

CHALLENGE RULES AND REGULATIONS

To keep consistency, each event will have an assigned judge who exclusively judges every competitor in that specific event.

Bench: Competitors will be expected to complete this lift with proper powerlifting technique. The judge will signal each part of the lift.

Pull-ups (males): Full extension and flexion (chin over bar) will be expected by all competitors. Competitors will have 60 seconds to complete as many reps (with proper form) as possible.

Chin-ups (females): Full extension and flexion (chin over bar) will be expected by all competitors. Competitors will have 60 seconds to complete as many reps (with proper form) as possible.

Squat: Competitors will be expected to complete the squat with proper powerlifting technique. Competitor must come to the parallel position and be able to fully extend back to the standing position.

Vertical: Competitors will have 3 attempts to test their vertical leap. No running permitted. Competitors will be allowed no more than a 3 step approach.

Plank: Competitor must complete the plank for as long as possible with proper form. Shoulders, hips, and knees must be aligned without any arch in the low back.

The judge will offer only one form cue before stopping the competitor due to improper form.

Deadlift: The bar starts resting on the ground. The movement ends when you are standing straight up with your shoulders slightly behind the bar.

Hill-sprint: This event will be completed on the hill located on the outdoor obstacle course. The competitor will be required to complete 5 hill sprints as fast as possible. One sprint consists of going up one side of hill, down the other and back around the cones to the starting position.

Tire Flip: Male and female competitors will each have a designated tire. Competitors will be timed on how long it takes to flip their tire 20 yards down and 20 yards back, 40 yards total.

Farmer's Walk: This event will have a women's and men's weight. Competitors will be required to properly lift, carry, and return the designated weight to the starting point. This event will be timed and points will be distributed compared to other competitors during that day's event.

A list of full challenge rules and regulations can be found online at www.thejungleclub.com.