

# Athlete Handbook



**HYBRID  
FITNESS  
LEAGUE**

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# Introduction

The Hybrid Fitness League is a series of competitions hosted at gyms in your area.

The competitions consist of 3 types: Strength, Metcon and Endurance.

Each competition has a set format.

Each host gym is carefully selected and specialises in a performance focus to ensure every event is purposeful and consistent. All host gyms are located within a 20 minute travel radius of the division for easy access.

Athletes will compete in each competition type and the best score will count to the league standings. League standings are based on a point system, ranking highest point first to lowest points. All leagues are ranked in categories and age group

Top ranking Athletes in the leagues will be invited to compete in a regional competition.

The regional competition will consist of a mixture of all 3 competition types testing overall strength, stamina and fitness.



The Hybrid Fitness League isn't just a single event, it gives people something to train for, return to and feel part of again and again.

# Entry Requirements



**HYBRID  
FITNESS  
LEAGUE**

Any one over the age of 18 can join and enter The Hybrid Fitness League.

All athletes must read and agree to the Waiver and Terms and Conditions when entering the league.

Athletes can join the league via the The Hybrid Fitness League website.

All athletes must create an athlete profile and set emergency contact details before competing in any competition.

All athletes and abilities are welcome to enter the league and confirm you are physically, mentally and medically fit to take part in any league activity.

All athletes are responsible for seeking medical advice prior to competing.

All athletes are responsible for monitoring their condition during any competition and withdrawing in any competition if necessary during any of The Hybrid Fitness League. Any athletes that participate with injury must have medical clearance prior to competing and undertake the competition at their own risk

If any athlete injures or takes ill and cannot continue in the competition then all scoring up to that point will remain in the competition platform allowing all athletes to rank in the league.

Any athletes that require modifications and adaptations due to impairments please get in touch with the support team and we will do our best to accommodate your needs. We will liaise and work with you on the day of each competition to ensure you are able to compete.



Athletes can enter the league in one or more of the following categories:

Female Solo

Male Solo

Female Doubles

Male Doubles

Mixed Doubles

These categories have fixed weights (please see station format and rules) with Mixed doubles following Male weights. You cannot enter another league in the same category, only a different category.

The Hybrid Fitness League is filtered in the following age groups:

18-24

25-29

30-34

35-39

40-44

45-49

50-54

55-59

60-64

65-69

70+

# Movement Standards and Format

Strength.

Metcon.

Endurance.

A black and white photograph of a woman with curly hair, wearing a dark long-sleeved shirt and light-colored leggings, leaning over a barbell in a gym. She is positioned in the center-left of the frame, with her hands on the barbell. The barbell has large weight plates on both ends, with 'BodyMax' and '15' visible. The background shows gym equipment, including racks and weights, and a bright light source on the left.

# Strength.

Station 1: 3RM Deadlift

Station 2: 3RM Push Press

Station 3: Dumbbell Walking  
Lunges and Farmers Carries  
AMRAP

Station 4: Medicine Ball Throw  
for Distance

## **Station 1: Deadlift in 8 minutes**

Heaviest successful set of 3 reps counts. Doubles get 3 reps each.



Athletes must reach full lockout with hips and knees and in an upright position with arms fully locked out. This counts as a rep.

You are allowed a 5 second pause between each rep but your hands must not leave the bar. This will count as no rep if you take your hands off the bar.

You are permitted to touch and go but no bouncing.

The barbell must be on the ground at the start of every rep.

Do not drop bars on completion of the 3rd rep - lets look after our equipment for others!

All 3 reps must be completed in the 8 minutes and best max 3 reps are counted.

## **Station 2: Push Press in 8 minutes**

Heaviest successful set of 3 reps counts. Doubles get 3 reps each



Bar must start on the athlete's shoulders.

Full lockout required overhead with full extension of the hips and knees to a fully standing position. This counts as one rep.

Each rep is counted from the shoulders to full extension and the full 3 reps are completed once the barbell is placed in the rig.

No re-bending knees after press-out.

Can have 3 attempts at a heavy weight but if cannot complete then best score counted.

All 3 reps must be completed in the 8 minutes and best max 3 reps are counted.

### **Station 3: 2 x 10m Dumbbell Lunges and 4 x 10m Farmers Carry in 8 minutes**

Athletes must complete 2 x 10m lengths of Dumbbell lunges and then straight into 4 x 10m lengths of Farmers Carry.

The dumbbell lunge weights can be different to the farmers carry weights.

Doubles must choose the same weight as each other. Each athlete must complete the full set of lunges and farmers carry and then switch to the next partner completing a YGIG method. The resting athlete must remain in the designated lane until their turn.

## Dumbbell Lunge Rules:

- Athletes choose dumbbell lunge weight before starting.
- Knee must touch the ground on each lunge.
- Dumbbell weight is locked in once the first length begins
- Dumbbell weight cannot be changed during the station.
- Athletes can stop at any point and put the dumbbells down but must remain in the same place.
- Athletes must stand tall after each lunge and must alternate legs.
- Athletes can continuously lunge or stop between each lunge.
- Athletes cannot shuffle or take any extra steps between lunges.
- Athletes' front foot must fully cross the end line during a lunge otherwise they will need to do another lunge.
- Dumbbell lunges cannot be started or counted until the 4 lengths of farmers carry have been completed.
- Farmers carry cannot be counted until the 2 lengths of dumbbell lunges have been completed.

## Farmers Carry Rules:

- Athletes choose the Kettlebell weight before starting.
- Kettlebell weight is locked in once the first length begins.
- Athletes must carry both Kettlebells in each arm.
- Athletes arms must be fully extended at their sides
- Athletes can stop at any point and put the Kettlebells down but must remain in the same place.
- Kettlebell weight cannot be changed during the station.
- Dumbbell lunges cannot be started or counted until the 4 lengths of farmers carry have been completed.
- Farmers carry cannot be counted until the 2 lengths of dumbbell lunges have been completed.

## Station 4: The medicine ball throw in 8 minutes

Athletes must throw a medicine ball as far as possible.

Ball weights are as follows:  
Female and Female Doubles: 6kg /  
Male, Male Doubles & Mixed  
Doubles: 9kg

The athlete stands behind the line.  
Two-hand chest throw forward.  
Feet must be parallel, no staggered  
stance and cannot walk into the  
throw.

Athlete can jump but if they land  
over the line it is a no rep.  
Feet must remain behind line when  
ball is released.  
Best of 3 throws. Doubles get 3  
throws each athlete.



A black and white photograph of a woman with long hair, wearing a white tank top, rowing on an Assault Fitness air bike. She has a determined and slightly pained expression on her face, with her teeth clenched. Her hair is blowing in the wind from the bike's fan. The background is dark and out of focus, showing other people in a gym setting. The word 'Metcon.' is written in large white letters in the top right corner.

# Metcon.

Station 1: 1200m Row and  
10m Sled Push Lengths

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Station 2: 1.2miles Air bike and  
10m Sandbag lunges

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Station 3: 1000m Ski and  
Burpee box jumps

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Station 4: 1km Curve runners  
(or similar) and Wall balls

Athletes have 8 minutes to complete each station with a 2 minute transition. This transition time allows athletes to move to the next station and judges to reset the equipment.

## **Station 1: 1200m Row and 10m Sled Push 8 minutes**

Athletes must complete 1200m row before starting the 10m Sled push lengths.

Athletes must complete as many 10m lengths as possible in the remaining time.

Incomplete lengths do not count.

Athletes competing as doubles can split the station in any way they wish.

Athletes must stay in their designated lane and must push the entire sled over the line before completing the next length.



Any athlete that does not stay within their designated lane will be warned for obstruction.

Any athlete that continues to obstruct after 3 warnings will have a length deducted. Competing as doubles, the resting athlete must stay behind the working athlete and cannot run to the end to wait. This will result in a disqualification for this station.

Sled weights are as follows:

Female/female doubles: 102kg including the sled

Male/Male doubles: 152kg including the sled

Mixed doubles: 152kg including the sled

## **Station 2: 1.2miles Air Bike and 10m Sandbag lunges 8 minutes**

Athletes must complete 1.2miles on the assault bike before starting the 10m sandbag lunges.

Athletes must complete as many 10m lengths as possible in the remaining time.

Incomplete lengths do not count.

Athletes can stop at any point but the sandbag must remain on their shoulders.

Athletes must stand tall after each lunge and must alternate legs.

Athletes can continuously lunge or stop between each lunge.

Athletes cannot shuffle or take any extra steps between lunges.



Athletes' front foot must fully cross the end line during a lunge otherwise they will need to do another lunge.

Athletes must touch the ground on each rep with their knee. Each athlete will be given 3 warnings and then the length will be classed as a no rep.

Competing as Doubles:

Athletes can split the station in any way they wish.

Athletes must stay together in their lane and remain behind the athlete lunging at all times.

Athletes can pass the sandbag backwards or sideways only. It cannot be passed forwards.

When transitioning the sandbag between athletes, the resting athlete must stand in the same position where the working athlete was.

Sandbag weight is fixed per category:

Female/female doubles: 10 kg

Male/male doubles: 20kg

Mixed doubles: 20kg

### **Station 3: 1000m Ski and Burpee box jumps 8 minutes**

Athletes must complete 1000m ski before starting the burpee box jumps.

Athletes must complete as many burpee box jumps as possible in the remaining time. Athletes competing as doubles can split the station in any way they wish.



### Athletes:

- Must start with a burpee
- Chest must touch the floor when completing the burpee
- Can jump or step up
- Must have 2 feet fully on the box
- Cannot have their heels hanging off the edge of the box, this will be classed as a no rep
- Do not need to have knees locked out when on the box
- A rep count is when an athlete has completed a burpee and a box jump or step up
- A rep will not count if the athlete has only completed the burpee and not the box jump or step up part

### Box height:

Female/female doubles: 20"

Male/male doubles: 24"

Mixed doubles: 20"

## **Station 4: 1km Curve runners (or similar) and Wall balls**

Athletes must complete a 1km run before starting the wall balls.  
Athletes must complete as many wall balls as possible in the remaining time.

Wall Ball weight:

Female/female doubles: 4kg

Male/male doubles: 6kg

Mixed doubles: 6kg

## Athletes:

- Must start standing tall with the wall ball in their hands and squat first before throwing the ball at the target
- Males must hit the higher target and females the lower target
- Can stop at any point but must start with a squat before throwing the ball at the target.
- Must drop hips parallel or lower than their knee and will be given 3 warnings if failing to reach this depth.
- Must hit the target clearly and cleanly otherwise no rep will be given.
- Must squat before throwing the ball at the target if the ball is dropped at any point.
- Competing as doubles can hand the ball to the resting athlete or place on the floor.

# Endurance.

Station 1: RowErg for 8  
minutes

Station 2: SkiErg for 8 minutes

Station 3: BikeErg for 8  
minutes

Station 4: 2km Run



Athletes have 8 minutes to complete each station with a 2 minute transition. This transition time allows athletes to move to the next station and judges to reset the equipment.

All ergs are preset to 6 damper settings and can be changed by athletes as many times as they wish during the 8 minutes.

## **Station 1: RowErg for 8 minutes**

Row for 8 minutes and burn as many calories as possible.

Row erg footplates are preset to position 4 and can be changed as each athlete wishes before they commence.

Athletes competing in the solo category must remain on the erg during the 8 minutes.

Athletes competing in the doubles category can split the time how they wish but must remain behind or in the front of the row erg.



## **Station 2: SkiErg for 8 minutes**

Ski for 8 minutes and burn as many calories as possible. Athletes competing in the solo category must remain on the erg during the 8 minutes. Athletes competing in the doubles cate



### **Station 3: BikeErg for 8 minutes**

Bike for 8 minutes and burn as many calories as possible. Athletes competing in the solo category must remain on the erg during the 8 minutes. Athletes competing in the doubles category can split the time how they wish but must remain behind or in the front of the assault bike erg.



## **Station 4: 2km Run**

Athletes must complete a 2km run in the fastest time possible.

Athletes' time will stop when they cross the finish line and will be recorded in seconds.

All athletes must complete the run if competing in a doubles category. The time will stop when the final athlete crosses the finish line in the pair.

# Scoring and Qualification



**HYBRID  
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Each competition type has a set scoring scheme ensuring fairness and consistency. The overall scoring is the total scoring of each competition added together to provide a ranking system on the leaderboard.

The top 3 athletes from each league in each age group will be invited into a Regional competition which will be held at a larger venue.

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## **Strength Competition:**

Consists of 4 stations aimed to test strength under fatigue and load. Each station has a 2 minute transition to allow judges to reset equipment and athletes to move to the next station.

Station 1: Deadlift 8 minutes

The scoring is the weight multiplied by the 3 reps.

Station 2: Push Press 8 minutes

The scoring is the weight multiplied by 3 reps.

For doubles, each athlete is scored in the same way. The combined/total score will be divided by 2 in order to find the average. For example:

## **Singles**

Athlete : Deadlift:  $100\text{kg} \times 3 = 300$  Push Press:  $60\text{kg} \times 3 = 180$ . Score = 480

## **Doubles**

Athlete A: Deadlift:  $100\text{kg} \times 3 = 300$  Push Press:  $60\text{kg} \times 3 = 180$ . Score = 480

Athlete B : Deadlift:  $80\text{kg} \times 3 = 240$  Push Press:  $60\text{kg} \times 3 = 180$ . Score = 420

Score =  $(480 + 420)/2 = 450$

### Station 3: 2 x 10m Dumbbell Lunges and 4 x 10m Farmers Carry

This is the load of a single dumbbell and kettlebell multiplied by the total lengths. For example an athlete takes a pair of 10kg Dumbbells and will be scored at 10 not 20. An athlete takes a pair of 24kg kettlebells and will be scored at 24 not 48.

The final scoring calculation is:  $10+24 \times \text{total lengths}$ .

This is the same score calculation for doubles. Both athletes must use the same weight.

### Station 4: The medicine ball throw

This is measured in metres and each athlete has 3 attempts to throw the ball. The score is calculated by the longest distance thrown in metres x ball weight. The measurement is taken from the back of the ball and is where the ball finally rests, not lands.

For example an athlete throws a 9kg ball 10.50 metres so their score is 94.5.

For doubles, the same applies but both scores are added together and then divided by 2.

For example athlete A throws a 9kg ball 10 metres, athlete B throws a 9kg ball 5 metres, the calculation will be  $90 + 45 / 2 = 67.5$ .

Each score is added together to provide a final Strength Competition scoring that is then displayed on the leaderboard.

## **Metcon Competition:**

Consists of 4 stations that are scored and ranked independently in 8 minute blocks. Each station has a 2 minute transition to allow judges to reset equipment and athletes to move to the next station.

### **Station 1: 1200m Row and 10m Sled Push**

This station is scored on how many 10m Sled Push lengths are completed in the remaining time. For example an athlete completes 5 lengths of 10m sled push so has a score of 50. Incomplete lengths do not count. The sleds weights are set for males (152kg inc sled), females (102kg) and mixed doubles (152kg).

### **Station 2: 1.2miles Air Bike and 10m Sandbag lunges**

This station is scored on how many 10m lengths of sandbag lunges are completed in the remaining time. For example an athlete completes 10 lengths of 10m sandbag lunges so has a score of 100. Incomplete lengths do not count. Sandbag lunges are 20kg for male and mixed doubles, females are 10kg.

### Station 3: 1000m Ski and Burpee Box Jump or Step up

This station is scored on how many burpee box jumps or step ups are completed in the remaining time. Athletes can jump or step up onto the box and the box heights are 24" for male, 20" for female and mixed doubles.

An athlete will obtain a rep each time they complete a Burpee and a box jump or step up.

### Station 4: 1km Run and Wall Balls

This station is scored on how many wall balls are completed in the remaining time. Wall ball weight is 6kg for male, mixed doubles and female weight is 4kg.

The scores for each station are added together to provide the final score for the Metcon Competition.

## **Endurance Competition:**

Consists of 8 minute blocks of pure calorie burn on each machine with a final 2km run to peak endurance of each athlete. Each station has a 2 minute transition to allow judges to reset equipment and athletes to move to the next station.

### Station 1: Row

The score is max calories burned in 8 minutes.

### Station 2: Ski

The score is max calories burned in 8 minutes.

### Station 3: BikeErg

The score is max calories burned in 8 minutes.

### Station 4: 2km Run

The score is the fastest time in seconds to complete the 2km run. When completing the competition as doubles, the time of the final athlete to cross the finish line is recorded as the score. The final score for this station is calculated by the time in seconds divided by 2000 multiplied by 120 seconds.

For example an athlete completes the run in 8 minutes which is 480 seconds  
 $(480 / 2000\text{km}) \times 120 \text{ seconds} = 500$

### Tie Breaker:

In the event that athletes finish with the same score, they will be positioned in the leaderboard with the same score but ranked based on the 2km runtime from the Endurance Competition. The 2km run represents fatigue resistance and race performance.

### Penalties:

**DNS** - did not start, this will be applied if an athlete misses a station or chooses not to run.

**PEN** - this will be applied to the final scoring if a judge has marked an athlete as no rep due to failure of rules eg not staying in lane after 3 warnings.

**DNF**- if an athlete cannot finish the competition (did not finish).

**DSQ** - disqualified by judge and all scoring will be removed for this competition.

# Athlete Code of Conduct



**HYBRID  
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An athlete that participates in The Hybrid Fitness Leagues agrees to compete in a fair manner. They will ensure to be respectful and courteous to all judges and volunteers and adhere to the requests stated by any judge.

Athletes will be respectful and courteous to fellow athletes. Any poor sporting behaviour to fellow athletes and all staff such as deceit, aggression, and aggressive disputes will result in penalties or disqualifications. Any disqualification due to poor sporting conduct may result in a disqualification or ban from future competitions.

Any penalty or disqualification will be at the discretion of the head judge at the time of the competition. Any further action, such as disqualification for future competitions will be decided between the head judge of the competition and the directors of The Hybrid Fitness League (™).

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# The Hybrid Fitness League

Contact details:

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