

# Officials Guide

<https://www.nuclearfit.co.uk/>

#SWEATTOTHECORE



# NUCLEAR STORM

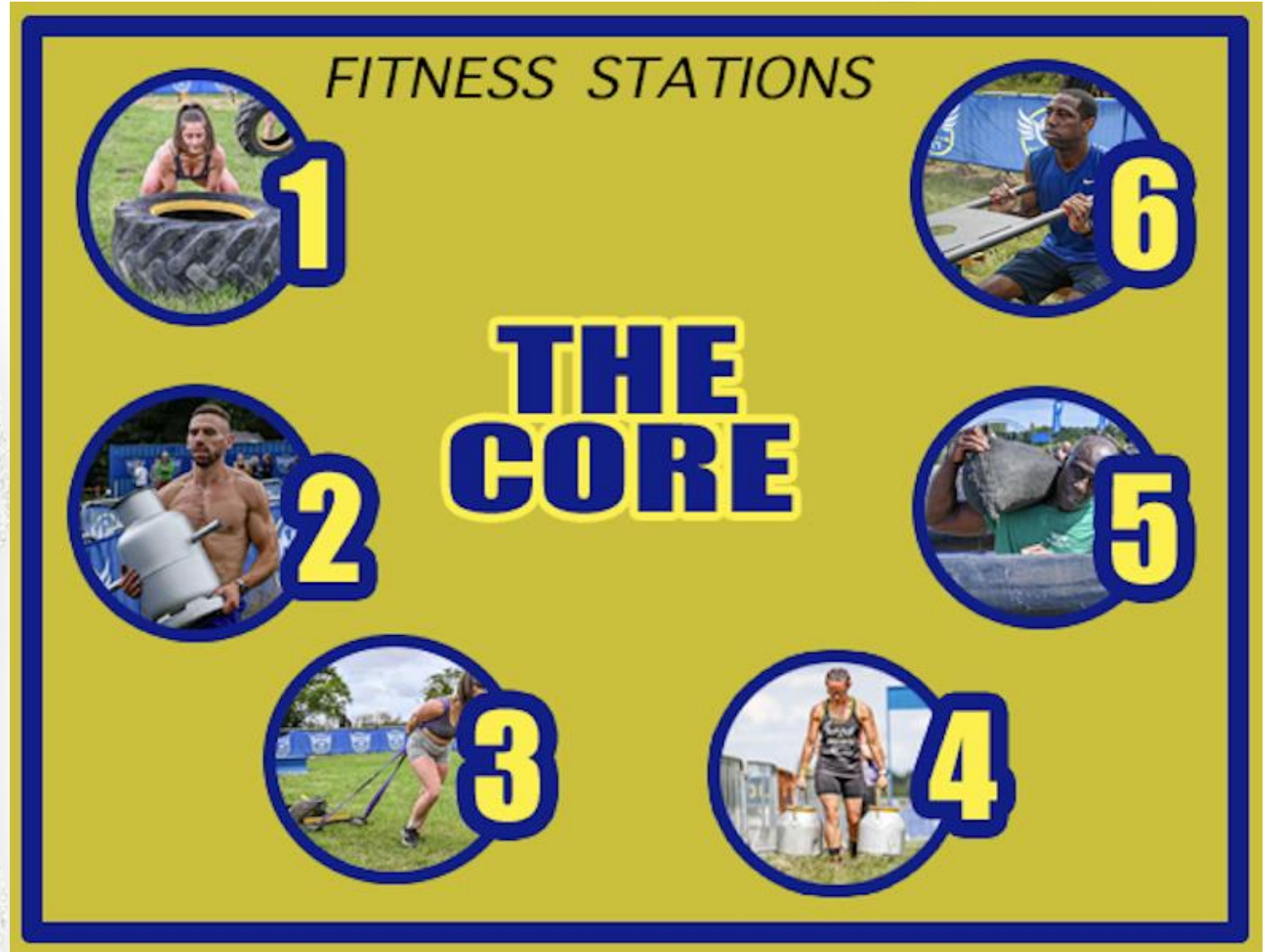
You have 45 minutes to complete as many of the functional fitness stations back to back as you can with zero running involved. Maximum effort required! The winners who complete the most stations in 45 minutes will receive a trophy and bragging rights.

Starting from the main start line you will make your way to station 1 and work your way around the stations in an anticlockwise direction.

You will be given a 5 minute warning before the 45 minutes is up and when time is called you must finish the station you are working and make your way to the finish line.

## Six Fitness Stations:

1. Wheel tyre flip
2. Farmer urn carry
3. Plough pull
4. Milk churn carry
5. Duck and throw
6. Squat and lift



# The role of the official



- To ensure a fair competition for all competitors
- To ensure a safe environment for competitors
- To ensure a professional approach to officiating

# The intent of rules



- Rules specify the conduct and behavior of competitors during the event
- Create an atmosphere of sportsmanship, equality, and fair play
- Provide safety and protection for the competitors
- Penalize competitors who gain or attempt to gain an unfair advantage

# Behaviour and presentation



- Be professional - visible - firm - fair
- Do not disrupt a competitor's preparation or race
- Do not touch a competitor unless necessary for safety
- Stay focused on your task
- Highlight disagreement professionally and optionally refer to the Head Official



# General information

This is a **chipped timed event**, and the results will be shown from fastest to slowest time and ranked within the race categories and age groups.

The chip timing will give an overall time and the splits by each fitness station.

Individual competitors: will wear a **RED** wrist band.

Doubles competitors: ONE will wear the timing chip, and ONE will wear a **Green** wrist band.

If a competitor **Does Not Complete (DNC)** a fitness station, they will have their chip timing tag removed.

However, they may continue with the race without a final, result time.



## Race categories

Women's Open

Men's Open

# Race day rules



The competitor enters the final station within 45-minutes and then completes that station to finish the competition.

Final rankings are based upon a furthest-fastest format i.e. who completed the most stations, and then where equal, who completed the final station the fastest.

The competitor must:

- Run in trail trainers for their own safety and that of others.
- Be responsible for their own warm up and cool down.
- Follow all the rules and regulations.
- Complete ALL fitness stations, in the correct order.
- Perform each workout as listed in the rules.
- Use the correct start and finish lines at the fitness stations.
- Use the correct weight for their gender & complete the right number of reps.
- Accept that the adjudicators hold the final say on all decisions.
- Be responsible for hydrating with the water provided.
- Register on the day of the event at registration, where they will be given a chip timing tag that needs to be placed securely on your ankle, as per instructions.
- Arrive at the start arch 5 minutes before their start time, if they miss their slot, they will be allocated a later time subject to availability.



# Doubles – specific rules



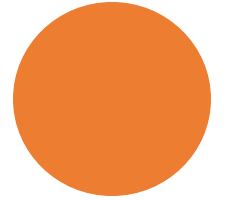
- Double competitors cannot start a station until both athletes are present.
- Doubles competitors can share the specified repetitions and change at any point during the completion of the repetitions.
- Both competitors must pass the start and finish line together.
- The race time will be from the chip from as both athletes cross the line.
- Doubles must share the same exercise equipment to complete their reps.

## **Squat and Lift handover rep:**

Before handing over, the full lift must be completed (stand up and then down to the bench), and then the handles placed and not dropped to the floor, before the other athlete takes over. Otherwise, a no-rep will be given on the handover rep.

# General administration

- No spectators inside the core zone.
- There will be a Medic available onsite.
- Hydration will be available in the core zone.
- Each fitness station will have a Lead Official.
- If there is a problem with an athlete, an official is to radio for the Head Official (Sam is available for back-up).
- In the event of lightening, get the athlete to run over mat to record time and then wait in a safe place. They will restart from the place they left off.
- Fitness station number 6 can be assigned additional adjudicators as required.
- In the event of equipment failure or a lack of available equipment, start a stopwatch or ideally a video on your smartphone, as you resolve the problem, take a note of the athlete's number and communicate the delay to the Official's WhatsApp group. Inform the competitor that they will be given the time back once they are finished.





# 1. Wheel Tyre Flip

- The tyre must be flipped and not rolled.
- Flip out-and-back, making sure that the tyre touches the turnaround line.
- The tyre must stay within the gender section, and finish within an available start zone.
- Women: **Yellow** zone.
- Men and mixed doubles: **Blue** zone.



# Wheel tyre flip - rules



Distance : 100m

Height of tyre: Women's Open, Women's Doubles = 3ft; and Men's Open, Men's Doubles & Mixed Doubles = 4ft

- The competitor starts behind the line.
- To flip the tyre, they need to get into a deep squat, place hands under the tyre, maintain a flat back with their head up and power up through the legs and hips.
- They can use their knee to assist with the flip.
- They can stop to rest.
- They complete this workout once the competitor and the whole tyre have crossed the line.



## 2. Farmer Urn Hug

- The urn can be carried in any way except for on the shoulder.
- The urn can be rested either on the floor or on the turn barriers.
- The urn must be replaced within the gender specific start point.
- Women: **Yellow** zone.
- Men and mixed doubles: **Blue** zone.



# Farmers urn hug - rules



Distance: 150m

Weight: Women's Open, Women's Doubles = 24kg; Men's Open, Men's Doubles & Mixed doubles = 30kg

- The competitor has to pick the urn up from the station, remembering to keep their core engaged.
- The carry begins when they cross the start line.
- The urn must be kept close to their chest & they can put it down at any time.
- The carry is complete once the competitor & the urn cross the finish line.
- The urn can be rested either on the floor or on the barriers, and cannot be picked up again from the opposite side.



### 3. Plough Pull

- The plough can be pulled with the shoulders in or out of the loops, and either facing forward or backward.
- No hands on the ground.
- **Only the harness** can be used to pull the plough.
- The plough should be pulled fully over the finish line to finish.
- Women: **One** bag.
- Men and mixed doubles: **Two** bags.



# Plough pull - rules



Distance: 125m

Weight: Women's Open & Women's Doubles = 37kg; and Men's Open, Men's Doubles & Mixed Doubles = 70kg

- The competitor must stand behind the line prior to starting.
- Only the harness can be used to pull the plough.
- They must remain standing at all times, hands and knees are not allowed to touch the ground.
- They move the plough (sled) by pulling & moving forward.
- They can stop to rest.
- The pull finishes once the competitor & the plough cross the finish line.



## 4. Milk Churn Carry

- Two churns are to be carried, one in each hand, and can be placed on the ground to rest at any time.
- Churns are to stay upright, at all times, with the contents maintained.
- The churns must be replaced within the gender specific start point.
- Women: Yellow zone.
- Men and mixed doubles: Blue zone.



# Milk churn carry - rules



Distance: 200m

Weight: Women's Open & Women's Doubles = 16kg; and Men's Open, Men's doubles & Mixed Doubles = 24kg

- The competitor has to carry one milk churn in each hand with both arms fully extended.
- The carry begins when they cross the start line.
- They can put the milk churns down to rest.
- The carry is complete once the competitor and the milk churns cross the finish line.



## 5. Duck and Throw

- The bag can be carried in any way but not dragged.
- The bag must go over each beam and land on the ground on the other side.
- The bag cannot rest on the beam.
- The athlete then ducks under the beam to move the next beam, and repeat to the end.
- Women: **Yellow** zone.
- Men and mixed doubles: **Blue** zone.



# Duck and throw - rules



Distance : 100m

Weight: Women's Open & Women's Doubles = 22kg; and Men's Open, Men's Doubles & Mixed Doubles = 32kg

Throws: 10 throws

- The competitor picks up a bag and runs 40m to the fitness station.
- They will then be required to throw it over the bar without any assistance.
- They then duck under the bar and pick up the bag & move forward into the next designated lane.
- The bag cannot rest on the beam.
- There are 10 in total.
- They can stop to rest.
- The competitor picks up their bag to run 40m back towards the finish line.
- The workout is complete once they cross the finish line.

## 6. Squat and Lift

- The start position is seated, and the hands must be placed on the **red taped** sections.
- Stand up with arms fully extended.
- The posterior should then touch the seat and the bars touch the shoulder, to complete the rep.
- Women: **75 or 125 reps.**
- Men: **100 or 150 reps.**
- Doubles: **100 reps.**



# Squat and lift - rules



Reps: Women's Open & Women's Doubles = 75 reps; Men's Open, Men's doubles & Mixed Doubles = 100 reps

- The competitors start by sitting down on the box provided & picking up the handles.
- The handles must be held on the **red taped** sections.
- The lift begins in a seated position, then stand-up and raise the rack upward until the arms are extended above the head, ensuring that the arms are as straight as possible without causing joint hyperextension or compromising a previous injury.
- They must then sit back down onto the box with the handles on or in line with the top of the shoulders. **This counts as one rep.**
- They can rest at any time standing or sitting.
- Each correctly completed rep will be counted by an adjudicator.
- The lift finishes when the competitor completes all the reps.