

# THE BATTLE CANCER CHALLENGE

## STATION 1: BIKE

- After crossing the start line, athletes will enter the Assault Bike zone.
- There are no specific lanes, athletes will be directed to use the first available bike furthest from the entry point, as directed by a Zone Manager.
- Athletes can adjust the height of the seat at any time before or during completing the distance.
- Athletes are not permitted to touch the monitor during the workout and should call over a Zone Manager if there are any issues.
- Athletes must notify a nearby Zone Manager when they are close to completing to confirm the distance has been achieved.
- A Zone Manager will notify the athletes when they are clear to progress to the next zone.
- Athletes will leave the bike zone via the appropriate exit.
- Athletes MUST NOT obstruct any other athlete or team.

### PAIRS / TEAMS OF 4 :

- Athletes can switch as needed until the set distance is achieved.
- Resting athletes must remain within close proximity of the bike they are using.
- Resting athletes MUST NOT obstruct any other athlete or team.

## STATION 2: DEADLIFTS (Male - 60kg, Female 40kg)

- Athletes will enter the Deadlift Zone via the appropriate entrance and make their way to the first available set of barbells furthest from the entry point, as directed by a Zone Manager.
- There are no specific lanes for athletes to complete the required number of deadlifts.
- Athletes will work through their set number of deadlifts.
- Once the required number of deadlifts have been completed, athletes may leave via the appropriate exit and progress to the next zone.
- Athletes MUST leave the barbells as they found them.
- Athletes MUST NOT obstruct any other athlete or team.

### PAIRS / TEAMS OF 4 :

- Resting athletes must remain within close proximity of the bars they are using.
- Athletes can switch as needed. If the team is mixed gender, only one bar may be off the ground at any one time.
- Resting athletes MUST NOT obstruct any other athlete or team.

## STATION 3: SHUTTLE RUNS

- Athletes will enter the Shuttle Run zone via the designated entry point.

- Athletes will make their way to the furthest available area from the entry point, as directed by a Zone Manager.
- Athletes will then proceed in working their way through the required number of Shuttle runs.
- 1 shuttle = 1 x 20m length.
- Once athletes have completed the required number of lengths, they are clear to progress to the next zone.
- Athletes MUST NOT obstruct any other athlete or team.

#### PAIRS / TEAMS OF 4 :

- Resting athletes must remain behind the start line on the shuttle run course, holding the barrier in line with their working athlete.
- Athletes can switch once the working athlete returns to the starting point.
- Resting athletes MUST NOT obstruct any other athlete or team.

#### **STATION 4 : ROWER**

- Athletes will enter the Rower zone via the designated entry point.
- Athletes will make their way to the furthest available rower from the entry point, as directed by a Zone Manager.
- Athletes may adjust the foot straps and foot plate placements before and during the workout.
- Athletes must not touch or adjust the monitor, if there are any issues, please notify a Zone Manager who will be able to assist further.
- Athletes must notify a nearby Zone Manager when they are close to completing to confirm the distance has been achieved.
- A Zone Manager will notify the athletes when they are clear to progress to the next zone.
- Athletes MUST NOT obstruct any other athlete or team.

#### PAIRS / TEAMS OF 4 :

- Athletes can switch as needed.
- Resting athletes must remain within close proximity of the rower / their working athlete.
- Resting athletes MUST NOT obstruct any other athlete or team.

#### **STATION 5 : DUMBBELL SNATCH (Male - 20kg, Female - 12.5kg)**

- Athletes will enter the Dumbbell Snatch zone via the designated entry point.
- Athletes will make their way to the furthest available set of dumbbells from the entry point, as directed by a Zone Manager.
- Athletes can then begin working through the desired number of reps.
- Athletes MUST NOT obstruct any other athlete or team.
- Once the required number of dumbbell snatches have been completed, athletes may leave via the appropriate exit and progress to the next zone.
- Athletes MUST leave the dumbbells as they found them.

PAIRS / TEAMS OF 4 :

- Resting athletes must remain within close proximity of the working athlete and within their Dumbbell Snatch zone.
- Athletes can switch as needed.
- Resting athletes MUST NOT obstruct any other athlete or team.

**STATION 6 : SHUTTLE RUNS**

- Athletes will enter the Shuttle Run zone via the designated entry point.
- Athletes will make their way to the furthest available area from the entry point, as directed by a Zone Manager.
- Athletes will then proceed in working their way through the required number of Shuttle runs.
- 1 shuttle = 1 x 20m length
- Once athletes have completed the required number of lengths, they are clear to progress to the next zone.
- Athletes MUST NOT obstruct any other athlete or team.

PAIRS / TEAMS OF 4 :

- Resting athletes must remain behind the start line on the shuttle run course, holding the barrier in line with their working athlete.
- Athletes can switch once the working athlete returns to the starting point.
- Resting athletes MUST NOT obstruct any other athlete or team.

**STATION 7 : SANDBAG OVER SHOULDER (Male - 30kg, Female 20kg)**

- Athletes will enter the Sandbag zone via the designated entry point.
- Athletes will make their way to the furthest available set of sandbags from the entry point, as directed by a Zone Manager.
- Athletes can then begin working through the desired number of reps.
- Athletes MUST NOT obstruct any other athlete or team
- Once the required number of sandbag over shoulder have been completed, athletes may leave via the appropriate exit and progress to the next zone.
- Athletes MUST leave the sandbags as they found them.

PAIRS / TEAMS OF 4 :

- Athletes can switch as needed.
- Resting athletes must remain within close proximity of the working athlete and within their Sandbag zone.
- Resting athletes MUST NOT obstruct any other athlete or team.

**STATION 8: SYNCHRO TEAM / BURPEES OVER LINE**

- Athletes will enter the burpees zone via the designated entry point.
- Athletes will make their way to the furthest available burpee zone from the entry point, as directed by a Zone Manager.
- Athletes can then begin working through the desired number of reps.

- Athletes MUST NOT obstruct any other athlete or team
- Once the required number of burpees have been completed, athletes may leave via the appropriate exit and progress to the next zone.
- Athletes MUST leave their station as they found it.

### **STATION 9 : SHUTTLE RUNS**

- Athletes will enter the Shuttle Run zone via the designated entry point.
- Athletes will make their way to the furthest available area from the entry point, as directed by a Zone Manager.
- Athletes will then proceed in working their way through the required number of Shuttle runs.
- 1 shuttle = 1 x 20m length.
- Once athletes have completed the required number of lengths, they are clear to progress to the next zone.
- Athletes MUST NOT obstruct any other athlete or team.

#### **PAIRS / TEAMS OF 4 :**

- Resting athletes must remain behind the start line on the shuttle run course, holding the barrier in line with their working athlete.
- Athletes can switch once the working athlete returns to the starting point.
- Resting athletes MUST NOT obstruct any other athlete or team.

## **MOVEMENT STANDARDS**

### **Bike**

- Athletes may change the settings of the bike (height, saddle position) during the workout.
- The monitor must be turned on and set to zero before starting the workout.

#### **PAIRS / TEAMS OF 4 :**

- Athletes may change at any point during the workout.
- Only the athlete seated on the saddle may apply pressure to the pedals to build distance.

### **Deadlifts**

- The barbell must start on the ground.
- Collars must be placed outside the plates.
- Athletes hands must be outside the knees, Sumo deadlifts are NOT allowed.
- Athletes must lower the bar to the floor and NOT drop from above the knee.
- Athletes are NOT permitted to use gymnastic grips or wraps when completing the deadlifts.

#### **PAIRS / TEAMS OF 4 :**

- Resting athletes must not stand within the lifting zone and be clear of the working athlete, holding the barrier at the edge of their zone.

### **Shuttle Runs**

- Athletes must start behind the line designated by the Zone Manager.
- Each shuttle length lane will be identified in an obvious manner.
- Athletes may move down the course at any speed they choose.
- At the end of each shuttle, athletes must turn and touch the floor over the line with both feet and at least 1 hand.
- Athletes do not need to touch the floor with their hand when completing the return part of the last shuttle.

#### **PAIRS / TEAMS OF 4 :**

- Athletes can only switch from the starting end of the shuttle run zone.
- If switching during the shuttles, the next athlete may not start their shuttle until the returning athlete has completely crossed the start line.
- Athletes do not need to touch the floor with their hand when completing the return to switch athletes.

### **Rower**

- The monitor must be turned on and set to zero before starting the workout.
- The damper setting may only be changed once during the workout.

#### **PAIRS / TEAMS OF 4 :**

- Athletes may change at any point during the workout.
- Only the athlete seated on the rower may pull the handle to build distance.

### **Dumbbell Snatches**

- The dumbbell snatch starts with both heads of the dumbbell on the ground.
- Athletes must lift the dumbbell in one motion overhead.
- The movement is complete when the dumbbell is directly above the athlete's body, between their shoulders with their arm, hips and knees fully extended.
- When returning to the starting position, athletes may complete the next rep via touch-and-go, bouncing the dumbbell off the floor is NOT permitted.
- At least one head of the dumbbell must make contact with the floor to allow the next rep to begin.
- Athletes must alternate arms after each successful rep.
- The non-lifting hand or arm may NOT make contact with legs or other parts of the body during the rep.
- A clean and jerk is NOT permitted.
- Athletes may NOT receive assistance moving the dumbbell.
- Athletes must NOT drop dumbbells from overhead, they must be lowered under control.

#### **PAIRS / TEAMS OF 4 :**

- Resting athletes must not stand within the lifting zone and be clear of the working athlete, holding the barrier at the edge of their zone.
- Athletes may switch at any point during the workout, but only one athlete may be in the lifting area whilst a snatch is being performed.

### **Sandbag Over Shoulder**

- The sandbag over shoulder starts with the sandbag on the ground.
- Athletes may lift the sandbag in one motion, up and over their shoulder.
- Athletes can also opt to complete the lift in two movements, first to their knees and then over their shoulder.
- Athletes must wait for the sandbag to land on the ground before picking it up to begin the next rep.
- The sandbag must clearly pass over the top of the athletes' shoulder.
- Ducking under the sandbag as it passes over the shoulder is NOT permitted.
- Athletes are not required to alternate shoulders.

### **PAIRS / TEAMS OF 4 :**

- Resting athletes must not stand within the lifting zone and be clear of the working athlete, holding the barrier at the edge of their zone.
- Athletes may switch at any point during the workout, but only one athlete may be in the lifting area whilst a snatch is being performed.

### **Synchro / Burpees Over Line**

- Athletes must start in a standing position facing the line.
- Athletes may jump or step back into the burpee.
- Athletes may step or jump forward when returning to the standing position.
- Athletes must jump over the line with a two-foot takeoff.
- When jumping, both feet must be off the ground as they pass over the line.
- There is no requirement to land with both feet at the same time.
- Once a rep has been achieved, athletes can return to the starting point by either stepping or jumping back over the line.
- Each rep is performed in the same direction and must be line facing.
- A "no rep" will be awarded if contact is made with the line.

### **PAIRS / TEAMS OF 4 :**

- All athletes' chests must be in contact with the floor at the same time.
- The rep is counted when all athletes have jumped over the line and have both feet in contact with the ground.

## **SCORING SUMMARY**

- Bike - Every metre covered equals 1 rep
- Deadlift - Every lift is equal to 4 reps
- Shuttle Run - Every metre covered is equal to 4 reps
- Row - Every metre covered equals 1 rep

- Dumbbell Snatch - Every lift is equal to 4 reps
- Shuttle Run - Every metre covered is equal to 4 reps
- Burpee - Every completed rep equals 1 rep
- Sandbag Over Shoulder - Every completed rep is equal to 4 reps
- Shuttle Run - Every metre covered is equal to 4 reps
- Fundraising - Individuals will receive 10 reps per £/Euro raised
- Fundraising - Pairs will receive 20 reps per £/Euro raised
- Fundraising - Teams of 4 will receive 40 reps per £/Euro raised

	INDI Reps	Multiplier	Score	PAIRS Reps	Multiplier	Score	FOURS Reps	Multiplier	Score
<b>BIKE</b>	2500	1	2500	2500	1	2500	2500	1	2500
<b>DEADLIFT</b>	50	4	200	75	4	300	100	4	400
<b>SHUTTLE RUN</b>	400	4	1600	600	4	2400	800	4	3200
<b>ROW</b>	1000	1	1000	1000	1	1000	1000	1	1000
<b>DB SNATCH</b>	50	4	200	75	4	300	100	4	400
<b>SHUTTLE RUN</b>	400	4	1600	600	4	2400	800	4	3200
<b>BURPEE</b>	50	1	50	50	1	50	50	1	50
<b>SANDBAG OS</b>	60	4	240	75	4	300	100	4	400
<b>SHUTTLE RUN</b>	400	4	1600	600	4	2400	800	4	3200
		Total	8990		Total	11650		Total	14350
<b>GOAL=</b>	4910								
fundraising		Target	10000		Target	15000		Target	20000
		Remainder	1010		Remainder	3350		Remainder	5650
		Min Fundraising	101		Min Fundraising	167.5		Min Fundraising	141.25
	Every € raised = 10 reps (INDI)			Every £ raised = 20 reps (PAIRS)			Every £ raised = 40 reps (FOURS)		

## PENALTIES

Athletes' form will be continually addressed by the judges/Zone Managers, and 1 warning will be issued if form is not being adhered to. On a second warning, the athlete will be instructed to stop the movement for 10 seconds and no reps will be counted during this time. Once issued by the judge/Zone Manager, it cannot be contested and must be served.

If a "no rep" is awarded, a 10-second "stop and go" penalty will be awarded rather than having to repeat the rep.

## QUESTIONS

If you have any questions relating to the process, movements, standards or scalable options, please contact [adam@battlecancer.com](mailto:adam@battlecancer.com)