

2022 EURO PRELIMINARY ROUND TEST ANNOUNCEMENTS

TEST 1 ENDURANCE

For Time:

750m Swim

5000m Run (Contains a series of walls athletes must traverse up and over)

Time Cap: 60 minutes

TEST 1 FLOW, MOVEMENT STANDARDS, AND SPECIAL REGULATIONS

On the start signal, athletes will enter the water and swim 750 meters. After completing their swim, athletes will enter the run course and complete the run distance, traversing the walls on the run as they are encountered. The run course is set up so that athletes must complete 2 laps of running. Athletes' time will stop when they cross the finish line of the run. Complete test flow will be sent out in the athlete guide prior to the event which will also explain the chip timing mechanism to be used.

TEST 1 MOVEMENT STANDARDS

For complete movement standards please see the entries titled "Run ID 9.01," "Swim ID 9.08," and "Traverse Over/Across An Obstacle ID 15.08" in the International Functional Fitness Federation's Movement Standards Document located at <https://functionalfitness.sport/sport/movement-standards/> which requires the athlete to run and swim, the specified amount without assistance of others or other equipment and without interfering with others.

TEST 1 SPECIAL REGULATIONS

- An athlete must inform event staff before the start of the event if they will require a flotation assistance device for the swim. If an athlete uses flotation assistance for the swim it will be considered scaling the event, and they will not be allowed to finish above any athlete that did not use flotation assistance.
- The endurance test will occur in the morning, finishing at approximately 8:30am. There will be approximately an hour and a half break before athletes will begin the other 5 tests which will occur in sequence.

TEST 2 STRENGTH

0:00-8:00

For total repetitions:

On a :30 second clock:

5 Thrusters 80/45Kg

Rest 45 seconds

On a :30 second clock:

5 Thrusters 85/50Kg

Rest 45 seconds

On a :30 second clock:

5 Thrusters 90/55Kg

Rest 45 seconds

On a :30 second clock:

5 Thrusters 95/60Kg

Rest 45 seconds

On a :30 second clock:

5 Thrusters 100/65Kg

Rest 45 seconds

On a :30 second clock:

5 Thrusters 105/70Kg

Rest 45 seconds

Perform as many thrusters as possible in 30 seconds 110/75Kg

Time Cap: 8 minutes

TEST 2 FLOW, MOVEMENT STANDARDS, AND SPECIAL REGULATIONS

TEST 2 FLOW

On the start signal, the athlete will pick up their barbell and will have :30 seconds to perform 5 thrusters. The athlete will then have 45 seconds to change their barbell to the next assigned weight and repeat the process, performing 5 thrusters at a heavier weight in :30 seconds. Athletes will continue in this pattern until they cannot complete the repetitions within :30 seconds. When athletes reach the last weight they will perform as many thrusters as possible at that weight. The athletes score will be the total number of repetitions completed.

TEST 2 MOVEMENT STANDARDS

For complete movement standards please see "Thruster ID 5.06" in the International Functional Fitness Federation's Movement Standards Document located at <https://functionalfitness.sport/sport/movement-standards/> .

TEST 2 SPECIAL REGULATIONS

- Athletes must load their own barbells during their rest period.
- Athletes do not have to complete their set unbroken. Athletes may choose to hold on to the bar for multiple repetitions or drop the bar between reps or some combination of the two.
- Athletes may not "Thruster Jerk" the bar. That is to say athletes cannot drop under the bar to land with soft knees and then stand to full extension in order to bring the weight overhead.

REST 8:00-15:00 ATHLETES WILL MOVE TO THE BODYWEIGHT/MIXED FIELD DURING THEIR REST

TEST 3 BODYWEIGHT

15:00-29:00

As Many Repetitions as Possible in 14 Minutes

12 meter Handstand Walk (6 meter segments)

4 Burpee Ring Muscle ups

24 meter Handstand Walk (12 meter segments)

8 Burpee Ring Muscle ups

36 meter Handstand Walk (18 meter segments)

12 Burpee Ring Muscle ups

12 alternating Pistols

4 Burpee Bar Muscle ups

24 alternating Pistols

8 Burpee Bar Muscle ups

36 alternating Pistols

12 Burpee Bar Muscle ups

Time Cap: 14:00 minutes

TEST 3 FLOW

On the Start signal athletes will perform a 12 meter Handstand Walk in 6 meter segments. They will then proceed to their rings for 4 burpee ring muscle ups. They will then move back to the handstand walk and perform a 24 meter handstand walk in 12 meter segments. Athletes will then go back to the rings for 8 burpee ring muscle ups. Athletes will continue in this pattern for another round of 36 meter handstand walk (18 meter segments) and 12 burpee ring muscle ups. Athletes will then switch movements to alternating pistols and burpee bar muscle ups where they will alternating between the two movements in a 12-24-36 repetition scheme for the pistols and a 4-8-12 repetition scheme for the burpee bar muscle ups. If the athlete completes 12 burpee bar muscle ups with time remaining on the clock they will start again from the beginning of the test with the 12 meter handstand walk.

TEST 3 MOVEMENT STANDARDS:

For complete movement standards please see the entries for "Handstand Walk ID 12.03", "Burpee To Target ID 10.03" + "Ring Muscle Up ID 8.02", "Pistol 1.06", and "Burpee To Target ID 10.03" + "Bar Muscle Up ID 7.07" in the International Functional Fitness Federation's Movement Standards Document located at: <https://functionalfitness.sport/sport/movement-standards/> .

TEST 3 SPECIAL REGULATIONS

- Athletes must complete the designated sections of their handstand walk unbroken.
- For the Burpee Ring Muscle Ups and the Burpee Bar Muscle Ups a combination of the "Burpee to Target ID 10.03" + the relevant Ring or Bar Muscle up standards will be used. When the athlete makes contact with the target (pull-up bar or ring) the athlete will grab the bar/ring and perform one ring muscle up or bar muscle up, depending where they are in the workout. A kip may or may not be used. The athlete may use the height of their jump from the burpee to catch the bar/ring in an already bent arm hang and complete their movement.
- Athletes must alternate legs on the pistols. If a call of no repetition is made on a given leg, the athlete must repeat the movement on that leg and make a counting repetition before changing to the other leg.
- **ATHLETES ARE ADVISED TO WEAR GLOVES ON THE HANDSTAND WALK DUE TO ANTICIPATED HIGH OUTDOOR TEMPERATURES**

REST 29:00-41:00 ATHLETES WILL TRANSITION TO THE SKILL COMPETITION FIELD DURING THEIR REST

TEST 4 SKILL

41:00-50:00

For Time:

1-2-3-3-2-1 Rope Climb

1+(2-4-6-6-4-2) Wall walks + Strict Wall Facing Handstand Pushups

4-8-12-12-8-4 Box Jump Over (75 cm/60 cm)

Time Cap: 9 minutes

TEST 4 FLOW

On the start signal the athlete will progress to the rope for 1 rope climb, followed by 1 wall walk into 2 strict wall facing handstand pushups, and 4 box jump overs, clearly the box completely each time. The athlete will then go back to the rope for 2 rope climbs, 1 wall walk into 4 strict wall facing handstand pushups and 8 Box Jump Overs. Athletes will continue this pattern increasing repetitions through the round of 3 rope climbs, 1 wall walk + 6 strict wall facing handstand pushups and 12 box jump overs, repeating that round and then proceeding back down the ladder. After this final round athletes will run across the line to stop their time.

TEST 4 MOVEMENT STANDARDS

For complete movement standards please see the entries for "Handstand Pushup ID 12.01 variation .13 Strict" "Rope Climb ID 11.01" and "Wall Walk ID 12.06" and "Box Jump Over ID 10.05" in the International Functional Fitness Federation's Movement Standards Document located at <https://functionalfitness.sport/sport/movement-standards/>.

TEST 4 SPECIAL REGULATIONS

- Athletes must clear the box completely on the box jump overs. Athletes will not be allowed to land on top of the box.
- For the Wall Walk to Strict Wall Facing Handstand Push-up, a combination of the wall walk and handstand pushup standards will be used. Athletes will perform the first phase of the wall walk from the start position until their hands reach the line by the wall. Keeping their hands on that line athletes will perform their strict handstand push-ups. Athletes must meet the normal requirements for a strict handstand pushups with the following exceptions:
 - The Toes will be on the wall instead of the heels
 - The hands must remain on the designated line rather than in a specific box.

- Athletes will then perform the second half of the wall walk using the regular wall walk standard to finish the repetition.
- Athletes must complete their wall walk and handstand pushups unbroken each round (i.e wall walk up + all hspu for that round + wall walk down must be performed unbroken without coming off the wall).

REST 50:00-1:00:00 ATHLETES WILL TRANSITION BACK TO THE BODYWEIGHT/MIXED FIELD DURING THEIR REST

TEST 5 MIXED

1:00:00-1:19:00

5 rounds of 3 minutes of work and 1 minute of rest:

At the start of each new 3 minute round complete:

2 Rounds of

8 Chest to Bar Pull-ups

8/6 Calorie Row

8 Axle Bar Deadlift 85/55Kg

In the remaining time

Max Alternating Dumbbell Hang Split Snatch 40/22.5Kg

Time Cap: 19 minutes

TEST 5 FLOW

At the start signal a 3 minute clock will begin and all athletes will begin 2 rounds of 8 Chest to Bar Pull-ups, followed by the required calories on the rower, and 8 Axle Bar Deadlifts. After completing the 2 rounds, athletes will use any remaining time to accumulate as many alternating arm split snatches as possible. 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 5 rounds. The athlete's score will be the total number of repetitions completed in the workout, including the buy-in.

TEST 5 MOVEMENT STANDARDS

For complete movement standards please see the entries for "Deadlift ID 2.01," "Row ID 9.03", "Chest to Bar Pull-up ID 7.05" and "Hang Power Snatch ID 4.05 Variation .14 Split) in the International Functional Fitness Federation's Movement Standards Document located at <https://functionalfitness.sport/sport/movement-standards/>

TEST 5 SPECIAL REGULATIONS

- For the Alternating Dumbbell Hang Split Snatch athletes must alternate arms every repetition. Athletes can perform the split with whatever foot they choose, and do not have to alternate the lead foot.

- There is no minimum work requirement each round. However, ALL repetitions completed are part of your score for this workout (including the buy-in).

REST 1:19:00-1:35:00 ATHLETES WILL MOVE TO THE POWER COMPETITION FIELD DURING THE REST

TEST 6 POWER

1:35:00-1:40:00

For Time:

3 rounds of:

5 meter Object Flip

Sprint to the starting line and back to object (increasing distance each round)

After completing three rounds:

15 meter Object Flip

Time Cap: 5 minutes

TEST 6 FLOW

At the start signal the athlete will flip the object until they cover a distance of 5 meters. Athletes will then run to the start line and back to the object. They will flip the object another 5 meters then run back to the line and back to the object for a final 5 meter flip. They will run back to the start line and return to the object one final time where they will flip the object back 15 meters in the opposite direction. Athletes will run across the finish line and stop their time.

TEST 6 MOVEMENT STANDARDS

For complete movement standards please see the entries for "Run ID 9.01" "Object Flip ID 14.08" in the International Functional Fitness Federation's Movement Standards Document located at <https://functionalfitness.sport/sport/movement-standards/>

TEST 6 SPECIAL REGULATIONS

- Athletes must flip the object end over end. The object cannot be dragged, rolled, or moved in a manner intending to progress it down the lane without flipping it end over end.
- Athletes are responsible for keeping their object from impeding other athletes' progress during this event and will be penalized for any purposeful attempts to flip their object into the path of another athlete.