2024 Worlds Team Test Announcements

Endurance

For Time:

Athlete 1 and Athlete 2 Complete:

2000m Row

4000m Bike

Both Athletes Working At The Same Time, Divide the Work Anyhow

When Athlete 1 and 2 are finished Athlete 3 and 4 will Complete:

Athlete 3 Completes a 1000m Row while Athlete 4 completes a 2000m Bike

Athlete 4 Completes a 1000m Row while Athlete 3 completes a 2000m Bike

Time Cap: 18 Minutes

Score Total Time

Test 1 Flow

On the start signal two athletes will begin a 2000 meter row and 4000 meter bike. They may divide the work anyhow. When they finish the work, they will tag in their teammates who will begin with one athlete completing a 1000 meter row and the other completing a 2000 meter bike. These two athletes may not divide up the work and must complete their entire row and bike. The two athletes will then switch places and complete the opposite movement. When both athletes finish their respective pieces, time will stop.

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

- Teams may pair their athletes in anyway they desire for this test.
- Athletes 1 and 2 may divide up their portion of the work as desired with both athletes working at the same time.
- Athletes 3 and 4 must complete their entire portion of the work without assistance before switching places. Both athletes will be working at the same time.
- Any tagging requirements and requirements to run across lines to switch the working athlete including crossing finish lines to stop the time will be briefed on site and will be enforced as briefed.

Test 2 Strength

For Total Repetitions:

Minutes 0-1 Male Athlete 1: As Many Snatches As Possible in 1 Minute (85kg/60kg)

Minutes 1-2 Male Athlete 2: As Many Snatches As Possible in 1 Minute (85kg/60kg)

Minutes 2-3 Male Athlete 1: As Many Thrusters As Possible in 1 Minute (85kg/60kg)

Minutes 3-4 Male Athlete 2: As Many Thrusters As Possible in 1 Minute (85kg/60kg)

Minutes 4-5 1 Minute Rest To Transition Barbells

Minutes 5-6 Female Athlete 1: As Many Snatches As Possible in 1 Minute (85kg/60kg)

Minutes 6-7 Female Athlete 2: As Many Snatches As Possible in 1 Minute (85kg/60kg)

Minutes 7-8 Female Athlete 1: As Many Thrusters As Possible in 1 Minute (85kg/60kg)

Minutes 8-9 Female Athlete 2: As Many Thrusters As Possible in 1 Minute (85kg/60kg)

Score: Total Repetitions Completed For All Athletes

Time Cap: 9 Minutes

Test 2 Flow

On the start signal Male Athlete 1 will begin their 1 minute of snatches at the completion of the minute he will switch places with Male Athlete 2 who will begin his minute of snatches. At the end of that minute, they will switch places again and Male Athlete 1 will start one minute of Thrusters. After that minute he will switch again with Male Athlete 2 who will complete their one minute of Thrusters. There will then be a 1 minute break to transition the barbell to the female bar. Then the female pair of athletes will perform with the same flow as the male pair.

Test 2 Movement Standards

For complete movement standards please see "Snatch, Anyhow ID 4.01," and “Thruster ID 5.06” in the International Functional Fitness Federation's Movement Standards Document located at https://functionalfitness.sport/wp-content/uploads/2021/01/2021_iF3_Movement_Standards.pdf.

Test 2 Special Regulations

- All Athletes will perform both 1 minute amraps.
- Athletes may squat clean thruster any thruster repetition that starts from the floor
- Dropping under the bar on the Thruster or “Thruster-jerking” is not allowed
- Any tagging requirements and requirements to run across lines to switch the working athlete including crossing finish lines to stop the time will be briefed on site and will be enforced as briefed.

Test 3 Bodyweight

For Time:

Male Athletes Complete:

40 Ring Muscle Ups (Splitting the work as desired)

20 Synchronized Pistols

30 Parallette Deficit Handstand Push-ups (Splitting the work as desired) (3 cm)

20 Synchronized Pistols

10 Rope Climbs (Splitting the work as desired)

Then the Female Athletes will complete the same test

Time Cap: 20 minutes

Test 3 Flow

On the Start signal, the male athletes will begin 40 ring muscle ups with one athlete working at a time, splitting the work as desired. After the completion of 40 ring muscle ups, the athletes will perform 20 synchronized pistols together. They will then move to the handstand push-up wall for 30 parallette handstand push-ups, splitting the work as desired with one athlete working at a time. They will then complete another set of 20 synchronized pistols. They will finish with a total of 10 rope climbs, split as desired, before they move to the finish line signaling the female athletes to begin their test, which will proceed in the same manner.

Test 3 Movement Standards

For complete movement standards please see the entries for “Ring Muscle-Up ID 8.02,” “Pistol ID 1.06,” “Handstand Push-up ID 12.01” and “Rope Climb ID 11.01” in the International Functional Fitness Federation's Movement Standards Document located at https://functionalfitness.sport/wp-content/uploads/2021/01/2021_iF3_Movement_Standards.pdf.

Test 3 Special Regulations

- Athletes must work in Male-Male and Female-Female Pairs.
- Athletes can divide the muscle-ups, handstand push-ups, and rope climbs as desired and there is no minimum work requirement. This means one athlete in the pair could perform all the repetitions if they desire.
- Athletes must synchronize their pistols at the start position and at the bottom of the squat.
- Any tagging requirements and requirements to run across lines to switch the working athlete including crossing finish lines to stop the time will be briefed on site and will be enforced as briefed.

Test 4 Mixed Relay 1

Male Athlete 1 and Female Athlete 1 will perform a 10 Minute Amrap of:

2-4-6-8-10…(etc) Synchronized Overhead Squats (60kg/42.5kg)

2-4-6-8-10…(etc) Synchronized Burpee Over the Worm

At the 10 Minute Mark, Male Athlete 2 and Female Athlete 2 will then begin another 10 Minute Amrap of:

Synchronized Overhead Squats (60kg/42.5kg)

Synchronized Burpee Over the Worm

Beginning where Male Athlete 1 and Female Athlete 2 left off

Time Cap: 20 Minutes

Score: Total Repetitions Completed

Test 4 Flow

Athletes will perform this test in mixed gender pairs. The first pair of athletes will perform a 10 minute amrap of synchronized overhead squats and synchronized burpee over the worm with the repetitions increasing by 2 repetitions each round. At the end of 10 minutes. the second pair of athletes will begin another 10 minute amrap of the same movements, beginning where the first pair of athletes left off.

Test 4 Movement Standards

For complete movement standards please see the entries for "Overhead Squat ID 1.04," and “Object Facing Burpee Over Object ID 10.02” in the International Functional Fitness Federation's Movement Standards Document located at https://functionalfitness.sport/wp-content/uploads/2021/01/2021_iF3_Movement_Standards.pdf.

Synchronization Standards are now included in the Movement Standards Document.

Test 4 Special Regulations

- Teams may decide how to pair their male and female athletes together, but each pair must include 1 male athlete and 1 female athlete.
- The second pair will begin their amrap as soon as the first 10 minute amrap ends and will start on the repetition where the first pair left off.
- Please review the synchronization requirements in the Movement Standards Document.
- Any tagging requirements and requirements to run across lines to switch the working athlete including crossing finish lines to stop the time will be briefed on site and will be enforced as briefed.

Test 5 Mixed Relay 2

For Time:

Each Athlete Will Perform 1 Complete Round of the Following

9 Dumbbell Squat Clean Thrusters (22.5kg/15kg)

15 Deadlifts (100kg/75kg)

27/21 Calorie BikeErg

Athletes must complete their round in the following order: Female Athlete 1, Female Athlete 2, Male Athlete 1, Male Athlete 2

Time Cap: 12 Minutes

Test 5 Flow

For this test each athlete on the team is responsible for performing 1 full round. The two female athletes will perform first, and then the two male athletes will perform their rounds. Once an athlete begins their round they must complete their entire round before the next athlete can begin. The athletes will perform 9 dumbbell squat clean thrusters followed by 15 deadlifts followed by their calories on the BikeErg. On the BikeErg females will accumulate 21 calories, whiles males will accumulate 27 calories.

Test 5 Movement Standards

For complete movement standards please see the entries for “Squat Clean ID 3.03,” "Thruster ID 5.06," “Deadlift ID 2.01,” and “BikeErg ID 9.06,” in the International Functional Fitness Federation's Movement Standards Document located at: https://functionalfitness.sport/wp-content/uploads/2021/01/2021_iF3_Movement_Standards.pdf.

Test 5 Special Regulations

- The next athlete may not begin their round until the athlete before them completely finishes their round.
- Any tagging requirements and requirements to run across lines to switch the working athlete including crossing finish lines to stop the time will be briefed on site and will be enforced as briefed.

Test 6 Team Strategy

For Time:

Athlete 1 and Athlete 2 Complete:

100 Chest To Bar

50 Shoulder to Overhead (70 kg)

Divide the Work Anyhow

Athlete 3 and 4 Complete:

100 Wall Balls (9kg)

50 Cleans, Anyhow (70kg)

Divide the Work Anyhow

Athletes 2 and 4 Complete:

75 Toes To Bar

30 Snatches, Anyhow (70kg)

Divide the Work Anyhow

Athletes 1 and 3 Complete:

50 Worm Squats (80kg)

50 Worm Hang Clean and Jerks (80kg)

Working Together

Time Cap: 30 minutes

Test 6 Flow

For this test, teams will assign each athlete a number 1 through 4. On the start signal, athletes 1 and 2 will work together to complete 100 Chest to Bar Pull-ups and 50 Shoulder to Overhead, dividing the work anyhow. When they have completed their last shoulder to overhead, they will tag in athletes 3 and 4 who will complete 100 wall balls followed by 50 cleans, again dividing the work anyhow. When they finish their last power clean, athlete 4 will stay out on the floor where they will be joined by athlete 2 to complete 75 toes to bar and 30 Snatches, again dividing the work anyhow. When they finish their final snatch, they will switch places will athletes 1 and 3 who will work together on the worm to complete 50 worm squats and 50 worm hang clean and jerks before running across the line to stop the team's time.

Test 6 Movement Standards

For complete movement standards please see the entries for "Shoulder to Overhead ID 5.05," "Wall Ball ID 15.04," "Clean, Anyhow ID 3.01" "Snatch, Anyhow ID 4.01," "Worm Squat ID 16.01" and "Chest To Bar Pull-up ID 7.05," "Worm Hang Clean and Jerk ID 16.04" and "Toes to Bar ID 7.01" in the International Functional Fitness Federation's Movement Standards Document located at Movement standards .

Test 6 Special Regulations

- There is only one weight for each weighted movement in this test, regardless of the gender of the athletes the team chooses for each section.
- Once an athlete starts working on a particular section of the test, they cannot sub out with another athlete until that section of the test is completed.
- There is no minimum work requirement for this test. For example, one athlete in the pair could perform all 30 Power Snatches and the other athlete could perform 0 Power Snatches, and this would be acceptable.
- Any tagging requirements and requirements to run across lines to switch the working athlete including crossing finish lines to stop the time will be briefed on site and will be enforced as briefed.