



**GRIT GAMES**  
**VIRTUAL** *COMPETITION*

**OFFICIAL RULE BOOK**



# 1. INTRODUCTION

## 1.1 SCOPE

1.1.1 The following rules of competition ("Rules") are set forth and governed by GRIT FITNESS, LLC and apply to all 2022 GRIT GAMES VIRTUAL CHAMPIONSHIP (GGVC) events and competitions globally. These Rules are binding on all competitors participating in any 2022 GRIT GAMES VIRTUAL CHAMPIONSHIP event.

## 1.2 PURPOSE

1.2.1 These Rules explain how a 2022 GGVC event should be officiated and seek to:

- a) ensure that all 2022 GGVC events are conducted in a fair and consistent manner and with a spirit of sportsmanship and integrity; and
- b) provide clear guidelines to facilitate globally standardized competition; and
- c) protect the health, safety, and well-being of competitors so far as this objective can be reasonably achieved in the sport.

## 1.3 VARIATIONS AND AMENDMENTS

1.3.1 GRIT FITNESS, LLC may from time to time change these Rules and make further Rules in its absolute discretion.

1.3.2 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.



## 2. SCHEDULE OF EVENTS

### 2.1 FORMAT

2.1.1 The following five (5) workouts are to be completed during the month of February 2022 from anywhere on Earth.

- a) Workouts 1 & 2 will be done and submitted in week 1 Jan 30th - Feb 5th
- b) Workout 3 will be done and submitted in week 2 February 6th - 12th
- c) Workout 4 will be done and submitted in week 3 February 13th - 19th
- d) Workout 5 will be done and submitted in week 4 February 20th - 28th



## **3. EVENT DESCRIPTION AND RULES - PRO DIVISION**

### **3.1 EVENT DESCRIPTION AND RULES**

#### **3.1.1 STRENGTH - “So Over This”**

- a) Workout
  - i) 5 minutes: As many reps as possible: Over The Shoulders
- b) Equipment Specifics
  - i) Male: 100 lbs dead ball or sand bag
  - ii) Female: 80 lbs dead ball or sand bag
- c) Submission Standards
  - i) Must be filmed and submitted unbroken in its entirety.
  - ii) Begin workout standing at full hip extension. Timer begins the moment you break the full hip extension to pick up the weight.
  - iii) In your video you must weigh your bag or ball on scale showing that the weight meets the standard.
- d) Movement Standards
  - i) Rep starts with the bag or ball on the ground.
  - ii) Athlete must lift the bag and the bag must be brought over the athlete's shoulder.
    - 1) Either and/or both sides of the body, right or left shoulder, are acceptable
  - iii) Athletes must come to a minimum full hip extension as the bag passes over the shoulder.
  - iv) Rep is considered completed once the bag passes over the shoulder and minimum full hip extension is achieved.
- e) Penalties
  - i) No penalty will be assessed for missed or incomplete reps.
  - ii) Missed or incomplete reps will not be counted
- f) Additional Notes
  - i) Athletes are allowed to rest at their discretion but upon beginning a new rep all movement standards apply.



### **3.1.2 SPEED- “Your Everyday 5k”**

- a) Workout
  - i) 5k Run
- b) Equipment Specifics
  - i) Must be complete on a 400m loop track
- c) Submission Standards
  - i) Statistics must be submitted using an approved GPS tracking device (Garmin, Polar, Coros, Suunto, etc.).
- d) Movement Standards
  - i) Athletes must complete a 5 kilometer run in its entirety on a standard 400m loop track.
- e) Penalties
  - i) No penalties will be assessed for this workout. It is all or nothing. You must complete the full workout and there must be no reason to believe your information was tampered with within the recording/tracking app.

### **3.1.3 OBSTACLE- “Hang Time”**

- a) Workout
  - i) Max time: Deadhang
- b) Equipment Specifics
  - i) You must use a horizontal bar that is parallel with the ground.
- c) Submission Standards
  - i) Entire workout must be video recorded and submitted with no breaks, pauses, or interruptions. Hands and feet must be visible at all times.
- d) Movement Standards
  - i) Gloves and wraps are not allowed.
  - ii) Both hands must remain in contact with the bar the entire time you are hanging.
  - iii) Any grip position is allowed.
  - iv) Once you have gripped you cannot change your grip position.
  - v) The time begins when both hands are on the bar and both feet are off the ground. Time ends when one hand leaves the bar and/or one foot touches the ground.
- e) Penalties



- i) No penalties will be assessed for this workout.

### 3.1.4 OCR- “Psych”

- a) Workout  
For Time  
- 800m run  
75 Wall Balls  
50 - Box over Burpees  
25 - Strict Pull Ups  
-800m run
- b) Equipment Specifics
  - i) Male: 20lb ball - 10 ft target, 24 inch box
  - ii) Female: 14lb ball - 8ft target, 24 inch box
- c) Submission Standards
  - i) Entire workout must be video recorded and submitted with no breaks, pauses, or interruptions. Hands and feet must be visible at all times.
  - ii) 800m portions must be recorded and submitted using an approved device: Garmin, Polar, Coros, or Suunto.
- d) Movement Standards
  - i) Wall Balls: The medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target. The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall it is no rep. Using an additional ball, box or other object to check for proper depth is not allowed. If the ball is not caught between reps, it must come to a full stop on the ground. Bouncing the ball off the floor is not permitted.
  - ii) Box Over Burpees: 24 inch box must be used for both male and female. Both feet must make contact with the box as you jump on and over it. For the burpee portion your hips and chest must both make full contact with the ground. 1 rep is completed when you've jumped over the box and completed a burpee and are standing again.
  - iii) Strict pull ups: from a dead hang, overhand grip with arms and elbows fully extended at the beginning of each rep pull your chin up over the bar and then drop back down to a full dead hang before taking a break or beginning the next rep.
- e) Penalties



- i) A 30 second penalty will be assessed for each missed or incomplete rep.
- f) Additional Notes
  - i) Athletes are allowed to rest at their discretion but upon beginning a new rep all movement standards apply.

### **3.1.5 ENDURANCE- “Never Ending Party Mile”**

- a) Workout
  - i) Male: 1 mile farmers carry 53 lbs
  - ii) Female: 1 mile farmers carry 44 lbs
- b) Equipment Specifics
  - i) Must be completed on a 400m track.
- c) Submission Standards
  - i) Entire workout must be video recorded and submitted with no breaks, pauses, or interruptions. Each burpee must be visible for the sake of checking the movement completion standard. Side view is best to guarantee credit.
- d) Movement Standards
  - i) Kettlebells or Dumbbells must be carried one in each hand hanging at your side.
  - ii) If either weight touches the ground you must do ten burpees before you can pick the weights up and begin moving forward.
  - iii) Burpees must begin in the standing position with hips at full extension. From standing you must drop to the ground, hips and chest must touch the ground, then stand back up to full hip extension and clap your hands above your head and both of your feet must come off of the ground.
- e) Penalties
  - i) A 30 second penalty will be assessed for each missed or incomplete rep.



## 4. WORKOUT SUBMISSION

### **When to record and submit:**

February 1st - 6th: STRENGTH - "So Over This" and SPEED - "Your Everyday 5K"

February 7th - 13th: Obstacle/Grip - "Hang Time"

February 14th - 20th: OCR - "Psych!"

February 21st - 27th: ENDURANCE - "Never Ending Party Mile"

*Each workout will need to be completed and submitted within the mentioned dates for that workout in order to receive credit. Each workout must be completed and submitted in order to be on the leaderboard. No exceptions, no excuses.*

### **Where to upload videos:**

Upload your video to either Google Drive or Dropbox and email the link to [kenny@gritfitnessocr.com](mailto:kenny@gritfitnessocr.com)

Email links to run tracking data to [kenny@gritfitnessocr.com](mailto:kenny@gritfitnessocr.com)

All submissions must be made within the allotted time for the workout being submitted.

The LEADERBOARD can be found at

<https://www.gritgamesocr.com/gritgamesvirtual-leaderboard>

Join our Grit Games Virtual Competition FACEBOOK group at

<https://www.facebook.com/groups/323411969348025>

**Must complete and submit all workouts in the set forth time period to be on the final leaderboard.**





## 4. EVENT DESCRIPTION AND RULES - OPEN DIVISION

### 4.1 EVENT DESCRIPTION AND RULES

#### 4.1.1 STRENGTH - “So Over This”

- g) Workout
  - i) 5 minutes: As many reps as possible: Over The Shoulders
- h) Equipment Specifics
  - i) Male: 80lbs dead ball or sand bag
  - ii) Female: 70lbs dead ball or sand bag
- i) Movement Standards
  - i) Rep starts with the bag or ball on the ground.
  - ii) Athlete must lift the bag and the bag must be brought over the athlete’s shoulder.
    - 1) Either and/or both sides of the body, right or left shoulder, are acceptable
  - iii) Athletes must come to a minimum full hip extension as the bag passes over the shoulder.
  - iv) Rep is considered completed once the bag passes over the shoulder and minimum full hip extension is achieved.
- j) Penalties
  - i) No penalty will be assessed for missed or incomplete reps.
  - ii) Missed or incomplete reps will not be counted
- k) Additional Notes
  - i) Athletes are allowed to rest at their discretion but upon beginning a new rep all movement standards apply.

#### 4.1.2 SPEED- “Your Everyday 5k”

- f) Workout
  - i) 5k Run
- g) Equipment Specifics



- i) You must complete a 5 kilometer run for time on a standard 400m loop track.
- h) Movement Standards
  - i) Athletes must complete a 5 kilometer run in its entirety on a standard 400m loop track.
- i) Penalties
  - i) No penalties will be assessed for this workout. It is all or nothing. You must complete the full workout and there must be no reason to believe your information was tampered with within the recording/tracking app.

#### **4.1.3 OBSTACLE- “Hang Time”**

- f) Workout
  - i) For Time: Deadhang
- g) Equipment Specifics
  - i) You must use a horizontal bar that is parallel with the ground.
- h) Movement Standards
  - i) Gloves are not allowed.
  - ii) Both hands must remain in contact with the bar the entire time you are hanging.
  - iii) Any grip position is allowed.
  - iv) Once you have gripped you cannot change your grip position.
  - v) The time begins when both hands are on the bar and both feet are off the ground. Time ends when one hand leaves the bar and/or one foot touches the ground.
- i) Penalties
  - i) No penalties will be assessed for this workout.

#### **4.1.4 OCR- “Psych”**

- g) Workout
  - For Time
  - 400m Run
  - 50 Wall Balls



25 Box Over Burpees

15 Strict Pull Ups

- 400m Run

h) Equipment Specifics

- i) Male: 20lb ball - 8 ft target, 20 inch box
- ii) Female: 14lb ball - 6 ft target, 20 inch box

i) Movement Standards

- i) Wall Balls: The medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target. The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall it is no rep. Using an additional ball, box or other object to check for proper depth is not allowed. If the ball is not caught between reps, it must come to a full stop on the ground. Bouncing the ball off the floor is not permitted.
- ii) Box Over Burpees: 20 inch box must be used for both male and female. Both feet must make contact with the box as you jump on and over it. For the burpee portion your hips and chest must both make full contact with the ground. 1 rep is completed when you've jumped over the box and completed a burpee and are standing again.
- iii) Strict pull ups: from a dead hang, overhand grip with arms and elbows fully extended at the beginning of each rep pull your chin up over the bar and then drop back down to a full dead hang before taking a break or beginning the next rep.
  - 1) A pullup assist band is allowed for those who cannot do strict pull ups: (penalty applies)
  - 2) Suspension Straps are allowed for those who can't do band assisted or strict pull ups: (penalty applies)

j) Penalties

- i) A 30 second penalty will be assessed for each missed or incomplete rep.
- ii) Band Assisted pull ups will have a 40 second Penalty
- iii) Suspension Strap pull ups will have a 50 second Penalty

k) Additional Notes

- i) Athletes are allowed to rest at their discretion but upon beginning a new rep all movement standards apply.



### 3.1.5 ENDURANCE- “Never Ending Party Mile”

- f) Workout
  - i) Male: 1 mile farmers carry 44 lbs
  - ii) Female: 1 mile farmers carry 35 lbs
- g) Equipment Specifics
  - i) Must be completed on a 400m track.
- h) Movement Standards
  - i) Kettlebells or Dumbbells must be carried one in each hand hanging at your side.
  - ii) If either weight touches the ground you must do ten burpees before you can pick the weights up and begin moving forward.
  - iii) Burpees must begin in the standing position with hips at full extension. From standing you must drop to the ground, hips and chest must touch the ground, then stand back up to full hip extension and clap your hands above your head and both of your feet must come off of the ground.
- i) Penalties
  - i) a 30 second penalty will be awarded for each missed or incomplete burpee.

## 5. WORKOUT SUBMISSION

### When to record and submit:

Jan 30th - Feb 5th: STRENGTH - "So Over This" and SPEED - "Your Everyday 5K"

Feb 6th - 12th: Obstacle/Grip - "Hang Time"

February 13th - 19th: - 20th: OCR - "Psych!"

February 20th - 28th: ENDURANCE - "Never Ending Party Mile"

*Each workout will need to be completed and submitted within the mentioned dates for that workout in order to receive credit. Each workout must be completed and submitted in order to be on the leaderboard. No exceptions, no excuses.*



**Where to upload videos:**

Upload your video to either Google Drive or Dropbox and email the link to

[kenny@gritfitnessocr.com](mailto:kenny@gritfitnessocr.com)

Email links to run tracking data to [kenny@gritfitnessocr.com](mailto:kenny@gritfitnessocr.com)

All submissions must be made within the allotted time for the workout being submitted.

The LEADERBOARD can be found at

<https://www.gritgamesocr.com/gritgamesvirtual-leaderboard>

Join our Grit Games Virtual Competition FACEBOOK group at

<https://www.facebook.com/groups/323411969348025>

***Must complete and submit all workouts in the set forth time period to be on the final leaderboard.***