



EUROPEAN *CUP 2022*

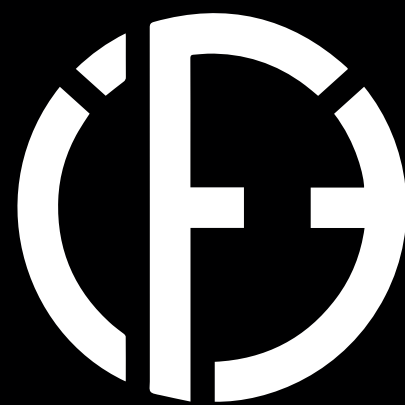
IF3



CHAMPIONSHIP
ITALY 2022



EUROPEAN *CUP 2022*



International Functional
Fitness Federation

SOUTHERN

WARRIORS

2 0 2 2

ALL THE DIVISIONS

EVENT 2

STRENGTH



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 2

FROM 32:00 TO 36:00
TIME CAP 6 MIN

10 SQUAT SNATCH
LOAD THE BARBELL
OVERHEAD WALKING LUNGES TO THE NEXT
SECTION (3 mt)

8 SQUAT SNATCH
LOAD THE BARBELL
OVERHEAD WALKING LUNGES TO THE NEXT
SECTION (3 mt)

6 SQUAT SNATCH


RUN TO THE FINISH LINE

SCORE IS TIME



WEIGHT AND VARIATIONS

MALE	FEMALE
10 SQUAT SNATCH: 60 KG	10 SQUAT SNATCH: 40 KG
8 SQUAT SNATCH: 80 KG	8 SQUAT SNATCH: 55 KG
6 SQUAT SNATCH: 100 KG	6 SQUAT SNATCH: 70 KG



FLOW

- The athlete waits on the starting line.
- At the call of 3,2,1 go the athlete will perform 10 squat snatches in the first section.
- After that they will load the barbell and perform one entire section of overhead walking lunges with the new weight (every section is 3 mt).
- After arriving in the third section, they will perform 8 squat snatches.
- Then they will load the barbell with the last load (100 kg for men and 70 kg for women) and perform overhead walking lunges to the next section where the final 6 squat snatches will be performed.
- After finishing the last snatch the athlete must run past the finish line.



EUROPEAN
CUP 2022

IF3 MOVEMENT
STANDARDS

RULEBOOK 2022



STANDARD

SQUAT SNATCH

Athlete moves object in one fluid motion from ground to overhead catching the object at full squat depth.

REP START: barbell on the ground

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.

REP REQUIREMENT: Object is moved in one fluid motion from ground to overhead position. Without pause after receiving the object, the bottom of squat must be achieved.



STANDARD

OVERHEAD WALKING LUNGES

Athlete walks with trailing knee touching the ground per step.

REP START: Standing tall. Both feet behind the start line. Barbell in overhead position.

REP END: Standing tall. Both feet passing the end line. Barbell in overhead position

REP REQUIREMENT: Walk is performed with trailing knee touching the ground per step. Each step must end by passing through the position in rep start.