

PENALTIES DOCUMENT

THE
HYBRID
GAMES

#bringyourhybridgame

TIME PENALTIES

The following infractions will result in a time penalty added to the team's final time:

- **Missing a lap:** A **4-minute penalty** will be added for each lap missed.
- **Wrong workout order:** A **90-second penalty** will be added for each station completed out of the specified order.
- **Incomplete station:** not finishing a station required reps, distance or cals will result in a **5-minute penalty** (per athlete).
- **Swapped transition in/out:** A **2-minute penalty** will be added for each instance of a swapped transition.
- **Unsavoury or Unsportsmanlike behaviour:** First offence of unsportsmanlike or unsavoury behaviour, such as spitting, nose clearing, or littering, will result in a **2-minute time penalty**.
- **Doubles not running together:** A **2-minute penalty** will be added if doubles partners are not running together. A 20-second time block will be provided for each partner to transition between the in/out gate and the stations.
- **Starting a station without your doubles partner:** A **2-minute penalty** will be added if an athlete begins a station before their partner has joined them.
- **Leaving a station without judge approval:** A **2-minute penalty** will be added for leaving a station before receiving approval from the judge.
- **First offence of stepping out of the designated station area:** The first instance of stepping outside the designated station area will result in a warning.
- **Second offence of stepping out of the designated station area:** A **30-second penalty** will be added for a second instance of stepping out of the designated station area.

OTHER INFRACTIONS

- **No timing chip:** An athlete who races without a timing chip will have their results recorded as 'Did Not Start'.

DISQUALIFICATION

The following infractions will result in immediate disqualification from the competition:

- **Missing a station or an entire run:** All stations and runs must be completed.
- **Only one doubles athlete completing a run:** Both doubles partners must complete all runs together.
- **Swapping athletes:** The athletes who start the competition must be the same ones who finish.
- **Racing under someone else's name:** All participants must race under their own name.
- **Racing in an unassigned wave without prior permission:** Competitors must race in their designated wave unless an exception is approved by an event official beforehand.
- **Incomplete station:** All work at a station must be completed as specified.
- **Abusive behaviour or language:** Any abusive behaviour or language will result in disqualification.
- **Excessive unsportsmanlike, or unsavoury actions:** Following a first-offence time penalty, a second incident of inappropriate behaviour - for example, spitting, clearing nose, or littering will lead to disqualification.

STATION SPECIFIC PENALTIES:

The following penalties are specific to each station and are in addition to the general penalties outlined.

1. AIR BIKE

- **Pedals Moving During Transition:** A warning will be given for the first offence. A **1-minute penalty** will be issued for a second offence.
- **Doubles - Non-Competing Athlete:** The athlete who is not actively competing must remain behind the bike at all times. Stepping out of this area will result in one warning for the first offence and a **30-second penalty** for the second.

2. WALL BALLS

- **Doubles - Non-Competing Athlete:** The athlete who is not actively competing must stay in the designated area. Stepping outside of this area will result in one warning for the first offence and a **30-second penalty** for the second.
- **Passing the Ball:** A warning will be given for the first incident of passing the ball to your partner. Subsequent incidents will incur a **30-second penalty**.
- **Movement Standard Violations:** Violations of key movement standards (as detailed in the Movement Standards Document) will result in a **"no-rep"**.

3. ROW

- **Damper Adjustments:** The damper can be adjusted before the workout starts. After the workout begins, only one adjustment is permitted. Any additional changes will result in a **30-second penalty**.
- **Passing the Handle:** A warning will be given for the first incident of passing the handle to your partner. A second incident will result in a **30-second penalty**.
- **Incorrect Feet Placement:** Failing to place your feet in the footplates before you begin rowing will result in a **30-second penalty**.
- **Doubles - Non-Competing Athlete:** The athlete who is not actively competing must remain behind the rower. Stepping outside of this area will result in one warning for the first offence and a **30-second penalty** for the second.

4. BURPEE BROAD JUMP

- **Incorrect Form:** Staggered feet or jumps and any steps or foot shuffles forward or backward during take-off and landing are not permitted and will require a **re-do of the movement**.
- **Failure to Clear the Line:** The entire body must clear the end white line. Failure to do so will result in an **extra burpee** to clear the line.
- **Repeated Violations:** After one warning for initial violations, a second (or any further) warning will result in the athlete(s) being moved back **2 barriers for singles** or **4 barriers for doubles**.
- **Doubles - Non-Competing Athlete:** The athlete who is not actively competing must remain behind the competing partner at all times. Walking in front will result in one warning for the first offence and a **30-second penalty**.

5. DUMBBELL SNATCH

- **Doubles - Passing the Dumbbell:** A warning will be given for the first incident. A second incident will result in a **30-second penalty**.
- **Dropping the Dumbbell:** The first time the dumbbell is dropped during an alternating movement will result in a **"no-rep."** A second drop will incur a **30-second penalty**.
- **Alternating Above Shoulder:** The first incident of failing to alternate the dumbbell below the shoulder will result in a **"no-rep."** Subsequent incidents will result in a **30-second penalty**.
- **Doubles - Non-Competing Athlete:** The athlete who is not actively competing must stay inside the designated zone. Stepping out of this zone will result in one warning for the first offence and a **30-second penalty** for the second.

6. SANDBAG LUNGES

- **Dropped Sandbag:** The first time a sandbag is dropped will result in the athlete(s) being moved back **2 barriers for singles** or **4 barriers for doubles**. The second drop will incur disqualification.
- **Back Knee Not Touching the Floor:** A warning will be given for the first offence. A second offence will result in a **30-second penalty**.
- **Hips Not Fully Extended:** A warning will be given for the first offence. A second offence will result in a **30-second penalty**.
- **Failure to Clear the Line:** Failure to clear the end white line will result in an **extra lunge** to clear the line.
- **Incorrect Sandbag Placement:** If the sandbags are not placed in the correct box, without immediate re-correction a **30-second penalty** will be applied.
- **Doubles - Non-Competing Athlete:** The athlete who is not actively competing must remain behind the competing partner at all times. Walking in front will result in one warning for the first offence and a **30-second penalty**.

7. KETTLEBELL FARMER'S CARRY

- **Incorrect Kettlebell Placement:** If the kettlebells are not placed upright in the correct box, a **30-second penalty** will be applied unless the mistake is immediately corrected.
- **Dropping/Throwing Kettlebells:** A **30-second penalty** will be issued for each incident of dropping or throwing the kettlebells.
- **Missed Lap:** A **3-minute penalty** will be added for each missed lap.
- **Doubles - Non-Competing Athlete:** The athlete who is not actively competing must remain behind the competing partner at all times. Walking in front will result in one warning for the first offence and a **30-second penalty**.

8. SLED PULL

- **Assigned Lane Violation:** Participants must use their assigned lane. Failure to do so will result in a **30-second penalty**.
- **Sled Not Clearing the Line:** The entire sled must cross the line after each length. Failure to do so will result in a warning for the first offence. Subsequent offences will incur a **30-second penalty**.
- **Sled Position at Turnaround:** The sled must finish inside the marked box at the end of the run before you can turn around for the next run.
- **Incomplete Distance:** A **3-minute penalty** will be applied for each missed length.
- **Feet touching/on white line:** If participants feet touch the white lines at the front or back of the box whilst holding the rope they will receive their first warning. A second incident will incur a **30-second penalty**.
- **Doubles - Non-Competing Athlete** - The athlete who is not must not touch the rope in anyway or this will incur a warning. A second incident will incur a **30-second penalty**.

9. SKI ERG

- **Damper Adjustments:** The damper can be adjusted before the workout starts. After the workout begins, only one adjustment is permitted. Any additional changes will result in a **30-second penalty**.
- **Incorrect Feet Placement:** Failing to place your feet on the platform before you begin the movement will result in a **30-second penalty**.
- **Jumping/Feet Off Platform:** A warning will be given for the first incident of jumping or having your feet off the platform during the movement. Subsequent incidents will result in a **30-second penalty**.
- **Passing the Handles:** A warning will be given for the first incident of passing the handles to your doubles partner. Subsequent incidents will result in a **30-second penalty**.
- **Doubles - Non-Competing Athlete:** The athlete who is not actively competing must stay in the designated zone behind their partner. Stepping out of this zone will result in one warning for the first offence and a **30-second penalty** for the second.

10. SLED PUSH

- **Assigned Lane Violation:** Participants must use their assigned lane. Failure to do so will result in a **30-second penalty**.
- **Sled Not Clearing the Line:** The entire sled must cross the line after each length. Failure to do so will result in a **warning** for the first offence. Subsequent offences will incur a **30-second penalty**.
- **Sled Position at Turnaround:** The sled must finish inside the marked box at the end of the run before you can turn around for the next run.
- **Incomplete Distance:** A **3-minute penalty** will be applied for each missed length.