



End-of-Semester Fitness Challenge

◆ OFFICIAL RULEBOOK

1. PARTICIPATION

- The event is open exclusively to JCU Gym members and/or participants in Athletics fitness courses.
 - A maximum of 6 student teams may compete.
 - Each team must consist of 4 members.
 - A Staff Team will participate off-ranking and will assist with timing and judging.
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2. TEAM COMPOSITION

- Each team consists of 4 athletes.
 - Teams may be mixed or single-gender.
 - Time Bonus:
→ 30 seconds are subtracted from the final time for each female athlete on the team.
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3. RACE STRUCTURE

Each team must complete 3 circuits.

Each circuit includes:

- ➤ 1 × 350-meter run
- ➤ 1 assigned exercise per athlete (4 total per circuit)

Total Running Requirement:

Each athlete completes:

- **4 runs** (one per circuit, starting with a run before each exercise)
- **4 exercises** (one per round)

- Additional runs before and between the varsity stations (2 runs total)
 - 2 out of 4 exercises at the varsity stations
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4. EXERCISES

Exercise 1 – *BOSU Full Squat*

- 30 repetitions
 - Hands must touch the ground at the bottom of each squat
 - Only full and controlled repetitions are counted
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Exercise 2 – *Ball Passes Over the Net*

Choose one option:

- 9 kg ball → 15 passes
- 3 kg ball → 40 passes

Rules:

- The ball must cross the net
 - The ball must touch the ground after each pass
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Exercise 3 – *Traveling Burpees*

- Total distance: 40 meters
 - Athletes must move forward using burpees between cones
 - No push-up required
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Exercise 4 – *Agility Circuit*

Complete the full circuit 2 times.

Layout:

► Long Side 1

- Alternating beam jumps (right–left)

- Two-foot jumps over obstacles (steps / mini hurdles)
- Vault over the box

► **Short Side 1**

- forward rolls (at least 3)
- Mats must be used

► **Long Side 2**

- 5 full turns around a cone
- Lateral movement on wall bars
→ Advanced option (facing outward): → 10-second bonus

► **Short Side 2**

- Bear crawl (approx. 10 meters)
→ Knees touching the ground → 5-second penalty

5. EXERCISE 5 (after the run) – VARSITY STATIONS (2 ROUNDS)

Stations (1 athlete per station)

1. Soccer

- 5 shots on goal
→ Hit the upper half of the goal: → 15-second bonus
(A visual marker will define the valid target area)

2. Basketball

- 5 shots
→ Score a 3-point shot: → 15-second bonus

3. Volleyball

- 5 serves
→ Hit the mattress positioned in Zone 5: → 15-second bonus

4. Tennis

- 5 serves
→ Hit the designated mattress target: → 15-second bonus
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Cheerleading (Team Event)

- The full team must perform a synchronized cheerleading routine or stunt
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How It Works

- Each athlete must complete 2 out of the 4 sport stations
- All stations must be covered by the team
- After completing the first station of the varsity exercise → 1 run is required
- Then proceed to the second station
- After completing both → athletes may assist teammates

Additional Rule

- Each station requires:
 - 5 successful goals / shots / serves
 - Each failed attempt adds:
 - 5 seconds to total time
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6. TEAM ORGANIZATION

Each athlete must complete:

- All required runs (6 total runs)
- All 4 main exercises (one per circuit)

Rules:

- Teams may freely organize station assignments
 - Athletes may assist teammates only after completing their own tasks
 - No athlete may complete a running segment more than once in place of another teammate
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7. TIMING

- The clock starts when the first athlete begins running
- The clock stops when the last athlete completes the final exercise

- All bonuses and penalties are applied to determine the final adjusted time
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8. PENALTIES

- Cutting the running course
→ 1 penalty point
 - Squats with imperfect technique
→ 2 penalty points
 - Squats with incorrect technique
→ 5 penalty points
 - Burpees not reaching required start/end points
→ 1 penalty point
 - Walking instead of jumping in burpees
→ 1 penalty point
 - Ball not crossing the net
→ Repeat attempt or
→ 2 penalty points
 - Additional penalties may be assigned for incorrect execution (e.g., bear crawl)
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9. MONITORING & SAFETY

- The Staff Team manages official timing
 - Judges monitor correct execution of all exercises
 - Invalid repetitions are not counted
 - All participants must use equipment safely
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10. VICTORY

- The winning team is the one with the best final adjusted time

In case of a tie:

1. Team with greater independence (less assistance) wins
2. If still tied → judges evaluate technical execution quality

11. PRIZES

- 🏆 1st Place: Gladiators Hoodie
- 🥈 2nd Place: Gladiators T-shirt + Cap
- 🥉 3rd Place: JCU Water Bottle + Gladiators Pin

12. ESTIMATED TIMES

- Average athlete: 11–14 minutes
- Average team: 13–16 minutes
- Strong teams: 10–12 minutes

13. RAIN PLAN

- Event takes place indoors
- Run distance reduced to 200 meters (shuttle format)

Adjustments:

- BOSU Squats → 50 reps
- Traveling Burpees → 80 meters
- Ball Throws:
 - 9 kg → 15 throws
 - 3 kg → 40 throws
→ Must land on elevated target
- Final agility circuit repeated 4 times

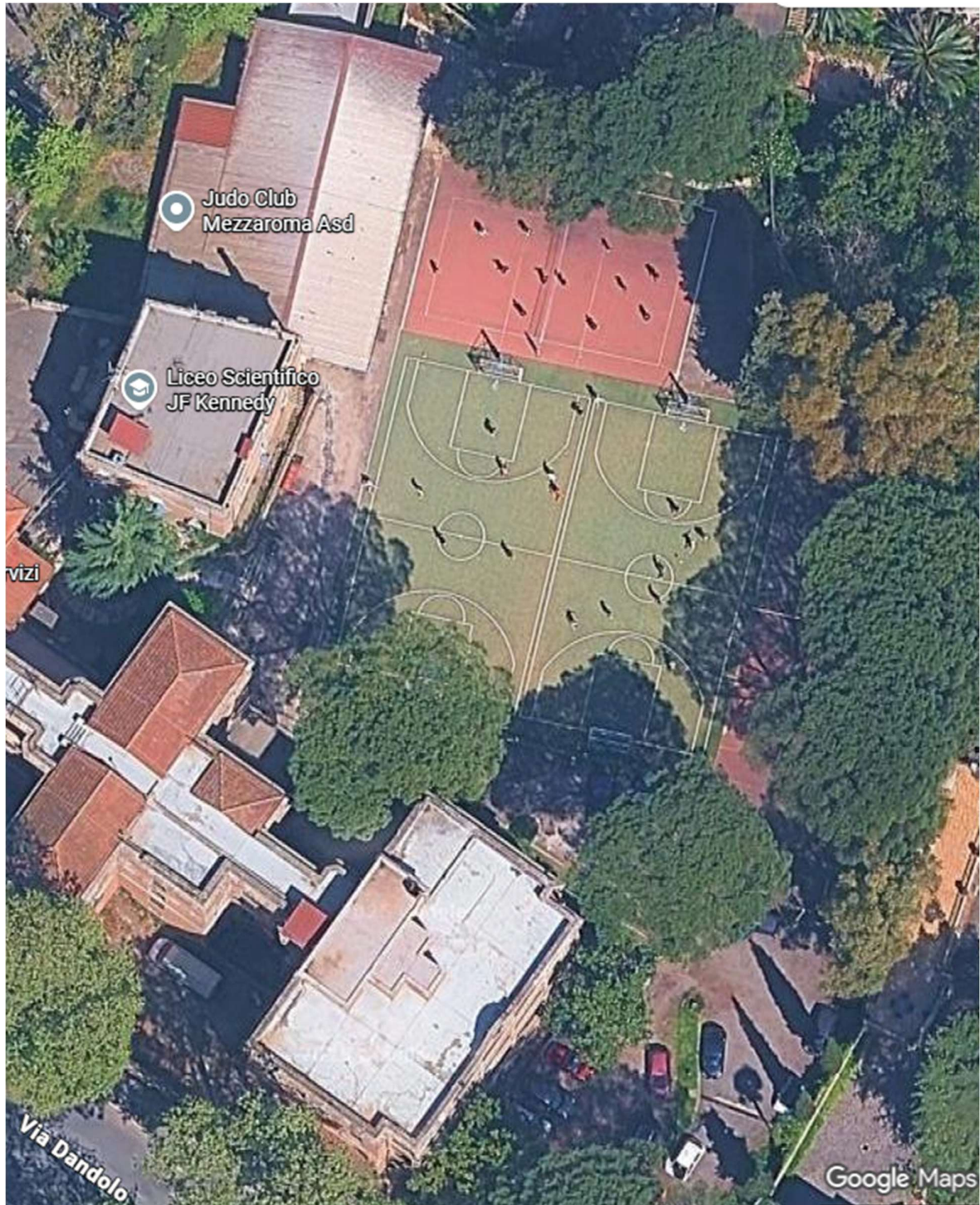
Indoor Varsity Adjustments:

- Soccer → hit mattress target
 - Volleyball / Tennis → same as outdoor
 - Basketball → hit floor target from 5 meters
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📍 LOCATION

Kennedy School – Via Dandolo 104

Facility: Kennedy School – Via Dandolo 104





Running: 3 rounds of the external court (120 metres per round) -> 360 metres

(rain plan: inside the gym, 200 metres total, shuttle run 20 metres *10 times)



Broad Jump Burpees (outside)

<https://www.youtube.com/watch?v=hxc7t-dVY3I>

25 metres x2 (50 metres total)

(rain plan: inside the gym, 80 metres total)