

ADDITIONAL COMPETITION REGULATIONS

Asian Functional Fitness Championship 2026

TEST 1 – ENDURANCE

Divisions: Individuals, Masters, Juniors

1. False starts are not permitted. Any false start will result in a 3-second time penalty.
2. Athletes must enter and exit the running course only through the designated gates marked by the organizers.
3. Athletes are responsible for resetting the SkiErg monitor before the start of each work interval.
4. Jump rope repetitions must be performed only within the designated jump rope area.
5. All movements must be performed strictly in accordance with the IF3 Movement Standards.
6. Failure to comply with these regulations may result in penalties imposed at the discretion of the Head Judge in accordance with the IF3 Rules and Movement Standards.

TEST 2 – BODYWEIGHT

Divisions: Individuals, Masters, Juniors

1. False starts are not permitted. A false start will result in a deduction of one (1) repetition from the athlete's final score.
2. Box Jump Overs must be performed with a mandatory step-down after landing on the box. Athletes may clear the box without making contact with the top surface, provided that both feet completely pass above the top plane of the box. During this variation, any contact with the box by any part of the body while clearing the box is prohibited. Any contact with the box will result in a No Rep.
3. GHD Sit-Up. At the bottom position, the athlete must touch the floor with both hands. At the top position, the athlete must touch the GHD foot pad with both hands, bringing the arms overhead.
4. All Handstand Push-Up variations included in this test must be performed strictly in accordance with the IF3 Movement Standards.
5. Failure to comply with these regulations may result in penalties imposed at the discretion of the Head Judge in accordance with the IF3 Rules and Movement Standards.

TEST 3 – STRENGTH

Divisions: Individuals, Masters, Juniors

1. False starts are not permitted.
2. All movements must be performed strictly in accordance with the IF3 Movement Standards.
3. Athletes must not perform any action that could endanger themselves, other competitors, judges, volunteers, or spectators. All movements and transitions must be executed safely and in accordance with the instructions of the judges and event organizers.
4. Failure to comply with these regulations may result in penalties imposed at the discretion of the Head Judge in accordance with the IF3 Rules and Movement Standards.

ADDITIONAL COMPETITION REGULATIONS

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TEST 4 – SKILLS

Divisions: Individuals, Masters, Juniors

1. False starts are not permitted. A false start will result in a 3-second time penalty. If an athlete does not finish the test within the prescribed Time Cap, one (1) repetition will be deducted from the athlete's final score.
2. All movements must be performed strictly in accordance with the IF3 Movement Standards.
3. Athletes may use the designated step platforms provided by the organizers to mount the pull-up bar.
4. During the Handstand Walk Pirouette, the athlete must complete the full pirouette within the designated pirouette zone. Leaving the zone before completing the pirouette is not permitted. If the pirouette has been completed within the designated zone and the athlete subsequently exits the lane, the pirouette shall be considered successfully completed. If the athlete chooses not to continue after leaving the lane, they may return to the start line of that section and continue the course without repeating the pirouette.
5. During the Pull-Over, the athlete must first perform a pull-up, bringing the chin clearly above the bar, before initiating the turnover.

6. During gymnastic movements, rest is permitted only in the support position. Resting in any other position is not permitted.

7. The test starts and finishes on the designated start platform. If the athlete reaches the finish within the Time Cap, they must finish on the start platform. If the Time Cap expires, the test ends immediately at the point where the athlete is performing the current movement, without returning to the start platform.

8. Failure to comply with these regulations may result in penalties imposed at the discretion of the Head Judge in accordance with the IF3 Rules and Movement Standards.

TEST 5 – MIXED

Divisions: Individuals, Masters, Juniors

1. False starts are not permitted. A false start will result in a 3-second time penalty. If an athlete does not finish the test within the prescribed Time Cap, one (1) repetition will be deducted from the athlete's final score.

2. All movements must be performed strictly in accordance with the IF3 Movement Standards.

3. Dropping dumbbells to the floor is prohibited. Dumbbells must be placed on the floor under control or lowered below knee level before being released. Dropping the dumbbells from above knee height will result in an additional 5-second time penalty. If an athlete's actions endanger other competitors or officials, the Head Judge may disqualify the athlete.

4. During the Deadlift, the use of rebound ("bouncing") techniques or creating additional momentum by bending the arms or using any other assisting movement to gain an advantage is prohibited.

5. Failure to comply with these regulations may result in penalties imposed at the discretion of the Head Judge in accordance with the IF3 Rules and Movement Standards.

TEST 6 – POWER

Divisions: Individuals, Masters, Juniors

1. False starts are not permitted. A false start will result in a 3-second time penalty. If an athlete does not finish the test within the prescribed Time Cap, one (1) repetition will be deducted from the athlete's final score.

2. During the Sandbag Carry, the line is considered crossed only when both feet of the athlete and the entire sandbag have completely crossed the designated line.

3. Burpee Facing Over the Sandbag must be performed strictly in accordance with the IF3 Movement Standards. Athletes may take off with one foot or two feet. A clear flight phase is mandatory when clearing the sandbag. Stepping over the sandbag is not permitted. Both feet must completely pass over the sandbag.

4. During the AirBike, the athlete must remain on the machine until the required number of calories has been reached. If the athlete dismounts the AirBike prematurely, the judge will record the violation, and a 3-second penalty will be added to the athlete's final time, regardless of whether the required number of calories is subsequently registered by the AirBike due to residual momentum after the athlete has dismounted.

ADDITIONAL REGULATIONS

Pairs

TEST 1 – ENDURANCE (PAIRS)

1. False starts are not permitted. A false start results in a 3-second penalty added to the team's final time.

2. All movements must be performed strictly in accordance with the IF3 Movement Standards.

3. While using the cardio machine, the athlete must remain on the machine until the required distance has been completed and must keep both hands on the handles until the work is finished. Leaving the cardio machine early is prohibited. If this occurs, the judge will record the violation, and a 3-second penalty will be added to the team's final time, even if the required distance is completed due to the flywheel's momentum.

4. The relay exchange between partners must take place only within the designated exchange zone marked by the organizers.

5. Athletes must comply with all judges' instructions and decisions. Failure to do so may result in disqualification by the Head Judge.

6. Failure to comply with these regulations may result in penalties imposed by the Head Judge in accordance with the IF3 Competition Rules and Movement Standards.

TEST 2 – BODYWEIGHT (PAIRS)

1. False starts are not permitted. A false start results in one (1) repetition being deducted from the team's final score.

2. Partners may determine the order of performing the movements at their own discretion. Athlete changes are permitted at any time during the workout.
3. The relay exchange is completed by touching the partner on any part of the body above the waist. The exchange must not occur during the execution of a repetition.
4. All movements must be performed strictly in accordance with the IF3 Movement Standards.
5. The team's result is the maximum number of correctly completed repetitions validated by the judges within the workout time cap.
6. Athletes must comply with all judges' instructions and decisions. Failure to do so may result in disqualification by the Head Judge.
7. Failure to comply with these regulations may result in penalties imposed by the Head Judge in accordance with the IF3 Competition Rules and Movement Standards.

TEST 3 – STRENGTH (PAIRS)

1. False starts are not permitted.
2. Partners may independently decide which athlete performs each movement within the workout.
3. For the second movement (Deadlift), both partners are permitted to load the barbell together.
4. Each movement must be completed within the prescribed time limit allocated for that stage of the workout.
5. All movements must be performed strictly in accordance with the IF3 Movement Standards.
6. Athletes must comply with all judges' instructions and decisions. Failure to do so may result in disqualification by the Head Judge.
7. Failure to comply with these regulations may result in penalties imposed by the Head Judge in accordance with the IF3 Competition Rules and Movement Standards.

ADDITIONAL REGULATIONS

TEST 4 – MIXED I (PAIRS)

1. False starts are not permitted. A false start results in a 3-second penalty added to the team's final time. If the team does not finish within the Time Cap, one (1) repetition will be deducted from the final score.
2. Partner changes on the rowing machine are unrestricted. Athletes may change at any time at their own discretion.
3. Athletes must reset the cardio machine display before the start of each new round.
4. In the event of a cardio machine malfunction, athletes must not attempt to fix the equipment themselves. They must immediately raise a hand and notify the judge. The judge will record the incident. If the malfunction is determined not to have been caused by the athletes, the Head Judge may allow the team to repeat the corresponding workout.
5. The dumbbell snatches must be performed synchronously. Each athlete may use either arm.
6. All movements must be performed strictly in accordance with the IF3 Movement Standards.
7. The workout starts and finishes at the starting box. The start is recorded when the last athlete crosses the start line. The finish is recorded when the last athlete crosses the finish line and touches the starting box.
8. Athletes must comply with all judges' instructions and decisions. Failure to do so may result in disqualification by the Head Judge.
9. Failure to comply with these regulations may result in penalties imposed by the Head Judge in accordance with the IF3 Competition Rules and Movement Standards.

TEST 5 – TEAM STRATEGY (PAIRS)

1. False starts are not permitted. A false start results in one (1) repetition being deducted from the team's final score.
2. Athletes must perform all movements exactly as prescribed. Each station has a 90-second working period.
3. A 10-second transition period is provided between stations to allow athletes and judges to move to the next competition area. This transition time is not included in the working time.
4. All movements must be performed strictly in accordance with the IF3 Movement Standards.
5. Athletes must comply with all judges' instructions and decisions. Failure to do so may result in disqualification by the Head Judge.

6. Failure to comply with these regulations may result in penalties imposed by the Head Judge in accordance with the IF3 Competition Rules and Movement Standards.

TEST 6 – MIXED II (PAIRS)

1. False starts are not permitted. A false start results in a 3-second penalty added to the team's final time. If the team does not finish within the Time Cap, one (1) repetition will be deducted from the final score.

2. During the 100 Wall Ball shots, partners must change every 10 repetitions. The next athlete may begin only after the ball thrown by the previous athlete has touched the floor.

3. All Worm movements must be performed strictly in accordance with the IF3 Movement Standards.

4. Burpees Over the Worm may be performed either facing or laterally. The only requirement is synchronization. Synchronization is judged at the bottom position, when both athletes' chest and thighs simultaneously touch the floor.

5. During the Worm Walking Lunges, a repetition is completed only after the second athlete has fully crossed the line and reached a fully upright position with both knees and hips fully extended. If a No Rep is called during the lunge section, the judge may move the team 2.5 meters back to repeat that section of the course.

6. The workout starts and finishes at the starting box. The start is recorded when the last athlete crosses the start line. The finish is recorded when the last athlete crosses the finish line and touches the starting box.

7. Athletes must comply with all judges' instructions and decisions. Failure to do so may result in disqualification by the Head Judge.

8. Failure to comply with these regulations may result in penalties imposed by the Head Judge in accordance with the IF3 Competition Rules and Movement Standards.