



International Fight and Fitness Sports Federation

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## **IFSF Fitness Styles Competition Rules**

### **1. General Overview**

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The IFSF promotes and oversees competitions in various fitness styles. These competitions aim to showcase athletes' physical abilities, endurance, strength, agility, and overall fitness.

### **2. Categories**

Competitions are divided into the following categories:

- **Bodybuilding:** Emphasis on muscle mass, symmetry, and definition.
- **Fitness:** Combination of physical routines including strength, agility, and flexibility.
- **CrossFit:** High-intensity functional movements across various workouts.
- **Powerlifting:** Focus on maximum weight lifted in squat, bench press, and deadlift.
- **Strongman:** Tests of brute strength, often involving unconventional lifting events.
- **Calisthenics:** Bodyweight exercises demonstrating control, strength, and creativity.



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- **Fusion Fitness:** Based on Fusion Fitness skills such as Fusion Stick, Fusion Kickboxing, Fusion Flow, Fusion Rhythmic, ..

Page | 2 **3. Eligibility**

- **Age:** Participants must be at least 18 years old.
- **Registration:** Athletes must register through the official IFSF platform.
- **Medical Clearance:** A recent medical certificate clearing the participant for intense physical activity is mandatory.
- **Code of Conduct:** Athletes must adhere to the IFSF Code of Conduct, promoting sportsmanship and integrity.

### **4. Judging Criteria**

Judging panels consist of certified IFSF judges with expertise in the respective category. Criteria vary per category as follows:

#### **Bodybuilding**

- **Muscle Mass:** Volume and size of muscles.
- **Symmetry:** Balance and proportion of muscles.
- **Definition:** Clarity of muscle separation.
- **Presentation:** Stage presence and posing routines.

#### **Fitness**



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- **Strength:** Ability to perform strength-based routines.
- **Agility:** Quick and precise movements.
- **Flexibility:** Range of motion in various movements.
- **Endurance:** Sustained physical performance.
- **Creativity:** Originality and complexity of routines.

### **Fusion Fitness**

Based on Fusion Fitness skills items, according to the regulations approved in UFSA (Universal Fusion Fitness Sports Alliance).

### **CrossFit**

- **Completion Time:** Speed in completing the workout.
- **Technique:** Proper execution of movements.
- **Performance Consistency:** Ability to maintain form throughout the workout.
- **Versatility:** Proficiency across different types of exercises.

### **Powerlifting**

- **Lift Execution:** Proper form and technique in lifts.
- **Maximum Weight:** Highest weight successfully lifted in each category.
- **Consistency:** Performance across all three lifts (squat, bench press, deadlift).



## Strongman

- **Strength:** Ability to lift heavy and unconventional objects.
- **Endurance:** Sustained performance in multiple events.
- **Technique:** Efficiency and form in performing tasks.
- **Versatility:** Competence in diverse strength challenges.

## Calisthenics

- **Strength:** Ability to perform demanding bodyweight exercises.
- **Control:** Precision and stability in movements.
- **Creativity:** Innovation in routines.
- **Endurance:** Duration and consistency of performance.

## 5. Competition Structure

- **Preliminary Rounds:** Initial rounds to qualify participants for finals.
- **Semi-Finals:** Intermediate rounds narrowing down top competitors.
- **Finals:** The concluding round determining the winners.

## 6. Scoring System

- **Point Allocation:** Points awarded based on performance in each criterion.



- **Total Score:** Sum of points across all criteria determines the ranking.
- **Tie-Breaker:** In the event of a tie, judges will reassess the athletes' performances focusing on key differentiators.

## 7. Conduct and Fair Play

- **Doping Policy:** Strict adherence to anti-doping regulations. Random testing will be conducted.
- **Sportsmanship:** Participants must respect fellow competitors, judges, and officials.
- **Disqualification:** Breach of rules, unsportsmanlike behavior, or doping violations will result in disqualification.

## 8. Awards and Recognition

- **Medals and Trophies:** Awarded to top three performers in each category.
- **Certificates:** Participation certificates for all athletes.
- **Special Awards:** Best Performance, Most Improved Athlete, and Sportsmanship Award.

## 9. Appeals Process

- **Submission:** Appeals must be submitted in writing within 24 hours of the event conclusion.



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- **Review:** A committee will review and decide on the appeal within 48 hours.
- **Decision:** The committee's decision is final and binding.

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## **10. Safety Measures**

- **First Aid:** On-site medical team available throughout the competition.
  - **Emergency Protocols:** Established procedures for handling injuries or emergencies.
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