

**RED  GAMES 2018**

**Rule Book**

# General Rules

1. All participating athletes are required to agree to and adhere strictly to all rules and policies pertaining to the event including and not limited to the individual evolution clearing points of performance, athlete assumption of risks, media publicity and disclosure of health issues.
2. All athletes are to complete all required documentation and waivers,
3. All decisions made by the event organizers and judges are final and shall not be disputed.
4. In the event of bad weather or unforeseen situations that may pose as a safety hazard, the organizers reserve the right to suspend all activities until the weather clears.
5. All athletes are to compete in a sportsman-like manner
  - a. Any and all unsportsman-like behaviour will not be tolerated. This includes and is not restricted to any conduct that may be viewed as disrespectful to the event organizers, sponsors, competitors and spectators such as arguing with a member of the organizing body (staff, umpire or volunteer), provoking, jeering, fighting, or preventing fair competition such as the altering of equipment or refusing to follow instructions.
  - b. Athletes are also responsible for the conduct of their supporters, guests and coaches. They will be held accountable for any unsportsmanlike and/or disruptive behaviour that may affect the competition or event.
  - c. The organizers reserve the right to disqualify and/or remove the athlete from the event, suspend the athlete from future events or take legal action against the athlete and/or members of the public associated with the athlete.

## **Registration & Participation Requirements**

1. All athletes must be at least 18 years old (otherwise with legal Guardian's acknowledgement), paid and registered either online or on-site and completed the on-site check-in process.
2. All athletes' are required to complete and abide by all documentation and waivers before participating in the games.
  - a. All sections of the number bib shall be filled before starting their wave.
  - b. Every athlete is entitled to only **one** number bib per registration of event, there will be no replacement of number bib in the event of misplacement.
3. All athletes' health will be assessed accordingly on-site and may be removed from the event if they display signs of unwell.
  - a. In the event of injury, illness or unforeseen circumstances where the athlete is unable to compete, the a request may be made at the Registration Counter for a substitute to replace him/her in the specific pre-allocated heat timing. The replacement must be endorsed by the athlete personally (written or verbally through telephone conversation), and details on the registrar and number bib should be changed accordingly to that of the substitute
4. All athletes are to compete according to their allocated heat timing.
  - a. In the event where an athlete misses his/her heat and still wishes to compete, the athlete is allowed to approach the registration tent and ask to be assigned a new competitive slot. The slot to compete is non-guaranteed and is subjected to availability of slots.
1. All athletes are to don appropriate sports attire
  - a. Individual number bibs are to be worn on the front side of their top. Athletes are to ensure that they are clearly visible.
  - b. Covered shoes should be worn at all times by athletes attempting the course.

# Games Format

1. The games span across a 500m course where athletes are required to complete a total of 10 stations of functional fitness challenges, **in a time limit of 12 minutes.**
2. RED-X Games 2018 consists of two competitive categories: #XPLORE and #XPERT.
  - a. **#XPLORE**

Put your best foot forward and overcome the rigorous course with style! Strive to break your personal best and excel among the finest athletes.
  - b. **#XPERT**

Put your athleticism to test in the next level of fitness: overcome the course with an additional load bearing of 5kg weighted plates throughout. You will don the exclusive 5.11 TacTec™ Plate Carrier that comes with two additional precisely customised weighted plates of 2.5kg in the front and back sleeves of the vest. This additional load was designed to push our athletes past their comfort zone and simulate the loads of real time basic ballistic tactical bulletproof vests that are commonly used by the military and law enforcers. Athletes will be pushed to the next level of difficulty from #XPLORE, and will certainly earn the boasting rights that they deserve!
3. All athletes will be flagged off at the start line and end off at the finish line.
  - a. All stations are **COMPULSORY** to be attempted, with 5 **Mandatory Stations**: Box Jump, Pull Up/Gym Ring Chin Up, Tyre Carry, Sand Bag Carry and Bear Crawl with Sand Bag. Mandatory Stations must be attempted and completed by the athlete. **Non-Mandatory Stations** are: 4-foot Wall, 6-foot Wall, Vertical Monkey Bar, Balance Beam and Toe-To-Bar.
4. Mandatory Stations
  - a. Failure to complete the Mandatory Stations will be regarded as “Voluntary DNF (Did not Finish)” and timing will not be taken into account for the competition.
  - b. The athlete have unlimited attempts to complete all Mandatory Stations up till the time limit of 12 minutes.
5. Non-Mandatory Stations
  - a. Athletes will be given a “Station DNF (Did not Finish) if the athlete fail to complete a Non-Mandatory Station
  - Within one’s own capacity ie. without help/ assistance given by a third party that is not deemed to be out of the necessity of safety.
  - OR when the athlete fail to complete the station by performing the specified standards,

- b. Athletes have two attempts in all Non-Mandatory Stations; failing which in his/her **second attempt**, Station DNF will be given.
  - c. Station DNF would constitute a **time penalty of 2 minutes** which will be added on to the overall timing of the athlete. Final call will be given by the Umpires/Race Director.
  - d. Unlike Voluntary DNF, athletes with Station DNF will have his/her timing taken (after factoring the time penalty), and be regarded as a Finisher of RED-X Games.
  - e. Athletes are to utilise his/her second attempt if he/she failed her first attempt. Giving up after failing the **first attempt** of a Non-Mandatory Station during the course will be likewise considered as “Voluntary DNF”.
6. All evolutions must be completed in the order laid out according to the race sequence.
- a. There will not be any skipping of stations during the course.
7. Umpires will accompany athletes as they progress through the course.
- a. They will judge the performance of athletes strictly according to the “Points of Performance” detailed in Appendix A enclosed herein.
  - b. Athletes will succinctly count out loud successful repetitions performed accordingly in numerical order.
  - c. Likewise, athletes will be alerted of unsuccessful repetitions by the umpires through the use of the phrase, ‘NO COUNT’.
  - d. The umpires will take note of athletes with ‘Station DNF’ or ‘Voluntary DNF’ in a form that they are provided with.

## **Prizes**

1. All #XPLORE and #XPERT participants will receive a goodie bag and a T-shirt upon registration, and a **RED-X finisher patch ONLY\* upon completion of the event.**
2. For both #XPLORE and #XPERT, medal and prizes will be awarded to the top 3 placings for Male and Female category at 5pm on 5<sup>th</sup> Aug 2018.
3. A valid identification may be required to claim prizes.
4. Where applicable, all prizes are subject to taxes and withholdings. It is the athlete's sole responsibility to fulfil and pay all applicable tax requirements.

# **Appendix A: Points of Performance**

## **Station 1: Box Jump (Mandatory Station)**

**What:** Box Jumps on a 20 inch plyometric box.

**How:**

- I. Athletes will start off with standing in a red square (demarcated with cloth tape) and perform 10 repetitions of box jumps on a 20 inch plyometric box.
- II. Athletes are to complete 10 repetitions of box jumps, and have unlimited attempts to do so

**Judging criteria:**

- I. Athletes are to execute complete repetitions of box jumps, starting with fully extended hips before entering a full squat, and end off with fully extended hips with both feet on the plyometric box.
- II. Failure to perform as specified in point I will be constituted as “no count”.

## **Station 2: Pull Ups / Inclined Ring Pull Ups (Mandatory Station)**

**What:** Perform 10 repetitions of pull ups for Male Athletes / Inclined ring chin ups for Female Athletes

**How:**

- I. Pull Ups - The starting position requires the athlete to be hanging on the bar with straight arms and legs in the same plane as the arms. The athlete shall then perform 10 strict pull ups whereby the level of his chin must at least be the same level as the bar.
- II. Inclined Pull Ups with Rings - The starting position requires the athlete to hang from the bar with straight arms and the rings aligning directly above the athlete’s neck or collarbone. The athlete’s heel has to cross a red line demarcated on the ground. The athlete shall then proceed to perform 10 strict inclined pull ups.
- III. Athletes are to complete 10 repetitions of pull ups/inclined ring chin ups, and have unlimited attempts to do so.

**Judging Criteria:**

- I. Swinging, kipping, Butterfly pull ups or any other use of momentum to aid the athlete are not allowed
- II. The athlete’s chin must go above the bar for a repetition to be counted.

- III. After each repetition, athletes are to lower to a free hanging position with arms straightened before attempting the next repetition.

### **Station 3: Tyre Carry (Mandatory Station)**

**What:** Tyre Carry over 50m

**How:**

- I. Athletes are to carry a tyre from a demarcated box and follow the course as marked out by the course marking tape.
- II. Athletes will carry the tyre over approximately 50m, by running/walking up a staircase and down, and place the tyre back to the same demarcated box before proceeding to the rest of the stations

**Judging Criteria:** Athletes are to carry the tyre throughout the designated course and return it back to the demarcated box. The tyre has to be **off the ground at all times**.

## **Station 4: 4-foot Wall (Non-Mandatory Station)**

**What:** Scale the 4-foot Wall

**How:**

- I. Athletes are to scale the 4-foot Wall by climbing up from one side to the other.
- II. Athletes will be given a chance for a second attempt, failing which will constitute a "Station DNF".

**Judging Criteria:** Athletes are to climb over the 4-foot Wall without assistance, with the exception when safety of the athlete or any personnel on the ground is compromised.

## **Station 5: Balance Beam (Non-Mandatory Station)**

**What:** Cross the Balance Beam

**How:**

- I. Athletes are to cross the balance beam with both feet on the beam **at all times** when attempting to overcome the obstacle.
- II. Athletes will be given a chance for second attempt, failing which will constitute a "Station DNF".
- III. Athletes are to re-attempt the station from the start point of the balance beam during the second attempt.

**Judging Criteria:**

- IV. Athletes are to cross the balance beam with both feet on the beam at all times from one end to the other without assistance, with the exception when safety of the athlete or any personnel on the ground is compromised.

## Station 6: 6-foot Wall (Non-Mandatory Station)

**What:** Scale the 6-foot Wall

**How:**

- I. Athletes are to scale the 6-foot Wall by climbing up from one side to the other.
- II. Athletes will be given a chance for second attempt, failing which will constitute a "Station DNF".

**Judging Criteria:** Athletes are to climb over the 6-foot Wall without assistance, with the exception when safety of the athlete or any personnel on the ground is compromised.

## Station 7: Vertical Monkey Bar (Non-Mandatory Station)

**What:** Vertical monkey Bar

**How:**

- I. Athletes will traverse from one end of the vertical monkey bar to the other end and hit the bell with his/her hands\*
- II. Athletes may only have his/her hands in contact with the vertical bar during the course of traverse.
- III. Feet are to off the ground at all times during the course of traverse.
- IV. Athletes will be given a chance for second attempt, failing which will constitute a "Station DNF".
- V. Athletes are to re-attempt the station from the start point of the vertical monkey bar during the second attempt.

**Judging Criteria:** Athletes are to traverse across the vertical monkey bar from the starting side to the other and hit the bell with his/her hands without assistance, with the exception when safety of the athlete or any personnel on the ground is compromised.

## Station 8: Sand Bag Carry (Mandatory Station)

**What:** Sand Bag (Core Bag) Carry over 50m

**How:**

- I. Athletes are to carry a Sand Bag from a demarcated box and follow the course as marked out by the course marking tape.
- II. Athletes will carry the Sand Bag over approximately 50m, by running/walking up a staircase and down, and proceed to **Bear Crawl with Sand Bag**.
- III. The Sand Bag should be off the ground at all times.

**Judging Criteria:** Athletes are to carry the sand bag throughout the designated course and it has to be off the ground at all times.

## **Station 9: Bear Crawl with Sand Bag**

**What:** Bear Crawl with Sand Bag

**How:**

- I. This station is a continuation from Station 8: Sand Bag Carry.
- II. Athletes are to execute bear crawl / leopard crawl / back crawl with the Sand Bag, as determined by the height of the boundary tapes/cords.
- III. Athletes are **NOT** to have his/her body in contact with the boundary tapes/cords at any point of the crawl.
- IV. Likewise as stated in 8(III), the sand bag should be off contact with the ground at all times. Athletes are **NOT ALLOWED** to drag the Sand Bag on the ground.
- V. Athletes are **NOT ALLOWED** to execute 'pencil roll'.

**Judging Criteria:** Athletes are to carry the sand bag throughout the designated course and it has to be off the ground at all times.

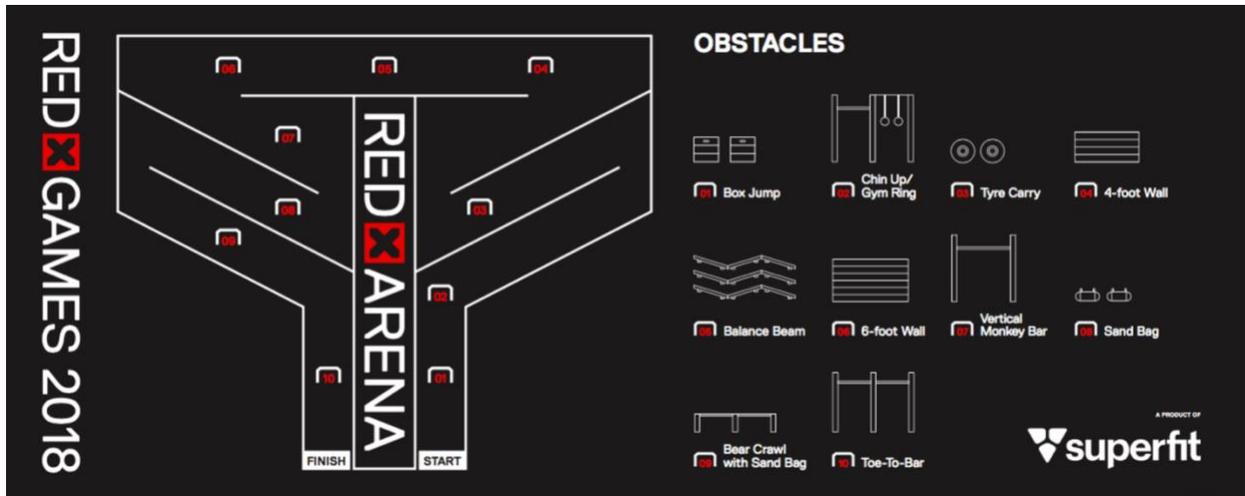
## **Station 10: Toe-To-Bar (Non-Mandatory)**

**What:** Touch one's toes to the bar for 10 repetitions.

**How:**

- I. Athletes will start from a dead-hang with arms and legs straight in a single plane.
- II. Athletes will then lift their feet up until both feet touches the bar and lower in a controlled manner to the starting position before proceeding to the next repetition.
- III. Athletes will be given a chance for second attempt, failing which will constitute a "Station DNF".
- IV. Athletes will be allowed to continue the continue the toes to bar from the last count of the first attempt.

**Judging Criteria:** Umpires will look out for full hip extension (legs in same plane as arms) during the lowering of the legs before starting the next repetition as well as both feet in contact with the bar before counting one repetition. Athletes are to complete the station without assistance, exception may when safety of the athlete or any personnel on the ground is compromised.



Course Map of RED-X GAMES 2018

- For further enquires, contact [info@superfit.com.sg](mailto:info@superfit.com.sg).

**All the best for the race and we look forward to witness  
#WhatAreYouMadeOf at the course!**