



SA Functional Sports Federation Announced as the National Governing Body for Functional Fitness in South Africa

Bloemfontein, South Africa July 17, 2023

Today, the International Functional Fitness Federation (iF3) announced its recognition of the SA Functional Sports Federation (SAFSF) as the national governing body for functional fitness in South Africa.

Petrolene le Roux, Chairman of the SAFSF, announced, *“Today marks a groundbreaking moment in South African sports as we proudly announce the establishment of the Functional Sports Federation (FSF) in South Africa. and we are excited to join iF3.”*

Le Roux went on to explain that, *“With a vision to redefine functional fitness and inspire individuals and athletes of all ages and abilities, the SAFSF aims to revolutionize the way functional fitness is perceived and practiced across the nation. One of the key missions of the SAFSF is to create pathways for athletes to compete at national and international levels.”*

The SAFSF is now eligible to register athletes for iF3 international events. This season they will have quota spots allowing them to send athletes to Masters and Junior Worlds in Canada, and Worlds in Norway. More information about the work of the SAFSF is available on [Instagram](#). You can also find them on [Facebook](#).

Le Roux expressed her excitement about the future saying, *“We believe that functional fitness has the power to transform lives and unite communities. Something that South Africa needs right now. We are excited to provide a platform that encourages innovation, inspires excellence and fosters a lifelong love for functional sports and are inviting athletes and coaches to join the federation and redefine what it means to excel in the world of sports.”*

Gretchen Kittelberger, President of the International Functional Fitness Federation, commented, *“We are very excited to welcome the SA Functional Sports Federation to the iF3. South Africa is quite possibly the strongest country in Africa when it comes to functional fitness participation, and we have been in search of a team for several years that was ready and willing to work to bring formalized governance to the sport within the country. We are thrilled that the team behind the SAFSF is up for the challenge and prepared for the work ahead, and we can't wait to work more closely with them to develop the sport within South Africa.”*

International Functional Fitness Federation (iF3): iF3 is the international governing body for competitive functional fitness. iF3 is a 501(c)(3) non-profit organization made up entirely of volunteers who work to serve the best interests of the sport and athletes. To learn more about iF3, or to donate, please visit: www.functionalfitness.sport