2024 Worlds Junior Test Announcements

Endurance

Age Groups 15-16 and 17-18

For Time:

4000 meter Bike Erg

2000 meter Row

Time Cap: 18 Minutes

Age Group 12 and Under and 13-14

For Time:

3000 meter Bike Erg

1500 meter Row

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 “Bike Erg 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 row. There is no finish line for this test.

Test 2 Strength

Age Groups 13-14, 15-16, and 17-18

In 4 minutes establish a max for the complex:

1 Snatch, Anyhow

1 Hang Snatch, Anyhow

Time Cap: 4 Minutes

Age Group 12 and Under

In 4 minutes establish a 3 rep max Thruster

Time Cap: 4 Minutes

Test 2 Flow, Movement Standards, and Special Regulations

Test 2 Flow Age Groups 13-14, 15-16, and 17-18

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 begin loading their bars and will have 4 minutes to find the heaviest weight they can lift for the complex of 1 Snatch + 1 Hang Snatch. Athletes may make as many attempts at the complex as they wish and increase or decrease weight as they wish.

Test 2 Flow 12 and Under

On the start signal the athletes will have 4 minutes to establish their 3 rep max thruster. Athletes may make as many attempts as they want in the 4 minutes. Racks will not be available for the Thruster. The athlete's score will be the heaviest weight successfully lifted for 3 repetitions .

Test 2 Movement Standards

For complete movement standards please see "Snatch, Anyhow ID 4.01," and "Hang Snatch, Anyhow ID 4.04," and "Thruster ID 5.06" in the International Functional Fitness Federation's Movement Standards Document located at Movement standards .

Test 2 Special Regulations 13-14, 15-16, and 17-18

- The athlete can attempt the complex as many times as they want within the 4 minute window.
- Athletes are responsible for changing their own weights. They may increase or decrease weights at any time.
- 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.
- 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.
- Clips must be on the bar 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.
- If you commit one of the "no complex" faults listed above you must start the entire complex over.
- The athlete's score will be the weight of the heaviest complex successfully completed.

Test 2 Special Regulations 12 and Under

- The athlete can attempt their lifts as many times as they want within the time limit.

- Athletes are responsible for changing their own weights and may increase weight up or down as desired.
- All lifts must be completed before the time cap.
- 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 rep”
- Athletes may not lower the bar below the shoulder between the first and second Thruster.
- Athletes may not put the bar in the back rack to rest between the first and second Thruster.
- If an athlete gets a “no rep” on a Thruster but does not drop the bar, they can continue their set until they complete two successful repetitions as long as they have not dropped the bar below the shoulder.
- Clips must be on the bar before any attempt can be made and any unused plates must be removed from the lifting area.
- Athletes will receive a “no rep” if they drop the bar behind them, even if the lift was otherwise successfully completed.
- Athletes may squat clean the first thruster repetition.

Test 3 Bodyweight

Age Groups 13-14 through 17-18

As Many Rounds As Possible In 10 Minutes:

10-10-10-10-10… Box Jump Overs (60cm/50cm)

1-2-3-4-5… Strict Handstand Push-Ups (13-14 Age Group will use a 3cm riser for boys and 6cm riser for girls)

1-2-3-4-5… Pull-ups

Time Cap: 10 Minutes

Age Group 12 and Under

As Many Rounds As Possible In 8 Minutes:

10-10-10-10-10… Box Jump Overs (60cm/50cm)

1-2-3-4-5… Hand Release Push-Ups

1-2-3-4-5… Toes To Bar

Time Cap: 8 Minutes

Test 3 Flow

Athletes will start waiting on the starting line. On the start signal, athletes will begin 10 Box Jump Overs. After their box jump overs, athletes will move to their handstand push-up walls where they will complete the required number of strict handstand push-ups for the round they are on (or hand release push-ups for some divisions). Athletes will then move to the pull-up bar and perform the required number of pull-ups for the round they are on (or toes to bar for some divisions). Athletes will continue in this pattern for 10 minutes (or 8 minutes for some divisions), always performing 10 Box Jump Overs, but increasing the number of repetitions of the other movements by 1 each round.

Test 3 Movement Standards:

For complete movement standards please see the entries for “Pull-up ID 7.04” "Handstand Push-up ID 12.01, V.12 Strict," “Hand-Release Push-Up ID 15.02,” “Toes to Bar ID 7.01,” 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 must land on the box with two feet on top and step down the other side. Jumping down off the box will not be permitted.

Test 4 Skill

Age Groups 15-16 and 17-18

For Time:

8/6 Ring Muscle Ups

10 meter Handstand Walk

8/6 Ring Muscle Ups + 1 Extra Ring Dip at the Top of Each Muscle Up

10 meter Handstand Walk

1 Full Handstand Pirouette

8/6 Ring Muscle Ups + 2 Extra Ring Dips at the Top of Each Muscle Up

10 meter Handstand Walk

1 Full Handstand Pirouette

10 meter Backward Handstand Walk

Total Time Cap: 6:00

The 12 and Under and 13-14 Age Groups Do Not Perform the Skill Test

Test 4 Flow Open Division

Athletes will start standing on the starting line. On the start signal, athletes will begin their muscle ups. Athletes will then handstand walk 10 meters. They will then go back to the rings for another set of muscle ups, this time adding an extra ring dip to each muscle up. Athletes will then go back to the floor for a handstand walk plus a full pirouette. Athletes will return to the rings one final time and perform another set of muscle ups, this time with 2 extra ring dips at the top of each rep. Athletes will then perform a handstand walk, a full pirouette, and a backwards handstand walk. Athletes will then run across the line to stop their time.

Test 4 Movement Standards

For complete movement standards please see the entries for “Ring Muscle-Up ID 8.02,” “Dip ID 8.03” "Handstand Walk ID 12.03,” and “Handstand Pirouette ID 12.05,” in the International Functional Fitness Federation's Movement Standards Document located at Moveme nt standards .

Test 4 Special Regulations

- The minimum handstand walk increment is 2.5 meters.

Test 5 Mixed

Age Groups 15-16 and 17-18

For Time:

3 Rope Climbs

into

3 Rounds of:

15 Wall Balls (9kg/6kg)

15 Power Cleans (60kg/45kg)

into

3 Rope Climbs

into

2 Rounds of:

12 meter Plate Overhead Walking Lunge (20kg/15kg) (As 6 meters out and back)

5 Wall Walks

into:

3 Rope Climbs

Time Cap: 10 minutes

Age Group 13-14

For Time:

2 Rope Climbs

into

3 Rounds of:

15 Wall Balls (6kg/4kg)

10 Power Cleans (45kg/30kg)

into

2 Rope Climbs

into

2 Rounds of:

12 meter Plate Overhead Walking Lunge (20kg/15kg) (As 6 meters out and back)

3 Wall Walks

into:

2 Rope Climbs

Time Cap: 10 minutes

Age Group 12 and Under

For Time:

3 Rounds of:

15 Wall Balls (6kg/4kg)

10 Power Cleans (30kg/20kg)

into

3 Rounds of:

12 meter Overhead Plate Walking Lunge (15kg/10kg) (As 6 meters out and back)

3 Wall Walks

Time Cap: 10 minutes

Test 5 Flow 13-14 through 17-18 Age Groups

At the start signal athletes will perform their required number of Rope Climbs. They will then move on to 3 rounds of Wall Balls and Power Cleans. After completing their third round, they will return to the rope and perform their second set of rope climbs. After completing their required number of rope climbs they will move to back to their barbell and begin two rounds of a overhead plate walking lunge and wall walks. After completing two rounds of this, athletes will return to their rings for one final set of rope climbs before running across the line to stop their time.

Test 5 Flow 12 and Under Age Group

At the start signal athletes will begin 3 rounds of Wall Balls and Power Cleans. After completing their third round, they will being three rounds of an overhead plate walking lunge and wall walks. After completing three rounds of this, they will run across the line to stop their time.

Test 5 Movement Standards

For complete movement standards please see the entries for “Rope Climb ID 11.01,” "Wall Ball ID 15.04,” "Clean, Anyhow ID 3.01," “Wall Walk ID. 12.06,” and “Walking Lunge ID. 15.06 V.06 Overhead,” 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

Age Groups 15-16 and 17-18

For Time:

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

20 Deadlifts (100kg/70kg)

15/10 Calories Bike Erg

Time Cap: 3 minutes

12 and Under and 13-14 Age Group Do Not Perform The Power Test

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. 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 dismounting and 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 9.07” 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).