

2023 Masters Worlds Test Announcements

Endurance

All Age Groups

From 0:00-1:00

Max Repetitions Burpee Box Jump Overs (50 cm all divisions)

Then

Every Minute on the Minute Until Failure

Run 100 meters*

*Distance increases by 10 meters each minute

Time Cap: None

Age Divisions 60-64 and 65+ may step up on the Burpee Box Jump Overs

Endurance Flow, Movement Standards, and Special Regulations

Endurance Flow

On the start signal, athletes will begin one minute of burpee box jump overs. The amount of repetitions they do will be used as the tie break score for this test. At the start of the second minute, athletes will begin a "Death By" style workout, where they must run the designated distance within the minute. If they successfully complete the distance, 10 meters will be added to the distance for the next round. If the athlete does not successfully complete the distance within the minute their test will end. Athletes will continue until they can no longer complete the required distance within the minute.

Endurance Movement Standards

For complete movement standards please see the entries titled "Run ID 9.01," and "Object Facing Burpee Over Object ID 10.02" in the International Functional Fitness Federation's Movement Standards Document located at [\(i\) Movement standards](#).

Endurance Special Regulations

- Each run distance will have a turn around point at the halfway mark. Athletes will be required to move a cone at the turnaround point to signify that they reached the correct distance.
- Athletes please be aware that since there is no time cap for the event that there may be some variation in the published heat schedule. We will do our best to maintain the timing of the published schedule, but if athletes in a particular heat last longer than expected heat times may vary by 5-10 minutes. We will not start heats earlier than the listed time.

Strength

All Age Groups

In 5 minutes establish a max in the following complex:

2 Squat Cleans

2 Front Squats

2 Shoulder to Overhead

Time Cap: 5 minutes

Strength Flow, Movement Standards, and Special Regulations

Strength Flow

Athletes will have 5 minutes to set their max in a complex of 2 squat cleans, 2 front squats, and 2 shoulder to overheads. Athletes can take as many attempts as they would like and may increase or decrease the weight in whatever intervals they would like. The complex must be unbroken.

Strength Movement Standards

For complete movement standards please see "Squat Clean ID 3.03," "Front Squat ID 1.03," and "Shoulder to Overhead ID 5.05" in the International Functional Fitness Federation's Movement Standards Document located at [\(F\) Movement standards](#) . Definitions of all movements and positions are located in the movement standards document. Please make sure to read the movement standards document completely.

Strength Special Regulations

- 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 one of their Front Squats, they may repeat the Front Squat and continue on and get credit for the complex if successfully completed 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.
- If the athlete rests the bar in the crease of their hip after their first clean they may not remove their hands from the bar.
- 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.
- Weight Plates will be in pounds.
- Clips must be on the barbell before the athlete can begin any of their lifts.
- Athletes may not use a hang squat clean. Each clean must come from the floor in a smooth motion.
- Any shoulder to overhead style which starts in the front rack is acceptable.
- Athletes may "Thruster -Jerk" their second front squat into their first shoulder to overhead if they wish.

Bodyweight

For Time:

5-4-3-2-1 Seated Rope Climb (4.5 m)

25-20-15-10-5 Ring Dips

100-80-60-40-20 Air Squats

Time Cap: 15 minutes

Age Groups 50-54 and 55-59 will do Regular Rope Climbs and 15-10-10-5-5 ring dips for the males and 10-10-5-5-5 ring dips for the females

Age Groups 60-64 and 65+ will do 3-3-2-2-1 Regular Rope Climbs and 25-20-15-10-5 Hand Release Push-ups instead of Ring Dips

Bodyweight Flow

On the Start signal athletes will proceed to their rope and perform 5 rope climbs starting from a seated position. They will then head to their rings for 25 dips. When finished they will do 100 Air Squats. Athletes will continue in this pattern for 4 more rounds, with the repetitions decreasing each round. After their last air squat, athletes will run across the line to stop their time.

Bodyweight Movement Standards:

For complete movement standards please see the entries for "Rope Climb, Seated Start ID 11.02," "Rope Climb ID 11.01," "Air Squat ID 1.01," "Dip ID 8.03," and "Hand Release Push-up ID 15.02" in the International Functional Fitness Federation's Movement Standards Document located at: [Movement standards](#).

Bodyweight Special Regulations

- Age Groups 50-54 and 55-59 will do Regular Rope Climbs and 15-10-10-5-5 ring dips for the males and 10-10-5-5-5 ring dips for the females
- Age Groups 60-64 and 65+ will do 3-3-2-2-1 regular rope climbs and 25-20-15-10-5 Hand Release Push-ups instead of Ring Dips
- Athletes performing seated rope climbs may use their legs after they have successfully left the ground. Legs may also be used on the descent.
- For athletes performing hand release push-ups, they will be required to place their feet on a plate during their repetitions
- The Passive Arm Rule will be enforced on the Air Squats. This means that the athletes cannot push off their legs with their hands or otherwise use their hands for assistance during their air squats.

Skill

As Many Repetitions As Possible in 9 Minutes:

7.5 Meters Handstand Walk

50 Double Unders

7.5 Meters Handstand Walk

Pull-up Variation*

*Round 1 = 20 Pull-ups

*Round 2 = 10 Chest to Bar

*Round 3 = 5 Bar Muscle Ups

*Round 4+ = 5 Pull-overs

Time Cap: 9 Minutes

Skill Flow

On the start signal, athletes will complete a 7.5 meter handstand walk followed by 50 double unders. They will then complete another 7.5 meter handstand walk and head to their pull-up bar to complete their pull-up variation for that round. On round 1, athletes will complete 20 Pull-ups. After 20 Pull-ups, athletes will start again with a 7.5 meter handstand walk, 50 double unders, and another handstand walk. They will then do to their pull-up bar for 10 Chest to Bar Pull-ups. They will then repeat the round again, but when they get to the pull-up bar in the third round, they will complete 5 Bar Muscle Ups. Athletes who make it to the 4th round and beyond will complete 5 Pull-overs each round. Athletes will continue in this pattern for 9 minutes.

Skill Movement Standards

For complete movement standards please see the entries for "Handstand Walk ID 12.03," "Double Under ID 10.07," "Bar Muscle Up ID 7.07," and "Pull-over ID 7.06," "Pull-up ID 7.04" and "Chest to Bar Pull-up ID 7.05" in the International Functional Fitness Federation's Movement Standards Document located at [📄 Movement standards](#) .

Skill Special Regulations

- For the Handstand walk, athletes in the 30-34 division through the 40-44 division must complete their walks in minimum unbroken segments of 7.5 meters. Athletes in the 45-49 division and older must complete their walks in minimum unbroken segments of 2.5 meters.
- The rope must spin forward on double unders.
- Athletes may use their own rope on double unders.

Mixed

For Time:

1600 Meter Assault Bike

30 Meter Front Rack Axle Bar Walking Lunge (4 Lengths)

33 Toes to Bar

33 Axle Bar Power Clean

33 Toes to Bar

30 Meter Front Rack Axle Bar Walking Lunges

1600 Meter Assault Bike

Time Cap: 15 minutes

Age Groups 30-34 through 45-49

115lbs/75lbs (52kg/ 34kg)

(Weights during the competition will be in pounds, kilograms included for approximate reference only)

Age Groups 50-54 through 65+

95lbs/65lbs (43kg/ 30kg)

Mixed Flow

At the start signal, athletes will bike 1600 meters. After completing their bike, athletes will pick up their axle bar and lunge 30 meters. They will then head to the rig for 33 toes to bar, followed up 30 power cleans with their axle bar. They will then reverse back through the test, completing 33 more toes to bar, a second 30 meter walking lunge and another 1600 meter bike.

Mixed Movement Standards

For complete movement standards please see the entries for "AirBike ID 9.05" and "Walking Lunge ID 15.05 Variation Front Rack V.02," "Toes To Bar ID 7.01," and "Power Clean ID 3.02" in the International Functional Fitness Federation's Movement Standards Document located at [📄 Movement standards](#) .

Mixed Special Regulations

- Athletes may use a mixed grip on the axle bar cleans as long as all other standards are met.
- Weight plates for this competition will be in pounds.

Power

For Time:

30/20 Calorie Row

10 Double* Dumbbell Power Snatch (50lbs/35lbs)

10 Dumbbell Thrusters

5 Double* Dumbbell Power Snatch

5 Dumbbell Thrusters

Time Cap: 4 minutes

Age Groups 30-34 through 45-49

Weight: 50/35 lbs; *Two Dumbbells for all movements

Age Groups 50-54 and 55-59

Weight: 50/35 lbs; *One Dumbbell for all movements

Age Groups 60-64 and 65+

Weight: 35/25 lbs *One Dumbbell for all movements

Power Flow

At the start signal the athlete will perform their row calories followed by 10 Dumbbell Power Snatch and 10 Dumbbell Thrusters. They will then perform 5 Dumbbell Power Snatch and 5 Dumbbell Thrusters before running across the line to stop their time.

Power Movement Standards

For complete movement standards please see the entries for "Power Snatch ID 4.02," "Row ID 9.03," and "Thruster ID 5.06" in the International Functional Fitness Federation's Movement Standards Document located at ([📄 Movement standards](#)).

Power Special Regulations

- Both heads of the dumbbell must make contact with the ground on the dumbbell power snatch
- Athletes in the 50-54 age group and above will only use 1 dumbbell on the power snatches and thrusters. All other age groups will use 2 Dumbbells for all movements.