



Athlete Guidelines
Movement Standards for all Athletes participating
Saturday 22nd February 2025
Brentwood Centre, Doddinghurst Road, Brentwood, Essex CM15 9NN

The Essex Games 75 Competition consists of four workouts, four scores, and 75 minutes to push your limits. The Essex Games team has designed four exciting and challenging workouts to test every aspect of athletic ability—from endurance and strength to power and skill.

Workout Rules and Regulations

Participants must adhere to the following competition rules:

- Complete all workouts in the designated order.
- Perform each movement according to the prescribed standards.
- Adhere to the correct start and finish points at each workout station.
- Ensure all specified distances are covered in full.
- Use the correct weight in kilograms for each exercise.
- Maintain the designated running distance.
- Take a mandatory two-minute rest between stations.
- ERG settings may be adjusted at any time during use.

WORKOUT STATIONS

STATION 1 – 20 Minute Time Cap

Equipment Provided:

- 1 Concept2 Ski Erg
- 1 Medicine Ball (Female: 6kg | Mixed & Male: 9kg)
- 1 Box (Female: 20" | Mixed & Male: 24")

Workout Structure:

- Teams will begin by completing 3km on the Ski Erg.
- After 750m on the Ski Erg, one athlete must complete a 400m run, while the other continues working on the erg. Once 3km is reached, both athletes must run 400m together.

Then you Complete:

- 25 Synchronized Burpees
- 25 Pass-the-Ball Sit-ups (combined)
- 25 Box Jumps/Step-Overs (combined)

Scoring:

- If a team does not finish within 20 minutes, the team receives a 25 minute score.
- The fastest pair in each category receives 1 point, second fastest 2 points, and then on—the fewer points, the better.

Movement Standards

- **Ski Erg:** Athletes may switch at any time. Do not release the handles abruptly, as this may cause damage.
- **Run:** Runners must stay within marked lanes and go around the red cones at each end.
- **Synchro Burpees:** Both athletes must touch their chest and hips to the ground simultaneously. Hands must be in the air before jumping.
- **Pass the Ball Sit-ups:** Partners sit facing each other with knees bent. Legs or feet touching and bottom on the floor. The ball must be passed over at the top of the sit-up (1 rep). Your partner then lowers back down with the ball, performs the sit-up and passes the ball to your partner (2 reps)
- **Box Jumps/Step-Overs:** Athletes must place both feet on the box before stepping/jumping down. One Athlete is allowed to do more than the other if need be, just as long as 25 are done.

STATION 2 – 20 Minute Time Cap (Metcon)

Equipment Provided:

- 2 Water Barrels (Female: 2 x 16kg | Male/Mixed: 2 x 24kg)
- 1 Sandbag (Female: 10kg | Male/Mixed: 20kg)
- 1 Weight Plate (Female: 15kg | Male/Mixed: 20kg)

Workout Structure:

• Athlete 1 completes:

- 1. Farmers Carry** – Carry barrels 20m (10m out and back).
- 2. Sandbag Walking Lunges** – Lunge 20m while carrying a sandbag (10m out and back)..
- 3. Ground-to-Overhead (GTOH)** – Perform 25 reps using the weight plate.
- 4. Sprint** – Run 20m (10m out and back).

• Athlete 2 repeats the sequence.

- The team go through these movements for 20 minutes, accumulating as many stations as possible.

Scoring:

- Teams are scored based on completed stations. Athlete 1, 4 points, then Athlete 2, another 4 points (8 points), then Athlete 1 goes again etc.
- Incomplete stations do not count toward the score.

Movement Standards

- **Farmers Carry:** Barrels must be carried with arms extended and placed down gently.
- **Sandbag Walking Lunges:** Athletes must maintain the sandbag on their shoulder or shoulders throughout. Dropping the sandbag results in disqualification.
- **GTOH:** The weight plate must be lifted from the ground to full overhead extension. No-reps will be given for failure to lock out arms.
- **Run:** Athletes must touch the 10m line with at least one foot before returning.

STATION 3 – 20 Minute Time Cap

Equipment Provided:

- 1 Concept2 Row Erg

Workout Structure:

- Teams must complete 3km on the Row Erg (switching as needed).
- After reaching 3km, complete:
- 75 Synchro Air Squats
- 75 Hand Clap Planks
- Row 40/50 calories (Female: 40 | Male/Mixed: 50)

Scoring:

- If a team does not complete the station within 20 minutes, the remaining calories are added to the 20-minute cap.
- The fastest pair in each category receives 1 point.

Movement Standards

- **Synchro Air Squats:** Both athletes must squat below parallel and stand up simultaneously.
- **Hand Clap Planks:** Athletes must maintain a strong plank and clap hands above shoulder level.
- **Row Erg:** Athletes may switch at any time. Do not let go of the handle abruptly.

STATION 4 – 15 Minute Time Cap

Equipment Provided:

- 1 Concept2 Bike Erg

Workout Structure:

- Teams must bike as far as possible within 15 minutes (switching as needed).

Scoring:

- The fastest pair in each category receives 1 point.

ADDITIONAL INFORMATION

Judging & Event Conduct

- Marshals & Crew will enforce movement standards and ensure workouts are completed correctly.
- The Race Director has the final say on all judging matters.

Permitted Gear:

- Knee sleeves
- Gloves
- Weightlifting belts
- Wristbands
- Hydration packs

Prohibited Items:

- Headphones
- Lifting straps

Hydration & Nutrition:

- Participants must bring their own fluids. Water refill stations will be available.
- Any nutrition must be carried personally.

Event Day Schedule

- **Registration:** Check in at the front desk upon arrival. Present your ticket and photo ID to receive your wristband and start time.
- **Bag Drop:** Available but not managed.
- **Facilities:** Changing rooms and restrooms provided.
- **Pre-Race Assembly:** Report to the start zone 10 minutes before your assigned start time.
- **Medical Support:** On-site first aiders and 5Physio available.

Penalties & Disqualifications

- **Stations 1 & 3:** If not completed within 20 minutes, the team receives a 25-minute score.
- **Station 2:** Incorrect sequence or missed rounds result in a 6-round penalty.
- **Multiple Violations:** Completing more than one workout out of order results in disqualification.
- **Failure to Start a Workout:** Athletes who skip a station will not receive any results and will be removed from rankings.

Code of Conduct

- All athletes must compete with integrity and sportsmanship.
- Poor conduct—including deception, obstruction, excessive disputes, or unsportsmanlike behaviour—may result in disqualification, suspension, or a lifetime ban.
- Participants violating the rules will not be eligible for refunds.