2024 Worlds Individual Test Announcements

These test announcements include all Tests for the 19-20 Age Group

Endurance

For Time:

4000 meter Bike Erg

2000 meter Row

Time Cap: 18 Minutes

19-20 Age Group

Same Test

Time Cap: 18 Minutes

Test 1 Flow

Athletes shall enter from the “Athlete Entrance” and proceed to their assigned lane. Athletes may adjust the seat, handle, and the damper on the bike, but touching the monitor is not allowed. On the Start Signal, athletes will begin biking their assigned distance on the bike. When they complete their bike, they will dismount the bike and move to the rower, where they will row their assigned distance. Time will stop when the distance on the rower is completed. Crossing the finish line is not required for this test.

The score is the total time it takes the athlete to complete the full distance on the bike and the row.

For this test the score is provided directly from the Concept 2 timing apparatus.

Test 1 Movement Standards

For complete movement standards please see the entries titled “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.

- The athlete’s time will be recorded using the recording mechanism provided by Concept 2. Time will be recorded when the athlete completes the final meter on the rower. There is no finish line for this test.

Test 2 Strength

Every Minute on the Minute For 7 Minutes:

1 Snatch, Anyhow

1 Hang Snatch, Anyhow

1 Overhead Squat

Women will start at 50kg and add 2.5kg on each side each minute

Men will start at 85kg and add 2.5kg on each side each minute

Athletes who successfully complete the last minute of the EMOM will immediately begin:

5 Minutes to Find a 1 rep max Snatch, Anyhow

Time Cap: 12 Minutes

19-20 Age Group

This age group will perform the same test starting with the weights below:

Women 40kg

Men 75kg

Test 2 Flow, Movement Standards, and Special Regulations

Test 2 Flow

Athletes will start behind their barbells and have a designated lifting area approximately 230x350cm, with plates along the longer side of the lifting area. On the start signal the athletes will have 1 minute to perform the complex at the first assigned weight. If the athlete successfully completes the complex in the minute, they will change their weight and prepare for minute two. At the start of the second minute, the athlete will perform the complex at the next heavier weight. Athletes will continue in this pattern until they can no longer successfully complete the complex at the required weight within the minute or until 7 minutes have passed. At the 7 minute mark, every athlete that has successfully completed all 7 sets of the complex will begin a 5 minute window to find their 1 rep max Snatch.

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

- The athlete can attempt the complex as many times as they want within the minute window.
- All lifts must be completed before the time cap. If you finish a lift beyond the time that will result in a “no complex”
- Athletes must stay within their lifting area. Touching the line on the edge of the lifting area or going outside the lifting area during a lift will result in a “No Complex” and end the attempt.
- Athletes are responsible for changing their own weights. Athletes may start changing their weights as soon as they successfully complete the complex.
- Between the Snatch and the Hang Snatch athletes may not release their hands from the bar. This means that trapping the bar in the hip to control the bar or adjust the grip is acceptable as long as the hands do not completely come off the bar.
- Athletes may not lower the bar below the knee between the first Snatch and the Hang Snatch.
- Athletes may not lower the bar below the head between the Hang Snatch and the Overhead Squat.
- Clips must be on the bar outside the outermost plates before any attempt can be made and any unused plates must be removed from the lifting area.
- Athletes will receive a “no complex” if they drop the bar behind them, even if the lift was otherwise successfully completed.
- If an athlete’s knee touches the ground that will result in a “no complex.”
- If you receive a “no rep” within the complex you may repeat the movement and continue on. For example, if you receive a “no rep” on the hang snatch, you can repeat the hang snatch and continue on.
- If you commit one of the “no complex” faults listed above you must start the entire complex over.
- Athletes who successfully complete all 7 minutes of the EMOM will immediately begin a 5 minute window to find their 1 rep max Snatch, Anyhow. The athlete may make as many attempts as they want in the 5 minutes and increase or decrease the weight as they see fit.

- The athlete’s score will be the weight of the heaviest complex completed if they do not finish the 7 minute EMOM or the heaviest snatch weight successfully lifted in the 5 minute window if the EMOM is completed. However, if an athlete completes the EMOM, but fails to lift heavier than their final EMOM weight during the 5 minute window, their score will be the weight of the heaviest complex lifted in the EMOM.

Test 3 Bodyweight

4 Rounds For Time:

5 Chest to Bar

5 Bar Muscle-ups

5 Chest to Bar

10 Deficit Parallette Handstand Push-Ups (6/3 cm)*

15 Box Jump Over (60/50cm)

*In round 1 the first Handstand Push-up must be strict. In round 2 the first 2 Handstand Push-ups must be strict, In round 3, the first 3 Handstand Push-ups must be strict, etc.

Time Cap: 11 Minutes

19-20 Age Group

4 Rounds For Time:

5 Chest to Bar

3 Bar Muscle-ups

5 Chest to Bar

10 Deficit Parallette Handstand Push-Ups (3/0 cm)*

15 Box Jump Over (60/50cm)

*In round 1 the first Handstand Push-up must be strict. In round 2 the first 2 Handstand Push-ups must be strict, In round 3, the first 3 Handstand Push-ups must be strict, etc.

Time Cap: 11 Minutes

Test 3 Flow

Athletes will begin the test standing on the starting line. On the start signal, athletes will move to the pull-up bar and begin 5 chest to bar pull-ups followed by 5 (or 3 for 19-20 age group) bar muscle-ups and 5 more chest to bar pull-ups. Athletes will then move to their handstand push-up walls where they will complete 10 deficit handstand push-ups. In round 1 the first deficit handstand push-up must be strict. In round 2 the first 2 handstand push-ups must be strict. Athletes will continue changing one additional kipping handstand push-up to a strict handstand push-up each round, until they complete 4 strict and 6 kipping handstand push-ups in the final round. Athletes will then move to their box where they will complete 15 box jump overs where they must completely clear the box on each jump. Athletes will move their plyo box forward one section after each round. Athletes will move in this pattern for 4 rounds. After their box jump overs in the 4th round, athletes will run across the line to stop their time.

Test 3 Movement Standards:

For complete movement standards please see the entries for “Chest to Bar Pull-up ID 7.05,” "Handstand Push-up ID 12.01," "Handstand Push-up ID 12.01, V.12 Strict," “Bar Muscle-Up ID 7.07,” 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

- Athletes must completely clear the box on their Box Jump Overs. Touching the top of the box with any part of the body will not be allowed. The feet must pass over the top of the box height, and cannot pass around the side of the box at lower than box height.
- On the Deficit Handstand Push-ups, athletes will first perform strict handstand push-ups in a number equivalent to the round number. For example, in round 1 athletes will perform 1 strict deficit handstand push-up and 9 kipping deficit handstand push-ups to reach the total of 10 deficit handstand push-ups. In round 4 athletes will perform 4 strict deficit handstand push-ups and 6 kipping deficit handstand push-ups to reach the total of 10 deficit handstand push-ups.

Test 4 Skill

For Time:

3 Seated Legless Rope Climb (4.5m) - legless lowering back to beneath 3m

10 Meter Handstand Walk

1 Handstand Full Pirouette

10 Meter Backwards Handstand Walk

2 Seated Legless Rope Climb (4.5m) - legless lowering back to beneath 3m (*Tiebreak Time)

8 Meter Sideways Handstand Walk (Left Hand Leading)

8 Meter Sideways Handstand Walk (Right Hand Leading)

1 Seated Legless Rope Climb (4.5m) legless lowering back to beneath 3m

Total Time Cap: 6:00

19-20 Age Group

For Time:

3 Seated Rope Climb (4.5m)

10 Meter Handstand Walk

1 Handstand Full Pirouette

10 Meter Backwards Handstand Walk

2 Seated Rope Climb (4.5m)

10 Meter Handstand Walk

1 Handstand Full Pirouette

10 Meter Backwards Handstand Walk

1 Seated Rope Climb (4.5m)

Time Cap: 6:00

Test 4 Flow Open Division

Athletes will start waiting on the starting line. On the start signal, athletes will begin their rope climbs. Athletes must ascend and descend without using their legs. After completing their 3 rope climbs they perform a 10 meter handstand walk. After completing the walk they will perform a full pirouette within a designated area and then handstand walk backwards for 10 meters. Athletes will then return to the rope for 2 more seated legless rope climbs. They will then perform a sideways handstand walk with the left hand leading for 8 meters, followed by a sideways handstand walk with the right hand leading for 8 meters. Athletes will return to the rope one final time and perform 1 more seated legless rope climb before running across the line to stop their time.

Test 4 Flow 19-20 Division

Athletes will start waiting on the finish line. On the start signal, athletes will begin their rope climbs. Athletes may use their legs after they leave the seated position. After completing their 3 rope climbs they perform a 10 meter handstand walk. After completing the walk they will perform a full pirouette within a designated area and then handstand walk backwards for 10 meters. Athletes will then return to the rope for 2 more seated rope climbs. They will perform another 10 meter handstand walk, another full pirouette, and another 10 meter handstand walk backwards. Athletes will return to the rope one final time and perform 1 more seated rope climb before running across the line to stop their time.

Test 4 Movement Standards

For complete movement standards please see the entries for “Rope Climb, Seated Start ID 11.02,” “Rope Climb, Seated Start ID 11.02 V.18 Legless,” "Handstand Walk ID 12.03,” and “Handstand Pirouette ID 12.05,” in the International Functional Fitness Federation's Movement Standards Document located at Movement standards .

Test 4 Special Regulations Open Athletes

- Athletes may not use their legs on the ascent or descent of the rope climb. Athletes will be shown a descent line during the athlete briefing. Athletes must keep their feet off the ground and off the rope until they are below the descent line. Once they are below the descent line, which will be approximately 3 meters off the ground, athletes may dismount the rope or use their legs to descend from that point onward.
- For the Sideways Handstand Walk, two lines 30 cm apart will be placed in the lane. Athletes' hands must stay between the lines during their walk. Touching the line with your hands is acceptable, but going over the line with your entire hand is not acceptable, and will result in a no rep. The minimum increment is 2 meters.
- For all other handstand walks the minimum increment is 5 meters.
- Athletes' Tiebreak time will be when they finish their set of 2 Legless Rope Climbs.
- Athletes will do their full pirouette in a designated box. After completing the pirouette, you must exit the box as will be demonstrated at the briefing. The exact flow will be shown during the athlete briefing.

Test 4 Special Regulations 19-20

- Once athletes successfully leave the ground and mount the rope, they may use their legs on the rope climbs.
- The minimum increment on the handstand walk will be 5 meters.
- Athletes will do their full pirouette in a designated box. After completing the pirouette, you must exit the box as will be demonstrated at the briefing. The exact flow will be shown during the athlete briefing.

Test 5 Mixed

For Time:

15/12 Ring Muscle-ups

30 Wall Balls (9kg/6kg)

30 Toes To Bar

30 Thrusters (55kg/40kg)

30 Toes To Bar

30 Wall Balls (9kg/6kg)

15/12 Ring Muscle-up

Time Cap: 12 minutes

19-20 Age Group

For Time:

10/8 Ring Muscle-ups

30 Wall Balls (9kg/6kg)

30 Toes To Bar

30 Thrusters (45kg/30kg)

30 Toes To Bar

30 Wall Balls (9kg/6kg)

10/8 Ring Muscle-ups

Time Cap: 12 minutes

Test 5 Flow

Athletes will start on the starting line, which will be behind the rig. At the start signal athletes will perform their required number of Muscle Ups. They will then move on to perform 30 Wall Balls and 30 Toes to Bar. Next, they will move to their barbell and begin 30 thrusters followed by 30 more Toes to Bar and 30 more Wall Balls. After completing their last Wall Ball, athletes will return to their rings for one final set of muscle ups before running across the line which will stop their time.

Test 5 Movement Standards

For complete movement standards please see the entries for “Ring Muscle-Up ID 8.02,” "Wall Ball ID 15.04," "Toes To Bar ID 7.01," and “Thruster ID. 5.06,” in the International Functional Fitness Federation's Movement Standards Document located at Movement standards .

Test 5 Special Regulations

- None at this time

Test 6 Power

For Time:

5 Shuttle Runs (Each Shuttle Run is 10 meters down and 10 meters back)

20 Deadlifts (140kg/95kg)

15/10 Calories Bike Erg

Time Cap: 3 minutes

19-20 Age Group

For Time:

5 Shuttle Runs (Each Shuttle Run is 10 meters down and 10 meters back)

20 Deadlifts (120kg/85kg)

15/10 Calories Bike Erg

Time Cap: 3 minutes

Test 6 Flow

Athletes will start in front of their barbell with 1 hand touching the barbell. At the start signal the athlete will begin 5 shuttle runs. Athletes will start on the starting line. At the start signal the athlete will begin 5 shuttle runs. Each shuttle run involves the athlete running 10 meters down to cross the line and touch beyond it, and 10 meters back to cross and touch the line on the other side. They will then go to their barbell and perform a total of 20 deadlifts. Athlete will then mount their bike and complete their required calories before running across the finish line to stop their time.

Test 6 Movement Standards

For complete movement standards please see the entries for "Shuttle Run ID 9.02," Deadlift ID 2.01," and “Bike Erg ID 9.06” in the International Functional Fitness Federation's Movement Standards Document located at Movement standards

Test 6 Special Regulations

- Athletes must touch 1 hand and both feet simultaneously behind the line on each 10 meter length of the shuttle run, except for when beginning the first repetition or ending a final repetition in a set. In that case, the athlete must only start with their feet behind the line (first repetition of a set) and end with both feet completely crossing the line (final repetition of a set).