



EUROPEAN *CUP 2022*



International Functional
Fitness Federation

SOUTHERN

WARRIORS

2 0 2 2

FIELD C

SCIAMANINNE, SCIAM'!

SKILL



TIMING

- AT 07:00 AM - ENDURANCE — *TEST 1*
 - FROM 00:00 TO 06:30 — *TEST 2*
 - FROM 06:30 TO 15:00 — *REST*
 - FROM 15:00 TO 29:00 — *TEST 3*
 - FROM 29:00 TO 41:00 — *REST*
 - FROM 41:00 TO 50:00 — *TEST 4*
 - FROM 50:00 TO 1:00:00 — *REST*
 - FROM 1:00:00 TO 1:19:00 — *TEST 5*
 - FROM 1:19:00 TO 1:35:00 — *REST*
 - FROM 1:35:00 TO 1:40:00 — *TEST 6*
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TEST 4

TIME CAP 9 MIN

1 – 2 – 3 – 3 – 2 – 1 ROPE CLIMB

**1 + (2 – 4 – 6 – 6 – 4 – 2) WALL WALK +
STRICT WALL FACING HANDSTAND
PUSH UP**

4 – 8 – 12 – 12 – 8 – 4 BOX CLEAR OVER

SCORE IS TIME



FLOW

After the call of “3,2,1...GO!” the athlete will perform 1 rope climb, 1 wall walk plus 2 strict wall facing handstand push ups and then 4 box clear over.

Move the chess piece.

The next round continues with 2 rope climbs, 1 wall walk plus 4 strict wall facing handstand push ups and 8 box clear over.

Move the chess piece.

The third round continues with 3 rope climbs, 1 wall walk plus 6 strict wall facing handstand push ups and 12 box clear over.

Move the chess piece.

In the next round the athlete will repeat the same number of reps as the third round.

Move the chess piece.

After that the reps will decrease till the last round of 1 rope climb, 1 wall walk plus 2 strict wall facing handstand push ups and 4 box clear over.

The athlete runs to the chess piece to stop their time.



EUROPEAN
CUP 2022

IF3 MOVEMENT
STANDARDS

RULEBOOK 2022



STANDARD

ROPE CLIMB REGULAR

Athlete climbs up a suspended vertical rope

REP START: Feet on the floor. The Athlete can jump.

REP END: Feet in contact with ground.

REP REQUIREMENT: Touch the crossbeam with the hand.



STANDARD

WALL WALK PLUS STRICT WALL FACING HANDSTAND PUSH UP

Athlete elevates themselves from a prone position on the ground to a handstand position against the wall by placing their feet on the wall and walking their hands toward the wall before walking on their hands back to start position.

REP START: Prone. Hands on/in the designated area.

REP END: Prone. Hands on/in the designated area.

REP REQUIREMENT: Both feet must be on the wall with knees off the ground before either hand can leave the start area. Both hands must be in contact with the wall line at the same time. Both hands must return to the start area before the feet can come off the wall.

Rep end is a valid new rep start.

MEASUREMENTS:

Wall line: 25 cm from wall

Hands line: for men: 152 cm; for women: 140 cm



STANDARD

WALL WALK PLUS STRICT WALL FACING HANDSTAND PUSH UP

Once the athlete is in an handstand position facing the wall he/she must perform a strict handstand push up

Athlete in vertical inversion lowers down and touches head before pressing up and locking elbows.

REP START/END: Vertical inversion. Toes in contact with the wall. Hands and feet on the line.

REP REQUIREMENT: Touching head to horizontal surface. Hands must remain within designated area throughout the full rep. Only the toes could touch the wall during the rep.



STANDARD

BOX CLEAR OVER

Athlete jumps over the box without touching with the feet the surface of the plyo box.

REP START: Standing free.

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

REP REQUIREMENT: Jump clear over object. A two feet take off is not required. Athlete passes over the object with entire body.