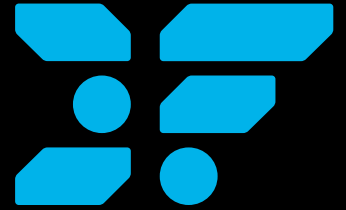


NORGES
FUNCTIONAL
FITNESSFORBUND



ENDRINGER STANDARDE 2022

Arbeidet med standarder er et kontinuerlig arbeid. Basert på erfaringer fra både utøvere og dommere, gjennomgår teknisk utvalg årlige revisjoner av både regelverk og standarder.

For 2022 har NOR3F valgt å følge iF3 (International Functional Fitness Federations) sine "Movement standards". iF3 sine standarder er opprinnelig bygget på standardene til NOR3F, så dere vil se at mye er likt både i hvordan dokumentet er bygget opp og hvordan de ulike øvelsene er beskrevet. Det har likevel blitt gjort noen endringer sammenlignet med de standarder NOR3F la til grunn i 2021. Vi vil med dette dokumentet oppsummere disse forskjellene.

Vi vil i dette dokumentet bruke følgende fargekoder:

BLÅ Refererer til iF3 2022 formulering.

RØD Refererer til NOR3F 2022 formulering.

Hovedpunkter:

Nye øvelser:

- ID 7.08 Skin the cat
- ID 9.09 Paddling
- ID 12.05 Handstand Pirouette
- ID 12.06 Wall walk
- ID 13.06 Press to handstand from seated straddle
- ID 15.01 Push-Up
- ID 15.03 Dynamic Push-Up
- ID 15.08 Traverse over/across an obstacle
- ID 15.09 Hammering

Nye Variasjoner:

- ID V.14 Split
- ID V.15 Without Movement
- ID V.15.1 Movement
- ID V.16 No Jump
- ID V.17 Legless
- ID V.18 Seated
- ID V.19 L-sit
- ID V.20 L-hang

Nye definisjoner:

- Body parts: KNEES, ELBOWS, LEG, HIP og FOOT
- Positions: SPLIT, SEATED og L-POSITION

Betydelige endringer:

- Definition – **Standing tall**. “**Inside of heels no wider than outer plane of the shoulders**” er ikke lenger inkludert. *Denne vil bli lagt til på enkelt-øvelser og kan forekomme på enkelte øvelser som en ekstra kommentar/regelkommentar frem til dette er oppdatert i standard-dokumentet.*
- **ID 6.05 Kettlebell get-up**: Fullstending omskriving av standard etter endring av “rep start”.
- **Bench press** er ikke lenger definert med egen standard.

Alle endringer

General Rules:

- **Adhere to intent:** “Judge” versus “Technical Official (TO) and Head Technical Official (HTO)”
- **Weight Vest:** “Judge” versus “TO”
- **Visibility at speed:** “Judge” versus “TO”

Definitions:

- **Body parts:** KNEES, ELBOWS, LEG, HIP and FOOT nå inkludert.
- **Positions – Standing tall:** “Inside of heels no wider than outer plane of the shoulders” ikke lenger en del av denne definisjonen. *Arbeidet med å identifisere hvilke enkelt-øvelser som krever at denne spesifiseringen tas med er allerede begynt og vil mest sannsynlig medføre endringer i flere standarder for 2023. Denne vil bli lagt til på enkelt-øvelser og kan forekomme på enkelte øvelser som en ekstra kommentar/regelkommentar frem til dette er oppdatert i standard-dokumentet.*
- **Positions – Hang position:**
 - Nytt (punkt 3): “Elbows extended.”
 - “Avoid standing tall to ensure object is slightly lower than a deadlift lockout” versus “Shoulders in front of the vertical plane placing object lower than a deadlift lockout.”
- **Positions – Vertical support:** “Not resting any bodyweight through other parts than the hands” versus “Bodyweight is not supported with any body part other than the hands”
- **Positions – Plank Lockout:** “Toes no greater than shoulder width apart” nå inkludert
- **Positions:** SPLIT, SEATED og L-POSITION nå inkludert

Standards:

- **Categories:** STRONGMAN versus ODD OBJECT
- **ID 1.04 Overhead Squat:** VALID OBJECT / EQUIPMENT; Barbell, Dumbbell og Kettlebell nå inkludert
- **ID 1.05:** ANTERIOR SQUAT versus FRONT LOADED SQUAT
- **ID 1.06 Pistol, Rep Requirement:** “Non-supporting foot can be held by hand” nå inkludert
- **ID 2.02 Sumo Deadlift:** VARIATION; Deficit and Elevated nå inkludert
- **ID 3.01 Clean anyhow, description:** “Athlete moves object from ground to shoulders.” versus “Athlete moves object from ground to shoulders in one fluid motion.”

- ID 3.01 Clean anyhow, Variation: Split nå inkludert
- ID 3.02 Power Clean, Variation: Split nå inkludert
- ID 4.01 Snatch anyhow, Variation: Split nå inkludert
- ID 4.02 Power Snatch, Variation: Split nå inkludert
- ID 5.03 Push Jerk, Variation: Split nå inkludert
- ID 5.05 Shoulder to overhead, Variation: Split nå inkludert
- ID 6.02 Russian Kettlebell Swing, Rep requirement: “Arms must stay straight throughout the whole repetition” nå inkludert
- ID 6.03 Kettlebell Clean: “Athlete jumps over box” versus “Athlete starts with the kettlebell just below groin. The kettlebell is then swung to the shoulders with 1 hand”
- ID 6.03 Kettlebell Clean, Variation: Split nå inkludert
- ID 6.04 Kettlebell Snatch, Variation: Split nå inkludert
- ID 6.05: **TURKISH GET-UP** versus **KETTLEBELL GET-UP** og; Fullstending omskriving av standard etter endring av “rep start”!
- ID 7.02 L-hang Toes to Bar, Rep start: “(i.e. a 90-degree angle at the hip)” nå inkludert
- ID 7.04 Pull-up, Variation: L-hang nå inkludert
- ID 7.06 Pull-over, Rep requirement: “Chin breaks the horizontal plane of the pullup bar at some point before the feet break the vertical plane above the pull up bar” nå inkludert
- **NY! ID 7.08 Skin the Cat**
- ID 8.01 Toes through rings, Rep end: “Toes pass through the vertical plane on the back of the rings” versus “Toes pass through the centre hole of each ring until they break the vertical plane at the back of the rings”
- ID 8.02 Ring Muscle-up, Rep requirement: “*No portion of the body below the thighs can move over the bottom horizontal plane of the rings. *Must be a muscle-up movement.” versus “*Toes may not pass the height of the ring during the kip. *A change of direction must occur below the rings.”
- ID 8.03: **STRICT DIP** versus **DIP** Med tilhørende endringer i **Rep requirement** og **Variation**
- ID 9.01 Run: **VALID OBJECT(S) / EQUIPMENT**; Treadmills og Non-motorized treadmills nå inkludert
- ID 9.03 Row: Athlete rows on the Concept2 rowing machine versus Athlete rows on a rowing machine
- ID 9.03 Row, Valid Object(s) / Equipment: **Concept2 rowing machine** versus **Rowing machine**
- ID 9.06 BikeErg: Athlete using the Concept2 BikeErg machine versus Athlete using a BikeErg machine
- ID 9.06 BikeErg, Valid Object(s) / Equipment: **Concept2 BikeErg machine** versus **BikeErg machine**

- ID 9.07 SkiErg: Athlete using the Concept2 SkiErg machine versus Athlete using a SkiErg machine
- ID 9.07 SkiErg, Valid Object(s) / Equipment: Concept2 SkiErg machine versus SkiErg machine
- **NY!** ID 9.09 Paddling
- ID 10.01 Burpee over object, Rep requirement, bullet point 3: “Landing or contacting the object with feet during the transition over is ok, but not required” versus “Unless specified in a special regulation, landing or contacting the object with feet during the transition over is ok, but not required”
- ID 10.02 Object-facing Burpee over object, Rep requirement, bullet point 3: “Landing or contacting the object with feet during the transition over is ok, but not required” versus “Unless specified in a special regulation, landing or contacting the object with feet during the transition over is ok, but not required”
- ID 10.02 Object-facing Burpee over object, Measurements – **Ikke lenger med**
- ID 11.01 Rope climb, Rep requirement, bullet point 2: “After touching target, show control below max let-go mark.” versus “After touching target, show control below designated decent line, which means that both hands must go under the decent line before jumping off the rope.”
- ID 11.01 Rope climb: VARIATION nå inkludert
- ID 11.02 Rope climb seated start. Flere endringer...
- ID 11.03 Peg-board, Measurements, bullet point 2: “Max jump mark (can be same as target)” versus “Designated descent mark (can be same as target).”
- ID 12.01 Handstand push-up, Rep requirement, **bullet point 4**: ikke lenger med
- ID 12.03 Handstand walk: “Athlete walks on their hands” versus “Athlete walks on their hands. An object may be required to carry between your feet or you may have to navigate around or over objects.”
- ID 12.04 Handstand Hold, Measurements, **bullet point 1**: ikke lenger med
- ID 12.04 Handstand Hold: VARIATION and VALID OBJECT / EQUIPMENT nå inkludert
- **NY!** ID 12.05 Handstand Pirouette
- **NY!** ID 12.06 Wall walk
- ID 13.02 GHD Sit-up, Measurements: “Target is typically the floor, and must in any case be greater than 180 degrees behind the athlete’s rotation axis.” versus “Target is behind the back and below the athlete.”
- ID 13.05 L-hang ID, Measurements, bullet point 1: “Vertical target: standard same as top of parallettes” versus “Vertical target: standard set so that athletes legs must be held at a 90 degree angle with the body”
- **NY!** ID 13.06 Press handstand from seated straddle L-sit

- ID 14.04 (Object) Over-shoulder: **OVER-SHOULDER** versus **OBJECT OVER-SHOULDER**
- ID 14.04 (Object) Over-shoulder, Rep end, bullet point 2: “**Object passes over the shoulder.**” versus “Object passes over the shoulder while hips and knees are fully extended.”
- ID 14.08 Object/Tire flip: **TIRE-FLIP** versus **OBJECT FLIP** med tilhørende endringer i to *Rep start, Rep end, Rep requirement* og *Valid object / Equipment*
- ID 14.09 Continental clean: **VARIATION (Split)** nå inkludert
- **NY!** ID 15.01 Push-Up
- ID 15.02 Hand-release Push-up: **ID 15.01** versus **ID 15.02**
- ID 15.02 Hand-release Push-up: Nye punkt;
 - “The knees must not assist in the push off the ground.”
 - “The toes must remain in contact with the ground for the duration of the repetition.”
- **NY!** ID 15.03 Dynamic Push-Up
- ID 15.04 Wall-Ball: **ID 15.02** versus **ID 15.04**
- ID 15.05 Box Step Over: **ID 15.03** versus **ID 15.05**
- ID 15.06 Walking Lunge: **ID 15.04** versus **ID 15.06**
- **FJERNET!** ID 15.05 Bench Press
- ID 15.07 Devil’s Press: **ID 15.06** versus **ID 15.07**
- **NY!** ID 15.08 Traverse over/across an obstacle
- **NY!** ID 15.09 Hammering

Variations:

- ID V.07 Farmer, Valid object / Equipment: **Barbell(s), Farmer Handle(s)** og **Jug(s)** nå inkludert
- ID V.09 Deficit, Valid object / Equipment: **Plates** og **Blocks** nå inkludert
- ID V.10 Elevated, Valid object / Equipment: **Plates** og **Blocks** nå inkludert
- ID V.12 Strict, Valid movements: **ID 8.03 Dip** nå inkludert
- ID V.13 Kipping, Note: “**Kipping is not a real variation as all movements are kipping by default. Still “Kipping <movement>” can be used in tests to differences between “Strict <movement>” of the same.**” versus “Kipping is not a real variation as all movements are kipping by default. However, the word “kipping” can be used in test descriptions to differentiate between required “strict” repetitions of the same movement.”
- ID V.13 Kipping, Valid movements: **ID 8.03 Dip** nå inkludert
- **NY!** ID V.14 Split
- **NY!** ID V.15 Without Movement

- **NY!** ID V.15.1 Movement
- **NY!** ID V.16 No Jump
- **NY!** ID V.17 Legless
- **NY!** ID V.18 Seated
- **NY!** ID V.19 L-sit
- **NY!** ID V.20 L-hang