

# THE GAUNTLET

F I T N E S S R A C E



PAIRS//  
GUIDANCE



PLEASE READ BEFORE  
REGISTRATION ON COMPETITION DAY

## WHAT IS THE GAUNTLET?

The Gauntlet has been designed as the ultimate test for Hybrid athletes. Other popular fitness races inspired The Gauntlet's inception. Designed by Alastair Mackinnon and Simon Thomson. However, they felt these races didn't quite serve the wider fitness community. Alastair and Simon wanted to design a challenging and fun event. It would push the fittest of the fit and allow everyday gym goers to test themselves. It would be designed to leave both with a true sense of achievement. The goal is to complete all 6 stations of The Gauntlet and finish them to the standards outlined in this rulebook. Weights and repetitions vary depending on category, however the goal remains the same.

All participants must complete the full Gauntlet to be a true finisher. Rankings will be split into the relevant categories and sorted from fastest to slowest time.

## CONDITIONS OF PARTICIPATION

Conditions of participation Gauntlet Pairs. The Gauntlet Pairs is a 2-person-team competition open to everyone. By participating in The Gauntlet Pairs the following conditions in this rulebook are considered agreed including the exclusion of liability as well as privacy policy matters. In order to participate in The Pairs Gauntlet event, the participant must be at least 16 years old on the day of competition. The participant must agree to all the terms and conditions.

## DIVISIONS, AGE CATEGORIES AND RANKING SYSTEM

### DIVISIONS

The Gauntlet Pairs is a 2-person team competition. Teams can consist of:

- (a)** Male pairs
- (b)** Female pairs
- (c)** Mixed pairs (Male and Female pairing)

Weights and/or repetitions vary depending on division. Running distances remain the same across all divisions.

## AGE CATEGORIES

Each division (Male, Female, Mixed) is further split into the following age groups:

16–29, 30–39, 40–49 and 50+

## AGE CALCULATION RULES

Age is determined on the day of the event.

For pairs, the average age of both athletes determines the team's category.

Averages are rounded down to the nearest whole number.

Examples:

Athlete A is 39, Athlete B is 40 Average = 39.5 > Rounds down to 39 > Team in 30–39.

Athlete A is 42, Athlete B is 39 Average = 40.5 > Rounds down to 40 > Team in 40–49.

Athlete A is 18, Athlete B is 35 Average = 26.5 > Rounds down to 26 > Team in 16–29.

## RANKING SYSTEM

Rankings are awarded within each division and age category.

Podiums are given for 1st / 2nd / 3rd place in every age category for Male, Female, and Mixed Pairs.

Age categories may be merged at the discretion of the organisers if a category has a limited number of competitors.

Penalties and movement standards apply equally across all divisions and categories. Participants start in waves based on their division

## PARTICIPANTS START IN WAVES BASED ON THEIR DIVISION

		MALE PAIRS	FEMALE PAIRS	MIXED PAIRS
01	1 KM RUN	X laps around course	X laps around course	X laps around course
02	24 HURDLES	30kg	20kg	30kg
03	4 X 12.5M SLED PUSH	175kg	125kg	150kg
04	4 X 12.5M SLED PULL	125kg	90kg	100kg
05	1 KM RUN	X laps around course	X laps around course	X laps around course
06	C2 BIKE + WALKING LUNGES (EACH)	4km (bike) 80m (lunge each) 20kg	3km (bike) 80m (lunge each) 10kg	4km (bike) 80m (lunge each) 20kg
07	SKI + FARMERS HOLD (EACH)	2km (ski) 2 x 24kg	1.75km (ski) 2 x 16kg	2km (ski) 2 x 16kg
08	1 KM RUN	X laps around course	X laps around course	X laps around course
09	ROW + BURPEE BROAD JUMPS (EACH)	2.5km Row +60m burpee broad jump each	2km Row +60m burpee broad jump each	2km row +60m burpee broad jump each
10	1 KM RUN	X laps around course	X laps around course	X laps around course

## SCORING SYSTEM

The scoring system and the resulting overall ranking is based on the fastest time in the respective division's full Gauntlet race. Results are sorted from the fastest to the slowest time.

Penalties, etc. may be added up to 48 hours after the event ends. Any improperly executed repetitions or deviation from the prescribed standard of movement is considered invalid and leads to a penalty (see penalties).

Live scores will be published on our website and our Instagram page.

## THE COMPETITION

### “THE GAUNTLET PAIRS” COMPETITION

The Gauntlet Pairs is a 2-person-team competition. The team can consist of 2 male athletes, 2 female athletes or as mixed; 1 female and 1 male athlete. The competition consists of 6 different workout stations separated with 4 x 1 km runs throughout the course; the beginning, middle and end. In order to complete the entire Gauntlet race and receive a valid finishing time, the participants must complete all 6 stations and 4 x 1 km runs in the designated order. The running distance of 4 x 1 km must be completed by both team members.

### WORKOUT STATIONS

The 6 stations must be completed together. Some of the work can be split, some of the work must be completed solo and some of the work must be completed together. Where the work can be split, team members agree how far in distance or how many reps he/she completes. Where the work must be completed solo, one team member must complete the required distance or repetitions on their own before switching with their teammate. The workout station is completed when the entire distance or repetitions are covered.

### SPLIT WORK EXAMPLE:

#### SLED PUSH

Team member 1 starts to sled push while team member 2 walks behind them. After a self-selected distance (for example 7m) team member 1 stops pushing the sled and team member 2 may continue pushing the sled. This process is repeated until the entire distance is covered 4 x 12.5m

### BOTH PARTNERS WORKING AT THE SAME TIME EXAMPLE:

#### SKI + FARMERS HOLD

Team member 1 picks up the kettlebells. This allows team member 2 to start skiing. Only while team member 1 has the kettlebells in hand and off the floor can team member 2 continue to ski. Both team members can decide to switch whenever they like and continue this process until the total distance of the ski is met.

**BOTH PARTNERS SHARING WORK AND ONE PARTNER COMPLETING A SOLO PART OF THE STATION, EXAMPLE: ROW + BURPEE BROAD JUMPS.**

Upon arriving at the station, team member 1 will begin to row. Team member 2 will complete their 60m burpee broad jumps first. Only once team member 2 has fully completed their 60m burpee broad jumps and made it back to the rower, will team member 1 be able to start their 60m burpee broad jumps. Team member 2 will take over and continue rowing. Once team member 1 has fully completed their 60m burpee broad jumps and made their way back to the rower, both team members can now split the remaining distance of the row until the required distance is met.

Once the required distance has been completed and both partners have finished their sets of burpee broad jumps, this station is complete..

**RUNNING**

The team members must run together at all times for the entire distance of 1000m when required throughout The Gauntlet. If one team member runs at a significantly faster pace, this will lead to 3 minute penalty as this disturbs the time tracking system.

**IMPORTANT:**

Once the running distance is completed, both team members must enter the workout station together. Both team members must be present in order to start with the exercises. The workout station can only be exited after the entire distance or the repetitions are covered and must be exited by both team members at the same time.

On the run course the inside lane is designated as the fast lane for faster athletes, with the outside lane being designated as the regular lane. Faster athletes should run in the fast lane and slower athletes in the regular speed lane.

**TOP TIPS FOR RUNNING ON THE TRACK:**

When it's time to take a rest or a walk, be sure to move to the outer lanes to clear the way for active runners.

The track is a shared space. Show your other athletes the respect it deserves by always staying aware of the other runners. When entering or exiting the track, be mindful that you're not cutting off another runner. Listen for other runners approaching from behind and keep an eye on the whereabouts of the other athletes as you make your way around.

Be aware, the running lanes are for those in motion. When you need to come to a complete stop, move to an appropriate area off to the side.

Athletes may choose to run side by side or one in front of the other whilst still being mindful of other runners.

### **MOVING THROUGH THE GAUNTLET**

The team members must move through The Gauntlet together at all times for the entire duration of The Gauntlet. If one team member leaves a significant distance from the other team member or begins the work without the other team member at the obstacle, this will lead to a 3-minute penalty.

### **IMPORTANT:**

Both team members must enter and leave the workout stations together. Both team members have to be present in order to start the exercises. The workout station can only be exited after the entire distance or the repetitions are covered, and must be exited by both team members at the same time.

### **WORKOUT RULES AND REGULATIONS**

- Complete all workouts, in the correct order.
- Perform each exercise according to the movement standards.
- Use the correct start and finish points of the workout-station.
- Complete the correct number of repetitions and/or distances.
- Perform the exercises/movements with the correct weight in kilograms.

## **JUDGES AND HEAD JUDGES**

Each team will receive a judge at each station who will be responsible for ensuring all participants complete the workout and station in the correct and safe manner.

The judging team is overseen by the race director, who oversees all sporting aspects of the competition and holds the final say (alongside event organizers) on all judging matters. All decisions of the judge, head judge, race director and event organizers are final.

## **MOVEMENT STANDARDS, DISTANCES AND WEIGHTS**

Any movement performed that deviates from the prescribed standards, is deemed unusual or unorthodox, or provides an unfair time advantage will not be permitted. Such instances will result in either a 'no rep' or the application of a time or distance penalty, as determined by the requirements of the specific workout station.

The assignment to the equipment or lane for each workout station will be allocated by the respective judge.

## **SANDBAG HURDLES**

- Both sandbags and athletes must be completely behind the line prior to beginning. All the sandbags must be in their starting position (marked by an X on the floor).
- Teams can move only one sandbag at a time.
- The first sandbag must be taken over all hurdles and past the line at the far end (side furthest from starting point) before athletes can go back and get their next sandbag.
- The resting teammate must follow the working teammate over the hurdles once they have successfully got the sandbag over the first hurdle. Continue this pattern for the consecutive hurdles.
- Once the Sandbag has cleared the last hurdle it must be moved over the line at the far side (side furthest from starting point).
- Once the sandbag and both athletes have cleared the line at the far side, they may return over the hurdles back to the starting position to collect their second sandbag and begin the process again.
- Every time the sandbag clears a hurdle, this is counted as 1 rep.

- Once the athletes have moved all the sandbags to the far side. They will continue the process and move the sandbags back following the same pattern outlined above.
- The athletes will continue this process until a total of 24 sandbag hurdles have been completed.
- The sandbags will finish back in the starting position and must be placed correctly before the team is allowed to move to the next obstacle.
- If the athletes cannot get over the hurdle they may continue the obstacle by passing under the hurdles however a penalty of 6 minutes will be added to their score.

### **SLED PUSH**

- Any part of the sled must start touching the line before the athletes start their first push length.
- Any part of the sled must clearly touch the 12.5m mark before change of direction.
- The sled must be pushed forward at all times and never pulled backwards.
- As soon as the athletes complete 4 x 12.5 meters, and the sled touches the start/finish line the station is completed.
- The sled will be preset with the correct amount of weight. If athletes change or adjust the weight they will be disqualified from the competition.
- If the athlete completes less than 4 lengths, a penalty of 6 minutes per missing length will be awarded.
- The resting teammate must walk behind the working teammate. If the walking teammate obstructs other participants, e.g. by crossing the lanes, the team will be issued with a 12.5m distance penalty which they have to push back themselves.
- **Distance 4 x 12.5m** (unless penalties are incurred)

## SLED PULL

- Any part of the sled must start touching the line before the athletes start their first sled pull length.
- Once the athlete pulls any part of the sled on to the 12.5 m mark, the athlete switches sides and pulls the sled back
- The athletes must remain standing; it is not permitted to pull the sled sitting or kneeling.
- The athletes must remain within their designated working space at each end of their lane. This is marked by a taped line at the end of the lane and taped line at either side of the athletes lane. This forms the "sled pull box".
- These boxes are clearly marked, and it is not permitted to step on the solid line at the back of the "sled pull box". while pulling the sled.
- During the pull, the athlete must make sure that his/her rope remains in their lane and that is not in the way of the neighbouring lanes.
- As soon as the athlete completes 4 x 12.5 meters, and any part of the sled touches the start/finish line the station is completed.
- The resting teammate stay behind the working teammate. If the resting teammate obstructs other participants, e.g, by crossing the lanes, the team will be issued with a 12.5m distance penalty which they have to push back themselves. The resting teammate is not allowed to move the rope while the working teammate is pulling.
- **Distance 4 x 12.5m** (unless penalties are incurred)
- If the athlete completes less than 4 lengths, a penalty of 6 minutes per missing length will be awarded.

## SYNCHRO C2 BIKE (SHARED) + WALKING LUNGES (EACH)

### STATION FLOW:

When the team members enter this station, team member 1 may begin working on the bike distance only when team member 2 has started to lunge.

Once team member 2 has completed their set of walking lunges, they will take over from team member 1 and continue working through the C2 bike distance. Team member 1 will then go and complete their set of walking lunges. Once team member 1 has completed their set of walking lunges they will return to the C2 bike and the remaining distance can now be shared between both team members until the total required distance is complete.

If the total C2 bike distance is complete before one of the Team members have finished their set of walking lunges the partner on the C2 bike must remain seated until the partner performing the walking lunges has completed the required distance and made their way back to the C2 bike.

Only one team member can perform the walking lunges at a time.

### **C2 Bike Rules**

- Prior to starting the workout, the monitor must be (re)set by the judge.
- After completing the required distance, the athlete must raise his/her arm to call over the judge to confirm the required distance has been completed.
- Only once the athletes have received the judge's confirmation of completion may the athletes leave the platform and the station.
- The damper setting on the C2 Bike is preset for the following resistance:  
**All categories: 4**
- Each team is allowed to adjust the damper setting once to their own preferences. However, once an athlete starts the exercise, the athlete is not allowed to adjust again and must remain with the chosen setting until the entire distance has been completed.
- Athletes are not allowed to touch the C2 screen at any point during their bike. If an athlete does touch the screen a penalty of 3 minutes will be added to the overall time

## Walking Lunge Rules

- The walking lunge begins and ends with the removal/return of the sandbag from the marked area next to the start/finish line.
- The athlete must lift up the sandbag without assistance and place it over their shoulders.
- The athlete starts in the upright position with both feet behind the line.
- During each lunge, the rear knee must touch the ground.
- A repetition ends with knees and hips fully extended.
- Lunges must alternate knees touching the ground.
- The athlete can either lunge continuously or stop after each lunge with both feet on the ground.
- Taking any steps between repetitions is not allowed.
- The station is complete once the athlete lunges across the finish line and returns the sandbag to the marked area.
- If the athlete violates any of the above-mentioned points, the repetition becomes invalid and in the second warning the athlete receives a 10m distance penalty.
- Athletes are not allowed to put the sandbag down. The sandbag must remain on both shoulders at all times. Putting down the sandbag once will result in a 10m distance penalty. The second time will result in a disqualification.
- **Distance 80m** (unless penalties are incurred)

## SKI ERG + FARMERS HOLD

- Prior to starting the workout, the monitor must be (re)set by the judge.
- The working athlete's feet must remain on the ski-erg platform at all times during the exercise. Lifting the feet during the execution of the exercise is allowed.
- The other athlete must pick up the kettlebells before the ski-erg athlete is allowed to start skiing.
- The kettlebells must be held by your side, with the feet no wider than shoulders and the kettlebells hanging directly under the shoulders.

- No other part of the body may assist the supporting of the kettlebells throughout the farmers hold.
- If the kettlebells are put down the athlete skiing must stop immediately.
- The ski-erg can only move while the kettlebells are being held by the other teammate.
- The athlete holding the kettlebells must stay directly in front of the ski-erg at all times. Walking or moving with the kettlebells will result in a 12-minute penalty.
- Athletes may switch between the ski-erg and kettlebells whenever they like, as long as the standards above are being met.
- After completing the required distance, the athlete must raise his/her arm so the judge can confirm the required distance has been completed.
- Only after receiving the judge's confirmation of completion of the ski-erg can the athletes leave the ski-erg and move to the next station.
- Each team is allowed to adjust the damper setting once to their own preferences. However, once a teammate starts the exercise, the team is not allowed to adjust again and must remain with the chosen setting until the entire distance has been completed.
- The damper setting on the ski erg is preset for the following resistance:

**All categories: 7**

## **ROW (SHARED) + BURPEE BROAD JUMP (EACH)**

### **STATION FLOW:**

When team members enter this station, team member 1 may begin working on the row distance only when team member 2 has started the burpee broad jumps.

Once team member 2 has completed their set of burpee broad jumps, they will take over from team member 1 and continue working through the row distance. Team member 1 will then go and complete their set of burpee broad jumps. Once team member 1 has completed their set of burpee broad jumps they will return to the row and the remaining distance can now be shared between both team members until the total required distance is complete.

If the total row distance is completed before one of the team members have

finished their set of burpee broad jumps, then the partner on the row must remain seated until the partner performing the burpee broad jumps has completed the required burpee distance.

Only one team member can perform the burpee broad jumps at a time.

### **Row rules**

Prior to starting the workout, the monitors must be (re)set by the judge.

- After completing the required distance, the athlete must raise his/her arm to call over the judge to confirm the required distance has been completed.
- Only once the team members have received the judge's confirmation of completion may the athletes leave the platform and the station.
- Each team is allowed to adjust the damper setting once to their own preference. However, once an athlete starts the exercise, the athlete is not allowed to adjust again and must remain with the chosen setting until the entire distance has been completed.
- The damper setting on the rower is preset for the following resistance:

#### **All categories – 7**

- Athletes are not allowed to touch the rower screen at any point during their row. If an athlete does touch the screen a penalty of 3 minutes will be added to the overall time.

### **BURPEE BROAD JUMP Rules\***

- The athlete must start by completing a burpee.
- The burpee starts with hands placed behind the start line and near their feet (no more than one foot length away). Once the hands are placed on the ground they cannot be moved forward.
- In the lower position, the athlete's chest, hips and thighs must clearly touch the ground.
- Then, the athlete jumps both feet in close to their hands, stands up and jumps

forward. Jumping and landing with both feet at the same time. If the feet are staggered when taking off, the athlete must land with both feet at the same time and with both feet parallel to each other. Stepping or shuffling the feet are not permitted after landing.

- When stepping or jumping back up from the lower position, the feet may not pass the athlete's fingertips. When starting the next consecutive burpee, the hands must be placed near their feet (no more than one foot length away).
- The length of each broad jump is up to the athlete.
- Taking any steps forward between the repetitions is not permitted.
- The station is completed, once the athlete jumps across the finish line.
- If the athlete violates any of the above-mentioned points, the repetition becomes invalid and on the second warning the athlete receives a 10 m distance penalty.
- **Distance 60m**

## DEVIATIONS FROM THE MOVEMENT STANDARDS

Any movement performed that deviates from the prescribed standards, is deemed unusual or unorthodox, or provides an unfair time advantage will not be permitted. Such instances will result in either a 'no rep' or the application of a time or distance penalty, as determined by the requirements of the specific workout station.

### WORKOUTS PENALTIES OVERVIEW

1 KM RUN	Time penalty depending on infringement.
24 HURDLES	Time penalty depending on infringement.
4 X 12.5M SLED PUSH	6 minutes per missing length. 12.5m distance penalty.
4 X 12.5M SLED PULL	6 minutes per missing length. 12.5m distance penalty

## WORKOUTS PENALTIES OVERVIEW

C2 BIKE + WALKING LUNGES (EACH)	Time penalty depending on infringement. Putting down the sandbag once will result in a 10m distance penalty. The second time will result in a disqualification.
SKI + FARMERS HOLD (EACH)	Time penalty depending on infringement.
ROW + BURPEE BROAD JUMPS (EACH)	Time penalty depending on infringement. 10m distance penalty.

## CLOTHING, ACCESSORIES, HYDRATION/NUTRITION

It is up to each participant how they choose to dress for the event. When considering the activities undertaken, environmental factors and any cultural sensitivities that should be observed.

### PERMITTED ITEMS

The following items may be used during the competition:

- Knee sleeves
- Wristbands
- Gloves
- Hydration packs
- Weightlifting belt
- Energy gels

### FORBIDDEN ITEMS

The following items are strictly forbidden at all times:

- Headphones
- Grips
- Lifting Straps
- Go-Pro or any type of body cameras
- Mobile Phones
- Gymnastic

### POOR SPORTSMANSHIP

Any display of poor sportsmanship—including, but not limited to, threatening, abusive, or disrespectful behaviour toward event staff, volunteers, spectators, or fellow competitors—may result in penalties or disqualification. These consequences may be enforced at the time of the incident or retrospectively following a review after the event.

### GENERAL CONDUCT

All participants are expected to maintain a high standard of conduct throughout the event. Acts such as littering, spitting, nasal clearing, or the misuse of water (e.g., excessive wastage) are strictly prohibited and may lead to penalties or disqualification.

## HYDRATION/NUTRITION

During the race, water will be available at least once. Any participant provided nutrition - must be carried on your person (i.e. hydration pack or sports gels).

Competitors are not allowed to receive any beverage or nutritional product from anyone except at the water station during their race.

## EVENT DAY SCHEDULE

On the event day participants will encounter the following areas:

### REGISTRATION

On arrival at the venue, when you register you will receive your start number, wristband and timing chip. You will be required to bring a Government-issued photo ID and your registration confirmation. You will be required to present your QR code from Competition Corner. It will be the team captain's responsibility to ensure the information provided is all correct. Each team receives a timing chip for recording the participant's time(s) during the competition.

This chip must be attached to an ankle. Any other position may lead to an invalid or incomplete time record - correctly

wearing the timing chip on an ankle throughout the race is the competitor's responsibility

### CHANGING ROOMS AND SECURE BAG CHECK IN

The availability of changing rooms and/or lockers will be dependent on the venue facilities. The organiser accepts no responsibility for any lost or stolen bags or items.

### WARM UP

A designated warm up area with equipment from the competition will be available to all participants. Please note, you will only be allowed entrance to the warmup area 45 minutes before your heat start time.

### START ZONE

10 minutes prior to the individual start time the participants need to assemble in the start zone area. They will be greeted by the race starter who will answer any last-minute questions and give a final brief. It is the athlete's responsibility to show up to the start line on time. Failure to show up on time will result in disqualification from the event.

**PENALTIES****FINISH LINE**

Both teammates must cross the finish line together or take 3 min time penalty.

**TEAMMATES NOT MOVING TOGETHER**

Teammates must move together at all times for the entire duration of The Gauntlet Pairs and between the workout-stations. If one teammate leaves a significant gap, this will lead to a 3 minute penalty. Important: both teammates must enter the workout station together. Both teammates have to be present in order to start the exercises. The workout station can only be exited after the entire distance or the repetitions are covered, and must be exited by both teammates at the same time.

**MISSED WORKOUT / MISSED 1K RUN / MISSED LAP**

Missing an entire workout station or 1k run will lead to a disqualification. If you missed a lap resulting in one of your runs being shorter than the required 1km, a set penalty time of 6 minutes will be added on.

**COMPLETING THE WORKOUT STATIONS IN THE INCORRECT ORDER:**

If a participant does not complete the workout station in the correct sequence, they are permitted to complete missing workout station.

Completing the workout in the incorrect order will result in a 3 minute penalty. If more than one workout is completed out of order, the participant will automatically be disqualified.

**CONFUSION OF GAUNTLET IN AND GAUNTLET OUT**

Each time a participant runs into the Gauntlet IN via the OUT post, or out of the Gauntlet via the IN post they will receive a 2 minute penalty.

**DISTANCE PENALTIES**

Distance penalties can be issued for any workout. These penalties depend on the workout and range between 5 to 20 metres. Penalty decisions can be made by the judge after consensus with the head judge. There will be one warning per station. With the second warning, the repetition is considered invalid and the athlete receives the corresponding distance penalty. Any further warning within the station will result in a new distance penalty and or disqualification.

**DID NOT FINISH**

If a participant does not finish a workout station, they will be excluded from all rankings and awards. However, they may continue with the race (without a final result time).

**DISQUALIFICATION**

If a participant has been disqualified by a judge they will not receive a finishing time and will be excluded from all rankings and awards.

**DEVIATIONS FROM THE MOVEMENT STANDARDS**

Any movement performed that deviates from the prescribed standards, is deemed unusual or unorthodox, or provides an unfair time advantage will not be permitted. Such instances will result in either a 'no rep' or the application of a time or distance penalty, as determined by the requirements of the specific workout station. If you have spoken to us and agreed an adapted movement before you race, you will already have agreed to a 6-minute penalty per adaptation. This will result in being excluded from any podium placings.

**RULES OF CONDUCT**

- The participants agree to compete in a fair and honourable manner.
- Poor sportsmanship e.g. attempts at deception, manipulation, excessive disputes as well as disrupting and/or obstructing other participants can lead to suspension, disqualification and lifetime ban from the competition, or legal action.
- Any participant who is suspended from the competition or banned from future events will not receive a refund for any fees or dues.  
This also applies to other behaviours that could harm or disturb participants, volunteers, staff, sponsors and spectators.
- At the discretion of the event organizers any of the aforementioned actions may be taken against any participant.

