



Throwdown Series — 25 August 2025

Date	25 August 2025
Format	Video call
CF3	Simon Damborg, President
Throwdown Series	Jen, representative

WHY WE MET

Local competitions are where most members compete. CF3 approached the Throwdown Series about supporting its events with consistent judging, starting with the Fraser Valley Throwdown.

WHAT WE TALKED ABOUT

CF3's role as a support federation that gives organisers consistent movement standards and technical-official training. Sanctioned local events as a qualifying pathway to the Canadian Functional Fitness Nationals. CF3's digital tool that turns iF3 movement standards into a plain-language judges' handbook for a specific event. Officiating roles and on-site logistics for the Fraser Valley Throwdown.

WHAT IT MEANS FOR MEMBERS

Athletes at a supported local event are judged to the same standards as at Nationals, and the result can count toward qualification.

WHAT HAPPENS NEXT

CF3 is producing a digital judges' handbook from the series' workouts, briefing the floor directors and head judges before the event, and providing floor supervision and a CF3 booth at the Fraser Valley Throwdown. Formal qualifier status for the series is not yet confirmed.