

## TEST 3

For time:

50 shuttle runs  
7 rope climbs  
25 bench presses  
7 rope climbs  
50 shuttle runs

♀ 125-lb bench presses

♂ 185-lb bench presses

Time cap: 30 minutes

## WORKOUT VARIATIONS

### Teenagers 14-15

♀ 75-lb bench presses, 15-foot rope climb  
♂ 115-lb bench presses, 15-foot rope climb

### Teenagers 16-17

♀ 95-lb bench presses, 15-foot rope climb  
♂ 135-lb bench presses, 15-foot rope climb

### Masters 35-54

♀ 125-lb bench presses, 15-foot rope climb  
♂ 185-lb bench presses, 15-foot rope climb

### Masters 55-64

♀ 95-lb bench presses, 12-foot rope climb  
♂ 135-lb bench presses, 12-foot rope climb

### Masters 65+

♀ 75-lb bench presses, 12-foot rope climb  
♂ 115-lb bench presses, 12-foot rope climb

## NOTES

Prior to starting, set up the floor plan as shown. As long as the bench and rope are 8 feet apart, any configuration may be used.

This test begins with the athlete standing behind the shuttle-run start line. After "3, 2, 1 ... go," perform 50 shuttle runs. One shuttle run = 50 ft (25 ft down the field of play and 25 ft back). After completing the shuttle runs, move to the rope and perform 7 rope climbs. After 7 rope climbs, move the bench and perform 25 bench presses. Once finished with 25 bench presses, move back to the rope and complete 7 more rope climbs, and finally perform 50 final shuttle runs.

Your score will be the total time it takes to complete this test. In the event of a time cap, your score will be the total number of repetitions completed before the time cap.

## TIEBREAK

There is no tiebreak for this test.

## EQUIPMENT

- Tape to mark the floor.
- Climbing rope, measured and marked to the designated height.
- Barbell, plates, and collars.\*
- Flat bench and rack.

\* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the bench press are 34 kg (75 lb), 43 kg (95 lb), 52 kg (115 lb), 56 kg (125 lb), 61 kg (135 lb), and 83 kg (185 lb).

Be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the test standards video may be disqualified from the competition. Unless otherwise stated, athletes may not receive assistance with their equipment during the test.

## VIDEO SUBMISSION STANDARDS

- Film **ALL** competition area measurements so the distances and weights can be seen clearly.
- Use the camera placement provided in the floor plan. The camera should capture a  $\frac{3}{4}$  view of the athlete during all movements.
- A full view of the athlete must be maintained for the entire test.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 feet off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the test.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Make sure lighting does not obstruct the view of the athlete, equipment, or workout area. Glare from the background or dark spaces makes it hard to review videos.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.

## VIDEO REVIEW PENALTIES

General:

- Missing or skipping any repetitions will result in the athlete's score being adjusted to the last correctly completed rep before the missed/skipped rep.
- A significant number of no reps will result in a Major Penalty.
- If an athlete is assessed a no rep on any movement, the athlete's average cycle time for the movement will be calculated and doubled then added as penalty time.
- If a penalty results in a time greater than the time cap, the athlete's score will be adjusted to less than the total number of possible reps at a rate of -1 rep for every 5 seconds over the cap.

If an athlete is assessed a no rep on any movement, the athlete's average cycle time for the movement will be calculated and doubled then added as penalty time.

Shuttle run:

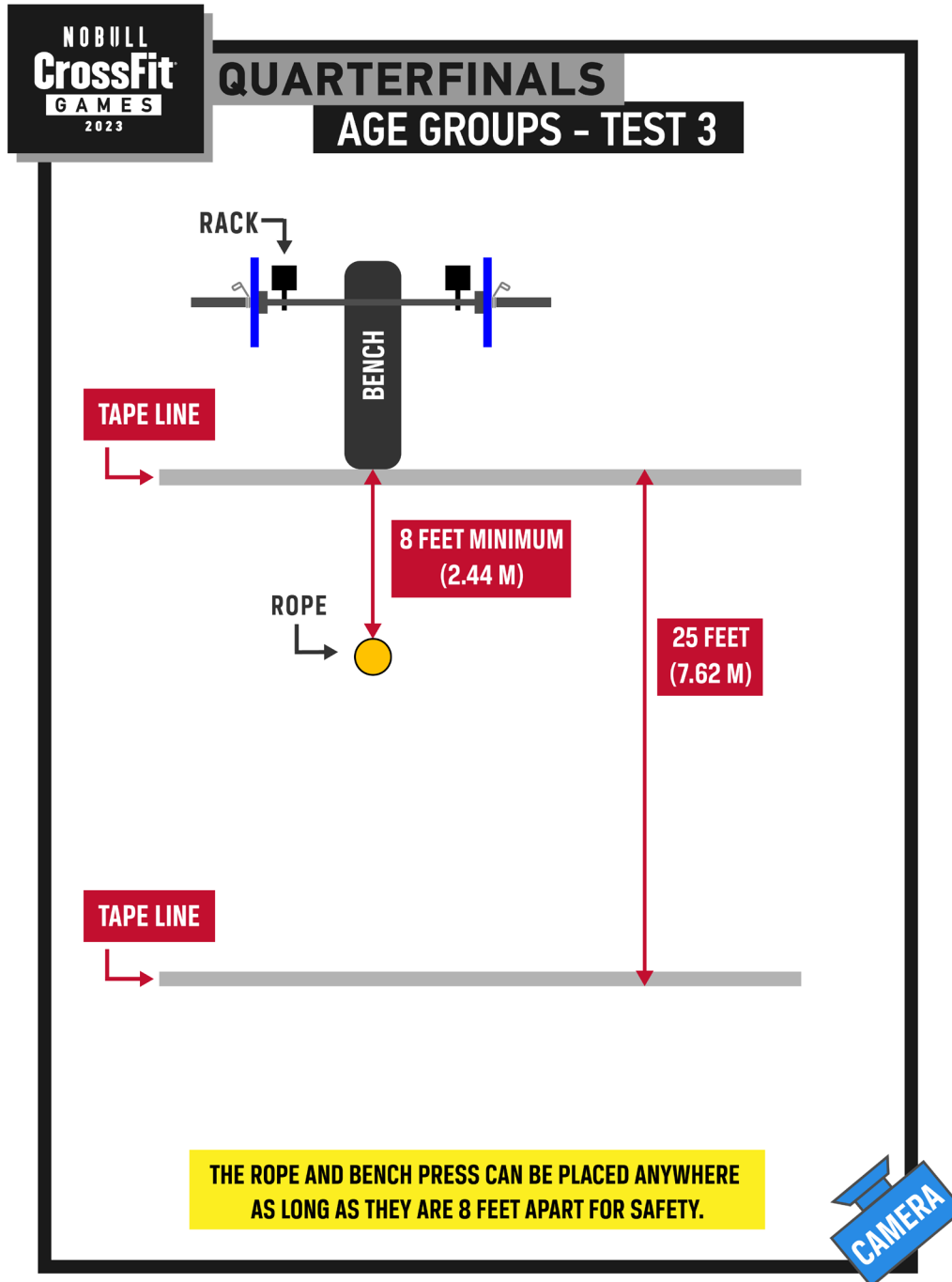
- If an athlete starts or finishes with any part of the foot on the line, a 5-second penalty will be assessed per occurrence.
- Any shuttle run that is not completed will result in a time penalty based on average cycle time as stated above.

False starts or starting in the wrong position will result in a 5-second penalty.

## VIDEO REVIEW ZERO-SCORE VIOLATIONS

The following may result in an immediate zero score:

- Incorrect weight used for the bench press.
- Incorrect distance used for the shuttle run.
- Incorrect height used for the rope climb.
- Counting 25 feet as a single rep during the shuttle run (correct distance is 50 feet = 1 rep).
- Not visually confirming the floor measurements on camera.
- Altering the rep scheme or order of movements.
- Incorrect measurements of any part of the setup.
- Failure to use a registered Judge.

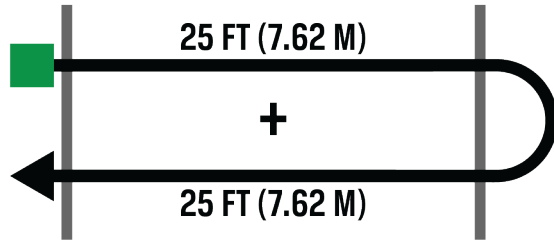


SCAN THE CODE

**GOWOD**  
MOBILITY FIRST  
**FREE MOBILITY FOR QUARTERFINALS**

**MOVEMENT STANDARDS**  
**SHUTTLE RUN**

**1 REP = 50 FT (15.24 M)**



- Each rep of the shuttle run = 50 feet (15.24 m)
  - 25 feet (7.62 m) down + 25 feet (7.62 m) back.

- Each rep starts with the feet clearly behind the start line.

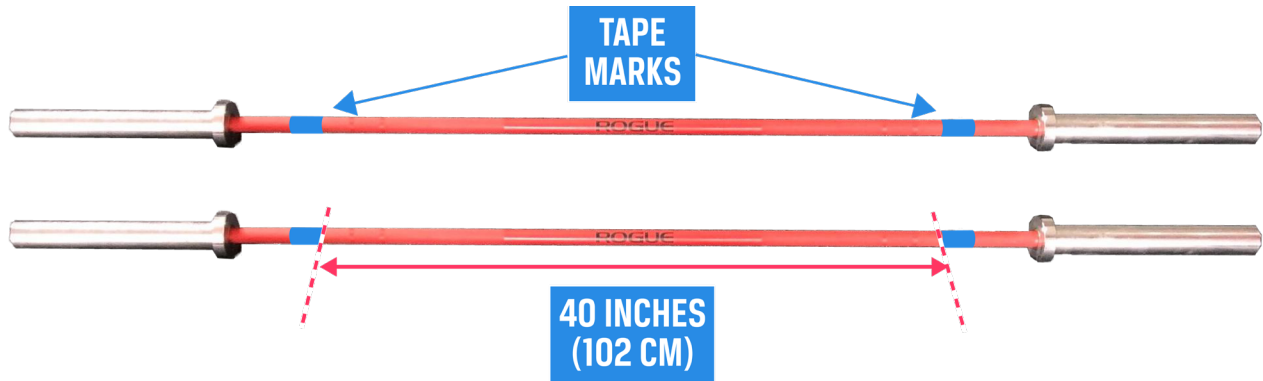


- At each turnaround, both feet and one hand must touch the ground over the line before the athlete may return.
- Stepping on or touching the line will not count.



- On the final shuttle run, the athlete must simply pass the line to begin their rope climbs.
- One repetition of the shuttle run = the length of the competition floor and back (50 feet).
- If an athlete is time-capped on the shuttle run and does not complete the full 50-foot distance down and back, the repetition will not count.
  - There is no partial credit for completing 25 ft of the shuttle-run repetition.

**MOVEMENT STANDARDS**  
**BENCH PRESS**



- You may use any available flat bench.
- You may place bumper plates under your feet.
- You may **NOT** floor press or use a bench with any incline or decline.
- Athletic tape on the bar must be used to establish a 40-inch (102-centimeter) width.
- No part of your hands may be wider than 40 inches (102 centimeters).
- If any part of your hands makes contact with the tape at any point, the rep will not count.
- You must use a standard, pronated grip. Your thumb must be wrapped around the bar.



- Each rep starts with full extension of the arms.
- Before lowering, you must pause with your arms clearly extended and the bar over your torso.
- A spotter may **NOT** be used to assist with a lift out of the rack.
- Both feet must remain on the floor (or bumper plates) throughout the entire movement.
- Your shoulders and buttocks must remain in contact with the bench throughout the movement.
- During the lift, if your feet come off the floor (or bumper plates) at any point, or your shoulders and/or buttocks come off the bench, the rep will not count.

MOVEMENT STANDARDS  
BENCH PRESS (CONTINUED)



- The bar must make contact with any part of the torso at the bottom.
- You may **NOT** pause or rest with the bar on your torso.



- The rep counts when your arms return to full extension with the bar over your torso.
- Before racking the bar, you must pause briefly with the bar at full extension.
- **If a spotter touches you or the bar at any point, it is an immediate no rep and the bar must be returned to the rack.**

## MOVEMENT STANDARDS

### ROPE CLIMB



- Each rep starts with both feet on the ground.
- The athlete may jump into the rope climb.
- Any style of climbing is permitted.



- The rep is credited when one hand clearly touches above the designated mark.
- Athletes may choose to touch a fixed object, such as a beam or the ceiling, so long as the object is the required height.
- There is no requirement during the descent of the climb.

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<b>50 SHUTTLE RUNS</b>	_____ 5 _____ 10 _____ 15 _____ 20
	_____ 25 _____ 30 _____ 35 _____ 40
	_____ 45 _____ 50
	50 FEET = 1 REP <span style="float: right;">50</span>
<b>7 ROPE CLIMBS</b>	57
<b>25 BENCH PRESSES</b>	_____ 5 _____ 10 _____ 15 _____ 20
	_____ 25
	82
<b>7 ROPE CLIMBS</b>	89
<b>50 SHUTTLE RUNS</b>	_____ 5 _____ 10 _____ 15 _____ 20
	_____ 25 _____ 30 _____ 35 _____ 40
	_____ 45 _____ 50
	50 FEET = 1 REP <span style="float: right;">139</span>

**Athlete Name** \_\_\_\_\_  
Print

**Time or Reps at 30 Min.** \_\_\_\_\_

**Test Location** \_\_\_\_\_

**Judge** \_\_\_\_\_  
Judge Name

I confirm the information above accurately represents the athlete's performance for this test. \_\_\_\_\_  
Athlete Signature Date

Athlete Copy

**QUARTERFINALS - AGE GROUPS - TEST 3**

**Time or Reps at 30 Min.** \_\_\_\_\_

**Athlete Name** \_\_\_\_\_  
Print

**Test Location** \_\_\_\_\_

**Judge** \_\_\_\_\_  
Judge Name

I confirm the information above accurately represents the athlete's performance for this test. \_\_\_\_\_  
Judge Signature Date

