



EUROPEAN
CUP 2022

IF3



CHAMPIONSHIP
ITALY 2022



EUROPEAN *CUP 2022*



International Functional
Fitness Federation

SOUTHERN

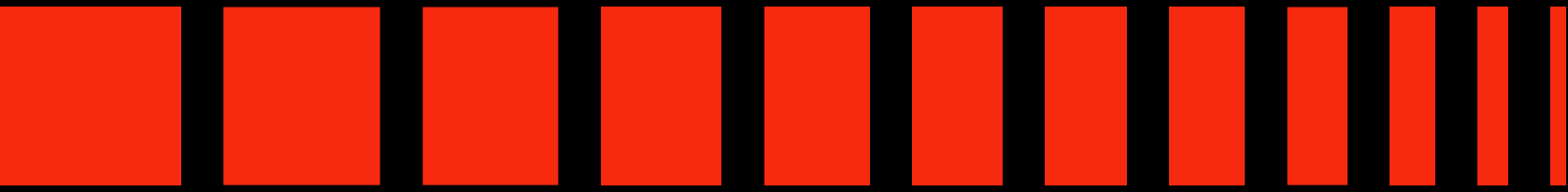
WARRIORS

2 0 2 2

ALL THE DIVISIONS

EVENT 4

SKILL



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 4

FROM 1:10:00 TO 1:16:00

AMRAP: 6 MIN

Buy in:


30 SECOND UNBROKEN HANDSTAND HOLD IN 1 MT
SQUARE – (2 Minute Time Cap)

THEN AMRAP IN REMAINING TIME

4 FREESTANDING HANDSTAND PUSH UPS

1 + 1 DUMBBELL GET UP @40/22,5Kg (Reps Increase
by 1 each arm each round)

SCORE IS REP



FLOW

- This event starts with a 2 minute window where the athlete must hold a 30 second unbroken freestanding handstand hold. The hold is a buy in, so as soon as the athlete completes it they may move on to the amrap immediately. If the athlete cannot achieve a :30 second unbroken hold within 2 minutes, then at the end of the 2 minute window, the athlete will move on to the amrap with 4 minutes remaining.
- During the amrap, athletes will do 4 free handstand push up and an increasing number of dumbbell get ups each arm, moving the dumbbell at every round.
- It is recommended that athletes bring gloves for the handstand hold as hot outdoor temperatures are expected.



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**IF3 MOVEMENT
STANDARDS**

RULEBOOK 2022



STANDARD

FREE HANDSTAND HOLD

Athlete supporting the body in a stable vertical position by balancing on the hands.

REP START: Vertical inversion. Hands within the designated area.

REP END: Vertical inversion. Hands within the designated area.

REP REQUIREMENT: Hands must remain within designated area throughout the full rep. Only hands may contact the ground. Feet remain above the hips and head throughout the full rep. Maintain requirements until time goal is met.



STANDARD

FREESTANDING HANDSTAND PUSH UP

Athlete in vertical inversion lowers down, hands on the line, and touches head on the ground. After that athlete returns in vertical inversion, moving to the next line. Now the athlete lowers down, hands on the line, touches head on the ground, presses up and locking elbows.

REP START: Hands on the line, head on the ground

REP END: Hands on the next line, head on the ground

REP REQUIREMENT: (for 1 rep):

First: hands on the line; head on the ground

Second: press up and walk on your hands to the next line

Third: hand on the line; head on the ground, maintain control (1 Rep)



STANDARD

DUMBBELL GET UP

From standing while keeping object only in contact with hand, athlete moves to lying flat on the ground with object supported by 1 arm and back up to standing.

REP START: Overhead lockout.

REP END: Overhead lockout.

REP REQUIREMENT: Athlete needs to lay flat on ground: feet, glutes, upper back and head in contact with the ground. Object may not come in contact with anything else other than the active hand. Athlete must hold the handle of the dumbbell not the head of it.

First rep: right arm

Second rep: left arm

For the second round: 2 reps with the right arm and then 2 reps with the left arm; and so on...