A RED SCORPION COMPANY

METCON X

RULEBOOK

METCON X
TORSO '24

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1.CONCEPT

METCON X is based upon an idea by Red Scorpion founder Anthony Hale of introducing a variety of functional movements and running into a fitness competition.

The race and the following rulebook was designed and written by Anthony Hale. METCON X, “Torso” consists of 10 bodyweight exercises to be completed in sequential order. Of these bodyweight individual exercises, a 800m run is added to the list as well. In order to complete the entire METCON X race and receive a valid finishing time, the participants must complete the run and workouts in the designated order to the established standard. While the required repetitions differ between the divisions, the running distance remains the same across all divisions.

The ranking system and the resulting overall ranking is based on the fastest time in the respective division of each event. Results are sorted from the fastest to the slowest time. In addition, there will be a ranking within the age groups, also sorted from the fastest to the slowest time.

2. CONDITIONS OF PARTICIPATION

2.1 Conditions of participation:

METCON X is a competition open to everyone. By participation in METCON X the following conditions are considered agreed including the exclusion of liability as well as privacy policy matters.

2.2 Precondition for participation

In order to participate in a METCON X event the participant must be at least 16 years old on the day of competition. The participant must agree to the terms and conditions and the conditions of participation. In order for the participant to attend, they must register through www.metconx.org.

3. REGISTRATION

3.1 Website

- Participation as an individual requires the individual to signup at www.metconx.org
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4. DIVISIONS AND RANKING SYSTEM

4.1 METCON X Divisions

- (a) WOMEN COMPETITIVE - eligible for awards/prizes
- (b) MEN COMPETITIVE - eligible for awards/prizes
- (c) OPEN MEN
- (d) OPEN WOMEN

- METCON X offers 4 divisions. The divisions differ in gender and repetition requirement. The running distance remains the same across all divisions everyone will run 800m. Participants start in their individual lane. The start always takes place exclusively with participants of the same division.
- A participant‘s age group is determined by their age at the date of the event.

4.2 METCON X age groups

Applies to all divisions:

- U24 (16 - 24)
- 25 - 29
- 30 - 34
- 35 - 39
- 40 - 44
- 45 - 49
- 50 - 54
- 55 - 59
- 60 - 64
- 65 - 69
- 70 - 74
- 75 - 79
- 80 - 84
- 85 - 89

4.3 Ranking System

- The ranking system and the resulting overall ranking is based on the fastest time in the respective division of the completition of all ten events.

- Results are sorted from the fastest to the slowest time. In addition, there is a ranking within the age groups, also sorted from the fastest to the slowest time.

- The results will be published immediately after the event ends available at www.metconx.org.

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

5. THE MAIN EVENT FORMAT

5.1 The Main Event

METCON X consists of a 10 bodyweight exercises complied into one endurance vent.. In order to complete the entire METCON X race and receive a valid finishing time, the participants must complete all ten events in the specified sequential order. In the competitive division the participants must complete the events in their order and the required repetitions to standard.

5.2 Workout Rules and Regulations

- Complete all exercises in their correct order.
- Perform each exercise according to the movement standards.
- Perform each exercise within the participants “lane” of exercise
- Complete the correct number of repetitions and/or distances.

5.3 Running

- The running distance will always be 800m, and depending on the venue it will be split constructed into whatever format is availabe at that particular venue.

5.4 Judging

- Judges and Head Judges for each heat will be responsible for ensuring all participants complete the workout in the correct and safe manner. The judge does this in coordination with the head judge of that particular heat.
- The head judge of who oversees all sporting aspects of the competition and holds final say on all judging matters. All decisions of the judge, head judge, race director and event organizers are final.

6. MOVEMENT STANDARDS, DISTANCES AND WEIGHTS

The assignment of the lane for each workout station will be allocated by the respective Head Judge and his/her team.

6.1 Sprint

- Prior to the start of the sprint the athlete must start with their feet behind the start line.
- Upon arriving at the end of the 45m lane, the athlete must touch the line with their hand.
- After touching the line with thier hand the athlete can returen to the start line.
- **Distance: 90m (45m down & 45m back)**

6.2 Overhead Arm Press

- The contestants must fully extend arms overhead and return their arms back to chin level with their palms facking to the sky.
- Full extension of arm (180 degrees) overhead
- **Competitive: 50 repetitions**
- **Non Competitive: 20 repetitions**

6.3 Sprint

- Prior to the start of the sprint the athlete must start with their feet behind the start line.
- Upon arriving at the end of the 45m lane, the athlete must touch the line with their hand.
- After touching the line with thier hand the athlete can returen to the start line.
- **Distance: 90m (45m down & 45m back)**

6.4 Squats

- Upper thigh parallel to ground
- 180 degrees in the knee for full extension
- **Competitive: 100 repetitions**
- **Non Competitive: 50 repetitions**

6.5 Reverse Bear Crawl

- Athletes will travel down the land on all fours moving feet first in a reverse bear crawl position
- The entire body must cross the line at the 45m mark and travel back to the starting line.
- **Distance: 90m (45m down/45m back)**

6.6 Arm Extension Pushups

- Starting position
  - Chest to ground
- Repetition to Count
  - Full extension of arms raising the body; elbows locked out
  - Lower body to ground
  - Fully extend arms outward into a 180 degree position
  - Bringing hands back into starting posiiton
- Body in generally straight line
- Feet no wider than shoulders
- Hands no wider than shoulders
- **Competitive 50 repetitions**
- **Non Competitive 20 repetitions**

6.7 Lateral Squat Lunge

- Traveling to the 45m turnaround point
- Moving parallel to the exercise lane
- Feet at least hip width apart
- Upper leg parallel to surface during the squat position
- The entire body of the athlete must cross the line at the 45m mark and the 90m mark.
- **Distance: 90m (45m down/45m back)**

6.8 800m Run

- Athletes will participate in a predesignated running course
- Follow all instructions along the running course and from the judges and volunteers
- Go Fast

6.9 Bodybuilder

- Athletes will complete the number of repetitions based on the division that athele is participating in.
- Repetition to Count
    - **Step 1:** Begin by standing tall with feet together and arms at your sides.
    - **Step 2:** Bend over and place your hands on the ground.
    - **Step 3**: Kick your legs back so that you are now in the plank position.
    - **Step 4:** Drop down into a push-up.
    - **Step 5**: At the top of the push-up, spread your feet apart and immediately bring them back together.
    - **Step 6:** Bring your feet forward so that they are under your torso.
    - **Step 7**: Stand up. This completes one rep.

6.10 Sprint

- Prior to the start of the sprint the athlete must start with their feet behind the start line.
- Upon arriving at the end of the 45m lane, the athlete must touch the line with their hand.
- After touching the line with thier hand the athlete can returen to the start line.
- **Distance: 90m (45m down & 45m back)**

6.11 Deviations from the Movement Standards
Any execution of a movement that either deviates from the movement standards, and/or is unusual or uncommon and/or results in a time advantage will not be recognized and will result in an invalid repetition, time, or distance penalty.

7. CLOTHING, ACCESSORIES, HYDRATION/NUTRITION

It is up to each participant how they choose to dress for the event.

7.1 The following items may be used during the competition:

- Knee Sleeves
- Gloves
- Wristbands
- Hydration Packs

7.2 The following items are strictly forbidden at all times:

- Headphones
- Cell Phones

7.3 Hydration/Nutrition
During the race, water will be available at least once during before or after each pass through the Roxzone. A sports drink or other hydration product may also be available. Any participants provided nutrition must be carried on your person. Competitors are not allowed to receive any beverage or
nutritional product from anyone except the aid stations during their event.

8. EVENT DAY SCHEDULE

On the event day participants will encounter the following areas.

8.1 Registration and Wristbands

Once you arrive at the venue, when you register you will receive your start number and wristband. You will need to bring a government issued photo ID and your registration confirmation.
Depending on the division, the wristband is either blue or red. It is used to identify the participant's start wave and division during the competition and must be worn visibly on the wrist.
responsibility.
Changing rooms and a secure gear check will be available at the venue.

8.2 Warm Up Area

A designated warm up area will be available to all participants.

8.3 Heat ready zone

- 10 minutes prior to the individual start time the participants need to assemble in the heat ready zone.
- The start takes place approx. 10 minutes after the com

8.4 Athlete Meeting

- An athlete meeting will take plae at a designated time to discuss the overall details of the event, safety and medical components of the event.

9. PENALTIES

9.1 Not meeting the exercise standard

If a participant does not perform the exercise to the correct standard, as described in section section 5, the participant will not receive credit for that repetition until the standard of the exercise if correctly met.

For example: If a participant fails to fully extend their arms during the pushup event, then this repetition will not count.

9.2 Incorrect distance covered during 800m run

If a participant does not complete the correct distance over the course of the 800m run the participant will be penalized based on the the construction of the 800m run.

For Example: If a participant fails to complete the complete distance of the 800m run will be penalized with an addition of 60 seconds to their total run time.

9.3 Impeding other participants outside of LOE (Lane of Exercise)

- Each participant will be assigned a lane of exercise.
- If at any time a participant leaves their assigned lane and impedes another participant, that participant will be penalized with 30 seconds to their overall time.

METCON X

COMPANY

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