

VALLEY STRONG FITNESS COMPETITION – SEPTEMBER 21, 2024

VALLEY STRONG RULEBOOK

WORKOUT	WOMEN	MEN
Farmer Carry 200m	16kg (35 pounds)	24kg (53 pounds)
Burpee Broad Jumps	80 m	80 m
Hill Runs	750 m	750 m
Sandbag Lunges 100m	10kg (22 pounds)	20kg (44 pounds)
Loop Runs	1000m	1000m
Tire Flips	6 @ 90kg (200 pounds)	6@ 136kg (300 pounds)

Kettlebell Farmer Carry

- The kettlebells Farmers Carry begins and ends with the removal/return of the kettlebells from the marked area next to the start/finish line.
- The athlete must carry both kettlebells at all times while they move.
- Kettlebells must be carried with both arms extended by the athlete's side.
- Putting down the kettlebells to rest is allowed so long as the kettlebells do not move forward when placing them on the ground.
- The station is completed, once the athlete carries the kettlebells across the finish line **and returns them to the marked area.**
- If the athlete violates any of the above mentioned points, the athlete will receive a 5m penalty.

Burpee Broad Jumps

- The athlete must start by completing a burpee.
- The burpee starts with the hands placed behind the start line and near their feet (at most one foot length away). Once the hands are placed on the ground they can not be moved forward.
- In the lower position, the athlete's chest must clearly touch the ground.
- Then, the athlete stands up and jumps forward, jumping and landing with both feet simultaneously. If the feet are staggered when taking off, the athlete needs to make sure both feet land at the same time with both feet parallel to each other. No steps or foot shuffles are permitted after landing.
- When stepping or jumping back up from the lower position, the feet cannot pass the athlete's fingertips.
- The length of each broad jump is up to the athlete.
- Taking any steps forward between the repetitions is not permitted.
- The station is completed, once the athlete jumps across the finish line.
- If the athlete violates any of the above mentioned points, the repetition becomes invalid and on the second warning, the athlete receives a 5m distance penalty.

Hill Runs

- Athletes must start at the bottom of the hill.
- The hill run consists of an uphill run, downhill to the start line, and then up again.
- Timing ends when the athlete completely crosses the finish line at the top of the hill.

Sandbag Lunge

- The Sandbag Lunge begins and ends with the removal/return of the sandbag from the marked area next to the start/finish line.
- The athlete must lift up the sandbag without assistance and place it across both shoulders.
- The athlete starts standing tall 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.
- Lunges must be alternating (ie. alternating knees touching the ground)
- The athlete can either lunge continuously or stop after each lunge with both feet parallel to the ground.
- Taking any steps or shuffles between repetitions is not permitted.
- The station is complete, once the athlete lunges across the finish line and returns the sandbag to the marked area.
- If the athlete violates any of the above mentioned points, the repetition becomes invalid, and the second warning the athlete receives a 5m penalty.
- The sandbag must remain on both shoulders at all times and it is not permitted to put the sandbag down at any time during the workstation. Removing the sandbag from the shoulders will result in a 5m penalty. The second time will result in disqualification.

Loop Runs

- The athletes will line up at the start line and complete the 1000m loop as fast as possible. The athletes must stay on the marked track.
- Timing ends when the athlete fully crosses the finish line.

Tire Flips

- Athletes must not touch tire until judges say GO
- Athletes must flip the designated tire six (6) times. Three flips one way and three flips the other way, ending up where they started.
- Athletes will have three minutes to complete the eight flips
- Athletes will incur a 10s penalty if they touch the tire before judge yells GO
- Time will stop when tire stops wobbling and athlete is permitted to stop the tire from wobbling anyway that they see fit.

CATEGORIES

WOMEN:

Open: 18-35 years old

Novice: 36-50

Masters: 50+

MEN:

Open: 18-35 years old

Novice: 36-50

Masters: 50+

MIXED:

Open: 18-35 years old

Novice: 36-50

Masters: 50+