

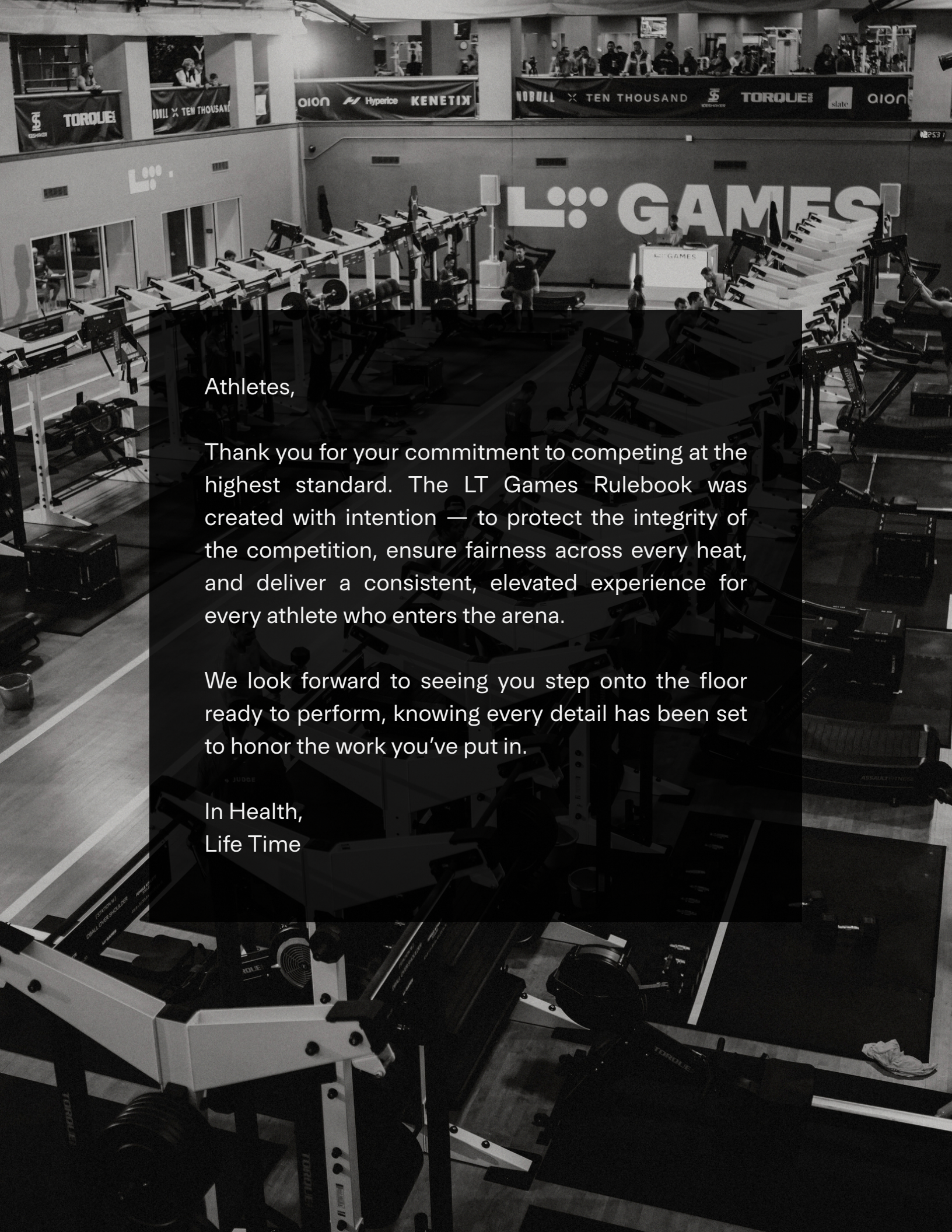


# LIFE TIME GAMES<sup>SM</sup>

PRESENTED BY X TEN THOUSAND

**LIFE TIME**<sup>®</sup>

**Movement Standards**



Athletes,

Thank you for your commitment to competing at the highest standard. The LT Games Rulebook was created with intention — to protect the integrity of the competition, ensure fairness across every heat, and deliver a consistent, elevated experience for every athlete who enters the arena.

We look forward to seeing you step onto the floor ready to perform, knowing every detail has been set to honor the work you've put in.

In Health,  
Life Time

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# DOCUMENT OVERVIEW

This document outlines all movements featured throughout the seventeen (17) LT Games stations. Each movement includes a full description of the Movement Standards, Movement Options (where applicable), Movement Faults, and Penalties for violating any/all Movement Standards.

All LT Games entrants are responsible for understanding and demonstrating all LT Games Movement Standards as they complete any LT Games competition.

Should any of the Movement Standards be violated by an LT Games entrant throughout the course of their LT Games competition, their assigned LT Games Judge will issue them with the penalty corresponding to the station of work they are completing.

All Penalties are included with each movement through the LT Games Movement Standards document.



# COMPETITION LAYOUT

## FOR TIME:

Run – 1000m

Barbell Deadlift – 10,000/7,500lb

Row – 1000/750m

Wall Ball – 1000/750lb

Ski – 1000/750m

Box Jump Over – 1000/750in

Run – 600m

Barbell Shoulder to Overhead – 6000/4500lb

Row – 600/450m

D-Ball Box Step Over – 600/450in, 40/20lb D-Ball

Ski – 600/450m

Burpee Box Jump Over – 600/450in

Run – 400m

Dual DB Ground to Overhead – 4000/3000lb

Row – 400/300m

D-Ball Over Shoulder – 400/300lb

Run – 200m



# LT GAMES - MOVEMENT STANDARDS

# MONOSTRUCTURAL MACHINES

## RUN

### Movement Standards:

- All Assault Runners will begin with the screen inactive. Upon stepping onto the treadmill and beginning to move the belt, the screen will turn on automatically.
- Athletes may contact any portion of the Assault Runner with their hands to assist with the initial acceleration of the belt for no more than five seconds. This is permitted only when starting each Run station; should the athlete allow the belt to decelerate, they may not place their hands on the handrails a second time to assist in getting the belt back up to speed.
- Athletes must traverse the prescribed distance as reflected by the mileage display on the Assault Runner screen (1000m, 600m, 400m, 200m).
- The judge must confirm the Assault Runner screen reflects the prescribed distance before the athlete may move onto the next station of competition.
- The athlete may not proceed onto the next station of competition until they have received verbal confirmation from their Judge of the completion of each Run station.
- Athletes are permitted to sprint, run, jog, or walk on the treadmill to move the belt forward.

### Movement Faults:

- The athlete grabs onto one or both handrails on the Runner any time outside of the start of their Run station (Penalties associated with the varying degrees of this fault are outlined below).
- The athlete leaves the Run station before the screen reflects the necessary distance (1000m, 600m, 400m, 200m).

### Penalties:

- In the event an athlete clearly grabs onto one or both handrails of the Runner in a way that their Judge deems provides aid in their completion of the Run station, they will incur an automatic 30 second penalty. This penalty will be added to their total time at the conclusion of their race but does not impact their 6:00 Time Cap for their current Run station.
- In the event an athlete clearly grabs onto one or both handrails of the Runner and uses this leverage to propel the belt forward in a way that their Judge deems provides blatant and/or egregious aid in their completion of the Run station, they will incur an automatic 3:00 penalty. This penalty will be added to their total time at the conclusion of their race but does not impact their 6:00 Time Cap for their current Run station.

# LT GAMES - MOVEMENT STANDARDS

## MONOSTRUCTURAL MACHINES

### RUN

#### Penalties Cont'd:

- In the event an athlete clearly grabs onto one or both handrails of the Runner and uses this leverage to propel the belt forward in a way that their Judge deems provides blatant and/or egregious aid in their completion of the Run station AND does not adhere to the instruction of their LT Games Judge to let go of the handrails, they will be automatically given a 6:00 Time Cap and additional 6:00 penalty for the Run station. The athlete will be forced to stand behind the Runner until they reach the 6:00 station time mark at which point their Judge will inform them to proceed to the next station. This penalty will be added to their total time at the conclusion of their race.
- In the event an athlete proceeds forward in the LT Games Race before reaching the prescribed distance and receiving verbal confirmation of the completion of the station from their Judge, their Judge will call them back to the Assault Runner to resume work until the remaining work has been completed.
- In the event an athlete completes any repetitions at the next station before they have returned to the Assault Runner to finish their Run station, those repetitions will not be credited towards the athlete's progress in the competition.



# LT GAMES - MOVEMENT STANDARDS

# MONOSTRUCTURAL MACHINES

## ROW

### Movement Standards:

- All Torque Assault Rowers will begin with the screen inactive. Upon beginning to row, the screen will turn on automatically.
- Athletes must accumulate the prescribed distance as reflected by the meters display on the Torque Assault Rower screen (1000/750m, 600/450m, 400/300m).
- The judge must confirm the Torque Assault Rower screen reflects the prescribed distance before the athlete may move onto the next station of competition.
- The athlete may not proceed onto the next station of competition until they have received verbal confirmation from their Judge of the completion of each Row station.
- Athletes are allowed to adjust their damper setting as many times as they would like throughout the duration of each Row station. This includes prior to sitting down and starting the Row, as well as during the Row effort.
- Athletes may begin pulling the handle at any point once arriving at the Row station; athletes do not need to have both feet in the pedals prior to initiating movement of the handle.

### Movement Faults:

- The athlete leaves the Row station before the screen reflects the necessary distance (1000/750m, 600/450m, 400/300m)

### Penalties:

- In the event an athlete proceeds forward in the LT Games Race before reaching the prescribed distance and receiving verbal confirmation of the completion of the station from their Judge, their Judge will call them back to the Torque Assault Rower to resume work until the remaining work has been completed.
- In the event an athlete completes any repetitions at the next station before they have returned to the Torque Assault Rower to finish their Row station, those repetitions will not be credited towards the athlete's progress in the competition.

# LT GAMES - MOVEMENT STANDARDS

# MONOSTRUCTURAL MACHINES

## SKI

### Movement Standards:

- All Torque Relentless Rippers will begin with the screen inactive. Upon beginning to ski, the screen will turn on.
- Athletes must be positioned with their entirety of both feet in front of the white line at each Ski station; athletes may not contact the white line with any portion of either foot.
- Athletes must accumulate the prescribed distance as reflected by the meters display on the Torque Relentless Ripper screen (1000/750m, 600/450m).
- The judge must confirm the Torque Relentless Ripper screen reflects the prescribed distance before the athlete may move onto the next station of competition.
- The athlete may not proceed onto the next station of competition until they have received verbal confirmation from their Judge of the completion of each Ski station.
- Athletes are allowed to adjust their damper setting as many times as they would like throughout the duration of each Ski station.

### Movement Faults:

- Athlete contacts the white line with one or both of their feet at any point while performing any Ski station.
- The athlete leaves the Ski station before the screen reflects the necessary distance (1000/750m, 600/450m).

### Penalties:

- In the event an athlete contacts the white line with any portion of either of their feet at any point during the Ski station:
- The first infraction will result in a verbal warning from the Judge. No penalty will be assessed.
- The second (and each subsequent) infraction will incur an automatic 30 second penalty. This penalty will be added to their total time at the conclusion of their race but does not impact their 6:00 Time Cap for their current Ski station.
- In the event an athlete proceeds forward in the LT Games Race before reaching the prescribed distance and receiving verbal confirmation of the completion of the station from their Judge, their Judge will call them back to the Torque Relentless Ripper to resume work until the remaining work has been completed.
- In the event an athlete completes any repetitions at the next station before they have returned to the Torque Relentless Ripper to finish their Ski station, those repetitions will not be credited towards the athlete's progress in the competition.

# LT GAMES - MOVEMENT STANDARDS

## STRENGTH - BARBELL/DUMBBELLS

### BARBELL DEADLIFT

#### Movement Standards:

- The Deadlift station begins with an empty barbell. Athletes will be required to load the barbell themselves, with a judge reminding them of the combination of weights needed to get to their desired weight.
- Clips must be secured on the end of the barbell before the athlete may begin performing repetitions that count towards their cumulative Deadlift total.
- Every repetition begins with the barbell on the floor.
- Athletes must stand up completely with the barbell such that their hips and knees are fully extended, and their shoulders are clearly behind the barbell.
- Athletes must touch the bumper plates on both sides of the barbell to the floor with control at the bottom of each repetition.
- The judge must confirm the athlete has completed the prescribed number of repetitions to achieve the total tonnage (10,000/7,500lbs) before the athlete may move onto the next station of competition.
- The athlete may not proceed onto the next station of competition until they have received verbal confirmation from their Judge of the completion of the Deadlift station.
- Athletes may perform a Conventional Deadlift, a Sumo Deadlift, or any combination of the two movements to complete the Deadlift station, provided all the above Movement Standards are met.
- Athletes can use any combination of hand grip they prefer (overhand, underhand, hook, mixed grip) throughout their set of Deadlifts.
- Considerations around external equipment are addressed in the 'Miscellaneous Race Rules and Standards' section at the end of the LT Games Rule Book.

#### Movement Options: Loading

- Male Competitors: Accumulate 10,000lb
  - 225 lbs x 45 repetitions
  - 185 lbs x 54 repetitions
  - 135 lbs x 74 repetitions
- Female Competitors: Accumulate 7,500lb
  - 165 lbs x 45 repetitions
  - 130 lbs x 58 repetitions
  - 95 lbs x 79 repetitions

# LT GAMES - MOVEMENT STANDARDS

# STRENGTH - BARBELL/DUMBBELLS

## BARBELL DEADLIFT

### Movement Faults:

- Athlete does not completely extend their hips and knees to finish in a fully extended position at the top of each repetition
- Athlete does not clearly contact the ground with the bumper plates at the bottom of each repetition
- Athlete does not sufficiently control the barbell when contacting the floor as part of a set of multiple consecutive repetitions

### Penalties:

- In the event an athlete violates any of the above Movement Standards their judge will issue with them with a 'No Rep' - this repetition will not be credited as part of their work towards the cumulative total for the station



# LT GAMES - MOVEMENT STANDARDS

## STRENGTH - BARBELL/DUMBBELLS

### BARBELL SHOULDER TO OVERHEAD

#### Movement Standards:

- The Barbell Shoulder to Overhead station begins with an empty barbell. Athletes will be required to load the barbell themselves.
- The Judge may help the athlete load the barbell to their selected weight only through verbal guidance.
- Clips must be secured on the end of the barbell before the first repetition is started.
- To begin each set, athletes must move the bar from the ground to the front rack position to establish the starting position for each working set.
- Each repetition starts with the barbell in contact with the shoulders and the elbows in front of the barbell (the "front rack" position).
- Athletes must move the barbell from the front rack position to an overhead position with elbows fully locked out, the barbell stacked directly over the athlete's midline, and with a clear expression of control (the "overhead" position).
- Each repetition is credited when the barbell is in the overhead position, the athlete's hips and knees are fully extended, and both feet are in line with one another underneath the athlete's body.
- Athletes may move the barbell through this range of motion in whatever fashion they choose so long as the above points of performance are met; Strict Press, Push Press, Push Jerk, Split Jerk.
- In the event the athlete elects to set the barbell down at any point throughout their Shoulder to Overhead station, they must again reestablish a clear front rack position before proceeding with the completion of whatever repetitions remain.
- If/When an athlete elects to put the barbell down to rest and/or upon completion of the Dual DB Ground to Overhead station, they must clearly control both dumbbells until a point where both dumbbells are clearly below the athlete's hip line.

#### Movement Options: Loading

- Male Competitors: Accumulate 6,000lb
  - 135 lbs x 45 repetitions
  - 95 lbs x 64 repetitions
  - 75 lbs x 80 repetitions
- Female Competitors: Accumulate 4,500lb
  - 95 lbs x 48 repetitions
  - 75 lbs x 60 repetitions
  - 55 lbs x 82 repetitions

# LT GAMES - MOVEMENT STANDARDS

# STRENGTH - BARBELL/DUMBBELLS

## BARBELL SHOULDER TO OVERHEAD

### Movement Faults:

- Athlete does not demonstrate a clear and controlled overhead position with elbows clearly locked out.
- Athlete does not demonstrate a clear and controlled overhead position with the barbell stacked directly over the midline of the body.
- Athlete does not demonstrate a clear and controlled overhead position with the joints of the lower body (hips, knees) in a fully extended position.
- Athlete does not step both feet to be in line with each other and directly underneath their body prior to lowering the barbell from the overhead position.
- Athlete does not control the barbell below their hip line when setting the dumbbells down to the floor.

### Penalties:

- In the event an athlete violates any of the above Movement Standards their judge will issue with them with a 'No Rep' - this repetition will not be credited as part of their work towards the cumulative total for the station
- In the event an athlete violates the Movement Standard pertaining to the safe descent of the dumbbells to the floor:
- Upon the first violation, the athlete will receive a 'No Rep' and a warning from their Judge
- Upon the second violation, the athlete will receive a 'No Rep' and incur an additional 3:00 penalty added to their total Race Time
- Upon the third violation, the athlete will receive a 'No Rep' and will be immediately disqualified from their LT Games competition

# LT GAMES - MOVEMENT STANDARDS

## STRENGTH - BARBELL/DUMBBELLS

### DUAL DUMBBELL GROUND TO OVERHEAD

#### Movement Standards:

- Each repetition starts with at least one head of both dumbbells in contact with the floor simultaneously.
- Each repetition is credited when both dumbbells are in a clear overhead position and the athlete's hips and knees are fully extended.
- Athletes may choose to move the dumbbells from the ground to the overhead position in a single continuous motion ("Snatch") or through two motions as they move the dumbbells first from the ground to shoulder and again from the shoulder to the overhead position ("Clean and Jerk").
- Athletes may perform any combination of Snatch and/or Clean and Jerk to accumulate the designated tonnage (4000/3000lb) at the Dual DB Ground to Overhead station.
- If the athlete elects to perform a Snatch, they may choose to move the dumbbells through this range of motion in whatever fashion they would like (Muscle Snatch, Power Snatch, Squat Snatch) provided they finish the repetition in a clear and controlled overhead position with elbows, hips and knees fully extended.
- If the athlete elects to perform a Clean and Jerk, they may choose to move the dumbbells from the ground to the shoulder (Muscle Clean, Power Clean, Squat Clean) and from the shoulder to the overhead position (Strict Press, Push Press, Push Jerk, Split Jerk) in whatever fashion they would like provided they finish the repetition in a clear and controlled overhead position with elbows, hips and knees fully extended.
- Each repetition is credited when both dumbbells are in the overhead position, the athlete's hips and knees are fully extended, and both feet are in line with one another underneath the athlete's body.
- Each following repetition must clearly show at least one head of both dumbbells in contact with the floor simultaneously.
- If/When an athlete elects to put the dumbbells down to rest and/or upon completion of the Dual DB Ground to Overhead station, they must clearly control both dumbbells until a point where both dumbbells are clearly below the athlete's hip line.

#### Movement Options: Loading

- Male Competitors: Accumulate 4,000lb
  - 100 (2 x 50lb) x 40 repetitions
  - 70 (2 x 35lb) x 58 repetitions
  - 50 (2 x 25lb) x 80 repetitions
- Female Competitors: Accumulate 3,000lb
  - 70 (2 x 35lb) x 43 repetitions
  - 50 (2 x 25lb) x 60 repetitions
  - 30 (2 x 15lb) x 100 repetitions

# LT GAMES - MOVEMENT STANDARDS

# STRENGTH - BARBELL/DUMBBELLS

## DUAL DUMBBELL GROUND TO OVERHEAD

### Movement Faults:

- Athlete does not properly establish a clear overhead position with both dumbbells at the conclusion of any given repetition as demonstrated by the athlete's elbows not fully extending in the overhead position.
- Athlete does not properly establish a clear overhead position with both dumbbells at the conclusion of any given repetition as demonstrated by the athlete not finishing with the dumbbells fully stacked over their midline in the overhead position.
- Athlete does not fully extend their hips and knees and step both feet in line underneath their body when in the overhead position prior to lowering the dumbbells from the overhead position.
- Athlete does not clearly contact both dumbbells to the ground at the bottom of each repetition when cycling multiple repetitions together consecutively
- Athlete does not control both dumbbells below their hip line when setting the dumbbells down to the floor

### Penalties:

- In the event an athlete violates any of the above Movement Standards their judge will issue with them with a 'No Rep' - this repetition will not be credited as part of their work towards the cumulative total for the station
- In the event an athlete violates the Movement Standard pertaining to the safe descent of the dumbbells to the floor:
  - Upon the first violation, the athlete will receive a 'No Rep' and a warning from their Judge
  - Upon the second violation, the athlete will receive a 'No Rep' and incur an additional 3:00 penalty added to their total Race Time
  - Upon the third violation, the athlete will receive a 'No Rep' and will be immediately disqualified from their LT Games competition

# LT GAMES - MOVEMENT STANDARDS

## STRENGTH - OTHER

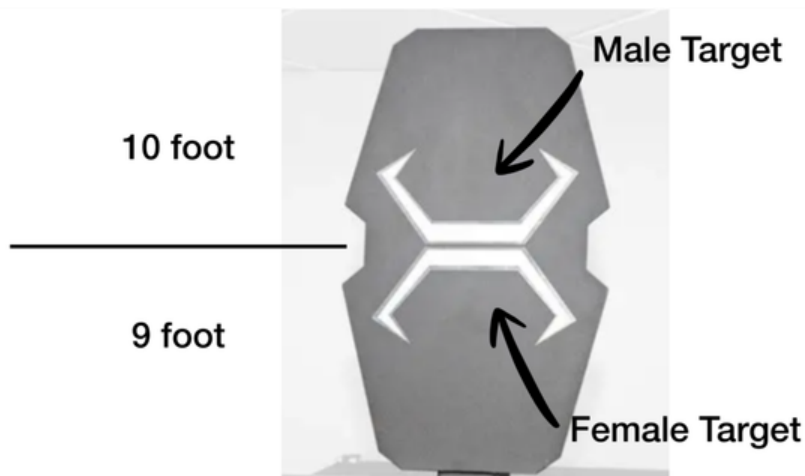
### WALL BALL

#### Movement Standards:

- The station begins with the Medicine Ball (“Wall Ball”) on the equipment rack immediately in front of the athlete at the Wall Ball station.
- Athletes must lift the Wall Ball into the air before initiating each repetition as part of any given set.
- Athletes must demonstrate full range of motion in the bottommost position of each Wall Ball repetition such that the athlete’s hip crease passes clearly below their knee crease.
- Athletes must throw the Wall Ball to the designated height target (10/9’) such that the Wall Ball makes clear and definitive contact at or above the target height. The Male and Female targets are visually represented in the image below.
- Male athletes must throw the Wall Ball to a height where the entirety of the Wall Ball is above the topmost middle line of the target (represented by the line on the left side of the image)
- Female athletes must throw the Wall Ball to a height where the entirety of the Wall Ball is above the bottommost portion of the welded attachment of the target.
- In the event the Wall Ball contacts the floor for any reason during the Wall Ball station, the athlete must bring the Wall Ball to a completely static position on the floor before resuming their remaining body of work

#### Movement Options: Loading

- Male Competitors: 1,000 lbs
  - 20 lbs x 50 repetitions
  - 16 lbs x 63 repetitions
  - 14 lbs x 71 repetitions
- Female Competitors: 750 lbs
  - 16 lbs x 47 repetitions
  - 14 lbs x 54 repetitions
  - 12 lbs x 63 repetitions



# LT GAMES - MOVEMENT STANDARDS

## STRENGTH - OTHER

### WALL BALL

#### Movement Faults:

- The athlete does not squat to sufficient depth when performing any given Wall Ball repetition. "Sufficient depth" is defined as the athlete's hip crease clearly passing below the athlete's knee when in the bottommost position of their squat.
- The athlete does not throw the Wall Ball to the prescribed height (10 feet for Male competitors or 9 feet for Female competitors, as depicted above) when performing any given Wall Ball repetition
- The athlete does not throw the Wall Ball with the necessary accuracy such that the Wall Ball makes clear contact with the Wall Ball Target when performing any given Wall Ball repetition
- The athlete does not perform a squat to sufficient depth (as defined above) to begin any given working set of Wall Ball repetitions
- Should the Wall Ball contact the floor, the athlete does not bring the Wall Ball to a completely static position on the floor before resuming their remaining body of work

#### Penalties:

- In the event an athlete violates any of the above Movement Standards their judge will issue with them with a 'No Rep' - this repetition will not be credited as part of their work towards the cumulative total for the station.

# LT GAMES - MOVEMENT STANDARDS

## STRENGTH - OTHER

### BOX JUMP OVER

#### Movement Standards:

- Athlete must begin each repetition with both feet touching the floor
- Each repetition is credited when both athlete's feet make clear contact with the floor on the opposite side of the box than the repetition began
- Athletes are required to make clear contact with both feet to the top of the box when performing any/every Box Jump Over repetition
- Athletes are required to step down with both feet from atop the box when performing any/every Box Jump Over repetition. Here "Step Down" is defined as one foot contacting the floor before the second foot leaves contact with the top of the box

#### Movement Options: Box Height

- Male Competitors: 1,000 inches
  - 30 in x 33 repetitions
  - 24 in x 42 repetitions
  - 20 in x 50 repetitions
- Female Competitors: 750 inches
  - 30 in x 25 repetitions
  - 24 in x 31 repetitions
  - 20 in x 38 repetitions

#### Movement Faults:

- Athlete does not make clear contact with both feet to the top of the box when performing any and every Box Jump Over repetition
- Athlete does not clearly step down from atop the box when performing any and every Box Jump Over repetition
- Athlete makes contact with one or more hands to the box when performing any and every Box Jump Over repetition

#### Penalties:

- In the event an athlete violates any of the above Movement Standards their judge will issue with them with a 'No Rep' - this repetition will not be credited as part of their work towards the cumulative total for the station

# LT GAMES - MOVEMENT STANDARDS

## STRENGTH - OTHER

### BURPEE BOX JUMP OVER

#### Movement Standards:

- Athletes must begin each repetition by lowering themselves down to the ground until both their chest and thighs have made clear and definitive contact with the floor simultaneously ("Burpee"); jumping the chest and thighs to the ground, sprawling to the hands before lowering the chest and thighs to the ground, and/or stepping the feet back before lowering the chest and thighs to the ground are all permitted
- Athletes may step or jump their feet forward from the bottommost position of their Burpee to regain their initial standing position
- Athletes must then jump from both feet to land atop the box and finish each repetition by successfully traveling to the other side of the Box ("Box Jump Over")
- Athletes must touch both of their feet to the top of the box when performing the Box Jump Over portion of each Burpee Box Jump Over repetition
- Athletes must step down with both feet from atop the box when finishing the Box Jump Over portion of each Burpee Box Jump Over repetition. Here "Step Down" is defined as one foot contacting the floor before the second foot leaves contact with the top of the box
- Athletes, when cycling multiple repetitions together, must contact the floor with both feet during the step down prior to contacting the floor with either hand to initiate the 'Burpee' of their subsequent 'Burpee Box Jump Over' repetition
- A repetition is credited once the athlete has successfully contacted the floor with both feet on the opposite side of the box from where their repetition began

#### Movement Options: Box Height

- Male Competitors: 600 inches
  - 30 in x 20 repetitions
  - 24 in x 25 repetitions
  - 20 in x 30 repetitions
- Female Competitors: 400 inches
  - 30 in x 15 repetitions
  - 24 in x 19 repetitions
  - 20 in x 23 repetitions

# LT GAMES - MOVEMENT STANDARDS

## STRENGTH - OTHER

### BURPEE BOX JUMP OVER

#### Movement Faults:

- Athlete does not make clear contact with their chest to the floor when in the bottommost position of the Burpee as part of any and every Burpee Box Jump Over repetition
- Athlete does not clearly make contact with both feet on the top of the Box when completing the Box Jump Over portion of any and every Burpee Box Jump Over repetition
- Athlete does not clearly step down with both feet from atop the box when completing the Box Jump Over portion of any and every Burpee Box Jump Over repetition
- Athlete makes contact with one or more of their hands to the top of the box when performing the Box Jump Over portion of the Burpee Box Jump Over repetition

#### Penalties:

- In the event an athlete violates any of the above Movement Standards their judge will issue with them with a 'No Rep' - this repetition will not be credited as part of their work towards the cumulative total for the station



# LT GAMES - MOVEMENT STANDARDS

## STRENGTH - OTHER

### D-BALL OVER SHOULDER

#### Movement Standards:

- Every repetition begins with the D-Ball in clear and complete contact with the floor
- Athletes must lift the D-Ball from the floor and successfully lift the D-Ball up and over one of their shoulders
- The repetition is credited once the D-Ball contacts the floor on the other side of the athlete
- Athletes are permitted to roll or throw the D-Ball over their shoulder
- Athletes are permitted to lift the D-Ball over either shoulder when performing each repetition; Athletes are not required to alternate shoulders when completing their D-Ball Over Shoulder repetitions
- Athletes are not required to fully extend their hips and/or knees when performing any D-Ball Over Shoulder repetition

#### Movement Options: Loading

- Male Competitors: 400 lbs
  - 40 lbs x 10 repetitions
  - 30 lbs x 14 repetitions
  - 20 lbs x 20 repetitions
- Female Competitors: 300 lbs
  - 40 lbs x 8 repetitions
  - 30 lbs x 10 repetitions
  - 20 lbs x 15 repetitions

#### Movement Faults:

- Athlete does not clearly navigate the D-Ball over the entirety of their shoulder when performing any and every repetition

#### Penalties:

- In the event an athlete violates any of the above Movement Standards their judge will issue with them with a 'No Rep' - this repetition will not be credited as part of their work towards the cumulative total for the station

# LT GAMES - MOVEMENT STANDARDS

## STRENGTH - OTHER

### D-BALL BOX STEP OVER

#### Movement Standards:

- The station begins with the D-Ball in contact with the floor
- The athlete is responsible for setting the Box to their desired height to complete their working set of D-Ball Box Step Over repetitions
- The athlete must lift the D-Ball off the ground and demonstrate clear control prior to initiating their first Box Step Over repetition
- Throughout the course of all repetitions the D-Ball may not contact the box nor the floor
- Athletes may choose to hold the D-Ball however they would like, provided they demonstrate clear control of the implement throughout the entirety of every repetition
- If the athlete decides to put the D-Ball down any point during their D-Ball Box Step Over station, they may choose to set the D-Ball down onto either the floor or onto the box before resuming their remaining work
- If the athlete decides to put the D-Ball down at any point during their D-Ball Box Step Over station, they must re-establish clear control prior to beginning their next D-Ball Box Step Over repetition. Here "clear control" is defined as maintaining clear and absolute support of the D-Ball on or against the athlete's body
- Athletes must step both feet atop the box when performing each D-Ball Box Step Over repetition
- Each repetition is credited once the athlete has stepped down from atop the box with both feet and both feet clearly contact the ground on the other side of the box from where their repetition began
- All male competitors must complete their full volume of D-Ball Box Step Over repetitions with a 40lb D-Ball
- All female competitors must complete their full volume of D-Ball Box Step Over repetitions with a 20lb D-Ball

#### Movement Options: Box Height

- Male Competitors: 600 inches
  - 30 in x 20 repetitions
  - 24 in x 25 repetitions
  - 20 in x 30 repetitions
- Female Competitors: 450 inches
  - 30 in x 15 repetitions
  - 24 in x 19 repetitions
  - 20 in x 23 repetitions

# LT GAMES - MOVEMENT STANDARDS

## STRENGTH - OTHER

### D-BALL BOX STEP OVER

#### Movement Faults:

- Athlete does not demonstrate clear control of the D-Ball, defined as maintaining clear and absolute support of the D-Ball on or against the athlete's body, throughout the entirety of any and every given D-Ball Box Step Over repetition
- Athlete does not establish clear control (as defined above) of the D-Ball before beginning a new working set of D-Ball Box Step Over repetitions
- Athlete does not clearly make contact with both feet on the top of the box when completing any and every given D-Ball Box Step Over repetition
- Athlete does not clearly make contact with both feet to the floor when completing any and every given D-Ball Box Step Over repetition

#### Penalties:

- In the event an athlete violates any of the above Movement Standards their judge will issue with them with a 'No Rep' - this repetition will not be credited as part of their work towards the cumulative total for the station

# LT GAMES - MISCELLANEOUS RACE RULES

## PERSONAL EQUIPMENT

### PERMISSIBLE VS IMPERMISSIBLE

LT Games athletes are permitted to bring personal equipment not provided by the LT Games competition to assist in the completion of their LT Games competition.

The following list of equipment is allowed to be brought onto the competition floor:

- Weightlifting belt
- Wrist wraps
- Sweatbands
- Knee sleeves
- Elbow sleeves
- Thumb tape
- Mouth guards
- Nasal strips
- Water bottles
- Additional pairs of shoes
- Nutritional supplements (e.g. Energy gels)

The following list of equipment is not allowed to be brought onto the competition floor:

- Personal chalk
- Gymnastics grips

All athletes are required to declare all personal equipment that they intend to use during their LT Games competition to the LT Games Race Director during their pre-race briefing.

The LT Games Race Director will provide the final say on all equipment's permissibility prior to the start of the athlete's LT Games competition.

All equipment not listed above will be permitted or not permitted based on the discretion of the LT Games Race Director during the LT Games pre-race briefing.

# **LT GAMES - MISCELLANEOUS RACE RULES**

## **PERSONAL EQUIPMENT**

### **TRAVERSING THE COMPETITION FLOOR**

All personal equipment that an LT Games athlete brings with them onto the LT Games Competition Floor must travel with the LT Games athlete as they progress from station to station.

It is the athlete's responsibility to ensure all their personal equipment accompanies them from station to station throughout the entirety of the LT Games competition. This includes the crossing of the finish line upon the completion of the final 200m Run station.

Should an athlete begin any LT Games station without their personal equipment (i.e. they did not bring their personal equipment with them from one station of the race to the next), no work they complete towards the completion of the current station will be credited towards their progression in the LT Games competition.

An athlete's LT Games Judge can and/or will provide verbal guidance for their LT Games athlete to retrieve all of their personal equipment. They will not, however, assist in moving of any personal equipment for their LT Games athlete. Should an LT Games athlete make this request of their LT Games Judge, they will verbally decline and provide the reminder for them to move their own equipment forward.

Should an athlete proceed in the LT Games competition, including the crossing of the finish line, without all their personal equipment, they will incur a 3:00 penalty added to their final time for each individual piece of equipment left behind.

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## TIME CAP & PENALTY RULE

To preserve a competitive race environment for all LT Games entrants, Time Caps have been assigned to each LT Games station. Full details outlining Time Caps, associated Penalties, and Race Termination are outlined below.

- Athletes will have 6:00 to complete the assigned work at each LT Games station.
- The 6:00 Time Cap for each LT Games station begins as soon as the LT Games entrant completes the preceding station. (e.g. The 6-minute Time Cap for the 1000/750m Row begins once the LT Games entrant has completed their final Deadlift repetition)
- If the LT Games entrant does not finish within the 6:00 cap, they will be moved forward by their LT Games Judge to the next station to maintain the flow of the race.
- Any LT Games athlete moved forward due to the Time Cap will incur an additional 6:00 penalty added to their total race time.
- If an LT Games entrant reaches the 6-minute time cap at three (3) different stations, their LT Games race will be considered terminated, and they will be removed from the course by their LT Games Judge.