

# FIT FOCR OCR DECATHLON 2021

## EVENTS AND RULES - 7.16.21

1. 100m Obstacle Scramble:
  - a. Athlete will start by sprinting to the balance logs. Athlete will run on top of the logs and then proceed directly to the ninja steps. Athlete will then jump from step to step through the 4 ninja steps. At the last step athlete will grab the rope and Tarzan swing past the line. Athlete will then proceed to the ninja rig where they will traverse through the jungle ropes. Athlete will then sprint to the finish line. Athlete will have the option of a second run through before switching to the next station.
  - b. If an athlete cannot successfully complete an element, a 1-minute penalty will be added to their time per element not completed. This event has 4 elements.
2. 3x burpee broad jumps for distance
  - a. Athlete will start with feet behind the line. Athlete will perform a burpee\* and then a broad jump. Then another two burpee broad jumps\*. Distance will be measured from start line to back of athlete's heel that is closest to the start line. Athlete must hold the upright position for at least 3 seconds so the judge can mark their spot. If the athlete falls backwards before the 3 seconds is up, the body part closest to the start line will be used to measure their distance. Athlete will have the option of a second run through before switching to the next station.
  - b. \* When performing the burpee, athletes' hands must land on the same spot where their feet were. Basically athlete must jump backwards into burpee and not forwards. Athlete must not make forward progress on the burpee, only on the broad jump.
3. Slam ball overhead toss for distance (15#/20#)
  - a. Athlete will place heels behind the line. Athlete will then throw the slam ball over their head and behind them as far as possible. Athlete will have 3 attempts. Each throw will be measured and the furthest throw will determine the score.
4. 50m: sprint + 4', 6', 8' walls + sprint

- a. Athlete will start behind the line and sprint to the first wall. Athlete will climb over the 4', 6' and 8' walls and sprint to the finish. There will be a step available on the 8' wall, but it will result in a 15 second penalty. Athlete may also receive help over the walls but it will be a 30 second penalty per assist. Athlete will have the option of a second run through before switching to the next station.
5. 400m tire pull (chest harness)
  - a. Athlete will secure the chest harness and start with toes behind the line. Athlete will then run out into the field dragging the tire behind them for 200m. Athlete will then turn around the cone and then proceed to run back to the start line. Athlete may touch the rope during the turnaround, but no part of the tire can leave the ground. This will be a single attempt event.
6. 200m double sandbag carry (20/20# and 30/30#)
  - a. Athlete will start by sprinting to the sandbags. Athlete will pick up two sandbags of the appropriate weight and proceed through the course. Athlete will carry both bags under Rolling Thunder, over the first hurdle, under the second hurdle, and over the third hurdle. Athlete will then proceed to the turnaround point and complete the course in reverse. This will be a single attempt event.
  - b. Athlete may drop the sandbags over the hurdles but must not throw them to make forward progress at any point.
  - c. Athlete has the option of carrying only one sandbag, but their time will be tripled.
7. Multi-rigs for time
  - a. Athlete will attempt to complete the Big Green Rig and both lanes of Rigamortis. If an athlete fails a section, they have an option to do that section again. If they cannot complete it, they will receive a 1-minute time penalty for each failed section. Athlete will have the option of a second run through before switching to the next station.
  - b. There will be 6-10 sections.
8. Max rope climbs in 1 minute

- a. Athlete will perform as many rope climbs as possible in 1 minute. Athlete can jump up the rope. Athlete **MUST** touch the top of the bar at the top for the rep to count. This will be a single attempt event.

9. Spear Throw

- a. There will be 3 distances set-up for the athlete to throw from with each distance being worth a different number of points. Athlete will have 3 attempts to throw from whatever distance they choose to accumulate the most points possible. This will be a single attempt event.
- b. The furthest distance will be worth 350 points, the next closest will be worth 250 points, at the gate will be worth 150 points, and in front of the gate will be worth 50 points.

10. 2-mile run

- a. Athlete will start behind the line and proceed to follow the course laid out in the field. This will be a single attempt event.