

2023 XFit Games Movement Rules

**** NO CLEATS – NO CHALK – NO GLOVES ****

5 Minute Plank Challenge

- **1:00 Straight Arm**
- **:30 Forearm**
- **:30 Lift Right Leg**
- **:30 Lift Left Leg**
- **:30 Side Plank**
- **:30 Side Plank**
- **:30 Straight Arm**
- **1:00 Forearm**
- **NOTES/SCORING:**
 - **If anything other than hands, forearms, or feet touch floor your time ends. This includes transitioning from one position to the next.**
 - **Turf only. No mats allowed.**
 - **Straight Legs and Flat Back will be enforced. Bending at the hips is a 1 point penalty.**
 - **Feet must be stacked on side planks.**
 - **1 point for each completed phase, 8 possible points. Score is averaged for each team.**
 - **2 Males and 2 Females from each team**



TIYR Flip Challenge (60sec time cap)

- **15 TIYR Flips**
- **Must flip end over end, and remain on the turf and in your lane**
- **Timed event**
- **Males-Red (176lbs) TIYR needs 6 flips each way**
- **Females-Green (88lbs) TIYR needs 8 flips each way**
- **2 Males and 2 Females from each team**
- **NOTES/SCORING:**
 - **Must stay in your lane – 2 second penalty**
 - **Best team averaged time 5 points down to 1 point for 5th best time**

Overhead Dumbbell Lunges w/ Thrusters Challenge (90 second time cap)

- Walking lunges (coming back to center with each - a simple foot touch or tap WILL count) while holding 1 dumbbell fully extended overhead with a LOCKED elbow. Must go 40 feet (to the end of the turf) with last step, switch dumbbell to the other arm (IN FRONT OF YOUR CHEST FOR SAFETY), turn around and walk lunge back 40 feet (rubber floor to rubber floor).
- Immediately complete 10 dumbbell thrusters with 2 dumbbells.
- NOTES/SCORING:
 - Knee of the back leg must touch the turf during lunges – 2 second penalty
 - Arm must be fully extended during overhead during lunges with locked elbow – 2 second penalty
 - During thrusters, elbows must touch the knees in the bottom squat position – 2 second penalty.
 - Stand up and extend dumbbells overhead to locked elbows – 2 second penalty.
 - Repeat move 10 times
 - Scored on time
 - Best team averaged time 5 points down to 1 point for 5th best time
 - Males use 15lbs dumbbells. Females use 8lbs dumbbells
 - 1 Male and 1 Female from each team

TIYR Push & Pull Challenge (3min time cap)

- Push TIYR from turf edge to turf edge.
- Go back to start line and pull TIYR with battle rope back to turf edge.
- Repeat this for a total of 6 lengths (3 push, 3 pull)
- NOTES/SCORING:
 - Must stay in your own lane – 5 second penalty
 - Scored on time
 - Best team averaged time 5 points down to 1 point for 5th best time
 - Males- Large Red (176lbs) TIYR. Females use green (88lbs) TIYR
 - 1 Male and 1 Female from each team

XFit Obstacle Course Challenge (90 second time cap)

1. Echo Bike= .25 miles

2. Lateral Step Ladder Drill

- Sidestep both feet into each square
- Missing both feet in each square is a 2 second penalty
- Touching the lines is OK

3. Box Jump

- Jump forward onto box. Side jump to the right off the box. Jump back onto the box from the right. Jump off the box to the left. Jump back onto the box from the left. Jump forward off the box.
- If hands or knees touch the box, then that part of the jump must be repeated.
- Males use 24" box, Females use 20" box.

4. Bench Jump Pushup

- Full pushup with hands on bench, straight legs, no knees touching floor. Chest must touch bench. Jump onto bench *landing on two feet*. Jump off of bench while twisting in air and land facing opposite way. Repeat pushup sequence. Do a total of 4 pushups and 3 jumps.

5. Sprints w/Touch

- Sprint from end to end of Turf, touching rubber floor at east end and wall pads at west end (40 feet), for a total of 4 lengths. Not touching is a 2 second penalty.
- Scored on time
- Best team averaged time 5 points down to 1 point for 5th best time
- 1 Male and 1 Female from each team

Tug O War Challenge

- 2 Males and 2 Females each team
- Random bracket
- Single or double elimination to be determined based off number of entries.
- Must stay on turf. Stepping onto rubber ends match and is considered a loss by violating team.

- **Cannot wrap rope around waist or arms.**
- **Tug O War 1st place-5 points. 2nd place-3 points, 3rd place-2 points, 4th place-1 point**

***All movement rules will be enforced by our judges and points will be deducted for movement rule violations.**

General

- You do not need to be a Fitness1 member in order to participate.
- By signing below, you agree to Fitness1 use of event photography/videography for marketing purposes.
- Our signed WAIVER & RELEASE FORM is required to participate.

CLEARLY Printed Name

CLEARLY Printed TEAM Name

Signature

Date Signed

Parental/Guardian Signature Required if above is under 18 years of age

Date Signed

Wellington Athletic Club, LLC dba Fitness1