

# MOVEMENT STANDARDS

# THE HYBRID GAMES



#bringyourhybridgame



# 1. AIR BIKE



- Air 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 Category - The handles and pedals must be still before swapping over.
- Doubles Category - 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 their hand to call over a judge to confirm the required calories 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 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 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 category - Participants cannot pass the ball to each other, and the ball must be stationary on the ground before swapping over.
- Doubles category - 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.
- > 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 their 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.



# 4. BURPEE BROAD JUMP



- Doubles category - Partners can rotate as many times as necessary, but a full burpee and jump must be completed before switching with your partner.
- Doubles category - The non-exercising partner must remain behind the competing partner at all times.
- Doubles category - When transitioning the resting partner will begin by placing their hands where the working partners feet landed on their final jump.
- Your feet must clearly cross the finish line on your last jump.



# 5. DUMBBELL SNATCH



- > Dumbbell Snatch categories: Male weight 20kg, Female weight 10kg - Solo 50 reps, Doubles 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.
- > Feet are to be hip-width apart, each rep must be alternated with only one hand thrusting the DB overhead.
- > The change of hands must take place below the shoulder, with any part of the DB touching the floor to complete a full rep. Change of hands will need to take place on the way down not up.
- > When thrusting the arm must reach maximum extension.
- > 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.
- > Participant(s) must follow the judge's call and stick to their designated zone.



# 5. DUMBBELL SNATCH



- Doubles category - Only one participant within the pair can complete reps at a time.
- Doubles category - The dumbbell must be on the floor before their partner takes over.
- Doubles category - Should either partner need to top up chalk no reps will be counted until both participants are back in their designated area



# 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.



# 6. SANDBAG LUNGES



- 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. For the start of each run the first lunge must start from behind the line.
- Doubles category - The non-exercising partner must remain behind the competing partner at all times.
- 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.

# 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 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.
- Doubles category - The non-exercising partner must remain behind the competing partner at all times.
- 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.
- For some venues the farmers carry may require multiple laps, please pay close attention to the race map for your chosen race.



# 8. SLED PULL



- Sled Pull categories: Male weight 105kg, Female weight 80kg (including sled) - 60M
- 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.
- Once the participant(s) pulls the entire sled pass the 15m white line, the participant(s) switch to the other side of the sled lane and pulls the sled back.
- At all times, the participant(s) must remain within the box marked and are not allowed to overstep or step onto the lines while pulling the sled.
- During the pull, the participant(s) must make sure that the rope remains within their lane and does not become in the way of neighbouring lanes.

# 8. SLED PULL



- Doubles category – The resting partner must remain behind the working partner at all times outside of the box, The resting partner cannot assist with the rope in any way.
- As soon as the participant(s) complete their distance and the entire sled passes the line the station is complete.
- Once complete, the judging team will release and direct you to the next run, all judging instructions must be followed.



# 9. 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 category - Participants cannot pass handles to each other.
- > Doubles category - 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.

# 10.SLED PUSH



- Sled Push categories: Male weight 152kg, Female weight 102kg (including sled) - 60M
- 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 category – 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.
- As soon as the participant(s) complete their distance 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.