

# 2023 Euro Final Round Test Announcements

Note: For this competition the following bullet point in the definition of "Standing Tall" will not be enforced.

- Inside of heels no wider than outer plane of the shoulders.

## Test 1 Endurance

From 00:00-20:00

6 Rounds For Time:

500 meter Bike Erg

250 meter Run

Time Cap: 20 minutes

## Test 1 Flow, Movement Standards, and Special Regulations

On the start signal, athletes will mount their bike. They will bike for 500 meters, followed by a 250 meter run on a track. They will repeat this cycle for a total of 6 rounds. Athletes will run across the line to stop their time at the conclusion of the 6th round.

### Test 1 Movement Standards

For complete movement standards please see the entries titled "Bike Erg ID 9.06" and "Run ID 9.01" in the International Functional Fitness Federation's Movement Standards Document located at [\(D\) Movement standards](#) which requires the athlete to row the specified amount without assistance of others or other equipment and without interfering with others.

### Test 1 Special Regulations

- None at this time

Rest 20:00 to 35:00

## Test 2 Strength

From 35:00-43:00

For maximum load on a running clock:

3 minutes to set a 3 rep max clean

Rest 1 minute

2 minutes to set a 2 rep max shoulder to overhead

Rest 1 minute

1 minute to set a 1 rep max clean and jerk

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

### Test 2 Flow

On the start signal, the athlete will have 3 minutes to set a 3 rep max touch and go clean. Athletes may take as many attempts as they want, and may increase and decrease weight as they choose. When the 3 minute clock expires, athletes have 1 minute to rest. They may change their weights during the rest period. When the rest period is over, athletes will have 2 minutes to set a 2 rep max shoulder to overhead from the ground. The athletes will then have 1 more minute to rest, before having 1 final minute to set a 1 rep max clean and jerk. The athlete's score is the total of their best completed attempts in each of the three segments (i.e 3rm clean + 2rm Shoulder to Overhead + 1rm Clean and Jerk).

### Test 2 Movement Standards

For complete movement standards please see "Clean, Anyhow ID 3.01" "Shoulder to Overhead ID 5.05" and "Clean and Jerk ID 4.08" in the International Functional Fitness Federation's Movement Standards Document located at ([📄 Movement standards](#)).

### Test 2 Special Regulations

- Athletes must change the weight on their own barbells.
- Athletes may pre-load their barbells before the Strength test begins. Athletes will also be given time to warm-up in their lane before time begins.
- Shoulder to Overheads must occur from the front rack position.
- If the athlete receives a "no rep" anywhere in a set, they may continue working until they receive the required number of good reps to complete the set as long as they did not drop the bar.
- The bar must be dropped in front of the athlete in order for the set to count.
- The set of 3 cleans must be "unbroken." This means that the athlete cannot drop the bar nor can the athlete stop on the ground for any longer than a "tap."
- An athlete cannot rest with their hands off the bar with the bar trapped in their hip crease. If they need to readjust their grip during the set with the bar in their hip crease, they may do so as long as the hands remain on the bar.
- Any style of clean which originates from the floor is acceptable.
- Any style of Shoulder to Overhead that originates from the front rack is acceptable.
- The Shoulder to Overheads will come from the floor.
- In order for a lift to count, the athlete must have pulled the bar off the ground before the lifting clock expires. An athlete can continue to complete the lift past the expiration of the lifting clock as long as the bar was off the ground before time ran out. However, the athlete should be aware that doing this will cut into their rest time.

Rest 43:00-50:00

## Test 3 Bodyweight

From 50:00-1:00:00

As Many Rounds As Possible in 10 Minutes:

2 rounds of:

3/2 Strict Muscle Ups

10 meter Run

40 Double Unders

10 meter Run

6/4 Deficit Strict Handstand Push-ups (12/8cm)

20 meter Run

Then, in the remaining time complete as many rounds as possible of:

6/4 Ring Muscle Ups

10 meter Run

40 Double Unders

10 meter Run

12/10 Deficit Handstand Push-ups (9.5/8cm)

20 meter Run

Time Cap: 10:00 minutes

## Test 3 Flow

On the go signal, athletes will begin a 10 minute amrap. The buy-in to the amrap is 2 rounds of strict muscle, run to the other side of the playing field, 40 Double Unders, run back to rig, perform strict deficit handstand pushups, then run to the other side of the playing field and back. After 2 rounds of that has been completed, athletes will perform as many rounds as possible in the remaining time of Muscle ups, run to the other side of the playing field, 40 double unders, run back to the rig, deficit handstand push-ups, and then run to the other side of the playing field and back.

### Test 3 Movement Standards:

For complete movement standards please see the entries for "Ring Muscle Up ID 8.02," as well as "Ring Muscle Up ID 8.02, Variation Strict ID V.12," "Shuttle Run ID 9.02," "Handstand Push-up, Variation Deficit V.09," as well as "Handstand Push-up, Variation Strict V.12, Variation Deficit V.09," and "Double Under ID 10.07" in the International Functional Fitness Federation's Movement Standards Document located at:

[🔗 Movement standards](#) .

### Test 3 Special Regulations

- For the 20 meter shuttle run, athletes will change direction at the 10 meter mark and must touch both feet and 1 hand to the ground beyond the line before heading back for the final 10 meters.
- For the 10 meter shuttle runs no touch element is required but athletes must pass the line completely in order to receive credit for their run.

Rest 1:00:00-1:12:00

## Test 4 Skill

1:12:00-1:20:00

Perform As Many Rounds As Possible In 8 Minutes Of:

5 Pull-Overs

15 Second Unbroken Handstand Hold (1 x 1 meter square)

15 Second Unbroken L-Sit Hold

## Test 4 Flow

On the start signal athletes will perform 5 Pull-Overs. They will then proceed to their square and must hold a 15 second handstand within their square. If they come down before :15 seconds has elapsed, they must start their set over. They will then move to their parallel bars and perform an unbroken 15 second L-Sit. Again, if they come down before :15 seconds has elapsed, they must start their L-Sit over. Athletes will continue in this pattern for 8 minutes, accumulating as many rounds as possible.

## Test 4 Movement Standards

For complete movement standards please see the entries for "Handstand Hold ID 12.04 Variation 15.1 Movement Allowed," "Pull-Over ID 7.06," and "L-Sit ID 13.04" in the International Functional Fitness Federation's Movement Standards Document located at [Movement standards](#).

## Test 4 Special Regulations

- Athletes may move around during their handstand hold as long as they stay within the designated box.
- On the Handstand Hold or the L-Sit, if the athlete breaks before the 15 seconds is up, they must start their hold again from 0 seconds.

Rest 1:20:00 to 1:30:00

## Test 5 Mixed

From 1:30:00 to 1:44:00

For Time:

20/15 Calorie Row

6 Burpee Box Step Ups 60/50cm

8 Snatches 70/45kg

6 Burpee Box Jumps 60/50cm

6 Hang Snatches 70/45kg

6 Box Facing Burpee Box Jump Overs 60/50cm

4 Overhead Squats 70/45

6 Box Facing Burpee Box Jump Overs 60/50cm

6 Hang Snatches 70/45kg

6 Burpee Box Jumps 60/50cm

8 Snatches 70/45kg

6 Burpee Box Step Ups 60/50cm

20/15 Calorie Row

Time Cap: 14 minutes

## Test 5 Flow

At the start signal, athletes will mount the rower and row their calories. After finishing their calories, they will proceed to their box and perform 6 burpee box step ups, followed by 8 snatches. They will then go back to their box for 6 burpee box jumps followed by 6 hang

snatches. They will return to their box for 6 burpee box jump overs and 4 overhead squats. After their 4 overhead squats they will work their way in reverse order, back through each movement, finishing with their row before crossing the line to stop their time.

## Test 5 Movement Standards

For complete movement standards please see the entries for "Row ID 9.03," "Snatch, Anyhow ID 4.01," "Hang Snatch, Anyhow ID 4.04," "Object Facing Burpee Over Object ID 10.01," "Burpee to Target ID 10.03 + Box Jump ID 10.04," in the International Functional Fitness Federation's Movement Standards Document located at [Movement standards](#)

## Test 5 Special Regulations

- The Burpee Box Step Ups and Burpee Box Jumps will use a combination of the standards for Burpee to Target and Box Jump. The Rep Start position will be the start position of the Burpee to Target standard and the rep end position will be the rep end position from the Box Jump standard. A jump is not allowed on the step up repetitions, but is required on the box jump repetitions.
- Athletes may not jump on the box for any repetitions labeled "step ups" and must step onto the box with 1 foot at a time.

Rest 1:44:00 to 1:56:00

## Test 6 Power

1:56:00-2:00:00

For Time

12 Dumbbell Hang Clean (2 x 22.5/15kg)

10 meter Dumbbell Front Rack Walking Lunge (2 x 22.5/15 kg)

9 Dumbbell Shoulder to Overhead (2 x 22.5/15kg)

10 meter Dumbbell Front Rack Walking Lunge (2 x 22.5/15kg)

6 Devil's Press (2 x 22.5/15kg)

10 meter Run to Finish Line

Time Cap: 4 minutes

## Test 6 Flow

At the start signal the athlete will perform 12 Dumbbell Hang Cleans followed by a 10 meter walking lunge with the dumbbells in the front rack. Then the athlete will complete 12 Dumbbell Shoulder to Overhead and lunge back another 10 meters. The athlete will finish with 6 Devil's Press before dropping the dumbbells and running across the finish line to stop the time.

## Test 6 Movement Standards

For complete movement standards please see the entries for "Hang Clean, Anyhow ID 3.04," "Walking Lunge ID 15.06 Variation Front Rack V.02" and "Shoulder to Overhead ID 5.05" and "Devil's Press ID 15.07" in the International Functional Fitness Federation's Movement Standards Document located at [Movement standards](#)

## Test 6 Special Regulations

- None at this time

