

Bewegungsstandards für die Liga'24 im August

Es gelten die iF3 Movement Standards vom 18. Januar 2024

https://functionalfitness.sport/wp-content/uploads/2024/01/2024_iF3_Movement_standards.pdf

Auf den folgenden Seiten sind **Auszüge** aus dem iF3 Movement Standards.
(Unrelevante Textstellen sind mit grauen Boxen gegraut.)

Abweichungen vom iF3 Movement Standard sind anhand der Durchstreichungen
& Ergänzungen zu erkennen, z.B. "Alternating Rule" und "Abmat Sit-Up"

Bei Fragen wendet euch gerne an mail@dbvff.de

GENERAL RULES

Hinweis: Unrelevante Textstellen sind gegraut

HANG RULE

If an object is in contact with the ground, including before the initial rep, a **deadlift lockout** must be achieved before the rep can be initiated.

ALTERNATING RULE

An alternating execution of a task implies that the repetitions of the task must be completed by alternating left/right on the active hand or foot. ~~After a good rep by the left side, a new repetition will not be counted on the left side before a good repetition has been performed on the right.~~ If the athlete is not able to perform the movement on both sides, he or she will not be able to complete the task.

DEFINITIONS, POSITIONS

STANDING FREE

- Both **feet** in contact with the ground or object.

POWER POSITION

- **Standing free**
- Avoiding **bottom-of-squat**, this includes:
 - a partial squat
 - a full extension (also known as "muscle position")
 - a **split** position

STANDING TALL

- **Standing free** position is achieved
- Full extension of the **hips** and **knees**
- **Chest** up, straight back
- Vertical alignment of the **shoulders**, **hips**, **knees** and ankles

DEADLIFT LOCKOUT

- **Standing tall** position is achieved.
- Object is supported by the **hands**, arms oriented downward from the shoulders.
- **Elbows** fully extended.
- **Shoulders** behind the vertical plane of the object if object is kept in front of body.

HANG POSITION

- **Standing free**.
- Object off ground (not touching ground with any part of the object).
- Object is 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**.

FRONT-RACK LOCKOUT

- **Standing tall** position is achieved.
- Object in contact with the athlete's **shoulder(s)**.
- **Elbow(s)** clearly in front of the center of mass of the object.
- Fist(s) below chin.

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**.
- For 1-arm versions, the supporting arm is vertical.

VERTICAL HANG

- Hanging vertically from a suspended bar or rings using both **hands**.
- Full extension of **elbows**.
- The **shoulder** angle is open or rearward if the frontal plane.

HANG POWER CLEAN - ID 3.05

Athlete moves object in one fluid motion from above ground to shoulders, never squatting below parallel.

REP START

- Hang position.

REP END

- Front-rack lockout.

REP REQUIREMENTS

- Object is moved in one fluid motion from hang to **front rack** in the **power position**.
- Avoid the **bottom of squat**.
- Adhere to **hang rule**.

CYCLE & POST REP

- Object can be returned to **rep start** in any controlled manner as long as it adheres to the **hang rule**.

SQUATS
DEADLIFTS
GROUND TO SHOULDER
GROUND TO OVERHEAD
SHOULDER TO OVERHEAD
KETTLEBELL
HORIZONTAL BAR
RINGS
MONOSTRUCTURAL
JUMPING
CLIMBING
HANDSTANDS
CORE
ODD OBJECT
MISCELLANEOUS
TEAM

PUSH JERK - ID 5.03

Athlete moves object from shoulders to overhead - dip and driving the object with legs is allowed, as well as a re-dip.

REP START

- Standing tall
- Object supported in the **front-rack**

REP END

- Overhead lock-out

REP REQUIREMENTS

- Avoid the **bottom of squat**.

CYCLE & POST REP

- The object can be returned to **rep start** in any controlled manner.



SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
SHOULDER TO OVERHEAD
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 TEAM

Other Lifting

In front of the athlete and off to the side no more than 45° angle from the center of the athletes' body.



(45° angle)



SINGLE UNDER - ID 10.06

Athlete jumps rope with the rope passing one time under their feet per jump.

REP START

- **Standing free.**
- Holding both ends of a jump-rope – one in each hand.

REP END

- Holding both ends of a jump-rope – one in each hand.

REP REQUIREMENTS

- Rope rotates around the saggital axis of the body.
- A jump with a two-footed take-off is required from rep start.
- While in air, the rope must pass underneath both **feet** the designated number of times.
- Number of rotations = 1

CYCLE & POST REP

- The athlete may return to **rep start** in any controlled manner.

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
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DOUBLE UNDER - ID 10.07

Athlete jumps rope with the rope passing two times under their feet per jump.

REP START

- **Standing free.**
- Holding both ends of a jump-rope – one in each hand.

REP END

- Holding both ends of a jump-rope – one in each hand.

REP REQUIREMENTS

- Rope rotates around the saggital axis of the body.
- A jump with a two-footed take-off is required from rep start.
- While in air, the rope must pass underneath both **feet** the designated number of times.
- Number of rotations = 2

CYCLE & POST REP

- The athlete may return to **rep start** in any controlled manner.

SQUATS
 DEADLIFTS
 GROUND TO SHOULDER
 GROUND TO OVERHEAD
 SHOULDER TO OVERHEAD
 KETTLEBELL
 HORIZONTAL BAR
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ABMAT SIT-UP - ID 13.01

Athlete performs a sit-up from an ab-mat.

REP START

- ~~Shoulder blades in contact with the ground.~~
- Both **hands** in contact with the ground behind the head.

REP END

- Athlete is a seated, upright position.
- Both **hands** in contact with ground ~~across target line.~~
.. vor oder neben den Füßen

REP REQUIREMENTS

- AbMat is kept adjacent to the tailbone and both **feet** must be in contact with the ground throughout the full rep.

CYCLE & POST REP

- The athlete may return to **rep start** in any controlled manner.

~~MEASUREMENTS~~

- ~~Target line, standard is 70cm after end of AbMat.~~

VALID OBJECT/EQUIPMENT

- AbMat.



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**Achtung!
Abweichung
vom iF3-Standard**

SQUATS - DEADLIFTS - GROUND TO SHOULDER - GROUND TO OVERHEAD -
SHOULDER TO OVERHEAD - KETTLEBELL - **HORIZONTAL BAR** - RINGS -
MONOSTRUKTURELL - JUMPING - CLIMBING - HANDSTANDS - CORE - STRONGMAN -
VERSCHIEDENES

KNEE RAISES - ID 7.09

Athlet*in hängt mit beiden Händen an der Klimmzugstange und bewegt die **Knie** nach vorn oben, Die **Kniegelenke** sind höher als die **Hüftgelenke**.

REP START

Vertikaler Hang an der Klimmzugstange.

Arme sind ausgestreckt.

Hüften sind vollständig gestreckt.

REP ENDE

Vertikaler Hang an der Klimmzugstange.

Kniegelenke höher als die **Hüftgelenke**.

REP ANFORDERUNG

Die **Fersen** müssen beim Aufschwingen hinter der vertikalen Stange des Racks sein.

Knie werden gebeugt herangezogen.

Kniegelenke höher als die **Hüftgelenke**.

Beide **Hände** an der Stange,

CYCLE & WIEDERHOLUNG

REP ENDE ist ein gültiger neuer **REP START**.

VARIATION

V.12 - Strict

V.13 - Kipping

TOES-TO-BAR - ID 7.01

Athlete hanging from a horizontal bar moves toes to contact bar.

REP START

- **Vertical hang** from horizontal bar.
- **Hips** fully extended.
- Heels break the vertical plane directly under the bar.

REP END

- **Toes** on both **feet** touch the bar simultaneously.
- The contact point is within the width of the **hands**.

REP REQUIREMENTS

- None.

CYCLE & POST REP

- The athlete may return to **rep start** in any controlled manner.

VARIATIONS

- V.12 - Strict
- V.13 - Kipping



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PULL-UP - ID 7.04

Athlete hanging from a horizontal bar pulls himself up until chin is above bar.

REP START

- **Vertical hang** from horizontal bar.

REP END

- Bottom plane of the chin breaks the top-most horizontal plane of the bar.

REP REQUIREMENTS

- Only **hands** and **chest** or above can touch anything during the movement.

CYCLE & POST REP

- The athlete may return to **rep start** in any controlled manner.

VARIATIONS

- V.12 - Strict
- V.13 - Kipping



SQUATS
 DEADLIFTS
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CHEST-TO-BAR PULL-UP - ID 7.05

Athlete hanging from a horizontal bar pulls himself up until chest come in contact with the bar.

REP START

- **Vertical hang** from horizontal bar.

REP END

- **Chest** in contact with the horizontal bar.

REP REQUIREMENTS

- Only **hands** and **chest** or above can touch anything during the movement.

CYCLE & POST REP

- The athlete may return to **rep start** in any controlled manner.

VARIATIONS

- V.12 - Strict
- V.13 - Kipping

SQUATS
DEADLIFTS
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SHOULDER TO OVERHEAD
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Pull-ups, Toes to Bar, Bar Muscle-Ups, and Pull-Up Variations

Stand underneath the pull-up bar during these movements.



If available and safe, stand on a box or station elevating your height so that your line of sight is level with the top of the pullup bar.

