

# MOVEMENT STANDARDS

# THE HYBRID GAMES



#bringyourhybridgame



# 1. ASSAULT BIKE



- Assault Bike categories: Solo 50 calories, Double 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.
- Doubles - The non-exercising partner must stand behind the bike at all times.
- 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.

## 2. WALL BALLS



- Wall Ball weight categories: Male 6kg, Female 4 kg - 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 centre of the designated target; i.e., female athletes must hit their target in the centre, and male athletes must hit their target in the centre.
- 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.



## 2. WALL BALLS



- 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.
- Doubles participants cannot pass the ball to each other, and the ball must be stationary on the ground before swapping over.
- The non-exercising participants must stand in the designated waiting area.
- Once complete, your judge will release and direct you for your next run, and their instructions must be followed.



# 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.
- > 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.
- > Doubles category - The non-exercising partner must stand behind the rower at all times.
- > Doubles category – The handle must be placed back in the holding position before getting off the rower.
- > 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.



# 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.
- When taking off both feet must be parallel.
- No steps or foot shuffles forward/backward are permitted during take-off and landing.
- Double partners can rotate as many times as necessary, but a full burpee and jump must be completed before switching with your partner.
- Once complete, your judge will release and direct you for your next run, and their instructions must be followed.



# 5. DUMBBELL SNATCH



- Dumbbell Snatch categories: Male weight 20kg, Female weight 10kg - 50 reps Solo, 100 reps Doubles.
- Mixed Doubles category – The female has the option to complete their reps at the scaled weight.
- Feet hip-width apart, each rep must be alternated.
- The change of hands must take place below the shoulder, 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.
- 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.
- The dumbbell must be on the floor before their partner takes over.



# 5. DUMBBELL SNATCH



- > Doubles category - The non-exercising partner must stand in the designated zone while waiting to change over.
- > At least one head of the dumbbell must touch the floor at the start of each repetition.
- > Once complete, your judge will release and direct you for your next run, and their instructions must be followed.



# 6. SANDBAG LUNGES



- Sandbag Lunge categories: Male weight 20kg, Female weight 10kg - 100m.
- Mixed Doubles category – The female must use the male weight.
- 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 LUNGES



- Passing of the sandbag between participants in the doubles is allowed.
- The sandbag must only be passed backwards, and not sideways.
- The sandbag must not touch the ground at any time.
- 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.
- Once complete, your judge will release and direct you for your next run, and their instructions must be followed.



# 7. FARMERS CARRY



- Farmers Carry categories: Male weight 24kg, Female weight 16kg (in each hand) - 200m.
- Mixed Double category – The female must use the male weight.
- 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.
- 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.
- Once complete, your judge will release and direct you for your next run, and their instructions must be followed.



# 8. SKI ERG



- Ski Erg category: 1000m.
- Prior to starting the workout, the monitor will have been reset by a judge.
- The participant(s) feet must remain on the Ski Erg 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.
- 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.
- Doubles - The non-exercising partner must stand in the designated zone while waiting to change over.
- Once complete, your judge will release and direct you for your next run, and their instructions must be followed.

# 9. SLED PUSH



- Sled Push categories: Solo push – 60m, Doubles push – 90m. Male weight 152kg, Female weight 102kg (including sled).
- Mixed Doubles category – The female must use the male weight.
- 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.
- 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 run before turning back for the next run.
- 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.
- As soon as the participant(s) complete their correct distance (60m/90m) and the entire sled passes the line the station is complete.
- Once complete, your judge will release and direct you for your next run, and their instructions must be followed.