



IFBB SPEEDFIT FITNESS CHALLENGE

RULES. May 2024.

Introduction

- The IFBB Fitness Challenge (Speedfit) is a dynamic sport that involves a circuit with six stations of strength exercises. Athletes aim to achieve the highest number of repetitions within a two-minute timeframe.
- Categories are established to allow athletes to compete against one another, showcasing their maximum physical performance.
- This sport is dedicated to athletes who prioritize muscle performance rather than focusing solely on muscle size or body fat percentage.
- Key factors emphasized in the IFBB Fitness Challenge (Speedfit) include
 - promoting a healthy lifestyle,
 - encouraging outstanding physical performance,
 - providing opportunities for participants of various age groups,
 - fostering personal satisfaction,
 - and harnessing the energy of a balanced body

Categories

- Individual Categories by Age and Gender:
 - Men's Fitness Challenge (athletes between the age of 24 and 40)
 - Women's Fitness Challenge (athletes between the age of 24 and 35)
 - Junior Men's Fitness Challenge (athletes under 23 years old)
 - Junior Women's Fitness Challenge
 - Master Men's Fitness Challenge (athletes +40 years)
 - Master Women's Fitness Challenge (athletes + 35 years)
- Categories of couples and teams.
 - Couples Fitness Challenge (same-sex M/F couples and mixed couples)
 - Team Fitness Challenge (team of 6 athletes of the same sex or mixed)
- Categories by execution and performance levels:
 - Gold Level
 - Silver Level
 - Bronze Level
 - Speed Fitness Challenge
- In the Individual, Couples, and Teams categories, competitions may be organized into Gold and Silver circuits, depending on the offerings of the event organizer. The choice of circuits provided by the organizer will be determined based on the competition's level.

OUTFIT AND SKIN

- Fitness Challenge does not include a physique presentation. Athletes participating in the Fitness Challenge are not judged based on their muscular appearance. Therefore, they are permitted to wear sportswear that covers the torso and legs during the competition.
- Athletes have the freedom to choose their attire, which can include tracksuits, T-shirts with shorts, or any suitable combination. It is mandatory for athletes to wear sports shoes during the competition. However, wristbands are not allowed, and knee bands should have a thickness similar to regular fabric (around 5 mm).
- In general, athletes are allowed to use gear that enhances safety and comfort but does not provide a competitive advantage. It is important to note that athletes must not wear, use, or display any apparel, equipment, accessories, symbols, art, graphics, or other items that have not been pre-approved by the Head Judge.
- The use of bronze cream for tanning and oils is not permitted in the Fitness Challenge.

METHODOLOGY and CRITERIA OF ARBITRATION AND SCORING

- The FITNESS CHALLENGE competition is conducted as follows:
- INDIVIDUAL COMPETITION:
 - 1) The competition consists of a line with six stations, where each station involves a different exercise.
 - 2) Within each station, athletes aim to complete as many repetitions as possible within a time frame of 2 minutes. Athletes have the option to pause and resume the exercise within this time limit.
 - 3) Athletes begin at station number 1 and sequentially progress to the next station, following a numerical order until all six exercises in the circuit are completed.
 - 4) All athletes transition to the next station simultaneously, with a 2-minute rest period allocated for station changes and preparation for the upcoming exercise.
 - 5) Up to six athletes compete simultaneously, each assigned to a specific station. A judge supervises and ensures the correct execution of the exercise, while also recording the number of repetitions performed.
 - 6) At the next station, a judge awaits the athlete, monitoring proper execution and recording repetitions on a control sheet carried by the athlete.
 - 7) The time allotted for each station is 2 minutes for exercise performance and 2 minutes for station changes. All athletes commence the next exercise simultaneously.
 - 8) Athletes complete all six exercises and must perform them accurately, adhering to the specified regulations.
 - 9) The total duration of the competition is 22 minutes for each athlete (2 minutes for exercise performance + 2 minutes for station changes and recovery, multiplied by six stations).
 - 10) Once an athlete completes all six exercises, they finish and exit the line.
 - 11) Athletes are ranked based on the sum of repetitions achieved across the six exercises in the circuit.
- In the INDIVIDUAL COMPETITION, athletes' rankings are determined by the total number of repetitions completed throughout the circuit.

ATHLETE'S ROLE

- The athlete will always follow the technical indications of the judge arbitrator
- The athlete will perform as many repetitions of the exercise as possible at each station.
- The athlete will accept any repetitions that the judge/arbitrator deems valid.
- The athlete must respect the start of each exercise and interrupt it within 2 You can discontinue replays, but you won't do any beyond this time
- The athlete will move to the next station at the end of the 2. It will be positioned to start the next exercise when directed by the Center Judge or the Judge / Timekeeper.
- At the end of the six stations, the athlete will leave the competition venue.

Cipri Anca

VIDEOGRAPHY | PHOTOGRAPHY

Yellow or red card

- If a competitor engages in any form of insult, complaint, or immoral behavior during a competition, the head judge has the authority to issue penalties in the form of yellow cards or red cards. These cards serve as warnings or disciplinary actions to maintain fair play and sportsmanship. Here's an explanation of how the yellow and red card system typically works:
- **Yellow Card:** A yellow card is a cautionary measure given to a competitor as a warning for their inappropriate behavior. It indicates that the competitor has violated the rules or displayed unsportsmanlike conduct. The yellow card serves as a reminder to the competitor that their behavior is unacceptable, and if it continues, further penalties may be imposed.
- **Red Card:** A red card is a more severe penalty compared to a yellow card. It is issued when a competitor's behavior persists or escalates despite receiving a yellow card. The red card signifies a significant violation of the rules or an act of extreme misconduct. It results in immediate disqualification from the competition and may carry additional consequences, such as suspension or banning from future events.
- The decision to issue a yellow or red card lies with the head judge or the competition officials who have the authority to enforce the rules and maintain fairness and integrity. The purpose of these penalties is to ensure that competitors adhere to a code of conduct that promotes respect, ethical behavior, and a positive competitive environment.
- It's important for competitors to understand and abide by the rules and regulations of the competition, as well as demonstrate good sportsmanship throughout their participation.

JUDGE'S ROLE

- In each circuit, there will be six judges/arbitrators, one assigned to each station
- It is equipped with a board and forms and a pen to write.
- The judge counts the valid repetitions each athlete performs with a loud voice for the athlete to hear at their station during counting.
- Valid repetitions are those that the judge considers; those that it invalidates are null, and only valid repetitions are added.
- The judge/arbitrator controls the start and end of the exercise by following the orders of the central judge or judge/ timekeeper marking the time intervals.
- The judge waits for the next athlete to arrive at his/her station and accompanies during the 2-min break and position for the start of the exercise.



UNIFORM

Role of the head judge

- The head judge manages the competition, managing the timer and instructing the judges, and collaborating with them on technical matters
- He may delegate a judge to control the partial and total timings
- The central judge (or someone appointed by him) collects the control sheet from each athlete at the end of the 6. He signs the control sheets for each athlete, couple, or team and sends them to record.
- Central Judge must appoint a person to collect sheets of athletes after every station finishes and bring them to a statistician for recording.
- THE ROLES OF ATHLETE, JUDGE, AND CENTRAL JUDGE WILL BE THE SAME IN THE DIFFERENT MODALITIES OF INDIVIDUAL COMPETITION-COUPLES OR TEAMS OF 6.

Individual Fitness Challenge rounds

- 1) If there are more than 150 competitors:
 - a. Round 1 (Preliminary): Conducted with 3 stations and separate lines, involving exercises like pull-ups, walking lunges, and sit-ups. This initial round helps filter and select the best 50 competitors for the semifinals.
 - b. Round 2 (Semifinal): Involves 4 stations, including exercises like pull-ups, KB squat and pull, toes to bar, and devil press. The top 12 competitors from this round advance to the finals.
 - c. Round 3 (Final): Features all 6 stations, with exercises like pull-ups, KB squat and pull, dips, walking lunges, toes to bar, and devil press. This round determines the ultimate winner.
- 2) If there are less than 150 competitors:
 - a. Round 1 (Preliminary): Not applicable.
 - b. Round 2 (Semifinal): Conducted with 4 stations, including exercises like pull-ups, KB squat and pull, toes to bar, and devil press. Competitors compete in 2-3 different lines, and the top 12 move on to the finals.
 - c. Round 3 (Final): Consists of all 6 stations, similar to the previous case, determining the winner.
- 3) If there are less than 20 competitors:
 - a. Round 1 (Preliminary): Not applicable.
 - b. Round 2 (Semifinal): Not applicable.
 - c. Round 3 (Final): Conducted with all 6 stations, including exercises like pull-ups, KB squat and pull, dips, walking lunges, toes to bar, and devil press. The winner is determined in this round.

Speed Fitness Challenge individual

- Preliminary rounds
 - IFBB SpeedFIT
1. Preliminary Round:
 - Athletes compete in four separate lines, with each line having four stations.
 - The goal is to complete 30 repetitions correctly and in the shortest time at each station.
 - Athletes who successfully complete all stations in the shortest time progress to the final round.
 - The required repetition count of 30 for each station ensures consistency and challenges athletes equally.
 2. Final Round:
 - The top 12 athletes from the preliminary round advance to the final.
 - The final round follows the same procedure but in reverse ranking order from the preliminary round.
 - Athletes compete again in all six stations, aiming to achieve the best overall time.
 - This format ensures a fair and competitive environment for determining the ultimate winner.
 3. Scheduling:
 - The preliminary round and final round can be conducted on different days or at different times (e.g., morning and afternoon) with at least a 4-hour break.
- This allows sufficient time for recovery and ensures athletes are well-rested for each round.

Speed Fitness Challenge

Preliminary Round

Line 1

Devil press



Pull-up



Situps



Walking Lunges

Line 2

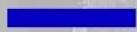
Devil press



Pull-up



Situps



Walking Lunges

Line 3

Devil press



Pull-up



Situps



Walking Lunges

Line 4

Devil press



Pull-up



Situps



Walking Lunges

Final

TOP 12

athletes go to the competition line based on reverse ranking of Top 12 of preliminary round

Line 1

Devil press



PullUp



Box Jump



Dips



Situps



Walking lunges

30 reps

30 reps

30 reps

30 reps

30 reps

30 meters

Line 2

Devil press



PullUp



Box Jump



Dips



Situps



Walking lunges

best one is who preform required reps in shortest time

SPEEDFIT Team Competition Overview:

- The SPEEDFIT team competition offers an electrifying platform for athletes seeking a dynamic and strategic test of their strength, endurance, and teamwork. Teams of four participants engage in a series of exercise stations in a fast-paced and synchronized manner, aiming to complete a predetermined number of repetitions at each station collectively within the shortest possible time.
- **Format:**
 - **Teams:** Composed of four participants each.
 - **Stations:** Six-item competition in station format.
 - **Exercises for Men:** Challenging exercises including Devil Press (pair of 10 kilos for men), pull-ups, KB squat and pull, dips, toes to bar, and walking lunges, among others.
 - **Exercises for Women:** Stations are tailored with weights and setups suitable for female athletes. These include Devil Press with 5 kg weights, floor-based pull-ups, KB squat and pull, dips between benches, toes to bar, and walking lunges.
- **Unique Aspects:**
 - **Synchronization:** Each team member must wait for their teammate to complete the designated number of repetitions at a station before proceeding to the next one.
 - **Strategic Planning:** Requires strategic planning and coordination among team members to optimize performance and minimize transition times between stations.
 - **Collective Effort:** Success is determined by the total time it takes for all members to complete the entire lineup of stations.
- **Execution:**
 - **Entry Order:** Participants enter the field based on the decision of their coaching staff.
 - **Station Rotation:** The first team member initiates the first station and performs the desired number of repetitions. Subsequent members enter the station as the preceding member moves to the next station.
 - **Continuation:** The third and fourth members enter the line in the same order and continue the competition until the fourth member completes 120 repetitions of the last station.
 - At least 1 repetition in each station is mandatory.
- **Emphasis:**
 - **Teamwork:** Collaboration and support among team members are paramount.
 - **Strategy:** Strategic allocation of repetitions and adherence to predetermined plans.
 - **Endurance:** Crucial for sustained performance throughout the competition.
 - **Precision:** Accurate execution of exercises and counting of repetitions.

Couples Fitness Challenge

1. The competition takes place in pairs, with each pair performing the circuit in its six stations, following the same order as the individual competition.
2. Couples can consist of either MEN only, WOMEN only, or a MIXED pair.
3. Both athletes in the pair perform the same exercise at each station, taking turns to achieve the highest number of repetitions within the given 2-minute time limit.
4. Both athletes in the pair take a 2-minute pause together between stations.
5. Up to 6 couples can participate simultaneously, with each couple assigned to a specific station. They start at station one and progress through the remaining exercises in sequential order.
6. When the first couple completes the first station, the next couple joins in and starts their circuit.
7. In the couple competition, the ranking is determined by the sum of repetitions performed by both members across all six exercises.
8. In a mixed couple, the weight used at each station must be the same for both male and female participants, except for walking lunges, where the couple must use a 30 kg weight.



Mixed Team Fitness Challenge

1. Teams consist of 4 competitors, with a combination of 2 + 2 athletes of each gender or 3 + 1. Each team member performs exclusive stations simultaneously.
2. The team's four members distribute themselves across the stations as desired, but they must complete the entire circuit in an orderly manner.
3. The next team will start when the previous team has finished all the stations. Only one team competes on the circuit at a time.
4. A judge at each station will record the correct repetitions of each team member on their control sheet, similar to individual competition.
5. The central judge collects the sheets from all team members and adds up the repetitions.
6. Teams are ranked based on the total repetitions of all six members across the six stations in the team competition.



GOLD level

TECHNICAL REGULATION OF THE EXERCISES

PULL UPS (prone & strict)

- Start: Begin with full extension of the elbows, maintaining a shoulder-width pronated grip.
- Execution: Ascend until the chin surpasses the bar.
- Final: Return to the starting position, ensuring that the elbows are fully extended.
- A brief pause in the starting position is necessary to demonstrate complete arm extension.
- Rolling or swinging is strictly prohibited throughout the exercise. Failure to comply will result in the repetition being invalidated.



- it is recommended to mark a width of 75 cm using color or tape. This marking will provide a visual reference, making it easier for individuals to gauge the appropriate hand placement.

KB squat and pull

- Start Position:
 - The athlete begins by standing in a neutral position. They should be upright with their feet positioned shoulder-width apart or slightly wider. The athlete grasps the kettlebell securely with both hands in front of their body.
- Execution:
 - The athlete initiates the exercise by lowering the kettlebell towards the floor, ensuring the bottom of the kettlebell touches the ground. They then perform an upright row, pulling the kettlebell upward toward their midchest or upper chest. Emphasize proper form and control throughout the movement to maintain stability and prevent injury.
- End Position:
 - Upon completing the upright row, the athlete returns the kettlebell to the starting position.

KB weight 32 kg for men and 24 kg for women



DIPS (feet forward)

- **START:** Begin with full extension of the elbows, positioned on the parallel bars. **EXECUTION:** Lower the body to an elbow position at a 90-degree angle.
- **FINAL:** Return to the starting position. •
- The entire body must move up and down as a whole unit (❌ not just the upper body).
- A brief pause at the top position, with elbows fully extended and a visible extension of the elbow, is mandatory. Legs must be positioned in front of the handrest.
- No momentum or swinging is permitted. Failure to comply will result in the repetition being invalidated.



Walking LUNGES (with a barbell)

- Start: Stand with feet together, barbell resting over the shoulders. Judges may assist in raising the barbell if needed. Execution: Perform walking lunges with a 90-degree flexion in both knees.
- Final: Complete the repetition when the knees, hips, and trunk are fully extended.
- Execution: The exercise must be performed with the barbell remaining over the athlete's shoulders for a duration of 2 minutes. If the barbell is dropped or not maintained on the shoulders, the exercise is considered finished. The rear knee must touch the floor.
- Weight: Use a barbell weighing 30 kg for women and 50 kg for men. Note: In order for each repetition to be counted as valid, the knee of the back leg must touch the ground.
- The Barbell Walking Lunge exercise challenges lower body strength and stability. Ensure proper form and control throughout the exercise. Focus on maintaining the barbell on the shoulders and achieving the required depth for each lunge repetition.



Toes to bar

- Start Position:
 - Hang in a neutral position with joints extended in a vertical line.
 - Grip the pull-up bar with arms fully extended and shoulders engaged.
- Execution:
 - Initiate the movement by bringing the legs up until both toes touch the bar simultaneously.
 - Maintain control and stability throughout the movement, focusing on engaging the core muscles.
- End Position:
 - Return to the starting position by lowering the legs back down, ensuring they are fully extended and hanging freely.
 - Arms should remain extended, and the body should return to a neutral hanging position.



Burpees & “Devil PRESS”

- **START:** Standing, with the trunk extended, dumbbells on the sides.
- **EXECUTION:** Burpee with the bottom on the dumbbells up to 90°, the athlete can touch the ground with the chest. Return to standing upright position; curl and press the dumbbells until arms extend overhead. They are not accepting a snatch of the dumbbells.
- **FINAL:** return to the starting position.



WEIGHT:
dumbbells are pairs
of 10/15 kg for
females/males.

Not counting a push-up that involves
taking two steps:





TECHNICAL REGULATION OF THE EXERCISES

SILVER LEVEL

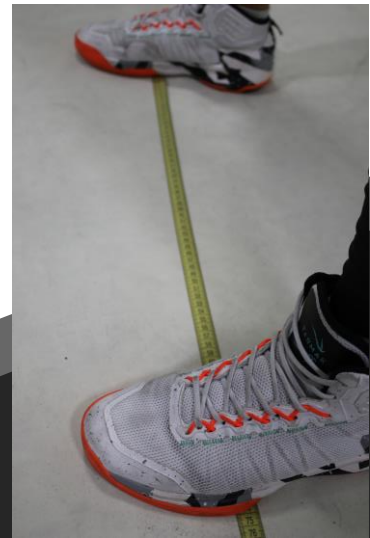


PULL-UPS (lying position)

- **START:** Grasp the bar with a supine grip, placing your hands shoulder-width apart. Suspend your body with full elbow extension.
- **EXECUTION:** Lower your body until your chest touches the bar, ensuring that your body remains straight throughout the movement. Avoid any rocking or pulsing motions. You may choose to rest your feet, ankles, or calves on a bench or box if needed.
- **FINAL:** Raise your body back up to the starting position, completing one repetition of the exercise.



BOTH LIFTING MODES ARE ACCEPTABLE (SQUAT AND DEADLIFT):



feet width 75 cm at maximum

Jefferson

- **START:** Position your feet at shoulder width, ensuring that your trunk, hips, and knees are fully extended. Place the barbell diagonally between your legs. Maintain a wide stance with your feet.
- **EXECUTION:** Lower the barbell down until the weight plates touch the ground, keeping your form intact.
- **FINAL:** Lift the barbell back up to the starting position, ensuring that your shoulders are set and your spine, hips, and knees are fully extended. Failing to fully extend any joint will render the repetition invalid.
- This exercise can be performed in both deadlift or squat form, depending on your preference.
- **WEIGHT:** Women should use a barbell with 40 kg, while men should use a barbell with 60 kg. Adjust the weight accordingly based on your strength and capabilities.



DIPS on a bench (feet forward)

- **START:** Position your hands on the edge of the bench with your elbows fully extended. Ensure that your legs are at the same height as the hand support, and place your feet on a bench or a box. Keep your knees straight throughout the exercise.
- **EXECUTION:** Lower your body down to an elbow position, bending your elbows to a 90-degree angle. Avoid using any momentum or sudden movements.
- **FINAL:** Push yourself back up to the starting position, fully extending your elbows. Pause briefly at the top position to emphasize the extension of your elbows.



LUNGES (non-walking, with dumbbells)

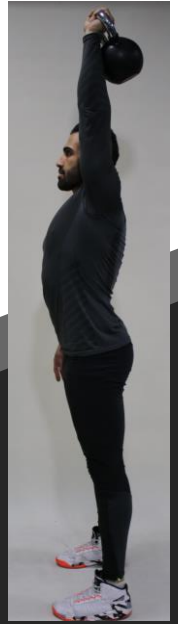
- **START:** Stand with your feet together, holding dumbbells in your hands.
- **EXECUTION:** Perform lunges by taking steps with a 90-degree bend in the front and back knee. Return to an upright position with your trunk, hips, and knees fully extended.
- **FINAL:** Count one repetition for each step taken. Ensure that you hold the dumbbells in your hands throughout the entire 2-minute duration. If you release the dumbbells, the exercise is considered complete.
- **WEIGHT:** Use 10 kg dumbbells for women and 15 kg for men.

Dumbbells can be left on the floor during exercise.



SIT UPS (weight on chest)

- **START:** Begin by lying down with your knees and hips at a 90-degree angle, holding a weight plate on your chest.
 - **EXECUTION:** Perform a sit-up motion, keeping the weight plate parallel to your chest. It is not necessary to touch the weight plate to your chest. Keep your arms semi-flexed during the exercise.
 - **FINAL:** Reach a position where your trunk is perpendicular to the ground. Ensure that your lumbar and dorsal spine are supported when descending back to the lying position. The weight plate should pass your knees during the movement.
 - **WEIGHT:** Use a 10 kg weight plate for all participants.
- Alternatively, you can replace this exercise with a Kettlebell Russian twist with one foot on the bench. Please refer to the fifth exercise of the Silver Army Fitness Challenge for details.



SNATCHES (with kettlebell)

- **START:** standing, trunk extended, kettlebell in one hand.
- **EXECUTION:** bend down until you touch the ground with the kettlebell and lift it until your arm is extended over your head. It is not valid to raise KB to the front; always on top.
- **FINAL:** return to the starting position. The KB touches the ground. You can switch hands.
- **WEIGHT:** 8 kg kettlebell for women and 12 kg for men



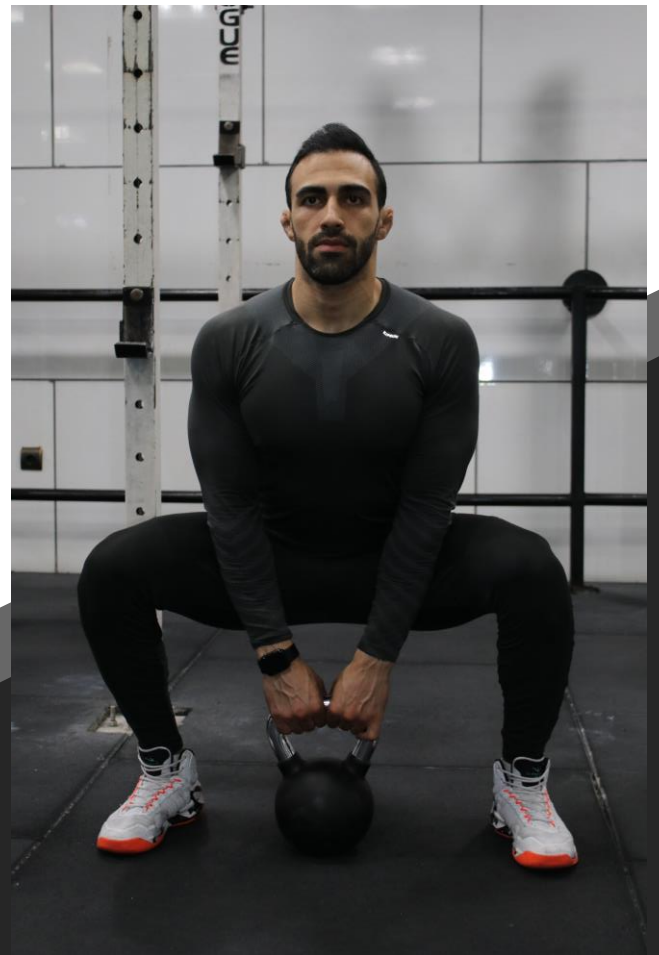
TECHNICAL REGULATION OF THE EXERCISES

Bronze LEVEL



Chin ups (supine grip, feet on the ground)

- **START:** SUPINE grip to shoulder width—suspended body with full extension of elbows. Stop and count 2" in the starting position.
- **EXECUTION:** Chest touches the bar. The body will always be straight: trunk, hips, and knees.
- Swinging is not allowed. The heels are in contact with the ground.
- **FINAL:** return to the starting position.



Kettlebell SQUAT

- **START:** Straddle stance with the feet slightly wider than the shoulders and the toes pointing outward. Hold a single kettlebell with both hands in front of the body, using a pronated grip (palms facing the body).
- **EXECUTION:** We flex the hips and knees until KB touches the ground.
- **FINAL:** Return to the starting position.
- **WEIGHT:** Kettlebell with 24 kg for women and 32 kg for men.



PUSH-UPS (elbows flare)

- **START:** above, full extension of elbows. Separation of hands-off shoulders.
- The trunk, hips, and knees are extended.
- **EXECUTION:** Go down to a position of elbows at 90°. A handball is used as a reference to chest touching.
- **FINAL:** Return to the starting position. Stop and count 2" in the starting position.



LUNGES (backward, on-site)

- **START:** feet together, one single dumbbell held to the chest.
- **EXECUTION:** lunges backward, with steps of 90° in knee front and back. The back knee touches the ground.
- **FINAL:** A repetition is counted for each step taken. Full extension of hips, knees, and trunk
- **WEIGHT:** 1 dumbbell of 12.5 kg for men and 7.5 kg for women.



SIT UPS

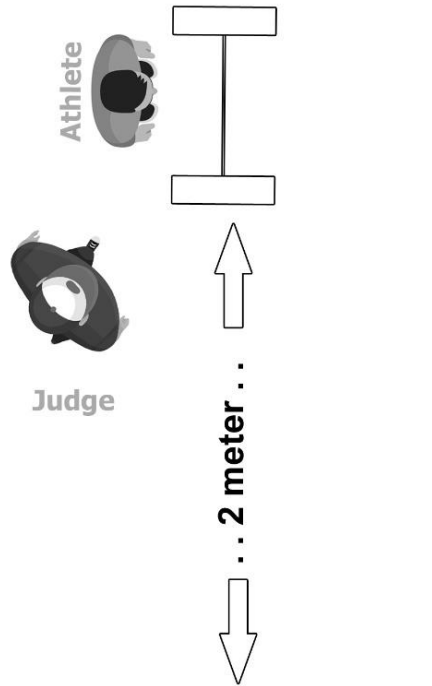
- **START:** lying down, knees and hips at 90°. Shoulders flexed in prolongation. Hips in slight external rotation.
- **EXECUTION:** we incorporate until we touch our feet. Arms drive.
- **FINAL:** trunk perpendicular to the ground. We touched our feet with both hands.



Kettlebell SWING (complete raise)

- **START:** standing, trunk extended, kettlebell grabbed by 2 hands.
- **EXECUTION:** bend to pass KB between the legs and swing it until you have your arms fully outstretched over your head. We stopped at the vertical.
- **FINAL:** return to the starting position.
- **WEIGHT:** kettlebell of 12kg for men and 8kg for women.

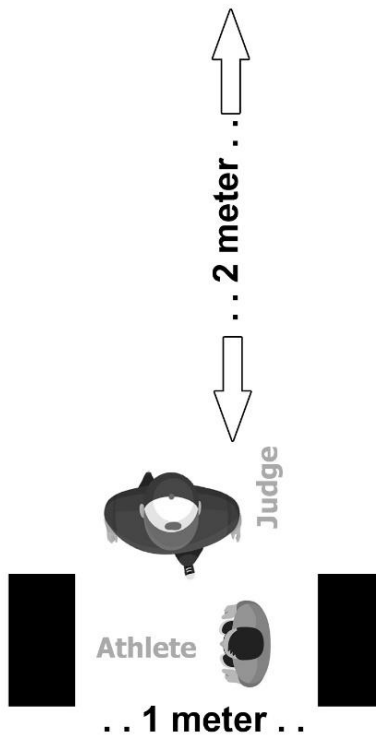
Lying pull up



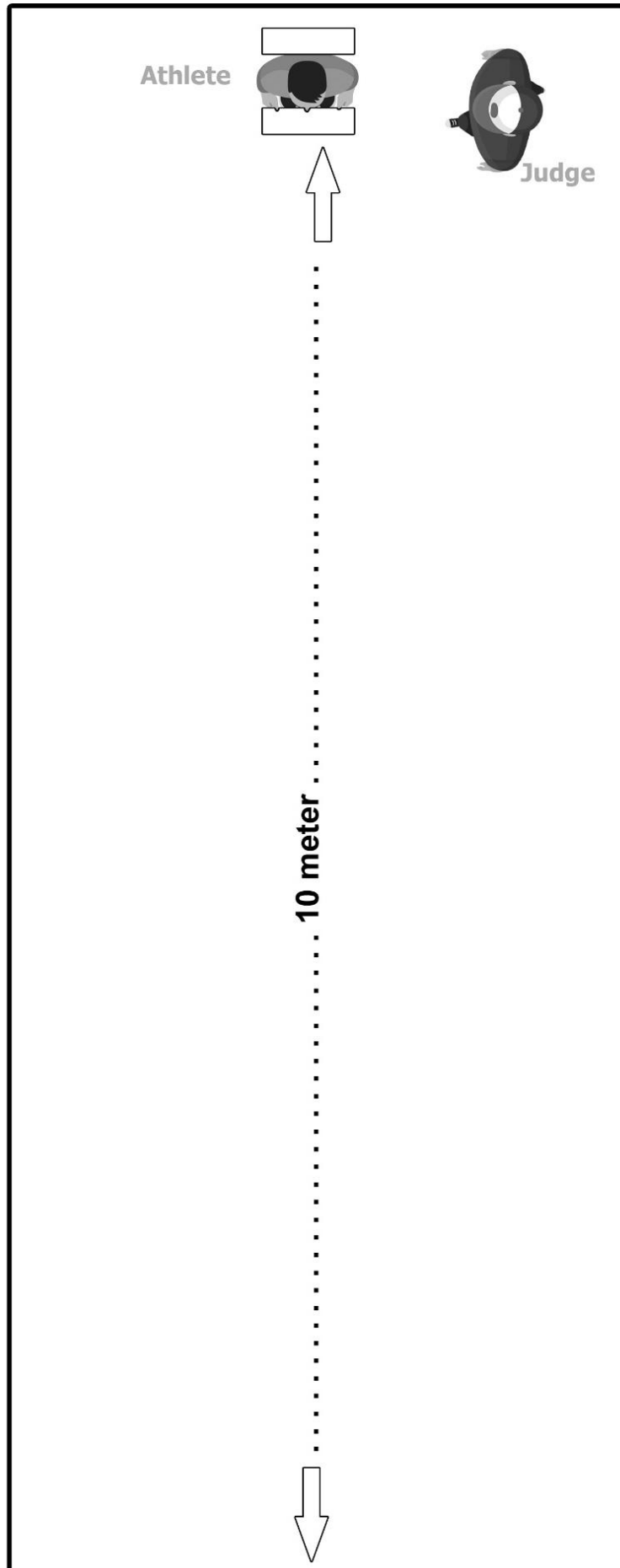
Squat Jefferson



Bench dips

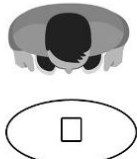


Walking lunge



Situps

Athlete

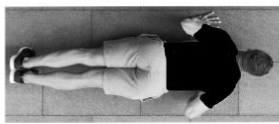


Judge



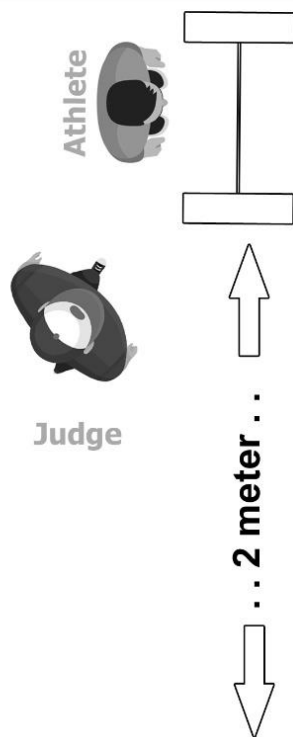
burpee and devil

Athlete



Judge

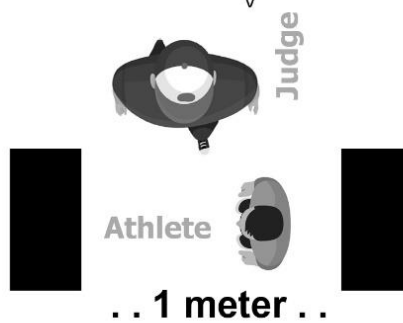
Lying pull up



Squat Jefferson



Bench dips



Forward Dumbbell Lunge



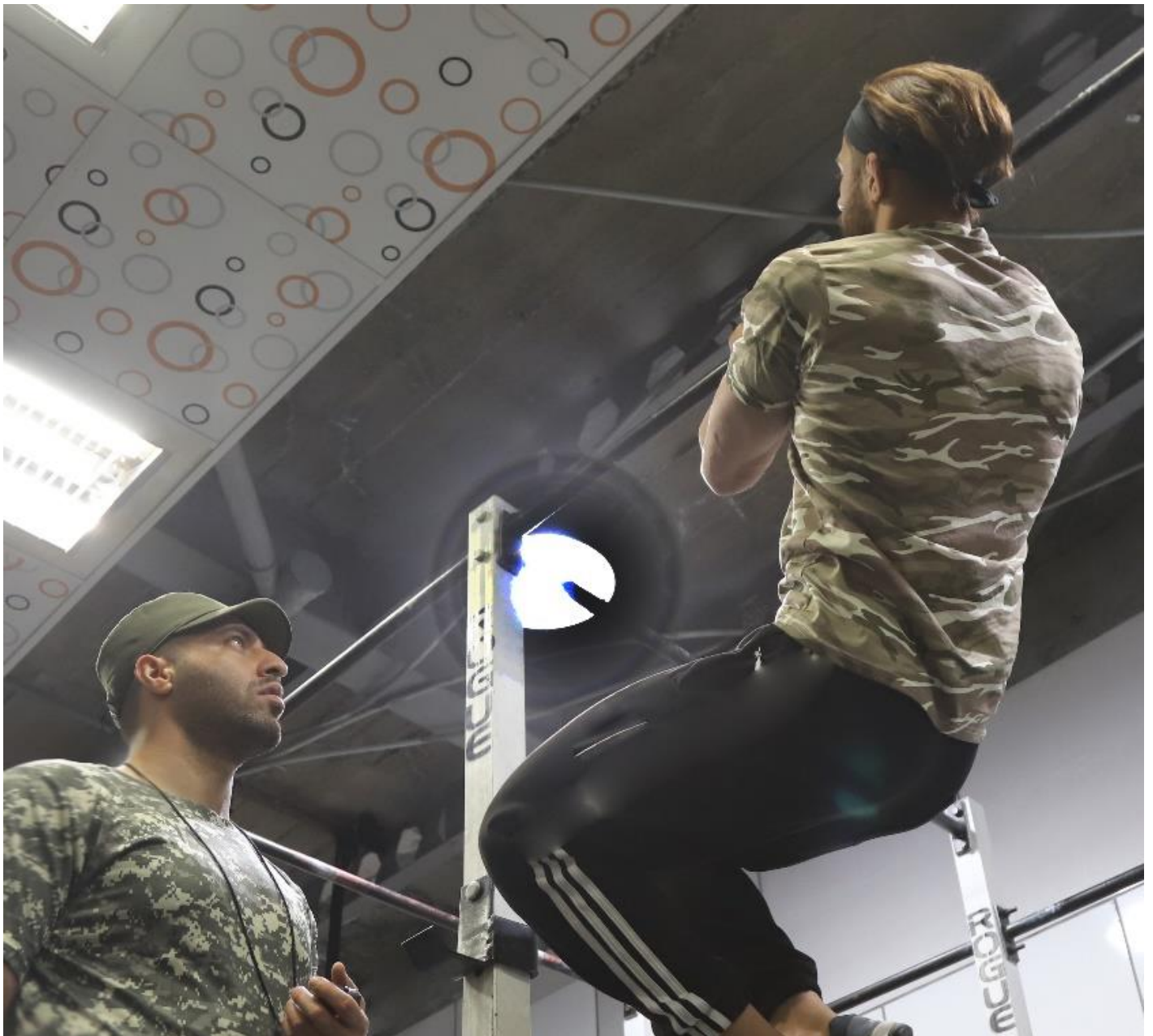
Situps



Athlete

Kettlebell snatch





exercises Variations for Army fitness challenge

Army fitness challenge exercises can be done in the Army fitness challenge competition instead of the main stations.

Gold LEVEL



Leg Tuck

- Beginning position: full extension of the elbows; dead hang position with straight arms and an alternated grip on the bar (Figure 1).
- Execution: bend arms at the elbows, chin exceeds the bar, and bring knees or thighs up make 90 degrees to the trunk.
- Final position: return to the beginning position. Elbows must be fully extended.
- A stop of 1 second will be made in the starting position, whole extended elbows. Swinging is not allowed at any time during the execution. Failure to do so marks repetition null.



Jump box with a sandbag (up to 16" box)

START: Two feet together on the ground, extended trunk, hips, and knees with a 10 kg sandbag on the back (Figure 3).

Execution: Jump two feet together on the box, trunk, hip, and knees joints will be extended.

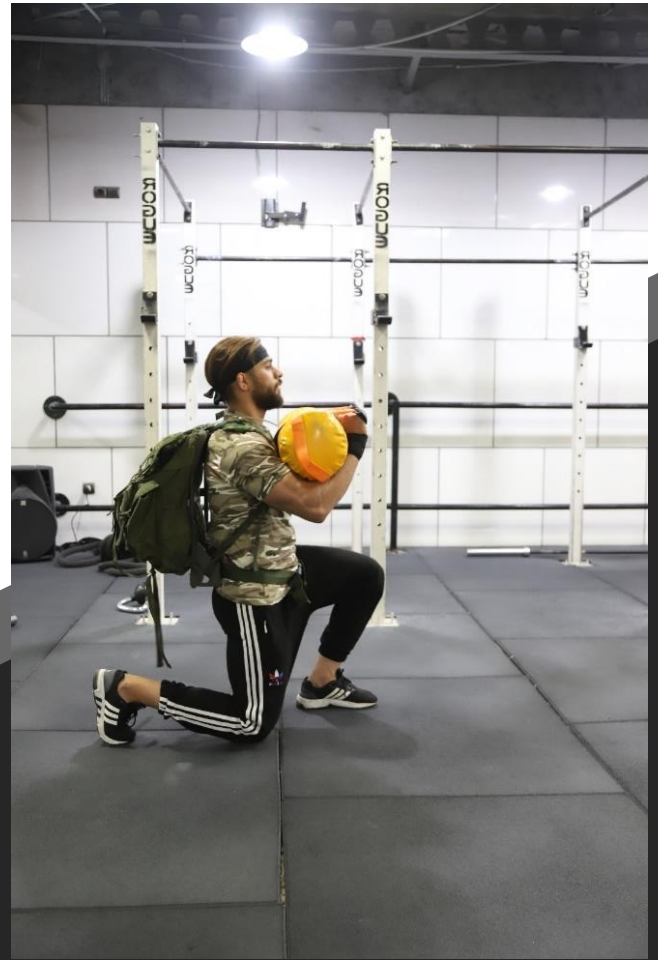
Final position: return to the starting position. The athlete CANNOT bounce. He must stop and extend without taking advantage of the fall from the previous jump(Figure 4).

Both feet are supported up and down simultaneously. Repetition is marked when returning to the ground. The box has a height of 16" (women-men)



Plyo Step push-up

- Beginning position: Move into a prone position on the floor, supporting your weight on your hands and toes.
- Your arms should be fully extended with the hands around shoulder width. Keep your body straight throughout the movement.
- Execution: Descend by flexing at the elbow, lowering your chest towards the ground. At the bottom, reverse the motion by pushing yourself up through elbow extension as quickly as possible.
- Final position: Attempt to push your upper body up until your hands leave the ground, rapidly place hands-on platforms to sides. The lower body again.



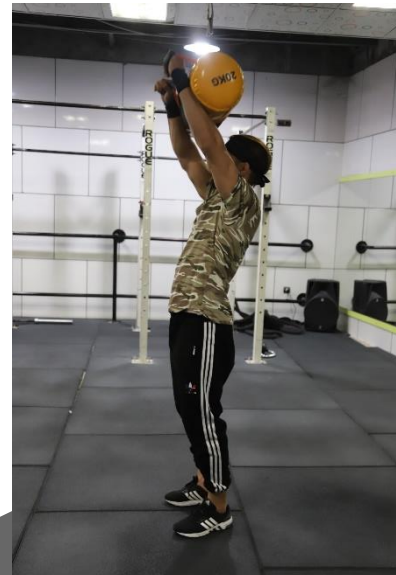
Walking LUNGES (with a sandbag)

- **START:** Wear a military backpack (15 kg) and hold a sandbag (20 kg) in Zercher position, with feet together.
- **Execution:** walk by lunges with 90° flexion in both knees.
- **Final position:** repetition is completed when knees, hips, and trunk are fully extended.
- The sandbag and backpack must remain over the athlete's shoulders for the whole 2 minutes. If not, exercise is over. **WEIGHT:** total weight 35 kg.
- *The knee of the back leg touches the ground at each repetition to be counted valid.



Lever Power Twist (plate loaded)

- Beginning position: Stand completely straight, near the loaded end of the barbell, opposite of landmine lever—thumbs facing back (toward the nearest end of the barbell). And the end barbell should be at the height of the athlete clavicle.
- Execution: Move the end of the barbell across and downward to both sides of the body, alternatively to touch the ground.
- Final Position: Immediately return to the beginning position and then opposite side in the same pattern and repeat.
- *The plate should touch the ground to be counted valid.



Burpee and devil press with Sandbag

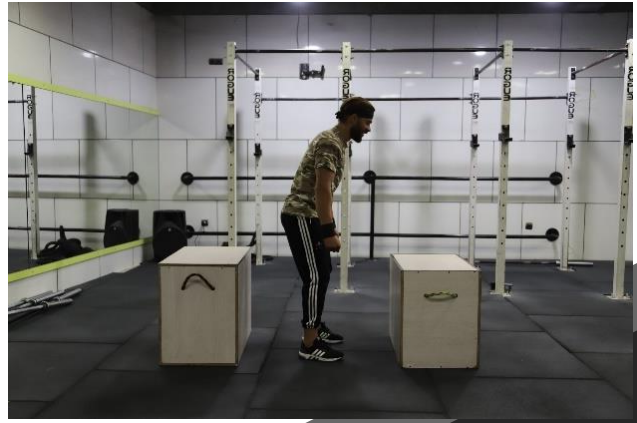
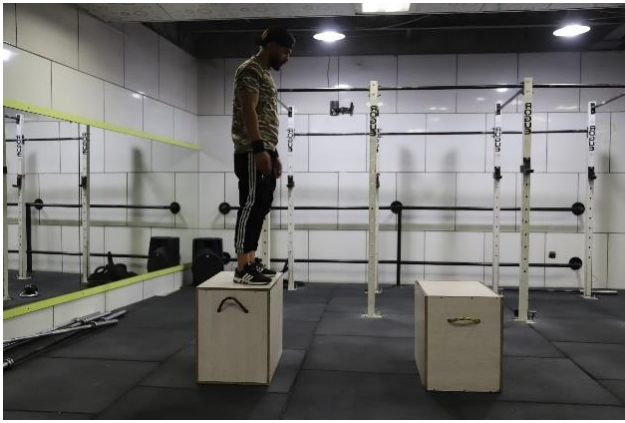
- Beginning position: Stand, with the trunk extended, sandbag must be in front of the body.
- Execution: With hands-on sandbag, jump or step back into push up position and do a push-up, then jump or step feet back in and do a curl and press with sandbag
- Final position: completely straight body with sandbag overhead.
- WEIGHT: Sandbag is 10/20 kg for females/males.
- Failure to follow any indications marks repetition null.

variation of Silver LEVEL exercises



CHIN UPS (prone & strict)

- **START:** full extension of the elbows; supinated grip to shoulder width.
- **Execution:** climb until the chin exceeds the bar.
- **Final position:** return to the starting position. Elbows must be fully extended.
- A stop of 1 second will be made in the starting position, whole extended elbows. Rolling or swinging is not allowed at any time during the tour. Failure to do so marks repetition null.



DROP JUMP TO ANOTHER BOX

- Beginning position: Athlete begins with arms at the sides, shoulder-width stance, and knees slightly bent on top of a box (with toes near or hanging over the edge of the box). Box heights vary between 20 and 24".
- Execution: The athlete steps off the box, lands on the ground, and explosively jumps vertically (with double-arm action).
- Final position: the athlete must locate on the second box by jumping and be completely straight. In this situation, one repetition is counted by the referee, then the athlete returns and repeats.
- The distance between boxes and the height of the boxes must be 80-100 meters.



Hand Release Push-Up–Arm Extension

- Beginning position: prone position with your chest, hips, and thighs (but not head) in contact with the ground and index fingers inside the broadest part of your shoulder
- Execution: Maintaining a fairly straight line from the head to the heel and the feet no more than a boot's width apart, push yourself up until your arms are fully extended
- Final position: Once back in the prone position, extend your arms directly out to your sides, forming a T.
- One repetition counts when a final position is done.



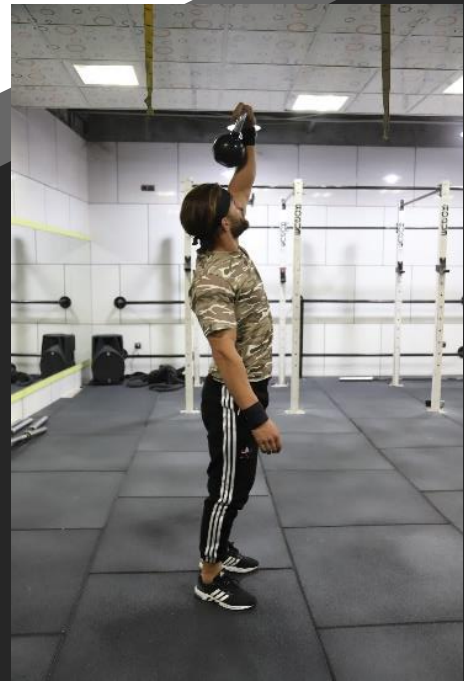
Half squat lunge

- Beginning position: put a sandbag on the back and stand completely straight.
- Execution: lunge forwards then put forward together in a half-squat position.
- Final position: repetition is completed when the athlete is in a half-squat position.
- The sandbag must remain over the athlete's shoulders for the whole 2 minutes. If not, exercise is over.
- WEIGHT: sandbag with 10 kg for female/men.
- *The knee of the back leg touches the ground at each repetition to be counted valid.



Kettlebell twist

- Beginning position: athlete Lie down on the floor, placing feet straight together. Elevate the upper body so that it creates 90 degrees with thighs. Arms should be bent in front of the torso and with the hands clasped.
- Execution: Twist torso to the right side until arms get parallel with the floor and kettlebell touch the ground.
- Final position: kettlebell touches the ground
- Kettlebell weight: 12 kg



Kettlebell Getup

- Beginning position: Lie supine on the floor with a kettlebell positioned next to the right upper arm. Grasp handle with bent right arm.
- Execution: Lift the hip off the floor and pull the left leg underbody—position forefoot and knee on the floor behind the right foot and left hand. Position the torso upright. Reposition legs in a lunging position.
- Final position: the athlete must stand up by extending legs and placing the rear foot next to the forwarding foot

Penalties / Protests

- Competitors and team officials are obliged to know and obey the IFBB rules. Competitors never have the right to object directly to the referee, and if they do, they will first receive a yellow card and then a red card.
- Protest Procedure:
 - The protest must be made by the delegate or team officials no later than 5 minutes after the previous station.
 - A fee of 100 euros must be paid upon submission of the complaint.
 - If the complaint is accepted, the fee will be refunded; if the complaint is rejected, the fee will result in a penalty.
- Judging and Penalties:
 - Organizers are responsible for providing qualified judges for the various events.
 - The judge is responsible for enforcing the competition rules.
 - If a judge makes a mistake of less or more than 10 repetitions, they will be immediately removed from judging and must await the decision of the disciplinary committee.
- Escalation Process:
 - If the team delegate or the athlete believes the judge's decision is incorrect, they may escalate the matter first to the Organizer.
 - The Officer in Charge of the Event (Central Judge) must then either confirm or reverse the judge's decision.
 - The Central Judge will only accept a protest if it is delivered to a member of the Jury within 5 minutes of the violation.

Appendix

Extra explanation for new exercises



squat kettlebell and upright row exercise with

- Positioning: Stand in a position where you have a clear view of the athlete performing the combined exercise.
- Observation: Pay close attention to the movement of the athlete's body throughout the exercise.
- Starting Position: Ensure that the athlete begins the exercise with proper form, holding the kettlebell securely in front of the chest with both hands, elbows slightly bent, and feet shoulder-width apart or slightly wider.
- Squat Execution: As the athlete performs the squat, ensure they lower their body by bending at the hips and knees, maintaining a straight back and proper kettlebell control. Emphasize the importance of control and stability during the descent.
- Kettlebell Position: Confirm that the bottom of the kettlebell touches the floor in the bottom position. However, emphasize that a deep squat is not mandatory.
- Ascent: Ensure that the athlete ascends from the squat by driving through the heels and returning to a standing position, fully extending the hips and knees.
- Upright Row: As the athlete returns to the standing position, ensure they perform the upright row by pulling the kettlebell upward towards the chest, leading with the elbows and keeping the kettlebell in front of the chest.
- Top Position: Verify that the kettlebell is positioned in front of the chest at the top of the upright row, with elbows lifted higher than the kettlebell.
- Repetitions: Count each repetition audibly and promptly as the athlete completes the combined movement with proper form.

instructions for referees on how to count. toes to bar

- **Positioning:** Stand in a position where you have a clear view of the athlete performing the toes to bar exercise.
 - **Observation:** Pay close attention to the movement of the athlete's body throughout the exercise.
 - **Criteria for a Repetition:** A repetition is counted when the athlete starts from a hanging position on the pull-up bar, brings their feet up to touch the bar with both toes simultaneously, and then returns to a full hanging position with arms fully extended.
 - **Clear Communication:** Clearly communicate with the athlete before the exercise begins, informing them of the standards they must meet for each repetition to count.
 - **Consistency:** Maintain consistent judgment throughout the athlete's performance, ensuring each repetition meets the established criteria.
 - **Prompt Counting:** Count repetitions audibly and promptly as the athlete completes each successful repetition.
 - **Awareness:** Be vigilant for any deviations from the standard form, such as incomplete extensions or failure to touch the bar with both toes simultaneously.
 - **Error Correction:** If you notice any errors or discrepancies during the exercise, promptly communicate them to the athlete for correction.
- **Using Straps:**
 - **Approval:** Ensure that the use of straps is permitted according to the competition rules or guidelines.
 - **Quality Control:** Verify that the straps used by the athlete meet the safety standards set by the competition organizers.
 - **Proper Application:** Instruct athletes on the correct way to apply and secure the straps to their wrists or hands.
 - **Safety Considerations:** Emphasize the importance of using straps safely to prevent injury, including proper adjustment and maintenance.
 - **Fairness:** Ensure that the use of straps does not provide an unfair advantage to the athlete and that it is allowed for all competitors under the same conditions.
 - **Monitoring:** Keep a watchful eye on athletes using straps during the exercise to ensure compliance with the rules and guidelines.
 - **Enforcement:** Enforce any restrictions or regulations regarding the use of straps consistently and fairly throughout the competition.