

# SPARTAN CHALLENGE

## 1° NATIONAL BODYWEIGHT COMPETITION

Friday 1<sup>st</sup> June 2018

### GENERAL REGULATION

#### **What is it?**

It's the first official individual bodyweight competition, certified by Spartan System & FIF

#### **Who can participate?**

All people who have reached the age of 18 years old

#### **When showing up for registrations?**

Registrations have to be done 1 hour before the beginning of the competition, at FIF desk – /FIF FUNCTIONAL&KALISTHENICS AREA PAV B1)

#### **Is the competition structured in weight/height, age or sex categories?**

The competition is based on gender:

- Male category – **Ares**
- Female Category – **Artemis**

#### **How many levels are there?**

- Warrior level
- hero level

#### **What are the differences they have?**

In Warrior Level , basic skills of the Spartan System are required  
in the hero level advanced skills of the Spartan System are required

#### **Which are the exercises in the warrior level?**

1. clapping sit up
2. invincible sit up
3. armor reverse crunch
4. vertical crunch
5. spinal rock
6. lower back
7. flyback hyperextension
8. armor
9. heroes bench
10. mountain climber
11. plank to bench
12. table high kick
13. table lift
14. roll up
15. burpee no push up no jump
16. push up
17. warrior push up
18. bear push up

19. hindu push up
20. headstand
21. tabata squat
22. warrior front lunge
23. hot coals lunge
24. hip to heel
25. single leg kick

### **Which are the exercises in the hero level?**

1. I reverse sit up
2. spartan sit up
3. side to side reverse sit up
4. armor sit up
5. immortal reverse sit up
6. pipe armor
7. butterfly hyperextension
8. gold armor
9. clapping plank
10. clapping up plank
11. scorpion plank
12. table L sit
13. clapping reverse
14. rock up
15. spartan burpee
16. dive bomber push up
17. hot coals push up
18. lacerta jump push up
19. clapping jump push up
20. spartan warrior
21. iron lunge
22. tuck squat
23. double jump
24. closed pistol squat
25. spartan back crash

### **Where is it possible to view the exercises?**

On these websites: [www.fif.it](http://www.fif.it) or [www.thespartansystem.com](http://www.thespartansystem.com)

### Which is the clothing to be used?

The clothing of each individual trial is free, but it must be such that it does not prejudice the judge's evaluation in order to evaluate the body lines. Therefore we recommend short or long trousers and a t-shirt (to be worn inside the trousers) enough tight-fitting to the body.

The **race number** provided by the Italian Fitness Federation at the time of registration will be applied to the race t-shirt.

### **How to perform warm-up?**

The athletes must provide their own warm-up for the individual trials. When they show up for their turn, it will therefore be possible to perform only the official trial of the competition, as required by the regulation.

### **What are the registration fees and methods ?**

The new edition of Rimini Wellness 2018 presents an ABSOLUTE NEW!

### **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, send a copy of the payment and registration form completed and signed to Centro Studi la Torre, via Paolo Costa 2, 48121 -Ravenna, fax 0544 34752, e-mail: [fif@fif.it](mailto:fif@fif.it)

**Registrations must reach us by 15th May 2018.**

### **What is the jackpot?**

- The first classified athletes of each category will receive a cup and technical gadgets of the official sponsors.
- The second and third classified of each category will be rewarded with plates and technical gadgets of the official sponsors.

### **What is the structure of the Olympic Games?**

The competition is organized in:

- registration (enrollment)
- briefing challenge (specific regulation of the competition)
- olympic games (race)
- award ceremony (award ceremony)

### **What is the briefing challenge?**

The briefing is an informational meeting to which all members of the Olympic Games are invited.

The briefing is held thirty minutes from the start of the competition. During the meeting, the gerousia (jury), represented by the ephorates (judges) illustrates the specific regulation of the competition;

- types of training / training facilities
- motor skills / abilities
- rules / rules

### **Which types of training are present in the Olympic Games?**

**Ladder:** it's a structure, which is characterized by a series of exercises, each one distinguished by a certain number of repetitions. Once all the exercises have been completed, it is necessary to implement or deplement the number of repetitions for each single exercise. Ladders have 3 forms: with increasing, decreasing or

combined repetitions.

**Amrap - As many round as possible:** a training structure consisting of a predetermined working time, in which the assigned work must be performed as many times as possible. Each round consists of a number of exercises and repetitions. The recovery time between the exercises and at the end of the round is subjective. the final amount of recovery time will positively or negatively affect the execution of more or less rounds / repetitions.

**Afap strategy:** work structure composed of a pre-established number of exercises and repetitions per exercise. The feature of this work is the selection by the practitioner of the sequence of exercises to be combined with the number of repetition proposed; therefore, it is necessary not only a basic strategy to complete the work, but it's required a careful analysis of the complexity of the exercises, of the muscular sector involved and of the speed of execution of the individual exercise . Objective: complete the sequence in the shortest possible time.

Note: all repetitions of an exercise must be completed before proceeding to the next exercise.

**Afap time:** it's a structure, that is composed of a pre-established number of exercises in series. It is necessary to carry out the largest number of repetitions in a determined time. The number of repetitions for each exercise will be added to all the exercises proposed in the structure, providing the final result of the workout.

### What are the terms / rules present during the competition?

- **rep:** repetition performed correctly
- **no rep:** repetition performed incorrectly
- **penalty:** penalty to be performed
- **round:** series of exercises marked by a pre-established number of repetitions or by one working time per exercise
- **work time**
- **rest time:** recovery time at the end of the structure
- **no rest time:** no interruption at the end of the structure

### how are scores assigned?

Depending on the type of the structure:

	<i>amrap</i>	<i>afap strategy</i>	<i>ladder</i>	<i>afap time</i>
first	10 points	15 points	10 points	15 points
second	8 points	12 points	8 points	12 points
third	6 points	10 points	6 points	10 points
fourth	4 points	6 points	4 points	6 points
fifth	2 points	3 point	2 point	3 point

### How is ranking drawn up?

Based on the sum of the points won by each participant in the individual structures

## An example of Olympic Games?

1) **Registration:** Marco Rossi - carried out

2) **Briefing Challenge:**

Structures	Terms/rules	Warrior level Exercises	Work time / repetitions	Hero Level Exercises	Work time / repetitions
amrap	rep / no rep / round / penalty / work time / no rest time	warrior push up table lift tabata squat single leg kick	3 dx-3 sx 8 8 3 dx-3 sx	tuck squat spartan warrior spartan sit up reverse clapping	8 8 8 4 dx – 4 sx
afap time	rep / no rep / penalty / work time	invincible sit up roll up bear push up hotcoals lunge	120 sec 120 sec 120 sec 120 sec	double jump table L sit clapping squat clapping push up	120 sec 120 sec 120 sec 120 sec

2 structures are present:

- **amrap**
- **afap time**

In the **amrap** there are the following rules:

- **ranking**, it is based on the number of *rounds* performed by the participant (in case of a tie between two or more competitors, the number of repetitions carried out will be evaluated)
- **round**: series of exercises marked by a pre-established number of repetitions or by one working time per exercise
- **rep**: repetition that is calculated as correctly done
- **no rep**: not calculated repetition, as it is incorrectly performed
- **penalty**: upon reaching the fifth *no rep*, called by the judge, the competitor is forced to interrupt the execution of the exercises for 30 seconds, a rest time (recovery time) at the end of the structure
- **work time**: the working time of the structure is 10 minutes
- **no rest time**: no recovery time is expected at the end of the structure

In the **afap time** the following rules are present:

- the **ranking** is based on the total number of repetitions performed by the participant
- **rep**: calculated repetition as correctly done
- **no rep**: not calculated repetition, as it is incorrectly performed
- **penalty**: upon reaching the third *no rep* called by the judge, the competitor is forced to interrupt the execution of the exercise for 15 seconds
- **work time**: the working time of the structure is 8 minutes

## FEATURES (Glossary)

- **Agelaia**: center for training practicing with certification
- **Agoge' System**: periodic training program aimed to the practitioner athletic performance
- **Sissitya**: training session
- **Lacaedemon**: practitioner of the activity
- **Helot**: range of exercises used in basic level sissizi
- **Perioeci**: range of exercises used in intermediate level sissizi

- **Spartiates:** range of exercises used in advanced sissizi
- **Krypteia:** range of exercises used in extreme level sissizi
- **Spartan Officer - Gold:** certified instructor (4 masters)
- **Spartan Officer - Silver:** certified instructor (3 master)
- **Spartan Officer - Bronze:** certified instructor (2 masters)
- **Spartan Knight:** certified instructor (1 master)
- **Slogan:** return with the shield or above it
- **Emblem:** lambda
- **Sign:** index and middle of the hand directed downwards
- **Battle Cry: Au Au Au**

## CHALLENGES

- **Olympic Games:** official competitions
- **Olympic:** participant to official competitions
- **Male category - Ares:** male category
- **Female category - Artemide:** female category
- **Warrior level:** basic level of competition
- **Hero level:** advanced level of competition
- **Son of Ares:** winner of official competitions
- **Son of Artemide:** winner of unofficial competitions
- **Ephorate:** judge of official competitions
- **Gerousia:** jury of official competitions
- **Krypteia Institution:** initiatory institution reserved for the winners of the Olympic Games
- **Registration:** registration to the competition
- **Briefing Challenge:** specific regulation of the competition
- **Award Ceremony**
- **Ranking**