

# 2022 Masters Worlds Individual Test Announcements

## Endurance

### Age Groups 30-34 through 45-49

For time:

2500 meter run with 20/14 pound vest

500 meter swim

2500 meter run (no vest)

Time Cap: None, Must Complete

### Age Groups 50-54 and up

For time:

2000 meter run with 20/14 pound vest

250 meter swim

2000 meter run (no vest)

Time Cap: None, Must Complete

## Endurance Flow, Movement Standards, and Special Regulations

### Endurance Flow

On the start signal, athletes will begin their run. Athletes will run the designated distance with the vest on until they get to the designated vest drop zone. At the drop zone athletes can remove their vest and head to the water for their swim. Athletes will complete the designated swim distance for their age group. After the swim, athletes will start their second run, the same distance as the first, but with no vest. 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 ([IFFF 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.

### Endurance Special Regulations

- 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. If an athlete requires flotation assistance they must express this to the Head TO or Event Organizer at Athlete Check-In.
- This test will be chip timed. Athletes are responsible for keeping their chip attached to their body for the duration of the test.

# Strength

For Total Load:

3 attempts to establish a 1 rep max Power Snatch

3 attempts to establish a 1 rep max Strict Press (from the floor)

3 attempts to establish a 1 rep max Clean Anyhow

(1 attempt every 2 minutes)

Time Cap: 18 minutes

## Strength Flow, Movement Standards, and Special Regulations

### Strength Flow

Athletes will enter the competition field of play and have 1 minute to load their barbells. On the start signal, the first set of athletes will approach the barbell and will have a :20 window to perform a Power Snatch. After their :20 has expired the next set of athletes will have :20 to perform their attempt. Lifting will continue in this pattern until all athletes have completed their first attempt. Whether or not the lift is successful, athletes may then choose to change the weight on their bar (higher or lower) as soon as they complete their attempt. After all athletes have completed their first attempt, the first set of lifters will have :20 to perform their second attempt. This lifting pattern will continue for all attempts. Athletes can only make 1 attempt per :20 lifting window, regardless if the attempt is successful or not. Athletes will have 3 attempts at the Power Snatch before moving on to the strict press, where athletes will continue the same flow where they will make 3 attempts at the strict press. This will be followed by 3 attempts at a 1 rep max clean in any style. The athletes' score will be the total weight of all 3 lifts combined.

### Strength Movement Standards

For complete movement standards please see "Clean, Anyhow ID 3.01," "Power Snatch ID 4.02," and "Strict Press ID 5.01" in the International Functional Fitness Federation's Movement Standards Document located at [\(📄\) Movement standards](#). 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 only make 1 attempt in each of their :20 lifting windows regardless of whether the attempt was successful or not.
- For the Strict Press, the athlete must take the bar from the ground. Racks will not be used. After the athlete cleans the bar from the ground, they must clearly pause and show a locked out leg position before beginning the strict press.
- Weight Plates will be in pounds.
- Clips must be on the barbell before the athlete can begin any of their lifts.
- Athletes may increase or decrease weight at their discretion after each attempt.

## Bodyweight

Perform as many repetition as possible in 10 minutes of:

25 Box Jump Overs (60 cm/50cm)

50 Toes to Bar

20 Box Jump Overs (60 cm/50 cm)

40 Pull-ups

15 Box Jump Overs (60 cm/50 cm)

Max Bar Muscle-ups in the remaining time\*

\*60-64 and 65+ age categories will perform Max Chest To Bar Pull-Ups

Time Cap: 10 minutes

## Bodyweight Flow

On the Start signal athletes will proceed to their box and perform 25 box jump overs. They will then proceed to their bar for 50 toes to bar. They will then return to their box for 20 box jump overs, and go back to their bar for 40 pull-ups. Athletes will go back to their box one final time for 15 box jump overs then back to their bar for as many bar muscles up as possible in the remaining time.

### Bodyweight Movement Standards:

For complete movement standards please see the entries for "Toes To Bar ID 7.01," "Box Jump Over ID 10.05," "Pull-up ID 7.04," and "Bar Muscle Up ID 7.07" in the International Functional Fitness Federation's Movement Standards Document located at: [\(D\) Movement standard](#)

[S](#).

### Bodyweight Special Regulations

- Athletes in the age categories 60-64 and 65+ will perform Chest to Bar Pull-ups instead of Bar Muscle Ups for the final movement.
- Athletes may choose to jump over the box completely or may choose to land on top of the box on the box jump overs.
- If the athlete chooses to land on top of the box on the box jump overs, then they must step down on the other side of the box.  
Rebounding is not allowed.

## Mixed

For time:

50 Double Unders

50 Back Squats (Weight 1)

25 Double Unders

25 Shoulder to Overhead (Weight 1)

50 Double Unders

50 Front Squats (Weight 2)

25 Double Unders

25 Shoulder to Overhead (Weight 2)

50 Double Unders

50 Overhead Squats (Weight 3)

25 Double Unders

25 Shoulder to Overhead (Weight 3)

Time Cap: 17 minutes

## Age Groups 30-34 through 45-49

Weight 1: 115lbs/70lbs (52kg/ 32kg)

Weight 2: 95lbs/65lbs (43kg/30kg)

Weight 3: 65lbs/45lbs (30kg/ 20kg)

## Age Groups 50-54 through 65+

Weight 1: 95lbs/65lbs (43kg/ 30kg)

Weight 2: 70lbs/55lbs (34kg/ 25kg)

Weight 3: 45lbs/35lbs (20kg/ 15kg)

## Mixed Flow

At the start signal, athletes will pick up their jump rope and perform 50 double unders. After completing their double unders, athletes will put the bar on their back and perform 50 back squats. After their last back squat, athletes will pick up their ropes for 25 double unders. Athletes will then pick up their bar again for 25 shoulder to overhead. After their last shoulder to overhead, athletes will strip weight off their bars to create weight number 2. Athletes will then proceed back to their jump rope for 50 double unders, to their bar for 50 front squats, back to the rope for 25 double unders, and back to the bar again for 25 shoulder to overhead. Athletes will then strip the bar down to the third weight and continue this pattern for one more round, except they will perform overhead squats instead of front squats in the final round. Time will stop when the athlete crosses the finish line after their final shoulder to overhead.

## Mixed Movement Standards

For complete movement standards please see the entries for "Double Under ID 10.07" and "Back Squat ID 1.02" and "Shoulder to Overhead ID 5.05" and "Front Squat ID 1.03" and "Overhead Squat ID 1.04" in the International Functional Fitness Federation's Movement Standards Document located at [\(F\) Movement standards](#) .

## Mixed Special Regulations

- Athletes must change their own weight after the shoulder to overhead each round.
- Athletes will be allowed to drop the bar behind them after the back squats, but may not drop the bar behind them for any of the other lifts.
- The rope must spin forward on double unders
- Weight plates for this competition will be in pounds. Kilograms are listed for reference only.
- Athletes may not remove their weight plates in a reckless or dangerous manner or in a way that will interfere with any other athletes' performance (eg. no throwing or placing of plates outside your lane). Athletes who violate this rule will receive a 30 second penalty on their final time.
- Athletes may perform a squat clean for their first rep of any front squat set or a squat snatch for their first rep of any overhead squat set. For the back squat, athletes may descend directly into their first squat as the bar comes to land on their back. They do not have to show a pause between the bar landing on their back and the first back squat.

## Skill + Power

### Skill

On a 4 minute clock:

2 minutes to establish your longest freestanding handstand hold

1 minute to establish your longest unbroken L-sit (hands on yoga blocks)

1 minute to accumulate as many alternating pistols as possible

## Age Groups 55-59 and above

Athletes in Age Groups from 55-59 and above may choose to perform an overhead barbell hold instead of a handstand hold but can't finish above an athlete that performed a handstand hold on this event or in the overall standings.

Athletes in Age Groups 60-64 and above will do pistols with a decreased range of motion (i.e. to a target).

**There will then be a 2 minute rest before beginning the Power Test**

## Skill Flow

On the start signal, athletes will have 2 minutes to establish their longest freestanding handstand hold. Athletes will have a 1 x 1 meter square that they must stay in for the handstand hold. They may move their hands during the hold but must stay in the square. Athletes may make as many attempts as they want in the 2 minutes. Only the longest hold will count.

After the 2 minute clock expires, athletes will have 1 minute to establish their longest unbroken L-sit with their hands on yoga blocks. Athletes may make as many attempts as they would like, but only the longest hold will count. After the 1 minute clock expires, athletes will have 1 minute to accumulate as many pistols as possible.

After the 4 minutes of the Skill Test have elapsed, athletes will have a 2 minutes break before beginning the Power Test. During the 2 minute break athletes must return to stand behind the designated start line.

## Skill Movement Standards

For complete movement standards please see the entries for "Handstand Hold ID 12.04," "L-Sit ID 13.04," and "Pistol ID 1.06" in the International Functional Fitness Federation's Movement Standards Document located at [Movement standards](#).

## Skill Special Regulations

- Athletes may choose to stop their attempts of any movement in the skill test early but cannot begin working on the next movement until the time period for that movement has begun.
- For the Handstand Hold, the athletes' hands must stay completely within their box. If either of the athletes' hands, including the fingers, touches the line the time for their hold will end.
- For the L-Sit athletes' hands will be on yoga blocks, and athletes must keep their feet elevated above a target in front of them for the hold to count.
- There is no minimum work requirement for the skill test and athletes may choose to completely skip an element if they desire.
- If an athlete in age groups 55-59 or above wishes to perform the barbell hold instead of the handstand hold they must inform the Head TO by the end of day 2 of competition. Remember, any athlete that performs an overhead barbell hold instead of a handstand hold can't finish above an athlete that performed a handstand hold on this event or in the overall standings. Attempting the handstand hold, but scoring a time of "0" will still rank ahead of someone who performs the barbell hold.
- Scoring for this test will be as follows: Your Longest Handstand Hold Time + Your Longest L-Sit Time + 1 additional second for each pistol performed. The highest total time is the winner on this test.

## Power

For Time:

12-9-6-3

Power Cleans

Bar-facing Burpees

Time Cap: 4 minutes

### **Age Groups 30-34 through 35-39**

Weight: 135lbs/95lbs (61kg/43kg)

### **Age Groups 40-44 and 45-49**

Weight: 115lbs/75lbs (52kg/34kg)

### **Age Groups 50-54 and 55-59**

Weight: 95lbs/65lbs (43kg/30kg)

### **Age Groups 60-64 and 65+**

Weight: 75lbs/55lbs (34kg/ 25kg)

## **Power Flow**

At the start signal the athlete will perform 12 Power Cleans followed by 12 bar facing burpees. Athletes will then complete rounds of 9 of each movement, 6 of each movement, and 3 of each movement before running across the finish line to stop their time.

## **Power Movement Standards**

For complete movement standards please see the entries for "Power Clean ID 3.02" "Object Facing Burpee Over Object ID 10.02" in the International Functional Fitness Federation's Movement Standards Document located at [\(P\) Movement standards](#) .

## **Power Special Regulations**

- None at this time