

CROSS TRAINING
Sunday 3rd June 2018
GENERAL REGULATION

Categories:

- male
- female

Athletes who have reached the age of sixteen are admitted; It is required a valid identity document .

Skills

There are five skills:

- standing jump
- distention on horizontal bench / flat bench.
- bike
- traction to the bar (traction with counterweight bar for women).
- Treadmill

Ranking

The winner of the individual competition is the one who scores the highest number of points, adding those obtained in the five scheduled skills. The first twelve classified of each race, get the following score:

- 01° - 20 pt
- 02° - 17 pt
- 03° - 14 pt
- 04° - 12 pt
- 05° - 10 pt
- 06° - 8 pt
- 07° - 6 pt
- 08° - 5 pt
- 09° - 4 pt
- 10° - 3 pt
- 11° - 2 pt
- 12° - 1 pt

We will also complete a team classification, where the two best male scores in the absolute classification will be summed to the best female score of the absolute classification, belonging to the same gym (if present)

Challenge prizes

- The first classified in the absolute category of men and the first classified in the absolute women category, will receive a cup and a € 500 coupon to be used in events organized by FIF within 12 months from the date of the race.

Note: the coupon is nominative and not transferable to third party.

- The second and third classified in the men's and women's absolute category will be awarded with cups.

- The Fitness Club, first classified in the team ranking, will receive a Cup; an article on Performance magazine will also be dedicated to the club.

- The first three classified in the MALE OVER 40 and FEMALE OVER 35 categories will be awarded with cups.

REGULATION OF FIVE SKILLS

Bench press

- Load equal to 75% of body weight for men, 50% for women.

The load on the bar will be rounded up.

- A repetition is considered valid when the barbell touches the chest and when a complete distention of the arms occurs (both arms they must be distended at the same time). In case of individual presence of structural limits that prevent complete distension of the elbow joint, the athlete must give an indication at the time of registration.

- The validity of the repetitions will be decided by the delegated judge at the end of the skill.

- During the push the athlete does not have to detach the buttocks from the bench, it must not excessively unbalance the load, must not remove the feet from the ground or move them.

- The athlete must wait for the judge to detach the bar and must wait for another ok from the judge to start the repetitions.

- The test is considered concluded when the athlete is unable to finish the distension.

- The grip is requested freehand without any kind of protection (bandages, gloves, etc.)

- The pause between repetitions cannot be longer than 5 seconds.

- The winner is the one who has completed the greatest number of repetitions.

Bike

- The test takes place on the distance of 2000 meters for both categories; the winner is the one who takes the least time to cover the distance.

- Before starting the athlete can adjust the saddle to the desired height. Once the test starts, this adjustment cannot longer be changed.

- The test begins when the athlete, after the approval of the judge, presses the start button and the machine begins countdown of the set distance, and the judge himself presses the start of the stopwatch assigned to him.
- It will be the athlete to manage autonomously the speed of pedaling to keep during the test.
- Bicycle brake will be calibrated as follows:
 - Level 8 for the female category
 - Level 12 for the male category
- If the machine can set the performance distance, the test ends automatically with the achievement thereof.
- If the machine does not have the ability to set the distance, it will be the judge, equipped with a stopwatch, to stop the test when the 2000 meters are reached.
- In the case of inconvenience during the test (unlacing or sliding of the foot from the pedal) the proof won't be cancelled, it will be however deemed valid until the time and the distance covered correctly. The evaluation of the delegated judge remains indisputable.

Pull ups

- The tractions are considered valid when the arms complete their distension and the chin exceeds the bar line. In case of individual presence of structural limits that prevent complete distension of the elbow joint, the athlete must give an indication at the time of registration.
- The validity of the tractions will be decreed by the delegated judge.
- Men will perform the test with their own body weight.
- Women will have a counterweight balance of 30% of weight, rounded down.
- The grip of the bar, for tractions, must be necessarily traditional for male category. So, the back of the hand will be in front of the gaze. The width of the grip must be just above shoulder width. The supine grip is accepted for the female category (reverse grip) with a width of the grip equal to shoulder width or just above.
- The grip is requested freehand without any kind of protection (bandages, gloves, etc.).
- the feet can be positioned in any way.
- Leg raises or body swings are not allowed.
- The pause between repetitions cannot be longer than 5 seconds.
- The winner is the one who performs the most number of tractions.

Treadmill

- The skill is held over a distance of 1500 meters for male category and 1000 meters for female category; the winner is the one who take the shortest time to cover the distance.

- The skill begins when the athlete, after the approval of the judge, presses the start button and the machine starts the count-down of the distance, and the judge himself presses the start button of the stopwatch assigned to him.
- It will be the athlete to manage in a completely autonomous way the speed to keep during the skill;
- It is not permitted to run with your hands resting or anchoring to any part of the treadmill.
- If the machine can set distance, the test ends automatically with the achievement of the same.
- If the machine does not have the ability to set the distance, it will be the judge, equipped with a stopwatch, to stop the test at the time of reaching 1500 meters or 1000 meters.
- Any inconvenience occurred during the test (accidental fall or accidental contact with the emergency stop button) will not annul the proof that will however deemed valid until the time and the distance properly covered. The evaluation of the delegated judge remains indisputable.

Standing Jump

- Every athlete has at most 5 jumps.
- for the 1st jump, that is compulsory for all athletes, the 4 stations are set to the following 4 heights: 50 cm – 60 cm – 65 cm – 70 cm.
- For the 2nd jump, that is compulsory for all athletes, the 4 stations are set to the following 4 heights: 75 cm – 80 cm-85 cm-90 cm.
- every athlete has the option to choose how high, among the ones listed above, he/she can do the first and second jump (communicating both heights in advance during the registration); no athlete may change in the course of the race the heights declared for the 1st and 2nd jump.
- all athletes who have successfully passed the height of 90 cm, will have 3 additional jumps available, for each one they will have the possibility to declare the height to overcome until the height that he/she considers useful for victory.
- the height of the single workstation will be announced every time by the judge to all athletes; It will be their responsibility to be present during each announce.
- the athlete has two consecutive jumps for each declared height at his disposal , with 30 seconds rest between one and the other.
- the jump must be run from the frontal part, with two feet aligned and in an absolute static position, without taking run-up, nor a preparation bounce, without any twist during flight and with full landing exclusively standing, in perfect balance. There are 4 parts of the execution: uploading, deadlift, flight and landing

-After two consecutive null jumps, for the same height, the athlete is eliminated from the race.

- After the first null jump, after 30 seconds rest, the athlete must follow the second attempt, necessarily performed at the same height not exceeded.

- The athlete who jumps higher is declared the winner. ***If two or more athletes jump the same maximum height, the winner is the one with the lowest number of null attempts at that height*** . In case of a further tie, **the one with the lowest number of invalid jumps in the whole competition is declared the winner**. If this still can not define the winner, it will be necessary to make further jumps (jump-off) elevating the pole of 1 cm for each required jump.

The jump bar is placed at a height, that is measured on two uprights that allow the bar to place itself on its ends, at the desired height.

During the jump the athletes can touch the bar; the jump is null when:

- The bar falls, due to the athlete's touch
- in the landing phase the athlete touches the ground with whatever other part of the body other than the feet.

The athlete is allowed to repeat the attempt only if the judge declares that the bar has fallen due to external circumstances.

METHOD OF EXECUTION OF THE RACE

Clothing

The choice for clothing of each single skill is free, but it must not prejudice the judge's assessment. We recommend short pants and a t-shirt, quite close to the bust. Gloves, panty girdles, and elastic wristbands (and special powerlifting clothing) are not allowed. The race number provided by the Italian Fitness Federation at the time of registration will be applied to the race t-shirt.

Pre-race

Upon registration (it is scheduled one hour before the start the race) at FIF desk of Functional&Kalisthenics area, the following operations will be executed:

- weighing: athletes will be weighed barefoot, with undershirt and shorts; for the specific weight of the trial, it will be applied an addition in excess, up to a maximum of 2,5kg
- A possible joint evaluation test on the pull up and bench press, for athletes who declare structural limitations related to the elbow joint.

ATTENTION: the organizer prearranges no equipment dedicated to warm up for any of the five skills. The athletes must organize by themselves their own warm up for the individual skills. When they show up for their turn, it will be possible to perform only the official skill with weight or distance provided for in the regulation.

Order of skills execution and recoveries between them

Order of skills execution and rests between them. Depending on the race number, the athletes will be divided into an even group and an odd group and they will have to stop in their specially marked competition area. The race will start with the test of the standing jump to unified groups (odd and even), which will be divided on a prior call of the president of the jury in the four / five designated stations to it. To follow, a group will start the race with the bench press (1st anaerobic test) and the other with the treadmill (1st aerobic test); then finish with pull ups (2nd anaerobic test) and bike (2nd aerobic test).

At the end of two of the skills, foreseen by the program, the groups will reverse to proceed and complete the race.

The MINIMUM rest time between an anaerobic test (bench or traction) and aerobic test (treadmill or bike) is **6 minutes**. The athletes must stop anyway in the competition area and remain available for the judges.

The evaluation of the competition judge is unquestionable: the judge will decide if the repetitions performed on the bench press or pull up are valid or null and it will be the judge to decide on the possible penalty or disqualification to be assigned to the athlete.

The skill can be repeated only once, upon immediate request of the athlete; this decision automatically determines the cancellation of the skill itself and the consequent cancellation of the total score. The test will be repeated at the end of the predefined race order. The score for the second skill will be valid for the final classification.

Equipment

The machines available for the athletes will be:

- n. 2 horizontal benches or flat benches with olympic bar (and related rubber coated cast-iron discs
- n. 1 bar for tractions with facilitations (counterweights pack), 2 bars for tractions without facilitation
- n. 3 treadmills
- n. 3 bikes
- n. 4/5 bars for the standing jump

Athletes will not be able to choose on which equipment they will perform the skill, but they will be designated by the jury.

The models may vary depending on the availability of the supplier company.

IMPORTANT!

With the same score (with the exception only for skill: standing jump), the winning athlete is the one who is heavier.

The reasons for disqualification may be: -Lack of respect for the regulations and for the indications of the judge. - The presentation to the judge's call, for the performance of the individual skills, with more than 1 minute delay. - The adoption, at any time of the competition, of polemic and unsportsmanlike behavior.

The final verdict will be made official after the arbitration panel will meet to draw up the various rankings.

REGISTRATION FEE AND TERMS

Registration fees to the competition include **FREE ENTRANCE** to the fair valid for **4 DAYS:**

€ 40.00 per person for FIF members and / or ASI members with regular affiliation 2018

€ 50.00 per person for non FIF and / or ASI members (In this case the registration fee includes membership as effective FIF member, that is necessary for insurance purposes)

To register - Fill out, sign and send by mail (scanned) or by fax , together with a copy of the payment to: **FIF (Federazione Italiana Fitness), Via Paolo Costa n. 2, 48121 Ravenna (RA), Italy, e-mail: fif@fif.it ; Fax +39 0544 34752**

Registrations must reach us by 15th May 2018.

All registered people will receive an attendance certificate to the competition

The Organizing Committee