



LITHUANIAN FUNCTIONAL FITNESS FEDERATION

LITHUANIAN FUNCTIONAL FITNESS FEDERATION LITHUANIAN CHAMPIONSHIP 2025 REGULATIONS

Event aims at:

- Promoting Functional Fitness as a sport discipline;
- Encourages physical activity;
- Raising awareness of healthy way of living;
- Identifying the top Functional Fitness athletes in Lithuania;
- Providing valuable experience for both participants and guests.

Date and Location

1. The competition will take place on 2nd and 3rd of August 2025, at Švyturys Arena (Dubysos str. 10, LT-93231, Klaipėda, Lithuania);
2. Competition start: 9 A.M. on 2nd of August 2025

Organization and Execution

3. The competition is organized by the Lithuanian Functional Fitness Federation;
4. Judging will be conducted by referees appointed by the organizers;
5. The event is managed by a team consisting of the head judge and the competition secretary;
6. Event website – [Lietuvos čempionatas 2025](#).

Participants and Entry Conditions

7. Competition form: individual;
8. Age range: 10–65 years old;
9. Championship categories: KIDS, YOUTH, ELITE, SPORT, ROOKIES, MASTERS 40-44, MASTERS 45+;
10. Age groups and divisions:

Date of birth	Age group	Divisions
2012 m. and younger	U13	MEN, WOMEN
2011 ar 2012	13-14	MEN, WOMEN
2009 ar 2010	15-16	MEN, WOMEN
2007 ar 2008	17-18	MEN, WOMEN
2007 m. and older	Overall assessment	MEN, WOMEN
1991 – 1995	30-34	MEN, WOMEN
1986 - 1990	35-39	MEN, WOMEN
1981 - 1985	40-44	MEN, WOMEN
1976 - 1980	45-49	MEN, WOMEN
1971 - 1975	50-54	MEN, WOMEN
1966 - 1970	55-59	MEN, WOMEN



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11. The Championship is open to both: amateur and professional athletes from Lithuania and abroad including all genders and age groups;

Registration

12. Registration takes place on August 1 from 15:00 to 21:00 and on August 2 from 8:00 to 11:00;
13. By registering, participants confirm their agreement with the competition regulations;
14. Participants agree to abide by the rules of the International Functional Fitness Federation and the Sport Guidelines;
15. Participants confirm adherence to anti-doping rules set by WADA and the Lithuanian Anti-Doping Agency.
16. On the competition day, each participant will receive an individual number;
17. Only registered athletes with visible numbers may participate;
18. Participants consent to the use of event photos and video recordings for marketing purposes without additional consent;
19. Registration fees:

Age group	Price
ELITE, SPORT, ROOKIE, MASTERS	100 EUR + platform fees
KIDS U13	75 EUR + platform fees
KIDS13-14	75 EUR + platform fees
YOUTH 15-16	100 EUR + platform fees
YOUTH 17-18	100 EUR + platform fees

Competition Schedule

20. Timetable:

August 1 (Friday):

- 15:00 – Arena opens;
- 15:00 – 21:00 Registration.

2nd of August (Saturday):

- 07:00 – Arena opens;
- 08:00 – 11:00 Late registration;
- 09:00 – ENDURANCE test;
- 12:20 – Opening ceremony;
- 12:40 – STRENGTH test;
- 15:40 – SKILLS test;
- 18:30 – POWER test.

3rd of August (Sunday):

- 09:00 – BODYWEIGHT test;
- 13:00 – MIXED test;
- 18:30 – Awards ceremony.



21. Detailed schedule is available online: [Lietuvos čempionatas 2025.](#)

Safety and Responsibility

22. By registering for the competition, the participant confirms that they have read these regulations, understands them, fully agrees with this content, and undertake to comply with them;
23. Minors (under 18 years old) must present written consent from a parent or guardian when collecting the starter pack. A consent template is provided - [Sutikimo šablonas.](#)
24. The participant confirms that they are sufficiently trained, in good health condition, and have no medically justified prohibitions from qualified medical professionals to participate in the competition. The participant waives any claims against the organizers related to their health or life.
25. The participant undertakes to behave in a manner that does not pose a risk to the life, health, or property of other participants, organizers, third parties (spectators or others), or the natural environment.
26. The participant assumes full responsibility for any possible incidents during the event (including but not limited to falls, injuries, collisions with spectators, animals, stationary or moving vehicles, equipment or structures, or other objects in the competition area) and any health disorders directly or indirectly related to participation.
27. Participants must show respect to other competitors, judges, organizers, volunteers, and spectators.
28. Any form of unsportsmanlike behavior is prohibited, including but not limited to:
 - insults, threats, or physical violence;
 - disrespectful comments or gestures towards judges, opponents, or spectators;
 - intentional obstruction of other participants or dishonest behavior in the competition;
 - spitting, blowing the nose onto the ground, or other unhygienic behavior on the field or in common areas.
29. Disrespectful or inappropriate criticism of judges' decisions will be considered a violation.
30. Participants who violate any of the above rules may, depending on the nature of the violation, be issued a warning, temporarily suspended from the competition, or disqualified.

Special Conditions

31. Registration for the competition is allowed only under the participant's own name;
32. During the competition, participants are prohibited from receiving any form of personal escort or external assistance;
33. It is forbidden to bring or walk any animals within the competition area during the event;

Rules

34. Movement standards are determined by the event organizers. These standards are final, non-negotiable, and cannot be changed.
35. Organizers are responsible for demonstrating the execution of movements and explaining the specific requirements to participants and judges.



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36. If a participant is unable to perform a movement as specified by the organizers, no points will be awarded.
37. During the events, intermediate results and final results (e.g., time, number of repetitions, weight) will be evaluated by judges. In the event of a tie, a tie-break time (if applicable) may be considered
If two athletes achieve the same result and tie-break time, they will both receive the same number of points.
38. In the event of a tie in total points after all scheduled events, the tie will be resolved using the following method:
 - The athlete who has the highest placement in any single event will be ranked higher;
 - If both athletes have the same highest placement, the placements in other events will be compared until the tie is resolved;
 - If both athletes have identical placements in all 6 individual events, their results will be compared head-to-head. The athlete with more superior outcomes compared to the other will be ranked higher;
 - If the tie still cannot be resolved after this assessment, both athletes will be awarded the same rank.
39. Final results are determined by the competition judges. Results may be changed due to inappropriate athlete behavior or violation of rules;
40. In the event of disputes, the decision of the judge is final, unless overruled by the head judge;
41. Judges are responsible for counting participants' time and repetitions. A participant may only begin the next movement with the judge's permission. Participants may rest during exercises as needed;
42. The organizer has the right to request participants or spectators to leave the event if they are causing disruptions;
43. The organizer is not responsible for lost personal belongings in the competition area or changing rooms;
44. The organizer has the unilateral right to disqualify a participant for not following instructions, inappropriate behavior (e.g., violating the rules of exercises), or failure to follow basic standards of public etiquette, as well as in cases of injury or trauma;
45. Participants are prohibited from intentionally damaging competition equipment. Participants must maintain cleanliness and refrain from littering;
46. Additional requirements not covered in these rules will be announced during the competition day briefing;
47. Detailed event descriptions and additional competition-related information will be announced on the day of the event;
48. The competition organizers reserve the right to change the event schedule if necessary;
49. General competition rules can be found at:

<https://functionalfitness.sport/wp-content/uploads/2025/02/2IFFFCR2-010225-154923.pdf>

Appeals

50. Appeals must be submitted within 30 minutes after each test via the Circle21 app.
51. Each appeal requires a €25 fee.
52. Appeals cannot be filed against another athlete's result.



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53. Fees are refunded if the appeal is upheld; otherwise, fees remain with the organizers.
54. All collected appeal fees will be donated to support Ukraine.

Tests

55. **ENDURANCE** - This test features movements designed to evaluate aerobic endurance. It assesses the athlete's ability to maintain high-intensity effort over an extended period:

Test-specific rules:

- During the endurance event, participants are strictly prohibited from deviating from the designated course without the judge's permission. Any violation of this rule will result in disqualification;
 - Athletes are not allowed to use headphones or any other equipment that could prevent them from hearing instructions or warnings from judges or officials during the event;
56. **STRENGTH** - This test includes exercises involving weights. It assesses the athlete's coordination, timing, and capacity to perform under heavy loads;
57. **BODYWEIGHT** - This test includes exercises performed using only the athlete's own body weight, often combined with aerobic movements. It evaluates the athlete's ability to complete a high number of repetitions quickly;
58. **SKILLS** - This test involves more complex movements requiring technical skill. It evaluates the athlete's range of motion, coordination, core control, and pacing ability during skill-based tasks.
59. **MIX** - This test combines a variety of physical challenges - bodyweight, strength, and endurance movements - in a single workout. It tests the athlete's ability to transition between exercises, pace effectively, and adapt to varied movements and sequences.
60. **POWER** - This short - duration test evaluates explosive output. The goal is to complete a large volume of work in a short amount of time (usually under 5 minutes), testing the athlete's ability to generate power, move quickly, and implement an effective strategy.
61. More about tests: <https://functionalfitness.sport/sport/test-categories/>

Functional Fitness movements

62. Possible movements for athletes:

Aerobic movements
Shuttle run;
Row;
Bike;
Ski.
Movements with weights
Deadlift;
Snatch;
Clean;



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Press, Jerk;
Dumbbell snatch;
Wallball.
Bodyweight movements
Pull up;
Chest to Bar;
Toes to Bar;
Muscle up;
Bar Muscle up;
Push up variations;
Handstand push up;
Handstand walk;
Wall walk;
Variations of Burpess;
Box Jump Over;
Jump rope jumps (single, double, crossing arms);
V-ups;
Pistol squat;
Pull over;
Back roll.

63. Movement standards available at:

<https://functionalfitness.sport/wp-content/uploads/2025/01/iF3-Movement-standards-1.pdf>

Awards

64. All participants receive branded shirts and sponsor starter packs;

65. Medals for 1st–3rd place in each category;

66. Age group winners will be awarded separately;

67. Overall winners also qualify for age group awards.

Funding

68. Registration fees are non-refundable;

69. The Lithuanian Functional Fitness Federation administers the budget and fees.