



# RIGFIT GAMES

## SINGLES EVENT RULES

Saturday 6th September 9am – 3pm

### ROUND 1

- **15kcal Ski** - Level 7 Resistance
- **15cal Row** - Level 7 Resistance
- **15kcal Airbike** - seat height can be set up before starting round 1

### ROUND 2

- **15 KB Rope Pulls** - 12kg Female/16kg Male
- **40m Farmers Carry** - 16kg Female/24kg Male
- **40 Wall Balls** - 4kg Female/6kg Male
- **40m Burpee Broad Jumps**
- **40 Alt. Arm DB Power Snatch** - 8kg Female / 12.5kg Male
- **15 Balls Slams** - 8kg Female/ 10kg Male

### ROUND 3

- **40m Tank Push and Pull** - Tank +20kg Female / +30kg Male

Push tank 10m, pull back 10m x 2.

Please note that both sets of wheels will be required to pass the floor markings to complete each 10m length

### General points to note

- Your event time starts with the Ski (Round 1) and stops when you complete the 40m Tank Push (Round 3).
- You may rest at any point, but the clock will keep running – your final time will reflect any breaks taken.
- Each competitor will have one total time for all three rounds – fastest time wins!
- The event will begin promptly at 9:00am and should finish around 3:00pm (timing may vary depending on completion times).
- At 9:00am, numbers will be drawn to decide the running order.
- Plan to stay for the duration – complete your workout, then cheer on your fellow competitors!
- Spectator space will be available in the gym.
- Prizes will be awarded to the top 3 finishers.





# RIGFIT GAMES

## DOUBLES EVENT RULES

Sunday 7th September 9am – 3pm

### ROUND 1

- **500m Ski** – Level 7 Resistance
- **200m Tank Push**

500m Ski each (both partners start at the same time!) – straight into 200m Tank Push, alternating every 10m.

### ROUND 2

- Partner 1 – **10kcal Airbike**
- **As a team:**
  - **100 Alt. Wall Balls** – 4kg Female / 6kg Male / 4kg Mixed
  - **100 Battlerope Burpees**
  - **100 Butt-to-Ball Squats** – butt must touch the ball and you must stand up fully on each rep
  - **100 Press Ups** – toes or knees allowed, elbows must bend to 90°
  - **100 Ball Slams** – 8kg Female / 10kg Male / 10kg Mixed
- Partner 2 – **10kcal Airbike**

### ROUND 3

- **1000m Row and Wall Squat as a team** – Level 7 Resistance on Rower

Resting team member must hold a wall squat until change over.

#### General points to note

- Both partners start the Ski (Round 1) at the same time. The Tank Push begins once both skier distances are complete.
- In Round 2, the 100 Battlerope Burpees, 100 Butt-to-Ball Squats, 100 Press Ups, and 100 Ball Slams can be split between partners in any way – but both partners must contribute to each exercise. All 100 reps of one movement must be completed before moving on to the next in the listed order.
- In Round 3, both partners contribute to the 1000m Row. If the partner holding the wall sit comes out early, you must switch. Changeovers can happen as often as needed.
- Rest as much as you like – but the clock will keep running.
- Each team will have one total time for all three rounds – fastest time wins!
- The event will start promptly at 9:00am and should finish around 3:00pm (timing may vary slightly).
- Numbers will be drawn at the start to set the running order.
- Plan to stay for the full event – complete your workout, then support your fellow competitors!
- Spectator space will be available in the gym.
- Prizes will be awarded to the top 3 teams.