



EUROPEAN *CUP 2022*



International Functional
Fitness Federation

SOUTHERN

WARRIORS

2 0 2 2

FIELD D

SUICIDE FLIP

POWER



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*
-



TEST 6

TIME CAP 5 MIN

SPRINT TO THE PIG (20MT)
FLIP THE PIG TO THE NEXT SECTION (5 MT)
SPRINT BACK TO THE STARTING LINE

SPRINT TO THE PIG (25 MT)
FLIP THE PIG TO THE NEXT SECTION (5 MT)
SPRINT BACK TO THE STARTING LINE

SPRINT TO THE PIG (30 MT)
FLIP THE PIG TO THE NEXT SECTION (5 MT)
SPRINT BACK TO THE STARTING LINE

SPRINT TO THE PIG (35 MT)
FLIP THE PIG BACK AT THE 20 MT LINE SECTION
SPRINT TO THE STARTING LINE.

SCORE IS TIME



FLOW

After the call of “3,2,1...GO!” the athlete will sprint for 20 mt to the pig that is allocated in the middle of the field at the 20 mt section. He flips the pig to the next section and sprint back to the starting line. He continues in this fashion, for 3 rounds moving the pig from the section nr 4 to section nr 7 (35 mt far from the starting line). After that he sprints back to the starting line and then returns to the pig flipping it back to section nr 4.

The athletes runs to the starting line for the end of the test.



EUROPEAN
CUP 2022

IF3 MOVEMENT
STANDARDS

RULEBOOK 2022



STANDARD

FLIP THE PIG

Athlete flips an object for distance.

REP START: Standing free.

REP END: Object into the next section.

REP REQUIREMENT: Object can only be moved by flipping it over.

SPRINT

Athlete must run from the chess piece to the object, returning to the chess piece and touching it.