. The athletes will then move to their barbell and perform synchronized bar-facing burpees until time expires. At the end of the first round, a new 2 minute clock will begin and the working pair will run back to the start line and tag in their teammates, who will start their round which will flow in exactly the same way as the first round. Athletes will complete this pattern until both pairs of athletes have completed 5 rounds.

TEST 3 MOVEMENT STANDARDS

For complete movement standards please see the entries for "Toes to Bar ID 7.01," "Object Facing Burpee Over Object ID 10.02," and "Handstand Push-up 12.01" 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.

The standards for the non-working partner's hold positions can be found under "Handstand Hold ID 12.04" and the definition of "Vertical Hang" located on page 8 in the Movement Standards document.

Please see the Special Regulations below for standards on synchronization and more specific details on the role of the non-working partner in this test.

TEST 3 SPECIAL REGULATIONS

- The pair groupings in this test will be Male-Male and Female-Female. However, teams can choose whether the Male pair or the Female Pair will go first.
- Kipping is allowed on the handstand push-ups
- The non-working partner must be in their static hold (handstand hold or vertical hang on the bar) for any repetitions of the working partner to count.
- Athletes can change whether they are the working partner or the holding partner as often as desired throughout the test and throughout each round.

- On the Toes to Bar, when the nonworking athlete is in the vertical hang position they may if desired hang from one hand at a time, have bent arms in the hang, or move their legs and hips without receiving any penalty as long as they remain fully suspended above the ground and are not using the ground, the rig, or any other body part besides their hands to assist them in the hang.

Synchronization Standard for Bar-Facing Burpees Athletes must have their chest on the ground at the bottom of each burpee at the same time. If one athlete reaches the bottom position first, they may wait with their chest on the ground for the other athlete. Once both athletes' chests have touched the ground at the same time, the athletes may rise and continue the repetition.

TEST 4 MIXED RELAY 1

For Time, each athlete on the team will perform:

20 Chest to Bar Pull-ups

20 Thrusters 70/45kg

20 Chest to Bar Pull-ups

The next athlete cannot start until the athlete before them has completed the entire test.

Time Cap: 15 minutes

TEST 4 FLOW

All 4 athletes will perform this test. Teams may select the order of their athletes. On the start signal, Athlete 1 will mount the pull-up bar and perform 20 Chest to Bar Pull-ups followed by 20 Thrusters. The athlete will then return to the Pull-up bar for 20 more Chest to Bar Pull-ups. When they finish their last pull-up they will run across the line and athlete 2 will begin the test working through in the same order. This pattern will continue for Athletes 3 and 4. Time will stop when Athlete 4 finishes their last Chest to Bar Pull-up and runs across the line.

TEST 4 MOVEMENT STANDARDS

For complete movement standards please see the entries for "Chest to Bar Pull Up ID 7.05" and "Thruster ID 5.06" 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. For reference abbreviated standards are as follows:

TEST 4 SPECIAL REGULATIONS

- Athletes may select the order they wish to perform the test, but once an athlete begins the test the next athlete cannot start until the athlete before them has completed the entire test.

TEST 5 MIXED RELAY 2

This test is for time and will be performed in same gender pairs.

Pair 1 Athlete 1 will perform:

For Time:

100 Double Unders

50 Wall Balls (9kg/6kg to 3 meters)

100 Double Unders

At the same time Pair 1 Athlete 2 will perform:

For Time:

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

150 Double Unders

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

Pair 2 will then begin their test.

Pair 2 Athlete 1 will perform:

For Time:

100 Double Unders

50 Wall Balls (9kg/6kg to 3 meters)

100 Double Unders

At the same time Pair 2 Athlete 2 will perform:

For Time:

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

150 Double Unders

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

Pair 1 will then go again, but this time Athlete 1 and Athlete 2 will perform the opposite couplet that they performed the first time.

Pair 2 will then go again, but this time Athlete 1 and Athlete 2 will perform the opposite couplet that they performed the first time.

Time Cap: 16 minutes

TEST 5 FLOW

The team will work in same gender pairs for this test. The team may select whether the male pair or the female pair of athletes will perform first. The athletes will each have different roles in this test. One athlete in the pair will perform the double under-wall ball-double under portion of the test while the other will perform the wall ball-double under-wall ball portion of the test. They will only have one wall ball to share between them, but may have their own jump ropes. After the first pair of athletes both finish their couplets, the next pair will begin working in the same manner. After the second pair has finished their couplet, the first pair will start again, but this time the athletes must switch roles and perform the opposite couplet that they performed the first time through. The second pair will then perform the test again, switching roles from the first time they performed as well. Time will stop when the both members of the second pair finish their second round of the test and run across the line.

TEST 5 MOVEMENT STANDARDS

For complete movement standards please see the entries for "Wall Ball ID 15.04" and "Double Under ID 10.07" 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.

TEST 5 SPECIAL REGULATIONS

- Athletes will work in Male-Male and Female-Female pairs for this test. The team may select which pair will perform first.

TEST 6 TEAM STRATEGY

For Time:

30 Unbroken Power Snatch (60/45kg)

30 Unbroken Overhead Squat (60/45kg)

30 Unbroken Clean and Jerk (60/45kg)

30 Thrusters (60/45kg)

Time Cap: 10 minutes

TEST 6 FLOW

For this test each athlete on the team is responsible for 1 movement. If the athlete does not do their 30 repetitions unbroken, they must stop after their break, perform a penalty lap of a medicine ball bearhug carry and tag their next teammate who must finish the remaining repetitions AND also complete their 30 repetition section unbroken.

The last 30 repetition section of thrusters does not have to be performed unbroken

TEST 6 MOVEMENT STANDARDS

For complete movement standards please see the entries for “Snatch, Anyhow ID 4.01,” “Overhead Squat ID 1.04,” “Clean, Anyhow ID 3.01,” “Shoulder to Overhead ID 5.05,” and “Thruster ID 5.06” 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 6 SPECIAL REGULATIONS

- Teams may select which movement each athlete will perform.
- For the Clean and Jerks, athletes do not have to show a full front rack out lockout before beginning the jerk/shoulder to overhead portion of the lift. Athletes must show overhead lockout at the end of the shoulder to overhead portion of the lift in order for the repetition to count.
- Athletes may squat snatch the first repetition of the Overhead Squat.
- Athletes may squat clean the first repetition of the Thruster.
- Female athletes will use the female weight only and male athletes will use the male weight only. If athlete 1 is a male and does not complete his 30 snatches unbroken and the following athlete is a female, she will complete the remaining snatches at the female weight, not the male weight.

- If an athlete is required to complete the remaining repetitions of the athlete before them, they may drop the barbell after those repetitions without incurring a penalty before beginning the 30 repetitions of the movement they were originally selected to perform.
- There are no penalty laps incurred if the final athlete drops the bar or breaks on the thrusters.