



RULE BOOK



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I. INTRODUCTION

A. SCOPE

The following rules of competition ("Rules") are set forth and governed by GRIT FITNESS, LLC and apply to all GRIT GAMES 2023 Presented by PWR Lift (GG2023) workouts. These Rules are binding on all competitors participating in any GG2023 event.

B. PURPOSE

These Rules explain how GG2023 will be officiated and seek to:

1. ensure that all GG2023 workouts are conducted in a fair and consistent manner, with a spirit of sportsmanship and integrity; and
2. provide clear guidelines to facilitate a standardized competition; and
3. protect the health, safety, and well-being of competitors so far as this objective can be reasonably achieved in the sport.

C. VARIATIONS AND AMENDMENTS

1. GRIT FITNESS, LLC may from time to time change these Rules and make further Rules at its absolute discretion.
2. The English language version of these Rules shall be controlling in all respects and shall prevail in case of any inconsistencies with translated versions, if any.

II. GENERAL EVENT RULES

A. ATHLETE EXPECTATIONS & REQUIREMENTS

1. **SPORTSMANSHIP:** All athletes are expected to display a high level of good sportsmanship—the kind that would make your mother proud. Keep the trash talk and head games off the event field. While competing, treat each athlete, spectator, volunteer, and judge with the utmost respect.
2. **BRIEF AND HEAT ASSIGNMENTS:** At each workout briefing, you'll receive information on the workout, including any updates, your heat assignment, and your judge assignment. Being on time to each briefing and your assigned heat is required. If you are late for a brief or assigned heat, you won't be allowed to compete in that workout, at the discretion of the executive event team.
3. **Use of Hand Wraps, Straps, Chalk, or Gloves:** Please note that hand wraps, straps, chalk, and/or gloves of any kind are **NOT ALLOWED** to be used for any workouts.



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B. EQUIPMENT MARKINGS BY DIVISION

Equipment for each workout will be staged in appropriate areas by event staff. Markings are consistent throughout the entire event. Specific weight, in pounds, can be found in the “equipment specifics” section of each workout.

1. PRO MEN: **GREEN** Kettlebells, All other equipment will be marked **RED**
2. PRO WOMEN: **PURPLE** Kettlebells, All other equipment will be marked **GREEN**
3. OPEN MEN: **PURPLE** Kettlebells, All other equipment will be marked **GREEN**
4. OPEN WOMEN: **YELLOW** Kettlebells, All other equipment will be marked **WHITE**

C. TEAM SPECIFIC RULES

1. Each workout can be done relay style, however it is not required.
2. A single team member may complete a whole workout, competing in the entire event as a single, if they so choose.
3. It is not necessary for teams to specify beforehand which team member will be completing each section or in what order they plan to follow.
4. Each workout has designated exchange points for which the team members may switch out. Exchanging outside of these designations will not be allowed and the team will not be awarded a score for those sections or subsequent sections.
5. If you are competing as a coed team, the men will use the Team/Open Men's weighted equipment and the women will use the Team/Open Women's weighted equipment.
 - a) If during the workout a male team member attempts, accidentally or intentionally, to use a women's weight, the team member will be informed about it by their assigned judge. Failure to return the incorrectly weighted equipment and retrieve the correct weighted equipment will result in not being awarded a score for those sections or subsequent sections.
 - b) If a female team member attempts, accidentally or intentionally, to use the men's weight, the team member will be informed about it by their assigned judge. The team member will be given the option to return to the equipment pick-up area to retrieve the correct weight, but it is not required and credit for completed sections will still be awarded.



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III. WORKOUT DESCRIPTIONS AND RULES - PRO DIVISION

1. WORKOUT ONE (1) - STRENGTH

a) **FORMAT**

- (1) AMRAP: As Many Rounds as Possible
- (2) TIME: 20 minutes
- (3) LAYOUT:

BUY-IN: 400M Run

- 100m Bucket Carry
- 6 Timber Flips
- 100m Sandbag Shoulder Carry
- 10 Over the Shoulders
- 100m Farmers Carry
- 1 Herc Hoist

b) **EQUIPMENT SPECIFICS**

- (1) Bucket - (Men: 80lbs, Women: 60lbs)
- (2) Timber Flip - (Men: 9ft, 175lbs, Women: 8ft, 150lbs)
- (3) Sandbag Shoulder Carry - (Men: 80lbs, Women: 60lbs)
- (4) Over the Shoulder Bag - (Men: 100lbs, Women: 80lbs)
- (5) Farmer's Carry - Kettlebells - (Men: 53lbs, Women: 44lbs)
- (6) Herc Hoist - Rope & Sandbag (Men: 80lbs, Women: 60lbs)

c) **MOVEMENT STANDARDS**

(1) **Bucket Carry**

- (a) Must be carried in front of the body and upright only.
- (b) Cannot be carried on the shoulders, upside down, sideways or otherwise.

(2) **Timber Flips**

- (a) Pick the timber up from one end, lifting it straight up, flipping it end-over-end.
- (b) You must release contact with the timber before beginning your next rep.
- (c) Each end-over-end flip is one (1) rep.

(3) **Sandbag Shoulder Carry**

- (a) Must be carried across one or both shoulders the entire distance.

(4) **Over the Shoulders**

- (a) Rep starts with the bag on the ground.
- (b) Athlete must lift the bag and the bag must be brought over the athlete's shoulder.
- (c) Athletes must come to full hip extension as the bag passes over the shoulder.
- (d) Either side of the body, right or left shoulder, are acceptable.
- (e) Rep will not be awarded if the bag does not go over the shoulder (ie. off the side of the arm or elbow) or if full hip extension is not achieved.



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(5) Farmers Carry

- (a) One kettlebell in each hand, hanging at the side.
- (b) If kettlebells are set on the ground, no forward progress can be made until weights are in each hand and hanging at the side again.

(6) Herc Hoist

- (a) Pull the rope to raise the weight until it touches the pulley at the top.
- (b) Feet MAY be used as leverage on the barrier.
- (c) DO NOT cross the barrier in front of or behind you with either foot.
- (d) Lower the weight in a controlled position until it is on the ground for completion.
- (e) Rep will not be awarded if the weight doesn't reach the top, a foot crosses the barrier, or if you drop the bag from any height.

d) SCORING GUIDELINES

- (1) Your rank is determined by your accumulated total reps.
- (2) HEAVY CARRY: awarded one (1) rep point for each 10m distance covered.
- (3) OTHER MOVEMENTS: All reps for each individual movement counts towards your total rep count.

e) ADDITIONAL NOTES

- (1) All stations must be done in order and all designated reps or distance completed before moving to the next station.
- (2) Athletes are allowed to rest at their discretion but upon beginning a new rep, all movement standards apply.
- (3) Chalk, gloves, and wrap grips are NOT allowed.

2. WORKOUT TWO (2) - SPEED - Yancy Culp's Burp 400

a) FORMAT

- (1) AMRAP: As Many Reps as Possible
- (2) TIME: 8 - 3 Minute Rounds, 24 Minutes Total
- (3) LAYOUT:
 - Start a 3 minute timer
 - run 400m and then do burpees until the 3 minutes runs out.
 - Repeat for 8 rounds

b) EQUIPMENT SPECIFICS

- (1) Assigned Athlete Stations
- (2) Overhead Hanging Ring set to each athlete's specific arm reach height.



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c) **MOVEMENT STANDARDS**

(1) **Burpees**

- (a) Burpees must begin in the standing position with hips at full extension.
- (b) From standing, drop to the ground, hips must touch the ground.
- (c) Return to the standing position and jump to touch the ring above your head with both hands. Rings will be adjusted to fit your height.
- (d) Rep will not be awarded if full movement standard is not met.

d) **SCORING GUIDELINES**

- (1) Your rank is determined by your total number of burpees completed in all 8 rounds.

e) **ADDITIONAL NOTES**

- (1) Your judge will inform you each time a burpee does not meet the movement standard by saying "No Rep" and what part of the standard was not met (chest and/or hips not touching the ground, one or both hands not touching the ring). That burpee will not count. If the standard is not corrected, the judge will continue to audibly call each no rep but the reason will not be given unless asked by the athlete.

3. WORKOUT THREE (3) - OBSTACLE PROFICIENCY

a) **FORMAT**

- (1) TIME: 5 Minute Time-Cap

(2) LAYOUT:

- Complete a series of 10 Obstacles within the allotted time.
- The goal is to get the furthest the fastest, ultimately completing all obstacles.
- Obstacles must be completed in order.
- You may retry each obstacle as many times as necessary or until the time runs out.
- Obstacles can be skipped, however no points will be awarded for skipped obstacles.
- If you skip an obstacle you cannot go back to it or any previous obstacles.



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b) **OBSTACLE ORDER:**

- (1) Walls
- (2) Monkey Bars
- (3) Pegboard
- (4) Balance Beam
- (5) Gibbons
- (6) Twister
- (7) Tyrolean Traverse
- (8) Inverted Wall Traverse
- (9) Multi-Rig
- (10) Rope Climb

c) **OBSTACLE RULES & INSTRUCTIONS**

(1) Walls

- (a) Climb up and over each wall using any means necessary.
- (b) You must come down to the ground in between each wall.
- (c) Obstacle completion is signified by reaching the ground on the other side of the final wall.

(2) Monkey Bars

- (a) Begin by using the first bar.
- (b) Using only the bars traverse down the obstacle.
- (c) Use hands only, no legs or feet.
- (d) Feet cannot touch the ground.
- (e) For obstacle completion, ring the bell using only your hand(s).

(3) Pegboard

- (a) Start this obstacle using pegs with your left hand peg in any hole in the first vertical column.
- (b) Use the pegs to traverse across.
- (c) Feet cannot touch the ground.
- (d) For obstacle completion, ring the bell using only your hand(s).

(4) Balance Beam

- (a) Traverse across the balance beam using your feet only.
- (b) No part of the body can touch the ground.
- (c) For obstacle completion, ring the bell using only your hand(s).

(5) Gibbons

- (a) Start this obstacle using the first peg in the first bracket
- (b) Using only the pegs in the designated rungs, traverse down the obstacle.
- (c) Feet cannot touch the ground.
- (d) For obstacle completion, ring the bell using only your hand(s).



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(6) Twister

- (a) Start this obstacle using the very first rung.
- (b) Using only the dedicated rungs traverse down the obstacle.
- (c) Use hands only, no legs or feet.
- (d) Feet cannot touch the ground.
- (e) For obstacle completion, ring the bell using only your hand(s).

(7) Tyrolean Traverse

- (a) Climb up the rope and OVER the bar at the top.
- (b) No part of the body can touch the ground once on the rope.
- (c) For obstacle completion, ring the bell using only your hand(s).

(8) Inverted Wall Traverse

- (a) Beginning with the first foot and hand hold, traverse across the wall using only the designated implements.
- (b) Do not use the top of the wall.
- (c) No part of the body can touch the ground.
- (d) For obstacle completion, ring the bell using only your hand(s).

(9) Multi-Rig

- (a) Start this obstacle using the very first implement.
- (b) Do not use the vertical supports the implements are hanging from (i.e. post, chain, rope, etc.).
- (c) No part of the body can touch the ground.
- (d) For obstacle completion, ring the bell using only your hand(s).

(10) Rope Climb

- (a) Climb the rope
- (b) For obstacle completion, ring the bell using only your hand(s).

d) **SCORING GUIDELINES**

- (1) Your score is an accumulation of the points awarded for each obstacle section completed.
- (2) Each of the obstacle sections have a point value based on the level of difficulty from least (5 point) to greatest (20 points).
- (3) Obstacle Section Points:
 - (a) 5 POINT OBSTACLES
 - Walls
 - Balance Beam
 - Tyrolean Traverse
 - (b) 10 POINT OBSTACLES:
 - Monkey Bars
 - Inverted Traverse Wall
 - Rope Climb



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- (c) 15 POINT OBSTACLES:
 - Twister
 - Gibbons
- (d) 20 POINT OBSTACLES:
 - Peg Board
 - Multi-Rig
- (4) Time Ranking:
 - (a) If an athlete does not complete all 10 obstacle sections, time will not be factored into the ranking.
 - (b) If an athlete does complete all 10 obstacle sections, ranking will then be determined by their finish time.
- e) **ADDITIONAL NOTES**
 - (1) Gloves, chalk, and wraps of any kind are NOT allowed

4. WORKOUT FOUR (4) - ENDURANCE

- a) **FORMAT**
 - (1) TIME: Last Man Standing
 - (2) SCORING STYLE: Most Accumulated Time
 - (3) LAYOUT:
 - Athletes will begin with a 30 second dead hang and then a 4 minute timer will begin.
 - Complete a 800m run that includes non-technical obstacles before the 4 minutes expire.
 - Athletes complete an overhead sandbag hold for 30 seconds.
 - Another 800M Run with non-technical obstacles.
 - This pattern continues until one athlete is left standing.
 - If you cannot deadhang or perform the overhead hold for the full 30 seconds, you are out.
 - If you cannot complete the 800m run within the 4 minute timer, you are out.
 - After the 8th 800m run, the 4 minute timer will be reduced by 10 seconds each round until one athlete is left.
- b) **EQUIPMENT SPECIFICS**
 - (1) Sandbag (Men: 40lbs, Women: 30lbs)
 - (2) Dead Hang Over Head Bars
 - (3) Non-technical obstacles (Undisclosed)



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c) MOVEMENT STANDARDS

(1) Dead Hang

- (a) Overhand, Underhand, or mix grip is allowed.
- (b) Both hands must remain in full contact with the bar
- (c) You may not adjust or switch grip during the duration of the dead hang.
- (d) Feet cannot touch the ground.

(2) Sandbag Overhead Hold

- (a) The entire sandbag must be above your head without any part of the bag resting or touching your head.
- (b) Your judge will be looking for "space" between your head and the bag.

(3) 800m Run

- (a) Two 400m loops
- (b) All obstacles must be completed each loop.

d) SCORING GUIDELINES

- (1)** Your score is the amount of time you participated in the workout until failure.

e) ADDITIONAL NOTES

- (1)** Gloves, chalk, and wraps of any kind are NOT allowed.

5. SCORING & PLACEMENT

- a) For each workout your score is based on your rank/placement in that workout.
- b) Workout scores will follow the PRO Scoring Metric[^] shown in the ATTACHMENTS section of the GG2023 Rule Book.
- c) Overall will ranking will be the total of the four workout (Strength, Speed, Obstacle, Endurance) scores.



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IV. WORKOUT DESCRIPTIONS AND RULES - TEAM DIVISION

A. WORKOUT ONE (1) - STRENGTH

1. FORMAT

- a) AMRAP: As Many Rounds as Possible
- b) TIME: 20 minutes
- c) LAYOUT:

BUY-IN: 400M Run

- 100m Bucket Carry
- 4 Timber Flips
- 100m Sandbag Shoulder Carry
- 10 Over the Shoulders
- 100m Farmers Carry
- 1 Herc Hoist

2. EQUIPMENT SPECIFICS

- a) Bucket - (Men: 60lbs, Women: 50lbs)
- b) Timber Flip - (Men: 8ft, 150lbs, Women: 6ft, 100lbs)
- c) Sandbag Shoulder Carry - (Men: 60lbs, Women: 40lbs)
- d) Over the Shoulder Bag - (Men: 80lbs, Women: 70lbs)
- e) Farmer's Carry - Kettlebells - (Men: 44lbs, Women: 35lbs)
- f) Herc Hoist - Rope & Sandbag (Men: 60lbs, Women: 40lbs)

3. MOVEMENT STANDARDS

a) **Bucket Carry**

- (1) Must be carried in front of the body and upright only.
- (2) Cannot be carried on the shoulders, upside down, or sideways.

b) **Timber Flips**

- (1) Pick the timber up from one end, lifting it straight up, flipping it end-over-end.
- (2) You must release contact with the timber before beginning your next rep.
- (3) Each end-over-end flip is one (1) rep.

c) **Sandbag Shoulder Carry**

- (1) Must be carried across one or both shoulders the entire distance.

d) **Over the Shoulders**

- (1) Rep starts with the bag on the ground.
- (2) Athlete must lift the bag and the bag must be brought over the athlete's shoulder.
- (3) Athletes must come to full hip extension as the bag passes over the shoulder.
- (4) Either side of the body, right or left shoulder, are acceptable.
- (5) Rep will not be awarded if the bag does not go over the shoulder (ie. off the side of the arm or elbow) or if full hip extension is not achieved.



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- e) **Farmers Carry**
 - (1) One kettlebell in each hand, hanging at the side.
 - (2) If kettlebells are set on the ground, no forward progress can be made until weights are in each hand and hanging at the side again.
- f) **Herc Hoist**
 - (1) Pull the rope to raise the weight until it touches the pulley at the top.
 - (2) Feet may be used as leverage on the barrier.
 - (3) DO NOT cross the barrier in front of or behind you with either feet.
 - (4) Lower the weight in a controlled position until it is on the ground for completion.
 - (5) Rep will not be awarded if the weight doesn't reach the top, a foot crosses the barrier, or if you drop the bag from any height.

4. TEAM MEMBER EXCHANGE

- a) One team member at a time must complete a consecutive heavy carry and movement station.
- b) Following the above rule, team members can switch at their discretion

5. SCORING GUIDELINES

- a) Your team score is an accumulation of total reps completed.
- b) HEAVY CARRY: awarded one (1) rep point for each 10m distance covered.
- c) OTHER MOVEMENTS: awarded one (1) rep point for successful completion of each movement rep following the movement standards.

6. ADDITIONAL NOTES

- a) All stations must be done in order and all reps or distance completed before moving to the next station.
- b) Athletes are allowed to rest at their discretion but upon beginning a new rep, all movement standards apply.
- c) Chalk, gloves, and wrap grips are NOT allowed.

B. WORKOUT TWO (2) - SPEED - Yancy Culp's Burp 400

1. FORMAT

- a) AMRAP: As Many Reps as Possible
- b) TIME: 8 - 3 Minute Rounds, 24 Minutes Total
- c) LAYOUT:
 - Start a 3 minute timer
 - run 400m and then do burpees until the 3 minutes runs out.
 - Repeat for 8 rounds

2. EQUIPMENT SPECIFICS

- a) Assigned Athlete Stations
- b) Overhead Hanging Ring set to each athlete's specific arm reach height.



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3. MOVEMENT STANDARDS

a) Burpees

- (1) Burpees must begin in the standing position with hips at full extension.
- (2) From standing, drop to the ground, hips must touch the ground.
- (3) Return to the standing position and jump to touch the ring above your head with both hands. Rings will be adjusted to fit your height.
- (4) Rep will not be awarded if full movement standard is not met.

4. TEAM MEMBER EXCHANGE

- a) Team members can alternate each round at their discretion.
- b) The team member that begins the run must also complete the burpees for that 3 minute round.
- c) Team members may not exchange in the middle of a round to split the run or split the burpees.

5. SCORING GUIDELINES

- a) Your team score is an accumulation of total burpees completed in all of the 8 rounds.

6. ADDITIONAL NOTES

- a) Your judge will inform you when a burpee does not meet the movement standards by saying “No Rep” and what was not met (hips not touching the ground, missing the ring, ect). That burpee will not count. Failure to fix the movement expectations will result in more “No Reps” but the judge is not required to explain the same error repeatedly.

C. WORKOUT THREE (3) - OBSTACLE PROFICIENCY

1. FORMAT

- a) TIME: 7 Minute Time-Cap

- b) LAYOUT:

- Complete a series of 10 Obstacles within the allotted time.
- The goal is to get the furthest the fastest, ultimately completing all obstacles within the allotted time.
- Obstacles must be completed in order.
- You may retry each obstacle as many times as necessary or until the time runs out.
- Obstacles can be skipped, however no points will be awarded for skipped obstacles.
- If you skip an obstacle you cannot go back to it.
- Obstacle completion will be signified by ringing the bell at the end of the obstacle with your hand(s) only.



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2. OBSTACLE ORDER:

- a) Walls
- b) Monkey Bars
- c) Pegboard
- d) Balance Beam
- e) Gibbons
- f) Twister
- g) Tyrolean Traverse
- h) Inverted Wall Traverse
- i) Multi-Rig
- j) Rope Climb

3. OBSTACLE RULES & INSTRUCTIONS

a) **Walls**

- (1) Climb up and over the walls using any means necessary.
- (2) Obstacle completion is signified by reaching the ground on the other side of the final wall.

b) **Monkey Bars**

- (1) Begin by using the first bar.
- (2) Using only the bars traverse down the obstacle.
- (3) Use hands only, no legs or feet.
- (4) Feet cannot touch the ground.
- (5) Ring the bell with hand(s) only.

c) **Pegboard**

- (1) Start this obstacle using pegs with your left hand peg in a hole in the first vertical column.
- (2) Use the pegs to traverse across.
- (3) Feet cannot touch the ground.
- (4) Ring the bell with hand(s) only.

d) **Balance Beam**

- (1) Traverse across the balance beam using your feet only.
- (2) No part of the body can touch the ground.
- (3) Ring the bell with hand(s) only.

e) **Gibbons**

- (1) Start this obstacle using the first peg in the first bracket
- (2) Using only the pegs in the designated rungs, traverse down the obstacle.
- (3) Feet cannot touch the ground.
- (4) Ring the bell with hand(s) only.



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- f) **Twister**
 - (1) Start this obstacle using the very first rung.
 - (2) Using only the dedicated rungs traverse down the obstacle.
 - (3) Use hands only, no legs or feet.
 - (4) Feet cannot touch the ground.
 - (5) Ring the bell with hand(s) only.
 - g) **Tyrolean Traverse**
 - (1) Climb the rope and OVER the bar at the top.
 - (2) No part of the body can touch the ground once on the rope.
 - (3) Ring the bell with hand(s) only.
 - h) **Inverted Wall Traverse**
 - (1) Beginning with the first foot and hand hold, traverse across the wall using only the designated implements.
 - (2) Do not use the top of the wall.
 - (3) No part of the body can touch the ground.
 - (4) Ring the bell with hand(s) only.
 - i) **Multi-Rig**
 - (1) Start this obstacle using the very first implement.
 - (2) Use hands only, no legs or feet
 - (3) Do not use the vertical supports the implements are hanging from (i.e. post, chain, rope, etc.).
 - (4) Feet cannot touch the ground.
 - (5) Ring the bell with hand(s) only.
 - j) **Rope Climb**
 - (1) Climb the rope
 - (2) Ring the bell at the top using your hand(s) only.
- 4. TEAM MEMBER EXCHANGE**
- a) Only one team member must complete an obstacle to progress to the next one.
 - b) Both team members may attempt each obstacle as many times as necessary to complete it or until the time runs out.
 - c) Both team members are not required to attempt each obstacle.
 - d) Only one team member is allowed to attempt a section at a time. Team members may not be on the same or different obstacle section simultaneously.
 - e) Team members must stay with their partner at all times. A team member may not run ahead to another obstacle.
- 5. SCORING GUIDELINES**
- a) Your score is an accumulation of the points awarded for each obstacle section completed.
 - b) Each of the obstacle sections have a point value based on the difficulty from least (5 point) to greatest (20 points).



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- c) Obstacle Section Points:
- (1) 5 POINT OBSTACLES
 - Walls
 - Balance Beam
 - Tyrolean Traverse
 - (2) 10 POINT OBSTACLES:
 - Monkey Bars
 - Inverted Traverse Wall
 - Rope Climb
 - (3) 15 POINT OBSTACLES:
 - Twister
 - Gibbons
 - (4) 20 POINT OBSTACLES:
 - Peg Board
 - Multi-Rig
- d) The goal is to complete all 10 obstacle sections. Those that do complete all 10 sections will be given a “Time Bonus” to prevent a tie in scoring. The fastest athlete to finish all 10 sections will get 10 extra points, extra points awarded decreasing by one (1) point per athlete.

6. ADDITIONAL NOTES

- a) Gloves, chalk, and wraps of any kind are NOT allowed

D. WORKOUT FOUR (4) - ENDURANCE

1. FORMAT

- a) TIME: Last Team Standing
- b) SCORING STYLE: Most Accumulated Time
- c) LAYOUT:
 - Athletes will begin with a 20 second dead hang and then a 3 minute timer will begin.
 - Complete a 400m run that includes non-technical obstacles before the 3 minutes expire.
 - Athletes complete an overhead sandbag hold for 20 seconds.
 - Another 400M Run with non-tactical obstacles.
 - This pattern continues until one athlete is left standing.
 - If you cannot deadhang or perform the overhead hold for the full 20 seconds, you are out.
 - If you cannot complete the 400m run within the 3 minute timer, you are out.
 - After the 8th 400m run, the 3 minute timer will be reduced by 10 seconds each round until one athlete is left.



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2. EQUIPMENT SPECIFICS

- a) Sandbag (Men: 30lbs, Women: 20lbs)
- b) Dead Hang Over Head Bars
- c) Non-technical obstacles (Undisclosed)

3. MOVEMENT STANDARDS

a) Dead Hang

- (1) Overhand, Underhand, or dual grip is allowed.
- (2) Both hands must remain in full contact with the bar.
- (3) You may not adjust or switch grip during the duration of the dead hang.
- (4) Feet cannot touch the ground.

b) Sandbag Overhead Hold

- (1) The entire sandbag must be above your head without any part of the bag resting or touching your head. Your judge will be looking for "space" between your head and the bag.

c) 400m Run

- (1) One 400m loop.
- (2) All obstacles must be completed each loop.

4. TEAM MEMBER EXCHANGE

- a) Each team member must complete a hang/hold and the following 400m run before an exchange is made.
- b) Team members may exchange after each 400m run, but not required.
- c) Team members may not exchange in the middle of the 400m run.
- d) A team member cannot only complete the hang/holds and the other team member only completes the 400m runs.

5. SCORING GUIDELINES

- a) Your score is the amount of time both team members participated in the workout until failure.

6. ADDITIONAL NOTES

- a) Gloves, chalk, and wraps of any kind are NOT allowed.

E. SCORING & PLACEMENT

- 1. For each workout your score is based on your rank/placement in that workout.
- 2. Workout scores will follow the OPEN Scoring Metric^v shown in the ATTACHMENTS section of the GG2023 Rule Book.
- 3. Overall ranking will be the total of the four workout (Strength, Speed, Obstacle, Endurance) scores.



PRESENTED BY: **PWRLIFT**
PROTEIN INFUSED WATER

ATTACHMENTS:

PRO Scoring Metric[^]

RANK	SCORE	Δ SCORE
1	100	0
2	96	4
3	92	4
4	88	4
5	84	4
6	81	3
7	78	3
8	75	3
9	72	3
10	69	3
11	67	2
12	65	2
13	63	2
14	61	2
15	60	1
16	59	1
17	58	1
18	57	1
19	56	1
20	55	1
21	54	1
22	53	1
23	52	1
24	51	1
25	50	1
26	49	1
27	48	1
28	47	1
29	46	1
30	45	1

TEAM Scoring Metric^v

RANK	SCORE	Δ SCORE
1	100	0
2	96	4
3	93	3
4	91	2
5	90	1
6	89	1
7	88	1
8	87	1
9	86	1
10	85	1