



Hyrox Canada — 9 October 2025

Date	9 October 2025
Format	Video call
CF3	Simon Damborg, President
Hyrox	Gregory James

WHY WE MET

Hyrox events are a growing part of functional fitness in Canada. CF3 presented its movement standards and technical-official database as a basis for more consistent officiating across formats.

WHAT WE TALKED ABOUT

CF3's mission to standardise basic movement criteria across brands so that a movement is judged the same way at every event. The movement standards database CF3 has developed with iF3 and athlete partners. The technical-official database, which tracks certifications, event history and levels. CF3's offer to make its officiating platform and training structures available. CF3's pursuit of National Sport Organization status.

WHAT IT MEANS FOR MEMBERS

A CF3-certified technical official could officiate across formats, and athletes would face the same standard wherever they compete.

WHAT HAPPENS NEXT

CF3 has sent its materials for consideration and will coordinate on judge recruitment where CF3-trained officials could help at upcoming events. Any formal partnership would come to the CF3 board.