

2023 Worlds Team Test Announcements

Endurance

Test Partner: ata Treningsutstyr

For Time

Athlete 1 and Athlete 2 will run 1400m (Athletes alternate between Assault Runner and track running)

100 Synchro Burpees Over the Worm

Athlete 3 and Athlete 4 will run 1400m (Athletes alternate between Assault Runner and Track Running)

Time Cap: 30 minutes

Score: Total Time

Test 1 Flow

On the start signal Athlete 1 and Athlete 2 will run 1400 meters each. Athlete 1 will start running 1 lap on the track while Athlete 2 will run 140m on the Assault Runner. When both athletes finish their distance they will switch places and continue running. Athletes will continue switching and running in this pattern until 1400m are completed (10 x 140 meter segments). All four athletes will then come together at the worm and perform 100 synchro burpees over the worm, stopping to move the worm forward every 20 reps. After the 100th burpee, athletes 3 and 4 will begin their 1400m run in the same pattern as the first two athletes. When athletes 3 and 4 complete their run, all four athletes will run across the finish line to stop their time.

Test 1 Movement Standards

For complete movement standards please see the entries titled "Run ID 9.01," and "Burpee Over Object ID 10.01" in the International Functional Fitness Federation's Movement Standards Document located at [Movement standards](#) .

Test 1 Special Regulations

- Teams may pair up their athletes any way they choose. But once the test begins the athletes must maintain the pairs they started the test with.
- The athletes in each pair will each run 1400 meters simultaneously. One will start on the track and one will start on the Assault Runner. Athletes will switch places every 140 meters (1 lap on the track = 140 meters).
- If one athlete finishes their 140 meter segment before the other, they must wait until their partner finishes their leg before they can switch places. They cannot begin their next 140 meter segment until their partner completes the segment they are on.

Test 2 Strength

Test Partner: Treningspartner

For Total Load:

Athlete 1: Establish a 1 Rep Max Clean and Jerk

Athlete 2: Establish a 3 Rep Max Hang Clean Anyhow

Athlete 3: Establish a 5 Rep Max Shoulder to Overhead

Athlete 4: Establish a 10 Rep Max Front Squat

Time Cap: 12 Minutes

Score: Sum of the top weight lifted for each teammate

Test 2 Flow

On the start signal, Athlete 1 will establish a 1 rep max clean and jerk. They may take as many attempts as they want and take as much time as they want of the team's total 12 minutes. When Athlete 1 has completed their last lift, they will cross the finish line and must remain across the finish line. Athlete 2 will then begin their lifting and establish a 3 rep max hang clean, anyhow. They may take as many attempts as they want and take as much time as they want of the team's total 12 minutes. When they finish, they will cross the finish line, and Athlete 3 will begin to establish their 5 rep max shoulder to overhead. Finally, when Athlete 3 has finished, Athlete 4 will begin and establish their 10 rep max front squat.

Test 2 Movement Standards

For complete movement standards please see "Clean & Jerk ID 4.08," "Hang Clean, Anyhow ID 3.04," "Shoulder to Overhead ID 5.05," and "Front Squat ID 1.03" 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

- Teams may decide which athlete will perform which lift. Each athlete may only perform 1 lift.
- The team has 12 minutes to complete all 4 lifts. They may divide up and use their time, however, they see fit, but only one athlete may work at a time, and they must work in the order of the test. Once an athlete completes the last lift they want to do, the team moves to the next athlete, and the athlete that just finished must cross the finish line to show they have completed their portion of the event. Athletes cannot come back and try to lift more later in the test once the team has moved to the next athlete, even if the team has extra time remaining at the end.
- The working athlete is responsible for changing their weights. Their teammates may not assist them.
- Athletes performing clean and jerks do not have to show full extension between the clean and the jerk and may go directly from the clean into the jerk if desired as long as the athlete achieves overhead lockout upon finishing the jerk.
- If a clean and jerk athlete fails their shoulder to overhead but is able to successfully return the barbell to their shoulders without it touching the ground or falling below the shoulder, the athlete may re-attempt the shoulder to overhead.
- If an athlete performing multiple repetitions receives a "no rep" on one of their repetitions, they may continue to work through their set until they receive the required number of good repetitions, as long as they do not drop the bar before the required number of repetitions is completed.
- If an athlete drops the bar behind them they will receive a "no rep" even if the repetition was an otherwise good repetition.
- Teams will have both a 20kg and a 15kg barbell. Males must use the 20kg barbell. Females must use the 15kg barbell. Only 1 bar may have weights on it at a time.

Test 3 Bodyweight

Test Partner: Play Sport

For Total Time:

Athlete 1:

4 Seated Rope Climbs (4.5 meters)

100 Unbroken Double Unders

40 Handstand Push-Ups

Athlete 2:

3 Seated Rope Climbs to 15ft (4.5 meters)

100 Unbroken Double Unders

:30 Second L-Sit On Parallettes (Initial Hold Length of at least :15 Seconds)

Athlete 3:

2 Seated Rope Climbs (4.5 meters)

100 Unbroken Double Unders

:20 Second Freestanding Handstand Hold On Parallettes (Initial Hold Length of at least :10 Seconds)

Athlete 4:

1 Seated Legless Rope Climb (4.5 meters)

100 Unbroken Double Unders

1 L-Sit to Press To Handstand back to L-Sit On Parallettes

Time Cap: 20 minutes

Test 3 Flow

On the Start signal, athlete one will complete 4 rope climbs from a seated position, followed by 100 unbroken double unders, and 40 handstand pushups. Once they finish their handstand pushups, the second athlete will begin their rope climbs and double unders followed by an L-Sit on parallettes. The initial hold on the L-Sit must be at least :15 seconds and :30 total must be accumulated. When Athlete 2 finishes, Athlete 3 will begin their rope climbs and double unders. They will then accumulate a :20 freestanding handstand hold on parallettes. The initial hold must be at least :10 seconds in order to count. When Athlete 3 finishes, the final athlete will begin and perform 1 legless rope climb starting from a seated position followed by 100 double unders. They will finish with an L-Sit press to handstand with a return back to the L-Sit on the parallettes. When the 4th athlete finishes their final rep, they will run across the finish line to stop the time.

Test 3 Movement Standards

For complete movement standards please see the entries for "Rope Climb, Seated Start ID 11.02," "Rope Climb, Seated Start ID 11.02 Variation Legless V.18," "Double Under ID 10.07," "Handstand Push-up ID 12.01," "L-Sit ID 13.04," "Handstand Hold ID 12.04," and "Press to Handstand From Seated Straddle L-Sit ID 13.06," 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 3 Special Regulations

- The team may pick which athlete will complete which portion of the test.
- The first three athletes may use their feet on the rope climb once they have successfully lifted off the ground from the seated position. The final athlete may not use their legs on the ascent or descent of their rope climb. All athletes must show control on the descent.
- Each athlete must perform their 100 Double Unders unbroken. If they trip or stop before 100 repetitions are completed, they must restart their set from 0.
- Athlete 2 must hold their L-Sit for at least :15 seconds on their initial hold. They may hold longer than :15 seconds, but if they hold a shorter amount that attempt will not count.
- Athlete 3 must hold their initial freestanding handstand hold for at least :10 seconds for that hold to count. They may hold longer, but if they hold shorter than :10 seconds that attempt will not count.
- Athlete 4 will NOT start in a straddle L for the press handstand. They will start from a piked L-sit position on the parallettes. Athlete 4 must establish an L-Sit position on Parallettes with their legs between their hands before beginning their press handstand motion. After achieving a straight arm handstand position on the parallettes, the athlete must return to a controlled L-Sit position with their feet between their hands for the repetition to count.
- Athlete 4 does not have to keep their elbows straight during the entirety of the pressing motion. However, they must achieve a vertical handstand position with locked out elbows at the top of the repetition before returning to the L-Sit position.

- Athlete 4 may straddle their legs, tuck or bend their legs, or maintain the piked position during their press handstand motion. However, their legs must be straight and no wider than shoulder width in the final vertical handstand position before beginning the descent back to the L-Sit position.

Test 4 Mixed Relay 1

Test Partner: Concept 2

For Time:

Male Athlete 1 and Female Athlete 1 Will Perform:

4 Rounds of:

15 Synchronized Toes to Bar

15 Calorie Row/15 Calorie Ski

15 Synchronized Y-Bell Thruster (20/15 kg)

Then Male Athlete 2 and Female Athlete 2 Will Perform:

60 Synchronized Chest to Bar Pull-ups

60 Calorie Row/60 Calorie Ski

60 Synchronized Y-Bell Thruster (20/15kg)

Time Cap: 20 Minutes

Test 4 Flow

Athletes will perform this test in mixed gender pairs. The first pair of athletes will perform 4 rounds of 15 synchronized toes to bar, 15 Calories on the rower and Ski erg, and 15 synchronized Y-Bell Thrusters. After they finish their 4th round, the second pair will start 60 synchronized Chest to Bar Pull-ups, 60 Calories on the Rower and 60 calories on the Ski erg, and 60 Synchronized Y-Bell Thrusters before running across the line to stop their time.

Test 4 Movement Standards

For complete movement standards please see the entries for "Row ID 9.03," "Ski erg ID 9.07," "Chest to Bar Pull-up ID 7..05," "Toes to Bar ID 7.01," 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.

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.
- For the first pair, each round 15 calories on the rower and 15 calories on the ski erg must be completed. Athletes will work on these calories at the same time each round, and may switch machines at any time.
- For the second pair, 60 calories on the rower and 45 calories on the ski erg must be completed. Athletes will work on these calories at the same time. and may switch machines at any time.
- Y-Bells must only be dropped from below the waist. Purposely dropping from above the waist will incur a :20 penalty.

Test 5 Mixed Relay 2

Test Partner: Sportmaster

4 Rounds For Time (Each Athlete Will Perform 1 Round):

1 Sled Wheelbarrow

30/20 Calorie BikeErg

1 Sled Wheelbarrow

Time Cap: 15 Minutes

Test 5 Flow

For this test each athlete on the team is responsible for performing 1 round. The two female athletes will perform first, then weight will be added to the sled and 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 grab the handles of the sled and push the sled like a wheelbarrow. On the Bikeerg females will accumulate 20 calories, while males will accumulate 30 calories.

Test 5 Movement Standards

For complete movement standards please see the entries for "Sled Push ID 14.01" 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 Sled will be pushed like a wheelbarrow.
- After the second female finishes her sled push, the team may work together to add the required weight to the sled before the first male athlete begins his round.
- Exact sled weights and distances will be announced at the athlete briefing

Test 6 Team Strategy

For Time:

10 Worm Clean and Jerks (Team)

20 Ring Muscle-ups (Athlete 1)

10 Worm Clean and Jerks (Team)

20 Power Snatches 60kg (Athlete 2)

10 Worm Clean and Jerks (Team)

20 Bar Muscle-ups (Athlete 3)

10 Worm Clean and Jerks (Team)

20 Shoulder to Overhead 60kg (Athlete 4)

Time Cap: 15 minutes

Test 6 Flow

For this test, each athlete will complete one movement in the test with the team performing 10 worm clean and jerks before each movement. After the team completes its first set of 10 worm clean and jerks, Athlete 1 will begin with 20 muscle ups while the rest of the team must hold the worm. When Athlete 1 is done with their muscle ups, they will return to the worm, the team will drop the worm, and the team will begin to worm clean and jerks. After the last worm clean and jerk, the team will pick the worm back up to hold while Athlete 2 performs 20 Power Snatches. The team will then perform another 10 worm clean and jerks, before Athlete 3 will perform 20 Bar Muscles Ups. The team will perform a final set of worm clean and jerks before the last athlete performs 20 Shoulder to Overhead. When the last athlete finishes their final shoulder to overhead, they will join their team, and the entire team will walk their worm to the final section before dropping it and crossing the finish line.

Test 6 Movement Standards

For complete movement standards please see the entries for "Ring Muscle-up ID 8.02," "Worm Clean ID 16.02," "Worm Shoulder to Overhead ID 16.06," "Power Snatch ID 4.02," "Bar Muscle-p ID 7.07," and "Shoulder to Overhead ID 5.05" in the International Functional Fitness Federation's Movement Standards Document located at [\(P\) Movement standards](#) .

Test 6 Special Regulations

- The non-working members of the team must hold the worm off the ground on their shoulders while the other member of the team completes their movement. If the worm touches the ground, the working athlete must immediately return to the worm, and the entire team must re-clean the worm together before the working athlete can return to their station and continue their repetitions.
- Each athlete will complete 1 movement in this test. Teams can decide which athletes completes which movement, but athletes may not switch movements once they begin the repetitions of that movement. There is only 1 barbell weight for this test regardless of the gender of that athlete performing the barbell movement.