

THE WORKOUTS

SAME SEX PAIRS



SATURDAY 29TH JUNE 2024
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 ON EACH WORKOUT CAN BE FOUND ON THE FINAL PAGE OF THIS WORKOUT PACK.

VO2 MAX

IN 20MINS COMPLETE THE FOLLOWING:

**600M PAIRED SANDAG & RUCK
RUN**

Directly into...

1.2KM PAIRED RUCK RUN

& in remaining time...

**MAX INDIVIDUAL 200M SANDBAG
HILL SPRINTS**

**SCORE: TOTAL DISTANCE ACHIEVED FROM COMPLETED 200M
HILL SPRINTS.**

WATCH ME HERE

VO2 MAX WORKOUT DETAILS

BEFORE THE WORKOUT STARTS

EACH ATHLETE IN THE PAIR WILL BE WEARING A BACKPACK AND HOLDING A SANDBAG (THERE IS NO SET WAY TO CARRY THE SANDBAG BUT WE RECOMMEND RESTING IT ON TOP OF THE BACKPACK ON YOUR SHOULDERS).

PAIRS WILL ALSO BE HOLDING A ROPE AND MUST CARRY THIS AT ALL TIMES DURING THE PAIRED RUNS.

FOLLOWING THE SOUND OF 3,2,1 GO!

ATHLETES WILL FIRST SET OFF ON THE 600M SANDBAG & RUCK RUN. 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 THE 600M LAP. **PAIRS MUST COMPLETE ONE LAP OF THE 600M ROUTE WITH THE BACKPACKS & SANDBAGS.**

ONCE PAIRS HAVE COMPLETED THE 600M SANDBAG & RUCK RUN, THEY WILL LEAVE THEIR SANDBAG IN THEIR STARTING PEN AND WILL NOW COMPLETE A 1.2KM PAIRED RUN WITH JUST THE BACKPACKS. SAME RULES APPLY AS THE FIRST 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). **PAIRS MUST COMPLETE TWO LAPS OF THE 600M ROUTE WITH THE BACKPACKS.**

ONCE PAIRS HAVE COMPLETED THE 1.2KM RUCK RUN, THEY WILL REMOVE THEIR BACKPACKS & THEN MOVE TO THE SANDBAG HILL SPRINTS. IN THE REMAINING TIME THEY HAVE LEFT OF THE 20MINUTES, THEY MUST TRY TO ACCUMULATE AS MANY INDIVIDUAL HILL SPRINTS AS POSSIBLE. ONLY ONE MEMBER OF THE TEAM CAN PERFORM A HILL SPRINT AT ANY ONE TIME AND THAT MEMBER MUST CARRY ONE OF THE SANDBAGS WHEN DOING SO. THE MEMBER WORKING MUST RETURN TO THE STARTING PEN AND TAG THEIR TEAM MEMBER IN BEFORE THEY CAN BEGIN THE NEXT HILL SPRINT.

YOUR SCORE IS THE TOTAL DISTANCE ACHIEVED FROM COMPLETED 200M HILL SPRINTS.

VO2 MAX WORKOUT DETAILS

MOVEMENT STANDARDS

- BACKPACK WEIGHT: 15KG MEN, 10KG WOMEN.
- SANDBAG WEIGHT: 15KG MEN, 10KG WOMEN.
- PAIRS MUST COMPLETE BOTH THE RUCK & SANDBAG RUN AND RUCK RUN TOGETHER. PAIRS MUST COMPLETE BOTH RUNS HOLDING THE ROPE PROVIDED.
- IN THE EVENT OF A TEAM SPLITTING UP ON EITHER OF THE ABOVE RUNS, YOU WILL NOT BE PERMITTED TO START THE NEXT STAGE OF THE WORKOUT UNTIL BOTH OF YOU HAVE COMPLETED THE CURRENT STAGE YOU ARE ON & YOU MAY BE PENALISED FOR SPLITTING UP.
- ONLY **ONE** TEAM MEMBER CAN PERFORM THE SANDBAG HILL SPRINT AT ANY ONE TIME BUT HILL SPRINTS DO NOT NEED TO BE PERFORMED AS "YOU GO I GO". IN OTHER WORDS, ONE TEAM MEMBER CAN PERFORM MULTIPLE HILL SPRINTS IN A ROW.
- ATHLETES ARE RESPONSIBLE FOR LETTING THE JUDGES KNOW EACH TIME THEY COMPLETE A HILL SPRINT. EACH TIME AN ATHLETE HAS COMPLETED A HILL SPRINT, 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 HILL SPRINT LAPS NOT BEING COUNTED.
- PLEASE NOTE: IF A TEAM MEMBER IS COMPLETING MULTIPLE HILL SPRINTS IN A ROW, THEIR TEAMMATE IS RESPONSIBLE FOR NOTIFYING THE LAP JUDGE EACH TIME A LAP HAS BEEN COMPLETED.

LAP STANDARDS

HALF LAPS: A HALF LAP CAN BE ACHIEVED BY A TEAM MEMBER COMPLETING HALF OF THE 200M HILL SPRINT.

IN ORDER TO DO SO, SAY FOR EXAMPLE THERE ARE 30 SECONDS LEFT OF THE WORKOUT AND THE TEAM FEELS THEY CANNOT ACHIEVE A FULL 200M HILL SPRINT. SO LONG AS A TEAM MEMBER CROSSES THE DESIGNATED LINE AT THE TOP OF THE HILL BEFORE THE TIME IS UP, THEY WILL BE AWARDED A HALF LAP. THE SAME WILL ALSO BE AWARDED FOR AN ATHLETE THAT HAS REACHED THE TOP OF THE HILL SPRINT AND IS RETURNING BACK TO THE START POINT (TRYING TO COMPLETE THE FULL 200M HILL SPRINT), BUT DOESN'T MAKE IT BACK BEFORE THE END OF THE WORKOUT.

IN ORDER TO ENSURE A HALF LAP IS AWARDED, THE PERSON COMPLETING THE HILL SPRINT MUST GO STRAIGHT TO THE HALF LAP JUDGE STATIONED AT THE TOP OF THE HILL AS SOON AS THE WORKOUT IS COMPLETED.

IF YOUR TEAM DOES NOT COMPLETE THE 600M SANDBAG & RUCK RUN AS WELL AS THE 1.2K RUCK RUN AND THEREFORE DOES NOT GET THE CHANCE TO COMPLETE ANY SANDBAG HILL SPRINTS BEFORE THE 20 MINUTES IS UP, YOUR SCORE ON THE WORKOUT WILL BE ZERO.

VO2 MAX WORKOUT DETAILS

VERIFYING YOUR SCORE - NEW FOR THIS YEAR!

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

**IN 20MINS COMPLETE AS MANY LAPS AS
POSSIBLE OF:**

- 10 SANDBAG OVER SHOULDER**
- 20M SANDBAG CARRY**
- 20M TYRE FLIPS**
- 100M RUN**

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

WATCH ME HERE

STRENGTH & HONOUR WORKOUT DETAILS

BEFORE THE WORKOUT STARTS

BOTH ATHLETES WILL BE STANDING IN THEIR LANE WITH THE SANDBAG ON THE FLOOR.

FOLLOWING THE SOUND OF 3,2,1 GO!

ATHLETES WILL PERFORM 10 SANDBAG OVER SHOULDER WITH THEIR SANDBAG. THERE IS NOT SET STRUCTURE AS TO HOW THE REPS ARE COMPLETED, IN OTHER WORDS, ATHLETES CAN SPLIT THE 10 REPS BETWEEN EACH OTHER AS THEY WOULD LIKE.

ONCE THE 10 SANDBAG OVER SHOULDER HAVE BEEN COMPLETED, THE SANDBAG MUST BE CARRIED INDIVIDUALLY TO THE DESIGNATED 20 METRE LINE. AGAIN, THERE IS NOT SET STRUCTURE ON HOW TEAMS MUST CARRY THE SANDBAG, THE 20 METRES CAN BE SPLIT BETWEEN TEAM MEMBERS OR PERFORMED ENTIRELY BY ONE MEMBER. THE ONLY RULE IS THAT THE SANDBAG MUST BE CARRIED **INDIVIDUALLY**.

ATHLETES WILL THEN MOVE TO THE TRACTOR TYRE PLACED AT THE 20M LINE AND WILL PROCEED TO FLIP THE TYRE BACK 20M TO THE START LINE, MENS PAIRS **MUST FLIP** THE TYRE **INDIVIDUALLY**, WOMENS PAIRS CAN FLIP INDIVIDUALLY BUT CAN FLIP THE TYRE IN PAIRS. PAIRS MUST CONTINUE TO FLIP THE TYRE UNTIL THE TYRE HAS CROSSED THE DESIGNATED LINE (PARTIAL LINE CROSSING IS ACCEPTABLE).

ONE ATHLETE MUST THEN COMPLETE THE 100M RUNNING LAP AND LET THE LAP JUDGE KNOW THEIR LANE NUMBER AS THEY PASS THEM.

ONCE THE RUNNING LAP IS COMPLETED, PAIRS CAN THEN START A NEW ROUND.

PLEASE NOTE: EACH ROUND WILL ALWAYS BEGIN WITH THE SANDBAG OVER SHOULDER, FOLLOWED BY THE SANDBAG CARRY AND THEN THE TYRE FLIPS REGARDLESS OF THE POSITION OF THE IMPLEMENTS ON THE FIELD.

PAIRS 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

SANDBAG OVER SHOULDER & CARRY MOVEMENT STANDARDS

- MALE SANDBAG WEIGHT - 55KG
- FEMALE SANDBAG WEIGHT - 35KG
- FOR THE SANDBAG OVER SHOULDER, THE TEAM CAN SHARE THE 10 REPS BETWEEN THEM 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.
- ONCE THE 10 REPS HAVE BEEN COMPLETED, ONE TEAM MEMBER CAN PICK UP THE SANDBAG AND PERFORM THE SANDBAG CARRY. ONE TEAM MEMBER DOES NOT NEED TO CARRY THE SANDBAG THE ENTIRE 20M, THEY CAN REST AT ANY POINT OR SPLIT THE CARRY BETWEEN TEAM MATES. IF TEAMS WISH TO SPLIT THE CARRY, TEAM MEMBERS ARE NOT ALLOWED TO PASS THE SANDBAG TO ONE ANOTHER, THE SANDBAG MUST BE DROPPED OR PLACED ONTO THE GROUND AND THEN BE PICKED UP BY THE OTHER TEAM MEMBER BEFORE PROCEEDING.
- THE ENTIRE SANDBAG MUST BE PLACED OVER THE 20M LINE IN ORDER FOR THE CARRY TO BE COMPLETED. DRAGGING THE BAG OR ROLLING IT ON THE GROUND DURING THE CARRY IS **NOT ALLOWED.**

TYRE FLIP MOVEMENT STANDARDS

- WOMENS PAIRS - TEAM MATES ARE PERMITTED TO FLIP THE TYRE TOGETHER (BUT ARE NOT OBLIGED TO).
- MENS PAIRS - TEAM MATES ARE **NOT** PERMITTED TO FLIP THE TYRE TOGETHER. HOWEVER THE WORKOUT DOES NOT HAVE TO BE COMPLETED AS A 'YOU GO, I GO' ATHLETES WILL CHOOSE THEIR OWN TEAM 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

STRENGTH & HONOUR WORKOUT DETAILS

LAP STANDARDS

A FULL LAP IS ONLY COMPLETED ONCE THE TEAM COMPLETES THE 10 SANDBAG OVER SHOULDER, THE 20M SANDBAG CARRY AND THE 20M TYRE FLIPS AND THEN ONE MEMBER OF TEAM COMPLETES THE 100M RUNNING LAP. IF YOU SIMPLY COMPLETE THE SANDBAG OVER SHOULDER, THE SANDBAG CARRY AND THEN THE TYRE FLIPS (AND NOT THE RUNNING LAP), THIS WILL NOT COUNT AS A FULL LAP.

A HALF LAP CAN BE ACHIEVED BY COMPLETING THE 10 SANDBAG OVER SHOULDER & THE 20M SANDBAG CARRY FOLLOWED BY THE 100M RUNNING LAP

SO FOR EXAMPLE, IF YOU HAVE 2 MINUTES LEFT IN THE 20 MINUTES, PAIRS CAN MAKE THE DECISION TO GO FOR A HALF LAP. IN ORDER TO ACHIEVE THIS, PAIRS MUST COMPLETE THE 10 SANDBAG OVER SHOULDER & 20M SANDBAG CARRY FOLLOWED BY THE 100M 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 IMPLEMENTS ARE POSITIONED ON THE FIELD.

VERIFYING YOUR SCORE - NEW FOR THIS YEAR!

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) 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.**

BRUTAL BEAT DOWN

IN 20MINS COMPLETE AS MANY LAPS AS POSSIBLE OF:

- 10 SYNCHRONISED BURPEE OVER LINE**
- 15M BEAR CRAWL TYRE PULL (TOGETHER)**
- 10 SYNCHRONISED KEG GROUND 2 OVERHEAD**
- 15M ROPE TYRE PULL (TOGETHER)**
- 100M RUNNING LAP**

SCORE: TOTAL NUMBER OF LAPS YOU ACHIEVE IN 20 MINUTES

WATCH ME HERE

BRUTAL BEAT DOWN WORKOUT DETAILS

FOLLOWING THE SOUND OF 3,2,1 GO!

ATHLETES WILL PERFORM 10 SYNCHRONISED CHEST TO FLOOR BURPEES. FOR EACH REP, ATHLETES WILL PERFORM A BURPEE TO THE FLOOR AND THEN ONCE STOOD UP, WILL JUMP OVER THE LINE IN FRONT OF THEM (0.8 METRE). ATHLETES WILL THEN TURN AND PERFORM THE NEXT CHEST TO FLOOR BURPEE FOLLOWED BY A JUMP BACK TO THEIR ORIGINAL STARTING LINE. ATHLETES WILL CONTINUE UNTIL 10 TOTAL REPS HAVE BEEN COMPLETED.

FOR ALL 'SYNCHRONISED MOVEMENTS, YOU DO NOT NEED TO BE IN EXACT TIME WITH YOUR PARTNER, HOWEVER YOU ARE NOT ALLOWED TO START THE NEXT MOVEMENT IN THE WORKOUT UNTIL BOTH OF YOU HAVE COMPLETED THE PRESCRIBED REPS OF THE PREVIOUS SYNCHRONISED MOVEMENT.

ONCE THE 10 BURPEES HAVE BEEN COMPLETED, ATHLETES WILL PROCEED TO THE BEAR CRAWL TYRE PULL. BEFORE THEY START TO PULL, BOTH ATHLETES WILL PLACE THE PROVIDED STRAPS AROUND EACH SHOULDER, ATHLETES MUST THEN PLACE BOTH HANDS AND FEET ON THE GROUND IN THE STARTING BEAR CRAWL POSITION BEFORE BEGINNING. ATHLETES WILL THEN PROCEED TO DRAG THE TYRE TOGETHER ALONG THE FLOOR TO THE DESIGNATED FINISHING POINT.

ONCE COMPLETED, ATHLETES WILL THEN MOVE ONTO THE 10 SYNCHRONISED KEG GROUND 2 OVERHEAD, ENSURING THEY ARE EXTENDING THEIR ARMS FULLY AT THE TOP OF EACH REP AND TOUCHING THE KEG ON THE GROUND BEFORE THE NEXT REP. PLEASE SEE ABOVE NOTE ON SYNCHRONISED MOVEMENT STANDARDS AS SAME RULES WILL APPLY.

ONCE COMPLETED, ATHLETES WILL RETURN BACK TO THEIR ORIGINAL STARTING POINT AND PROCEED TO USE THE ROPE TO DRAG THE TYRE ACROSS THE DESIGNATED FINISH LINE. ONCE COMPLETED, ONE ATHLETE WILL PERFORM A 100M RUNNING 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

BURPEE OVER LINE MOVEMENT STANDARD

- ATHLETES MUST PERFORM A CHEST TO FLOOR BURPEE AND THEN JUMP FORWARD OVER THE LINE MARKED (0.8 METRE). THE HANDS OF EACH ATHLETE MUST START ON OR BEHIND THE DESIGNATED START LINE AND ATHLETES MUST TOUCH THEIR CHEST ON THE GROUND ON EACH REP BEFORE STANDING UP. ONCE STOOD UP, THEY MUST JUMP FORWARD OVER THE DESIGNATED LINE, UPON LANDING, THEY MUST TURN AND PERFORM THE NEXT REP IN THE OPPOSITE DIRECTION. ATHLETES' FEET MUST FULLY CROSS THE LINE IN ORDER FOR THE REP TO COUNT. IF THIS DOES NOT HAPPEN, THAT REP WILL NOT COUNT AND MUST BE REPEATED.
- SYNCHRONISATION: WHILST YOU SHOULD MAKE AN EFFORT TO MOVE IN TIME WITH YOUR PARTNER AS THIS WILL ALLOW YOU TO MOVE MORE QUICKLY, 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, YOU ARE NOT ALLOWED TO START THE NEXT MOVEMENT IN THE WORKOUT UNTIL BOTH OF YOU HAVE COMPLETED THE 10 REPS OF BURPEES.
- IT IS YOUR RESPONSIBILITY TO COUNT THE 10 REPS. WE RECOMMEND DESIGNATING A REP COUNTER IN YOUR TEAM AND HAVE THEM COUNT THE REPS ALOUD.
- WE WILL ALSO HAVE SEVERAL MOVEMENT STANDARD JUDGES ON THE DAY TO ENSURE NO ONE IS CUTTING REPS AND BURPEES ARE BEING PERFORMED CORRECTLY IN LINE WITH THE ABOVE MOVEMENT STANDARDS.
- ANY ATTEMPT TO CHEAT MOVEMENT STANDARDS OR CUT REPS MAY RESULT IN LAP DEDUCTIONS.

WEIGHTED BEAR CRAWL TYRE PULL

- MEN'S TYRE WEIGHT - 65KG. WOMEN'S TYRE WEIGHT - 45KG
- ATHLETES WILL PERFORM A WEIGHTED BEAR CRAWL TYRE PULL TOGETHER. THE TYRE WILL HAVE 2 PURPLE DESIGNATED STRAPS PER PERSON. EACH PERSON WILL PLACE A PURPLE STRAP ON EITHER SHOULDER BEFORE ASSUMING THE BEAR CRAWL STARTING POSITION ON THE GROUND.
- THE BEAR CRAWL STARTING POSITION REFERS TO PLACING EQUAL WEIGHTING ON BOTH HANDS AND FEET IN THE CRAWL POSITION. ATHLETES ARE NOT PERMITTED TO START DRAGGING THE TYRE UNTIL THEY ARE IN THE BEAR CRAWL STARTING POSITION.
- WHEN READY, ATHLETES WILL PROCEED TO PULL THE TYRE TOGETHER ALONG THE GROUND UNTIL THEY REACH THE DESIGNATED FINISHING POINT.
- IF EITHER ATHLETE'S KNEES TOUCH THE GROUND (OR ANY OTHER BODY PART APART FROM HANDS AND FEET) WHEN PERFORMING THE BEAR CRAWL, THE TEAM MUST STOP AND RESET INTO THE BEAR CRAWL POSITION BEFORE CONTINUING. ANY ATTEMPT TO SLIDE OR STAND DURING THE BEAR CRAWL IN ORDER TO ADVANCE THEMSELVES WILL BE PENALISED BY THE JUDGES AND MAY RESULT IN A LAP DEDUCTION.
- BOTH HANDS OF BOTH ATHLETES MUST FULLY CROSS THE FINISH LINE BEFORE MOVING ONTO THE NEXT MOVEMENT. AND THE HANDS OF BOTH ATHLETES MUST BE DIRECTLY UNDERNEATH THEIR SHOULDERS AT THIS FINISH POINT IN ORDER FOR THE LAP TO BE COMPLETED. **ATHLETES ARE NOT PERMITTED TO STRETCH OUT THEIR ARMS IN FRONT OF THEM IN ORDER TO REACH THE FINISH POINT MORE QUICKLY AND THEREBY REDUCE THE DISTANCE NEEDED TO TRAVEL ON THE BEAR CRAWL. ANY ATTEMPT TO DO SO MAY BE PENALISED AND RESULT IN A LAP DEDUCTION.**

KEG GROUND TO OVERHEAD MOVEMENT STANDARDS

- MALE KEG WEIGHT - 20KG
- FEMALE KEG WEIGHT - 15KG
- ATHLETES MUST HOLD THE KEGS HORIZONTALLY (LENGTHWAYS) DURING THE GROUND TO OVERHEAD, YOU ARE **NOT** PERMITTED TO HOLD THE KEG VERTICALLY & TREAT THE KEG AS A KETTLEBELL SWING.
- THE KEG MUST BE ON THE GROUND AT THE START OF EACH REP AND YOUR ARMS MUST BE STRAIGHT AT THE TOP OF EACH REP. YOU ARE ALLOWED TO PAUSE AT YOUR SHOULDERS IF YOU WISH.
- SYNCHRONISATION: WHILST YOU SHOULD MAKE AN EFFORT TO LIFT IN TIME WITH YOUR PARTNER 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 OTHER WORDS, YOU ARE NOT ALLOWED TO START THE NEXT MOVEMENT IN THE WORKOUT UNTIL BOTH OF YOU HAVE COMPLETED THE 10 REPS OF THE GROUND TO OVERHEAD.
- IT IS YOUR RESPONSIBILITY TO COUNT THE 10 REPS. WE RECOMMEND DESIGNATING A REP COUNTER IN YOUR TEAM AND HAVE THEM COUNT THE REPS ALOUD.
- WE WILL ALSO HAVE SEVERAL MOVEMENT STANDARD JUDGES ON THE DAY TO ENSURE NO ONE IS CUTTING REPS AND GROUND TO OVERHEADS ARE BEING PERFORMED CORRECTLY IN LINE WITH THE ABOVE MOVEMENT STANDARDS.
- ANY ATTEMPT TO CHEAT MOVEMENT STANDARDS OR CUT REPS MAY RESULT IN LAP DEDUCTIONS.

BRUTAL BEAT DOWN WORKOUT DETAILS

TYRE ROPE PULL MOVEMENT STANDARDS

- ATHLETES MUST PERFORM THE TYRE ROPE PULL IN PAIRS.
- ONCE THE 10 GROUND 2 OVERHEAD HAVE BEEN COMPLETED, ATHLETES WILL RUN BACK TO THE START POINT AND USING THE ROPE PROVIDED, THEY WILL DRAG THE TYRE BACK ALONG THE GROUND. ATHLETES MUST STAY WITHIN THE DESIGNATED AREA WHEN PERFORMING THE TYRE PULL AND THE ENTIRE TYRE MUST FULLY CROSS THE ORIGINAL STARTING LINE IN ORDER FOR THE TYRE PULL TO BE COMPLETED. ATHLETES ARE ALSO NOT PERMITTED TO DRAG THE TYRE DIRECTLY FROM THE TYRE AT ANY POINT, THEY MUST PULL FROM THE ROPE.
- IT IS THE TEAM'S RESPONSIBILITY TO ENSURE THAT THE ROPE IS LAID OUT READY TO BE PULLED EACH ROUND. THIS CAN BE DONE WHEN PAIRS ARE RETURNING TO THE TYRE ROPE PULL STARTING POINT FOLLOWING THE KEG GROUND 2 OVERHEAD.
- ONCE COMPLETED, ANY ONE TEAM MEMBER CAN PERFORM THE 100M RUNNING LAP.

LAP STANDARDS

- A **FULL LAP** IS ONLY COMPLETE WHEN THE PAIR HAVE COMPLETED THE 10 SYNCHRONISED BURPEE OVER LINE, THE 15M BEAR CRAWL TYRE PULL, THE 10 SYNCHRONISED KEG GROUND TO OVERHEAD, THE 15M TYRE ROPE PULL **AND** ONE TEAM MEMBER COMPLETES THE 100M RUNNING LAP. IF YOU DO NOT COMPLETE THE 100M RUNNING LAP, YOUR LAP WILL NOT COUNT.
- **HALF LAPS:** A HALF LAP CAN BE ACHIEVED BY PERFORMING THE 10 SYNCHRONISED BURPEE OVER LINE, THE 15M BEAR CRAWL TYRE PULL AND THE 100M 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 A FULL LAP (I.E. THE 10 BURPEES AND THE 15M BEAR CRAWL TYRE PULL), ONCE THIS HAS BEEN COMPLETED, ONE PARTNER MUST THEN COMPLETE THE 100M 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 IMPLEMENTS ARE POSITIONED ON THE FIELD.

VERIFYING YOUR SCORE - NEW FOR THIS YEAR!

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) 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.**

UNCONVENTIONAL BEAST

IN 20MINS COMPLETE AS MANY LAPS AS POSSIBLE OF:

Partner 1 completes:

- 15M BLOCK CARRY & 15M LOG ZERCHER CARRY

Followed by...

- 15M WHEELBARROW WALK

Then, partner 2 completes:

- 15M WHEELBARROW WALK

Followed by...

- 15M BLOCK CARRY & 15M LOG ZERCHER CARRY

Then, either partner completes:

- 100M RUNNING LAP

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

WATCH ME HERE

UNCONVENTIONAL BEAST WORKOUT DETAILS

BEFORE THE WORKOUT STARTS

ATHLETES WILL BE STANDING IN THEIR LANE (WITHOUT HOLDING ANY EQUIPMENT).

FOLLOWING THE SOUND OF 3,2,1 GO!

1 ATHLETE MUST CARRY THE FARMER'S BLOCKS & THE LOG 15M AND PLACE THEM OVER THE 15M LINE (IN ANY ORDER THEY CHOOSE).

THEN, THE SAME ATHLETE (WITH THE ASSISTANCE OF THEIR PARTNER), MUST COMPLETE A 15M WHEELBARROW WALK TO THE 30M LINE.

ONCE COMPLETED, THE OTHER ATHLETE MUST NOW COMPLETE THIS IN REVERSE. FIRST, COMPLETING THE WHEELBARROW WALK (WITH THE ASSISTANCE OF THEIR PARTNER) FROM THE 30M LINE BACK TO THE 15M LINE, FOLLOWED BY CARRYING THE FARMER'S BLOCK & THE LOG 15M BACK TO THE START LINE.

ONCE ALL IMPLEMENTS HAVE BEEN RETURNED TO THE START LINE, ONE ATHLETE MUST COMPLETE THE 100M RUNNING LAP.

ONCE COMPLETED, ONE ATHLETE WILL AGAIN START TO CARRY THE IMPLEMENTS TO THE 15M LINE FOLLOWING BY THE 15M WHEELBARROW WALK TO THE NEXT LINE ETC, CONTINUING THIS PROCESS FOR 20 MINUTES, TRYING TO ACHIEVE AS MANY LAPS AS POSSIBLE. PLEASE SEE THE NEXT PAGES FOR INFORMATION ON HALF LAPS.

UNCONVENTIONAL BEAST WORKOUT DETAILS

MOVEMENT STANDARDS AND WEIGHTS

- FARMER'S CARRY WEIGHT - MEN=25K EACH HAND / WOMEN=15K EACH HAND
- LOG ZERCHER CARRY WEIGHT - MEN= 50KG / WOMEN= 35KG
- ATHLETES CAN CHOOSE TO CARRY THE IMPLEMENTS IN ANY ORDER THEY CHOOSE. HOWEVER, 1 ATHLETE MUST ALWAYS COMPLETE THE TWO CARRIES (LOG AND BLOCK CARRY) TO THE 15M LINE FOLLOWED BY THE WHEELBARROW WALK TO THE 30M LINE WHILST THE OTHER PARTNER MUST COMPLETE ALL 3 EXERCISES BACK TO THE START LINE (I.E. THE WHEELBARROW WALK BACK TO THE 15M LINE FOLLOWED BY THE LOG CARRY & BLOCK CARRY BACK TO THE START LINE).
- 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.
- ATHLETES CAN PICK UP THE LOG IN ANY WAY THEY CHOOSE BUT WHEN MOVING, THEY MUST CARRY THE LOG IN THE FRONT RACK (I.E. IN THE FRONT OF YOUR CHEST AS DISPLAYED IN THE VIDEO), YOU ARE NOT PERMITTED TO CARRY IT ON ANY OTHER PART OF YOUR BODY.
- 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**.
- IN EVERY LAP, BOTH ATHLETES MUST PERFORM A 15M WHEELBARROW WALK, ONE ATHLETE **CANNOT** PERFORM BOTH 15M WHEELBARROW WALKS.
- FOR THE WHEELBARROW WALK, THE ATHLETE HOLDING THEIR PARTNER'S LEGS CAN HOLD ANY PART OF THE LEG FROM THE KNEE DOWNWARDS (TO THE FOOT). ANY ATTEMPT TO ESSENTIALLY CARRY THE PERSON PERFORMING THE WHEELBARROW WALK IN ORDER TO MAKE THE MOVEMENT EASIER FOR THEM IS NOT ALLOWED AND MAY RESULT IN A POINTS DEDUCTION. YOUR ROLE IS TO SUPPORT THE PERSON PERFORMING THE WHEELBARROW WALK RATHER THAN LEAD THE MOVEMENT.
- THE PERSON PERFORMING THE WHEELBARROW WALK MUST SUPPORT THEIR WEIGHT ON THEIR HANDS AT ALL TIMES AND MOVE THEIR HANDS FORWARD AS IF THEY ARE WALKING. YOU CAN REST WITHIN THE 15M IF NEEDED AND BREAK UP THE WHEELBARROW WALK, HOWEVER, NO SLIDING OF ANY KIND IS PERMITTED, IF ANY BODY PART APART FROM YOUR HANDS TOUCHES THE GROUND DURING THE WALKS, YOU MUST STOP.
- THE SPEED YOU GO IS UP TO YOU, HOWEVER, ANY ATTEMPT AT TRYING TO CHEAT THE MOVEMENT STANDARD MAY RESULT IN A LAP DEDUCTION.
- YOUR HANDS MUST START BEHIND THE DESIGNATED START LINE AS YOU BEGIN THE WHEELBARROW WALKS AND THE 15M IS COMPLETE ONCE BOTH HANDS HAVE CROSSED THE FINISH LINE (I.E. YOUR WHOLE BODY AND/YOUR PARTNER DOES NOT NEED TO CROSS THE LINE). THIS WILL BE CLEARLY MARKED ON THE DAY.

UNCONVENTIONAL BEAST WORKOUT DETAILS

LAP STANDARDS

- **A FULL LAP** IS ONLY COMPLETE WHEN THE PAIR HAVE EACH COMPLETED THEIR 15M FARMER'S CARRY, LOG ZERCHER CARRY AND WHEELBARROW WALK (ALL IMPLEMENTS ARE BACK AT THE START LINE) AND THEN ONE MEMBER OF TEAM COMPLETES THE 100M RUNNING LAP. IF YOU DO NOT COMPLETE THE 100M RUNNING LAP, YOUR LAP WILL NOT COUNT.
- **HALF LAPS:** A HALF LAP CAN BE ACHIEVED BY ONE PARTNER COMPLETING THEIR 2 CARRIES, THEIR WHEELBARROW WALK AS WELL AS THE 100M RUNNING LAP. SO FOR EXAMPLE, IF YOU HAVE 2 MINUTES LEFT IN THE WORKOUT AND FEEL THAT YOU CANNOT COMPLETE A FULL LAP, ONE ATHLETE CAN PERFORM THE FIRST PART OF THE WORKOUT (I.E. THE FARMER'S BLOCK CARRY, THE LOG CARRY AND THEIR WHEELBARROW WALK, ONCE COMPLETED, ONE PARTNER MUST THEN COMPLETE THE 100M RUNNING LAP WHILST THE OTHER PARTNER MUST REMAIN AT 30M LINE UNTIL THIS HALF LAP HAS BEEN VERIFIED BY THE LAP JUDGE .
- 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).

VERIFYING YOUR SCORE - NEW FOR THIS YEAR!

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) 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.**

THE ASSAULT COURSE

IN 20MINS:

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

*ONLY ONE ATHLETE 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

BOTH ATHLETES WILL BE STANDING ON THEIR LANE NUMBER.

FOLLOWING THE SOUND OF 3,2,1 GO!

ON GO, ATHLETE 1 WILL SET OFF AND ATTEMPT TO COMPLETE THE 600M ASSAULT COURSE WHILST ATHLETE 2 WAITS ON THEIR LANE NUMBER. AS SOON AS ATHLETE 1 COMPLETES THE ASSAULT COURSE, THEY CAN TAG ATHLETE 2 IN WHO CAN THEN SET OFF ON THE 600M ASSAULT COURSE. PAIRS CAN 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 ONE ATHLETE CAN BE WORKING 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 CAN PERFORM MULTIPLE LAPS IN A ROW, AS LONG AS THERE IS ONLY EVER ONE TEAM MEMBER 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 CURRENTLY SHOW YOU A VIDEO RUN-THROUGH OF THE COURSE. FULL DETAILS OF THE OBSTACLES THAT WILL BE INCLUDED IN THE ASSAULT COURSE WILL BE RELEASED CLOSER TO THE EVENT DATE.

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 - NEW FOR THIS YEAR!

AT THE END OF THIS WORKOUT, TEAMS MUST GO TO THE HEAD 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) 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.**

HALF LAPS - SAME SEX PAIRS

VO2 MAX

A HALF LAP CAN BE ACHIEVED BY COMPLETING HALF OF THE 200M SANDBAG HILL SPRINT.

IN ORDER TO DO SO, SAY FOR EXAMPLE THERE ARE 30 SECONDS LEFT OF THE WORKOUT AND THE TEAM FEELS THEY CANNOT ACHIEVE A FULL 200M HILL SPRINT. SO LONG AS A TEAM MEMBER CROSSES THE DESIGNATED LINE AT THE TOP OF THE HILL BEFORE THE TIME IS UP, THEY WILL BE AWARDED A HALF LAP. THE SAME WILL ALSO BE AWARDED FOR AN ATHLETE THAT HAS REACHED THE TOP OF THE HILL SPRINT AND IS RETURNING BACK TO THE START POINT (TRYING TO COMPLETE A FULL 200M HILL SPRINT), BUT DOESN'T MAKE IT BACK BEFORE THE END OF THE WORKOUT.

IN ORDER TO ENSURE A HALF LAP IS AWARDED, THE ATHLETE MUST GO STRAIGHT TO THE SPECIFIC HALF LAP JUDGE AT THE TOP OF THE HILL AT THE END OF THE WORKOUT.

STRENGTH & HONOUR

A HALF LAP CAN BE ACHIEVED BY COMPLETING THE 10 SANDBAG OVER SHOULDER & THE 20M SANDBAG CARRY FOLLOWED BY THE 100M RUNNING LAP

SO FOR EXAMPLE, IF YOU HAVE 2 MINUTES LEFT IN THE 20 MINUTES, PAIRS CAN MAKE THE DECISION TO GO FOR A HALF LAP. IN ORDER TO ACHIEVE THIS, PAIRS MUST COMPLETE THE 10 SANDBAG OVER SHOULDER & 20M SANDBAG CARRY FOLLOWED BY ANY ONE TEAM MEMBER COMPLETING THE 100M 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 IMPLEMENTS ARE POSITIONED ON THE FIELD.

UNCONVENTIONAL BEAST

A HALF LAP CAN BE ACHIEVED BY ONE PARTNER COMPLETING THEIR LOG ZERCHER CARRY & BLOCK CARRY FOLLOWED BY THE WHEELBARROW WALK AS WELL AS THE 100M RUNNING LAP.

SO FOR EXAMPLE, IF YOU HAVE 2 MINUTES LEFT IN THE WORKOUT AND FEEL THAT YOU CANNOT COMPLETE A FULL LAP, ONE ATHLETE CAN PERFORM THE FIRST PART OF THE WORKOUT (I.E. THE FARMER'S BLOCK CARRY, THE LOG ZERCHER CARRY TO THE 15M LINE FOLLOWED BY THE WHEELBARROW WALK TO THE 30M LINE, ONCE COMPLETED, ONE PARTNER MUST THEN COMPLETE THE 100M RUNNING LAP WHILST THE OTHER PARTNER MUST REMAIN AT 30M LINE UNTIL THIS HALF LAP HAS BEEN VERIFIED BY THE LAP JUDGE. 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).

BRUTAL BEAT DOWN

A HALF LAP CAN BE ACHIEVED BY PERFORMING THE 10 SYNCHRONISED BURPEE OVER LINE, THE 15M BEAR CRAWL TYRE PULL AND THE 100M 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 A FULL LAP (I.E. THE 10 BURPEES AND THE 15M BEAR CRAWL TYRE PULL), ONCE THIS HAS BEEN COMPLETED, ONE PARTNER MUST THEN COMPLETE THE 100M 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 IMPLEMENTS ARE POSITIONED ON THE FIELD.

THE ASSAULT COURSE

QUARTER LAPS WILL BE AWARDED ON THE ASSAULT COURSE - THERE WILL BE 3 POINTS CLEARLY MARKED THROUGHOUT THE ASSAULT COURSE THAT REPRESENT QUARTER LAPS. 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. PLEASE MAKE SURE THAT 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.