

# Mexico 2022 Worlds Individual Test Announcements

## Endurance

For Time:

Swim 250 meters

Run 3200 meters

Time Cap: No Total Time Cap, but Swim Time Cap is 8 minutes.

### Test 1 Flow

On the start signal, athletes will swim 250 meters in a pool. They will then exit the pool, put on their shoes, and enter the running course where they must complete 3200 meters.

### Test 1 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/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.

- Outside the pool there will be a transition area for athletes to change into their attire for running.
- Athletes must run with their shoes on after the swim.
- Athletes must inform Head Technical Official no later than athlete check-in if they will need flotation assistance for the swim. If any flotation assistance is used, the test will be considered scaled, and the athlete cannot finish higher than any athlete that did not use flotation assistance on this test or in the overall standings.
- Athletes will start this test in the water.
- Athletes must finish the swim within 8 minutes or they will not be allowed to complete the run and will receive a DNF on this test.
- Athletes will be given a paper number for the endurance test. Athletes must wear their assigned number on the front of their shirt during the run.

## Test 2 Strength

For Time:

10 Snatch Anyhow 205lb/145lb (93kg/66kg)

10 Clean and Jerk Anyhow 275lb/185lb (125kg/84kg)

Time Cap: 6 minutes

### 19-20 Age Group

Snatch 175lb/125lb

Clean and Jerk 225lb/155lb

## Test 2 Flow, Movement Standards, and Special Regulations

### Test 2 Flow

On the start signal, the athlete will approach their barbell and perform 10 snatches anyhow. After completing their 10th snatch, they will add weight to the bar and proceed to perform 10 clean and jerks at the new weight. After the final clean and jerk, they will run across the line to stop their time.

### Test 2 Movement Standards

For complete movement standards please see "Snatch, Anyhow ID 4.01," "Clean, Anyhow ID 3.01," and "Shoulder to Overhead ID 5.05" in the International Functional Fitness Federation's Movement Standards Document located at <https://functionalfitness.sport/sport/movement-standards/>

## Test 2 Special Regulations

- The athlete does not have to show full lockout on the clean before going into the jerk. The athlete may catch the clean with bent knees and use this momentum to go directly into the jerk. However, the athlete must show overhead lockout upon completion of the jerk for the repetition to count.
- If the athlete fails to jerk the barbell but is able to successfully return the barbell 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.
- Athletes will be responsible for changing their own weight after the snatches. The clips must be back on the bar before they can begin their clean and jerks.
- Athletes will receive a "no rep" if they drop the bar behind them, even if the lift was otherwise successfully completed.
- Please note, this competition will be using pound plates for all barbell movements. The kilogram conversion is being included only for reference.

## Test 3 Bodyweight

5 Rounds For Time:

20 Alternating Pistols

15 Burpee Box Jump Overs 24in/20in (60cm/50cm)

7 meter unbroken Handstand Walk Down

7 meter unbroken Handstand Walk Back

5 Ring Muscle-Ups

Time Cap: 20 min cap

### 19-20 Age Group

5 Rounds For Time:

20 Alternating Pistols

15 Burpee Box Jump Overs 24in/20in (60cm/50cm)

7 meter Handstand Walk Down

7 meter Handstand Walk Back

3 Ring Muscle-Ups

Time Cap: 20 min cap

## Test 3 Flow

On the start signal athletes will perform 20 pistols, they will then move to the box and perform 15 burpee box jump overs. After their last burpee box jump over, they will do an unbroken handstand walk for 7 meters. At the end of 7 meters, they will turn around and handstand walk back another 7 meters unbroken. (Note: The 19-20 age group does NOT have to perform the handstand walk unbroken). They will then head to their rings and perform 5 ring muscle ups (3 for 19-20 age group). Athletes will repeat this for 4 more rounds. After the final set of ring muscle ups athletes will run across the line to stop their time.

## Test 3 Movement Standards:

For complete movement standards please see the entries for "Pistol ID 1.06" "Handstand Walk ID 12.03," and "Object Facing Burpee Over Object ID 10.02" in the International Functional Fitness Federation's Movement Standards Document located at: <https://functionalfitness.sport/sport/movement-standards/>

## Test 3 Special Regulations

- Every 7 meters of the handstand walk must be completed unbroken. If an athlete comes down before completing 7 meters they must start that section over. For the 19-20 age group, the 7 meters does not have to be unbroken, but there will be smaller sections that must be completed unbroken.
- Athletes must alternate legs on the pistols.

## Test 4 Skill

For Time:

5 Rope Climbs from a Seated Start (4.5 meters)

100 unbroken Double Unders

Accumulate 90 second L-Sit on Parallettes (10 second increment minimum)

100 unbroken Double Unders

Time Cap: 12 minute

### 19-20 Age Group

For Time:

5 Rope Climbs from a Seated Start (4.5 meters)

50 unbroken Double Unders

50 unbroken Double Unders

Accumulate 90 second L-Sit on Parallettes (10 second increment minimum)

50 unbroken Double Unders

50 unbroken Double Unders

Time Cap: 12 minute

## Test 4 Flow

On the start signal, athletes will begin their 5 rope climbs. Each rope climb must start from a seated position. After completing the final rope climb, the athlete will begin their 100 Double Unders. The double unders must be completed unbroken. If the athlete breaks before the set of 100 is completed, they must start over from 0. Note: for the 19-20 age group, athletes will perform their 100 double unders as 2 sets of 50 unbroken. After completing their double unders, the athlete will begin accumulating 90 seconds in an L-Sit on Parallettes. After accumulating 90 seconds, the athlete will perform another set of 100 Double Unders unbroken (2 sets of 50 unbroken for 19-20 age group) before running across the finish line to stop the time.

## Test 4 Movement Standards

For complete movement standards please see the entries for "Double Under ID 10.07" "Rope Climb, Seated Start ID 11.02," and "L-Sit ID 13.04" in the International Functional Fitness Federation's Movement Standards Document located at <https://functionalfitness.sport/sport/movement-standards/>.

## Test 4 Special Regulations

- Athletes will start the seated rope climb with only glutes on the floor. Feet may not be on the floor or touching the rope at the start, and feet cannot touch the floor until after the athlete finishes the repetition.
- Athletes must touch the beam at the top of the rope climb.
- Athletes may finish the seated rope climb in a standing position. They do not have to return to a seated position at the end of the repetition.
- Athletes may use the legs on the seated rope climb after they have completely pulled themselves off the ground.
- The rope must spin forward on double unders
- Double unders must be completed unbroken. If an athlete stops or trips before completing 100 repetitions, they must restart that set from zero. (50 repetitions for 19-20 age group).
- The L-Sit will be performed on parallettes with plates out in front of the parallettes. The athlete's feet must stay above and over the parallettes at all times for the hold to count.
- The minimum L-Sit hold increment is 10 seconds. Any L-sit hold less than 10 seconds in length will not count toward the 90 seconds. For example, if you hold for :13 seconds unbroken you will get credit for :10 seconds. If you hold for :39 seconds unbroken you will get credit for :30 seconds.

## Test 5 Mixed

For Time:

Buy-In

500 meter Row

50 Chest to Bar Pull-ups

Then in any order of athlete's choosing:

30 Kettlebell Box Step Over (24 inch/20 inch box; 2 x 53 pound/35 pound Kettlebell)

30 Bearhug Sandbag Squats (100 pounds/50 pounds)

30 Single Arm Alternating Dumbbell Hang Snatch (80 pounds/55 pounds)

Time Cap: 12 minutes

### 19-20 Age Group

Dumbbell for Hang Snatches 50/35 pounds

Time Cap: 15 minutes

## Test 5 Flow

At the start signal all athletes will begin by rowing 500 meters and then performing 50 Chest to Bar Pull-ups as a buy-in. After completing their 50th Chest to Bar Pull-up, the athlete may choose which of the three movements to work on next. They can perform the Kettlebell Box Step-Ups, Sandbag Squats, and Dumbbell Hang Snatches in any order they choose, but all 30 repetitions must be performed before moving on to the next movement. When the athlete finishes their final repetition of the 3rd movement, they will run across the finish line to stop their time.

## Test 5 Movement Standards

For complete movement standards please see the entries for "Row ID 9.03," "Chest to Bar Pull-up ID 7.05," "Box Step Over ID. 15.05 V.09 Anyhow," and "Front Loaded Squat ID 1.05 V.13 Bear Hug", and "Hang Snatch Anyhow ID 4.04" in the International Functional Fitness Federation's Movement Standards Document located at <https://functionalfitness.sport/sport/movement-standards/> .

## Test 5 Special Regulations

- Athletes must submit their order for the final three movements AT ATHLETE CHECK-IN ON THURSDAY. Athletes will not be able to change their order after it is submitted.
- Athletes must alternate arms on the Dumbbell Hang Snatches
- Dumbbells and Kettlebells must be dropped from below waist height. A :20 second penalty shall be incurred for each drop that occurs from above the waist.
- Kettlebells can be held any how on the step overs, but may not touch the box while the athlete is working.

## Test 6 Power

For Time:

21/18 Calorie Echo Bike

15 Thrusters 135 pounds/85 pounds (61kg/39 kg)

9 x 8 meter Shuttle Run

Time Cap: 3 minutes

### 19-20 Age Group

For Time:

15/12 Calorie Echo Bike

15 Thrusters (115lbs/75lbs)

## 9 x 8 meter Shuttle Run

Time Cap: 3 minutes

### Test 6 Flow

At the start signal the athlete will proceed to their Bike and bike the designated calories. Athletes will then move on to their barbell and perform 15 Thrusters. Finally, athletes will perform 9 lengths of an 8 meter run before running across the finish line to stop their time.

### Test 6 Movement Standards

For complete movement standards please see the entries for "Airbike ID 9.05," "Thruster ID 5.06" and "Run ID 9.01" in the International Functional Fitness Federation's Movement Standards Document located at <https://functionalfitness.sport/sport/movement-standards/>

### Test 6 Special Regulations

- Both Feet and 1 hand must make contact beyond the line on each shuttle run except the final shuttle run where the athlete will run across the finish line.
- The athlete must remain seated on the bike until all required calories are completed.
- Athletes will receive a "no rep" if they drop the barbell behind them even if the repetition was otherwise completed correctly.

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