

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.

Flatout splits training down into major disciplines:

1. **Strength:** Resistance training sessions (usually gym-based) that concentrate on low and mid-volume sets (lower reps) with higher training intensities (heavier).
2. **Core:** Circuit training sessions that include some or all of the zones performed at higher volumes (for high reps or time). These sessions can include or not include Journeys (runs and other forms of cardio).
3. **Journey Fitness:** Running training sessions that are usually split between long-duration work at lower intensities or interval work at higher intensities. However, Journey fitness does not have to be a run; it can be a row, ski, cycle or swim, etc.

The document is a comprehensive rulebook for Flatout. It outlines the structure, rules, and guidelines for various race formats, including solo, pairs, and relay races. The event involves a combination of running and exercise zones, with specific equipment and movement standards. The rulebook also covers registration details, age groups, equipment regulations, hydration and nutrition guidelines, race day protocols, and the overarching rules of the race.

THE RACE

Race Structure

500m Run

Zone 1. 1.2 SkiErg

500m Run

Zone 2. 50 KB Goblet Squats

500m Run

Zone 3. 2.5k BikeErg

500m Run

Zone 4. 50 CTF Burpees

500m Run

Zone 5. 1.2k RowErg

500m Run

Zone 6. 180m Farmer Carry

500m Run

Zone 7. 100m Sandbag Lunges

500m Run, e

Zone 8. 100 GTO *(Ground to Overhead)*

250m to finish

The weights that are used by **male** and **female** participants:

Zones	Pro Male Weight/Distance	Pro Female Weight/Distance	Open Male Weight/Distance	Open Female Weight/Distance
1 SkiErg	1200m	1200m	1200m	1200m
2 KB Goblet Squat x 50	1x 20kg KB	1x 16kg KB	1x 16kg KB	1x 12kg KB
3 BikeErg	2500m	2500m	2500m	2500m
4 CTF Burpees	50	50	50	50
5 RowErg	1200m	1200m	1200m	1200m
6 KB Farmer Carry	2x 24kg KB	2x 20kg KB	2x 20kg KB	2x 16kg KB
7 Sandbag Lunges	1x 20kg SB	1x 15kg SB	1x 15kg SB	1x 10kg SB
8 GTO x100	1x 20kg Plate	1x 15kg Plate	1x 15kg Plate	1x 10kg Plate

NB: Team weights:

All male and mixed teams will use the same weight as open male.

All female teams will use the same weight as open females.

RACE VARIATIONS

Solo Race (Pro | Open)

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

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

Pro's will wear a weighted vest - 10kg for male, 5kg for female

If a participant is unable to complete a Zone to the set standard (modified technique or range of motion, etc.), their final race time will be followed by "(s)" which denotes that they have "scaled" the race.

Teams Race (Doubles | Relay)

The Teams races are broken down into two categories, namely Doubles and Relay.

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 18).

If either participant needs to scale a Zone, the final time will be followed by (s).

Equipment must be placed down on the floor before the other participant takes over - the equipment can NOT be passed to your partner. Participants must move together on the Distance Zones (one walking/jogging).

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 race - participants can choose which Zones they complete, but they must complete the race in the correct order. NB: Last participant to complete 3x runs (two laps before Zone 8, then 250m to complete)

Participants can be same-sex or mixed (2x male & 2x female) - mixed teams use the male weights (female-only teams use the female weights). Participants can be any age combination (above 18).

If any participant needs to scale a Zone, the final time will be followed by (s). Equipment must be placed down on the floor before the next participant goes. All four participants wear a timing chip.

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 standardized for everyone to ensure a fair race.

Registration

- Flatout Race Registration can only be done via the official Flatout Website: www.weareflatout.co.uk
- Participants must select their gender category (Male or Female), and select the race category they are entering (Pro, Open, Doubles, Relay)
- The participant must be at least 16 years old on the day of the Flatout
- 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 race, this is issued by info@weareflatout.co.uk



AGE GROUP

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

- 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.

EQUIPMENT

The following equipment can be used/carried during the race:

- Appropriate clothing and trainers
- headwear,
- watch/heart rate monitor,
- sweatbands,
- gloves,
- knee sleeves,
- joint supports
- belts,
- Chalk - provided

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

- Trainers with spikes
- Phones cannot be used - selfie, text or calls (attached or concealed is permissible)
- Headphones
- Rings or jewelry that could cause injury if it were to get caught
- Lifting straps
- Participants cannot carry snacks, energy gels or water inside the hangar.
- Energy gels, snacks or water **CANNOT** be consumed on the outside run route, and all rubbish must be kept on the participant or placed in the bins provided.

A water station is available in the car park section of the run.

This is VERY important as Saxon Air is 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 at the outside car park area which is the only area where anything can be consumed.

ANYONE FOUND VIOLATING THIS RULE COULD IMMEDIATELY BE DISQUALIFIED AND ASKED TO LEAVE THE PREMISES

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

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



RACE DAY PROTOCOL

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 (waves are every 8 minutes)
- If a participant arrives early to spectate, they must not register and take their ankle chip. This should only be done before they participate. This is due to the radars inside the hangar may pick up the tag ahead of the race start. Participants should make this clear to the registration desk, take a spectator tag and return for their ankle tag.

SCALING

All activities involved in the Flatout Event can be “Scaled” (s) to accommodate for the needs of the participant. participants with specific needs should contact the race director prior via email (info@flatoutevents.co.uk) to ensure we can accommodate the participant to the best of our ability - we stand by our aim to be accessible.

RACE DECLARATION

The participant agrees to race in a fair and honorable manner, and to show good sportsmanship throughout the race. 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 race and potentially banned from future races. No refunds will be given to participants that are disqualified or banned.

In consideration of being permitted by Flatout to participate in its activities and to use its equipment and facilities, now and in the future, I hereby agree to release, indemnify and forever discharge Flatout, its agents, owners, members, shareholders, directors, partners, employees, volunteers, manufacturers, participants, lessors, affiliates, its subsidiaries, related and affiliated entities, successors and assigns (the "RELEASED PARTIES"), on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representative and estate as follows:

Each participant acknowledges that my participation in Flatout activities and use of Flatout facilities entails known and unknown risks that could result in physical or emotional injury, paralysis, death, or damage to myself, to property or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.

THE RULES

These are the overarching rules of race.

- Exact wave times are released 1-2 weeks prior to the race. They have been released already
- All participants should arrive and register for the race at least 1 hour before their wave time.
- If a participant arrives early to support a friend in an earlier wave they must wear a spectator wristband and go back to registration for their ankle tag.
- All participants must wear appropriate sportswear and trainers for the race - carbon trainers are allowed, but spikes are NOT allowed. Code is above
- All participants must abide by all Flatout rules and regulations and treat other participants with respect.
- On the run route, participants will run in a clockwise direction with faster participants running on the right side and slower participants on the left side, 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. If a participant cannot complete a Zone to the correct standard or cannot complete the programmed distance or reps, they get an "(s)" (scaled) by their final time. 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 coach's 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 race 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 direction with faster participants running on the right side and slower participants on the left side, therefore allowing faster participants to undertake.
- Each Zone uses the same OUT as it's IN back onto the running route, please be aware of other participants who are already on the running route as you exit onto it.
- Once all 8 zones are completed, participants must begin the final run, but take the SHORT CHUTE route which is approx 250m.
- Doubles teams complete all 8 x 500 and 1 x 250 = 9 runs together.
- 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. It is not allowed to 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.

Reps: 50

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.
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 on the knees
6. The forearms can NOT push on the legs at the bottom of the squat.
7. Both the knees and hips must fully extend at the top of the movement
8. Once 2 squats are performed, you move forward onto the next step of the ladder
9. Protect the floor at all costs, do not throw the KB on the floor.
10. Rests must be taken stationary - the participant can NOT walk around.
11. If performing in doubles, the resting participant must walk behind the working participant. If the walking DTM (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
12. If performing in doubles, the switch over must happen after the KB has been placed back down on the next 'rung' of the ladder; it cannot be passed from hands to hands.
13. 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.
14. On 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 must be (re)set by a coach
2. Each participant is allowed to adjust the damper setting to their own preferences.
3. Participants must be properly secured on the BikeErg.
4. Seat height and handlebar adjustments should be made in advance. Only minor adjustments should be made during the event. NB: If participating in Doubles, please note that this may need adjusting with every participant switch if differing in height. It is advised not to adjust the handlebars
5. During the event, participants must always maintain control of the pedals. Inappropriate behavior (e.g., excessive rocking of the bike) may result in disqualification.
6. Hands should remain on the handlebars
7. If performing in doubles, the resting participant remain nearby and does not obstruct other participants.
8. After completing the required distance, the participant must raise their arm to call over a coach to confirm the required distance has been completed.
9. Only after receiving the coach's confirmation of completion may the participant leave the platform and the station.
10. 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 a 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 for 50 reps. This is also known as a 'Down Up'.

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 behind 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 DTM obstructs other participants, e.g. by crossing the lanes, the team will be issued a 5 CTF distance penalty.
5. If performing in doubles, when switching between working and resting participants, the resting participant will begin by placing their hands where the working participant's feet landed. Toe and fingers in line.
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 will 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. Handles are not passed directly to the DTM.
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 180m

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. On 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 100 reps in total.

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. On the last rep, the plates must be placed down so that they are ready for the next participant. The start side
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.
10. After the 100 reps are completed the plate must be returned to the original position
11. After the 100 reps are completed, the participant must complete one final run to the finish, this means leaving Zone 8 and around the outside run route for the last time before entering the Hangar and exiting to the finish line on the left side.

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.”