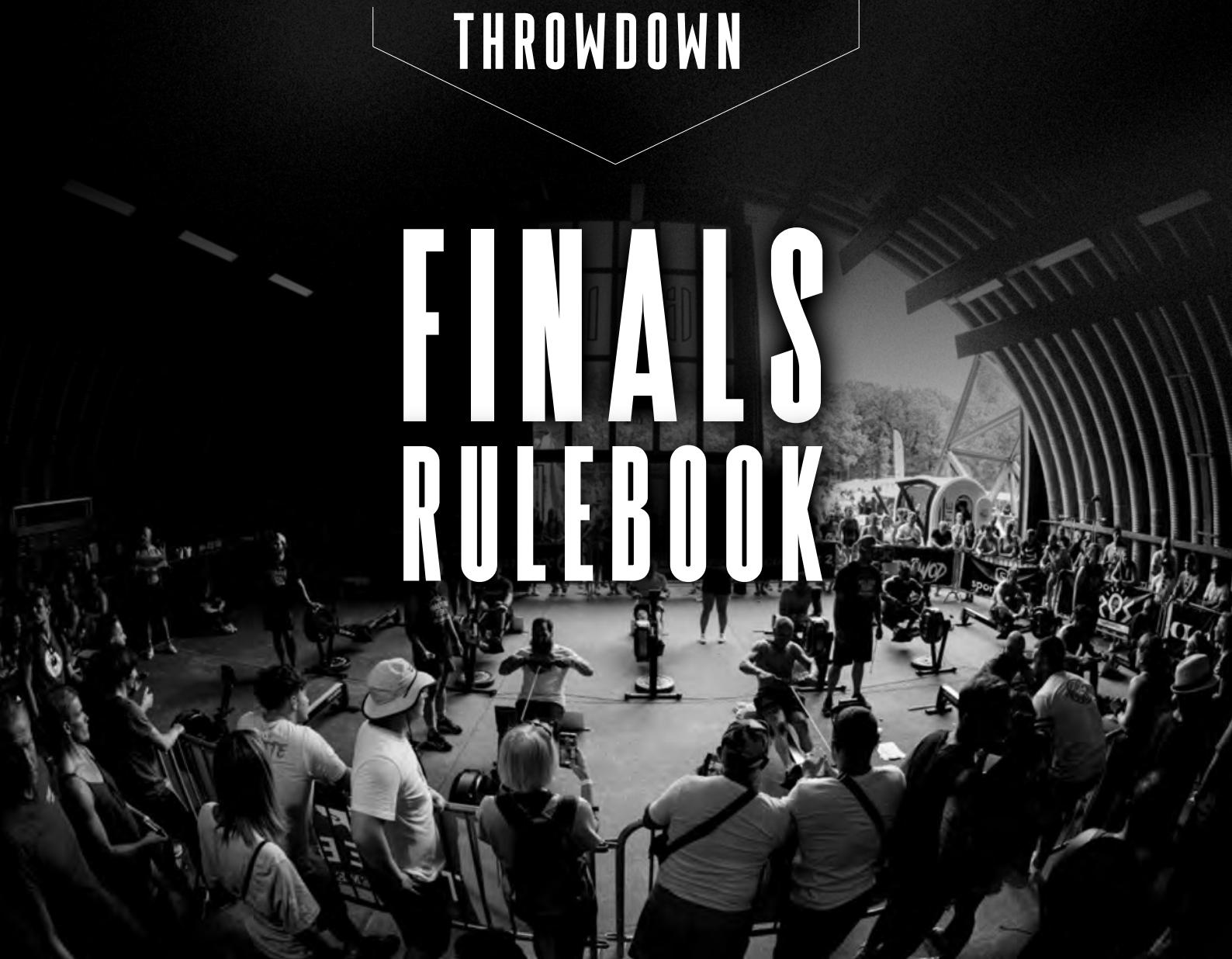


2026

# MASTERS TEENS

THROWDOWN

# FINALS RULEBOOK



## Welcome

In this document you can find our general competition rules, the workouts along with their flow and special regulations.

CF Events and Masters & Teens Throwdown follow the rules and standards established by the [International Functional Fitness Federation](#) (iF3). Their complete regulations, definitions and standards are described in their [Movement Standards document](#) and in their [Competition Rulebook](#), which is updated at the beginning of each year.

For your convenience, we have included most standards and definitions at the end of this document. Read, study and memorize them so you know what we expect from you.

## General Rules

1. You and only you are responsible for reading the workouts, flow and standards BEFORE the event.
2. The competition field is neither the place nor the time to overload the judge with all sorts of questions because you have not read this document.
3. The warm-up area is a shared zone. Please respect the timetable. You may enter 30 minutes prior to your heat start. We recommend that you take care of your general warm-up and mobility outside the warm-up area and then use 20 minutes for workout specific warm-up inside the area. You must be present at the pre-staging area of your heat field no later than 10 minutes before the start.
4. It is the athlete's own responsibility to be ON TIME at athlete control and staging where you will receive your scorecard which you hand over to your assigned judge on the field.
5. Athletes will ALWAYS start on the starting mat (unless otherwise specifically stated).
6. Please show respect to our equipment.
7. Have RESPECT for our judges and crew in general. If you have issues, please address the Competition Manager.
8. The judge calls a rep as they see it. You might not always agree but be aware that their call is final.
9. We have a ZERO-TOLERANCE policy about abusive behavior. Shouting, swearing, disrespect or aggression towards judges, crew members, management, athletes, vendors and spectators can result in immediate exclusion from the competition.
10. It is your responsibility to perform the workouts as prescribed. No scores will be adjusted as a result of your mistake.
11. Don't confuse the judge. He or she will count for you and guide you in the flow if needed. It is what they are there for, for you.
12. A malfunction of equipment could occur. Always continue in what you are doing till the team leader or Competition Manager says otherwise.
13. 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 is not allowed. Lifting belts and shoes, sleeves, wristbands and gloves are allowed. Lifting straps are NEVER allowed.
14. If an athlete drops equipment where dropping is not allowed, the last rep will be a no-rep. If it happens twice, the athlete will receive a major penalty for that workout (-15%). If it happens three times, the athlete will be disqualified from the entire event.
15. All reps will be performed facing the audience, except for movements that the workout briefing specifies otherwise.
16. If for any reason, the Competition Management deems an athlete unfit to continue the event, it is the Management's exclusive and final right to deny the athlete to go on. This includes recommendations from the medical team and the head judges.

## Scoring

The 100-point system is in effect for all divisions. This means that winning a workout will award the athlete 100 points. The second place athlete will receive 96 points (or less depending on division) and so on.

The athlete with the most points after all workouts are final will win the division. If two or more athletes end up on the same number of points, the placing will be decided by comparing the individual athlete's best finish.

## Appeals

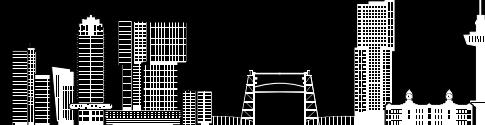
1. Only athletes can submit appeals to the administration.
2. Athletes can only appeal their own score and performance.
3. Appeals will only be accepted via the appeals form at the scoring platform (Competition Corner).
4. It is not possible to appeal a no-rep call. A call made on the field stays on the field. Only issues of a technical nature can be appealed, for example equipment malfunctions, miscounts and incorrect directions from a crew member.
5. Each athlete can only submit an appeal two (2) times. This number does not include appeals that are approved.
6. The athlete has a maximum period of 30 minutes to appeal after the score is published.
7. When an appeal has been submitted, it is handled by a designated Appeals Officer (AO) that will initiate an investigation in the matter. This could include discussions with the Event Manager, Competition Manager, Head Judge or anyone else that could contribute with information. It could also include the request for evidence such as videos. When the investigation is concluded, a decision will be taken by the AO and the Competition Manager and communicated to the appealing athlete via email. The decision will also be published on the website. If a score needs to be adjusted, the AO will handle this with the scoring office.

Note. The Competition management has the exclusive right to adjust scores without an appeal being submitted if they find it necessary.

## Penalties

General penalties to be applied for starting before the clock (early starting) or invalid transitions:

- 10 seconds added to the time (FOR TIME) or 3 reps less (AMRAP) in the original score.
- In case of taking any material from another lane, it will void the athlete's score for the workout.
- If there is any penalty, you will be informed by your judge at the end of the workout, before signing the scorecard.



## **3 rounds of 3 minutes on / 1 minute off:**

### **Each round consists of**

Cash in:

- 500 / 400 m bike-erg

Then in the remaining time, AMRAP of:

- 3 pull-ups
- 6 line-facing burpees
- 9 air squats

All movements performed with a weighted vest.

## **VEST WEIGHTS**

### **RX and Intermediate**

- Age group 13-14: No vest
- Age groups 15-16 to 55-59: 9 / 6 kg
- Age groups 60-64 and 65+: 6 / 4 kg

## **FLOW**

- This workout starts with the athlete on the starting mat. On the signal, the athlete moves to the bike-erg and performs the required number of meters.
- Athlete then moves to the rig to perform 3 pull-ups, then to the line to perform 6 line-facing burpees and 9 air squats. The athlete then continues with pull-ups, burpees and air squats until the clock reaches 03:00.
- During the 1-minute rest, the athlete moves back to the starting mat while resetting the bike-erg monitor on their way.
- At 04:00, another round of the same pattern starts.
- The athlete then performs a third and final round with the same pattern.
- The score is the total number of repetitions accumulated across the three rounds.

## **SPECIAL REGULATIONS**

- Athletes must wear the vest at all times - even during the resting period.
- The burpee is a line-facing burpee with a jump over the line. The jump does not have to be a two-foot take-off, but it must be a clear jump (see movement standards for details).
- Burpees may be performed on different lines for each round. Instructions on this will be provided on-site.
- Age groups 60-64 and 65+ may step over the line.
- Athletes are responsible for resetting the bike-erg monitor before the start of each round.

## **MOVEMENT STANDARDS**

For complete Movement standards, please read the sections for Bike-erg (ID 9.06), Pull-up (ID 7.04), Line-facing Burpee (ID 10.02) and Air Squat (ID 1.01) at the end of this document or in the [iF3 Movement Standards document](#).



## FOR TIME (TC 12 min)

### 5 rounds of:

- 30 / 20 calorie row\*
- 10 m sandbag carry

\*For AG60-64 and 65+ the row is reduced to 25 / 15 cal.

## WEIGHTS

### RX and Intermediate

AG30-34 up to AG55-59:	70 / 50 kg
AG60-64 and 65+:	50 / 30 kg

### Teens

AG13-14:	30 / 20 kg
AG15-16:	50 / 30 kg
AG17-18:	70 / 50 kg
AG19-20:	70 / 50 kg

## FLOW

- This workout starts with the athlete on the starting mat.
- On the signal, the athlete moves to the row-erg and performs the designated number of calories. The athlete must stay on the row-erg until all the calories have been completed.
- The athlete then moves to the sandbag, picks it up and carries the sandbag to the 5m mark and back. The carry must be unbroken in 5m sections. Both feet must pass the 5m line before turning around or dropping the bag.
- When the carry is completed, the athlete returns to the row-erg, resets the monitor and starts round 2 of the same pattern.
- The athlete continues in this cycle for a total of five rounds.
- After the last round of sandbag carry, the athlete drops the bag and runs to the finish line.

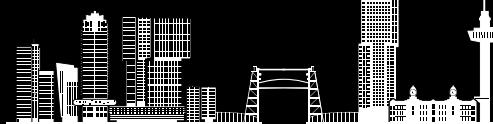
## SPECIAL REGULATIONS

- Athletes must reset the row-erg monitor at the beginning of each round. The judge will not do that.
- Athletes must carry the sandbag bear hug style by hugging the bag to the chest or abs throughout the full repetition.

## MOVEMENT STANDARDS

For complete Movement standards, please read the sections for Row (ID 9.03) and Loaded carry (ID 14.07) at the end of this document or in the [iF3 Movement Standards document](#).

# WORKOUT 3



## FOR MAX LOAD

On a 50s on / 10s off schedule, complete the heaviest possible complex of:

- 1 power clean + 2 hang squat cleans

STATION 1	STATION 2	STATION 3	STATION 4	STATION 5
<b>TEENS*</b>				
17-18 to 19-20	80 / 55	90 / 65	100 / 70	110 / 75
<b>RX</b>				
30-34 to 45-49	80 / 55	90 / 65	100 / 70	110 / 75
50-54 to 55-59	60 / 45	70 / 50	80 / 55	90 / 60
60-64 to 65+	50 / 35	60 / 45	70 / 50	80 / 55
<b>INTERMEDIATE</b>				
30-34 to 45-49	60 / 45	70 / 50	80 / 55	90 / 60
50-54 to 55-59	50 / 35	60 / 45	70 / 50	80 / 55
60-64 to 65+	40 / 30	50 / 35	60 / 40	65 / 45

\*Age Groups 13-14 and 15-16 will not perform this workout

## TIEBREAKER

- Max front squats

## FLOW

- This workout is performed on five different stations with one pre-loaded barbell on each station.
- On the signal, the athlete has 50 seconds to complete a complex of 1 power clean plus 2 hang squat cleans.
- Athlete only has one attempt on each station and the entire complex must be completed before the clock reaches 0:50.
- In the 10 second break, the athlete moves to the next station.
- If the athlete fails to complete the complex on any station, he or she may use the remaining time on that station to perform as many front squats as possible as a tie-breaker score. The athlete is then eliminated from the workout and their score will be the heaviest completed complex plus the number of completed front squats.
- If an athlete should successfully complete all stations, he or she may use max front squats on the final barbell as a tiebreaker score. In this case, the front squats must be performed immediately after the last successful hang squat clean, without dropping or re-racking the barbell.



## **SPECIAL REGULATIONS**

- The lift must be performed as a complex and the barbell cannot be dropped or rest anywhere except for in the front rack or the hang positions.
- Athletes may re-grip as long as both hands are still on the barbell and the barbell does not rest in the hip crease.
- If the athlete fails one part of the complex, he or she may retry that part as long as the barbell is still in hang or front rack position.
- The athlete must stay within the designated lifting area during the entire complex.

## **MOVEMENT STANDARDS**

For complete Movement standards, please read the sections for Power Clean (ID 3.02), Squat Clean (ID 3.03) and Front Squat (ID 1.03) at the end of this document or in the [IF3 Movement Standards document](#)

# WORKOUT 4



## **FOR TIME (TC 13 min)**

1 round of:

- 10 (5) gymnastics movement 1
- 10 handstand movement 1

Straight into 2 rounds of:

- 10 gymnastics movement 2
- 10 handstand movement 2

Straight into 3 rounds of:

- 10 (5) gymnastics movement 3
- 10 m handstand movement 3

### **GYMNASICS MOVEMENTS**

Age Group	1	2	3
<b>13-14</b>	10 Toes-to-bar	10 Pull-ups	5 Chest-to-bar / Bar Muscle-ups*
<b>15-16 to 45-49</b>	10 Toes-to-bar	10 Chest-to-bar	10 Bar Muscle-ups
<b>50-54 to 55-59</b>	10 Toes-to-bar	10 Chest-to-bar	5 Bar Muscle-ups
<b>60-64 and 65+</b>	10 Toes-to-bar	10 Pull-ups	5 Chest-to-bar

\* Age Group 13-14 will do two rounds of 5 Chest-to-bar and the last round 5 Bar Muscle-ups

### **HANDSTAND MOVEMENTS**

Age Group	1	2	3
<b>13-14</b>	5 HSPU	10 abmat HSPU	10m HSW (1m sections)
<b>15-16 to 45-49</b>	10 Strict HSPU	10 HSPU	10m HSW (5m unbroken)
<b>50-54 to 55-59</b>	5 Strict HSPU	10 HSPU	10m HSW (1m sections)
<b>60-64 and 65+</b>	5 HSPU	10 abmat HSPU	10m HSW (1m sections)



## FLOW

- This workout starts with the athlete on the starting mat. On the signal, the athlete moves to the rig and performs 10 repetitions of gymnastics movement 1.
- The athlete then does 10 or 5 repetitions of handstand movement 1.
- After the round is complete, the athlete must move the marker one tile forward before starting the next round.
- When the first round is done, the athlete does 2 rounds of gymnastics movement 2 and handstand movement 2 and finally he or she does 3 rounds of gymnastics movement 3 and handstand movement 3.
- When all repetitions are done, the athlete runs across the finish line.

## SPECIAL REGULATIONS

- For handstand pushups, athletes must position their hands on the designated bumper plates. There will be an abmat in between the bumper plates at the same height. The athlete may reposition or adjust the abmat, but NOT the bumper plates.
- Both hands must be entirely on top of the bumper plates – not touching the sides or extending outside the top of the plate.
- For the abmat HSPU (AG 60-64 and 65+), there will be a taped line on the floor instead of bumper plates. Any part of both hands must touch the tape at all times during the movement.
- For age groups 15-16 up to 45-49, the handstand walk must be unbroken in 5 m sections. For all other age groups the handstand walk will be in 1m sections (one floor tile). The athlete will advance the handstand walk and if dropping or losing control, the judge will indicate where the athlete must start again.
- For all divisions, the handstand walk repetition is awarded for each 5 meter section completed.
- Athletes must advance their marker after each round before starting the next round.

## MOVEMENT STANDARDS

For complete Movement standards, please read the sections for Toes-to-bar (ID 7.01), Pull-ups (ID 7.04), Chest-to-bar Pull-ups (ID 7.05), Bar Muscle-Ups (ID 7.07), Handstand Push-up (ID 12.01), Strict Handstand Push-up (ID 12.01v12) and Handstand walk (ID 12.03) at the end of this document or in the [iF3 Movement Standards document](#).



## FOR TIME (TC 10 min)

- 1000 m row-erg
- 1000 m bike-erg

Every 2 minutes, starting at 0:00:

- 30 meter shuttle-run

\*Age Groups 60-64 and 65+ will do 800 m on each machine.

## FLOW

- This workout starts with the athlete on their starting mat. On the signal, the athlete performs three shuttle runs back and forth (three times  $5 + 5$  m = 30 m) and then gets on their row-erg.
- When 1000 meters are completed on the row-erg, the athlete moves on to the bike-erg to complete another 1000 meters.
- When the athlete has completed 1000 meters on the bike-erg, they run to the finish line.
- Every two minutes, a signal will sound and the athlete must get off their machine and perform another set of three times 5 + 5 m shuttle-run.

## SPECIAL REGULATIONS

- Athlete must stop rowing/biking immediately at every signal given by staff, get off the machine and start the shuttle-run. Penalties will be applied to athletes that are noticeably continuing collecting calories after the signal.
- On the shuttle-run, both feet and one hand must touch the floor past the line on each turn.

## MOVEMENT STANDARDS

For complete Movement standards, please read the sections for Row (ID 9.03) and Bike-erg (ID 9.06) at the end of this document or in the [iF3 Movement Standards document](#).



## FOR TIME (TC 12 min)

- 30-20-10 power snatches
- 10-20-30 box-jump overs

## WEIGHTS

▪ Age groups 13-14 and 15-16:	30 / 20 kg
▪ Age groups 17-18 to 50-54:	35 / 25 kg
▪ Age groups 55-59 to 65+:	30 / 20 kg

## BOXES

- All age groups: 60 / 50 cm
- Age groups 13-14, 55-59, 60-64 and 65+ are allowed to step onto the box.

## FLOW

- This workout starts with the athlete on the starting mat. On the signal, the athlete moves to the barbell and performs 30 power snatches.
- The athlete then moves to the box and performs 10 box-jump overs. When these 10 reps are completed, the athlete moves the box into the next section and then goes back to the barbell.
- The athlete now performs 20 power snatches.
- Back at the box, the athlete performs 10 box-jump overs and then advances the box. Athlete then does the remaining 10 box-jump overs in this round.
- In the last round, athlete performs 10 power snatches and 30 box-jump overs - advancing the box to the next section after every 10 reps (except for the last one).
- When all reps are completed, the athlete runs across the finish line.

## SPECIAL REGULATIONS

- Athletes must advance the box to the next section every 10 reps.
- Athletes must step down from the box. Rebounding is not allowed.
- Female athletes in AG13-14, AG15-16, AG55-59 and AG65+, using a 15 kg barbell with small 2.5 kg weights, do not have to touch the floor with the barbell between each rep. Rep start will be hanging below the knee.

## MOVEMENT STANDARDS

For complete Movement standards, please read the sections for Power snatch (ID 4.02), Box-jump over (10.05) and Box step over (ID 15.05) at the end of this document or in the [iF3 Movement Standards document](#).

# MOVEMENT STANDARDS

## ROW - ID 9.03

### REP START

- Seated on rower.
- At least one hand on the handle.

### REP END

- Seated on rower.
- Both feet on foot plates.
- At least one hand on the handle.

### REP REQUIREMENTS

- Row until designated goal is met (time, distance or calories).

## LOADED CARRY - ID 14.07 v05

### REP START

- Standing free.
- Both feet behind the start line.

### REP END

- Standing free.
- Both feet behind the end line.

### REP REQUIREMENTS

- Object is supported by hugging it to the chest/abs throughout the full repetition.
- The carry must be done unbroken for the full repetition (segment)

## POWER CLEAN - ID 3.02

### REP START

- Object-on-ground.
- Hand(s) on object

### REP END

- Front-rack lockout.

### REP REQUIREMENTS

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

## HANG SQUAT CLEAN - ID 3.06

### REP START

- Hang position.

### REP END

- Front-rack lockout.

### REP REQUIREMENTS

- Object is moved in one fluid motion from hang to front rack.
- Without pause after receiving the object, the bottom of squat must be achieved.
- Adhere to hang rule.

## FRONT SQUAT - ID 1.03

### REP START

- Front rack lockout.

### REP END

- Front rack lockout.

### REP REQUIREMENTS

- Achieve the bottom of squat.
- Object in front rack throughout the full repetition.
- Hand(s) below chin.

# MOVEMENT STANDARDS

## BIKEERG - ID 9.06

### REP START

- Seated or standing on bike with both feet on pedals.

### REP END

- Seated or standing on bike with both feet on pedals.

### REP REQUIREMENTS

- Bike until designated goal is met (time, distance or calories).

## PULL-UP - ID 7.04

### REP START

- Vertical hang from horizontal bar.

### REP END

- The 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.

## OBJECT-FACING BURPEE OVER OBJECT - ID 10.02

### REP START

- Prone position.
- Each hand and foot on each side of the (not visible) 90° line

### REP END

- Standing free on the other side of the object.

### REP REQUIREMENTS

- Jump over object with both feet.
- Both feet need to be off the ground, on the take-off side of the line or object, at the same time.
- Athlete passes over the object with entire body.
- Unless specified in a special regulation, landing or contacting the object with feet during the transition over is ok, but not required.

## AIR SQUAT - ID 1.01

### REP START

- Standing tall.

### REP END

- Standing tall.

### REP REQUIREMENTS

- Achieve the bottom of squat.

## SHUTTLE RUN - ID 9.02

### REP START

- Standing free behind the start line.

### REP END

- Standing free behind the end line.

### REP REQUIREMENTS

- At each turnaround point, the athlete must:
  - Touch the ground with one hand.
  - Ensure both feet and one hand cross the line before reversing direction.

### MEASUREMENTS

- Start and end line for each segment (rep).

# MOVEMENT STANDARDS

## POWER SNATCH - ID 4.02

### REP START

- Object-on-ground.
- Hand(s) on object.

### REP END

- Overhead lock-out.

### REP REQUIREMENTS

- Object is moved in one fluid motion from ground to a overhead position.
- Avoid the bottom of squat.

## BOX JUMP OVER - ID 10.05

### REP START

- Standing free.

### REP END

- Standing free on the other side of the object.

### REP REQUIREMENTS

- Jump over object with simultaneous take-off with both feet.
- Athlete passes over the object with entire body.
- Landing or contacting the object with feet during the transition over is ok, but not required.

## BOX STEP OVER - ID 15.05

### REP START

- Standing free.

### REP END

- Standing free on the other side of the box.

### REP REQUIREMENTS

- Athlete must step onto the box with one foot at a time.
- Both feet must come in contact with the top of the box.
- Athlete must step down from the box with one foot at a time.

## TOES-TO-BAR - ID 7.01

### 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.

## CHEST-TO-BAR PULL-UP - ID 7.05

### 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.

# MOVEMENT STANDARDS

## BAR MUSCLE-UP - ID 7.07

### REP START

- Vertical hang from horizontal bar.

### REP END

- Vertical support.

### REP REQUIREMENTS

- No portion of the body below the thighs can move over the top-most horizontal plane of the bar.
- The athlete may not rest on top of horizontal bar in any other way than vertical support. If so happens, athlete needs to jump down to floor before achieving a new rep start.

## HANDSTAND PUSH-UP - ID 12.01

### REP START

- Inverted lockout
- Heels in contact with the wall.
- Hands and feet within the designated area.

### REP END

- Inverted lockout
- Heels in contact with the wall.
- Hands and feet within the designated area.

### REP REQUIREMENTS

- Touching head to horizontal surface.
- Hands must remain within the designated area throughout the full rep.
- Any bodypart may come in contact with the wall during decent, only heels on ascent.

## STRICT HANDSTAND PUSH-UP - ID 12.01

### REP START

- Inverted lockout
- Heels in contact with the wall.
- Hands and feet within the designated area.
- Rep start cannot be achieved with any momentum, neither from previous rep or as a result of initial swing, kip or other movement.

### REP END

- Inverted lockout
- Heels in contact with the wall.
- Hands and feet within the designated area.

### REP REQUIREMENTS

- Touching head to horizontal surface.
- Hands must remain within designated area throughout the full rep.
- Knees, hips, and trunk must stay fully extended throughout full rep unless it is the active part of the movement.
- Any additional contraction, swing, kip, knee jerk or other movement to generate momentum is prohibited.

## HANDSTAND WALK - ID 12.03

### REP START

- Vertical Inversion
- Both hands in contact with ground behind the starting line.

### REP END

- Vertical Inversion
- Both hands in contact with ground past the end line.

### REP REQUIREMENTS

- Only hands may contact the ground.
- Feet remain above the hips and head throughout the full rep.

### MEASUREMENTS

- Start and end line for each segment (rep).

# WORLD CHAMPIONSHIP COMPETITION

ONLINE QUALIFIERS: 19 JUNE - 19 JULY

## MASTERS TEENS

THROWDOWN

### MASTERS

60+ | 70+ | 80+ | 90+ | 100+

RX • Intermediate

M/M • F/F • M/F

### TEENS

12-15 | 16-20

M/M • F/F • M/F

**FINALS 10 & 11 OCTOBER 2026**

LOCATION: MAASPOORT, DEN BOSCH (NL)

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