

# THE WORKOUTS

MIXED TEAM OF 4



SATURDAY 28TH JUNE 2025  
HOSTED IN THE CITY OF BRISTOL

# **5 WORKOUTS TO COMPLETE THROUGHOUT THE DAY:**

Vo2 Max  
Strength & Honour  
Brutal Beat Down  
Unconventional Beast  
The Assault Course

## **ORDER OF EVENTS**

Please note: the order that you complete the 5 workouts on the day will depend on which heat you are in. You will find out your heat closer to the event.

## **HALF LAPS**

All information on how to achieve half laps can be found in the lap standard section of each workout.

# VO2 MAX

## FOR TIME

(20 MINUTE TIME CAP)

### 1.2KM TEAM RUCK RUN

*Directly into...*

### 1.2KM TEAM RUCK RUN WITH 2 ADDITIONAL SANDBAGS PER TEAM

*Directly into...*

### 600M TEAM RUCK RUN WITH 4 ADDITIONAL SANDBAGS PER TEAM

SCORE: TIME TAKEN TO COMPLETE WORKOUT OUTLINED ABOVE.

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# VO2 MAX WORKOUT DETAILS

## Before the workout starts

Each athlete in the team will be wearing a backpack. Teams will also be holding a rope and must carry this at all times during the runs.

## Following the sound of 3,2,1 go!

Teams will first set off on the 1.2km ruck run which consists of two laps of the 600m course. Judges will be stationed along the route and at the start/finish line. Please ensure you say your lane number to the lap judge at the start/finish line when you complete each 600m lap.

## **TEAMS MUST COMPLETE TWO LAPS OF THE 600M ROUTE WITH JUST THE BACKPACKS.**

Once teams have completed the 1.2km ruck run, teams must pick up 1 x 13kg sandbag (marked 30lbs) & 1 x 9kg sandbag (marked 20lbs) and complete another 1.2km ruck run. Teams can choose to split up the carrying of the sandbag over the two laps as they choose, however, only one person can carry a sandbag at any one time. Apart from this, same rules apply as the first 1.2km run (i.e. you must run together carrying the rope at all times & please ensure you say your lane number to the lap judge at start/finish line as you complete each 600m lap).

## **TEAMS MUST COMPLETE TWO LAPS OF THE 600M ROUTE WITH THEIR BACKPACKS & TWO SANDBAGS PER TEAM.**

Once teams have completed the second 1.2km run, they must complete one more lap of the 600m course. For this lap, teams must pick up their remaining sandbags; 1 x 13kg sandbag (marked 30lbs) and 1 x 9kg sandbag (marked 20lbs) so each member of the team is now carrying their ruck as well as an additional sandbag.

Teams can choose who carries the heavier sandbags.

## **TEAMS MUST COMPLETE ONE LAP OF THE 600M ROUTE WITH THEIR BACKPACKS & ONE SANDBAG PER TEAM MEMBER.**

Once teams have completed this final 600m lap, the workout is completed. Your score is the total time it takes you to complete the previously outlined work.



# VO2 MAX WORKOUT DETAILS

## MOVEMENT STANDARDS

- Backpack weight: 13kg men, 9kg women.
- Sandbag weight: 2 x 13kg men, 2 x 9kg
- Teams must complete every lap **together**. Teams must complete all runs holding the rope provided.
- In the event of a team splitting up on the runs, you will not be permitted to start the next lap of the workout until all of you have completed the current lap you are on & you may be penalised for splitting up.
- On the second 1.2km section of the workout, teams can choose to split up the carrying of the additional sandbags as they choose, however, only one person can carry a sandbag at any one time, it must be carried individually.
- On the final 600m lap of the workout, teams can choose who carries the heavier sandbags, teams will choose their own strategy.
- Athletes are responsible for letting the judges know each time they complete a 600m lap. Failure to do so may result in the correct number of laps not being counted.

## LAP STANDARDS

**Half laps:** There are no half laps in this workout.

**Please note:** If your team does not complete all 5 x 600m laps of the course before the 20minutes is completed, your score will be 20 minutes + an additional minute for every lap you have left to complete.

For example, if your team completes 4 laps but does not manage to complete the fifth, your score will be 21 minutes. If your team completes 3 laps but does not manage to complete the fourth & fifth laps, your score will be 22 minutes etc.

# VO2 MAX WORKOUT DETAILS

## VERIFYING YOUR SCORE

At the end of this workout, teams must go to their lap judge to check their score. If in their opinion, their score card is correct, any one team member must sign their scorecard there and then. Once signed, teams are no longer allowed to query the score. **Only one team member needs to sign their scorecard.**

Alternatively, at the end of the workout, if the team go to check their score and believe there has been a miscount or would like to query something, they must do so there and then. At which point the head judge and if necessary, one of the umpires will have final say on whether any adjustments are to be made to the score.

Once a decision has been made, one team member must sign the (updated) scoresheet to acknowledge that they are happy with the recorded score. Once again, once signed, teams are no longer allowed to query the score. **Only one team member needs to sign their scorecard.**

# STRENGTH & HONOUR

\*SPLIT INTO MIXED PAIRS\*

IN 20MINS COMPLETE AS MANY LAPS AS  
POSSIBLE OF:

-25M SYNCHRONISED LOG SLED PULL IN MIXED PAIRS

-25M TYRE FLIPS

-100M PAIRED RUNNING LAP

SCORE: TOTAL NUMBER OF LAPS YOU ACHIEVE IN 20  
MINUTES.

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# STRENGTH & HONOUR WORKOUT DETAILS

## BEFORE THE WORKOUT STARTS

Teams will be standing in their lane (without holding any equipment) next to the two log sled pulls.

## FOLLOWING THE SOUND OF 3,2,1 GO!

Teams will split into mixed pairs and each pair will pick up their log and proceed to drag their sled 25 metres until each tyre has crossed the designated 25m line (the tyres must cross the line, not just the log, this will be clearly marked on the day - **partial line crossing is not acceptable, the entire tyre must cross the line**).

Once both log sleds have crossed the 25m line, teams will then move to the tractor tyre stationed at the 25m line and proceed to flip it 25m back to the start line, tyre flips must be performed in mixed pairs. Teams must continue to flip the tyre until the tyre has crossed the designated line (**partial line crossing is acceptable**).

Any two athletes from the team must then complete the 100m paired running lap and let the lap judge know their lane number as they pass them.

Once the paired running lap is completed, teams can then start a new round.

Each round will always begin with the weighted implement that is closest to the start line, (i.e. the round will begin with the implement that the team finished the previous round with). For example, the team will finish round 1 with the tyre flips and then following the 100m running lap, round 2 will begin with the tyre flips followed by the log sled pulls and then the 100m running lap. So each round, the order that you perform the log sled pull and the tyre flip will change.

Teams must continue this for 20 minutes trying to achieve as many laps as possible in the allotted time. Please see the next page for information on half laps.



# STRENGTH & HONOUR WORKOUT DETAILS

## LOG SLED PULL MOVEMENT STANDARDS

- Mixed pairs log sled weight: 80kg
- Athletes must perform the log sled pull in mixed pairs, (however, the specific combination of mixed pairs does not need to stay the same throughout, teams will choose their own strategy.)
- Athletes may only drag the sled by holding onto the log, they are not permitted to carry the tyre or pull directly from the rope at any point during the 25m distance.
- For the log sled pull, the **ENTIRE** tyre must fully cross the line (not just the log). Partial crossing is not permitted. This will be clearly marked on the day.
- Synchronisation: whilst you should make an effort to drag the sleds in time with the other pair in your team as this will allow you to move quicker, you will not be penalised for being out of time with each other. The word 'synchronised' refers to that particular section of the workout, in other words, **your team is not allowed to start flipping the tyre until both log sled pull tyres have crossed the designated line.**

## TYRE FLIP MOVEMENT STANDARDS

- Tyres **must** be flipped in mixed sex pairs (i.e. 1 male and 1 female), however, the workout does not have to be completed as 'you go I go' between pairs, and the specific combination of pairs does not need to stay the same throughout...teams will choose their own strategy.
- Partial Tyre Crossing the line is accepted when completing your laps (i.e. the whole tyre does not need to cross the line)
- Tyre weight - approx 170k

## LAP STANDARDS

- A **Full Lap** is only completed once the team completes **BOTH** 25m log sled pulls, the 25m tyre flips **and** two members of the team complete the 100m running lap together. If you simply complete the sled pulls and then the tyre flips (and not the running lap), this will not count as a full lap.
- The paired running lap must be performed by any two team members and they must run it together holding the rope provided, the pair performing the running lap does not need to stay the same every round.
- A **half lap** can be achieved by completing either the synchro 25m log sled pull (by both pairs) or the 25m tyre flip as well as the paired 100m running lap.
- So for example, if you have 2 minutes left in the 20 minutes, teams can make the decision to go for a half lap. In order to achieve this, teams can choose to complete **either** the synchro 25m log sled pull (both pairs) or the 25m tyre flip (regardless of position on the field) followed by the 100m paired running lap, when completing the 100m running lap, please let the lap judge know your lane number as well as that you are completing a half lap. The head judge will then be able to verify this once the workout is completed by where the implements are positioned on the field.

# STRENGTH & HONOUR WORKOUT DETAILS

## VERIFYING YOUR SCORE

At the end of this workout, teams must go to their lap judge to check their score. If in their opinion, their scorecard is correct, any one team member must sign their scorecard there and then. Once signed, teams are no longer allowed to query the score. **Only one team member needs to sign their scorecard.**

Alternatively, at the end of the workout, if the team go to check their score and believe there has been a miscount or would like to query something, they must do so there and then. At which point the head judge and if necessary, one of the umpires will have final say on whether any adjustments are to be made to the score.

Once a decision has been made, one team member must sign the (updated) scorecard to acknowledge that they are happy with the recorded score. Once again, once signed, teams are no longer allowed to query the score. **Only one team member needs to sign their scorecard.**

# BRUTAL BEAT DOWN

IN 20MINS COMPLETE AS MANY LAPS AS  
POSSIBLE OF:

- 10 SANDBAG OVER SHOULDER PER SAME SEX PAIR
  - 5M SYNCHRO BURPEE BROAD JUMP
  - 5M SYNCHRO REVERSE BEAR CRAWL
- 10 SANDBAG OVER SHOULDER PER SAME SEX PAIR
  - 10M SYNCHRO BURPEE BROAD JUMP
  - 10M SYNCHRO REVERSE BEAR CRAWL
  - 100M PAIRED RUNNING LAP

SCORE: TOTAL NUMBER OF LAPS YOU ACHIEVE IN 20  
MINUTES

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# BRUTAL BEAT DOWN WORKOUT DETAILS

## FOLLOWING THE SOUND OF 3,2,1 GO!

Athletes will split into same sex pairs & perform 10 sandbag over shoulder as a pair. The reps do not need to be performed as “you go I go”, pairs will decide their own strategy.

Once the 10 reps have been completed by both pairs, all team members will complete a 5m synchronised burpee broad jump. For all ‘synchronised movements’, you do not need to be in exact time with your teammates, however, you are not allowed to start the next movement in the workout until all of you have completed the prescribed distance of the previous synchronised movement.

Once the 5m synchronised burpee broad jump has been performed and both feet of all athletes are on or have crossed the 5m line, teams must perform a 5m synchronised reverse bear crawl back to the start line.

Once both hands of all athletes are on or have crossed the start line, teams will again split into same sex pairs & perform another 10 sandbag over shoulder per pair. All team members will then perform a 10m synchronised burpee broad jump and then a 10m synchronised reverse bear crawl back to the start line.

Once all athletes have completed the 10m reverse bear crawl, any two team members must complete a 100m running lap in order to confirm the completed lap before starting the next round.

**Your score is the total number of laps you can achieve in 20 minutes. Please see the next page for information on half laps.**

# BRUTAL BEAT DOWN WORKOUT DETAILS

## SANDBAG OVER SHOULDER MOVEMENT STANDARD

- Mens sandbag weight - 40kg (in a 60kg bag)
- Womens sandbag weight - 30kg (in a 40kg bag)
- For the sandbag over shoulder, teams will split into same sex pairs and can share the 10 reps within the pair as they choose. The sandbag must start on the ground, athletes will proceed to pick the sandbag up from the ground with their hands before lifting the sandbag explosively past their hip and chest and over one of their shoulders (of their choice). The next rep can begin as soon as the sandbag lands on the ground. Athletes must count their own reps, however, stewards will be on hand to ensure reps are being counted correctly. Any attempt to cut reps or not perform the movement correctly **may result in a points deduction.**
- Athletes can choose to rest the sandbag off of the ground at any point during a rep, however, if the sandbag falls back to the ground at any point (before passing over the shoulder), this rep will not count and they must start the rep again from the ground. **The sandbag passing over the shoulder is defined as just that, the sandbag must move over the shoulder & not around it.**

## BURPEE BROAD JUMP MOVEMENT STANDARD

- Athletes must perform a 5m & 10m synchronised burpee broad jump each round. For each rep, the chest of the athlete must touch the floor at the bottom of the burpee rep before returning to the standing position. Athletes can jump up from the floor or step up from the floor before performing a two footed jump forward. Athletes do not need to stand up fully between the burpee & the broad jump, however, the broad jump must be two-footed & in line with the movement standards above. The athlete must start their next burpee where their feet landed on the previous broad jump.
- Athletes must start both the 5m & 10m sets of burpee broad jumps with both hands on or behind the start line and must finish each set with both feet on or over the respective finish line. Judges will be on hand to ensure reps are being performed correctly. Any attempt to cut distance or not perform the movement correctly **may result in a points deduction.**
- Athletes are allowed to rest at any point during the burpee broad jump, however, any attempt to walk or move in any capacity that isn't a burpee broad jump (in order to reduce the necessary burpee broad jump distance) will be seen as an attempt to cheat the movement standard and **may result in that lap not counting.**
- Synchronisation: whilst you should make an effort to move in time with your teammates as this will allow you to move more efficiently, you will not be penalised for being out of time with each other. The word 'synchronised' refers to that particular section of the workout, in this instance, this means you are not allowed to start the reverse bear crawl until all of you have reach the prescribed distance of burpee broad jumps (5m or 10m) and both feet of all athletes have crossed said line to mark the completion of the burpee broad jumps.

# BRUTAL BEAT DOWN WORKOUT DETAILS

## REVERSE BEAR CRAWL MOVEMENT STANDARD

- Athletes must perform a 5m & 10m synchronised reverse bear crawl each round. When performing the reverse bear crawl, athletes must support their own bodyweight on their hands and feet **at all times**. Hips do not need to be completely parallel to the ground throughout the movement, however, any attempt to slide on your knees or essentially walk backwards "hunched over" **will result in a lap deduction**. Judges will be on hand to ensure that everyone is performing the movement correctly.
- Athletes must start both the 5m & 10m sets of reverse bear crawls with both hands on the respective start lines and must finish each set with both hands on or having fully crossed the respective finish line. Again, judges will be on hand to ensure movements are being performed correctly. Any attempt to cut distances or not perform the movement correctly **may result in a points deduction**.
- Athletes are allowed to rest at any point during the reverse bear crawl (i.e. it does not need to be performed unbroken), however, any attempt to walk or move in any capacity that isn't a reverse bear crawl and therefore reduce the distance required to reverse bear crawl will be seen as any attempt to cheat the movement standard and **may result in that lap not counting**.
- Synchronisation: whilst you should make an effort to move in time with your teammates as this will allow you to move more efficiently, you will not be penalised for being out of time with each other. The word 'synchronised' refers to that particular section of the workout, in this instance, this means you are not allowed to start the sandbag over shoulder or the 100m running lap until all athletes have completed the prescribed distance (5m or 10m) of reverse bear crawls and both hands of all athletes are on or have crossed the start line to mark the completion of the reverse bear crawls.

## LAP STANDARDS

- A **Full Lap** is only complete when the team have completed 10 sandbag over shoulder per pair, a 5m synchronised burpee broad jump by all team members, a 5m synchronised reverse bear crawl by all team members, another 10 reps of sandbag over shoulder per pair, a 10m synchronised burpee broad jump by all team members, a 10m synchronised reverse bear crawl by all team members and a 100m paired running lap by any two team members in order to confirm the completed lap. If you do not complete the 100m running lap, your lap will not count.
- The paired running lap must be performed by any two team members and they must run it together holding the rope provided, the pair performing the running lap does not need to stay the same every round.
- **Half Laps**: a half lap can be achieved by performing the first half of a round, in other words, the first set of 10 sandbag over shoulder per pair followed by the synchro 5m burpee broad jump & the synchro 5m reverse crawl as well as the 100m paired running lap.
- So for example, if you have 2 minutes left in the workout and feel that you cannot complete a full lap, you can perform the first half of the lap (as outlined above), once this has been completed, any two team members must then complete the 100m paired running lap. When completing the 100m running lap, please let the lap judge know your lane number and that you are completing a half lap.



# BRUTAL BEAT DOWN WORKOUT DETAILS

## VERIFYING YOUR SCORE

At the end of this workout, teams must go to their lap judge to check their score. If in their opinion, their scorecard is correct, any one team member must sign their scorecard there and then. Once signed, teams are no longer allowed to query the score. **Only one team member needs to sign their scorecard.**

Alternatively, at the end of the workout, if the team go to check their score and believe there has been a miscount or would like to query something, they must do so there and then. At which point the head judge and if necessary, one of the umpires will have final say on whether any adjustments are to be made to the score.

Once a decision has been made, one team member must sign the (updated) scorecard to acknowledge that they are happy with the recorded score. Once again, once signed, teams are no longer allowed to query the score. **Only one team member needs to sign their scorecard.**

# UNCONVENTIONAL BEAST

\*SPLIT INTO SAME SEX PAIRS

IN 20MINS COMPLETE AS MANY LAPS AS

POSSIBLE OF:

- 15M FARMER'S BLOCK CARRY EACH
- 15M KEG CARRY EACH
- 15M OVERHEAD LOG CARRY EACH
- 100M PAIRED RUNNING LAP

SCORE: TOTAL NUMBER OF COMPLETED LAPS YOU ACHIEVE  
IN 20 MINUTES

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# UNCONVENTIONAL BEAST WORKOUT DETAILS

## BEFORE THE WORKOUT STARTS

Teams will be standing in their lane (without holding any equipment).

## FOLLOWING THE SOUND OF 3,2,1 GO!

Teams will split into same sex pairs, 1 athlete from each pair must carry their log overhead, their keg & their farmer's blocks to the 15m line place them over the 15m line (in any order they choose).

Once all implements have been placed over the 15m line, the remaining athletes from each pair must then carry their log overhead, their keg & their farmer's blocks back to the start line. Once all implements are back at the start line, any two members must complete the 100m paired running lap.

Once completed, a member from each pair can again start to carrying the implements to the 15m line etc, continuing this process for 20 minutes, trying to achieve as many laps as possible possible. Please see the next page for information on half laps.

# UNCONVENTIONAL BEAST WORKOUT DETAILS

## MOVEMENT STANDARDS AND WEIGHTS

- Keg Carry weight - men=55kg / women=35kg
- Farmer's Block Carry weight - men=25kg each hand / women=15kg each hand
- Overhead Log Carry - men=35kg / women=22.5kg
- Athletes can choose to carry the implements in any order they choose and they do not need to be in the same order as the other pair. However, each athlete can only carry their **own objects**, team members are not permitted to assist one another.
- Athletes must not throw any of the implements over the 15m line in order to shorten the distance needed to carry the implements. Please walk over the designated finish line before putting the implements down. If seen to be throwing the implements, this will be penalised and **may result in a lap deduction.**
- All implements must be carried, no dragging of implements of any kind is permitted. If seen, this will be penalised and **may result in a lap deduction.**
- You do not need to perform any of the 15m carries unbroken. i.e., if you need to put an implement down at any point, regrip and then complete the 15m distance, that is permitted.
- Chalk, glue and gloves are permitted, lifting straps are **not**.
- **Keg Carry:** Athletes can choose to carry the keg in any way that they wish.
- **Block Carry:** Athletes must pick up the farmer's blocks from the scaffolding handles. You are not permitted to pick them up directly from the blocks. Any attempt to cheat movement standards will be penalised and **may result in a lap deduction.**
- **Log Carry:** Athletes can get the log into the overhead position in any way they choose, however, they are not permitted to start moving along the 15m distance until it is in the overhead position. The overhead position is defined as having the log in your hands with your hands higher than the top of your head. Your arms do not need be completely straight or locked out when carrying the log overhead (though we would recommend doing so). If the log moves below the top of your head or touches the top of your head at any point during the carry, you must stop & reset before continuing on. Any attempt to cheat movement standards will be penalised and **may result in a lap deduction.**

# UNCONVENTIONAL BEAST WORKOUT DETAILS

## LAP STANDARDS

- **A Full Lap** is only complete when all team members have each completed a 15m keg carry, farmer's block carry & overhead log carry (and all implements are back at the start line) and then any two team members can complete the 100m paired running lap in order to confirm the completed lap. If you do not complete the 100m running lap, your lap will not count.
- **Half Laps:** a half lap can be achieved by a member from each pair completing their 3 carries to the 15m line followed by any two teams member completing the 100m paired running lap. So for example, if you have two minutes left in the workout and feel that you cannot complete a full lap, a team member in each pair can carry the keg, blocks & overhead log carry to the 15m line, once both team members have completed their carries, any two team members must then complete the 100m paired running lap, please let the lap judge know your lane number as well as that you are completing a half lap). Once the workout is completed, the judge will be able to verify the half lap by where implements are positioned on the field.

## VERIFYING YOUR SCORE

At the end of this workout, teams must go to their lap judge to check their score. If in their opinion, their scorecard is correct, any one team member must sign their scorecard there and then. Once signed, teams are no longer allowed to query the score. **Only one team member needs to sign their scorecard.**

Alternatively, at the end of the workout, if the team go to check their score and believe there has been a miscount or would like to query something, they must do so there and then. At which point the head judge and if necessary, one of the umpires will have final say on whether any adjustments are to be made to the score.

Once a decision has been made, one team member must sign the (updated) scorecard to acknowledge that they are happy with the recorded score. Once again, once signed, teams are no longer allowed to query the score. **Only one team member needs to sign their scorecard.**

# THE ASSAULT COURSE

IN 20MINS:

COMPLETE AS MANY INDIVIDUAL LAPS OF  
THE 600M ASSAULT COURSE AS  
POSSIBLE.\*

\*ONLY TWO ATHLETES CAN WORK AT  
ONCE.

SCORE: COMBINED NUMBER OF LAPS ACHIEVED BY ALL  
TEAMMATES ACROSS THE 20 MINUTES.



# ASSAULT COURSE WORKOUT DETAILS

## BEFORE THE WORKOUT STARTS

All athletes will be standing on their lane number.

## FOLLOWING THE SOUND OF 3,2,1 GO!

Any two members of the team will set off and attempt to complete the 600m assault course (individually) while the remaining team members wait on their lane number.

As soon as an athlete completes the assault course, they can tag **one** of their teammates in who can then set off and attempt to complete the 600m assault course. All team mates will continue this process for the full 20 minutes, trying to accumulate as many individual laps as possible. Please see the next page for information on quarter laps.

Each time an athlete has completed a lap, they must then go to the lap judge to get their lap counted, this must be done as each lap is completed rather than cumulatively at the end. Failure to do so may result in your total number of laps not being counted.

# ASSAULT COURSE WORKOUT DETAILS

## WORKOUT RULES

- Only two athletes can be working (individually) on the assault course at any one time. However, the laps do not need to be completed as a 'you go i go' structure. I.e. the same athlete(s) can perform multiple laps in a row, as long as there is only ever two team members working at once. Teams will decide their own strategy.
- If an athlete cannot complete an obstacle, he/she must complete an amount of penalty burpees before moving forward (the amount will be dependant on the obstacle missed and will be clearly marked on the day).

## MOVEMENT STANDARDS

- As the assault course requires multiple days to set up, we are unable to show you a video run-through of the course. We will release the exact obstacles that will be included in the course closer to event day, but as always, expect to run, jump, climb, crawl & swing!

## LAP STANDARDS

- **A Full Lap** is only complete when the individual has completed the 600m assault course and has let the lap judge know they have completed the lap. If you do not let the lap judge know immediately as the lap is completed, it may not be counted. (If athlete 1 is performing 2 x 600m laps in a row, their partner must let the lap judge know each time athlete 1 completes a lap).
- **Quarter Laps:** 1/4, 1/2 and 3/4 laps can be achieved.
- There will be 3 points clearly marked throughout the assault course that represent quarter laps. The point that athletes reach on their final lap will be equal to the number of quarter laps they receive.
- So for example, if you have 2 minutes left in the workout and feel that you cannot complete a full lap, there will be 3 points clearly marked on the course each representing a quarter of the course. the nearest quarter that you have **successfully** completed once the 20mins is completed will equate to the number of quarter laps you receive as part of your total score.
- Once the 20min is completed, please make sure you verify with the correct quarter lap judge to ensure you get the correct score, if you do not verify it with anyone, it may not be counted.

# ASSAULT COURSE WORKOUT DETAILS

## VERIFYING YOUR SCORE

At the end of this workout, teams must go to their lap judge to check their score. If in their opinion, their scorecard is correct, any one team member must sign their scorecard there and then. Once signed, teams are no longer allowed to query the score. **Only one team member needs to sign their scorecard.**

Alternatively, at the end of the workout, if the team go to check their score and believe there has been a miscount or would like to query something, they must do so there and then. At which point the head judge and if necessary, one of the umpires will have final say on whether any adjustments are to be made to the score.

Once a decision has been made, one team member must sign the (updated) scorecard to acknowledge that they are happy with the recorded score. Once again, once signed, teams are no longer allowed to query the score. **Only one team member needs to sign their scorecard.**