2025 Masters and Juniors European Championships Test Announcements

Test 1 Endurance

All Masters Age Groups and Junior Age Groups 15-16 and 17-18

Every 4 Minutes for 6 Rounds:

- 400 Meter Run
- Max Meters C2 BikeErg

Score is total meters for all 6 Rounds

Time Cap: 24 Minutes

Junior Age Groups Under 12 and 13-14

Every 4 Minutes for 4 Rounds:

- 400 Meter Run
- Max Meters C2 BikeErg

Score is total meters for all 4 Rounds

Time Cap: 16 Minutes

Scoring

Athlete's score will be their total number of meters on the C2 Bike across all rounds.

Test 1 Flow

On the start signal, athletes will run 400 meters on an outdoor running track. After completing their 400m they will mount their assigned bike erg and accumulate meters on the bike for the remainder of the 4 minute round. At the 4 minute mark, athletes will dismount their bike and begin their second 400m run. After the run is completed, athletes will again mount their bike and start accumulating meters. Athletes will continue in this pattern until 6 rounds have been completed (4 Rounds for ages 12 and Under and 13-14). The athletes score will be the total number of bike erg meters completed across all rounds.

Test 1 Movement Standards

For complete movement standards please see the entries titled "Run ID 9.01," and "Bike Erg ID 9.06," in the International Functional Fitness Federation's Movement Standards Document located at Movement standards.

Test 1 Special Regulations.

- Athletes may get off the bike early to prepare for the next run but must keep at least 1 hand on the bike until the next 4 minute interval begins. Athletes may not stay on their bike beyond on the 4 minute mark in an attempt to accumulate extra meters beyond the time cap.
- The run is currently planned to be completed on an outdoor track. Athlete's should be prepared to be outside.
- Athletes will be assigned a specific bike. You must return to your bike each round as the bikes will not reset each round and will continue to accumulate meters across all rounds. Athletes may adjust their seat, handlebars, and damper but shall not touch the bike monitor.

Test 2 Strength

All Age Groups

In 6 Minutes Find Your Max Weights for the Following Complex:

- 1 Power Clean
- 2 Hang Squat Cleans

Scoring

Athlete's score will be the weight of their heaviest successful complex

Test 2 Flow, Movement Standards, and Special Regulations

Test 2 Flow

On the start signal the athletes will have 6 minutes to find the heaviest weight they can lift for a complex of 1 power clean + 2 hang squat cleans. Athletes may make as many attempts at the complex as they wish and increase or decrease weight as they wish within their 6 minute window.

Test 2 Movement Standards

For complete movement standards please see "Power Clean ID 3.02," and "Hang Squat Clean, ID 3.06" in the International Functional Fitness Federation's Movement Standards Document located at Movement standards .

Test 2 Special Regulations

- Bars will start unloaded.
- Athletes can take as many attempts at the complex as they wish and increase or decrease weight as they wish.
- Athletes must declare their weight to their Technical Official before each attempt.
- Athletes are responsible for changing their own weights. They may increase or decrease weights at any time.
- Clips must be on the bar before any attempt can be made, and any unused plates must be removed from the lifting area.
- 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 lifts 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 after the Power Clean until the complex is complete.
- 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 a hang squat clean, you can repeat the hang squat clean.
- 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.
- As a courtesy to our event staff and the other athletes, we are asking each athlete to deload their bar and return their plates to their designated position after their test is completed.

Test 3 Bodyweight

Masters Age Groups 30-34 through 50-54 and Junior Age Groups 15-16 and 17-18

As Many Rounds As Possible in 10 Minutes

- 10 Handstand Push-Ups
- 8 Chest to Bar Pull-Ups
- 6 Strict Handstand Push-Ups
- 4 Bar Muscle-Ups
- 30 Double Unders

Junior Age Group Under 12

As Many Rounds As Possible in 10 Minutes

- 10 Hand Release Push-Ups
- 8 Toes To Bar
- 6 Wall Walks
- 4 Pull-ups
- 30 Single Unders

Masters Age Groups 55-59, 60-64 and 65+ and Junior Age Group 13-14

- 10 Handstand Push-Ups (7.5 cm/15 cm)
- 8 Pull-Ups
- 6 Handstand Push-Ups (7.5 cm/15 cm)
- 4 Chest to Bar Pull-Ups
- 30 Double Unders

Time Cap: 10 Minutes

Test 3 Flow

For this test, athletes will work for 10 minutes to perform as many rounds as possible of the movement sequence prescribed for their age group. On the start signal, athletes will start with 10 of their first pushing movement, then move to the rig for 8 of their first pulling movement. They will then move back to the wall for 6 of their second pushing movement before returning back to the pull-up bar for 4 of their next pulling movement. Finally, athletes will pick up their jump rope and perform 30 of their jump rope movement. After completing their 30th jump, athletes will move their jump rope to the next section and return to the wall to start their next round with 10 of their first pushing movement. Athletes will continue in this pattern until 10 minutes have elapsed.

Test 3 Movement Standards:

For complete movement standards please see the entries for “Pull-up ID 7.04,” "Handstand Push-up ID 12.01, including V.12 Strict" "Chest to Bar Pull-Up ID 7.05," “Bar Muscle Up ID 7.07,” “Double Under ID 10.07,” “Wall Walks ID 12.06,” “Single Under ID 10.06,” “Hand-Release Push-ups ID 15.02,” and “Toes to Bar ID 7.01” in the International Functional Fitness Federation's Movement Standards Document located at: Movement standards

Test 3 Special Regulations

- None at this time

Test 4 Skill

Masters Age Groups 30-34 through 45-49

For time

- 15/12 Calorie SkiErg
- 3/2 Legless Rope Climbs
- 3 x 10 Meter Unbroken Handstand Walk
- 15/12 Calories SkiErg
- 3/2 Legless Rope Climbs (Tie Break Time)
- 2 x 10 Meter Unbroken Handstand Walk with a Full Pirouette at the Halfway Point
- 15/12 Calorie SkiErg
- 3/2 Legless Rope Climbs
- 1 x 10 Meter Unbroken Handstand Walk Backwards

Masters Age Groups 50-54 and 55-59 and Junior Age Group 17-18

For time

- 15/12 Calorie SkiErg
- 2/1 Legless Rope Climbs
- 3 x 10 Meter Handstand Walk (Minimum Segments are 4.5m, 1m, and 4.5m)
- 15/12 Calories SkiErg
- 2/1 Legless Rope Climbs (Tie Break Time)
- 2 x 10 Meter Handstand Walk with a Full Pirouette at the Halfway Point (Minimum Segments are 4.5m, 1m, and 4.5m)
- 15/12 Calorie SkiErg
- 2/1 Legless Rope Climbs
- 1 x 10 Unbroken Handstand Walk Backwards (Minimum Segments are 4.5m, 1m, and 4.5m)

Junior Age Group 15-16

For time

- 12/9 Calorie SkiErg
- 3/2 Rope Climbs
- 3 x 10 Meter Handstand Walk (Minimum Segments are 4.5m, 1m, and 4.5m)
- 12/9 Calories SkiErg
- 3/2 Rope Climbs (Tie Break Time)
- 2 x 10 Meter Unbroken Handstand Walk with a Full Pirouette at the Halfway Point (Minimum Segments are 4.5m, 1m, and 4.5m)
- 12/9 Calorie SkiErg
- 3/2 Rope Climbs
- 1 x 10 Meter Unbroken Handstand Walk Backwards (Minimum Segments are 4.5m, 1m, and 4.5m)

Masters Age Groups 60-64 and 65+

For time

- 15/12 Calorie SkiErg
- 3/2 Rope Climbs
- 3 x 10 Overhead Plate Walking Lunge (20 kg/15 kg)
- 15/12 Calories SkiErg
- 3/2 Rope Climbs (Tie Break Time)

- 2 x 10 Meter Overhead Plate Walking Lunge (20 kg/15 kg)
- 15/12 Calorie SkiErg
- 3/2 Rope Climbs
- 1 x 10 Meter Handstand Walk (Minimum Segments 4.5 meters, 1 meter and 4.5 meters)

Time Cap: 8 Minutes

JUNIORS UNDER 12 AND 13-14 DO NOT PERFORM THIS TEST

Test 4 Flow

Athletes will start behind the starting line, and on the start signal, athletes will grab the handles of the SkiErg and ski their assigned number of calories. After completing their calories, they will proceed to the rope and complete their assigned number of rope climbs. After the rope climbs, athletes will head to the line and begin their 3 lengths of handstand walk (or walking lunge). After their handstand walk, athletes will return to the ski and proceed to ski, climb, and handstand walk for 2 additional rounds. After the final 10 meter handstand walk, athletes will run across the line to stop their time.

Test 4 Movement Standards

For complete movement standards please see the entries for “SkiErg ID 9.07,” “Rope Climb ID 11.01, including Variation V.18 Legless,” "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

- Masters Ages 30-34 through 45-49 must go each 10 meter segment of their handstand walk unbroken. For all other age groups, the floor will be broken into a 4.5 meter, a 1 meter, and a 4.5 meter segment, and you may come down at the end of each of those segments.
- There is a tiebreak on this test for those who do not complete the test. The tiebreak time is the time at which you complete your second set of rope climbs.
- Athletes performing legless rope climbs may use their legs on the descent.
- Athletes performing handstand pirouettes will do so inside a 1 meter long area. Your hands may touch the lines of the designated pirouette area but cannot go outside the area.
- Athletes that perform an overhead walking lunge, must keep the plate over but not touching their head but do not have to keep the elbows straight.
- Athletes must show control crossing the line on their handstand walk before coming down. “Jumping” your hands across the line and falling with constitute a no rep.

Test 5 Mixed

For Time:

21-15-9 Repetitions of:

- Bar Facing Burpees
- Barbell Movement*
- Goblet Squats

*Round 1: Power Snatch, Round 2: Squat Snatch, Round 3: Overhead Squat

Weights by Age Division

Age Division	Barbell Weights	Kettlebell Weights

Juniors Under 12	20/15 kg	16/12 kg
Juniors 13-14	30/20 kg	16/12 kg
Juniors 15-16	40/30 kg	24/16 kg
Junior 17-18 Masters 30-34 through 50-54	60/40 kg	32/24 kg
Masters 55-59 through 65+	40/30 kg	24/16 kg

Time Cap: 10 Minutes

Test 5 Flow

Athletes will start behind the starting line, and on the start signal athletes will begin 21 repetitions of bar facing burpees, power snatches, and goblet squats. Athletes will move their kettlbell to the next section then return to their barbell to perform 15 repetitions of bar facing burpees, squat snatches, and goblet squats. After their 15th goblet squat, athletes will move their kettlebell to the next section and return to their barbell for the final round of 9 repetitions of bar facing burpees, overhead squats, and goblet squats. After their final goblet squat, athletes will run across the line to stop their time.

Test 5 Movement Standards

For complete movement standards please see the entries for “Power Snatch ID 4.02,” “Squat Snatch ID 4.03,” "Overhead Squats ID 1.04,” "Object Facing Burpee Over Object ID 10.02," and “Air Squat ID 1.01 V.03 Goblet” in the International Functional Fitness Federation's Movement Standards Document located at Movement standards .

Test 5 Special Regulations

- On the bar facing burpees, athletes legs and arms must remain inside the plates when the athletes' body is on the ground,
- Athletes may not drop the kettlebell at any time. This means that your hands must remain on the kettlebell until the kettlebell touches the ground. Dropping the kettlebell will result in a “no rep.”

Test 6 Power

For Time:

15-12-9 Repetitions of:

- Deadlifts
- Box Jump Over

Time Cap: 8 Minutes

Weights and Box Heights by Age Group

Age Division	Barbell Weight	Box Height
Juniors 15-16	100/70 kg	60/50 cm
Juniors 17-18 Masters 30-34 through 50-54	120/80 kg	60/50 cm
Masters 55-59 through 65+	100/70 kg	60/50 cm (Step-Overs Permitted)

JUNIORS UNDER 12 AND 13-14 DO NOT PERFORM THIS TEST

Test 6 Flow

Athletes will start behind the starting line, and at the start signal the athlete will begin with 15 Deadlifts followed by 15 Box Jump Overs Athletes will then return to their bar for 12 deadlifts followed by 12 box jump overs. Athletes will return to their barbell one final time for 9 deadlifts and 9 box jump overs and then run across the finish line to stop their time.

Test 6 Movement Standards

For complete movement standards please see the entries for "Deadlift ID 2.01," and "Box Jump Over ID 10.05" in the International Functional Fitness Federation's Movement Standards Document located at Movement standards

Test 6 Special Regulations

- Athletes ages 55-59 through 65+ may step over their box, instead of jump. Both feet must touch the top of the box during the step over.
- All other athletes must jump over their box. 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.