

# 2023 Euro Preliminary 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 0:00 to 20:00

2 rounds for time

75 Double Unders

750 meter Row

750 meter Run

Time Cap: 20 Minutes

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

On the start signal, athletes will proceed to their rope and do 75 Double Unders. After completing their double unders, athletes will sit on their rower and row 750 meters. After completing the row, they will proceed to the track and run 750 meters. After the run, athletes will move back to their jump rope and complete a second round, exactly the same as the first. After the final run, athletes will run across the finish line to stop their time.

### Test 1 Movement Standards

For complete movement standards please see the entries titled "Run ID 9.01," "Double Under ID 10.07," and "Row ID 9.03" in the International Functional Fitness Federation's Movement Standards Document located at [\(D\) Movement standards](#).

### Test 1 Special Regulations

- The rope must spin forward on double unders.

Rest 20:00-35:00

## Test 2 Strength

From 35:00-40:00

5 minutes to find a max for the following complex:

1 Snatch

1 Hang Snatch

1 Overhead Squat

Time Cap: 5 minutes

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

### Test 2 Flow

On the start signal, athletes will have 5 minutes to set their max for the complex of 1 Snatch + 1 Hang Snatch + 1 Overhead Squat. Athletes may take as many attempts as they would like, and they may increase or decrease the weight in whatever intervals they would like.

### Test 2 Movement Standards

For complete movement standards please see "Snatch, Anyhow ID 4.01" "Hang Snatch, Anyhow ID 4.04," and "Overhead Squat ID 1.04" in the International Functional Fitness Federation's Movement Standards Document located at [Movement standards](#).

### Test 2 Special Regulations

- Athletes must load their own barbells. There will be time for athletes to pre-load their barbells during the rest before the test begins.
- Once the bar leaves the ground on the first repetition, athletes must complete their set without dropping the bar. However, if an athlete receives a "no rep" on one of the repetitions in the complex they may repeat that repetition and get credit for the entire complex, as long as they do not drop the bar. For example, if an athlete is no repped on their Overhead Squat, they may repeat just the Overhead Squat and get credit for the complex as long as they did not drop the bar.
- The athlete may NOT rest the bar on their back at any time. Doing so will invalidate the complex.
- The athlete may rest the bar in the crease of the hip after their first snatch in order to readjust their grip
- Athletes must drop the bar in front of them at the end of the complex in order for the complex to count. Dropping the bar behind them will invalidate the complex.
- Athletes can take as many attempts as they would like and may increase or decrease weights as they see fit.

Rest 40:00-50:00

## Test 3 Bodyweight

From 50:00-1:02:00

3 Rounds For Time:

12/10 Pull-ups

6 meter Handstand Walk

6 Right Leg Pistols

6 Left Leg Pistols

6 meter Handstand walk

Into 2 Rounds For Time:

10/8 Chest To Bar

8 meter Handstand Walk

6 Right Leg Pistols

6 Left Leg Pistols

8 meter Handstand Walk

Into 1 Round For Time:

8/6 Bar Muscle Ups

10 meter Handstand Walk

6 Right Leg Pistols

6 Left Leg Pistols

10 meter Handstand Walk

Time Cap: 12:00 minutes

## Test 3 Flow

On the Start signal athletes will perform their allotted number of pull-ups followed by a 6 meter Handstand Walk (minimum unbroken section is 3 meters). They will do 6 pistols on one leg, followed by 6 pistols on the other leg. They will then move back to the handstand walk and perform another 6 meter handstand walk back to the pull-up rig. Athletes will repeat this sequence for 2 more rounds. After completing their 3rd round, they will start 2 rounds of the same sequence, except the Pull-ups will become chest to bars and the handstand walk will become 2 meters longer. After completing the second round, athletes will move on to one final round of bar muscle-ups, handstand walks, pistols, and one final handstand walk. After their final handstand walk, athletes will run across the finish line to stop their time.

### Test 3 Movement Standards:

For complete movement standards please see the entries for "Handstand Walk ID 12.03", "Pull-up ID 7.04," "Chest to Bar Pull-up ID 7.05," "Pistol ID 1.06", and "Bar Muscle Up ID 7.07" in the International Functional Fitness Federation's Movement Standards Document located at: [📄 Movement standards](#) .

### Test 3 Special Regulations

- The minimum unbroken section of the handstand walk is half the length of the total distance for that round (i.e 3 meters for the 6 meter walk, 4 meters for the 8 meter walk, and 5 meters for the 10 meter walk).
- Athletes must do all 6 pistols on the same leg before switching to the other leg. However, the pistols do not have to be unbroken.
- **ATHLETES ARE ADVISED TO WEAR GLOVES ON THE HANDSTAND WALK DUE TO ANTICIPATED HIGH OUTDOOR TEMPERATURES**

Rest 1:02:00-1:12:00

## Test 4 Skill

From 1:12:00-1:18:00

As Many Repetitions As Possible In 6 Minutes:

1 Forward Roll to Support On Rings

3 Ring Dips

10 Meter Farmer's Carry Right Hand (40/30kg)

2 Right Arm Kettlebell Get-ups (24/16kg)

2 Left Arm Kettlebell Get-ups (24/16kg)

10 meter Farmer's Carry Left Hand (40/30kg)

## Test 4 Flow

On the start signal the athlete will progress to their rings and perform 1 Forward Roll to support on the rings followed by 3 ring dips. The athlete will then perform a 10 meter Farmer's Carry and 2 Kettlebell Get-ups on each arm before doing a Farmer's Carry back on the other arm. The athlete will continue in this pattern for 6 minutes, accumulating as many repetitions as possible.

## Test 4 Movement Standards

For complete movement standards please see the entries for "Forward Roll on Rings ID 8.04" "Dip ID 8.03," "Loaded Carry ID 14.07 Variation Farmers V.07" and "Kettlebell Get-Up ID 6.05" in the International Functional Fitness Federation's Movement Standards Document located at [Movement standards](#).

## Test 4 Special Regulations

- Athletes do not have to do the Forward Roll and the Ring Dips unbroken.

Rest 1:18:00-1:30:00

## Test 5 Mixed

From 1:30:00-1:44:00

For Time:

1000/800 meter Bike Erg

40 Wall Balls (9kg/6kg)

10 Power Cleans (80kg/50kg)

30 Box Jump Overs (60cm/50cm)

8 Shoulder to Overhead (80kg/50kg)

20 Toes To Bar

6 Clean and Jerk (80kg/50kg)

4 Rope Climbs

Time Cap: 14 minutes

## Test 5 Flow

At the start signal, athlete's will mount their bike and ride the designated number of meters. After completing their bike meters, they will move to their wall ball and perform 40 wall balls, followed by 10 cleans, and 30 box jump overs. They will then return to the barbell to perform 8 shoulder to overhead followed by 20 toes to bar, 6 clean and jerk, and finishing with 4 rope climbs. Athletes will run across the line to stop their time after their 4 rope climbs.

## Test 5 Movement Standards

For complete movement standards please see the entries for "Bike Erg ID 9.06," "Wall Ball ID 15.04," "Clean, Anyhow ID 3.01," "Box Jump Over ID 10.05," "Shoulder to Overhead ID 5.05," "Toes to Bar ID 7.01," and "Clean and Jerk ID 4.08" in the International Functional Fitness

Federation's Movement Standards Document located at [\(F\) Movement standards](#)

## Test 5 Special Regulations

- For the Box Jump Overs, athletes may not rebound their jumps. This means they must either jump on top of the box and step down off the box or jump completely over the box. If the athlete chooses to jump on top of the box and step down, they must touch both feet on top of the box.

Rest 1:44:00-1:56:00

## Test 6 Power

1:56:00-2:00:00

For Time:

15 Thrusters (60/40kg)

12 Bar Facing Burpee

9 Thrusters (60/40kg)

6 Bar Facing Burpee

Time Cap: 4 minutes

## Test 6 Flow

At the start signal the athlete will perform 15 thrusters, followed by 12 bar facing burpees, followed by 9 thrusters, and then finishing up with 6 bar facing burpees. Athletes must run across the finish line to stop their time.

## Test 6 Movement Standards

For complete movement standards please see the entries for "Thruster ID 5.06" "Object Facing Burpee Over Object ID 10.02" in the International Functional Fitness Federation's Movement Standards Document located at [\(F\) Movement standards](#)

## Test 6 Special Regulations

- If an athlete's foot contacts the bar during the jump for the burpee, the athlete must repeat the jump to receive credit for the repetition, but does not have to repeat the entire burpee.