

MOVEMENT STANDARDS

THE
HYBRID
GAMES



1. ASSAULT BIKE



- ➔ Assault Bike categories: Solo 50 calories, Doubles 100 calories.
- ➔ Prior to starting the workout, the monitor must be set by a judge.
- ➔ Participant(s) must have both feet and hands on the bike before starting to move.
- ➔ Adjustment to seat height is permitted as many times as necessary.
- ➔ Doubles – The handles and pedals must be still before swapping over.
- ➔ Rest and interval splits are at the participant(s)' discretion.
- ➔ After completing the required calories, the participant(s) must raise his/her hand to call over a judge to confirm the required distance has been completed.
- ➔ Once complete, your judge will release and direct you for your next run, and their instructions must be followed. Failure to do so will result in a time penalty.
- ➔ If the participant violates any of the above-mentioned points, they will receive a time penalty issued by the Head Judge. The time penalty will be based upon the violation, set at 30-second increments up to a maximum of 4 minutes.

2. WALL BALLS

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- ➔ Wall Ball weight categories: Male 6kg, Female 4kg – 100 reps.
- ➔ Mixed doubles category is allowed to switch between weights for reps; i.e., the male can lift the male weight, and the female can lift the female weight.
- ➔ Before the count can start, the wall ball movement must begin with a squat.
- ➔ Each wall ball throw must strike the center of the designated target; i.e., female athletes must hit their target in the center, and male athletes must hit their target in the center.
- ➔ At the bottom position of the squat, the participant's hips must descend lower than his/her knees (below 90°).
- ➔ After the ball touches the target, the participant(s) must catch the ball to initiate the next rep and start the next squat movement.
- ➔ It is allowed to let the ball hit the floor. The ball must be completely still on the floor before resuming reps, ensuring there is no bounce-catch movement.

2. WALL BALLS

2/2



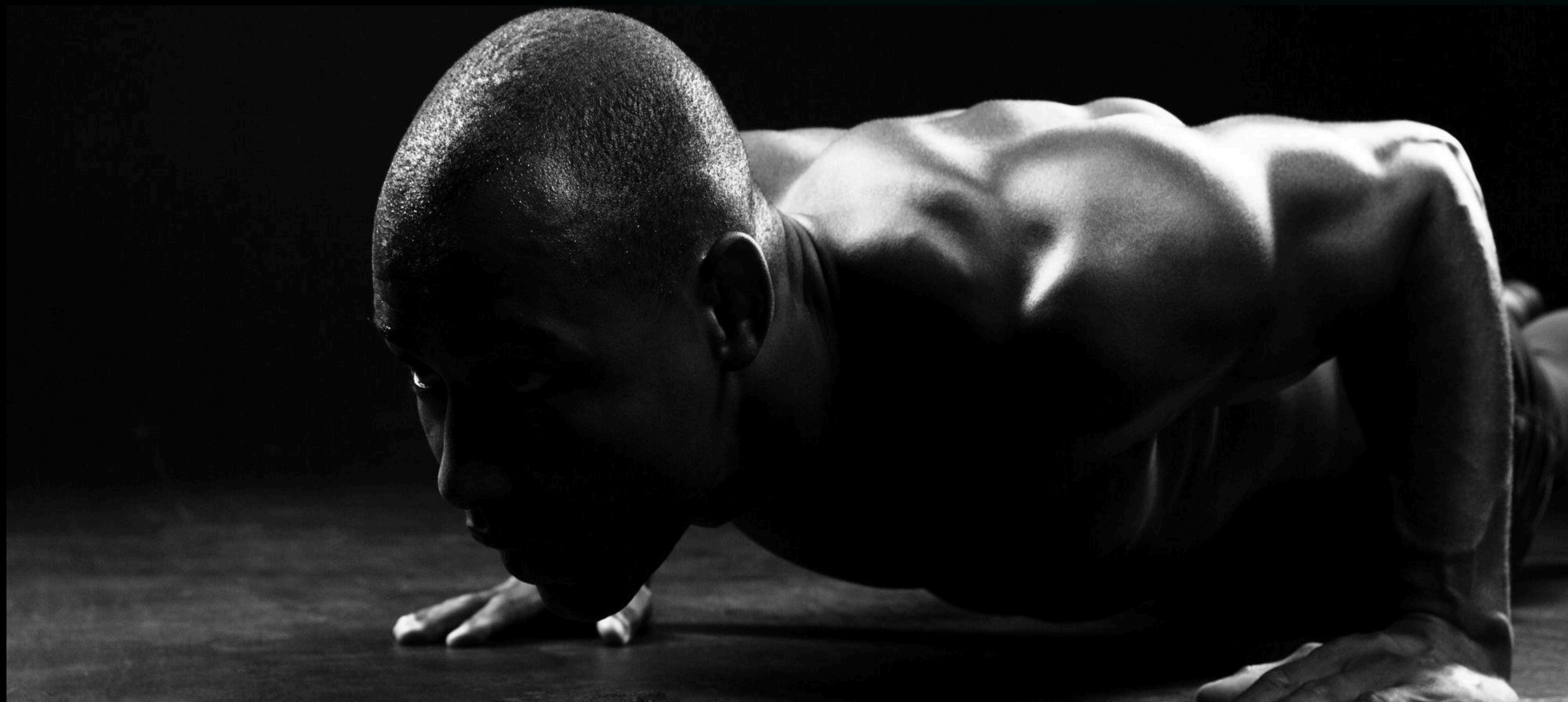
- ➔ Doubles participants cannot pass the ball to each other, and the ball must be stationary on the ground before swapping over.
- ➔ Non-exercising participants must stand in the designated waiting area.
- ➔ At the judge's discretion, they may drop down to one knee and ensure your depth is low enough. They will provide feedback and direction to ensure your reps are clean.
- ➔ If the participant violates any of the above-mentioned points, a no-rep will be given.
- ➔ Once complete, your judge will release and direct you for your next run, and their instructions must be followed. Failure to do so will result in a time penalty.

3. ROW



- ➔ Row category: 1000m
- ➔ Prior to starting the workout, the monitor must be set by a judge.
- ➔ Participants' feet must be in the foot holders and secure before taking hold of the bar.
- ➔ Damper settings can be adjusted before commencement, but once the workout starts, the damper can only be adjusted once – any additional change will result in a penalty.
- ➔ Participants must not tamper with the screen; the judge will have the correct screen displayed – should it need to be corrected for any reason, the judge can be called for this.
- ➔ After completing the required distance, the participant(s) must raise his/her hand to call over a judge to be released from the station.
- ➔ Once complete, your judge will release and direct you for your next run, and their instructions must be followed. Failure to do so will result in a time penalty.
- ➔ If the participant violates any of the above-mentioned points, they will receive a time penalty issued by the Head Judge. The time penalty will be based on the violation, set at 30-second increments up to a maximum of 4 minutes.

4. BURPEE BROAD JUMP



- ➔ Burpee Broad Jump Category: 80m
- ➔ The participant(s) must start with a burpee behind the start line, with hands placed behind the start line and near feet (at most one forearm length away).
- ➔ The participant(s)' chest must clearly touch the ground.
- ➔ Then, the athlete stands up and jumps forward, jumping and landing with both feet parallel simultaneously. Staggered feet and jumps will result in a penalty.
- ➔ No steps or foot shuffles forward/backward are permitted during takeoff and landing. This will result in a penalty.
- ➔ Double partners can rotate as many times as necessary, but a full burpee and jump must be completed before switching with your partner.
- ➔ If the participant(s) incur penalties, it is at the judge's discretion to enforce a distance penalty and send the participant(s) back to complete the movements again. This distance can vary depending on the violation, up to 25m.
- ➔ Once complete, your judge will release and direct you for your next run, and their instructions must be followed. Failure to do so will result in a time penalty.

5. DB SNATCH

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- ➔ DB Snatch categories: Male weight 20kg, Female weight 10kg - 50 rep Solo, 100 reps Doubles.
- ➔ Feet hip-width apart, each rep must be alternated.
- ➔ At least ONE part of the dumbbell must make contact with the floor.
- ➔ The change of hands must take place below the knee, ensuring only one hand thrusts the dumbbell overhead.
- ➔ Rep ranges and rest are at the participant's discretion.
- ➔ Judges will be equipped with a counting device, and their tally of reps is the final decision.
- ➔ Mixed Doubles – The female has the option to complete their reps at the scaled weight.
- ➔ Only one participant within the pair can complete reps at a time.
- ➔ Participant(s) must follow the judge's call and stick to their designated zone.

5. DB SNATCH

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- ➔ The dumbbell must be on the floor before their partner takes over.
- ➔ Non-lifting partners must stand in the designated zone while waiting to change over.
- ➔ Should any of the above rules be violated, judges can enforce a rep penalty, starting with increments of 10 reps.
- ➔ Once complete, your judge will release and direct you for your next run, and their instructions must be followed. Failure to do so will result in a time penalty.

6. SANDBAG LUNGE

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- ➔ Sandbag Lunge categories: Male weight 20kg, Female weight 10kg - 100m.
- ➔ The participant(s) must lift up the sandbag and place it across both shoulders.
- ➔ The participant(s) starts standing with both feet behind the line before starting their first lunge across the start line.
- ➔ During each lunge, the trailing knee must clearly touch the ground.
- ➔ Each repetition ends with knees and hips fully extended; the athlete must stand fully upright—hovering in a low position is not allowed.
- ➔ Lunges must be alternating.
- ➔ The athlete can either lunge continuously or stop after each lunge with both feet parallel on the ground.
- ➔ Taking any steps or shuffles between repetitions is not allowed.
- ➔ It is required that the athlete's front foot completely crosses the line at the end of each run before turning around and starting the next run. Again, to cross the line, you must first make a lunge movement from behind the line.

6. SANDBAG LUNGE

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- ➔ If the athlete violates any of the above-mentioned points, the repetition becomes invalid, and the judge has discretion to enforce a distance penalty, sending you back to complete movements again.
- ➔ Passing of the sandbag between participants in the doubles is allowed, but the sandbag must not touch the ground.
- ➔ The station is complete once the athlete lunges across the finish line, with the front foot completely crossing, and returns the sandbag ready for the next wave.
- ➔ If the participant(s) violates any of the above-mentioned points, the judge has the final decision on implementing a distance penalty of up to 25m each time.
- ➔ Once complete, your judge will release and direct you for your next run, and their instructions must be followed. Failure to do so will result in a time penalty.

7. KETTLEBELL FARMERS CARRY

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- ➔ Farmers Carry categories: Male weight 24kg, Female weight 16kg (in each hand) - 200m.
- ➔ The Kettlebell Farmers Carry begins behind the line and ends by crossing the line.
- ➔ The participant must carry both kettlebells at all times while moving.
- ➔ Kettlebells must be carried with arms extended by the participant's sides, with no bend in the arms.
- ➔ Putting down the kettlebells to rest is allowed as long as the kettlebells do not move forward when placing them on the ground, and must be placed down, not dropped.
- ➔ The station is completed once the participant(s) carries the kettlebells across the finish line and returns them to the correct box. Kettlebells must be placed so they are sat in an upright position.

7. KETTLEBELL FARMERS CARRY

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- ➔ If the participant(s) violates any of the above-mentioned points, the judge can enforce a distance penalty and send participant(s) back to complete a minimum of 25m each time.
- ➔ Once complete, your judge will release and direct you for your next run, and their instructions must be followed. Failure to do so will result in a time penalty.

8. SKIERG

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- ➔ SkiErg category: 1000m.
- ➔ Prior to starting the workout, the monitor will have been reset by a judge.
- ➔ The participant(s) feet must remain on the SkiErg platform at all times during the exercise; there is strictly no jumping, but standing on toes or heels is acceptable.
- ➔ Participants must not tamper with the screen; the judge will have the correct screen displayed – but should they not, please notify the nearest judge for them to correct.
- ➔ Damper settings can be changed before station workout commences; it can be adjusted only once after the workout begins. Any further changes to damper settings is a violation and will result in a time penalty.
- ➔ After completing the required distance, the participant(s) must raise their hand for a judge to release them from the station.
- ➔ Doubles participants cannot pass handles to each other.
- ➔ Non-exercising partners in doubles must remain in the designated waiting area.

8. SKIERG

2/2



- ➔ If the participant(s) violates any of the above-mentioned points, the athlete will receive a time penalty issued by the Judge/Head Judge. The penalty will vary depending on the violation.
- ➔ Once complete, your judge will release and direct you for your next run, and their instructions must be followed. Failure to do so will result in a time penalty.

9. SLED PUSH

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- ➔ Sled Push categories: Solo push – 60m, Doubles push – 90m. Male weight 152kg, Female weight 102kg (including sled).
- ➔ Each Participant will be assigned a lane by one of the judging team. It is mandatory that the participant(s) use the assigned sled lane - This is for efficiency, failure to comply in this order will lead to a time penalty.
- ➔ Both sled and participant(s) must be completely behind the line prior to starting.
- ➔ The sled must finish inside the box marked at the end of the 15m run before turning back for the next run.
- ➔ Mixed doubles teams will push the male weight for this station; there is no option for scaling weight on this station.
- ➔ With doubles, the non-pushing participant must be behind the partner at all times, and cannot cross into another lane or run ahead.
- ➔ The sled cannot leave the designated lane, any participant crossing into other lanes with their sled will face a penalty.

9. SLED PUSH

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- ➔ As soon as the participant(s) complete their correct distance (60m/90m) and the entire sled passes the line the station is complete.
- ➔ If the athlete completes less than the designated distance, a 2-minute penalty per missed length will be applied.
- ➔ Once complete, your judge will release and direct you for your next run, and their instructions must be followed. Failure to do so will result in a time penalty.