



International Functional  
Fitness Federation

# **Technical Official Introductory Course**

## **Section 01: International Functional Fitness Federation**

The International Functional Fitness Federation (iF3) is the non-profit governing body serving the legal framework to bring Functional Fitness to the Olympic Games. We provide international leadership, structure, and resources to fuel the growth of functional fitness as a sport as well as enrich the experience and safety of its worldwide participants.

Our mission is to create a pathway for competitive functional fitness to be included in the Olympic Games by developing a governance structure which provides rules, safety standards, Technical Official training, and competitive opportunities for athletes.

## **Section 02: Technical Official: Basic Course**

This course is designed as preparation for the Technical Official I or Technical Official II Role for International Level Competition at International Functional Fitness Federation (iF3) sanctioned events.

Technical Official I and Technical Official II positions are the “on field” face of the technical committee. In order to successfully complete this course, the participant must complete an assessment consisting of an online examination in addition to positive participation during class discussion and demonstrations.

The certification provided through this course will remain valid for a period of three (3) years. This preliminary certification required for participation in additional courses available through the iF3.

**NOTE:** International accreditation is only provided when this course this course is delivered in conjunction with an in person seminar led by iF3 personnel. National Federations may use this course in part or in its entirety to certify Technical Officials at the national level.

Accreditation may be revoked at the discretion of the iF3 Technical Official Committee or Board of Directions.

**This course will cover the following topics:**

### **Technical Officials Standard Manual**

As an iF3 Technical Official, there are critical expectations regarding behavioral and professional standards to which each certified Technical Official is expected to adhere while participating in iF3 events.

Additionally, iF3 Technical Officials’ Standard Manual includes best practices and an overview of the performance review routines that will be used in Technical Official evaluations. The manual will be periodically updated with addenda to address topics not included in initial publication.

## **Movement Standards**

Movement Standards identify the key points of performance that must be achieved by the athlete so that credit may be given for the completed repetition.

During this course you will be provided with the iF3 IF100 Technical Official Movement Standard Doc. This is a general guide for all movements you will need to be familiar with. Specific event programming will be provided by the National Federal, iF3 or in some cases this online course. If this is not in direct preparation, previous tests and related programming should be used for training examples and discussion.

## **Section 03: International Functional Fitness Federation**

*Sports officials must be able to bring control to chaos, understand fairness, promote safety and encourage good sportsmanship. A sports official must have the positive characteristics of a police officer, lawyer, judge, accountant, reporter, athlete and diplomat. They are also someone who can be put in a position of authority and handle the responsibility without being overbearing. Along with the rules of the game you must fully understand your role before, during and after the game has ended.*

*( Sport New Zealand, 2017)*

A Functional Fitness Technical Official's responsibility requires a proper balance between science and art. The science of this vocation is defined through the required movement standards and rules; these can be processed and understood with enough study and preparation. The art resides in the application of the memorized facts at full speed.

The art, as well as the science, both require ample practice and a level of dedication to one's craft. The International Functional Fitness Federation, as the governing body of the sport of functional fitness believes that a professional and proficient team of officials is a fundamental pillar in building sport acceptance among Olympic recognized sports.

Fundamental to a Technical Official's professionalism is understanding appropriate expectations prior to, during, and following an event. Some of these are restrictions to an individual's behavior in relation to teams and athletes, fellow Technical Officials, event staff and the general public. As part of the innate responsibility of being a sport official, certified Technical Officials are expected to adhere to the rules outlined throughout this manual. Failure to adhere may include revocation of Technical Official certification and / or demotion in defined Technical Official position.

## **Section 04: The Basics**

What does a Technical Official do?

A Technical Official's role goes beyond counting and giving "no-reps." One must constantly be assessing fast paced and sometimes hectic movements with strict criteria in order to ensure fair and accurate outcomes.

### **On the Field of Play**

Reward completions of prescribed standards for a designated task. Asking these following questions and fully understanding the correct answers will build confidence and allow for a better understanding of the Technical Official role.

- Task – WHAT DOES THE ATHLETE HAVE TO DO
- Prescribed Standard – HOW DOES THE ATHLETE HAVE TO DO IT
- Points of performance – WHAT ARE THE TECHNICAL OFFICIALS REVIEWING
- We do not assess form
- We determine completion of the Task only

### **Before, During, and After Events**

Professional decorum is an expectation of all Technical Officials at iF3 events. This extends to the Technical Official's interactions with all individuals at a particular event. In current world environments, this includes use of social media and other digital platforms and what Technical Officials share with the general public.

## **Rights of the Technical Official**

- **Proper Respect from athletes and teams**

Technical Officials are ensured the proper respect from athletes, teams, and spectators

- **Universal integrity of TO decisions**

A Technical Official must perform his or her assigned task in good faith with the intent to properly execute based on his or her knowledge, skills, ability, and training. With this high standard in mind, Technical Officials decisions are accepted to be true.

Processes exist to properly address scoring errors. If at any point it is determined that a Technical Official is acting with any less than the highest integrity, that Technical Official may be subject to decertification as an iF3 Technical Official.

## **Section 05: Before The Event**

### **Prepare In advance**

Event preparation begins well before the morning of the event. Once event programming is available technical officials should:

- Review movement standards
- Visualize how the test will flow
- Identify potential areas of concern
- Questions to discuss prior to the event

The assigned team of iF3 Technical Officials will have access to collaborative websites and documents to prior to an event. This is the ideal forum in which to discuss “in-event execution” and resolve any outstanding issues.

### **Be a Student of the Sport**

Effective officiating requires an understanding of the sport of functional fitness beyond the basics. Awareness of the broader topics and how those may impact performance on the field of play will aid in accurate rulings and better understanding of the sport.

In addition to attending live events and watching televised events, Technical Officials should participate in online discussions in the various online forums that exist for functional fitness events. Through study of actual events and participation in professional discussions, a Technical Official can broaden perspective and benefit from the observations and experience of other functional fitness sport officials.

Review your previous judging performances. Self-identification of opportunities is critical to continually improving your performance. As part of the iF3 Technical Official system, performance feedback will be provided for your review and analysis.

## **Scout Athlete Performance**

As in any sport, an athlete's ability to complete the test as prescribed is only a portion of what will occur on the field of play. Individual or team strategy may come into play as well.

Whenever possible, a Technical Official should use available resources to prepare to the fullest. This potentially includes:

- Watching athletes and teams during practice or in warm up
- Social Media videos

Technical Officials may not intervene, offer suggestions or opinion to athletes or teams on any strategy observed. All questions from athletes, coaches, or teams should be referred to the Head Technical Official for the event.

## **Time and Place**

Technical Officials are expected to adhere to the "Time and Place" mantra for multiple topics:

- **Event and Heat Start:** Event Schedules will be published in advance of each event. Technical Officials will be scheduled throughout the event and are expected to know and follow individual assignments
- **Movement standards or test questions:** Whenever possible, all questions should be addressed prior to arrival at an event
- Any issues that arise during the event typically require quick attention for proper resolution. Technical Officials should share their concern or questions with the Head Technical Official in a discrete manner to prevent undue escalation of the situation.

## **General Best Practices**

During the course of an event, it is essential that a Technical Official prepares and maintains him / herself for top performance.

- **Dress appropriately:** Including hats, sunglasses, knee braces / pads
- **Rest:** Sit when you are not working an assigned heat
- **Hydrate:** Drink water
- **Eat:** Before during, and after the event. Pack snacks
- **Stretch:** Warm up, cool down. This is a great team activity!

## **Social Media**

- Technical Officials are prohibited from soliciting athletes or teams for personal pictures, autographs or souvenirs
- Technical Officials are prohibited from using personal social media platforms for 60 minutes prior to the start of an event day until 60 minutes after the event is complete
- Technical Official Social Media posts are prohibited from supporting a specific team or athlete
- Technical Official Social Media posts are prohibited from commenting on questioned and/or questionable officiating at an event where the Technical Official HAS or HAS NOT served in an officiant capacity

## Section 06: During The Event

### Command & Control

The competition floor is a shared space between Technical Officials and athletes. This area should be controlled by the Technical Officials to ensure proper safety requirements are followed as well as to mitigate against undue influence of the athlete's performance.

Common issues to avoid:

- **Crowding:** Standing too close as an athlete completes a task. This may prohibit an athlete from resting or stopping when they normally would have.
- **Herding:** Unless it is for immediate safety concerns a Technical Official should never intentionally physically touch or move an athlete
- **Equipment Shepherding:** Do not move equipment for an athlete unless it presents an immediate safety concern.
- **Pacing:** Technical Officials should minimize their physical movement. This includes unnecessary movement while counting or reviewing athlete performance.
- **Slow Calls:** Make timely decisions and avoid a delayed count or "no-rep" in order to avoid confusion
- **Clutter:** Weight belts, bottles, equipment, chalk, and any non-essential items should not be allowed to change or congest the field of play
- **Pre-Staging:** The warm up area is for warm ups. Athletes should typically not be allowed to touch or move equipment on the field of play. There are some exceptions when athletes are allowed to place personal items such as a jump rope, but these will be identified in event briefings.

## Best Intentions

A Technical Official's best intentions can lead to confusion and delays. It is critical to the integrity of the sport, that our behavior is professional — cordial but purely objective and unaffected by the result.

### Athlete communication

- **Introductions are accepted but not expected:** If an athlete introduces themselves, it is expected that a Technical Official respond in kind, but not offer additional conversation
- **Don't recommunicate the standards:** Athletes should be referred to the Head Technical official or team coaches for any questions. The start of the heat is not the time to ask these questions.
- **Don't be a cheerleader:** An athlete has teammates and crowd support. A technical official's responsibilities require full attention and should not be reduced in order to offer support.
- **Don't be a super fan:** Impartiality is critical to a Technical Officials performance. Regardless of previous or current performance, all athletes should receive the same objective treatment from all Technical Officials.
- **Don't be a coach:** An athlete's performance is based on their ability to execute according to their plan. Technical Officials should offer no insight, strategy, or tips in order to support an athlete.

### Non-Competitors / Team Staff Communication

- Redirect coaches to Head Technical Officials

### Spectator Communication

- Kept to an absolute minimum and permitted only when necessity requires

*Under no circumstances, should a Technical Official publicly question or disparage a decision or the performance of another Technical Official. If a situation arises that warrants intervention, refer all issues to a Head Technical Official for the event as soon as it is possible and appropriate.*

## Visual & Verbal

Technical Officials' duties include the proper communication to their respective athlete as well as to others interested in an athlete's performance. It is critical that key gestures and verbal queues are properly executed.

- No Rep
- Help
- Final Five
- Successful Completion for Max Effort lifts only

## “ASIFF”

A Technical Official can be negatively impacted when he / she allows different emotions, rather than the prescribed standards, to dictate how performance is assessed.

- **Apathy:** Not caring about your responsibilities
- **Sympathy:** Giving undue credit based on lack of objectivity
- **Ignorance:** Not knowing what should be occurring
- **Fear:** Being afraid to assert oneself
- **Fatigue:** Losing mental and physical acuity due to exertion and stress

## Special Circumstances

Technical Officials are obliged to inform Head Officials of factors that may actually influence the outcome of a test or create the impression of anything other than complete impartiality.

- **Officiating Errors:** Immediately notify Head Technical Official in a discrete manner providing as much insight into the issue as possible.
- **Conflicts of Interest:** Technical Officials must disclose existing personal relationships with any athletes or teams prior to the beginning of events. Violations may result in revocation of Technical Official's certification(s).

## **Section 07: Following The Event**

### **Debrief**

Following each event, Technical Officials will be asked to provide their insight on the event to Head Technical Officials. This is the opportunity to share feedback with leadership in order to enhance and improve your experience and performance. These sessions may be conducted in person or through a survey.

### **Performance Reviews**

Technical Officials will receive performance reviews following each international event. These ratings as well as other factors will be used in consideration of promotion opportunities and future assignment at iF3 events.

Individuals are highly encouraged to assess their own performance in order to ensure continued performance improvement. As opportunities arise to promote individuals to higher roles, this level of commitment is expected.

## **Section 08: Continual Professional Development**

Central to the mission of the iF3 Technical Officials Committee is providing development opportunities in order to build a culture of excellence and ubiquity in practice.

Having highly capable Technical Officials not only ensures accurate event outcomes but instills confidence in the sport's overall legitimacy. This is critical to future acceptance into the Olympic system as well as to building commercial appeal for the sport.

iF3 is committed to developing and promoting Technical Officials in order to build a worldwide network of highly-skilled Technical Officials. Future training courses and other practical experience opportunities will be made available to those interested and capable of handling additional responsibility within the iF3. This include course instructors, Head Judges, and other support or administrative roles.

## **Section 09: Movement Standards**

Download the iF3 Movement Standards Training document: [IF3 IF100 TO Movement Standard Doc <- document "F3-IF100-TO-Movement-Standard-Doc.xlsx"](#)

Please take time to review this document thoroughly. This is a general guide for all iF3 movements. Event specific programming will be provided directly by the individual federation or iF3.