

2023 Worlds Individual Test Announcements

Endurance

Test Partner: Concept 2

For Time:

2800 meter run

1,000 meter SkiErg

1,000 meter Row

2,000 meter BikeErg

Time Cap: 30 minutes

19-20 Age Group

Same Test

Time Cap: 30 minutes

Test 1 Flow

On the start signal, athletes will run 2800 meters on an indoor loop. After completing their run, athletes will ski 1000 meters, followed by a 1000 meter row, and finally a 2000 meter bike.

Test 1 Movement Standards

For complete movement standards please see the entries titled "Run ID 9.01," "Skierg ID 9.07," "Row ID 9.03," and "Bikeerg ID 9.06" in the International Functional Fitness Federation's Movement Standards Document located at [Movement standards](#).

Test 1 Special Regulations.

- Athletes must stay on their machine until they have completed all the required meters. Athletes may not stand up from their machine early or otherwise dismount or step off their machine early.

Test 2 Strength

Test Partner: Treningspartner

Athletes will have 3 attempts to establish their 1 rep max Clean and Jerk

Score: Heaviest successfully completed lift

19-20 Age Group

Same Test

Test 2 Flow, Movement Standards, and Special Regulations

Test 2 Flow

Athletes will be set up on platforms in their heat. On the start signal the first 2 athletes will have :20 to complete a 1 rep max clean and jerk. At the :20 mark, the next two athletes will take their attempt. At the :40 second mark the next 2 athletes will take their attempt, and so on until all athletes have completed 1 attempt. Once all athletes have completed 1 attempt, the first 2 athletes will begin their second attempt and the pattern will start over. Athletes will continue in this manner, until all athletes have taken three attempts.

Test 2 Movement Standards

For complete movement standards please see "Clean & Jerk ID 4.08" in the International Functional Fitness Federation's Movement Standards Document located at [🔗 Movement standards](#) .

Test 2 Special Regulations

- The athlete does not have to show full lockout on the clean before going into the jerk. The athlete may catch the clean with bent knees and use this momentum to go directly into the jerk. However, the athlete must show overhead lockout upon completion of the jerk for the repetition to count.
- If an athlete fails a repetition or receives a no rep during their :20 window, they may reattempt the same lift (no change in weight) in the remainder of the :20 window if desired.
- If an athlete completes their clean, but fails their jerk but is able to return the bar to the front rack position without dropping it to the ground, athletes may reattempt the jerk and receive credit for a successful repetition.
- Athletes may increase or decrease the weight as they see fit throughout their 3 attempts. However, once an attempt has begun within the :20 lifting window, the athlete may not change the weight for the remainder of that :20 window.
- Athletes will be responsible for changing their own weight. The clips must be back on the bar before they can begin their next attempt.
- Athletes may not perform their jerk from the back rack position.
- Athletes will receive a "no rep" if they drop the bar behind them, even if the lift was otherwise successfully completed.
- Athletes must start their lift before their :20 clock expires. Athletes may continue to complete their lift after the :20 clock has expired and be credited with a successful repetition as long as the lift was initiated (meaning the bar had been lifted off the ground) before the :20 clock expired.

Test 3 Bodyweight

Test Partner: ata Treningsutstyr

5 Rounds For Max Repetitions:

On a 3 minute clock perform:

16 Toes to Bar

3 Rope Climbs (4.5m)

16 Pistols

As Many Burpee Box Jump Overs as possible in the remaining time (60/50 cm)

1 minute rest between rounds

Time Cap: 19 minutes

19-20 Age Group

5 Rounds For Max Repetitions:

On a 3 minute clock perform:

16 Toes to Bar

2 Rope Climbs (4.5m)

10 Pistols

As Many Burpee Box Jump Overs as possible in the remaining time (60/50 cm)

1 minute rest between rounds

Test 3 Flow

On the start signal, a 3 minute clock will begin and athletes perform their toes to bar. They will then move to the rope for their rope climbs. After that, they will perform their pistols. With any remaining time athletes will accumulate as many burpee box jump overs as possible. At the end of the 3 minutes, athletes will rest for 1 minute before beginning again at the toes to bar for the second round. Athletes will repeat this pattern for a total of 5 rounds.

Test 3 Movement Standards:

For complete movement standards please see the entries for "Rope Climb ID 11.01," "Pistol ID 1.06," "Toes to Bar ID 7.01," and "Object Facing Burpee Over Object ID 10.02" in the International Functional Fitness Federation's Movement Standards Document located at: [\(F\) Movement standards](#)

Test 3 Special Regulations

- While there is no minimum work requirement in this workout, all repetitions completed will count toward the athletes' score, including the buy-in each round of toes to bar, rope climbs, and pistols.
- Athletes must do 8 pistols on one leg before switching to the other leg (5 each leg before switching for 19-20 age group)

Test 4 Skill

Test Partner: Play Sport

Part 1:

Max Ring Muscle-ups in 90 seconds

Part 2:

For Time:

Handstand Walk Obstacle Course:

5m Walk Forward

5m Walk over Ramp + Stairs

5m Walk into Freestanding Handstand Push-ups

5m Half Pirouette to Backwards Walk

5m Walk Around Pylon

Obstacle Course Time Cap: 2:30

Total Time Cap: 4:00

19-20 Age Group

Part 1:

As Many Repetitions as Possible in 3 Minutes:

10 Pull-ups

10 Chest to Bar

10 Bar MU

Max Ring Muscle-ups in remaining time

Part 2:

For Time:

Handstand Walk Obstacle Course

Obstacle Course Time Cap: 2:30

Total Time Cap: 5:30

Test 4 Flow Open Division

On the start signal, Part 1 will begin and athletes will have 90 seconds to accumulate as many ring muscle ups as possible. When Part 1 ends, Part 2 will immediately begin and athletes will begin their handstand walk obstacle course, which they must complete for time.

This test will be scored in two parts. The first part of the test is scored by number of muscle ups completed, and will be worth 50 points. The second part of the test will be scored by time to complete the course, and will be worth 50 points.

Test 4 Flow 19-20 Division

On the start signal, Part 1 will begin and athletes will have 3:00 minutes to do 10 Pull-ups, 10 Chest to Bar Pull-ups, and 10 Bar Muscle ups. After completing all their required repetitions on the pull-up bar, athletes will move to the rings and perform as many muscle ups as possible in the remaining time. After time expires in Part 1, Part 2 will begin immediately and athletes will begin their handstand walk obstacle course, which they must complete for time.

This test will be scored in two parts. The first part of the test is scored by the total number of repetitions completed including all repetitions on the rig, and will be worth 50 points. The second part of the test will be scored by time to complete the course, and will be worth 50 points.

Test 4 Movement Standards

For complete movement standards please see the entries for "Pull-up ID 7.04," "Chest to Bar Pull-up ID 7.05," "Bar Muscle-up ID 7.07," "Ring Muscle-up ID 8.02," "Handstand Walk ID 12.03," "Handstand Pirouette ID 12.05," "Freestanding Handstand Push-up ID 12.02," and "Traverse Over/Across an Obstacle ID. 15.08" in the International Functional Fitness Federation's Movement Standards Document located at [Movement standards](#).

Test 4 Special Regulations Open Athletes

- The tie breaker for Part 1 will be the number of ring muscle ups that was completed unbroken.
- There will be no transition time between the end of Part 1 and the start of Part 2. Athletes may choose to end their muscle up work early to be in position for the beginning of the handstand walk, but may not begin their walk before the time for Part 1 as expired.
- The handstand walk obstacle course will consist of a flat section where the athlete must walk forward, a ramp and stairs, a flat section where the athlete must walk forward and perform a set number of free standing handstand push-ups, a flat section where the athlete must walk forward, do a half pirouette, and continue to walk backwards, and a final section where the athlete must walk around a pylon while maintaining a forward body orientation.

Test 4 Special Regulations 19-20

- The tie breaker for Part 1 will be the time the athlete finished their last bar muscle up.
- There will be no transition time between the end of the 3:00 amrap and the start of the handstand walk obstacle course. Athletes may choose to end their muscle up work early to be in position for the beginning of the handstand walk, but may not begin their walk before the 3:00 clock has expired.
- The handstand walk obstacle course will consist of a flat section where the athlete must walk forward, a ramp and stairs, a flat section where the athlete must walk forward and perform a set number of free standing handstand push-ups, a flat section where the athlete must walk forward, do a half pirouette, and continue to walk backwards, and a final section where the athlete must walk around a pylon while maintaining a forward body orientation.

Test 5 Mixed

Test Partner: Sportsmaster

For Time:

400m Run (Assault Air Runner)

15 Wall Walks

Into:

1-2-3-4-5-6-7-8-9

Double Y Bell Ground to Overhead (20kg/15kg)

Double Y Bell Thruster (20kg/15kg)

Into:

300 Double Under

Time Cap: 15 minutes

19-20 Age Group

For Time:

400m Run (Assault Air Runner)

10 Wall Walks

Into:

1-2-3-4-5-6-7-8-9

Double Y Bell Ground to Overhead (20kg/15kg)

Double Y Bell Thruster (20kg/15kg)

Into:

150 Double Under

Time Cap: 15 minutes

Test 5 Flow

At the start signal all athletes will mount their treadmill and complete a 400 meter run. They will then move to the wall to complete their required number of wall walks. They will then move on to the Y-Bells where they will perform 1 Y-Bell Ground to Overhead and 1 Y-Bell Thruster. They will then perform 2 of each, followed by 3 of each, followed by 4 of each. They will continue in this pattern until they have completed 9 of each movement on the Y-Bells. Athletes will then move on to their double unders where they will complete all required repetitions. When the athlete finishes their final Double Under, they will run across the finish line to stop their time.

Test 5 Movement Standards

For complete movement standards please see the entries for "Run ID 9.01," "Wall Walk ID 12.06," "Snatch, Anyhow ID 4.01," "Clean and Jerk ID 4.08," "Thruster ID. 5.06," and "Double Under ID 10.07," in the International Functional Fitness Federation's Movement Standards Document located at [Movement standards](#) .

Test 5 Special Regulations

- Athletes may use a snatch or a clean and jerk technique for the Y-Bell Ground to Overheads.
- Y-Bells must be dropped from below waist height. A :20 second penalty shall be incurred for each drop that occurs from above the waist.

Test 6 Power

For Time:

Sled Push

25 Power Snatch (50/35kg)

Sled Push

Time Cap: 3 minutes

19-20 Age Group

For Time:

Sled Push

25 Power Snatch (40/30kg)

Sled Push

Time Cap: 3 minutes

Test 6 Flow

At the start signal the athlete will push the sled 20 meters. They will then go to their barbell and perform 25 power snatches. After their last power snatch, they will push the sled 20 more meters, then run across the line to stop the time.

Test 6 Movement Standards

For complete movement standards please see the entries for "Sled Push ID 14.01," and "Power Snatch ID 4.02" in the International Functional Fitness Federation's Movement Standards Document located at [Movement standards](#)

Test 6 Special Regulations

- Athletes will receive a "no rep" if they drop the barbell behind them even if the repetition was otherwise completed correctly.
- Exact Sled Push Weight and Distances will be announced at the Athlete Briefing