



EUROPEAN
CUP 2022

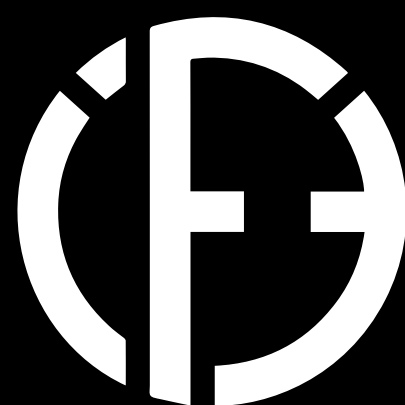
IF3



CHAMPIONSHIP
ITALY 2022



EUROPEAN *CUP 2022*



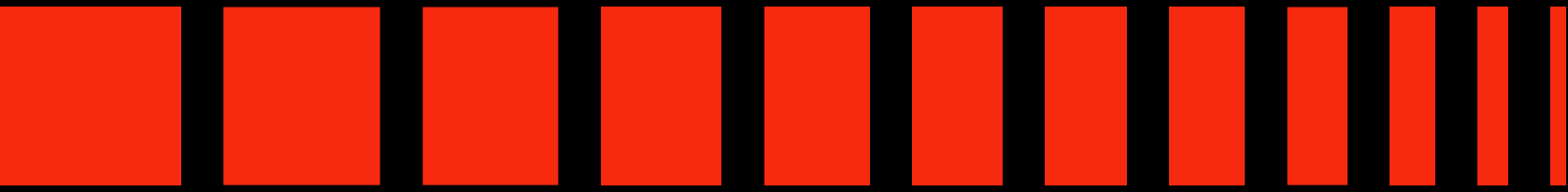
International Functional
Fitness Federation

SOUTHERN
WARRIORS
2 0 2 2

ALL THE DIVISIONS

EVENT 3

BODYWEIGHT



TIMING

- FROM 0:00 TO 23:00 — *TEST 1*
- FROM 23:00 TO 32:00 — *REST*
- FROM 32:00 TO 38:00 — *TEST 2*
- FROM 38:00 TO 46:00 — *REST*
- FROM 46:00 TO 1:00:00 — *TEST 3*
- FROM 1:00:00 TO 1:10:00 — *REST*
- FROM 1:10:00 TO 1:16:00 — *TEST 4*
- FROM 1:16:00 TO 1:25:00 — *REST*
- FROM 1:25:00 TO 1:40:00 — *TEST 5*
- FROM 1:40:00 TO 1:50:00 — *REST*
- FROM 1:50:00 TO 1:55:00 — *TEST 6*



TEST 3

FROM 46:00 TO 1:00:00


DEATH BY 12 MIN + 2 MIN AMRAP

DEATH BY: EVERY 2 MIN FOR 12 MIN
1 RING MUSCLE UP + 1 RING DIP
9 BURPEE BOX JUMP OVER @60/50cm
30 DOUBLE UNDER

*ADD 1 +1 REP EVERY SET (2 RING MUSCLE UP + 2
DIP... 3+3)

THEN AMRAP in 2' of:
7 RING MUSCLE UP + 7 RING DIP
9 BURPEE BOX JUMP OVER @60/50cm
30 DOUBLE UNDER
MAX RING MUSCLE UP

SCORE IS REP



FLOW

- This event is a “death by” with 6 sets of 2 minutes each. The athlete must perform the amount of reps in the 2 minute window. Every set the reps of ring muscle up and dips increase by 1 rep each.
- At the call of 3,2,1 go the athletes will perform one ring muscle up and one ring dip. After that they will move to the plyo box in the first section for 9 burpee box jump over, followed by moving into the second section for 30 double unders. Athletes have 2 minutes to complete this work. Athletes may rest with any remaining time.
- At the sound of the beep a new window of 2 minutes begins. In this second round the athlete must perform 2 ring muscle and 2 dips. They will then move into the second section for 9 burpee box jump over and in the third section for 30 double unders.
- They follow this path for all the six sets. At the end of the last round of the “death by” they immediately go into a 2 minute amrap of 7 ring muscle ups, 7 ring dips, 9 burpee box jump overs and 30 double unders. With any remaining time, they will perform as many muscle ups as possible.
- If at any point you cannot finish the required work within the 2 minute block, your test will terminate.



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IF3 MOVEMENT
STANDARDS

RULEBOOK 2022



STANDARD

RING MUSCLE UP

Athlete hanging from rings, pulls himself up over the rings and continues to press out finishing in a support position above the rings.

REP START: Vertical hang from rings.

REP END: Vertical support: Fully supported on hands above equipment (typically horizontal bar or rings). Elbows fully extended. Chest up, straight back. Bodyweight is not supported with any body parts other than the hands.

REP REQUIREMENT: Toes may not pass the height of the ring during the kip. A change of direction must occur below the rings.



STANDARD

RING DIP

Athlete in vertical support, lowers down to full depth and presses up again to support.

REP START: Vertical support. Fully supported on hands above equipment (typically horizontal bar or rings). Elbows fully extended. Chest up, straight back. Bodyweight is not supported with any body parts other than the hands.

REP END: Vertical support.

REP REQUIREMENT: Front of the shoulders are below the horizontal plane of the elbows.



STANDARD

BURPEE BOX JUMP OVER

Athlete from lying on the ground, gets up and jumps over the box.

REP START: Prone position.

REP END: Standing free on the other side of the object.

REP REQUIREMENT: Jump over object with simultaneous take off with both feet. Athlete passes over the object with entire body. Landing or contacting the object with feet during the transition over is ok, but not required.



STANDARD

DOUBLE UNDER

Athlete jumps rope with the rope passing two times under their feet per jump.

REP START: Standing free. Holding both ends of a jump-rope, one in each hand.

REP END: Holding both ends of a jump-rope, one in each hand.

REP REQUIREMENT: Rope rotates around the sagittal axis of the body. A jump with a two feet take off is required from rep start. While in air, the rope must pass underneath both feet the designated number of times. Number of rotations =2.