

Mexico 2022 Worlds Junior Test Announcements

Test 1 Endurance

For Time:

150m Swim

2400 meter Run

Time Cap: 20 minutes (Swim time cap is 8 minutes)

Test 1 Flow

On the start signal, athletes will swim 150m in a pool. They will then exit the pool, put on their shoes, and enter the running course where they must complete 2400 meters.

Test 1 Movement Standards

For complete movement standards please see the entries titled "Swim ID 9.08," and "Run ID 9.01" 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 row 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 to wear for the endurance test. This number must be worn on the front of the shirt during the run.

Test 1 Scoring

This test is scored in 2 parts.

Part A: Time to Complete the Test

Part B: Technique Score on a 0-3 scale (Tiebreak: Fastest Time)

Athletes start with a Technique Score of 3. The athletes' Technical Official will deduct 1 point from the athletes' Technique Score for each fault listed below that is committed by the athlete:

- 1 point is deducted if the fails to use a discernible stroke on the swim. This deduction is incurred if athlete uses any swim technique other than front crawl, back stroke, breast stroke, butterfly, or side stroke.
- 1 point is deducted if the athlete does not make consistent forward progress on the swim. This deduction is incurred if the athlete stops in the middle of a lap or stops to hang on the lane line during a lap.
- 1 point is deducted if the athletes' knees track significantly inward while running. This deduction is incurred if the inside of the patella travels medially past the big toe (i.e. inside of the big toe) in a significant matter.

Test 2 Strength

For max load:

3 attempts to set a 1 rep max shoulder to overhead, anyhow

Followed by 3 attempts to set a 5 rep max Deadlift

*30 second lifting window, followed by a 2 minute rest

Test 2 Flow

On the start signal, the athlete will have 30 seconds to perform a shoulder to overhead, anyhow from the floor. The athlete may only make 1 attempt within the 30 second window regardless if the lift is successful or not. The athlete may select any weight they deserve for their attempt and may increase or decrease weight between attempts. After their first attempt, the athlete will have a 2 minute rest period in which to switch their weight and prepare for their second attempt. After 3 attempts at the shoulder to overhead, athletes will load up their bars for their first attempt at a 5 rep max deadlift. They will have 30 seconds to perform 5 repetitions, which must be done 1 at a time and **cannot be touch and go**. The athletes will again have a 2 minute rest period between attempts and a total of 3 attempts. Athletes will have 1 minute when entering the floor to set the bars for their first shoulder to overhead attempt.

Test 2 Movement Standards

For complete movement standards please see "Deadlift ID 2.01" 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.

Test 2 Special Regulations

- The bar will start from the floor.
- Athletes will have 1 minute upon entering the floor to load their barbell for their first shoulder to overhead attempt.
- Athletes may choose any style of shoulder to overhead that comes from the front rack position. Athletes may not put the bar in the back rack position and jerk the bar from the back rack.
- The bar must be dropped in front of the athlete after their shoulder to overhead for the set to count. If the athlete drops the bar behind them the set will not count.
- On the deadlifts, athletes must, at a minimum, release their hands at the bottom of each repetition before starting the next repetition. The repetitions may NOT be touch and go.
- Athletes may choose to drop the bar between deadlift repetitions or keep their hands on the bar during the descent between repetitions. However, the athletes hands must come off the bar at some point before beginning the next repetition.
- Each deadlift must start from a dead stop position, and the bar must completely settle before the athlete can begin the next repetition.
- If the athlete gets a "no rep" on their shoulder to overhead attempt, they may not make a second attempt in the same 30 second window.
- However, if an athlete gets a "no rep" on one of their deadlifts they may continue to perform additional deadlifts in an attempt to accumulate 5 before the :30 window expires.
- Athletes will have :30 to lift and 2 minutes to rest and change their weights. Athletes are responsible for changing their own weights, and may increase and decrease weights for each attempt as desired.

Test 2 Scoring

This test is scored in 2 parts.

Part A: Heaviest Shoulder to Overhead + Heaviest Deadlift

Part B: Technique Score on a 0-3 scale (Tiebreak: Heaviest Load)

Athletes start with a Technique Score of 3. The athletes' Technical Official will deduct 1 point from the athletes' Technique Score for each fault listed below that is committed by the athlete. The Technique Score is based off of the athletes' technique on ONLY the lift that the athletes uses for their score in Part A:

- 1 point is deducted if the athlete does not display a neutral spine during their deadlifts. This deduction is incurred if an athlete rounds their back while pulling the deadlift bar off the floor.
- 1 point is deducted if the athletes' knees do not track in line over the toes for the duration of the shoulder to overhead. This deduction is incurred if the inside of the patella travels medially past the big toe (i.e. inside of the big toe).
- 1 point is deducted if the athlete does not maintain a neutral spine during the shoulder to overheads. This deduction is incurred if there is excessive arching (overextension) on the press or lockout phase of the lift.

Test 3 Bodyweight

As Many Rounds As Possible in 15 Minutes of:

Buy-In: 40/30 Calories Echo Bike

Immediately into:

1-2-3-4-5... Wall Walks

2-4-6-8-10... Strict Pull-ups

3-6-9-12-15... Box Jump Overs (60cm/50cm)

Time Cap: 15 minutes

Test 3 Flow

On the Start signal athletes will complete their buy-in of calories on the Airbike. After completing the buy-in, athletes will begin an amrap of ascending repetitions of wall walks, strict pull-ups, and box jump overs. In the first round athletes will perform 1 wall walk, 2 strict pull-ups, and 3 box jump overs. Each round the repetitions of wall walks will increase by 1, the strict pull-ups will increase by 2, and the box jump overs will increase by 3. The athlete will continue working following the same flow with the repetitions increasing each round until the 15 minute time cap is reached.

Test 3 Movement Standards:

For complete movement standards please see the entries for "AirBike ID 9.05," "Wall Walk ID 12.06," "Pull-Up ID 7.04 V. 12 Strict," and "Box Jump Over ID 10.05" 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.

Test 3 Special Regulations

- Athletes must step down on their Box Jump Overs. Rebounding is NOT allowed.

Test 3 Scoring

This test is scored in 2 parts.

Part A: Total Number of Rounds and Repetitions Performed

Part B: Technique Score on a 0-3 scale (Tiebreak: Total Reps)

Athletes start with a Technique Score of 3. The athletes' Technical Official will deduct 1 point from the athletes' Technique Score for each fault listed below that is committed by the athlete.:

- 1 point is deducted if the athlete displays excessive arch during their wall walks. This deduction is incurred if athlete displays an excessive or loose arch through the midsection of their body as they move up the wall.
- 1 point is deducted if the athletes' feet come apart in the pullup. This deduction is incurred if athletes' feet are not physically in contact with each other from the time the athlete starts the pulling motion until the finishing position with the chin over the bar. The athlete may separate their feet while mounting or dismounting the bar and between reps.
- 1 point is deducted if the athletes' knees do not track in line over the toes during the take off or landing phase of the box jump overs. This deduction is incurred if the inside of the patella travels medially past the big toe (i.e. inside of the big toe).

Test 4 Mixed

For Time:

50 Double Unders

5 Rope Climbs

50 Double Unders

25 Sandbag Clean

50 Double Unders

50 Thrusters

50 Double Unders

Time cap: 12:00

Thruster Weight by Age Group:

13-14 years old 45lb/35lb

15-16 years old 65lb/45lb

17-18 years old 75lb/55lb

Sandbag Weight by Age Group:

13-14 years old 65lb/35lb

15-16 years old 100lb/65lb

17-18 years old 150lb/100lb

Test 4 Flow

On the start signal athletes will perform 50 Double Unders. They will then proceed to the rope and perform 5 rope climbs followed by another 50 Double Unders. They will then grab their sandbag and perform 25 sandbag cleans followed by another 50 Double Unders. The athlete will then approach their barbell and perform 50 thrusters and a final set of 50 Double Unders. Time will stop when the athlete crosses the line after their last double under.

Test 4 Movement Standards

For complete movement standards please see the entries for "Double Under ID 10.07," "Rope Climb ID 11.01," "Object Over Shoulder ID 14.04," 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 4 Special Regulations

- For divisions using a 35 or 65lb "sandbag", the implement will actually be a D-Ball.

Test 4 Scoring

Part A: Total Time

Part B: Technique Score on a 0-3 scale (Tiebreak: Total Time)

Athletes start with a Technique Score of 3. The athletes' Technical Official will deduct 1 point from the athletes' Technique Score for each fault listed below that is committed by the athlete.:

- 1 point is deducted if the athlete fails to jump with straight legs on their double unders. A soft bend in the knees during the rebound phase is allowed. A donkey kick or any significant bend of the knees will result in a deduction.
- 1 point is deducted if the athlete pikes at the hips during their double under jump. A forward incline of the torso or a forward lifting of the legs in the jump will result in a deduction. Athletes must maintain vertical alignment of the shoulders, hips, knees, and ankles in order to avoid a deduction.
- 1 point is deducted if the athletes' travels forward or backward in their jump during the double unders.