

CHARGE **FIT GAMES**

OFFICIAL RULEBOOK

Event Timing and Scoring

Each event has a 7-minute time cap, followed by 5 minutes between movements. Athletes may use the 7-minute period strategically to work and rest. Continuous work for the entire 7 minutes is not required.

Scoring is based on placement within each event. The highest event score earns the highest placement. Placement points are awarded and summed across all eight events. Zero output or no valid repetitions results in last-place points for that event.

Row and Bike

The Row is scored by total meters completed. The Bike is scored by total calories completed.

Weighted Events

Squat, Bench Press, Kettlebell Swings, Strict Press, Farmer's Carry, and Deadlift are scored using a combination of total output and selected load. The highest total output and highest selected load are determined separately within the men's & women's divisions.

Each weighted-event score is calculated as follows:

- Total Output: 80 points possible
- Selected Load: 20 points possible

Output Points

For Squat, Bench Press, Kettlebell Swings, Strict Press, and Deadlift:

$$\text{Total Output} = \text{Selected Load} \times \text{Valid Repetitions}$$

For Farmer's Carry:

$$\text{Total Output} = \text{Combined Dumbbell Weight} \times \text{Valid Blocks Carried}$$

The athlete with the highest total output receives the full 80 output points. All other athletes receive a proportional number of points based on their output compared with the highest output in that event.

$$\text{Output Points} = (\text{Athlete's Total Output} \div \text{Highest Total Output}) \times 80$$

Load Points

Load is how much weight is used for each move; for Farmer's Carry, selected load refers to the combined weight of both dumbbells.

The athlete who uses the highest load receives the full 20 load points. All other athletes receive a proportional number of points based on their selected load compared with the highest load used in that event.

$$\text{Load Points} = (\text{Athlete's Selected Load} \div \text{Highest Selected Load}) \times 20$$

Final Event Score

$$\text{Final Event Score} = \text{Output Points} + \text{Load Points}$$

The maximum possible score for a weighted event is 100 points. Athletes are ranked from highest to lowest final event score. Calculations will use full values before rounding.

Ties

Ties within an event split placement points evenly. Overall ties are broken by:

- 1- Most 1st place finishes
- 2- Most 2nd place finishes
- 3- Most 3rd place finishes (continuing as needed)
- 4- Co-champions if still tied

Athletes must stop work immediately when the final time signal sounds. Output completed after the final signal does not count. Judges' calls are final. No video review or appeals.

Athlete Conduct & Event Etiquette

All athletes are expected to compete with integrity, respect, and sportsmanship.

- Follow all movement standards, equipment rules, and event flow instructions.
- Treat judges, staff, volunteers, and fellow athletes with respect at all times.
- Unsportsmanlike conduct, arguing with judges, or disruptive behavior may result in penalties, loss of event points, or disqualification at the discretion of event staff.
- Athletes are responsible for unloading and resetting their equipment during designated rest/setup time.
- Spectators must remain behind designated viewing lines at all times.

Event Flow & Logistics

Events will be run in staggered heats. Athletes must be present and ready when their heat is called.

Athletes will have a designated 15-minute warm-up period prior to the first event. Late arrivals will not receive additional warm-up time.

Each event is followed by a 5-minute interval, which includes unloading/resetting equipment, rest, transition, and setup for the next movement.

Athletes are responsible for selecting, loading, unloading, and verifying their own weights.

Restroom / Personal Breaks

Athletes may leave the competition floor during rest periods for restroom or personal needs. The event schedule will not be paused. If an athlete is not present when their heat begins an event, their time will continue to run and missed work will not be made up.

Injury / Event Withdrawal

Athletes may withdraw from the competition or from individual events at any time.

Athletes who skip an individual event due to injury or discomfort may continue competing in subsequent events if they feel able. Athletes will receive last-place points for any event they do not complete.

Athletes who withdraw from the remainder of the competition will retain scores earned up to that point but will receive last-place points for all remaining events.

No re-runs or schedule adjustments will be provided due to injury or withdrawal.

Spectator Support & Coaching

Charge Fit Games is designed to measure individual effort and output. This competition is about your personal performance, not who has the loudest or most strategic corner.

Spectators are encouraged to cheer and support athletes. Coaching, pacing, counting, or strategy instruction during active events is not allowed.

Examples of coaching include (but are not limited to): calling out rep counts, telling athletes when to switch or rest, giving movement cues, or providing pacing or strategy guidance.

Passive rep tracking (such as silently writing reps on a whiteboard for the athlete to view between sets) is permitted, provided no instructions or cues are given.

Coaching Violations

Any instance of coaching, pacing, counting, or strategy instruction during the competition will result in one warning issued to the athlete.

Any subsequent coaching at any point during the competition will result in the athlete being disqualified from the event in which the coaching occurs and receiving last-place points for that event.

Modifications

Charge Fit Games is offered both as a ranked competition and as a benchmark experience.

Athletes seeking to participate for benchmarking purposes or who require movement modifications due to injury, mobility, or skill level may request approved modifications prior to the event. Approved modifications must be disclosed in advance and will be applied consistently within that event.

Event staff reserves the right to approve or deny modifications to preserve fairness and safety.

EVENT 1: ROW

Equipment Provided: Concept2 rower, damper setting locked at 4

Time: 7 minutes

Scoring: Total meters rowed

- Monitor reset before start
- Athlete begins on official signal
- Athlete must stop on final time signal
- Meters displayed at final signal are official
- Foot straps may be adjusted before start only
- Athlete must remain seated and strapped into the rower
- Athlete may slow or stop to rest while remaining seated

Violations:

- Unstrapping, standing, or leaving the rower during the event ends scoring at that point

EVENT 2: SQUAT

Equipment Provided: Barbell & plates, load is locked for entire event

Time: 7 minutes

Scoring: 80% total output (barbell load × valid reps) and 20% selected load

- Back squat only
- Thighs must reach parallel to the floor or below
- Full hip and knee extension at top
- Athlete may rest with bar on back or racked

Violations:

- Reps not meeting depth or lockout do not count
- Dropping the bar before the final rep of the event invalidates that rep

EVENT 3: BIKE

Equipment Provided: Rogue Echo bike

Time: 7 minutes

Scoring: Total calories

- Athlete must remain on the bike
- Athlete may slow or stop while staying on the bike
- Seat may be adjusted before start only
- Hands must remain on the handles while the bike is in motion

Violations:

- Leaving the bike during the event ends scoring at that point
- Removing hands from handles once is a warning, every subsequent infraction with immediate correction is a calorie docked
- If hands remain off for more than 1 second while bike is in motion scoring stops at that point.

EVENT 4: BENCH PRESS

Equipment Provided: Barbell, bench, plates, load locked for entire event

Time: 7 minutes

Scoring: 80% total output (barbell load × valid reps) and 20% selected load

- Head, shoulders, and glutes must remain on bench
- Feet must remain in contact with the floor. Plate elevation for proper positioning allowed with approval & set up prior to start of event.
- Bar must touch chest
- Full elbow lockout at top
- Touch-and-go allowed
- Rest allowed locked out or racked
- Athlete may sit up or stand after racking the bar

Violations:

- Loss of required contact points invalidates rep

EVENT 5: KETTLEBELL SWINGS

Equipment Provided: Kettlebell, load locked for entire event

Time: 7 minutes

Scoring: 80% total output (kettlebell weight × valid reps) and 20% selected load

- Both hands must remain on kettlebell for full rep
- Russian swings only
- Kettlebell must reach chest height
- Athlete must stand fully upright at top of each rep
- Rest allowed with the kettlebell down or hanging

Violations:

- Swings not reaching chest height do not count
- Either hand releasing the kettlebell during a rep invalidates that rep

EVENT 6: STRICT PRESS

Equipment Provided: Barbell & plates, load locked for entire event

Time: 7 minutes

Scoring: 80% total output (barbell load × valid reps) and 20% selected load

- Bar starts in front rack, under the chin
- Full elbow lockout overhead
- Hips and knees must remain locked (no dip or drive)
- Rest allowed in front rack, overhead lockout, on floor, or racked

Violations:

- Any knee or hip dip invalidates rep
- Bar not returning to front rack, under the chin invalidates that rep
- Dropping bar before final rep invalidates that rep

EVENT 7: FARMER'S CARRY

Equipment Provided: Dumbbells, load locked for entire event

Time: 7 minutes

Scoring: 80% total output (combined dumbbell weight × valid blocks carried) and 20% selected load

- No straps or grip aids permitted
- Designated carry lane marked in 5 meter blocks and counted only as full blocks
- One dumbbell in each hand
- Athlete must start with both feet fully behind the start line
- Athlete must remain inside the designated lane
- Athlete may set dumbbells down to rest but must remain in the lane
- If dumbbells are set down, athlete must resume from where their feet were when dumbbells were placed on the ground
- Dumbbells must be placed down under control. Throwing or dropping dumbbells forward is not permitted
- At least one foot must touch the ground at all times. Running is not permitted

Violations:

- Stepping outside the lane ends scoring
- Switching dumbbells ends scoring
- Running ends scoring

EVENT 8: DEADLIFT

Equipment Provided: Barbell & plates, load locked for entire event

Time: 7 minutes

Scoring: 80% total output (barbell load × valid reps) and 20% selected load

- Each rep must start with the bar on the floor
- Athlete must lift until hips and knees reach full extension
- Athlete must stand fully upright at the top of each rep
- Bar must return to the floor between reps
- Any grip permitted (including mixed or hook grip)
- Lifting straps permitted
- Rest allowed at top or with bar on floor

Violations:

- Hitching or resting bar on thighs invalidates the rep
- Reps not reaching full lockout or not returning to the floor do not count
- Dropping the weight before the final rep (dropping invalidates rep)

FOR ADDITIONAL QUESTIONS NOT ANSWERED HERE, PLEASE EMAIL US:

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