



PFAA and AFJ — 22 July 2025

Date	22 July 2025
Format	Video call
CF3	Simon Damborg, President
PFAA	Brent Fikowski
AFJ	Edward Blanch, Jules
Also present	Grace Paulus

WHY WE MET

Judges and athletes should be reading the same plain-language movement standards. CF3 proposed a shared, public movement standards database with the Professional Fitness Athletes Association and AFJ.

WHAT WE TALKED ABOUT

Unifying movement standards across organisations so nobody duplicates the work and athletes get one clear standard. A division of labour in which CF3 hosts the technical infrastructure and partners contribute content and judging expertise. How each movement should be described: where a rep starts and ends, requirements, athlete position, no-rep examples and their consequences, safety considerations and where the judge stands. Overhead walking lunges as the test case, including alternating versus non-alternating legs and distance versus rep-based standards. Scaled and adaptive variations in a later phase.

WHAT IT MEANS FOR MEMBERS

One public source of truth for how each movement is judged, written for athletes as much as for officials.

WHAT HAPPENS NEXT

CF3 is building a working mock-up of the standards website and loading the first fifteen to twenty core movements, keeping each core movement simple with variations as separate entries. The group will iterate from there.