



**International Functional  
Fitness Federation**

# 2019 INTERNATIONAL FUNCTIONAL FITNESS FEDERATION COMPETITION RULEBOOK AND STANDARDS

2019 General Competition Rulebook and Standards for Internationally Sanctioned Competitions in Functional Fitness

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# PART 1: INTRODUCTION

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## ABBREVIATIONS AND DEFINITIONS

The following abbreviations appear throughout this document:

CAS	Court of Arbitration for Sport
iF3	International Functional Fitness Federation
iF3C	iF3 Congress
IOC	International Olympic Committee
NF	National Federation
TC	Technical Committee
WADA	World Anti-Doping Agency

## Rulebook Terminology Definitions

The following terms used in the iF3 rulebook have the definitions below.

Competitive Functional Fitness: a sport which tests athletes in a variety of movement patterns, activities, and

energy systems in order to find the athlete which can display the broadest proficiency in the realms of aerobic capacity, strength, bodyweight endurance, bodyweight skill, mixed modal, and power.

Event: An overall functional fitness competition referred to in its entirety.

Heat: One instance of a competitive bout staged in multiple, serial occurrences.

iF3: Abbreviation for International Functional Fitness Federation. The international governing body for functional fitness as a competitive sport.

IOC: Abbreviation for the International Olympic Committee.

NF: Abbreviation for National Federation. A national federation is a national level governing body in a particular country. National Federations operate under and are members of iF3. Every country can have only one National Federation as recognized by the iF3.

Rule(s): refers to this rulebook or a specific rule within this rulebook or any other official iF3 rules, policies, safety, or movement standards documents

Senior Level Competition: Refers to a Competitive Event where the competing athletes must at least 18 years of age in order to compete. An athlete's age is determined as described in this rulebook.

Test: A task or group of tasks, which result in a scored component in a Functional Fitness Competition

Task Component: A constituent part of a Task

TC: Abbreviation for Technical Committee. The technical committee and its relevant subcommittees are in charge of making sure all technical aspects of iF3 competitions are properly implemented. This includes adherence to all competition rules, movement and safety standards.

## Test Category and Competition Related Definitions

The following terms describe specific components of functional fitness testing and have the definitions outlined below.

**Aerobic Capacity:** one of the core physical characteristics of an athlete evaluated in iF3 sanctioned events; specifically, aerobic capacity refers to the athlete's ability to perform tasks which require an efficient exchange of oxygen in the blood. This test contains cyclical work. It tests the athlete's ability to pace, perform work, and recover quickly. Athletes train for this test by improving their movement efficiency and economy

**Athletic Recovery:** one of the core physical characteristics of an athlete evaluated in iF3 sanctioned events; specifically, athletic recovery refers to the athlete's ability to overcome fatigue and continually perform at or near their top capacity for repeated bouts over the course of a test or an entire event

**Bodyweight Endurance:** one of the core characteristics of an athlete evaluated in iF3 sanctioned events; specifically, bodyweight endurance refers to an athlete's ability to perform and sustain high repetitions and volume of movements where their own bodyweight is the load, while these movements are simultaneously mixed with cyclical movements.

**Bodyweight Skill:** One of the core characteristics of an athlete evaluated in iF3 sanctioned events; specifically, bodyweight skill refers to an athlete's ability to perform difficult or complex gymnastics skills and elements

**Mixed Modal Capacity:** one of the core characteristics of an athlete evaluated in iF3 sanctioned events; specifically mixed modal capacity refers to an athlete's ability to perform a combination of movement types that are paired together in a variety of combinations. It tests the athlete's ability to transition between movements, perform movement variations, control pacing, and handle load variations

**Mixed Relays:** one of the core characteristics tested in iF3 team competition; specifically mixed relays test the athletes' mixed modal capacity and athletic recovery as these are typically two tests performed back to back.

**Power:** One of the core characteristics of an athlete evaluated in iF3 sanctioned events; specifically, Power refers to the athlete's ability to perform a high demand of work in a short period of time. Tests of power are typically no more than 2 minutes long.

**Strength:** one of the core physical characteristics of an athlete evaluated in iF3 sanctioned events; specifically, strength refers to the athlete's ability to move a maximum a load. Strength tests are typically performed using a barbell.

**Team Strategy:** one of the core characteristics tested in iF3 team competition; specifically team strategy tests the athletes' ability to work cohesively as a unit and come up with an effective plan which utilizes the various strengths of each member of the team

**Volume:** refers to the cumulative load and/or work capacity established for an individual and/or team to negotiate throughout an Event, or the cumulative load and/or work capacity established for an individual and/or team to negotiate throughout a specific Athletic Task.

## **1.1 PURPOSE**

1.1.1 The International Functional Fitness Federation (iF3) is the international governing body for functional fitness and is responsible for establishing and enforcing competition rules for functional fitness competitions sanctioned under the rules set forth in this rulebook.

1.1.2. The International Functional Fitness Federation Technical Committee (TC) will ensure technical aspects of iF3 competitions are of the highest quality.

1.1.3. The competition rules specify the conduct and behavior of athletes during iF3 competitions.

## **1.2 INTENTION**

1.2.1. The Rules are intended to:

1. Create an atmosphere of sportsmanship, equality, and fair play;
2. Provide safety and protection;
3. Emphasize movement quality and skill without unduly limiting the athlete's freedom of action;
4. Penalize actions that otherwise confer an unfair advantage;

1.2.2. Definitions of all terms and movement standards used or referenced to in the Rules are provided in the Movement Standards document. Any difficulty in the interpretation or application of Rules should be referred to

- If in competition the Head Technical Official of the Event
- If out of or prior to competition to the relevant Technical Committee Sub-Committee

## **1.3 LANGUAGE AND COMMUNICATION**

1.3.1. The official language of iF3 Events and Documents is English

1.3.2. The official measurement system for iF3 competitions will be the Metric system; all weights and distances will be listed using the Metric system. However, for the 2019 season, competitions may use weights and distances calculated under the Standard Measurement system as long as they are equal to or greater than the prescribed metric weights and distances.

1.3.3. Translated versions of the Rulebook or Movement Standards provided by a NF may be subject to translation errors. Any misinterpretations due to translation errors are not the responsibility of the iF3, and all participants will be held to the official iF3 rules.

## **1.4 RULE ADHERENCE**

1.4.1. An athlete shall not be permitted an advantage not intended by a rule, nor shall an athlete conduct him/herself in a dangerous way. To enforce this, infringements related to The Rules have a sanction attached. Officials base their judgments on whether an advantage, not intended by the Rules, has been gained. Please refer to section 2.6 for athlete sanctioning policies

1.4.2. iF3 Competition Rules will be applicable to international competitions hosted by National Federations (NFs) affiliated with iF3 and all events sanctioned by iF3.

## **1.5 SPECIFIC/SPECIAL REGULATIONS**

1.5.1. A Technical Delegate(s) or the iF3 Board may approve the addition of specific regulations for a competition event, provided that:

1. Each additional specific regulation does not conflict with another iF3 Competition Rule;
2. Each additional specific regulation and the reasons for its inclusion are discussed with the Designated Competition Manager before the day on which the event is to be conducted; and
3. Each additional specific regulation is announced as soon as practicable, but in no instance later than at the athletes' briefing.

1.5.2. Special/Specific Regulations are typically used to clarify athlete movement patterns on the field of play, clarify additional requirements surrounding handling or movement of equipment, and clarifying any unclear standards

## **1.6 DISPUTES**

1.6.1 Prior to competing in iF3 Championship events, athletes must sign the iF3 Athletes' Agreement, which states that any dispute arising from the iF3 Rules that cannot be settled by its existing appeal procedure, shall be settled finally by the Court of Arbitration for Sport (CAS) in Lausanne, Switzerland, to the exclusion of recourse to ordinary courts. Once signed, the iF3 Athletes' Agreement is valid until the end of the competition year in which it has been signed.

## **1.7 UNAUTHORIZED EXCEPTIONS OR ADDITIONS**

1.7.1. The unauthorized exception to, or addition of a Competition Rule will prevent an event from being sanctioned and will invalidate a sanction that has already been granted to an event. Please note that this could result in legal complications, particularly in the case of accidents during the event and in subsequent requests for approval from NFs and/or municipal authorities to use land or property under their jurisdiction. Insurance authorities have also warned that claims made under such circumstances may be considered invalid.

## **1.8 RULE UPDATES**

1.8.1. The Rules may be changed from time to time by the TC at its discretion, with the approval of the iF3 Executive Board. Any such rule change(s) shall be advised in writing to affiliated NFs at least 30 days before taking effect. Updated iF3 Competition Rules will be posted on the iF3 website.

1.8.2 At a minimum, there will be an annual publication of the rulebook released at least six (6) months before the World Championship competition.

1.8.3. The iF3 reserves the right to make changes to the Rulebook or Movement Standards at any time if the safety of the athletes or integrity of the sport so requires.



## **1.9 INTELLECTUAL PROPERTY**

1.9.1 iF3 Events are the exclusive property of iF3, which owns all rights associated including, without limitation, the rights to organize, exploit, broadcast and reproduce iF3 Events. These rights include any type of digital or analogue media, or any form of media not yet created, invented, or thought of, whether that is photographic or video in nature, captured from within the boundaries of the field of play, regardless of ownership of the capturing device.

1.9.2 iF3 retains an irrevocable license to use personal data from all athletes entered into any iF3 event as well as the data produced from the event, including the results.

## PART 2: CONDUCT OF ATHLETES

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### 2.1 GENERAL CONDUCT

2.1.1. Competition tactics are part of the interaction between athletes. However athletes are required to:

1. Practice good sportsmanship at all times;
2. Adhere to the intent of a rule when the exact wording of the rule may be interpreted in various ways;
3. Be responsible for their own safety and not knowingly or willfully compromise the safety of others;
4. Know, understand and follow The Rules, available from their NFs and through iF3;
5. Obey instructions from competition officials;
6. Treat other athletes, officials, volunteers, media, sponsors and spectators with respect and courtesy;
7. Not use abusive, derogatory or inflammatory language;
8. Inform a Technical Official immediately upon withdrawing from the competition. In case the athletes fail to do this before the end of the event, it may result in a suspension;
9. Compete without receiving outside assistance;
10. Refrain from ambush marketing;
11. Not attempt to gain unfair advantage in any way.

### 2.2 DRUG ABUSE

2.2.1 Athletes will follow the iF3 Anti-Doping Rules; The Anti-Doping Rules may be updated between iF3 Sanctioned Events. Athletes are expected to follow and understand the most current version of the Anti-Doping Rules.

2.2.2 All athletes are responsible for familiarizing themselves with the iF3 Anti-Doping Rules, including medical and doping control tests, testing obligations, rights, responsibilities and procedures, penalties and appeal processes, and prohibited substances;

2.2.3 iF3 Anti-Doping Rules abide by rules set by the World Anti-Doping Agency (WADA) Code.

## **2.3 ELIGIBILITY**

2.3.1 Athletes under suspension are not allowed to compete in any iF3 event, in any competition sanctioned by iF3 members, or in any competition held under the iF3 Rules. The iF3 reserves the right to honor a suspension imposed on an athlete by another organization outside of iF3 jurisdiction; this includes doping sanctions given by other sports organizations.

2.3.2 Athletes competing at the Senior International Level must be 18 years of age or older. An athlete's age is determined by their age on December 31st in the year of competition.

2.3.3 Athletes in competition may represent a country only of which they are a citizen. A competitor who is a national of two countries at the same time may elect which country he or she will represent. However, all rules in Olympic Charter Rule 41 regarding Nationality of Competitors shall apply.

## **2.4 INSURANCE**

2.4.1 Each athlete competing in an iF3 event must have personal insurance coverage guaranteed by their NF. This insurance must cover:

1. Any accident traveling to, from, and/or occurring at the competition site before, during, and/or after any competition;
2. Any sickness that occurs traveling to, from, and/or occurring at the competition site before, during, and/or after any competition;
3. Liability caused by an athlete during the competition.

2.4.2 The athlete's NF guarantees the existence of this insurance by entering an athlete in an event.

## **2.5 TEAM MANAGERS AND COACHES**

2.5.1 All teams competing in any sanctioned international competition are responsible for appointing a Team Manager prior to the start of the competition. The Team Manager may also be the coach but does not have to be. The Team Manager is responsible for supplying both the country's flag and a recording of the country's national anthem to the event organizers.

2.5.2 Competing individual athletes and teams may designate a coach to be in the warm up area with them for the competition. In international competition, countries may designate 1 coach per competing team and 1 coach per 3 competing individual athletes to be in the warm up area. These designation must be announced prior to the start of the competition.

2.5.3 Coaches may be asked to register with the iF3 prior to stepping into the warm up area of the competition. Any coaches working with athletes under the age of 18 may be subject to a background check upon registration.

2.5.4 There will be areas of the competition floor which will not be open to Coaches and Team Managers due to athlete safety concerns. All Coaches and Managers must obey all directions from competition staff and stay

out of restricted areas.

## **2.6 DISQUALIFICATION, SUSPENSION, AND EXPULSION**

2.6.1 Disqualification. A disqualification is a penalty appropriate for severe rule violations, such as but not limited to, interference with other athletes, or dangerous or unsportsmanlike conduct. A disqualified athlete shall be prohibited from participation in the competition for which the disqualification penalty is assessed. An Athlete may be disqualified by a Head Judge during an iF3 sanctioned event.

2.6.2 Suspension. A suspension is a penalty appropriate for fraudulent or very severe rule violation, such as but not limited to repeated dangerous or unsportsmanlike conduct. A suspended athlete shall be prohibited from competing in iF3 competitions or competitions sanctioned by national federations affiliated with iF3 during the suspension period. The iF3 Ethics Committee is responsible for imposing suspensions.

2.6.3 Expulsion. An expulsion is a penalty appropriate for extraordinary rule violation including but not limited to repeated rule violations that incur suspension as the penalty. An expelled athlete shall be prohibited from participating in iF3 competitions and competitions sanctioned by NFs affiliated with th iF3 for life. The iF3 Ethics Committee is responsible for imposing Expulsions with final approval by the Executive Board.

2.6.4 Athletes who receive a disqualification, suspension, or expulsion have the right to submit an appeal in front of the iF3 Ethics Committee. Immediate requests for an onsite review of an appeal during a competition may not be granted due to event limitations or inability to convene a quorum of the Ethics Committee.

2.6.5 The iF3 reserves the right to reevaluate or vacate past wins, awards, or accumulated point totals in the case of fraudulent, severe, or extraordinary rule violations.

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### **3.1 GENERAL COMPETITION SERIES**

3.1.1 The iF3 will sanction a World Championships and an iF3 Master's World Championships for the 2019 season.

3.1.2 The iF3 World Championship competition will consist of a minimum of six (6) scored Tests. Some Tests may be performed in immediate succession or have multiple scoring opportunities within the Test.

### **3.2 SCORING**

3.2.1 Each competition will contain multiple individually scored Tests.

- 3.2.1.1 Tests may be scored by time to completion, total number of repetitions completed in a given time, for heaviest load completed, distance traveled, or some combination of these.
- 3.2.1.2 Scoring of certain athletic tasks may include deductions assessed as a penalty for failure to complete a compulsory component of the task. Event managers must announce which tasks are subject to such deduction penalties in advance of the event and in no case later than the first athlete briefing on the initial day of the event.

3.2.2 Athletes will be ranked based on their score for each respective test. An athlete's ranking or points total for each individual test will be added together to determine the athlete's overall ranking in the competition. A high score or low score format may be used.

3.2.3 The iF3 will establish a tiebreak procedure to be used at competitive events.

### 3.3 DIVISIONS

3.3.1 The World Championship event will contain three (3) Senior Level divisions in the 2019 season. There will be an Individual Female Division, an Individual Male Division, a mixed gender four person team division (two males and two females).

3.3.2 The iF3 World Masters Championships will contain individual male and individual female divisions in the following age categories: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60+

### 3.4 QUALIFICATION TO CHAMPIONSHIP

3.4.1 Each National Federation recognized by the iF3 will be invited to participate in the World Championship Event in 2019.

3.4.2 Each National Federation invited to participate will be responsible for selecting the athletes which will compete on behalf of their Federation and their country.

3.4.3 Each National Federation invited to participate will be allowed to select 3 individual Male athletes, 3 individual female athletes and 1 team of 4 (consisting of 2 male athletes and 2 female athletes) to compete at the World Championships, and 3 individual male athletes and 3 individual female athletes in each age division for the Master's World Championships.

3.4.5 The host nation for the World Championships will be allowed to enter an additional 7 individual male and 7 individual female athletes into the competition for a total of 10 individual athletes per gender and up to 2 additional teams, for a total of 10 individual male athletes, 10 individual female athletes, and 3 teams.

### 3.5 OFFICIATING

3.5.1 Officiating at all iF3 sanctioned events will be performed by certified iF3 international technical officials.

3.5.2. iF3 Technical Officials are assigned roles according to a four level system. Officials' at each level must fill the following responsibilities:

#### 3.5.2.1 Junior Positions

TO I: TO I is an entry level technical official position. TO's at this level are primarily responsible for accurate counting of completed repetitions and communication of "no reps" to athletes at IF3 events.

TO II: TO II is an experienced technical official position. TO's at this level are primarily responsible for accurate counting of completed repetitions and communication of "no reps" to athletes at IF3 events.

#### 3.5.2.2 Senior Positions

TO III: TO III is the Event Head Technical Official. A TO III is responsible for the Athlete / Technical Official's briefing at the event, conducting TO Assessments of Junior Level TO's, and collecting feedback from TO's for an event debrief.

TO IV: TO IV is responsible for handling Scoring Inquiries during an Event. TO IV also conducts training of Junior Level TO's as well as assessment delivery. TO IV also conducts TO Assessments and provides feedback. TO IV is responsible for annual review of TO Standards Manual, iF3 Rulebook, and Movement Standards. Finally, TO IV gives an Event Debrief to Event Producers and the iF3 Board of Directors when required.

3.5.3 Any judge may perform in a role at or below their position depending on event needs

3.5.4 In order to advance to a Senior TO Position, a judge's National Federation must nominate that TO to the iF3 Technical Officials Committee.

3.5.5 Specific rules and additional required tasks applicable to TO's and jTO performance will be laid out in the TO Standards Manual.

### **3.6 UNIFORM**

3.6.1. In international competition, athlete uniforms must contain either the name of the country the athlete represents, the accepted abbreviation for that country's name, the flag or national emblem of that country, or the logo or designation of the athlete's National Federation.

3.6.2. Any material covering the knees and/or elbows must be skin-tight, *i.e.*, a compression top or tights/leggings, and tight fitting knee or elbow wraps would be considered acceptable

3.6.3. The use of weight belts, wrist wraps, knee sleeves or other supportive devices is allowed. Lifting straps that aid the grip are not allowed.

3.6.4. Gymnastics-style grips, including but not limited to dowel grips, are allowed. However, the use of any tacky or sticky material either on the hands or the bars are not allowed. The use of chalk is permitted.

3.6.5. Loose fitting shirts may not be longer than 3 inches below the top of the hip bone.

3.6.6 Athletes must wear closed-toe shoes while competing unless otherwise specified in a special regulation. Weightlifting shoes are permitted. Unless specifically indicated via special regulation for a particular competition, spikes or cleats are not allowed.

## PART 4: SCORING AND JUDGING INQUIRIES

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#### 4.1 SCORING/JUDGING INQUIRIES

Scoring/Judging Inquiries are permitted for any reason but must be conducted pursuant to the procedures set forth below.

4.1.1 If an athlete at any iF3 sanctioned event wants to inquire about his/her own score for a particular test or the way that score is reflected on the leaderboard, a score inquiry form must be submitted to the Head Technical Official of the competition.

4.1.2. Only two people may authorize an inquiry: the affected athlete and one onsite, noncompeting person from the National Federation designated at the start of the event

4.1.3 No athlete, coach or team manager may initiate an inquiry about another athlete or team's performance.

4.1.4 Each inquiry shall be subject to a graduated inquiry fee. The fee for a first inquiry at an event is \$300 USD. The fee for a second inquiry at the same event is \$500 USD. The fee for a third inquiry at the same event is \$1,000 USD. If the inquiry results in a modification of the athlete's score in favor of the athlete, the inquiry fee will not be charged to the party who initiates the inquiry. Any Inquiry fees due will be tracked during the event, and arrangements for the payment of any fee balance must be made by the relevant National Federation with the iF3 at the conclusion of the event. Athletes may be ineligible for medals and awards if a National Federation's inquiry balance remains outstanding at the conclusion of the event.

4.1.5 Review of video footage for the purpose of an inquiry is at the sole discretion of the Head Technical Official.

4.1.6 Once an inquiry is submitted, the athlete's performance is subject to *de novo* review: the performance may be reviewed in its entirety, and all evidence (video or otherwise) that a scoring error was made against or in favor of the inquiring athlete can be taken into account, which may result in the athlete's score being adjusted upward or downward accordingly.

4.1.7 Inquiries on a specific test must be submitted before the athlete performs the next test of the competition. If the inquiry is about the final test of the competition, then it must be submitted within ten (10) minutes of the final heat completing that test.

4.1.8 All inquiries must be made with the athlete's permission, which is indicated by the athlete's signature on the inquiry form.



## **PART 5: SPORTSMANSHIP AND FAIR PLAY**

The iF3 believes that sportsmanship and fair play are key tenets of the sport. Behavior contrary to the notions of good sportsmanship and fair play by any competing athlete, their coach, or governing body representative will be possible cause for eviction and disqualification from the competition.

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### **6.1 COMPETITION TESTS**

The specific Tests, rules, special regulations, and any additional movement standards for each iF3 sanctioned competition during the 2019 competition season will be released in a Competition Test Announcement prior to the competition start date.

### **6.2 MOVEMENTS AVAILABLE FOR INCLUSION**

All movements that are eligible to be included in the 2019 competition season are listed in the general movement standards document, which is available in print and through the iF3 website. If a movement is not listed in the movement standards section of the rulebook it is not available for inclusion in competition workouts during the 2019 competition season unless added through a special regulation (see 1.5 Specific/Special Regulations).

### **6.3 REQUESTS FOR NEW MOVEMENTS**

The Technical Officials' Committee will review requests for new movements to be added to the movement standards index for the following season upon the conclusion of the current season. The iF3 Congress (iF3C) is responsible for submitting such requests to the Technical Officials' Committee. After reviewing the request, the Technical Officials' Committee will submit their recommendation for inclusion or exclusion along with any relevant movements to the Executive Board for approval. The Technical Officials' Committee may also submit a new movement for approval to the Board, even if it has not been suggested by the Congress, if in the view of the Committee inclusion of the movement enhances the sport.

## **6.4 TIME LIMITS AND CAPS**

Time limits may be established for certain tests for each competition. These limits must be published upon the release of that competition's specific tests.

## **6.5 COMPETITION STRUCTURE**

6.5.1. Each task within a given test will involve a set amount of work, repetitions, and/or movements that must be completed. On the start call, athletes may begin working through the assigned task(s) in the assigned order until the work is completed. Athletes will be ranked against other athletes based on how quickly the work is finished, how much work is completed, distance traveled, or how heavy a load is lifted.

6.5.2 In order to qualify for repetitions completed or work performed in competition, the athlete's work must meet all required movement points of performance listed in the iF3 Movement Standards for that particular movement.

6.5.3. Athletes will be assigned a technical official(s) for each workout. Technical Officials are in charge of counting the number of successfully completed repetitions and clearly and immediately informing athletes when a repetition credit will not be given for work attempted. Technical Officials may also determine when the athlete has completed the test.

6.5.4. For specific competition formats used in iF3 competition see section 6.7 Available Competition Formats.

## **6.6 ADHERENCE TO MOVEMENT STANDARDS**

6.6.1. Athletes are expected to adhere to all movement standards that are set out in the iF3 Movement Standards protocol when completing tasks. If an athlete's movement does not adhere to a movement standard, the Technical Official assigned to that athlete is required to invalidate the repetition. The Head Technical Official for the event may also overrule the invalidation of a repetition, or assess an appropriate penalty, ranging from invalidation of the repetition or assessment of appropriate fractional point and/or time modifications.

6.6.2. If, in the opinion of a Head Technical Official or in the opinion of a Technical Official assigned to an athlete for a particular test (and subject to review by a Head Technical Official), an athlete performs a movement in such a way that it avoids the intent of the movement standard, or exploits a loophole in the standards, such that the athlete would gain an unfair advantage if permitted to continue performing the movement in the manner in question, that Technical Official assigned, or any Head Technical Official for the event, may assess an appropriate penalty. Assessment of appropriate fractional point and/or time modifications may be assessed by only a Head Technical Official.

6.6.3. Repeated attempts by an athlete to intentionally perform movements in unstandardized ways is grounds for disqualification.

## **6.7 AVAILABLE COMPETITION FORMATS**

The following competitive formats will be used in 2019 International iF3 functional fitness competitions. Not all formats are included at all competitions. Depending on heat scheduling within a competition, athletes may be allowed to participate in multiple formats at a single competition.

6.7.1. Individual Medley. The individual medley is considered the traditional functional fitness competitive format. This is a multi-part competition where athletes perform various tasks and are assigned points based on their finishing order in each individual task. The points earned on each task are then tallied to determine an overall winner. Athletes will be tested in each of the following six capacities at some point in the medley: aerobic capacity, strength, bodyweight endurance, bodyweight skill, mixed modal, and power. At the championship levels medleys are multi day competitions, thus they also test the athletes' ability to recover from volume.

6.7.2. Team Medley. The team medley is a competition format where mixed-gender teams of four (2 males, 2 females) compete against each other. This is a multi-part competition where teams perform various tasks and are assigned points based on their finishing order on each individual task. The points earned on each task are then tallied to determine an overall winner. Testing in team competition prioritizes testing the athletes' ability to work together as a cohesive unit while demonstrating their individual abilities in the realms of aerobic capacity, strength, bodyweight, team strategy, and mixed relays. At the championship levels medleys are multi-day competitions, the medleys also test the teams' ability to recover from volume.