



NFG COMPETITOR WORKOUT GUIDE

INTRO

Athlete check-in will open from 08:30 and all competitors must be registered by 10:00. Athlete check-in will be in the reception area of Surrey Sports Park and closes at 10:00. Please be prepared to present your NFG confirmation e-mail at Athlete Check-in so we can scan your QR code – in printed form ideally, or simply show electronically on your phone/iPad etc. Please note that parking will be free of charge all day at Surrey Sports Park so please ignore the parking signs.

All team members are required to check in individually – your team will not be allowed to compete if all team members haven't done so by 10:00. The team captain is responsible for making sure everyone has checked in before the start. Each athlete will collect their athlete pack which will contain your athlete wristband (for entry into NFG's Zone), t-shirt and other information/items we may include.

The team captain must make sure that all team members have completed and signed the NFG 2019 Waiver which every individual will be given at check-in. Your athlete wristband will not be released to you at check-in until you have presented your ID and signed the waiver. We require waivers from all athletes, and we cannot let you compete without it.

WORKOUT OVERVIEW

You will be required to complete four workouts in four different zones as a team during NFG Surrey. Your team will move between the workouts with other teams in a 'wave'. There will be a maximum of 10 teams in your wave and you will all have a minimum of 60-minute rest between workouts. Your team's wave and schedule will be given to you at registration on the day.

Please note that all of your team members will be required to be at the specific zone 10 minutes before your scheduled workout time.

Teams will be ranked within their categories for each workout with these rankings equating to points as per the below:

1st – 1 point	7th – 7 points
2nd – 2 points	8th – 8 points
3rd – 3 points	9th – 9 points
4th – 4 points	10th – 10 points
5th – 5 points	etc etc etc
6th – 6 points	

Teams will be ranked within their category by their total points in ascending order.

Details of the four workouts are below:

STRENGTH ZONE

The Workout

- Each team has 25 minutes for each of their team members to achieve a 3 rep max at the following lifts:

	Elite Male & Elite Female	Male, Female, Mixed & Masters Categories
Lift 1	3RM Deadlift	3RM Deadlift
Lift 2	3RM Back Squat	3RM Back Squat
Lift 3	3RM Weighted strict pull-ups	3RM Push Press

Scoring

- Individuals will have their heaviest successful 3 rep lifts on each of the exercises recorded. The team score will be the total of all of these weights.
- Team's will be ranked by the total weights achieved by their team members.

Rules

- Overall:
 - Exercises have to be completed in the below order but competitors are allowed to use as much of the time cap per exercise as they like:
 - Deadlift
 - Back Squat
 - Weighted strict pull-ups or Push press
 - Individuals are allowed as many attempts per exercise as they wish but once the team move on to the next exercise they are unable to go back for further attempts on any of the previous exercises.
 - Teams are responsible for making sure they achieve 3 legal continuous lifts per person per exercise within the allotted time.
 - Collars must be on the bar in order for it to be declared a successful rep.
 - Only one team member can lift at any one time.
 - Each team will have one bar available for the whole workout and this bar will be loaded to 40kg for the start of the workout.
 - Once a team are ready to move on from an exercise they must indicate to their judge that they are moving onto the next exercise.

- Teams are solely responsible for adding plates to the bar – the judge can't help.
- All 3 reps of a specific lift have to be completed before the sound of the final hooter for them to count.
- Teams cannot use plates from another team's rack.
- Deadlift:
 - Bar must be lifted from the floor.
 - For a complete rep arms and legs must be locked out with the competitor standing tall.
 - Bar must return to a dead stop between each rep with the competitor spending no longer than 3 seconds with the bar in contact with the floor.
 - Judges will call 'rep' at the top and bottom of each lift for a successful rep and 'no rep' if it was deemed to be a failed lift.
 - Competitors must achieve 3 continuous legal lifts for the weight to be recorded.
 - Chalk & lifting belts are allowed to be used by competitors.
 - Straps and lifting suits are not allowed to be used by competitors.
- Back Squat:
 - Competitors must lower the weight until the hip joint passes the line of the top of the knees to break parallel.
 - Judges will call 'rep' at the top and bottom of each lift for a successful rep and 'no rep' if it was deemed to be a failed lift.
 - If the rep is judged to be a failed lift at any point during the lift the judge will call 'no rep'.
 - Spotters are allowed but if they make any contact with the bar 'no rep' will be called.
 - Competitors must achieve 3 continuous legal lifts for the weight to be recorded.
- Weighted strict-pull-ups:
 - Competitors must start each rep from a dead hang position with arms locked out straight.
 - Competitors chins must go above the bar for each rep to be successful.
 - Competitors must achieve 3 continuous legal pull-ups for the weight to be recorded i.e. competitors feet cannot touch the floor between reps. Score achieved will be competitors bodyweight + added weights
 - If the rep is judged to be a failed lift at any point during the lift the judge will call 'no rep'.
- Push Press:
 - Bar must start below the chin and then be pressed above the crown of the head with arms fully locked out.
 - Bar must return to a stationery position below the chin to complete the rep.
 - Judges will call 'rep' at the top and bottom of each lift for a successful rep and 'no rep' if it was deemed to be a failed lift.
 - Competitors must achieve 3 continuous legal lifts for the weight to be recorded.
- Any repetitive breaches of the above rules or serious foul play could result in the offending team being disqualified from this workout or the whole event.
- The teams allocated judge and the head referee will have the final say in all matters of rule breaking.

- Team captain is responsible for signing official team score sheet.

ENDURANCE ZONE

The Workout (20 min time cap)

Teams must complete the below in sequence with only one team member working at any time, unless otherwise stated. Team members can interchange on each station at any time and as many times as they want, apart from the burpee stations:

	Elite Male	Elite Female & Male	Female, Mixed & Masters Categories
Team Member 1 - Burpees, followed by	x 10	x 10	x 10
Bodyweight synchro squats, followed by	120 (2 members working at any one time both with 20kg power bags on back)	100 (all 4 team members working together)	100 (all 4 team members working together)
Team Member 2 - Burpees, followed by	x 10	x 10	x 10
S-Force, followed by	Level 5 (Distance – 350m)	Level 5 (Distance – 250m)	Level 3 (Distance – 250m)
Team Member 3 - Burpees, followed by	x 10	x 10	x 10
Ski-Erg, followed by	150 cal	120 cal	90 cal
Team Member 4 - Burpees, followed by	x 10	x 10	x 10
Air Bike	No of calories for remaining time	No of calories for remaining time	No of calories for remaining time

Scoring

- Each team's workout score will be how many calories they burn on the Renegade Air Bike.
- Team's will be ranked within their category by this calorie score.

Rules

- Each time a team breaks any of the below rules they will face a 10 sec non-working penalty which will see them held at or in-between stations:

- All team members must begin the workout behind the start line and only move forward to the first station at the sound of the head referee's hooter.
 - Only one team member can work at any one time on the following stations: S-Force, Ski-Erg and Air Bike.
 - Each rep of the synchro squats must be completed in unison by the correct number of team members (2 for elite male teams and 4 for all other teams). For each squat competitors must break parallel at the bottom of the squat and return to the start position with knees and hips fully extended.
 - The squats for the elite male teams will only be counted if each competitor squatting has a 20kg powerbag across the top of their shoulders.
 - Each team member must complete one of the 10 rep burpee stations on their own.
 - Teams must move from one station to the next as a whole team and can only move onto the next station after they have completed the required number of reps, reached the required number of calories or distance covered on that particular station.
- Any repetitive breaches of the above rules or serious foul play could result in the offending team being disqualified from this workout or the whole event.
 - The teams allocated judge and the head referee will have the final say in all matters of rule breaking.
 - Team captain is responsible for signing official team score sheet.

VELOCITY ZONE

The Workout (25 min time cap)

- Workout buy in – one lap of track by 1 team member followed by set number of rounds of the below (see table for distances and weights)..
 - Rowing Machine, followed by..
 - Bale carry to end of lane, place the bale behind the line, sprint back, followed by..
 - Keg carry to end of lane, place the keg behind the line, sprint back, followed by..
 - Stone or Powerbag carry to end of lane, place stone behind the line and sprint back, followed by...
 - Sprint to end of lane, pick up bale and return to start, then
 - Sprint to end of lane, pick up bale and return to start, then
 - Sprint to end of lane, pick up stone or Powerbag and return it to start
 - Round complete! Immediately start next round.
- Workout buy out – one lap of track

	Elite Male	Elite Female	Male	Female, Mixed & Masters Categories
Workout buy in lap	Approx 250m	Approx 250m	Approx 250m	Approx 250m

Rowing Machine	250m	250m	250m	150m
Bale	30kg	20kg	30kg	20kg
Keg	40kg	40kg	40kg	25kg
Stone	50kg	30kg	30kg	15kg Powerbag
Number of rounds	6	5	5	5
Workout buy out lap	Approx 250m	Approx 250m	Approx 250m	Approx 250m

Scoring

- Each team's workout score will be the time it took them to complete the target number of rounds.
- If a team does not complete the target number of rounds by the end of the time cap their progress will be recorded and they will be ranked accordingly.
- Team's will be ranked within their category by their time or progress.

Rules

- Each time a team breaks any of the below rules they will face a 10 sec non-working penalty which will see all team members held in their team holding area in between laps. If this penalty is given on the teams last lap they will have 10 seconds added to their finish time:
 - All team members must begin the workout in their team holding area
 - Only one team member can work at any one time. When not working all team members must be stationed in their team holding area.
 - Team members must clearly tag their team mate before and after the buy in lap and each row, object carry or object collection. Team members cannot pick up an object or enter the carry lane until this tag has taken place.
 - Lap runners must stay within the marked out course and clearly pass on the outside of each corner flag.
 - Objects must be safely dropped in the allocated drop zones at each end of the course. Objects must be carried over the line (and dropped into designated zones) and not thrown.
 - Objects must be carried and returned in the correct order.
- Any repetitive breaches of the above rules or serious foul play could result in the offending team being disqualified from this workout or the whole event.
- The teams allocated judge and the head referee will have the final say in all matters of rule breaking.
- Team captain is responsible for signing official team score sheet.

FORCE ZONE

The Workout (20 min time cap)

- Elite male and male teams must complete as many rounds as possible of the below medley. Each team member must complete the whole round on their own before tagging a team mate:

	Elite Male	Elite Female	Male	Female, Mixed & Masters Categories
Watt Bike	500m	500m	500m	500m
Thrusters or Burpees over bar	5 x Thrusters at 40kg	5 x Thrusters at 30kg	5 x burpees over bar	5 x burpees over bar
Box jumps	5 @ 30"	5 @ 24"	5 @ 24"	5 @ 20"
Bag drag up lane – 20m	80kg	50kg	50kg	30kg
Ball over wall	40kg	20kg	40kg	20kg Females 40kg Males
Bag drag back to start – 20m	80kg	50kg	50kg	30kg

Scoring

- Each team's workout score will be the number of rounds they achieved during the time cap. Non completed rounds will be counted based on the progress of the team member at the sound of the hooter to end the workout.
- Team's will be ranked within their category by their score.

Rules

- General:
 - Team must work in same order throughout the workout.
 - Only one team member can work at any one time and they must complete a full round before tagging their teammate.
- Thrusters:
 - Bar must be taken from the floor and loaded into front squat position.
 - For the squat the hip crease must pass below the knees then the bar must be taken overhead with arms fully locked out as the knees, hips and arms fully extend.
- Box Jumps:
 - A successful rep must consist of:

- two foot simultaneous take off
 - two foot simultaneous landing on top of the box
 - full extension of the hips
 - any style of dismount and landing
- 1 rep = jumping from one side of the box, on top of the box and then down on the same side.
- For a successful rep no body part, other than feet, can touch the box at any time.
- Stones Over Wall with Jump Over Wall:
 - Stone must be lifted from the ground over the wall and dropped the other side for a successful rep.
 - Competitors have to climb over the wall and repeat the process for each rep.
 - 1 rep = stone lifted from the floor and thrown over the wall with the competitor jumping over the wall and landing on the other side.
 - If any of the above rules are broken the rep in question will be called a no rep and not counted.
- Power Bag Drag:
 - Competitors must hold the rope attached to the bag when dragging the bag.
 - Competitors must be facing the bag and move backwards when dragging.
 - The bag must have contact with the ground in some capacity the entire time.
 - The whole bag must be dragged over the line at either end of the course.
 - If any of the above rules are broken the individual competitor will receive a 10 second non-working penalty.
- Any repetitive breaches of the above rules or serious foul play could result in the offending team being disqualified from this workout or the whole event.
- The teams allocated judge and the head referee will have the final say in all matters of rule breaking.
- Team captain is responsible for signing official team score sheet.