2024 Worlds Masters Test Announcements

Endurance

All Age Groups

For Time:

4000 meter Bike Erg

2000 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

All Age Groups

In 4 minutes establish a max for the complex:

1 Snatch, Anyhow

1 Hang Snatch, Anyhow

Time Cap: 4 Minutes

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 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 Movement Standards

For complete movement standards please see “Snatch, Anyhow ID 4.01,” and “Hang Snatch, Anyhow ID 4.04,” 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 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 3 Bodyweight

4 Rounds For Time: (3 rounds for the 55-59, 60-64, and 65+ Age Groups)

20 Pull-ups

10 Handstand Push-Ups *(See Below for Handstand Push-up Scaling By Age Group)

15 Box Jump Over (60/50cm)

*Age Groups 30-34 through 40-44

These Age Groups will use a 6cm/3cm deficit for Handstand Push-ups. The handstand push-ups will be done on parallettes. Athletes may kip all repetitions.

Age Groups 45-49 through 50-54

These Age Groups will not use parallettes for Handstand Push-ups.They will do Handstand-pushups on plates with a 4cm/2cm deficit. Athletes may kip all repetitions.

Age Groups 55-59 and 60-64

These Age Group will only do 3 rounds of the workout. These Age Groups will not use a deficit for Handstand Push-ups. They will do handstand push-ups at floor level. Athletes may kip all repetitions.

Age Group 65+

This Age Group will only do 3 rounds of the workout. This Age Groups will use a 3 cm riser for men and a 6 centimeter rise for women for Handstand Push-ups. Athletes may kip all repetitions.

Time Cap: 10 Minutes

Test 3 Flow

Athletes will start on the starting line. On the start signal, athletes will begin their 20 pull-ups. Athletes will then move to their handstand push-up walls where they will complete 10 deficit handstand push-ups. Athletes will then move to their box where they will complete 15 box jump overs. They will continue in this pattern for 4 rounds. After completing their final box jump over in the 4th round (or 3rd round for some age groups), athletes will run across the line to stop their time. Please make sure to read the handstand push-up scaling requirements for your age group.

Test 3 Movement Standards:

For complete movement standards please see the entries for “Pull-up ID 7.04,” "Handstand Push-up ID 12.01," 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

- Athletes may choose to clear the box completely on their Box Jump Overs or to jump on top and then step down. if athletes choose to clear the box completely, 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. If athletes choose to touch the top of the box, they must do so with both feet, and must step down on the other side. Jumping down and rebounding back over will not be allowed.
- Age Groups 55-59, 60-64, and 65+ will only perform 3 rounds of this test.

Test 4 Skill

Age Groups 30-34 Through 45-49

As Many Rounds As Possible in 6 Minutes

1 Seated Rope Climb (4.5m)

10 meter Unbroken Handstand Walk

2 Seated Rope Climbs (4.5m)

10 meter Unbroken Handstand Walk

1 Full Pirouette

3 Seated Rope Climb (4.5m)

10 meter Unbroken Handstand Walk

1 Full Pirouette

10 meter Backwards Handstand walk

Total Time Cap: 6:00

Age Groups 50-54 and 55-59

As Many Rounds As Possible in 6 Minutes

1 Rope Climb (4.5m)

10 meter Handstand Walk

2 Rope Climbs (4.5m)

10 meter Handstand Walk

3 Rope Climbs (4.5m)

10 meter Handstand Walk

Total Time Cap: 6:00

Age Groups 60-64 and 65+

As Many Rounds As Possible in 6 Minutes

1 Rope Climb (4.5m)

10 meter Plate Overhead Walking Lunge (20kg/15kg)

2 Rope Climbs (4.5m)

10 meter Plate Overhead Walking Lunge (20kg/15kg)

3 Rope Climbs (4.5m)

10 meter Plate Overhead Walking Lunge (20kg/15kg)

Total Time Cap: 6:00

Test 4 Flow Open Division

Athletes will start waiting on the starting line. On the start signal, athletes will begin with 1 rope climb. After completing their rope climb, they will move to the handstand walk. After completing their handstand walk, (or lunge for some divisions) athletes will then return to the rope for 2 more rope climbs. They will then return and perform another handstand walk (or lunge). Athletes will return to the rope for 3 rope climbs and another handstand walk. After completing this handstand walk, athletes will start over from the beginning with 1 rope climb and continue in this pattern until 6 minutes has expired.

Test 4 Movement Standards

For complete movement standards please see the entries for “Rope Climb, Seated Start ID 11.02,” “Rope Climb ID 11.01,” "Handstand Walk ID 12.03,” and “Walking Lunge, ID 15.06, V.06 Overhead” in the International Functional Fitness Federation's Movement Standards Document located at Movement standards .

Test 4 Special Regulations

- Athletes may use their legs on the ascent or descent of the rope climb once they successfully leave the ground. Athletes will be shown a descent line during the athlete briefing. Athletes must remain off the ground and in control on the rope until their hands 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.
- Ages 30-34 through ages 45-49 must do their handstand walk unbroken, except the backwards handstand walk, which they may break into 2.5 meter sections if desired. All other age groups may break their handstand walks. The minimum increment for any handstand walk that does not have to be unbroken is 2.5 meters.

Test 5 Mixed

Age Groups 30-34 through 40-44

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

Age Group 45-49

For Time:

12/9 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)

12/9 Ring Muscle-up

Time Cap: 12 minutes

Age Group 50-54

For Time:

9/6 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)

9/6 Ring Muscle-up

Time Cap: 12 minutes

Age Group 55-59 through 65+

For Time:

30 Wall Balls (9kg/6kg)

30 Toes Through Rings

30 Thrusters (35kg/25kg)

30 Toes Through Rings

30 Wall Balls (9kg/6kg)

Time Cap: 12 minutes

Test 5 Flow Through Age Group 50-54

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 Flow Age Groups 55-59 through 65+

Athletes will start on the starting line, which will be behind the rig.

On the Start Signal, athletes will perform 30 Wall Balls and 30 Toes through Rings. Next, they will move to their barbell and begin 30 thrusters followed by 30 more Toes Through Rings and 30 more Wall Balls. After completing their last Wall Ball, athletes will run across the finish line. The Athlete's time will stop when they cross the finish line.

Test 5 Movement Standards

For complete movement standards please see the entries for "Ring Muscle-Up ID 8.02," "Toes Through Rings ID 8.01," "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

15/10 Calories Bike Erg

Time Cap: 3 minutes

Deadlift Weight by Age Group

Age Groups 30-34 Through 40-44 (120kg/85kg)

Age Groups 45-49 and 50-54 (100kg/70kg)

Age Group 55-59 (80kg/65kg)

Age Group 60-64 (70kg/55kg)

Age group 65+ (60kg/45kg)

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. At the start signal the athlete will being 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 9.07” 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).