

Next Level Fitness Race

2024

1. Concept:

The Fitness Race, an outdoor mass participation fitness competition, it involves a combination of running and functional movements. The Fitness Race consists of a 400m run (Journey) followed by one workout (Labour), repeated 12 times in order to complete the entire fitness race and receive a valid finishing time, the participants must complete the runs and workouts in the specific order (run, workout, run, workout, etc.) until they have completed a total of 4.8 km running and 12 workouts. Whilst the repetition range and/or weights differ between the divisions, the running distance remains the same across all divisions: each participant must run 400m before each workout, i.e. a total distance of 4800m. The results and ranking system are based on the fastest time in each respective division. Results are sorted from the fastest to the slowest time. In addition to the overall fastest men's and women's times, results are also ranked in age groups (4.2. Age Groups), also sorted from the fastest to the slowest time.

2. CONDITIONS OF PARTICIPATION

2.1 Conditions of participation in Next Level Fitness Race (NLFR)

Next Level Fitness Race is a competition open to everyone; qualification is not required. By participating in NLFR you are agreeing to the following conditions, which include the exclusion of liability and the terms of the Privacy Policy. also

2.2 Preconditions for participation

- In order to participate in a NLFR event participant must be at least 16 years old on the day of competition.
- Each participant must agree to the terms and conditions of participation.
- The only way to register for a NLFR event is via www.nextlevelfitness.nz

3. REGISTRATION

3.1 Participate as an individual.

At www.nextlevelfitness.nz the participant can sign up via the “Register here” button for the specific event.

- Select your division: NLFR SINGLE
- Enter your personal details
- You are now registered as an individual athlete

3.2 Participate as NLFR PAIRS

In addition to the individual participation, there is also the possibility to join as a „2-Person-Team“. Learn more about the NLFR PAIRS competition in the RULEBOOK PAIRS.

3.3 Participate as NLFR TEAM RELAY

It is also possible to compete in NLFR TEAM RELAY as a relay team of four. More details in the RULEBOOK TEAM RELAY.

4. DIVISIONS AND RANKING SYSTEM

4.1 NLFR Divisions

- WOMEN OPEN
- MEN OPEN
- WOMEN PAIRS
- MEN PAIRS
- MIXED PAIRS
- WOMEN TEAM RELAY
- MEN TEAM RELAY
- MIXED TEAM RELAY

NLFR offers 8 divisions. The divisions differ in gender and weight used. The running distance remains the same across all divisions: everyone must run 400m between each workout for a total distance of 4.8 km. Participants start in waves based on their division. The start always takes place exclusively with participants of the same division.

4.2 NLFR age groups

Age groups are determined by their age on the race date – if the athlete turns 50 the following day, they are still in the 30-49 category.

- 16-29
- 30-49
- 50+

Pairs and Relay age groups are created by dividing the age difference between the youngest and oldest athletes by 2 and then adding it to the youngest athletes' age to generate the age group. For example, if Athlete A is 22 and Athlete B is 56: $(56-22 = 34)$ $(34 / 2 = 17)$ $(22 + 17 = 39)$. So, they fall into the 30-49 age category.

4.3 Ranking System

The ranking system and the resulting overall rankings are based on the fastest time in the respective division of each event. Results are sorted from the fastest to the slowest times. In addition, there is a ranking within the age groups, also sorted from the fastest to the slowest times.

The results will be published after each event ends and will be available at www.nextlevelfitness.nz

Any incomplete running laps or deviation from the prescribed repetition range or movement standards will result in a penalty (see Penalties) and/or disqualification. Penalties may be added, or amendments made for up to 48 hours after each event ends.

5. THE COMPETITION

NLFR consists of a 400m journey followed by one labour, repeated 12 times. In order to complete the entire NLFR and receive a valid finishing time, the participants must complete the journeys and labours in the designated order (journey, labour, journey, labour, etc.) until they have completed a total of 4.8 km running and 12 workouts.

5.1 Labour Station Rules and Regulations

- Complete all labours, in the correct order.
- Perform each exercise according to the movement standards.
- Use the correct start and finish points of the labour-station.
- Complete the correct number of repetitions and/or distances.
- Perform the exercises/movements with the correct weight in kg or lbs.

5.2 Running

The running distance is always 400m, and depending on the venue this will be split into 1 or more running laps.

On the run course there running lanes: slower runners will use the inside lanes. Faster athletes should run in the outside lanes and pass slower athletes on the outside lanes.

5.3 Referees and Head Judges

For each workout a referee will be responsible for ensuring all participants complete the workout in the correct and safe manner. The referee does this in coordination with the head judge of the respective workout station. The head judge of each workout station is managed by the race director, who oversees all sporting aspects of the competition and makes the final decisions on all judging matters.

All decisions of the Race Director and event organisers are final.

6. MOVEMENT STANDARDS, DISTANCES AND WEIGHTS

Any execution of a movement that either deviates from the movement standards, and/or is unusual or uncommon and/or results in a time advantage will not be recognised and will result in an invalid repetition (no rep) or a time/distance penalty depending on the labour station. In addition, the assignment to the equipment or lane for each labour station will be allocated by the respective Head Judge and their team.

Kettlebell Farmers Carry 240m Men 24kg Women 16kg

- The kettlebell Farmers Carry begins and ends with the removal/return of the kettlebells from the marked area next to the start/finish line.
- The athlete must always carry both kettlebells while they move.
- Kettlebells must be carried with both arms extended by the athletes sides.
- Putting down the kettlebells to rest is allowed so long as the kettlebells do not move forward when placing them on the ground.
- The station is completed, once the athlete carries the kettlebells across the finish line and returns them to the marked area.
- If the athlete violates any of the above-mentioned points, the athlete will receive a time penalty issued by the Head Judge. The time penalty will be of one minute per violation. To be carried out prior to leaving the labour.
- Wait for the referee to confirm you have completed the workout.
- Exit via the entry/exit gate to complete your next journey.

Kettlebell Deadlift 60reps Men 32kg Women 24kg

- Prior to the workout the KBs will be set out in their designated position, with the men set up on the left-hand side and women on the right-hand side.
- Stand over your assigned KB with one foot either side of the KB.
- Hip hinge to grab the handle with both hands.
- Raise the KB by standing to an upright posture and then return the KB back to the ground.
- If the KB does not clearly touch the ground a no rep is given, and the athlete must repeat that attempt.
- That is one rep, repeat 60 repetitions to complete the workout.
- Wait for the referee to confirm you have completed the workout.
- Exit via the entry/exit gate to complete your next lap.

Prisoner Walking Lunges 120m Men BW Women BW

- The Prisoner Walking Lunges begin and ends from the marked area next to the start/finish line.
- The athlete must Place both hands on their head with fingers interlocked.
- The athlete starts standing tall with both feet behind the line before starting their first lunge across the start line.
- During each lunge, the trailing knee must clearly touch the ground.
- Each repetition ends with knees and hips fully extended.
- Lunges must be alternating i.e. alternating knees touching the ground.
- The athlete can either lunge continuously or stop after each lunge with both feet parallel on the ground.
- Taking any steps or shuffles between repetitions is not permitted.
- The station is complete once the athlete lunges across the finish line.
- If the athlete violates any of the above-mentioned points, the repetition becomes invalid and in the second warning the athlete receives a 5m distance penalty.
- Wait for the referee to confirm you have completed the workout.
- Exit via the entry/exit gate to complete your next lap.

Alternating Dumbbell Snatch 60reps Men 15kg Women 9kg

- Prior to the workout the DBs will be set out in their designated position, with the men set up on the left-hand side and women on the right-hand side.
- Using an overhand grip, grab a DB in one hand and stand with the feet slightly wider than shoulder-width apart. Descend your hips to the floor until your knees are bent at 90-degrees and the DB is resting on the ground.
- Quickly pull the dumbbell toward the sky while simultaneously extending your knees and hips and raising your body on the balls of your feet. Keep the dumbbell close to your body.
- As the dumbbell reaches its highest point, quickly rotate your elbow under the weight and extend your arm. The dumbbell will rest over the top of your shoulder with the palm facing away from your body.
- Return DB to the starting position on the ground and change hands.
- Place the DB on the ground, DO NOT drop the DB. Dropping the DB will result in a no-rep, and that repetition will need to be repeated.
- That is one rep, repeat 60 repetitions to complete the workout.
- Wait for the referee to confirm you have completed the workout.
- Exit via the entry/exit gate to complete your next lap.

Burpee Broad Jump 60m

- The athlete must start by completing a burpee.
- The burpee starts with hands placed behind the start line and near their feet (at most one-foot length away).
- Once the hands are placed on the ground they cannot be moved forward. In the lower position, the athlete's chest must clearly touch the ground.
- Then, the athlete stands up and jumps forward, jumping and landing with both feet simultaneously.
- If the feet are staggered when taking off, the athlete needs to make sure both feet land at the same time with both feet parallel to each other.
- No steps or foot shuffles are permitted after landing.
- When stepping or jumping back up from the lower position, the feet cannot pass the athlete's fingertips.
- The length of each broad jump is up to the athlete.
- Taking any steps forward between the repetitions is not permitted.
- The station is completed once the athlete jumps across the finish line.
- If the athlete violates any of the above-mentioned points, the repetition becomes invalid and on the second warning the athlete receives a 5 m distance penalty.

Air Squats	120reps	Men BW	Women BW
-------------------	----------------	---------------	-----------------

- Stand with feet shoulder/hip width or wider.
- From here lower the hips until your knees are at a 90-degree angle.
- If the knees don't break 90 degrees a no rep is given, and the athlete must repeat that attempt.
- That is one rep, repeat 120 repetitions to complete the workout.
- Wait for the referee to confirm you have completed the workout.
- Exit via the entry/exit gate to complete your next lap.

Weight Plate Front Carry 240m Men 25kg Women 20kg

- The WP Carry begins and ends with the removal/return of the WPs from the marked area next to the start/finish line.
- The athlete must lift the WP without assistance and hold it in both hands/arms.
- Putting down the WP to rest is allowed so long as the WP does not move forward when placing it on the ground.
- The station is completed, once the athlete carries the WP across the finish line and returns it to the marked area.
- If the athlete violates any of the above-mentioned points, the athlete will receive a time penalty issued by the Head Judge. The time penalty will be of one minute per violation. To be carried out prior to leaving the labour.
- Wait for the referee to confirm you have completed the workout.
- Exit via the entry/exit gate to complete your next lap.

Medicine ball Push Press 60reps Men 20kg Women 10kg

- At the bottom of the movement, the MB should be either touching the chest or be just below the athlete's chin.
- The athlete can press the MB overhead using a strict press (upper body only). However, a bend of the knees followed by an explosive extension of the knees can be used to propel the MB overhead (Push Press)
- The elbows must fully extend overhead, otherwise it is a no rep.
- If an athlete is unable to extend their elbows fully due to anatomical reasons, they must let the judge know prior to starting by showing the range of motion they have (extend their arms overhead)
- Rests must be taken in a stationary position – the athlete can NOT walk around
- On the last rep, the MB must be placed down so that they are ready for the next athlete
- Wait for the referee to confirm you have completed the workout.
- Exit via the entry/exit gate to complete your next lap.

Bear Crawl 120m

- Start the bear crawl in a push-up position. Hands are beneath the shoulders, the back is strong, and your core is engaged. The feet should be hip distance apart with heels off the floor.
- The Bear Crawl starts with hands placed behind the start line and near their hands (at most one-foot length away).
- Move forward by simultaneously moving the right hand and the left leg in a crawling motion. Your knees never touch the ground.
- Switch sides immediately after placing weight on the right hand and left leg, moving the left hand and right leg forward.
- Continue in a crawling motion, moving forward for your desired number of steps or distance.
- Taking any steps forward while the athletes' knees are supporting their weight is not permitted.
- The station is completed once the athlete Bear crawls across the finish line.
- If the athlete violates any of the above-mentioned points, the repetition becomes invalid and on the second warning the athlete receives a 5 m distance penalty.
- Wait for the referee to confirm you have completed the workout.
- Exit via the entry/exit gate to complete your next lap.

Weight Plate Clean & Press

60 reps

Men 15kg

Women 10kg

- Prior to the workout the WPs will be set out in their designated position, with the men set up on the left-hand side and women on the right-hand side.
- Stand over your assigned WP.
- Squat down to grab the WP with each hand.
- Raise the WP by standing to an upright posture and hold the WP at chest height and keep your elbows pointing to the ground.
- From here extend your arms to an overhead position with your arms locked out, then lower the WP back to the ground position, touching the WP on the ground.
- If the arms don't lock out a no rep is given or the WP doesn't touch the ground, and the athlete must repeat that attempt.
- That is one rep, repeat 60 repetitions to complete the workout.
- Wait for the referee to confirm you have completed the workout.
- Exit via the entry/exit gate to complete your next lap.

Weight Plate Overhead Carry 180m Men 15kg Women 10kg

- The WP Overhead Carry begins and ends with the removal/return of the WPs from the marked area next to the start/finish line.
- The athlete must lift the MB without assistance and hold it in both hands with arms fully extended above their head with elbows locked out.
- Taking any steps or shuffles while the WP is not locked out in the overhead position is not permitted.
- Putting down the WP to rest is allowed so long as the WP does not move forward when placing them on the ground.
- The station is completed, once the athlete carries the WP across the finish line and returns it to the marked area.
- If the athlete violates any of the above-mentioned points, the athlete will receive a time penalty issued by the Head Judge. The time penalty will be of one minute per violation. To be carried out prior to leaving the labour.
- Wait for the referee to confirm you have completed the workout.
- Exit via the entry/exit gate to complete your next lap.

DB Devils Press 20reps Men 10kg Women 5 kg

- Prior to the workout the DBs will be set out in their designated position, with the men set up on the left-hand side and women on the right-hand side.
- Stand over your assigned DBs with one DB either side of you.
- Squat down to grab the DBs with each hand.
- Kick both feet out while holding the DBs on the ground and lower your chest to the ground in between the DBs.
- Raise the DBs by standing to a squat position and hold the DBs in front of you with your hands pointing to the ground.
- From here extend your arms to an overhead position with your arms locked out, then lower the DBs back to your starting position.
- If the arms don't lock out or the chest doesn't touch the ground a no rep is given, and the athlete must repeat that attempt.
- That is one rep, repeat 20 repetitions to complete the workout.
- Wait for the referee to confirm you have completed the workout.
- Exit via the finish gate to complete your race.

7. CLOTHING, ACCESSORIES, HYDRATION/NUTRITION

It is the responsibility of the participant to ensure that they are appropriately dressed when considering the activities to be undertaken, environmental factors and any cultural sensitivities that should be observed.

7.1 The following items may be used/worn during the competition:

- Appropriate clothing: Shorts/joggers/t-shirt/vest – athletes can go topless
- Appropriate trainers: Trainers can have carbon plates
- Watch/heart rate monitor
- Sweatbands – headbands and wristbands
- Knee sleeves or joint supports
- Athletes can choose to carry a hydration pack (worn on their back) and can carry snacks/energy gels, etc. However, these must be carried by the athlete and all rubbish must be kept on the athlete

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

- Trainers with spikes
- Phones
- Headphones
- Rings or jewellery that could cause injury if it were to get caught
- Gloves
- Weightlifting Belts
- Lifting straps
- Chalk – powdered or liquid (no tacky)
- No water bottles

7.3 Poor sportsmanship

Any form of poor sportsmanship, threatening and/or abusive behaviour towards event staff, volunteers, spectators, or fellow competitors can lead to penalties and/or disqualification. These can also be applied retrospectively following a race.

7.4 General Conduct

Any littering, spitting, nostril clearing, or water abuse is not allowed and can lead to penalties and/or disqualification.

7.5 Hydration/Nutrition

During the race, water will be made available at least once during, before or after each pass through the entry/exit gate. A sports drink or other hydration product may also be available. Any participants desiring nutrition must carry it on their person from the start of the race. Competitors are not permitted to receive any beverage or nutritional product from anyone except the aid stations during their event (this would be considered outside assistance). Doing so can lead to penalties and/or disqualification.

8. EVENT DAY SCHEDULE

On event day participants will encounter the following areas.

8.1 Registration, Timing Chips and/or Wristbands

Once participants arrive at the venue, they will need to attend the athlete Check-in area where they will receive their timing chip, wave time and wristband if required. Participants need to bring a government issued photo ID and their registration confirmation.

Each participant also receives a timing chip for recording the participants time(s) during the competition. This chip must be attached to an ankle.

Any other position may lead to an invalid or incomplete time record - correctly wearing the timing chip on an ankle throughout the race is the competitor's responsibility. Pairs and relays must carry one chip between them, pairs = 1 Timing Chip; Team Relay members will transfer the Timing Chip to the next athlete within the transition Zone, Team Relay = 1 Timing Chip

8.2 Changing Rooms and Bag Drop Area

Changing rooms and a secure bag drop may be available at the venue although the organiser accepts no responsibility for any lost or stolen bags or items.

8.3 Warm Up Area

A designated warm up area will be available to all participants. It is the athletes' responsibility to warm up as needed.

8.4 Start Zone Area

10 minutes prior to an Individual's start time they need to assemble in the start zone area to receive official instructions about the race start.

9. PENALTIES

9.1 Completing the Workout Stations in the Incorrect Order

If a participant does not complete the workout station in the correct sequence (1-12), they are permitted to complete missing workout station prior to entering station 12 (Devils Press). Completing the workout in the incorrect order will result in a 3-minute penalty. If more than one workout is completed out of order, the participant will automatically be disqualified.

9.2 Missed Workout / Missed 400m Run

Missing an entire workout station or 400m run will lead to a disqualification.

9.3 Confusion of Entry/Exit IN and OUT

Each time a participant runs into the ENTRY via the OUT arch, or out of the EXIT via the IN arch they will receive a 1-minute penalty.

9.4 Distance/Time Penalties

Distance/Time penalties can be issued on the journey and at Labour stations 1-12. Distance penalties depend on the workout and range between 5 meters and 10 meters. Time penalties depend on the infringement and Labour Station.

Penalty decisions can be made by any referee after consensus with the Head Judge. For Labour Stations 1-12 there will be one warning per station before penalties apply where movement standards are not met. With the second warning, the repetition is considered invalid, and the athlete receives the corresponding distance/time penalty. Any further warning within the station will result in a new distance/time penalty. Time penalty will be based upon the violation.

9.5 Did Not Finish

If a participant does not finish a workout station, they will not receive any results data and will be excluded from all rankings and awards. However, they may continue with the race (without a result time).

9.6 Disqualification

If a participant has been disqualified by a Head Judge they will not receive any results data and will be excluded from all rankings and awards. Once disqualified by a Head Judge the participant may not continue the race.

9.7 Deviations from the Movement Standards

Any execution of a movement that either deviates from the movement standards, and/or is unusual or uncommon and/or results in a time advantage will not be recognised and will result in an invalid repetition (no rep) or a time/distance penalty depending on the workout station.

10. RULES OF CONDUCT

By registering for a Next Level Fitness Race event participants are agreeing to compete in a fair and honourable manner. Poor sportsmanship e.g., attempts at deception, manipulation, excessive disputes as well as disrupting and/or obstructing other participants can lead to penalties, disqualification, a lifetime ban from Next Level Fitness Race competitions and/or legal action. Any participant who is disqualified from a NLFR competition or banned for future events will not receive a refund for any fees or dues. This also applies to other behaviour that could harm or disturb participants, volunteers, staff, sponsors, and spectators. At event organizers discretion any of the aforementioned actions may be taken against any participant.

10.1 Race Day Protocol

- Athletes must turn up 1 hour before their wave time
- Upon arrival, athletes head to the registration area (clubhouse) with a copy of their race confirmation (printed) and a form of government issued ID (Passport or Driving License)
- Once registered, the athlete will receive a numbered timing chip that is worn on their ankle – this number becomes their race number (bib number)

- Athletes can wear their bib number on their tops or shorts or have it written on their left forearm
- One person from the pairs team wears the timing chip
- Relay teams change the timing chip over after the completion of the Labour in the transition zone
- Timing chips MUST be given back – a Next Level Fitness Race official will take the chip back after the last Labour before the athlete leaves the centre of the track (this is also where you get your medal)
- Toilets are available at the TET Stadium & Events Centre.
- Athletes are responsible for their training equipment and valuables on the day
- Athletes can use the areas surrounding the track for warm-ups
- Athletes must be on the track (starting box) 10 minutes before their wave starts (waves are every 5 minutes) – they can use the designated area within the track to warm up during this time

11. NLFR PAIRS Competition

NLFR PAIRS is a 2-person-team competition. The Pairs Team can consist of 2 male athletes, 2 female athletes or as MIXED 1 female and 1 male athlete. The competition consists of a 400m run followed by one workout, repeated 12 times. In order to complete the entire NLFR PAIRS Race and receive a valid finishing time, the participants must complete the runs and workouts in the designated order (journey, labour, journey, labour, etc) until they have completed a total of 4.8 k running and 12 labours.

While the running distance of 12 x 400m must be completed by both PAIRS Members, the labours can be completed in a combined effort.

The 12 labours must be completed together. However, it is up to each PAIRS Team Member (PTM) how far in distance or how many reps he/ she completes. The NLFR PAIRS competition follows the principle “YGIG” (YOU GO I GO) which means, PTM 1 works, while PTM 2 rest and vice versa. Therefore, only one of the PTM’s is allowed to be active while completing the labours. Rest times can be taken as needed - concurrently as well.

The labour station is completed when the entire distance or repetitions are covered.

Running

The PTMs must always run together for the entire distance of 400 m between the labour-stations. If one PTM runs at a significant faster pace, this will lead to 3 Minute penalty as this disturbs the time tracking system.

Important: Once the running distance is completed both PTM’s must enter the labour station together. Both PTM’s must be present to start with the exercises. The labour station can only be exited after the entire distance, or the repetitions are covered and must be exited by both PTM’s at the same time.

The running distance is always 400 m, and depending on the venue it this will be split into 1-4 running laps. In some cases, the first/last running lap may not be exactly 400 m due to a staggered start. In this case, the missing metres will be balanced out during the last lap.

On the run course there is a line dividing the running course into two speed zones: fast lane (wider lane), and regular speed (inside lane). Faster athletes should run in the fast lane and slower athletes in the regular speed lane.

The resting PTM walks/stands behind the working PTM. If the walking/standing PTM obstructs other participants, e.g. by crossing the lanes, the team will be issued with a penalty. The resting PTM remains behind the working PTM and is not allowed to “help out” with the workout in any way.

12. NLFR TEAM RELAY Competition

NLFR TEAM RELAY is a 4-person-team competition. The RELAY Team can consist of 4 male athletes, 4 female athletes or any mix of female and male athletes.

The competition consists of a 400 m journey followed by one labour, repeated 12 times. In order to complete the entire NLFR TEAM RELAY Race and receive a valid finishing time, the participants must complete the journeys and labours in the designated order (journey, labour 1, journey, labour 2, etc.) until they have completed a total of 4.8 k running and 12 labours as a team. Each RELAY Member (RM) must run 3x 400 m and perform 3 labour stations. The use of each RM is entirely up to the team. However, the relay always starts with 400 m of running followed by the labour station. This means one RM can either perform 3 x 400 m journeys and 3 labour stations consecutively or can come back into the relay at another point.

12.1 Labour Stations

The Team must complete 12 labour stations in total in the designated order 1-12. Each RM has to complete 3 labour stations. A labour station is completed when the entire distance or repetitions are covered.

12.2 Labour Station Rules and Regulations

- Complete all labours, in the correct order.
- Perform each exercise according to the movement standards.
- Use the correct start and finish points of the labour-station.
- Complete the correct number of repetitions and/or distances.
- Perform the exercises/movements with the correct weight in kg or lbs.

12.3 Transition Zone

The Transition Zone (TZ) is where the RM exchange takes place. Up until the actual exchange, only one RM is allowed in this zone per RELAY Team. The RM who is up next is only allowed to enter shortly before the exchange. No loitering is allowed in this zone. It is the responsibility of each RELAY Team to make sure their RTMs get into the TZ on time.

Once a RM has finished his/her workout station, they must run into the TZ to meet with the RM who is up next.

IMPORTANT: If a RM performs 3 runs and workouts back to back, they need to run through the TZ after each workout due to timing chip reasons.

The exchange must follow this protocol:

RM 1 finished the workout and enters the TZ. He/she then transfers the Timing Chip to RM 2. This is the signal for RM 1 to leave the TZ as fast as possible. Only after RM 1 entered the TZ and performs the transfer, RM 2 is allowed to leave the TZ and start the journey. This is the only time that 2 RM's of the same team are allowed to be in the TZ. The TZ is located inside the labour area and can be entered from the spectator area by passing the crossing point. The exact location of this zone will be posted on site and will be marked in the venue map.



13. The 12 Rules

These are the overarching rules of the race.

1. The first rule of Next Level Fitness Race: You must tell as many people as possible about the Next Level Fitness Race.
2. All athletes/Pairs/Team Relay Members must complete the registration at least 1-weeks prior to the race: Wave times are delegated at time of registration (those that register first will be placed in earlier waves).
3. All athletes must arrive and register for the race at least 1 hour before their wave time.
4. All athletes must wear appropriate sportswear and trainers for the race – carbon trainers are allowed, but spikes are NOT allowed.
5. All athletes must abide by all Next Level Fitness Race rules and regulations and treat other athletes with respect.
6. All athletes must stay within the lanes of the athletic track when completing Journeys. Athletes should NOT run in the first lane (closest to the Labour entry point) while on the initial 400m Lap – athletes should be aware of incoming runners when leaving the Labour Lanes.
7. Athletes must NOT purposefully block other athletes while on the track.
8. All athletes must aim to perform the Labours to the correct standard (unless scaled) and must ensure they cover the correct distance/perform the correct number of reps. If an athlete cannot complete a Labour to the correct standard or cannot complete the programmed distance or reps, they get an “(s)” (scaled) by their final time. Athletes can be given “No Reps” by judges if a rep is not to standard or told to adjust their form.
9. During Labours, rests 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 Labour, the equipment is placed down ready for the next athlete.
10. All athletes must respect the judge's decisions – if a judge doesn't count a rep, your form was off.
11. Waves (8x male followed by 8x female) are set off every 5 minutes on the dot: 09:00 – 09:05 – 09:10 – 09:15 – 09:20 – 09:30. Pairs will start from 12:00pm and Team Relay will start from 02:00pm
12. If an athlete gets to a Labour and there is no available equipment, they are credited the missed time back – with seeding, 5-minute waves and spare equipment, this shouldn't happen.

13.1 Journey Rules

- The race starts with a 400m Journey around the track. This starts in line with the middle Labour stations on the outside lanes.
- Athletes can move into the second lane as soon as they want and into the first (inside) lane once they have passed the final Labour station (approach the first curve of the track)
- Athletes must NOT purposefully block or hinder other athletes – athletes take over on the outside
- Athletes can get a drink of water that is available on the outer lanes of the final curve of the track before approaching the Labours – cups/bottles must be thrown into the bins provided
- Upon reaching the first 100m stretch (the Labour entry and exit points) the athlete can run down the inside lane and once they reach the first Labour, the athlete steps onto the inside area of the track (across the timing mat) and begins the Labour
- Upon completing the first Labour, the athlete steps across the timing mat and back onto the track (the athlete must give way to running athletes) and moves into the second lane (to avoid other athletes) until they reach the first curve of the track
- The athlete completes another 400m run and crosses onto the inside of the track in line with the second Labour
- This process is repeated until all 12 Labours are complete
- Pairs teams complete all 12 Journeys together
- Relay teams only complete 3 Journeys each – timing chips are exchanged in the centre of the track by the Labour station that has just been completed

13.2 Labour Rules

The following pages describe the rules of each of the 12 Labours:

1. KB Farmers Carry
2. KB Deadlift
3. Prisoner Walking Lunges
4. DB Snatch
5. Burpee Broad Jump
6. Air Squats
7. Plate Front Carry
8. Push Ups
9. Bear Crawl
10. Plate Clean & Press
11. Plate Overhead Carry
12. DB Devil Press

See section 6 for the movement standards.