

2023 iF3 Asian Championship Individual Test Announcements

Endurance

4 rounds For Time:

400 meter Treadmill Run

100 Double Under

Time Cap: 15 Minutes

Test 1 Flow

On the start signal, athletes will mount the treadmill and run 400 meters. Once completed, they will get off the treadmill and perform 100 Double Unders. They will then go back to the treadmill and repeat this pattern for 3 more rounds. After their final double under in the 4th round they will cross the finish line to stop their time.

Test 1 Movement Standards

For complete movement standards please see the entries titled "Run ID 9.01," and "Double Under ID 10.07" in the International Functional Fitness Federation's Movement Standards Document located at <https://functionalfitness.sport/sport/movement-standards/>.

Test 1 Special Regulations.

- The rope must spin forward on double unders.
- The athlete may not hold the handles of the treadmill unless mounting or dismounting the treadmill.

Test 2 Strength and Test 3 Bodyweight

Strength

For Time:

10 Overhead Squat (175lbs/125lbs) (80kg/55kg)

10 Squat Clean and Jerk (225lbs/155lbs) (100kg/70kg)

Time Cap: 5 minutes

Note: Pound plates will be used for this competition. Kilograms are included in the test announcements to provide an approximate athlete reference point only and are not exact conversions.

ONCE THE 5 MINUTE TIME CAP EXPIRES, ATHLETES WILL REST 2 MINUTES BEFORE BEGINNING THE BODYWEIGHT TEST

Bodyweight

Complete As Many Rounds As Possible in 10 Minutes of:

2 Wall Walks

4 Rope Climbs (3.3m)

6 Shuttle Runs (1 Shuttle Run is 10m)

Time Cap: 10 Minutes (Total Time Cap for Test 2 and 3 Combined is 17 Minutes)

Test 2 Strength Flow, Movement Standards, and Special Regulations

Test 2 Strength Flow

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

Test 2 Movement Standards

For complete movement standards please see "Overhead Squat ID 1.04" and "Squat Clean ID 3.03," 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 barbell will come from the floor. Racks will not be available for this test.
- The athlete must squat clean the squat clean and jerks, but may do any type of shoulder to overhead for the jerk portion of the movement.
- A squat clean thruster is allowed for the squat clean and jerk as is a squat clean "thruster jerk".
- The athlete is not required to show full extension after the clean, nor is the athlete required to pause after the clean before the jerk.
- Athletes will be responsible for changing their own weight after the overhead squats. The clips must be back on the bar before they can begin their squat clean and jerk.
- Athletes will receive a "no rep" if they drop the bar behind them, even if the lift was otherwise successfully completed.

Test 3 Bodyweight

Test 3 Flow

On the start signal athletes will perform 2 wall walks, they will then move to the rope and perform 4 rope climbs. After their last rope climb, they will perform 6 shuttle runs which are each 10 meters in length. Athletes will then go back to their wall walks and repeat the remainder of the 10 minutes.

Test 3 Movement Standards:

For complete movement standards please see the entries for "Wall Walk ID 12.06" "Rope Climb ID 11.01," and "Shuttle Run 9.02" in the International Functional Fitness Federation's Movement Standards Document located at: <https://functionalfitness.sport/sport/movement-standards/>

Test 3 Special Regulations

- Both Feet and 1 hand must make contact beyond the line on each shuttle run except the final shuttle run of each set where the athlete can just run across the line with no contact requirements.

Test 4 Mixed

3 Rounds For Time

30 Calorie Row

25 Toes Through Rings

20 Bar Facing Burpee

15 Deadlift (225lbs/155lbs) (100kg/70kg)

Time Cap: 15 Minutes

Test 4 Flow

On the start signal, athletes will begin their 30 calorie row. After completing their 30 calories, the athlete will begin their 25 Toes Through Rings. After completing their Toes Through Rings, the athlete will begin 20 Bar Facing Burpees, followed by 15 Deadlifts. The athlete will then return to the rower and repeat this sequence for 2 more rounds before running across the finish line to stop the time.

Test 4 Movement Standards

For complete movement standards please see the entries for "Row ID 9.03" "Toes Through Rings ID 8.01," "Object Facing Burpee Over Object ID 10.02," and "Deadlift ID 2.01" in the International Functional Fitness Federation's Movement Standards Document located at <https://functionalfitness.sport/sport/movement-standards/> .

Test 4 Special Regulations

- None at this time

Test 5 Skill and Test 6 Power

Skill

For Time:

3 rounds of:

5 meter Handstand Walk

10 Alternating Pistols

5 meter Handstand Walk

1 Pull-up Bar Complex (see below)

(into)

2 rounds of:

10 meter Handstand Walk

20 Alternating Pistols

10 meter Handstand Walk

2 Pull-up Bar Complex

(into)

1 round of:

15 meter Handstand Walk

30 Alternating Pistols

15 meter Handstand Walk

3 Pull-up Bar Complex

1 Bar Complex = 1 Bar Pull-Over + 2 Bar Muscle-up + 3 Toes to Bar + 4 Chest to Bar

Time Cap: 10 Minutes

ONCE THE 10 MINUTE TIME CAP EXPIRES, ATHLETES WILL HAVE 2 MINUTES REST BEFORE BEGINNING THE POWER TEST

Power

For time

21 Calorie SkiErg

15 Thrusters (125lbs/85lbs) (55kg/40kg)

20 meter Front Rack Walking Lunge (125lbs/85lbs) (55kg/40kg)

Time Cap: 3 Minutes (Total Time Cap for Tests 5 and 6 Combines is 15 Minutes)

Test 5 Flow

At the start signal all athletes will perform 3 rounds of a 5 meter handstand walk, 10 alternating pistols, a 5 meter handstand walk back, and 1 Pull-up Bar Complex. Then will athletes will go immediately into 2 rounds of a 10 meter handstand walk, 20 alternating pistols, a 10 meter

handstand walk back, and 2 Pull-up Bar Complexes. Finally the athlete will perform a single round of 15 meter handstand walk, 30 alternating pistols, a 15 meter handstand walk back, and 3 Pull-up Bar Complex. When the athlete finishes their final repetition of the 3rd Pull-Up Bar complex they will run across the finish line and stop their time. 1 Pull-Up Bar Complex is 1 Bar Pull-Over + 2 Bar Muscle-up + 3 Toes to Bar + 4 Chest to Bar.

Test 5 Movement Standards

For complete movement standards please see the entries for "Handstand Walk ID 12.03," and "Pistol ID. 1.06," and "Pullover ID 7.06", and "Bar Muscle Up ID 7.07", and "Toes to Bar ID 7.01," and "Chest to Bar Pull-up ID 7.05," in the International Functional Fitness Federation's Movement Standards Document located at <https://functionalfitness.sport/sport/movement-standards/> .

Test 5 Special Regulations

- Athletes do NOT have to do the Pull-up Complex unbroken
- Athletes do NOT have to do the handstand walk unbroken
- Athletes must alternate legs on the pistols.

Test 6 Power

Test 6 Flow

At the start signal the athlete will proceed to their SkiErg and ski the designated calories. Athletes will then move on to their barbell and perform 15 Thrusters. Finally, athletes will a 20 meter front rack walking lunge before running across the finish line to stop their time.

Test 6 Movement Standards

For complete movement standards please see the entries for "Ski ID 9.07," "Thruster ID 5.06" and "Walking Lunge ID 15.06 V.02 Front Rack" in the International Functional Fitness Federation's Movement Standards Document located at <https://functionalfitness.sport/sport/movement-standards/>

Test 6 Special Regulations

- The athlete must stand tall with both feet completely over the line on the final lunge before dropping the barbell and finishing the test.
- The athlete must remain standing on the SkiErg platform 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.