

# MASTERS WORLDS 2021 TESTS

# ENDURANCE

For Time:

300 meter swim

Run (approximately 6000 meters)

Time Cap: None, Must Complete.

## ENDURANCE FLOW, MOVEMENT STANDARDS, AND SPECIAL REGULATIONS

### ENDURANCE FLOW

On the start signal, athletes will enter the pool and swim 300 meters using any stroke style they wish. At the completion of 300 meters athlete will climb out of the pool and complete their run. The run distance will be approximately 6000 meters. Time will stop when athletes cross the finish line.

### ENDURANCE MOVEMENT STANDARDS

For complete movement standards please see the entries titled "Run ID 9.01," and "Swim ID 9.08" 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](https://functionalfitness.sport/wp-content/uploads/2021/01/2021_iF3_Movement_Standards.pdf) which requires the athlete to run and swim, the specified amount without assistance of others or other equipment and without interfering with others.

### ENDURANCE SPECIAL REGULATIONS

- Athletes must stay in their designated lane of the pool.
- Athletes may swim in any style using any stroke of their choosing.
- Athletes must stay on the designated course for the run.
- Scaling Option: Athletes who are uncomfortable with the swim may choose to use flotation assistance. However, any athlete that uses a flotation device for assistance cannot finish above an athlete that did not use a flotation device on either this event or in the all around standings.

## **STRENGTH**

Clean Ladder

Athletes will have 30 seconds at each barbell to complete the following complex:

1 Clean Anyhow

1 Front Squat

1 Shoulder to Overhead

### **LADDER WEIGHTS**

70/45kg

80/55kg

90/60kg

100/70kg

110/75kg

120/80kg

130/85kg

140/90kg

150/95kg

155/100kg

160/105kg

165/110kg

### **STRENGTH FLOW, MOVEMENT STANDARDS, AND SPECIAL REGULATIONS**

#### **STRENGTH FLOW**

On the start signal, the athlete will approach the first barbell and will have 30 seconds to perform a clean of any style, a front squat, and a shoulder to overhead. If successful, the athlete will then transition to the next heavier bar and repeat the complex. The athlete will continue in this pattern until they cannot successfully lift the weight in the 30 second timeframe.

## STRENGTH MOVEMENT STANDARDS

For complete movement standards please see "Clean, Anyhow ID 3.01," "Front Squat ID 1.03," 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](https://functionalfitness.sport/wp-content/uploads/2021/01/2021_iF3_Movement_Standards.pdf). For convenience the following abbreviated standards are outlined below:

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

## STRENGTH SPECIAL REGULATIONS

- Athletes may make as many attempts as they would like in each 30 second lifting window.
- The complex must be successfully completed "unbroken." Unbroken in this context means that once the athlete picks up the bar for the clean they must complete all 3 movements before dropping the bar again.
- If the athlete fails the shoulder to overhead but is able to successfully return the barbell to the front rack position without it touching the ground or falling below the shoulder, the athlete may re-attempt the shoulder to overhead and if made the complex will count.
- The athlete may not put the bar in the back rack to rest at anytime and may not perform the shoulder to overhead from the back rack.
- Any style of clean and any style of shoulder to overhead may be used as long as the correct starting and finishing positions are displayed.
- If an athlete chooses to squat clean the barbell that will NOT count as the front squat in the complex. The athlete must perform an additional front squat for the repetition to count as the front squat in this complex.
- An athlete may perform the front squat and shoulder to overhead as a thruster or "thruster jerk" as long as the correct squat depth and overhead lockout position is achieved during the repetition.
- The feet may be wider than the shoulders in the finishing position of the shoulder to overhead (i.e. the language in the positional definition of "standing tall" requiring heels inside the shoulders will not be enforced)

## **BODYWEIGHT**

For Time:

21-15-9

Pull ups

Handstand Push-ups

Immediately into

9-15-21

Toes to Bar

Hand Release Push-Ups

Time Cap: 8 minutes

## **BODYWEIGHT FLOW**

On the Start signal athletes will proceed to the pull-up bar and perform 21 pull-ups. They will then proceed to the wall for 21 handstand push-ups. They will continue to move in this pattern for rounds of 15 and 9 repetitions. After completing their 9th handstand push-up, athletes will immediately start 9, 15, and 21 repetition rounds of toes to bar and hand release push-ups.

## **BODYWEIGHT MOVEMENT STANDARDS:**

For complete movement standards please see the entries for "Toes To Bar ID 7.01," "Handstand Push-up ID 12.01," "Pull-up ID 7.04," and "Hand Release Push-Up ID 15.02 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](https://functionalfitness.sport/wp-content/uploads/2021/01/2021_iF3_Movement_Standards.pdf).

## **BODYWEIGHT SPECIAL REGULATIONS**

- Athletes in the age categories 55-59 and higher may use an ab mat to decrease the range of motion on their handstand push-ups.
- For the Hand Release Push-Ups, athletes may not use their knees to assist with the push off the ground.

## **SKILL**

4 rounds of:

2 minutes of work, 1 minute of rest

Buy In:

3 rope climbs (4.5 meters)

10 pistols

Max Overhead Squats in the remaining time

The athlete will continue until they have completed 75 Overhead Squats or until 4 rounds have been completed.

Weights by Age group:

30-49: 55/35kg

50-59: 45/30kg

60+: 40/25kg

## **SKILL FLOW**

On the start signal a 2 minute clock will begin and athletes will perform 3 rope climbs and 10 pistols. They will then move to their barbell and complete as many Overhead Squats as possible until the 2 minute clock expires. Athletes will then have a 1 minute window to reset at the start line. After the 1 minute period, another 2 minute clock will start and athletes will begin again with their rope climbs and pistols, followed by their overhead squats. Athletes will continue in this manner until they complete 75 overhead squats or until they have completed 4 rounds of 2 minutes, whichever comes first.

## **SKILL MOVEMENT STANDARDS**

For complete movement standards please see the entries for "Overhead Squat ID 1.04" "Rope Climb ID 11.01" 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](https://functionalfitness.sport/wp-content/uploads/2021/01/2021_iF3_Movement_Standards.pdf).

## **SKILL SPECIAL REGULATIONS**

- Athletes must alternate legs on pistols

- Athletes may squat snatch the first repetition of any overhead squat set

## **MIXED**

For Time:

30-20-10

Bar Facing Burpees

Hang Snatch, Anyhow

10-20-30

Wall balls (9kg/6kg, 3m)

Hang Clean, Anyhow

Time Cap: 15 minutes

Weights per Age Group

Up to 49 years 45/30kg

50+ years 40/25kg

## **MIXED FLOW**

At the start signal the athletes will move to their barbell and perform 30 bar facing burpees. After their last bar facing burpee, athletes will lift their barbell to the hang position and begin 30 hang snatches. After their 30th hang snatch, athletes will return their barbell to the floor and begin their round of 20 bar facing burpees. They will complete a round of 20 of each movement followed by 10 of each movement. Athletes will then move to their wall ball and begin 10 wall balls. After their set of 10 wall balls, athletes will move to their barbell for a set of 10 hang cleans. Athletes will continue in this pattern for sets of 20 and 30 of each movement before running across the finish line to stop their time.

## **MIXED MOVEMENT STANDARDS**

For complete movement standards please see the entries for "Wall Ball ID 15.04" and "Hang Clean Anyhow ID 3.04" and "Hang Snatch, Anyhow ID 4.04" and "Object Facing Burpee Over Object IF 10.02" 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](https://functionalfitness.sport/wp-content/uploads/2021/01/2021_iF3_Movement_Standards.pdf)

## **MIXED SPECIAL REGULATIONS**

- None at this time

## **POWER**

For Time:

21 Thrusters

15 meter front rack walking lunge

9 Shoulder to Overhead

Time Cap: 4 minutes

Weight by Age Group

Up to age 49: 60/45kg

Age 50+: 50/35kg

Age 60+: 45/30kg

## **POWER FLOW**

At the start signal the athlete will perform 21 thrusters. After their last thruster, athletes will return their barbell to the front rack and lunge 15 meters with the bar in that position. When athletes finish their lunge they will perform 9 shoulder to overheads before dropping their barbell and crossing the line to stop their time.

## **POWER MOVEMENT STANDARDS**

For complete movement standards please see the entries for "Thruster ID 5.06," "Walking Lunge ID 15.06 Variation .02 Front Rack" 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](https://functionalfitness.sport/wp-content/uploads/2021/01/2021_iF3_Movement_Standards.pdf)

## **POWER SPECIAL REGULATIONS**

- The feet may be wider than the shoulders in the finishing position of the thruster and the shoulder to overhead (i.e. the language in the positional definition of "standing tall" requiring heels inside the shoulders will not be enforced)