FLATOUT
RULEBOOK

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@weareflatout

WeareFlatout

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INTRODUCTION

Flatout is designed to be an inclusive yet challenging fitness event. It involves 8, 500m runs and 8 exercise zones using bodyweight, kettlebells, sandbags, and ergs. Training can be done in a gym, at home, or outdoors.

The Flatout exercises have been selected so that they develop a well rounded training program that develops the Fundamental Movements: Hinge, Squat, Lunge, Push, Pull and Carry, all of which require some level of bracing and/or rotational movement.

Flatout is NOT just a fitness challenge; it is an entire training methodology.

The document is a comprehensive rulebook for Flatout.

It outlines the structure, rules, and guidelines for various event formats, including:

NextGen

Sidekicks

Solo

Doubles

Relay

Elite (Solo & Doubles)

The event involves a combination of running and zones, with specific equipment and movement standards.

This rulebook also covers registration details, age groups, equipment regulations, guidelines, event day protocols, and the overarching rules of the event.

THE RACE

Race Structure (Adults)

500m Run
Zone 1. 1.2 SkiErg
500m Run
Zone 2. 100 KB Goblet Squats
500m Run
Zone 3. 2.5km BikeErg
500m Run
Zone 4. 50 CTF *(Chest to floor)*
500m Run
Zone 5. 1.2km RowErg
500m Run
Zone 6. 200m Farmer Carry
500m Run
Zone 7. 100m Sandbag Lunges
500m Run
Zone 8. 100 GTO *(Ground to Overhead)*
Short run to finish

THE RACE

NextGen & Sidekicks

500m Run
Zone 1. SkiErg - See next page

Zone 2. 100 KB Goblet Squats
500m Run
Zone 3. BikeErg/CrabWalk - See next page

Zone 4. CTF *(Chest to floor)*
500m Run
Zone 5. RowErg - See next page

Zone 6. 200m Farmer Carry
500m Run
Zone 7. Sandbag Lunges

Zone 8. GTO *(Ground to Overhead)*
Short run to finish

The weights that are used by Elite, Relay and SOLO/Doubles participants:

Weighted vest 5kg M 3kg F

ZONE	EXERCISE	ELITE MEN	ELITE WOMEN
1	SkiErg - 1.2k	1.2k	1.2k
2	Goblet squats x 100	16kg	12kg
3	BikeErg - 2.5k	2.5k	2.5k
4	CTF - 50 reps	50 reps	50 reps
5	RowErg - 1.2K	1.2k	1.2k
6	Farmer Carry - 200m	2 x 24kg	2 x 16kg
7	Lunges - 100m	20kg	10kg
8	GTO - 100 reps	15kg	10kg

ZONE	EXERCISE	RELAY MEN	RELAY WOMEN	RELAY MIX
1	SkiErg - 1.2k	1.2k	1.2k	1.2k
2	Goblet squats x 100	16kg	12kg	16kg/12kg
3	BikeErg - 2.5k	2.5k	2.5k	2.5k
4	CTF - 50 reps	50 reps	50 reps	50 reps
5	RowErg - 1.2K	1.2k	1.2k	1.2k
6	Farmer Carry - 200m	2 x 24kg	2 x 16kg	2 x 24kg/16kg
7	Lunges - 100m	20kg	10kg	20kg/10kg
8	GTO - 100 reps	15kg	10kg	10kg/15kg

ZONE	EXERCISE	SOLO MEN	SOLO WOMEN	DOUBLES MEN	DOUBLES WOMEN	DOUBLE MIX
1	SkiErg - 1.2k	1.2k	1.2k	1.2k	1.2k	1.2k
2	Goblet squats x 100	16kg	12kg	16kg	12kg	16kg
3	BikeErg - 2.5k	2.5k	2.5k	2.5k	2.5k	2.5k
4	CTF - 50 reps	50 reps	50 reps	50 reps	50 reps	50 reps
5	RowErg - 1.2K	1.2k	1.2k	1.2k	1.2k	1.2k
6	Farmer Carry - 200m	2 x 24kg	2 x 16kg	2 x 24kg	2 x 16kg	2 x 24kg
7	Lunges - 100m	20kg	10kg	20kg	10kg	20kg
8	GTO - 100 reps	15kg	10kg	15kg	10kg	15kg

The weights that are used by NextGen and Sidekick participants:

ZONE	EXERCISE	NEXT GEN 8-10	NEXT GEN 11-13	NEXT GEN 14-15
1	SkiErg	200m	400m	600m
2	Goblet squats - BW	60 reps	80 reps	100 reps
3	BikeErg	Crab walk 20m	600m	1.25km
4	CTF	25 reps	25 reps	25 reps
5	RowErg	200m	400m	600m
6	Farmer Carry - 200m	2 x 4kg	2 x 8kg	2 x 12kg
7	Lunges - BW	25m	50m	50m
8	GTO - 50 reps	2.5kg	2.5kg	5kg

Zone	Exercise	Sidekicks 8–10	Sidekicks 11–13	Sidekicks 14–15
1	SkiErg	*800m (200m A, 100m C, 200m A, 100m C, 200m A)	1km (200m each, adult starts & finishes)	1.2km
2	Goblet squats	100 reps BW/ 12kg (**F**) 16kg (**M**)	100 reps BW/ 12kg (**F**) 16kg (**M**)	100 reps BW/ 12kg (**F**) 16kg (**M**)
3	BikeErg	Crab walk 50m C, 1.2km A	1.8km (600m A, 600m C, 600m A)	2.5km
4	CTF	50 reps	50 reps	50 reps
5	RowErg	*800m (300m A, 200m C, 300m A)	1km (300m A, 400m C, 300m A)	1.2km
6	Farmer Carry – 200m	2 × 4kg & 16kg (**F**) 24kg (**M**)	2 × 8kg & 16kg (**F**) 24kg (**M**)	2 × 12kg & 16kg (**F**) 24kg (**M**)
7	Lunges – 100m	75m BW/ 10kg (**F**) 20kg (**M**)	100m BW/ 10kg (**F**) 20kg (**M**)	100m BW/ 10kg (**F**) 20kg (**M**)
8	GTO – 100 reps	2.5kg/ 10kg (**F**) 15kg (**M**)	2.5kg/10kg (**F**) 15kg (**M**)	5kg/ 10kg (**F**) 15kg (**M**)

SIDEKICKS ADULT NOTE

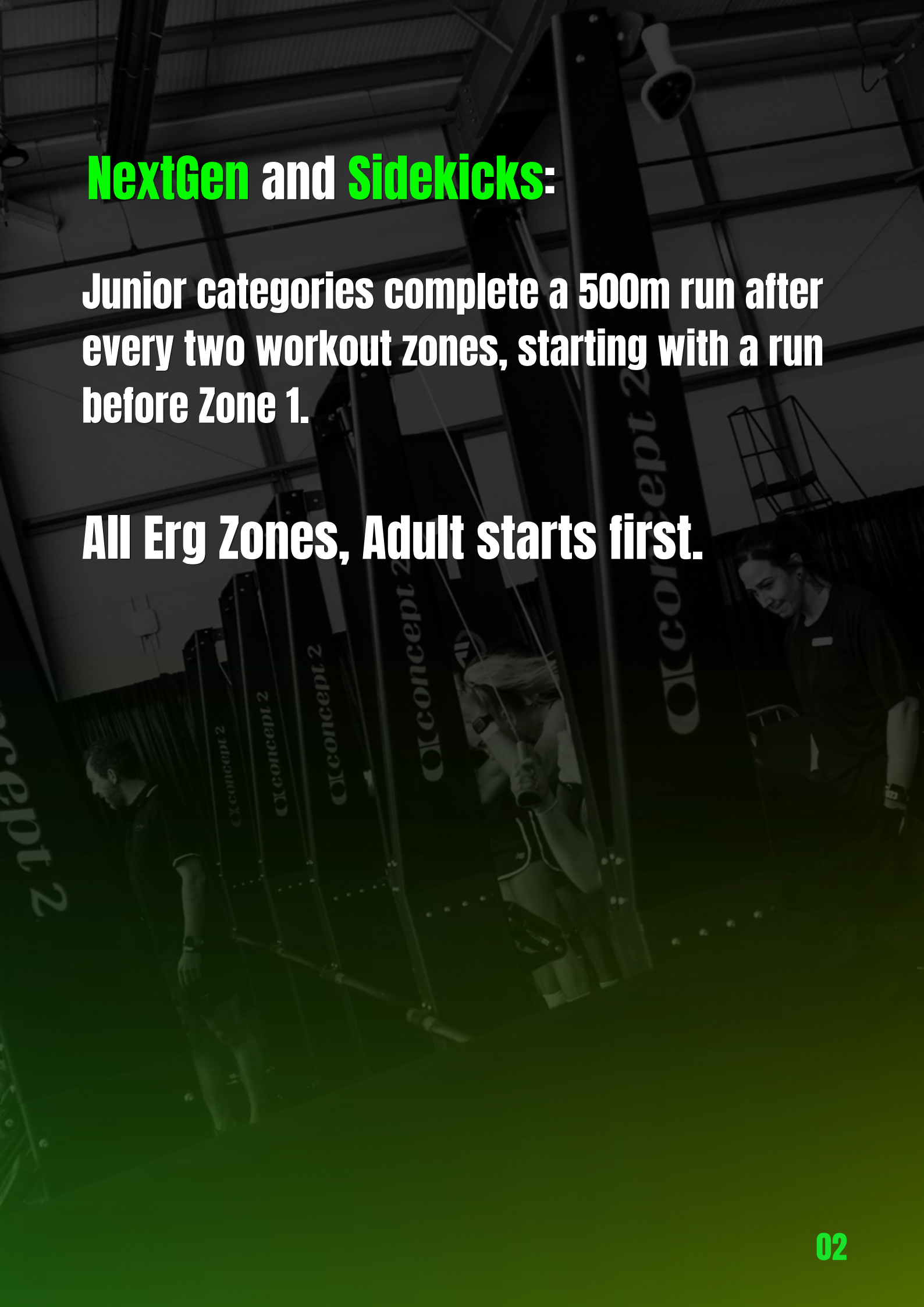
Female adult: Use the female weights for the workout zones.
Male adult: Use the male weights for the workout zones.

ZONE	EXERCISE	NEXT GEN 8-10	NEXT GEN 11-13	NEXT GEN 14-15
1	SkiErg	200m	400m	600m
2	Goblet squats - BW	60 reps	80 reps	100 reps
3	BikeErg	Crab walk 50m	600m	1.25km
4	CTF	25 reps	25 reps	25 reps
5	RowErg	200m	400m	600m
6	Farmer Carry - 200m	2 x 4kg	2 x 8kg	2 x 12kg
7	Lunges - BW	25m	50m	50m
8	GTO - 50 reps	2.5kg	2.5kg	5kg

Zone	Exercise	Sidekicks 8–10	Sidekicks 11–13	Sidekicks 14–15
1	SkiErg	*800m (200m A, 100m C, 200m A, 100m C, 200m A)	1km (200m each, adult starts & finishes)	1.2km
2	Goblet squats	100 reps BW/ 12kg (**F**) 16kg (**M**)	100 reps BW/ 12kg (**F**) 16kg (**M**)	100 reps BW/ 12kg (**F**) 16kg (**M**)
3	BikeErg	Crab walk 50m C, 1.2km A	1.8km (600m A, 600m C, 600m A)	2.5km
4	CTF	50 reps	50 reps	50 reps
5	RowErg	*800m (300m A, 200m C, 300m A)	1km (300m A, 400m C, 300m A)	1.2km
6	Farmer Carry – 200m	2 × 4kg & 16kg (**F**) 24kg (**M**)	2 × 8kg & 16kg (**F**) 24kg (**M**)	2 × 12kg & 16kg (**F**) 24kg (**M**)
7	Lunges – 100m	75m BW/ 10kg (**F**) 20kg (**M**)	100m BW/ 10kg (**F**) 20kg (**M**)	100m BW/ 10kg (**F**) 20kg (**M**)
8	GTO – 100 reps	2.5kg/ 10kg (**F**) 15kg (**M**)	2.5kg/10kg (**F**) 15kg (**M**)	5kg/ 10kg (**F**) 15kg (**M**)

SIDEKICKS ADULT NOTE

Female adult: Use the female weights for the workout zones.
Male adult: Use the male weights for the workout zones.



NextGen and Sidekicks:

Junior categories complete a 500m run after every two workout zones, starting with a run before Zone 1.

All Erg Zones, Adult starts first.

RACE VARIATIONS

Solo Race (Pro | Open)

The Solo Race involves running the entire event as an individual.

There is no time limit on the event. However, each Zone must be completed in the right order, and participants cannot move on until the Zone is completed.

Elites will wear a weighted vest - 5kg for male, 3kg for female

Doubles Race

The Doubles Race involves running the event in teams of two.

Both participants run every 500m run together and are involved in completing each Zone. However, they can split each Zone between them in any way they see fit: One participant can complete an entire Zone independently, or the participants can alternate.

Participants can be same-sex or mixed - mixed teams use the male weights (female-only teams use the female weights). participants can be any age combination (above 16).

Participants must move together on the run (walking is permitted).

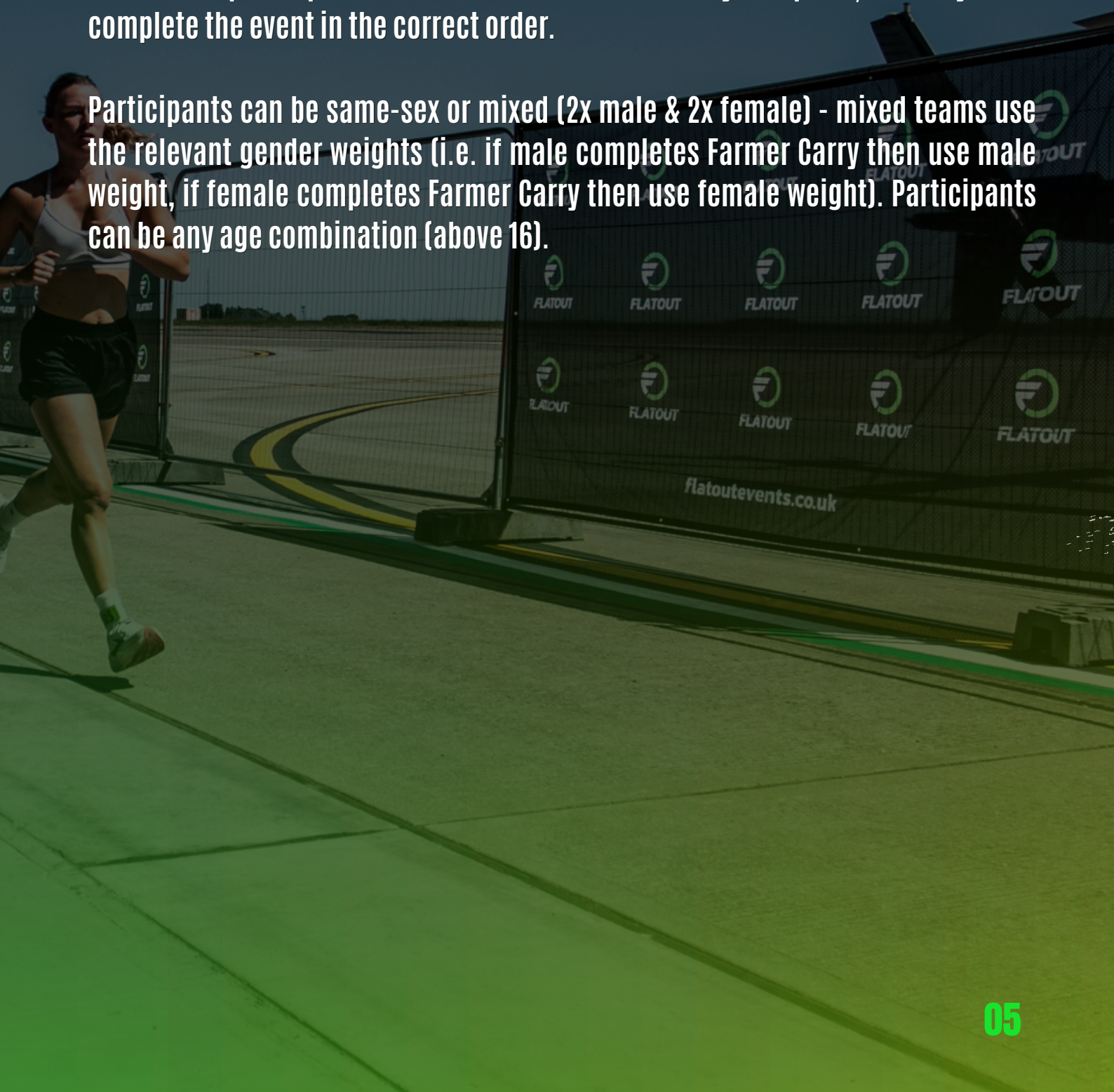
All participants will wear a timing chip.

Relay Race

The Relay Race involves running the event in teams of four.

Each participant completes 1x Run and 1x Zone before the next team member goes. Therefore, each participant completes 2x Runs and 2x Zones to complete the event - participants can choose which Zones they complete, but they must complete the event in the correct order.

Participants can be same-sex or mixed (2x male & 2x female) - mixed teams use the relevant gender weights (i.e. if male completes Farmer Carry then use male weight, if female completes Farmer Carry then use female weight). Participants can be any age combination (above 16).



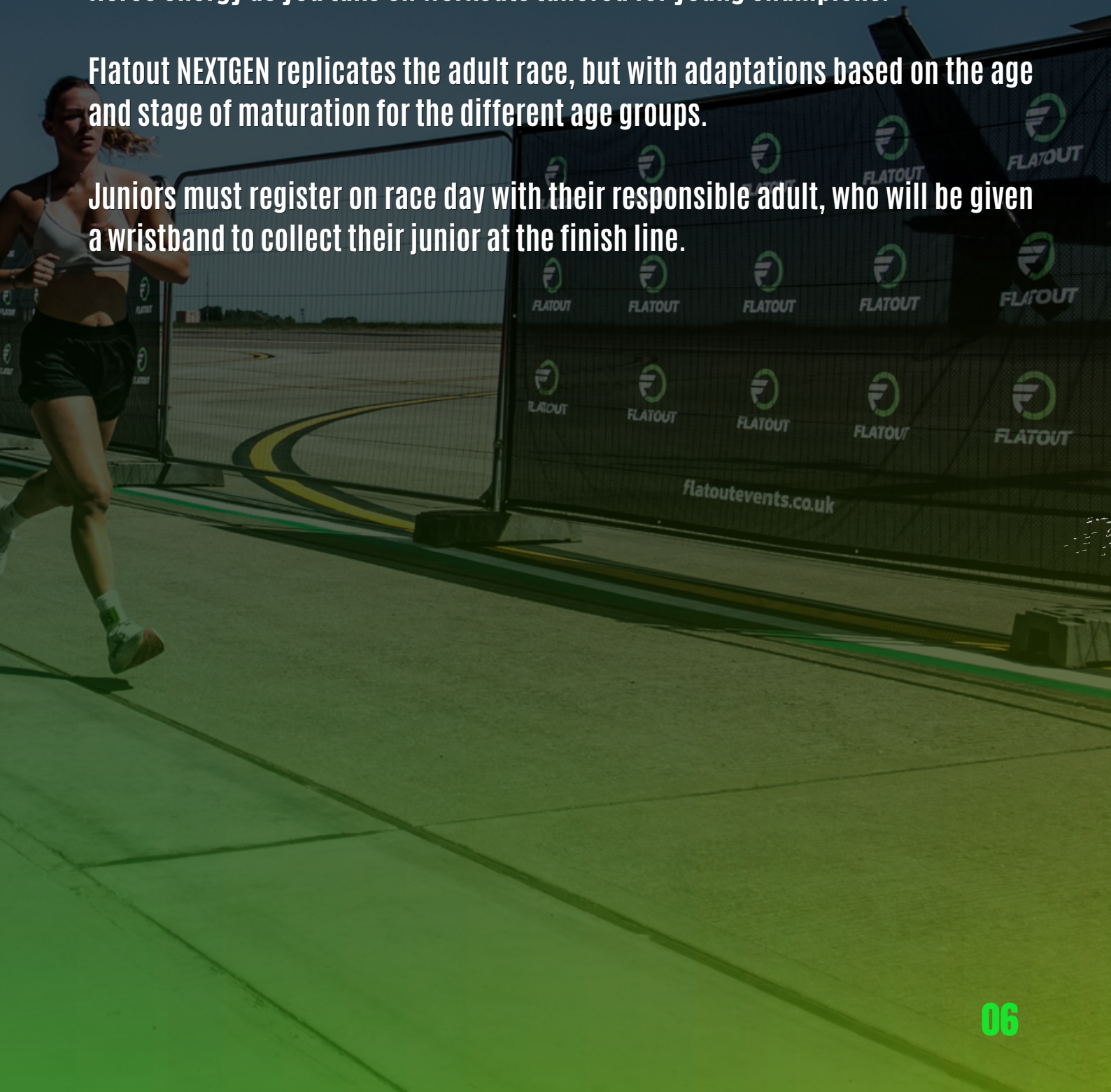
NextGen

NextGen is our junior category.

Especially designed for the next generation of participants between 8-15 years, this is your chance to experience the thrill of Flatout. Get ready for fitness, and fierce energy as you take on workouts tailored for young champions.

Flatout NEXTGEN replicates the adult race, but with adaptations based on the age and stage of maturation for the different age groups.

Juniors must register on race day with their responsible adult, who will be given a wristband to collect their junior at the finish line.



Sidekicks

Sidekicks is our doubles adult and junior category.

This combines the NextGen and Doubles format, but with adaptions so it is a challenge for both adult and junior.

Participants can be same gender or mixed. Adults will always lift their gender relevant weights. Sidekicks are placed in age category and not are a non-gender specific category (we have decided at this stage there are too many variables for the size of the event).

Goblet squats and lunges, the adult will carry the weight even if the junior is doing the movement.

Farmer Carry, both Sidekicks carry the weight.

Runs follow NextGen format, which is run every other zone, starting with run for zone one.

Sidekicks is adult and junior, this could be parent/child/relative/friend/older sibling/younger sibling.

It is expected that the adult Sidekick is responsible for the junior before, during and after the event.

THE RULEBOOK

Flatout involves participants competing against each other to complete 8x 500m runs and 8x exercise stations (Zones), finishing with a short run. Therefore, specifically when it comes to the Zones, it is essential that movement standards are standardised for everyone to ensure a fair event.

Registration

- Flatout Race Registration can only be done via the official Flatout Website: www.weareflatout.co.uk
- Participants must select their gender, and select the event category they are entering.
- The participant must be at least 8 years old on the day of the Flatout (16 for adults)
- The participant must agree to the terms and conditions set upon registration
- Race spots are non-refundable. Ticket transfers can be done for FREE but between participants.
- Each participant must complete the registration ahead of event, this is issued by info@weareflatout.co.uk



AGE GROUP

Age groups are determined by their age on the event date - if the participant turns 50 the following day, they are still in the 40-49 category.

- 8-10
- 11-13
- 14-15
- 16-22
- 23-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70+

Doubles and Relay age groups are created by dividing the age difference between the youngest and oldest participants by 2 and then adding it to the youngest participants' age to generate the age group. For example, if participant A is 22 and participant B is 56: (56-22 = 34) (34 / 2 = 17) (22 + 17 = 39). So, they fall into the 30-39 age category.

Sidekicks are determined by the junior age.

Accessories

The following accessories can be used/carried during the event:

- Appropriate clothing and trainers
- headwear
- watch/heart rate monitor
- sweatbands
- gloves
- knee sleeves
- joint supports
- belts
- Chalk is provided so not expected to be carried

The following equipment can NOT be used/carried during the event:

- Trainers with spikes
- Phones cannot be used and should be left at bag drop or somewhere safe
- Headphones
- Rings or jewelry that could cause injury if it were to get caught
- Lifting straps
- Participants may carry items but absolutely no littering
- Norwich Saxon Air - Energy gels, snacks or water **CANNOT be consumed on the outside run route but any other venue is fine**, and all rubbish must be kept on the participant or placed in the bins provided.

Water stations are available.

This is VERY important for NORWICH Saxon Air as its a live runway, any debris of any kind can shut down the airport and can immediately stop the event.

HYDRATION AND NUTRITION

Water is available

DO NOT DUMP WATER (Throwing water over your head)

It is advised that participants hydrate fully and eat around 2-3 hours before their event wave.

We recommend you trial the appropriate nutrition protocol for the event day weeks/months prior: Program some form of event simulation/hard training session and trial your morning routine.



RACE DAY PROTOCOL - SAXON AIR

Be mindful that this is a LIVE AIRPORT. Therefore strict protocols are in place. This may feel prohibitive but all aspects are necessary and important.

- Participants are advised to turn up 1 hour before their wave time
- Upon arrival, security will check bags. This is not the bag drop. Suggest bags are left in cars (which is fully CCTV - remember a live airport nearby)
- Participants head to the registration area with a copy of a form of government-issued ID (Passport or Driving License) copy on phones is acceptable
- Once registered, the participant will receive a numbered timing chip that is worn on their right ankle
- Numbers can be written on the participant's forearm or leg
- BOTH people from the doubles team wear the timing chip
- All four relay team members wear a timing chip
- Toilets are available outside
- Participants are responsible for their training equipment and valuables on the day - bag drops are available
- Participants must be in the start zone 10 minutes before their wave starts

SCALING

All activities involved at Flatout can be scaled to accommodate for the needs of the participant. participants with specific needs should contact the event director prior via email (info@weareflatout.co.uk) to ensure we can accommodate the participant to the best of our ability - we stand by our aim to be inclusive.

RACE DAY PROTOCOL - Any other venue

- Participants are advised to turn up 1 hour before their wave time.
- Suggest bags are left in cars.
- Participants head to the registration area with a ID (Passport or Driving Licence) copy on phones is acceptable.
- Once registered, the participant will receive a numbered timing chip that is worn on their right ankle.
- Numbers will be written on the participant's forearm.
- BOTH people from the doubles team wear the timing chip.
- All four relay team members wear a timing chip.
- Toilets are available outside.
- Participants are responsible for their training equipment and valuables on the day - bag drops are available.
- Participants must be in the start zone 10 minutes before their wave starts.

SCALING

All activities involved at Flatout can be scaled to accommodate for the needs of the participant. participants with specific needs should contact the event director prior via email (info@weareflatout.co.uk) to ensure we can accommodate the participant to the best of our ability - we stand by our aim to be inclusive.

RACE DECLARATION

The participant agrees to be fair and honourable, and to show good sportsmanship throughout the event. The participant agrees to show the utmost of respect to Flatout officials and volunteers, other participants, and spectators. If these standards are not met, the participant will be disqualified from the event and potentially banned from future events. No refunds will be given to participants that are disqualified or banned.



THE RULES

These are the overarching rules of event.

- Exact wave times are released 1-2 weeks prior to the event.
- All participants should arrive and register for the event at least 1 hour before their wave time.
- All participants must wear appropriate sportswear and trainers for the event carbon trainers are allowed, but spikes are NOT allowed.
- All participants must abide by all Flatout rules and regulations and treat other participants with respect.
- On the run route, participants will run with faster participants running on the inside and slower participants on the outside, therefore allowing faster participants to undertake.
- Participants must NOT purposefully block other participants while on the running route.
- All participants must aim to perform the Zones to the correct standard (unless scaled) and must ensure they cover the correct distance/perform the correct number of reps. Participants can be given “No Reps” by coaches if a rep is not to standard or told to adjust their form. However Flatout are requesting the coaches are encouraging and fair.
- During Zones, rest can be taken at any time, but the equipment must be placed down under control and the rest is taken on that exact spot. Upon completion of the Zone, the equipment is placed down ready for the next participant.
- All participants must respect the coachs’ decisions - if a coach doesn’t count a rep, your form was off.
- Waves are set off staggered.
- If a participant gets to a Zone and there is no available equipment, they are credited the missed time back.
- If a participant misses their wave they cannot join another wave and have unfortunately missed the event.

INTEGRITY AND FAIR PLAY

While Flatout provide coaching, guidance, and support throughout, we understand that some individuals may attempt to bend or break the rules to gain an advantage. It's important to note that cheating, while possible, is not condoned. Our coaching is designed to help participants succeed through advice of form, and support fatigue. The majority of the coaches will be certified to a high standard. We encourage all to take advantage of this learning process.

However, we acknowledge that absolute prevention of cheating is not fully feasible. Our goal is to foster an environment of fairness, growth, and collaboration, where success is based on merit and personal improvement. We trust participants will respect these principles and use the opportunities provided to achieve their best in an honest manner.

RUNNING ROUTE RULES

- The event starts with a 500m run around the running route - (this could be 1 or 2 laps depending on venue.)
- On the run route, participants will run in a clockwise or anticlockwise direction, depending on the venue. Faster runners should keep to the inside lane, while slower runners should remain on the outside lane, allowing faster participants to pass safely.
- Please be aware of other participants who are already on the running route as you exit zones.
- Once all 8 zones are completed, participants must begin the final run, but take the SHORT CHUTE route..
- Doubles teams complete all 8 x 500.
- Relay teams complete 2 runs each, on Zone 8, all Relay members stand and wait so that they complete the SHORT CHUTE and finish the event together.

ZONE RULES

Zone 1 - SkiErg

Stand facing the machine with your feet shoulder-width apart, grasp the handles and drive the handles down using a powerful, controlled motion. Allow the handles to recoil back to the top and repeat the process until the completion of the distance. Note: Please avoid 'butterflying' arms outwards so as to avoid knocking into the competitors next to you

Distance: 1200m
Damper settings: ANY

Key Rules:

1. No chalk is provided.
2. Prior to starting the workout, the monitor must be (re)set by a coach
3. Each participant is allowed to adjust the damper setting to their own preferences.
4. The participant's feet must remain on the SkiErg platform at all times during the exercise. Lifting feet during the execution of the exercise is allowed.
5. If performing in doubles, the resting participant remain nearby and does not obstruct other participants.
6. You may pass the handles from one participant to the other.
7. After completing the required distance, the participant must raise their arm to call over a Coach to confirm the required distance has been completed.
8. Only after receiving the coach's confirmation of completion may the participant leave the platform and the station.
9. If the participant violates any of the above-mentioned points, the participant can receive a penalty issued by the Zone or Head Coach. The penalty will be based upon the violation.

Zone 2 - KB Goblet Squat

The KB Goblet Squat is performed on a floor ladder, with 2 squats performed on each step of the ladder. This involves holding a KB to the front (above the waist) and performing squats to parallel or below thighs in relation to the floor. Therefore, the thighs must be at least parallel to the floor. At some events there may be tech to count reps, in which case no forward ladder movement is required.

Reps: 100

Key Rules:

1. Chalk is provided but not mandatory.
2. Any style of grip can be used - the participant can hold the KB how they like above the waist.
3. The KB must be held above the participant's waist - if the KB drops below the waistline, it is a no rep.
4. The stance can be slightly wider than shoulder width, but a sumo squat position can NOT be used (participants would struggle to achieve the appropriate depth if the squat stance is too wide).
5. The participant must squat to at least a parallel position, where their thighs are parallel to the floor, i.e., the hips are at the same height as the knees.
6. Both the knees and hips must fully extend at the top of the movement.
7. Once 2 squats are performed, you move forward onto the next step of the ladder.
8. Protect the floor at all costs, do not throw the KB on the floor.
9. Rests must be taken stationary - the participant can NOT walk around.
10. If performing in doubles, the resting participant must walk behind the working participant. If the walking doubles team member obstructs other participants, e.g. by crossing the lanes, the team will be issued with a penalty, unless a Coach specifically instructs you.
11. If performing in doubles, the switch over must happen stationary; it can be passed from hands to hands.
12. The hands do NOT have to leave the handle of the KB between each step, but the participant can take their hands off at any time to rest.
13. After the last rep, the KB must be placed down so that it is ready for the next participant.

Zone 3 - BikeErg

Participants must be properly secured on the BikeErg, with hands on the handlebars and feet on the pedals - participants should ensure the settings (seat height and handlebars) are correct before pedaling.

Distance: 2500m
Damper settings: ANY

Key Rules:

1. Prior to starting the workout, the monitor should be (re)set by a coach.
2. Each participant is allowed to adjust the damper setting to their own preference.
3. Participants must be properly secured on the BikeErg.
4. During the event, participants must always maintain control of the pedals. Inappropriate behavior (e.g., excessive rocking of the bike) may result in disqualification.
5. If performing in doubles, the resting participant remain nearby and does not obstruct other participants.
6. After completing the required distance, the participant must raise their arm to call over a coach to confirm the required distance has been completed.
7. Only after receiving the coach's confirmation of completion may the participant leave the platform and the station.
8. If the participant violates any of the above-mentioned points, the participant will receive a penalty issued by the Head Coach. The penalty will be based upon the violation.

Zone 4 - CTF

The CTF is performed using a floor ladder and involves performing 2 chest to floor burpee (going from a standing position to lying chest down on the floor) before standing up and moving forward. This is done 25 times for 50 reps. This movement is also known as a 'Down Up'. At some events there may be tech to count reps, in which case no forward ladder movement is required.

Reps: 50

Key Rules:

1. The participant must start behind the line and perform a CTF with their chest and thighs touching the floor with hands ON the line - the participant can step or jump down into the bottom position, but the hands can't crawl forward.
2. The participant can step up or jump up from the bottom position and extend knees and hips fully into a standing position before stepping forward.
3. As you move along the floor ladder, you must ensure your hands are placed down behind the line to perform the CTF.
4. If performing in doubles, the resting participant must walk behind the working participant. If the walking doubles partner obstructs other participants, e.g. by crossing the lanes, the team will be issued a penalty at discretion of the Coach.
5. If performing in doubles, when switching between working and resting participants, the resting participant will begin by placing their hands ON the next line where the working participant completed.
6. The participant can rest at any time in any position (on their knees, etc.). However, they must remain where they stopped - they can NOT crawl forward.

Zone 5 - RowErg

The RowErg is performed with both feet strapped into the foot pedals and both hands on the handlebars, pushing with your feet and pulling with your arms in a rowing motion.

Distance: 1200m
Damper settings: ANY

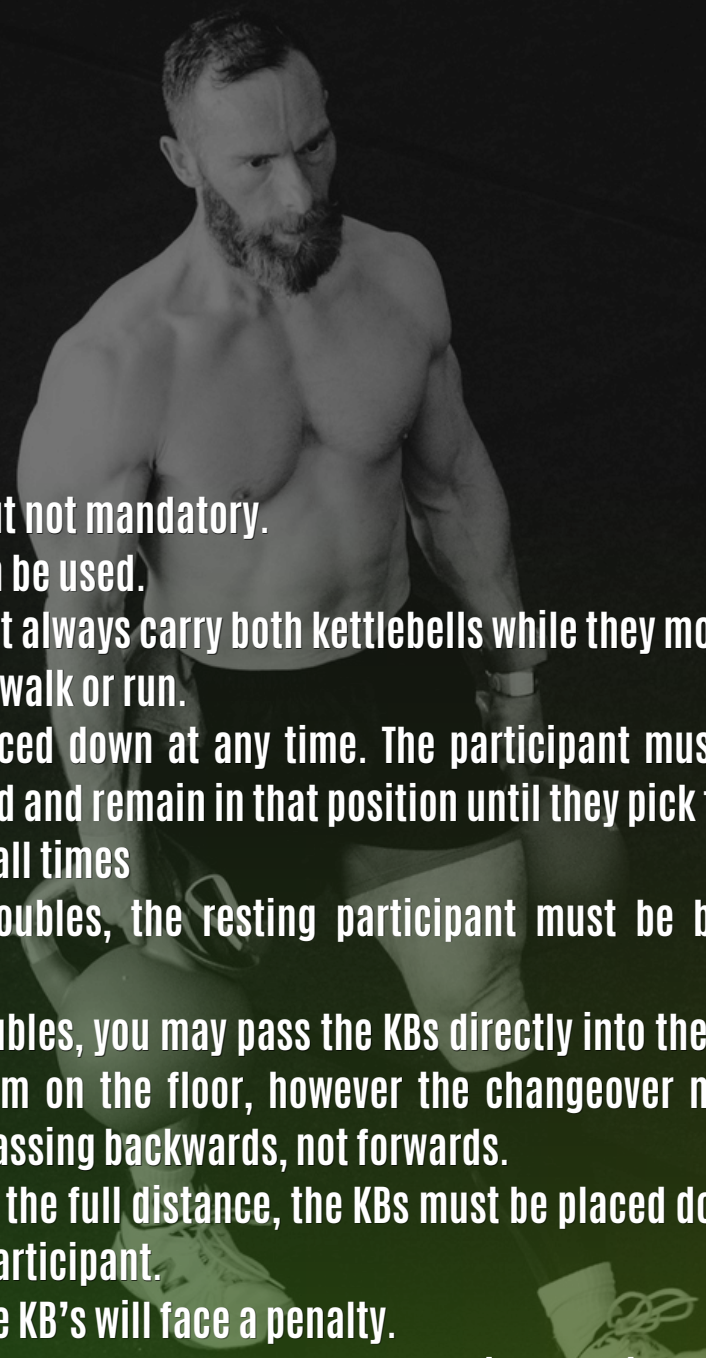
Key Rules:

1. Prior to starting the workout, the monitor should be (re)set by a coach.
2. Participants' feet must be in the rower's foot holders before taking hold of the rower handle and must always remain in the foot holders during the workout.
3. If performing in doubles, the resting participant remain nearby and does not obstruct other participants.
4. In doubles, the handles must be placed back into position on transition.
5. After completing the required distance, the participant must raise their arm to call over a coach to confirm the required distance has been completed.
6. Only after receiving the coach's confirmation of completion do the participant may leave the platform and the station and start their next run.
7. If the participant violates any of the above-mentioned points, the participant will receive a penalty issued by the Head Coach. The penalty will be based upon the violation.

Zone 6 - KB Farmers Carry

The KB Farmers Carry involves carrying a KB in each hand and a distance of 200m

Distance: 200m



Key Rules:

1. Chalk is provided but not mandatory.
2. Any style of grip can be used.
3. The participant must always carry both kettlebells while they move.
4. The participant can walk or run.
5. The KBs can be placed down at any time. The participant must place them down where they are stood and remain in that position until they pick them up again.
6. Protect the floor at all times
7. If performing in doubles, the resting participant must be behind the working participant.
8. If performing in doubles, you may pass the KBs directly into the other participants' hands or place them on the floor, however the changeover must be carried out whilst stationary. Passing backwards, not forwards.
9. Upon completion of the full distance, the KBs must be placed down so that they are ready for the next participant.
10. Anyone throwing the KB's will face a penalty.
11. If the participant violates any of the above-mentioned points, the participant will receive a penalty issued by the Head Coach. The penalty will be based upon the violation.

Zone 7 - Sandbag Lunge

The Sandbag Lunge involves lifting the sandbag without assistance and placing it across the shoulders (behind the head/neck) and performing walking lunges for 100m.

Distance: 100m

Key Rules:

1. The participant can put the sandbag down at any time and rest. However, they must place the sandbag down under control and rest in a stationary position where they stopped.
2. The rear knee must touch the floor during each lunge, and the knee that touches the floor must alternate (the participant can NOT lunge forward with the same leg twice)
3. The knees and hips must fully extend at the top of each lunge.
4. If the knee does not touch the floor or the hips and knees do not fully extend at the top, the participant may be told to stop and take one step back.
5. The participant can stride through with the rear leg into the next lunge without setting their foot down, or they can place the foot down before proceeding into the next lunge.
6. The participant can NOT take any steps forward in between lunges. If they do, they will be told to stop and take a step back.
7. If performing in doubles, the resting participant must walk behind the working participant.
8. If performing in doubles, you may pass the SB directly onto the other participant's shoulders or place it down on the floor, however the changeover must be carried out whilst stationary.
9. At each end of the lane, the participant must cross over the line with their entire body (both feet)
10. After the last rep, the sandbag must be placed down so that they are ready for the next participant.

Zone 8 - Ground to Overhead Press (GTO)

Participants pick up a plate from the floor and raise it above the head twice and step forward along the ladder. Each time the plate needs to touch the floor. Performing this movement 50 times and therefore 100 reps in total. At some events there may be tech to count reps, in which case no forward ladder movement is required.

Reps: 100

Key Rules:

1. Chalk is provided but not mandatory.
2. Participants are allowed to use whatever manner possible to lift the plate - but expected two hand grip.
3. Perform 2 GTO's and step forward. Following the ladder.
4. After the plate has been raised, the plate must touch the floor before repeating the next rep.
5. Participants must take care of themselves and other participants around them.
6. If performing in doubles, the switch over is not allowed to take place halfway through the lift - the plate must be touching the floor before switching - it can be standing, it doesn't have to be flat.
7. If performing in doubles, the resting participant remains behind the active participant and does not obstruct other participants.
8. After the last rep, the plates must be placed down so that they are ready for the next participant.
9. The participant can put the plate down at any time and rest. However, they must place the plate down under control and rest in a stationary position where they stopped.

ZONE RULES - NextGen Sidekicks

Zone 1 - SkiErg

Key Rules: Adult starts

NextGen

8-10	- 200m
10-13	- 400m
14-15	- 600m

Sidekicks

8-10	800m	(200m Adult, 100m C, 200m A, 100m C, 200m A)
11-13	1km	(200m each, Adult starts and finish)
14-15	1.2km	(Adult starts)

ZONE RULES - NextGen Sidekicks

Zone 2 - Goblet Squat

Key Rules:
Adult uses gender weight
Junior is Bodyweight (no weight)

Male 16kg
Female 12kg

ZONE RULES - NextGen Sidekicks

Zone 3 - BikeErg

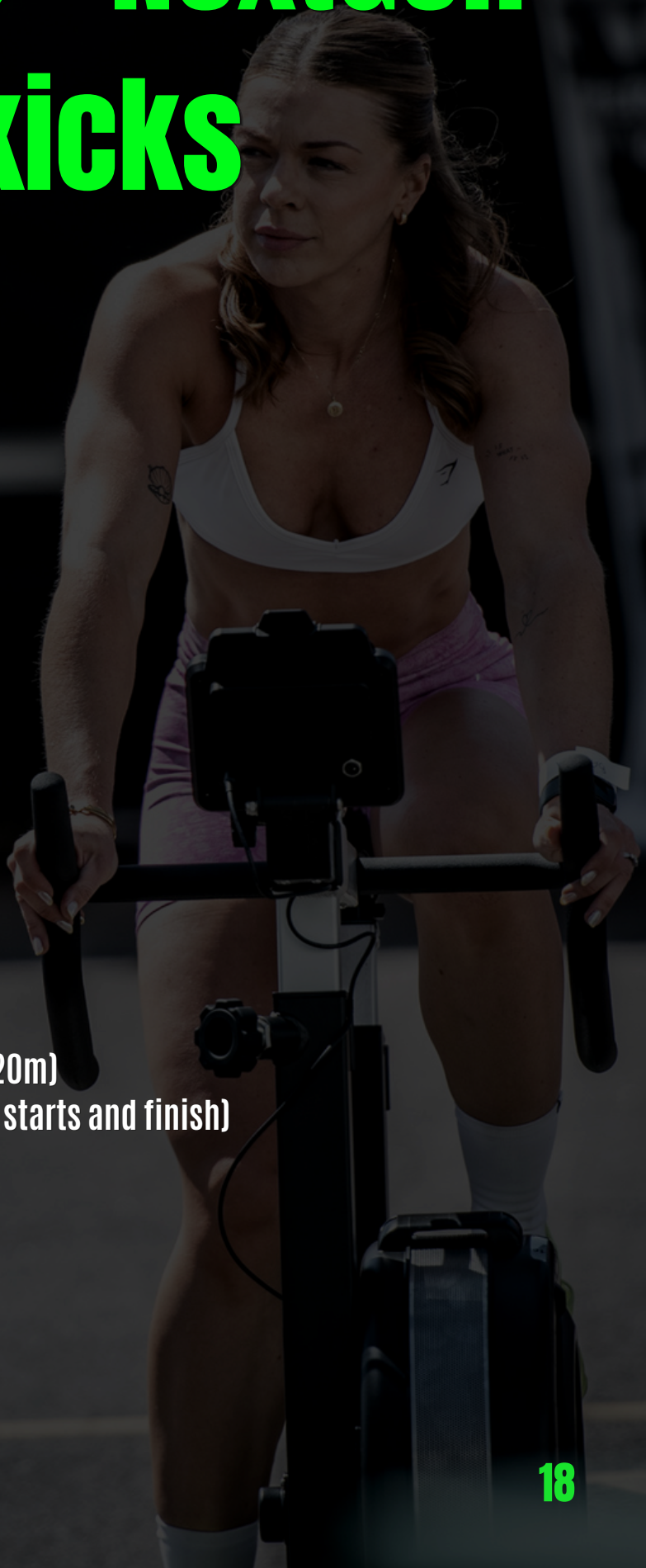
Key Rules:
Adult starts

NextGen

8-10	- 20m Crab Walks
10-13	- 600m
14-15	- 1.25km

Sidekicks

8-10	1.2km	(Junior Crab Walk 20m)
11-13	1.8km	(600m each, Adult starts and finish)
14-15	2.5km	(Adult starts)



ZONE RULES - NextGen Sidekicks

Zone 4 - CTF

Key Rules:
Adult starts

NextGen

8-10 - 25 reps
10-13 - 25 reps
14-15 - 25 reps

Sidekicks

8-10 - 50 reps
10-13 - 50 reps
14-15 - 50 reps

ZONE RULES - NextGen Sidekicks

Zone 5 - RowErg

Key Rules:
Adult starts

NextGen

8-10	- 200m
10-13	- 400m
14-15	- 600m

Sidekicks

8-10	800m	(300m Adult, 200m C, 300m A)
11-13	1km	(300m Adult, 400m C, 300m A)
14-15	1.2km	(Adult starts)

ZONE RULES - NextGen Sidekicks

Zone 6 - Farmer Carry

Key Rules: Sidekicks - Both carry the weights

NextGen

8-10	- 2 x 4KG
10-13	- 2 x 8KG
14-15	- 2 x 12KG

Sidekicks

8-10	- 2 x 4KG	2 x 16KG Female	2 x 24KG Male
10-13	- 2 x 8KG	2 x 16KG Female	2 x 24KG Male
14-15	- 2 x 12KG	2 x 16KG Female	2 x 24KG Male

ZONE RULES - NextGen Sidekicks

Zone 7 - Lunges

Key Rules: Sidekicks - Both carry the weights

NextGen

8-10	- No added weight 25m	
10-13	- No added weight 50m	
14-15	- No added weight 50m	

Sidekicks

8-10	- No added weight 75m	2 x 10KG Female 2 x 20KG Male
10-13	- No added weight 100m	2 x 10KG Female 2 x 20KG Male
14-15	- No added weight 100m	2 x 10KG Female 2 x 20KG Male

ZONE RULES - NextGen Sidekicks



Zone 8 - GTO

Key Rules: NextGen - 50 REPS

NextGen

8-10	- 2.5KG
10-13	- 2.5KG
14-15	- 5KG

Sidekicks

8-10	- 2.5KG	10KG Female	15KG Male
10-13	- 2.5KG	10KG Female	15KG Male
14-15	- 5KG	10KG Female	15KG Male

LAST NOTE.

“Flatout has made every effort to address all aspects and establish comprehensive rules for the event to ensure fairness and integrity throughout the challenge. However, it is acknowledged that it may not be possible to account for every potential scenario. While participants are encouraged to engage in the challenge with honesty and respect for the rules. Our primary objective remains to foster an environment of fair competition and personal growth, where success is determined by merit, skill, and dedication. “