



EUROPEAN *CUP 2022*

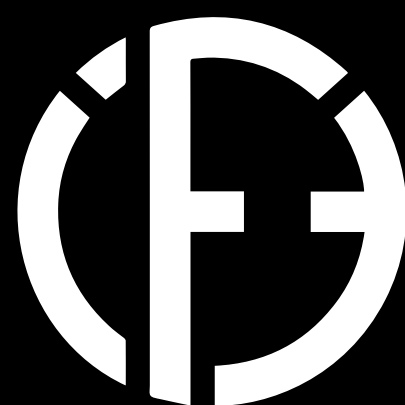
IF3



CHAMPIONSHIP
ITALY 2022



EUROPEAN *CUP 2022*



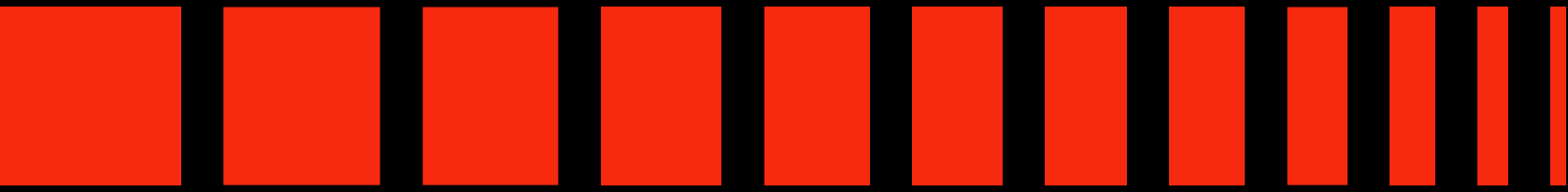
International Functional
Fitness Federation

SOUTHERN
WARRIORS
2 0 2 2

ALL THE DIVISIONS

EVENT 5

MIXED MODALITY



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 5

FROM 1:25:00 TO 1:40:00

TIME CAP: 15 MIN

50 CAL SKI ERG

40 WALL BALL @12/9Kg

60 DOUBLE DUMBBELL HANG CLEAN @2x22,5/15Kg

40 WALL BALL @12/9Kg

50 CAL SKI ERG

RUN TO THE FINISH LINE

SCORE IS TIME



FLOW

- At the call of 3,2,1 go the athlete will accumulate 50 calories on the ski erg, then move to the rig for 40 wall ball shots. The athlete will then go to the first section and perform 60 double dumbbell hang clean, moving from section to section every 10 reps.
- After the last dumbbell hang clean, the athlete will perform 40 wall balls and then another 50 calories on the ski erg.
- The Athlete will finish the test by running across the finish line.



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**IF3 MOVEMENT
STANDARDS**

RULEBOOK 2022



STANDARD

WALL BALL

Athlete stands up like a front squat and in one movement continues by throwing the ball towards a target.

REP START: Bottom of squat position with a medicine ball in the frontal plane supported by the hands.

REP END: Medicine ball hits the wall above, and only above the designated height.

REP REQUIREMENT: Athlete, while ascending, throws the ball. The ball must be caught on its way down from previous throw or the ball must be retrieved from the ground.



STANDARD

DUMBBELL HANG CLEAN

Athlete moves object in one fluid motion from above knees to shoulder.

REP START: Hang position: Standing free. Object off ground, 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: Front rack lockout. Standing tall position is achieved. Objects in contact with the athlete's shoulders. Elbows clearly in front of the center of mass of the object. Fists below chin.

REP REQUIREMENT: Object is moved in one fluid motion from hang to front rack. Adhere to hang rule. The object can be returned to rep start in any controlled manner as long as it adheres to the hang rule.