

# 2024 Euros Preliminary Round Test Announcements

## Test 1 Endurance

10 Rounds For Time:

500m Run

300m SkiErg

Time Cap: 45 minutes

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

On the start signal, athletes will run an outdoor loop of 500 meters. After completing their lap, athletes will approach their SkiErg and ski 300 meters. After completing their 300 meters athletes will begin the next run lap. Athletes will continue in this sequence until 10 rounds of each exercise have been completed. After completing the last 300m ski athletes 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 "Ski ID 9.07" in the International Functional Fitness Federation's Movement Standards Document located at [Movement standards](#) which requires the athlete to run and ski, the specified amount without assistance of others and without interfering with others.

## Test 1 Special Regulations

- Both of the Athlete's feet must stay on the SkiErg platform each round until the required 300 meters has been completed.
- The endurance test will occur in isolation the afternoon. There will be approximately an hour and a half break before athletes will begin the other 5 tests which will occur in sequence.

## Test 2 Strength

0:00-6:00

In 6 minutes set a max for the following complex:

1 Clean, anyhow

3 Front Squats

1 Shoulder to Overhead

Time Cap: 6 minutes

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

### Test 2 Flow

On the start signal, the athlete will have 6 minutes to set a maximum weight for the complex of 1 Clean, 3 Front Squats, and 1 Shoulder to Overhead. The athlete may take as many attempts as they want in the 6 minutes and may increase or decrease the load as they desire. The athletes score will be the weight of the heaviest successfully completed complex.

### Test 2 Movement Standards

For complete movement standards please see "Clean, Anyhow ID 3.01," "Front Squat ID 1.03" and "Shoulder to Overhead ID 5.05" in the International Functional Fitness Federation's Movement Standards Document located at [Movement standards](#).

### Test 2 Special Regulations

- Athletes may load their own barbells before the time begins.
- Athletes can take as many attempts as desired in the 6 minutes.
- Athletes can increase or decrease the weight during the 6 minutes as desired.
- If an athlete chooses to squat clean for their clean, this does NOT count as one of their 3 front squats. The athlete must perform 3 additional front squats.
- The athlete may Thruster or "Thruster Jerk" the final front squat into the shoulder to overhead.
- Any type of Shoulder to Overhead that comes from the front rack position may be used. The athlete may not put the bar onto their back and perform their Shoulder to Overhead from the back rack.
- If the athlete receives a "no rep" in the middle of the complex, they may continue to work on the complex as long as they have not dropped the bar to the floor after the call of no rep is given. For example, an athlete is no repped on their second front squat of the complex, as long as the athlete has not dropped the bar they can continue squatting until they complete 3 counting repetitions and then continue on with their shoulder to overhead.
- The bar must be dropped in front of the athlete in order for the set to count.
- 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.
- Collars must be on the bar on the outside of all plates each time a lift is attempted. Any lift performed without collars will not count.

Rest 6:00-15:00

## Test 3 Bodyweight

15:00-25:00

For Time:

100 Double Unders

9/7 Ring Muscle Ups

25 Box Jump Overs (76/60 cm)

9/7 Ring Muscle Ups

25 Box Jump Overs (76/60 cm)

9/7 Ring Muscle Ups

100 Double Unders

Time Cap: 10:00 minutes

## Test 3 Flow

On the Start signal athletes will perform 100 Double Unders. They will then proceed to their rings and perform the number of ring muscle ups required for their division (9 for males and 7 for females). They will then move to the box for 25 box jump overs. Athletes will then go back to the rings for another set of muscle ups, followed by another set of box jumps overs. Athletes will then return to the rings one final time for their final set of muscle ups, before finishing with 100 more double unders and running across the line to stop their time.

### Test 3 Movement Standards:

For complete movement standards please see the entries for "Double Under ID 10.07, "Ring Muscle Up ID 8.02", and "Box Jump Over ID 10.05," in the International Functional Fitness Federation's Movement Standards Document located at: [Movement standards](#) .

### Test 3 Special Regulations

- On the Box Jump Overs athletes may choose to jump completely over the box without touching it, or may choose to jump on top of the box and step down on the other side. Rebounding off and back onto the box will not be allowed.
- If an athlete chooses to jump on top of the box, both feet must make contact with the top of the box on each repetition before stepping down.
- Hands may not be used on the Box Jump Overs.

Rest 25:00-37:00

## Test 4 Skill

37:00-49:00

For Time:

48 meter Handstand Walk

into

4 Rounds of

8 Double Kettlebell Overhead Squats (24/16 kg)

5 Pull Overs

into

48 meter Handstand Walk

Time Cap: 12 minutes

## Test 4 Flow

On the start signal the athlete will perform a 48 meter handstand walk in 8m unbroken increments. After completing the handstand walk, they will move into 4 rounds of 8 Double Kettlebell Overhead Squats and 5 Pull-Overs. After completing the Pull-overs in round 4, athletes will complete a final 48 meter handstand walk, again in a minimum of 7.5m increments, before running across the line to stop their time.

## Test 4 Movement Standards

For complete movement standards please see the entries for "Handstand Walk ID 12.03," "Overhead Squat ID 1.04" and "Pull-over ID 7.06" in the International Functional Fitness Federation's Movement Standards Document located at [Movement standards](#).

## Test 4 Special Regulations

- Athletes must complete their handstand walk in unbroken increments of a minimum of 8 meters.
- Athletes may do a squat snatch with the kettlebells for their first repetition of the double kettlebell overhead squats.
- Athletes should pay special attention and review the Pull-over standard, which requires the chin to break the horizontal plane of the pull-up bar before the feet come over the top of the bar on each repetition.
- Athletes will be required to move their kettlebells down the floor after each round. This will be explained during the athlete briefing.

Rest 49:00-1:00:00

## Test 5 Mixed

1:00:00-1:19:00

As many repetitions as possible in 4 rounds of 4 minutes of:

8 Double Kettlebell Hang Snatch (24/16kg)

10 Chest to Bar Pull-ups

8 Shuttle Runs (1 Shuttle run = 8 meters out)

1 minute rest between each 4 minute round

Time Cap: 19 minutes

## Test 5 Flow

At the start signal a 4 minute clock will begin and athletes will begin to work through the sequence of 8 Double Kettlebell Hang Snatch, 10 Chest to Bar Pull-ups, and 8 Shuttle Runs. Athletes will work through this sequence as many times as possible in the 4 minutes. At the 4 minute mark, athletes will stop working and a 1 minute rest will begin. During this rest athletes will return to the start line and prepare to start the cycle over. At the completion of the 1 minute rest, a start signal will sound and athletes will start the pattern again, starting from the beginning of the amrap each time. Athletes will continue this cycle for 4 total rounds. The athlete's score will be the total number of repetitions completed in the test.

## Test 5 Movement Standards

For complete movement standards please see the entries for "Kettlebell Snatch ID 6.04," "Chest To Bar Pull-up ID 7.05", and "Shuttle Run ID 9.02" in the International Functional Fitness Federation's Movement Standards Document located at [Movement standards](#).

## Test 5 Special Regulations

- Athletes will start the amrap from the beginning at the start of each round. Athletes will not continue from where they left off.
- The Kettlebell Snatches are Double Kettlebell Snatches where the athlete will have a Kettlebell in each hand.
- On the Shuttle Runs, athletes will start the very first length each round with both feet behind the line but do not have to start with a hand touching the ground. From there, the athlete must touch both feet and 1 hand beyond the 8 meter line on each length except for the final length where athletes must cross the line completely with both feet, but do not have to touch their hand to the ground. Each single 8m length will count as 1 repetition.

Rest 1:19:00-1:40:00

## Test 6 Power

1:40:00-1:45:00

For Time:

30 Calorie BikeErg

20 Worm Facing Burpees Over Worm

Time Cap: 5 minutes

## Test 6 Flow

At the start signal athletes will mount the bike and bike 30 calories. After completing 30 calories, athletes will dismount the bike and perform 20 worm facing burpees. After completing their last burpee, athletes will run across the finish line and stop their time.

## Test 6 Movement Standards

For complete movement standards please see the entries for "BikeErg ID 9.06" "Object Facing Burpee Over Object ID 10.02" in the International Functional Fitness Federation's Movement Standards Document located at [Movement standards](#)

## Test 6 Special Regulations

- Athletes must remain seated or standing on the BikeErg until 30 calories have been completed.