Answers To Questions Submitted on 2026 iF3 Masters World Tests

Test: Endurance

1) Is the run route uphill, downhill, or flat?
   A: The route is an out and back route, so any uphills on the way out will be downhills on the way back and vice versa.

Test: Strength

1) What weight plates will be available?
   A: The available weights for the strength test are in pounds and each station will have: 1 pairs x 55 pounds, 1 pair x 45 pounds, 1 pair x 35 pounds, 1 pair x 25 pounds, 1 pair x15 pounds, 1 pair x 10 pounds, 1 pair x 5 pounds, and 1 pair x 2.5 pounds

2) Is a high hang or hip snatch allowed for the hang snatch?
   A: Yes, any height of hang position is allowed as long as it is above the knee.

Test: Bodyweight

3) Do Pistols have to be alternating on the Bodyweight Test?
   A: Yes, Pistols must be alternating.

4) Can I jump over the box sideways on box jump overs?
   A: Yes, as long as you step down on the other side.

Test: Mixed

5) Can I perform a squat clean thruster when starting a rep of thrusters on the Mixed Test?
   A: Yes, you may.

Test: Skill

6) What will the floor layout be for the handstand walk?
   A: The floor will be 5 meters in length. Athletes with a 10 meter length will need to walk down and back.

7) What weight will the 60-64 and 65+ use for the DB walking lunge?
   A: This is a single dumbbell overhead walking lunge and the weight is 35lb/25lb.

8) Can you clarify the pull-over standard?
   A: The chin must clear the horizontal plane of the bar at some point before the feet break the vertical plane above the pull up bar. It does not have to remain above the horizontal

plane. I.e. you could do a pull-up, return to a straight arm hang, and then complete the pull-over.

Test: Power

9) Will the Power Test be on the baseball field?
   A: Yes.

10) Are studs allowed on the Power Test?
    A: Studs/Spikes/Cleats are not allowed.

11) What is the course?
    A: The course is 50m out and 50m back. There are 4 cones in each lane.