

Mexico 2022 Worlds Team Test Announcements

Endurance

For Time

Male 1 and Female 1 Swim 250 meters each (athletes will share a lane and swim at the same time)

All four athletes Run 3200 meters

Male 2 and Female 2 Swim 250 meters each (athletes will share a lane and swim at the same time)

Time Cap: 35 minutes

Score: Total Time

Test 1 Flow

On the start signal Male Athlete 1 and Female Athlete 1 will enter the pool and swim 250 meters each. They may swim at their own pace but they will be sharing a lane. When both athletes finish their swim all 4 athletes will begin their 2 mile run. After all 4 athletes complete their 2 mile run, Male Athlete 2 and Female Athlete 2 will swim 250 meters each, again sharing a lane but swimming at the same time and on their own pace. Time will stop when the last athlete finishes the swim and touches the wall.

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 work without assistance of others and without interfering with others.

Test 1 Special Regulations

- Athletes may not begin their run until both athletes finish the first swim. The athletes that swam first must be out of the pool and in the transition area in order for the athletes that did not yet swim to begin their run. Athletes that did not yet swim do not have to wait for the swimmers to put their shoes back on before beginning their run.
- Athletes do not have to run together. However, the second pair of swimmers cannot start their swim until all 4 athletes have completed the run.
- 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 be sharing a swim lane with their teammate. Each teammate must complete 250 meters.
- Athletes will be given a paper number to wear for the endurance test. Athletes must wear this number on the front of their shirt for the run.

Test 2 Strength

As Many Repetitions in 3 Minutes of:

Snatch Anyhow 205 pounds/145 pounds (93kg/66 Kg) (Performed By Male 1 and Female 1)

Immediately Followed by As Many Repetitions as Possible in 4 Minutes of:

Clean and Jerk, Anyhow 275 pounds/185 pounds (125kg/84Kg) (Performed by Male 2 and Female 2)

Time Cap: 7 Minutes

Score: Sum of Total Repetitions for all teammates

Test 2 Flow

On the start signal, Male 1 and Female 1 will approach their respective barbells and have 3 minutes to perform as many snatches as possible. They will be working independently on their own barbells and at their own pace. At the conclusion of 3 minutes, all 4 teammates may help to change the weight to the clean and jerk weight and Male 2 and Female 2 will have 4 minutes to perform as many clean and jerks as possible on their respective bars. The score is the total number of repetitions performed by each athlete added together.

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/wp-content/uploads/2021/01/2021_iF3_Movement_Standards.pdf.

Test 2 Special Regulations

- Teams may decide which athlete will perform which lift. Each athlete may only perform 1 lift.
- Athletes performing clean and jerks do not have to show full extension between the clean and the jerk and may go directly from the clean into the jerk if desired as long as the athlete achieves overhead lockout upon finishing the jerk.
- If a clean and jerk athlete fails their shoulder to overhead but is able to successfully return the barbell to their shoulders without it touching the ground or falling below the shoulder, the athlete may re-attempt the shoulder to overhead.
- Athletes must change their own weight after the snatches. All 4 teammates may assist with this transition.
- There is no set rest period between the snatch amrap and the clean and jerk amrap. Athletes may choose to end the snatch amrap early and change their weights or they can wait until the clean and jerk amrap has begun before changing their weight. However, only snatches performed in the first 3 minutes and clean and jerks performed in the last 4 minutes will count toward the team score.
- Plates for this competition will be in pounds. The kilogram conversions have been provided for reference only.

Test 3 Bodyweight

This test will be performed in same gender pairs.

For Time:

Athlete 1 (A1) and Athlete 2 (A2) will go first.

A1 will perform 8 Rope Climbs (4.5 meters)

A2 will perform 4 sets of 2 Unbroken Rope Climbs (4.5 meters)

A1 will perform 60 Alternating Pistols

A2 will perform 5 unbroken right leg pistols

5 unbroken left leg pistols

10 unbroken right leg pistols

10 unbroken left leg pistols

15 unbroken right leg pistols

15 unbroken left leg pistols all within a designated area

A1 will perform 4 sections of a Handstand Walk (8 Meters)

A2 will perform 4 Unbroken sections of Handstand Walk with an object between their feet (8 Meters)

After the first pair have completed their work, the second will begin and work through the same movements and repetitions in the same patterns with Athlete 3 performing the same movements as Athlete 1 and Athlete 4 performing the same movements as Athlete 2.

Score: Total Time

Time Cap: 30 minutes

Test 3 Flow

On the Start signal, the first two athletes will enter the competition floor and begin their work. Athlete 1 will do all their rope climbs before Athlete 2 may begin their rope climbs. When Athlete 2 finishes his rope climbs Athlete 1 will begin their alternating pistols. Athlete 2 cannot begin their pistols until Athlete 1 finishes theirs. After Athlete 2 finishes their pistols, Athlete 1 will complete 4 sections of a handstand walk. Finally, Athlete 2 will complete four sections of a handstand walk unbroken with an object between their feet. Once Athlete 2 finishes their handstand walks, the opposite gender athletes will begin their work. They will work through in the exact same pattern as the previous pair with athlete 3 performing the same movements and repetitions as athlete 1 and athlete 4 performing the same movements and repetitions as athlete 2.

Test 3 Movement Standards

For complete movement standards please see the entries for "Rope Climb ID 11.01," "Pistol ID 1.06," and "Handstand Walk ID 12.03," 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

- The pair groupings in this test will be Male-Male and Female-Female. Teams may choose whether the male pair or the female pair starts first.
- Unbroken on the rope climbs means that the athlete, after completing the first rope climb repetition, must descend until their hands are below the designated line (approximately 2.5 meters from the ground) and without dismounting the rope or allowing any part of the body to touch the floor ascend the rope again for a second repetition.
- Athletes must touch the beam at the top of the rope climb.
- Athletes may dismount the rope after performing 2 unbroken rope climbs.
- The unbroken rope climbs may be performed in sets of 2 at a minimum. Performing a set of 4, 6, or 8 rope climbs is acceptable. Performing a set of 1, 3, 5, or 7 rope climbs is not and the final repetition of any odd numbered set will be invalidated.
- Unbroken on the pistols means that all pistols in a set that is required to be unbroken are performed by remaining standing on the support leg only for all repetitions. If the non-support leg touches the ground at any time before all repetitions in the unbroken set are completed the athlete must start the repetitions on that leg over from zero.
- There will be a designated box that athletes must stay in when performing their unbroken pistols.
- Unbroken on the handstand walk means the athlete must complete the designated distance without coming down and, when relevant, the object must remain in the athletes' feet the entire time. If the athlete drops the object or comes down before completing the distance they must start that section over from the beginning.

Test 4 Mixed Relay 1

This test is performed in same gender pairs.

Pair 1:

Buy in: 200 Double Unders (One Athlete working at a time)

Immediately followed by

21-15-9 Synchronized Toes to Bar

21-15-9 Synchronized Overhead Squat (115 pounds/85 pounds) (52kg/39kg)

Buy-Out: 200 Double Unders (One Athlete working at a time)

Pair 2:

Buy in: 200 Double Unders (One Athlete working at a time)

Immediately Followed By

12-9-6 Synchronized Bar Muscle-ups

12-9-6 Synchronized Single Arm Dumbbell Overhead Squat (80 pounds/55 pounds) (36kg/25kg)

Buy Out: 200 Double Unders (One Athlete working at a time)

Time Cap: 25 Minutes

Test 4 Flow

Athletes will perform this test in same gender pairs. Teams may select which pair will perform which part of the test. On the start signal, Pair 1 grab their ropes and starts accumulating 200 Double Unders total, only one athlete can work at a time. After completing their double unders, the athletes will work together to complete 21 synchronized toes to bar followed by 21 synchronized barbell overhead squats. They will then move on to complete rounds of 15 and 9 repetitions before moving to their double unders for a final set of 200 double unders total. When the athletes finish their double unders, Pair 2 can begin their work starting with 200 Double Unders total followed by synchronized sets of 12, 9, and 6 Bar Muscle Ups and Single Arm Dumbbell Overhead Squats. After the final Overhead Squat, the athletes will perform another set of 200 Double Unders total before running across the line to stop their time.

Test 4 Movement Standards

For complete movement standards please see the entries for "Double Under ID 10.07," "Toes to Bar ID 7.01," "Bar Muscle Up ID 7.07," and "Overhead Squat ID 1.04" 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.

Synchronization Standards for Teams are Specified in the Special Regulations

Test 4 Special Regulations

- Teams may choose whether the Male pair or the Female Pair will perform first. Athletes must submit their order for their test AT ATHLETE CHECK-IN.
- Synchronization Standard on the Toes to Bar: Athletes must touch the bar with their feet at the same time.
- Synchronization Standard on the Overhead Squat and Dumbbell Overhead Squats: Athletes must show overhead lockout before and after each rep at the same time and show the bottom of the squat position at the same time.
- Synchronization Standard on the Bar Muscle Ups: Athletes must show vertical support on top of the bar at the same time.
- There is no requirement to use a certain arm or to switch arms on the Single Arm Dumbbell Overhead Squats.
- Unless the athlete needs to bail out of the movement for safety reasons, Dumbbells must only be dropped from below the waist. Purposely dropping from above the waist for a non-safety reason will incur a :20 penalty.

Test 5 Team Strategy

For Time:

Athlete 1: 75 Wall Balls (3 meters, 20 pounds)

15 Synchronized Burpees Over the Worm

15 Worm Thrusters

Athlete 2: 50 Strict Handstand Push-ups

15 Synchronized Burpees Over the Worm

15 Worm Shoulder to Overhead

Athlete 3: 30 Power Clean (155 Pounds)

15 Synchronized Burpees Over the Worm

15 Worm Clean and Jerks

Athlete 4: 10 Wall Walks on to Plates

15 Synchronized Burpees Over the Worm

Time Cap: 30 Minutes

Test 5 Flow

For this test each athlete on the team is responsible for 1 movement, but all team members must perform the synchronized burpees and the designated worm movements together. Once an athlete begins their movement they cannot sub out with another athlete until all the repetitions of their movement are completed. The athletes not actively working on a movement must hold the worm off the ground while their teammate completes their movement. They will advance the worm down the field as they progress through the test. After the last set of synchronized burpees athletes will run across the finish line to stop the time.

Test 5 Movement Standards

For complete movement standards please see the entries for "Wall Ball ID 15.04," "Burpee Over Object ID 10.01," "Handstand Push-up ID 12.01 V. 13 Strict," "Power Clean ID 3.02," and "Wall Walk ID 12.06" 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.

Burpee Synchronization Standard and Worm Movement Standard Clarifications are listed in the Special Regulations.

Test 5 Special Regulations

- Wall Walks will be performed so as to require the athlete to step up onto plates at the top of each repetition.
- The cleans will be set up on a 15kg/35lb barbell.
- Burpee Synchronization Standard: All 4 athletes must be in the prone position at the same time at the start of each repetition.
- Worm Hold: While one athlete performs a movement, the 3 remaining athletes must hold the worm off the ground. If the worm touches the ground before the working athlete completes their repetitions all 4 athletes must immediately perform a 5 burpee penalty.

- Worm Thrusters: All athletes must be in the bottom of the squat position at the same time with the worm on the same shoulder. As they stand they will press the worm overhead to land on the opposite shoulder. Athletes do not have to show overhead lockout with the worm as it passes overhead.
- Worm Shoulder to Overhead: Athletes will start with the worm on their shoulders on the same side. They will then pass the worm overhead to land on the opposite shoulder. Athletes do not have to show overhead lockout with the worm as it passes overhead.
- Worm Clean and Jerks: Athletes will start with the worm on the ground on the same side of their bodies. They will then move the worm to their shoulder all working in sync. From the shoulder they will pass the worm over their shoulder to the opposite shoulder. They will then drop the worm to the ground to the next rep or may touch and go the worm to the ground to start the next rep. Athletes do not have to show overhead lockout with the worm as it passes overhead.

Test 6 Mixed Relay 2

For Time:

In a relay format, each athlete will perform

30/20 Calories Echo Bike

10 sections Sandbag Bear Hug Carry (200/150 pounds) (Section Length: 10m)

Time Cap: 20 minutes

Test 6 Flow

For this test, each athlete will complete the test individually, but in a waterfall format. Teams may decide the order in which the athletes will complete the test. Athlete 1 must complete their bike before Athlete 2 can begin their bike. Athlete 2 can begin their sandbag carry as soon as they finish their bike and athlete 1 finishes their sandbag carry. Athlete 3 can only start their bike once Athlete 2 has started their sandbag carry, and Athlete 4 can only start their bike once athlete 3 has started their sandbag carry. Athlete 4 will run across the line to stop the time after they complete their last sandbag carry.

Test 6 Movement Standards

For complete movement standards please see the entries for "Bike ID 9.04" and "Loaded Carry ID 14.07 Variation V.05 Bear Hug" in the International Functional Fitness Federation's Movement Standards Document located at <https://functionalfitness.sport/sport/movement-standards/>

Test 6 Special Regulations

- Both feet have to pass the line at the end of each section before turning around to head back.
- If you drop the sandbag after completing a section, your feet must be behind the line before starting the next section.