



EUROPEAN *CUP 2022*



International Functional
Fitness Federation

SOUTHERN

WARRIORS

2 0 2 2

FIELD A

SPLITTED PULL

MIXED



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 5

TIME CAP 19 MIN

3 MIN ON – 1 MIN OFF FOR 5 SETS

2 ROUND OF

8 CHEST TO BAR

8/6 CAL ROW

8 FAT BAR DEADLIFT 85/55 KG

THEN

MAX ALTERNATING HANG SPLIT SNATCH

40/22,5 KG

SCORE IS TIME



FLOW

This test is a 5 sets of 3 min work and 1 min rest after every set.

After the call of “3,2,1...GO!” the athlete will perform 8 chest to bar, 8/6 calories at the rower in the first section and 8 deadlift with the fat bar in the third. The athlete will repeat the same pattern for a second round: 8 chest to bar, 8/6 calories, 8 deadlift. After that he will go in the fourth section and performs as many alternating arm hang split snatches as possible in the remaining time moving to a new section every 10 reps.



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CUP 2022

IF3 MOVEMENT
STANDARDS

RULEBOOK 2022



STANDARD

CHEST TO BAR

Athlete hanging from a horizontal bar pulls himself up until chest comes in contact with the bar.

REP START: Vertical hang from horizontal bar.

REP END: Chest in contact with the horizontal bar.

FAT BAR DEADLIFT

Athlete moves object from ground to hips.

REP START: Fat bar on ground. Hands on object.

REP END: Deadlift lockout = standing tall position is achieved. Object is supported by the hands, arms oriented downward from the shoulders. Elbows fully extended. Shoulders behind the vertical plane of the object if object is kept in front of body.

REP REQUIREMENT: Hands and arms are kept outside the legs. Bouncing is not allowed.



STANDARD

HANG SPLIT SNATCH

Athlete moves object in one fluid motion starting above knees to overhead.

REP START: Hang position. Standing free. Object off ground (not touching ground with any part of the object). Object is supported by the hands, arms oriented downward from the shoulders. Elbows extended. Shoulders in front of the vertical plane, placing object slightly lower than a deadlift lockout.

REP END: Overhead lockout. Standing tall position is achieved. Object is overhead and over the sagittal midline of the body. The shoulder angle is open or rearward of the frontal plane. Full extension of elbows. For 1-arm versions, the supporting arm is vertical.

REP REQUIREMENT: Object is moved in one fluid motion from hang to overhead position. A split movement is mandatory.

SPLIT: Standing free. The entire front foot must be placed further in front than the toes of the back foot. Both feet must move away from each other. The Athlete must alternate the arm after every good rep. a no rep on an arm must be repeat with the same arm.