



CHARGE FIT GAMES – OFFICIAL RULEBOOK

Each event is 7 minutes of work with 5 minutes between movements. 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.

Scoring is based on placement per event. Highest output earns highest placement. Points are awarded based on placement and summed across all events. Zero Output/No valid reps = last-place points in all events.

For weighted movements, output is calculated as weight × reps for total pounds moved. For Row, output is total meters. For Bike, output is total calories.

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

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.



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

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.
-

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: Pounds moved = barbell weight × valid reps

- 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
-



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: Pounds moved = barbell weight × valid reps

- 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: Pounds moved = kettlebell weight × valid reps



- 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
-

EVENT 6: STRICT PRESS

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

Time: 7 minutes

Scoring: Pounds moved = barbell weight × valid reps

- Bar starts in front rack
- 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
 - 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: combined dumbbell weight × meters carried, credited in 5-meter increments once full 5-meter marker is crossed with both feet

- No straps or grip aids permitted
- Designated carry lane marked every 5 meters
- 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 bells were placed on the ground
- Dumbbells must be placed down under control. Throwing or dropping dumbbells forward is not permitted.



Violations:

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

EVENT 8: DEADLIFT

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

Time: 7 minutes

Scoring: Pounds moved = barbell weight × valid reps

- 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 any other questions or to request modifications: info@charge.fitness