



HYBRID 800 **RULES**

1 ASSAULT BIKE

1. Prior to starting the workout, the **monitor must be set by a judge.**
2. Participant must have both feet and hands on the bike **before starting to move.**
3. Adjustment to seat height is permitted **as many times as necessary.**
4. Rest and interval splits are at the **participant(s)' discretion.**
5. After completing the required calories, the participant(s) must raise a hand to call over a judge to **confirm the distance is complete.**
6. Once complete, the judge will release and direct you for your next run. Their **instructions must be followed.**

SOLO	DOUBLES
Target: 40 Calories burned	Target: 80 Calories burned (combined total)

Handles and pedals must be **completely still before swapping partners.**

Non-exercising partner must always **stand behind the bike.**

2 FARMERS CARRY

- 1. Kettlebell Farmers Carry begins behind the line and ends by crossing the line.
- 2. Participant must always carry both kettlebells while moving.
- 3. Kettlebells must be carried with arms fully extended by the participant's sides.
- 4. Resting is allowed, but kettlebells must:
 - Be placed down under control, not dropped.
 - Not move forward when placed on the ground.
- 5. Station is completed once kettlebells are carried across the finish line and returned upright to the correct box.
- 6. For doubles, kettlebells must be placed on floor before changing.
- 7. Partner must follow behind athlete holding the kettlebells

MALE	FEMALE	MIXED DOUBLE
24kg (each hand) 200m distance	16kg (each hand) 200m distance	24kg* (each hand) 200m distance
		Females must use male weights*

3 DEVIL PRESS

1. Exercise starts with dumbbells **on the ground**.
2. Each rep consists of:
Burpee onto the floor (**chest must touch or pass below parallel**).
Jumping up to grab the weights.
Pressing the weights overhead with **full arm extension**.
Returning weights to the ground **under control**.
3. **Full range of motion** is required for each component.
4. In doubles, non-exercising partner must **wait behind** while team mate completes reps.
5. Resting is allowed, but weights must remain under control and **cannot be dropped forward**.

MALE	FEMALE	MIXED DOUBLE
10KG	5KG	10KG
		Females must use male weight

4 ROW

DISTANCE: 800M

1. Prior to starting, monitor must be **set by a judge**.
2. Feet must be securely in foot holders **before taking hold of the handle**.
3. **Damper settings:** 5 women, 6 men, 6 mixed doubles.
4. Participants **must not tamper** with the screen; judge will ensure correct display.
5. Doubles:
Non-exercising partner must **stand behind rower**.
Handle must be returned to holding position **before dismount**.
6. After completing distance, **raise hand for judge** to release.



5 DUMBBELL SNATCH

- 1. At least one head of the dumbbell **must touch the floor** at start of each repetition.
- 2. Working arm must reach **full extension overhead** for each rep.
- 3. Changing hands must be **below shoulder height**.
- 4. In doubles, non-exercising partner must **stand behind** while waiting to change over.

MALE	FEMALE	MIXED DOUBLE
15KG solo 40 reps Duo 80 reps total	10KG solo 40 reps Duo 80 reps total	15KG solo 40 reps Duo 80 reps total Females must use male weight

6 SANDBAG LUNGE

- 1. Trailing knee must clearly touch the ground during each lunge.
- 2. Lunges must be alternating between legs.
- 3. No steps or shuffles allowed between repetitions.
- 4. Front foot must completely cross the line at end of each run before turning around.
- 5. To cross the line, perform lunge from behind the line.
- 6. Sandbag must remain off the ground at all times.

MALE	FEMALE	MIXED DOUBLE
20KG 80m	10KG 80m	20KG 80m Females must use male weight

7 BURPEE BROAD JUMP

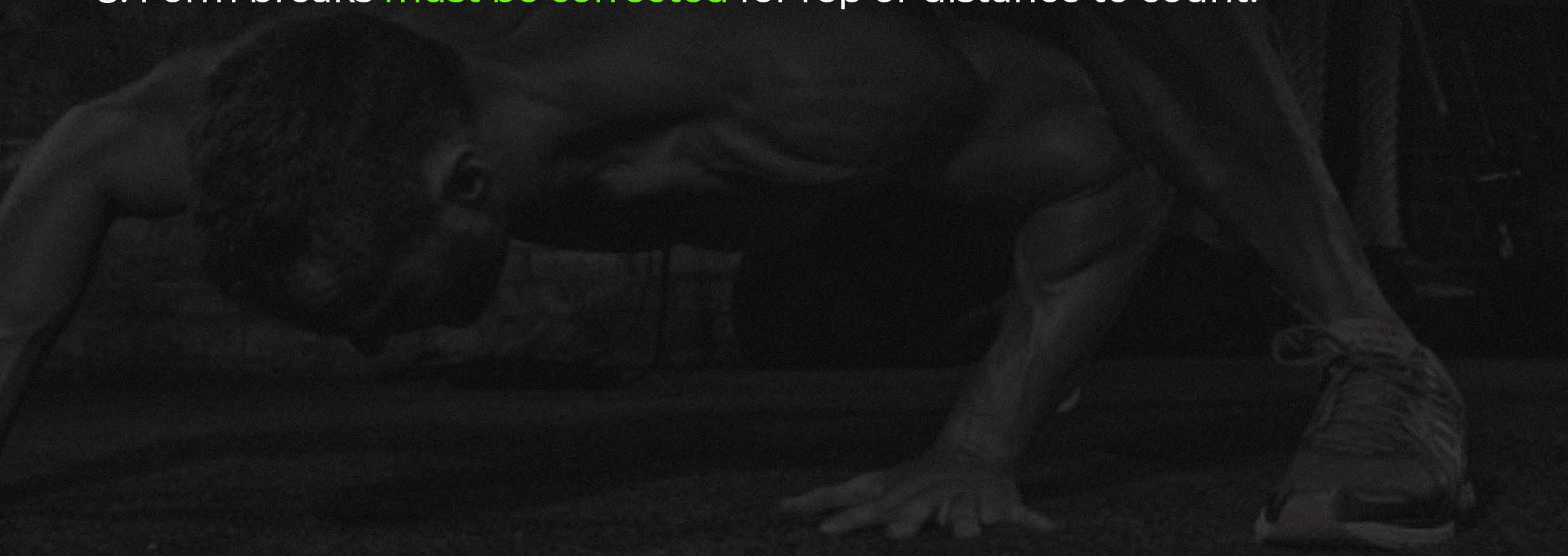
DISTANCE: 80M

1. Start with burpee behind start line; hands no more than **one forearm length from feet**.
2. Chest must clearly **touch the ground**.
3. Jump forward with **both feet parallel**, landing simultaneously.
4. Both feet must be **parallel at take-off**.
5. **No steps or shuffles forward/backward** allowed during take-off/landing.
6. In doubles, full burpee and jump must be completed **before switching**.
7. **Must jump over finish line** to complete exercise.

8 BEAR CRAWL

DISTANCE: 80M

1. Maintain bear crawl position:
Hands and feet **on ground**
Hips elevated, body in **stable crawl posture**
2. **No dragging** knees or belly on ground.
3. Move forward using alternating hands and feet, **continuous contact**.
4. **No skipping, hopping, or running**.
5. Doubles: non-exercising partner **must remain behind**.
6. When transitioning, partners must **line up hands and feet** before starting.
7. Station completed when participant crosses finish line or **reaches distance maintaining form**.
8. Form breaks **must be corrected** for rep or distance to count.



9 WALL BALL

1. Wall ball movement must **start with a squat**.
2. Each throw must strike **centre of target**:
Female athletes: female target centre
Male athletes: male target centre
3. Hips must **descend lower than knees** (below 90°) at bottom of squat.
4. **Catch ball before** starting next squat for next rep.
5. In doubles, ball **may be dropped to floor between transitions**.
6. Partner must stand in **designated station area**.

MALE	FEMALE	MIXED DOUBLE
6KG 100 reps	4KG 100 reps	6KG 100 reps Females must use male weight

