



WHAT IS YOUR REDLINE?

# FINISH



OFFICIAL REDLINE FITNESS GAMES

# RULEBOOK

**2025 EDITION**

**26-27 July 2025**

Mines International Exhibition & Convention Center



### **Race Overview and Categories**

REDLINE Fitness Games 2025 will take place on 26–27 July at MIECC. It is a race through 12 functional fitness workout stations to test cardio, strength, endurance, power, agility, balance and coordination. Each participant's race duration will typically last between 30 and 60 minutes, depending on fitness level and race category. Participants must be at least 16 years old to participate in this event.

Results for each category are based on race time. This year's categories are as follows:

Singles Level 1 (Beginner) - no age categories

Singles Level 2 (Intermediate) - 16-39, 40-49, and 50+ age categories

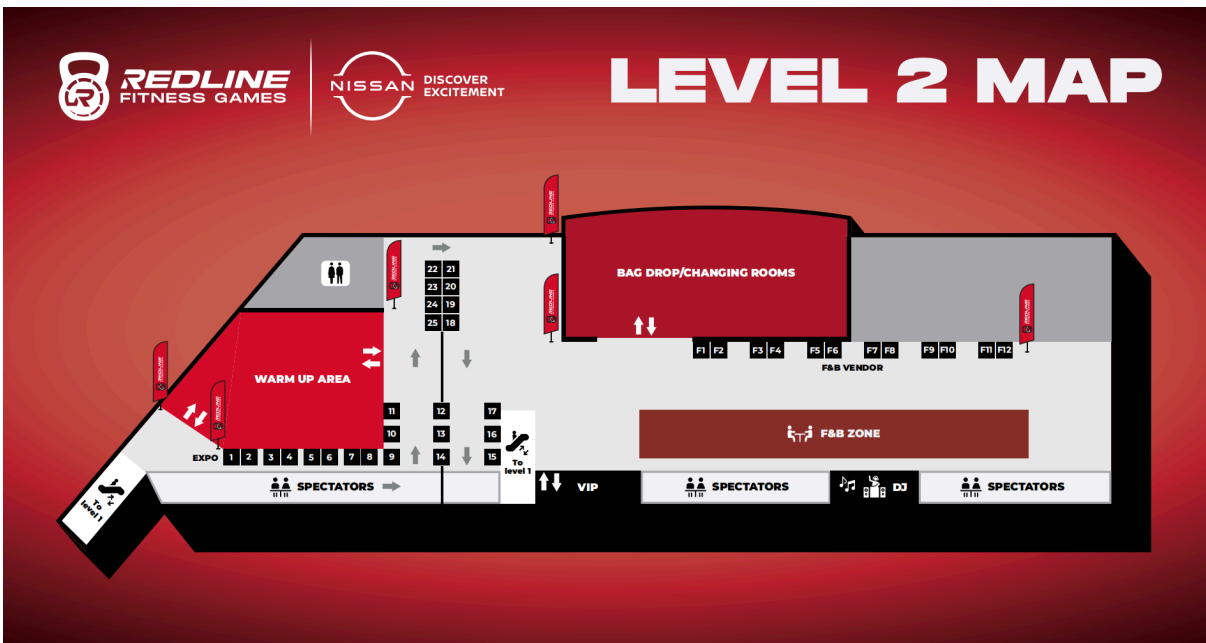
Singles Level 3 (Advanced) - 18-39, 40-49, and 50+ age categories

Doubles - no age categories

Team Relay - no age categories

### **Cut-Off Time**

There is no cut-off time for the race, but time penalties will apply for any participant that is unable to complete any workout station (see 'Time Penalties' section').





## SINGLES CATEGORY OVERVIEW

### Race Format

REDLINE Fitness Games 2025 consists of 12 functional workout stations. In order to complete the entire race and receive a valid finishing time, Redliners must complete the stations in the designated order (e.g. Run, Ski, Deadball Burpees, etc.) until all 12 workout stations are completed.

### Workout Rules and Regulations

- Complete all workout stations, 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 weights (kilograms).

## DOUBLES CATEGORY OVERVIEW

### Race Format

The Doubles category is a 2-person team race through 12 functional workout stations. The doubles teams can consist of 2 women, 2 men or 1 woman & 1 man. In order to complete the entire race and receive a valid finishing time, a doubles team has to go through 12 workout stations in a 'You-Go-I-Go' (YGIG) format, in which 1 partner 'works' and 1 partner rests, and vice versa.

With the exception of the Run station, each doubles team shares their repetitions and/or distances for each workout station. You can swap the 'worker' and 'rester' as often as wanted until the workout station is completed. You must complete the workout stations in the designated order (e.g. Run, Ski, Deadball burpees, etc.) until all 12 workout stations are completed.

### Workout Rules and Regulations

- Complete all workout stations, 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 weights (kilograms).

### Doubles Transitions

- The Run is the only workout station to be completed together. **Both partners must enter the next workout station together.**
- Both partners must not touch the equipment for each workout station until both partners are at the station (within 2 meters of the equipment being used).

- Once both partners have arrived together, they may start the workout station.
- Only one partner may work at a given time, and the resting partner stands/follows directly behind the other. Partners can swap at any point to share the work during each workout station.
- On the stationary workout stations the resting partner must wait at the marked point until it is their turn to work.
- On the moving workout stations the resting partner must follow directly behind the working partner until it is their turn to work.
- Transitioning from resting partner to working partner can be done at any time, but must always be upon completion of a full repetition of any workout station. Transitions can be done at any time for the Sled Push & Pull.
- During the Deadball Burpees workout station the transition must always start with the incoming partner doing a burpee first.
- Partners must not ever be working at the same time (except during the Run).
- Partners can help each other set up for a workout station (e.g. passing a sandbag to their partners shoulders or strapping feet into rowing straps), but must not help during repetitions.
- For workout stations that involve the passing of equipment, partners must pass the equipment on a path that prohibits advancement of distance/repetitions.
- Both team members must cross the finish line together.

## **TEAM RELAY CATEGORY OVERVIEW**

### **Race Format**

The Team Relay category is a 4-person team relay race through 12 functional workout stations. The teams can consist of 4 women, 4 men or 2 women & 2 men.

In order to complete the entire race and receive a valid finishing time, a team has to go through 12 workout stations in a relay format:

**The first team member completes workout stations 1, 2 & 3;**

**The second team member completes workout stations 4, 5 & 6;**

**The third team member completes workout stations 7, 8 & 9; and**

**The fourth team member completes workout stations 10, 11 & 12.**

Each team member must complete their 3 workout stations in the correct sequence before passing the team timing chip to the next member of the team in the “changeover box”. The “changeover box” is the team relay transition zone. The 4th & final team member will cross the finish line with the team timing chip

after their 3 completed stations and this will be recorded as the team's finish time.

The first 3 team members are allowed to enter the "finish zone" via the spectator walkway. They can only enter after their final team member has started the final workout station. From here they can cheer for the final team member from within the "finish zone", directly in front of the Sled Push & Pull lane. Once the final team member has completed the Sled Push & Pull, the entire team may cross the finish line together. The recorded time will be when the final team member crosses the finish line with the team timing chip.

**Any hindrance to another team's progression while in the finish zone is strictly forbidden and may result in disqualification or a time penalty.**

### **Workout Rules and Regulations**

- Each team member completes their 3 consecutive workout stations in the correct order.
- Perform each exercise according to the movement standards.
- Each team member must use the correct start and finish points of the workout station and the team "changeover boxes".
- Complete the correct number of repetitions and/or distances.
- Perform the exercises/movements with the correct weights (kilograms).
- Redliners competing in the **Mixed Team Relay category** will see two options when arriving at a station. They will select and use the option as per their gender.

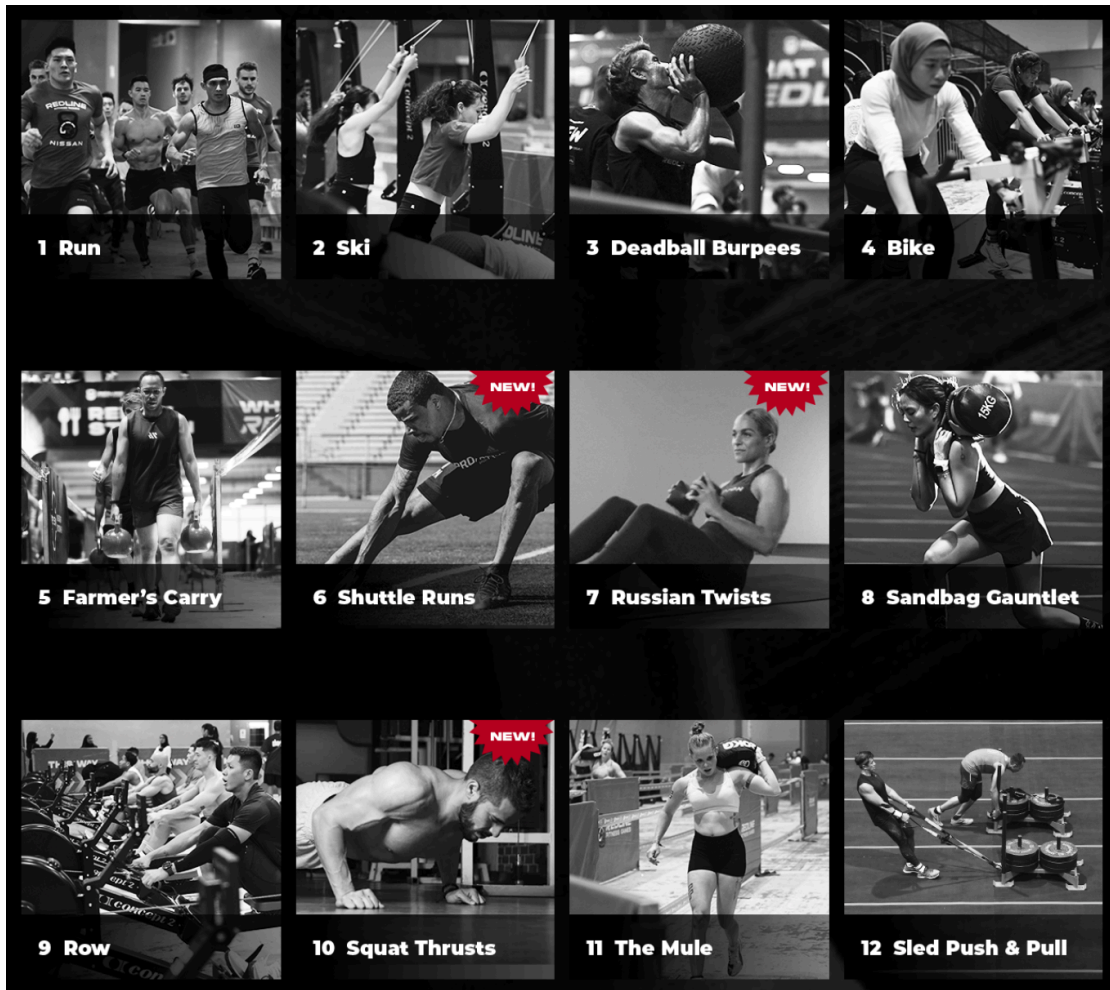
### **Team Relay Transitions**

- Before the race starts, all team members must position themselves in the Arena. Team member 1 will be at the start line. Team members 2, 3 & 4 will be waiting in their respective "changeover boxes" that are marked along the outside of the Arena.
- Team members must wait inside their respective "changeover box" until they have been passed the team timing chip.
- The team member whose turn it is to work must secure the team timing chip around their ankle before entering the Arena to complete their 3 workout stations.
- Each team member's transition must happen inside the "changeover box" by handing over the team timing chip.
- Once a team member has finished their 3 workout stations and completed the transition, they are free to walk up the side of the Arena and cheer their team to the finish line. The first 3 team members must be in the zone directly in front of the finish line before the 4th team member completes the Sled Push & Pull, without hindering other teams.
- Only 1 team member can ever be inside the Arena at the same time.

- All team members must cross the finish line together with the team timing chip.

## WORKOUT STATIONS & MOVEMENT STANDARDS

### Workout Stations



### Movement Standards

#### Run

- A 500m run from the starting line, which follows a route to the Ski workout station at the opposite end of the Arena. Slower Redliners should keep to the left hand side of the run route, allowing faster Redliners to overtake on the right hand side.

#### Ski

- Prior to starting the workout, the Ski-erg monitor (screen) must be reset by a judge.

- Once the Redliner has completed the required number of calories, they may exit the station and move on to the next station.
- Redliners may raise their hand to call over a judge should they need any clarification.
- The damper setting on the ergometer will be preset at 7. Redliners are allowed to adjust the damper setting to their own setting preference at any time.

### Deadball Burpees

- The Redliner starts the exercise with a full burpee behind the designated safety line. Feet, chest and hands all must touch the floor simultaneously at the bottom of each repetition.
- The Redliner can then stand up, pick up the dead ball and throw (via a push press movement) over the line, which is a distance of approximately **1m** from the wall. The throw/push must be made with both hands simultaneously. The throw can be performed as a push press or squat press.
- As soon as the dead ball has passed **on or over the marked line** and falls on the floor, then a full repetition has been performed.
- Repeat this process until all the specified repetitions have been completed.
- If the ball is thrown under the marked line, this repetition is counted as a no-rep.
- If a no-rep is performed the Redliner starts again with a full burpee and continues the rep count from the last successful rep.

### Bike

- Prior to starting the workout, the Bike-Erg monitor (screen) must be reset by a judge.
- Once the Redliner has completed the required number of calories, they may exit the station and move on to the next station.
- Redliners may raise their hand to call over a judge should they need any clarification.
- The damper setting on the ergometer will be preset at 7. Redliners are allowed to adjust the damper setting to their own setting preference at any time.

### Farmer's Carry

- The Farmer's Carry begins and ends with the removal/return of the kettlebells (2) from the marked area.
- The Redliner has to carry both kettlebells at all times while they move.
- Kettlebells must be carried with both arms extended.
- Putting down the kettlebells to rest is allowed.



- The station is completed once the Redliner returns the kettlebells to the marked area.

### Shuttle Runs

- The Shuttle Run workout station consists of a 20m run distance between 2 points in a straight line, for the designated number of repetitions.
- At the end of each repetition, the Redliner must cross the marked line with 1 foot, and 1 hand must also touch the ground beyond the line. Either foot and hand (left or right) can be used.
- Failure to cross the line with the foot or hand will result in a no-rep.
- **1 x 20m = 1 repetition.**

### Russian Twists

- From a seated position with both feet in the air, lift the wallball with both hands and place it down on the floor on the opposite side of your body. **This equates to 1 repetition.** Repeat by lifting the wallball back over your body, touching it down on the floor on the opposite side.
- Redliners cannot drop or bounce the ball to the ground. Either instance will result in a no-rep.
- The wallball must be touched down in a controlled manner, with both hands on the ball, and picked up again with the ball touching the ground (not in the air).
- If a Redliners feet touch the ground at any point, the repetition will be considered a no-rep.

### Sandbag Gauntlet

- The Sandbag Gauntlet consists of repetitions of Sandbag Squats and Sandbag Walking Lunges.
- The station begins and ends with the removal/return of the sandbag from the marked area at the workout station start/finish line.
- The Redliner must lift up the sandbag and place it over their shoulders.
- The Redliner then starts by standing upright with both feet behind the line.
- The Redliner performs squats then proceeds to do walking lunges based on the category distance and repetitions.
- During each squat, Redliners must squat so that hips are parallel or below parallel to knees.
- During each lunge, the rear knee must touch the ground. A repetition (for squat and lunge) ends with knees and hips fully extended.

- During lunges, the Redliner can either step straight through to the next lunge or pause between each lunge with both feet parallel on the ground.
- Taking any steps between lunge repetitions is not allowed.
- The sandbag must remain on both shoulders at all times.
- The station is complete once the Redliner lunges across the station start line and returns the sandbag to the marked area.
- If the Redliner violates any of the above points, the repetition becomes invalid and must be repeated.

### Row

- Prior to starting the workout, the Row-Erg monitor (screen) must be reset by a judge.
- Once the Redliner has completed the required number of calories, they may exit the station and move on to the next station.
- Redliners may raise their hand to call over a judge should they need any clarification.
- The damper setting on the ergometer will be preset at 7. Redliners are allowed to adjust the damper setting to their own setting preference at any time.

### Squat Thrusts

- This workout station has 2 parallel horizontal lines marked on the ground, approximately **60cm** apart.
- The Redliner starts in a push up position, with their legs and arms straight. In this starting position, **the hands must be ahead of the front marked line** and the feet will naturally be well behind the rear marked line.
- The Redliner's hands and (straight) arms will remain in this position throughout the movement.
- The Redliner then jumps and thrusts the feet forward, **landing the toes on or in front of the rear marked line. The feet must land on the ground at the same time.**
- One repetition is completed by then jumping the feet back to the straight-legged position, with the **feet landing on the ground at the same time.**
- Any repetition where the feet do not land at the same time will be considered a no-rep.
- Any repetition where the feet do not touch or cross the rear line will be considered a no-rep.
- Any repetition where the legs are not fully extended when jumping the feet back will be considered a no-rep.
- Any repetition where the hands are not ahead of the front line will be considered a no-rep.

## The Mule

- The Mule is a sequence of runs whilst carrying a sandbag weight. The workout station begins/ends with the removal/return of the sandbags from the marked area.
- The Redliner starts by lifting the first sandbag onto their shoulder or holding it in front of their chest/stomach, then running/walking for the required distance.
- The Redliner then drops the first sandbag and carries the second sandbag for the required distance.
- Redliners are allowed to drop the sandbag at any time if they need to stop and rest.
- The workout station is completed once the Redliner carries the final sandbag and returns it to the marked area and runs to the next station.

## Sled Push & Pull

- The Redliner & the Sled must be positioned completely behind the line prior to starting the Sled Push & Pull.
- The Redliner must then push the sled (using the provided poles) until the sled has completely crossed the marked line at the end of their lane.
- It is forbidden to turn the sled or push it backwards.
- The Redliner then begins the Sled Pull component (pulling the sled back down the same lane), using the provided straps, until the sled has completely crossed the marked line at the end of their lane.
- The Redliner must not turn their back to the sled to initiate the pull; Redliners must face the sled and walk backwards.
- It is mandatory to wear shoes during the whole workout station.

All movement standards are correct at the time of writing, but subject to change by the organiser.

## Judges and Head Judges

- For each workout station, judges will be responsible for ensuring all participants complete the workout station in a correct and safe manner.
- Judges do this in coordination with the head judge of the workout station.
- The head judge of each station is overseen by the race director, 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.

## Distances, Reps and Weights

### Singles Level 3 (Advanced)

| DIVISION<br>STATION | MEN'S ADVANCED                      | WOMEN'S ADVANCED                    |
|---------------------|-------------------------------------|-------------------------------------|
| RUN                 | 500m                                | 500m                                |
| SKI                 | 40cal                               | 35cal                               |
| DEADBALL BURPEES    | 25 reps, 18kg ball, 200cm           | 25 reps, 12kg ball, 200cm           |
| BIKE                | 40cal                               | 35cal                               |
| FARMER'S CARRY      | 240m, 24kg kettlebell               | 240m, 16kg kettlebell               |
| SHUTTLE RUNS        | 40 reps                             | 40 reps                             |
| RUSSIAN TWISTS      | 120 reps, 7kg wall ball             | 100 reps, 7kg wall ball             |
| SANDBAG GAUNLET     | 2 x (20 Squats & 20m Lunges) / 20kg | 2 x (20 Squats & 20m Lunges) / 15kg |
| ROW                 | 40cal                               | 35cal                               |
| SQUAT THRUSTS       | 100 reps                            | 80 reps                             |
| THE MULE            | 70m & 130m / 15kg & 20kg            | 70m & 130m / 15kg & 20kg            |
| SLED PUSH & PULL    | 60m / 100kg                         | 60m / 65kg                          |

### Singles Level 2 (Intermediate)

| DIVISION<br>STATION | MEN'S INTERMEDIATE                  | WOMEN'S INTERMEDIATE                |
|---------------------|-------------------------------------|-------------------------------------|
| RUN                 | 500m                                | 500m                                |
| SKI                 | 35cal                               | 25cal                               |
| DEADBALL BURPEES    | 20 reps, 18kg ball, 200cm           | 20 reps, 12kg ball, 175cm           |
| BIKE                | 35cal                               | 25cal                               |
| FARMER'S CARRY      | 180m, 24kg kettlebell               | 180m, 16kg kettlebell               |
| SHUTTLE RUNS        | 40 reps                             | 40 reps                             |
| RUSSIAN TWISTS      | 100 reps, 7kg wall ball             | 100 reps, 4kg wall ball             |
| SANDBAG GAUNLET     | 1 x (20 Squats & 20m Lunges) / 20kg | 1 x (20 Squats & 20m Lunges) / 15kg |
| ROW                 | 35cal                               | 25cal                               |
| SQUAT THRUSTS       | 80 reps                             | 60 reps                             |
| THE MULE            | 70m & 130m / 15kg & 20kg            | 70m & 130m / 15kg & 15kg            |
| SLED PUSH & PULL    | 60m / 55kg                          | 60m / 35kg                          |

### Singles Level 1 (Beginner)

| DIVISION<br>STATION | MEN'S BEGINNER                          | WOMEN'S BEGINNER                        |
|---------------------|---|---|
| RUN                 | 500m                                    | 500m                                    |
| SKI                 | 15cal                                   | 15cal                                   |
| DEADBALL BURPEES    | 10 reps, 12kg ball, 175cm               | 10 reps, 12kg ball, 175cm               |
| BIKE                | 15cal                                   | 15cal                                   |
| FARMER'S CARRY      | 60m, 16kg kettlebell                    | 60m, 16kg kettlebell                    |
| SHUTTLE RUNS        | 20 reps                                 | 20 reps                                 |
| RUSSIAN TWISTS      | 50 reps, 4kg wall ball                  | 50 reps, 4kg wall ball                  |
| SANDBAG GAUNLET     | 1 x 20 Squats & 20m Lunges (no sandbag) | 1 x 20 Squats & 20m Lunges (no sandbag) |
| ROW                 | 15cal                                   | 15cal                                   |
| SQUAT THRUSTS       | 30 reps                                 | 30 reps                                 |
| THE MULE            | 130m / 15kg                             | 130m / 15kg                             |
| SLED PUSH & PULL    | 60m / 20kg                              | 60m / 20kg                              |

### Doubles

| DIVISION<br>STATION | MEN'S DOUBLES                       | MIXED DOUBLES                       | WOMEN'S DOUBLES                     |
|---------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| RUN                 | 500m                                | 500m                                | 500m                                |
| SKI                 | 45cal                               | 40cal                               | 35cal                               |
| DEADBALL BURPEES    | 25 reps, 18kg ball, 200cm           | 25 reps, 12kg ball, 175cm           | 25 reps, 12kg ball, 175cm           |
| BIKE                | 45cal                               | 40cal                               | 35cal                               |
| FARMER'S CARRY      | 240m, 24kg kettlebell               | 240m, 16kg kettlebell               | 240m, 16kg kettlebell               |
| SHUTTLE RUNS        | 40 reps                             | 40 reps                             | 40 reps                             |
| RUSSIAN TWISTS      | 120 reps, 7kg wall ball             | 100 reps, 7kg wall ball             | 100 reps, 7kg wall ball             |
| SANDBAG GAUNLET     | 2 x (20 Squats & 20m Lunges) / 20kg | 2 x (20 Squats & 20m Lunges) / 15kg | 2 x (20 Squats & 20m Lunges) / 15kg |
| ROW                 | 45cal                               | 40cal                               | 35cal                               |
| SQUAT THRUSTS       | 100 reps                            | 100 reps                            | 100 reps                            |
| THE MULE            | 70m & 130m / 15kg & 20kg            | 70m & 130m / 15kg & 20kg            | 70m & 130m / 15kg & 15kg            |
| SLED PUSH & PULL    | 60m / 55kg                          | 60m / 35kg                          | 60m / 35kg                          |

## Team Relay

| DIVISION<br>STATION | MEN'S TEAM RELAY                    | MIXED TEAM RELAY   | WOMEN'S TEAM RELAY                  |
|---------------------|-------------------------------------|--|-------------------------------------|
| RUN                 | 500m                                | 500m   | 500m                                |
| SKI                 | 35cal                               | 30cal  | 25cal                               |
| DEADBALL BURPEES    | 25 reps, 18kg ball, 200cm           | 25 reps, 12kg (F) or 18kg (M) ball, 175cm (F) or 200cm (M) | 25 reps, 12kg ball, 175cm           |
| BIKE                | 35cal                               | 30cal  | 25cal                               |
| FARMER'S CARRY      | 240m, 24kg kettlebell               | 240m, 16kg (F) or 24kg (M) kettlebell                      | 240m, 16kg kettlebell               |
| SHUTTLE RUNS        | 40 reps                             | 40 reps  | 40 reps                             |
| RUSSIAN TWISTS      | 100 reps, 7kg wall ball             | 100 reps, 4kg (F) OR 7kg (M) wall ball                     | 100 reps, 4kg wall ball             |
| SANDBAG GAUNLET     | 1 x (20 Squats & 20m Lunges) / 20kg | 1 x (20 Squats & 20m Lunges) / 15kg (F) OR 20kg (M)        | 1 x (20 Squats & 20m Lunges) / 15kg |
| ROW                 | 35cal                               | 30cal  | 25cal                               |
| SQUAT THRUSTS       | 100 reps                            | 80 reps  | 80 reps                             |
| THE MULE            | 70m & 130m / 15kg & 20kg            | 70m & 130m / 15kg & 20kg                                   | 70m & 130m / 15kg & 15kg            |
| SLED PUSH & PULL    | 60m / 55kg                          | 60m / 35kg (F) or 55kg (M)                                 | 60m / 35kg                          |

## Penalties

- Completing the workout stations in an incorrect order will result in disqualification.
- Missing an entire workout station (without attempting to complete it) will result in disqualification.
- If you are unable to complete a workout station, you may move on to the next station, and you will incur a 10-minute time penalty (on every incomplete workout station). Any time penalties will be added to your finish time after the race.
- Disqualified participants will not receive any results data and will be excluded from all rankings and awards.
- Any participant demonstrating unsportsmanlike conduct will be subject to a time penalty and/or disqualification at the discretion of the Race Director.

## Clothing, Accessories, Hydration and Nutrition

The following items may be used during the race:

- Knee sleeves
- Gloves
- Weightlifting belts



- Wristbands

The following items are strictly prohibited at all times:

- Headphones/Earphones
- Lifting straps

Hydration/Nutrition:

- Only electrolyte gels and salt tabs are permitted and they must be contained on-person at all times.
- Aid stations will be available inside the Arena with water and isotonic drinks.
- No littering on course is allowed.

### **Rules Of Conduct**

- Participants agree to compete in a fair and honorable manner. Poor sportsmanship (e.g. attempts at deception, manipulation, excessive disputes, disrupting and/or obstructing other participants) can lead to suspension, disqualification and lifetime ban from competition.
- Any participant who is suspended from competition or banned for future events will not receive a refund for any event entry fees.