



EUROPEAN *CUP 2022*

IF3



CHAMPIONSHIP
ITALY 2022



EUROPEAN *CUP 2022*



International Functional
Fitness Federation

SOUTHERN

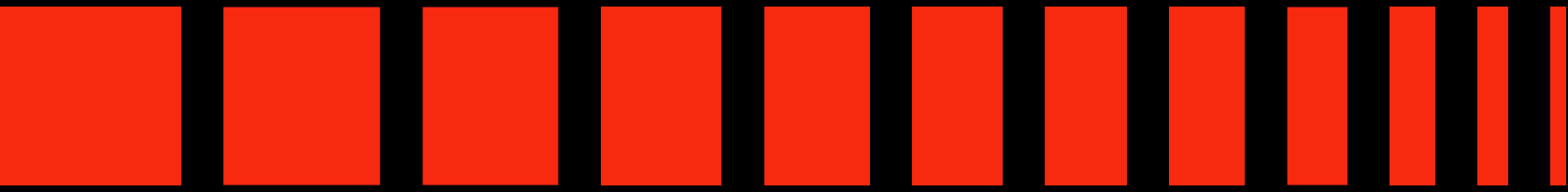
WARRIORS

2 0 2 2

ALL THE DIVISIONS

EVENT 6

POWER



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*
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TEST 6

FROM 1:50:00 TO 1:55:00
TIME CAP: 5 MIN

32 BOX JUMP OVER @60/50cm
24 DOUBLE DUMBBELL THRUSTER @2x22,5/15Kg
16 BAR MUSCLE UP

RUN TO THE FINISH LINE

SCORE IS TIME



FLOW

- At the call of 3,2,1 go the athlete will perform 32 box jump overs. They will then move to the second section and do 12 double dumbbell thrusters, moving into the third section for the last 12 reps.
- The athlete will then go to the rig and do 16 bar muscle up.
- The athlete will then finish the test by running across the finish line.



EUROPEAN
CUP 2022

IF3 MOVEMENT
STANDARDS

RULEBOOK 2022



STANDARD

BOX JUMP OVER

Athlete jumps over box.

REP START: Standing free.

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. Unless specified in a special regulation, landing or contacting the object with feet during the transition over is ok, but not required.

ATTENTION: you must step down off the box. Rebounding is not allowed.



STANDARD

DOUBLE DUMBBELL THRUSTER

Athlete performs a front squat and in one fluid movement continues to press the object overhead.

REP START: Bottom of squat with object in front of torso, supported by the hands.

REP END: Overhead lockout.

REP REQUIREMENT: Objects moved in one fluid motion from bottom of squat; overhead position. Maintaining extended knees and hips after the object has left the front rack and until object is supported overhead with locked elbows. The object can be returned to rep start in any controlled manner.



STANDARD

BAR MUSCLE UP

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

REP START: Vertical hang from horizontal bar.

REP END: Vertical support.

REP REQUIREMENT: No portion of the body below the thighs can move over the top most horizontal plane of the bar.

Must be a muscle-up movement. The athlete may not rest on top of horizontal bar in any other way than vertical support. If so happens, athlete needs to jump down to floor before achieving a new rep start.