

Trichy's Fittest Race

Official Race Rulebook – Station Rules

What is a Station Hold? A Station Hold is a mandatory waiting period at the station, in addition to any time penalties already incurred, that must be completed before the athlete is allowed to proceed to the next section of the race.

General Rules

- Follow the instructions of the station marshal at all times.
- Judges' decisions are final.
- Penalties are cumulative unless otherwise stated.
- Participants must not intentionally obstruct, push or interfere with another athlete.
- Athletes may overtake wherever it is safe to do so.
- All penalties and mandatory waits must be completed before leaving the station unless instructed otherwise.
- All age categories complete identical station requirements (same repetitions and standards). Results and rankings are compared only within each participant's own age category.

Wave Start System

- Athletes start in waves of 6 participants.
- The next wave is released once 3 athletes from the current wave have crossed Station 3 and entered Station 4, after completing the required running loop.

Running

- The race begins with a 380-metre run before reaching Station 1.
- A 380-metre running loop must be completed between every station.
- After completing the seventh and final station (Hoops), athletes must complete the final 380-metre loop before crossing the finish line.
- Missing any required running loop results in a 5-minute time penalty.
- Slower runners must keep as far to the outside of the running loop as safely possible, leaving the inside line clear for faster runners to overtake.
- A runner who deliberately blocks the inside line, or fails to move outward when safe to do so, may receive an obstruction penalty.

Station 1 – Push-ups

- Participants must complete 12 push-up repetitions.
- Valid repetition: Chest touches the ground; entire body from chest to knees is in contact with the ground; both hands clearly leave the ground; press back up until elbows are fully extended.
- Half repetitions, incomplete lockouts, or failure to lift both hands will not be counted.
- Penalty: +10 seconds for each invalid repetition.
- If a participant performs 5 or more invalid repetitions, a mandatory 60-second Station Hold must be completed before proceeding.

Station 2 – Lunges

- Athletes must complete the marked course - 10 metres forward and 10 metres back.
- Rear knee must touch the ground; hip must fully extend before the next step; remain in lane; do not obstruct overtaking athletes.
- Penalty: +10 seconds for each invalid repetition or obstruction.

Station 3 – Low Crawl

- Athletes must crawl under the rope for the entire 10 metre course.
- Remain below the rope throughout and do not interfere with adjacent athletes.
- Penalty: +10 seconds for each rule violation.

Station 4 – Mini Hurdles

- Jump every hurdle using both feet simultaneously.
- Knocking over a hurdle carries no penalty if both feet were used.
- Alternating feet: +10 seconds per hurdle.
- Running continuously through the hurdles: Mandatory Station Hold of 60 seconds.

Station 5 – Box Squat Jumps

- Athletes must complete 10 repetitions.
- Squat until hips clearly touch the box, then immediately jump upward.
- Half/quarter squats or failure to touch the box are invalid.
- Penalty: +10 seconds per partial squat.
- More than 4 partial squats: Mandatory Station Hold of 60 seconds.

Station 6 – Battle Ropes

- Athletes must perform 15 single-arm waves with one arm.
- After completing 15 repetitions, participants must perform 15 single-arm waves with the opposite arm.
- All repetitions on one side must be completed before changing hands.
- Penalty: +10 seconds for each incomplete side.

Station 7 – Hoops Challenge

- Athletes are allowed to have a maximum of 20 shots.
- All 20 attempts must be completed before leaving the station.
- Penalty: +10 seconds for each missed shot.
- Leaving the station before completing all 20 attempts will result in a mandatory 60-second Station Hold.

Obstruction Rule

- Participants must not deliberately block, delay, or interfere with another athlete.
- Faster athletes must be allowed to overtake whenever it is safe.

- Intentional obstruction may result in a 10-second penalty or further disciplinary action, based on the decision of the Chief Judge.

Summary of Penalties

- Missing a required running loop: 5-minute time penalty
- Blocking the inside line or failing to move outward for overtaking: obstruction penalty (10 seconds or further disciplinary action)
- Invalid push-up: +10 seconds each
- 5 or more invalid push-ups: 60-second Station Hold
- Invalid lunge: +10 seconds each
- Obstructing another athlete: +10 seconds
- Crawl violation: +10 seconds
- Alternating feet on hurdles: +10 seconds per hurdle
- Running through hurdles: 60-second Station Hold
- Partial box squat jump: +10 seconds each
- More than 4 partial box squat jumps: 60-second Station Hold
- Incomplete battle rope repetitions on one side: +10 seconds per incomplete side
- Missed hoop shot: +10 seconds each
- Leaving the Hoops Challenge before completing 20 attempts: 60-second Station Hold

Terms & Conditions

1. Eligibility

- Participants must register under the correct age category.
- The event is open to male and female participants.
- Participants must be physically fit and capable of taking part in high-intensity fitness activities.
- The organizers reserve the right to verify participant details at any time.

2. Registration

- Registration will be confirmed only after successful completion of the registration process and payment, if applicable.
- Registration once completed is non-transferable.
- Participants must provide accurate personal and contact details during registration.
- The organizers will not be responsible for issues caused by incorrect information submitted by participants.

3. Health & Safety

- Participants take part in the event at their own risk.
- Participants with any medical condition, injury, heart-related issue, breathing difficulty, or physical limitation are advised to consult a doctor before registering.
- The organizers, venue partners, sponsors, and event team will not be responsible for any injury, health issue, accident, loss, or damage caused during participation.
- Participants must immediately inform the event team if they feel unwell during the race.

4. Event Rules

- Participants must follow the official race rulebook and station rules.
- Instructions given by station marshals, judges, and event officials must be followed at all times.
- Judges' decisions will be final and binding.
- Penalties and station holds will be applied as per the official rulebook.
- Any participant found cheating, misbehaving, obstructing others, or violating rules may be disqualified.

5. Reporting & Participation

- Participants must report to the venue at the scheduled time.
- Late arrival may lead to disqualification or denial of participation.
- Participants must wear suitable sportswear and footwear.
- Participants must carry any required ID proof for verification if requested.

6. Participant Benefits

- Every participant will receive a Participation Kit, Medal, and Refreshments. A Certificate will be provided on completion of the race.
- Additional benefits may be announced by the organizers, subject to event availability and organizer discretion.
- No replacement will be provided for lost or misplaced event items after collection.

7. Rewards & Recognition

- Winners will be selected based on performance, completion time, penalties, and judge evaluation.
- Winners are ranked separately within each age category.
- Winner trophies, certificates, mementos, or rewards will be provided as announced by the organizers.
- The organizers reserve the right to modify reward categories if required.

8. Photography & Media Consent

- By participating in the event, participants agree that photos and videos taken during the event may be used by the organizers for promotional, marketing, social media, website, press, and future event communication purposes.
- Participants will not be entitled to any payment or compensation for such usage.

9. Event Changes

- The organizers reserve the right to change the event date, time, venue, format, rules, categories, rewards, or activities due to weather, safety concerns, government regulations, operational reasons, or any unavoidable circumstances.
- Any major updates will be communicated through official event channels.

10. Cancellation & Refund

- Registration fees, if applicable, are non-refundable unless otherwise decided by the organizers.
- If the event is postponed, the registration may be carried forward to the revised date.
- The organizers' decision regarding cancellation, postponement, or refund will be final.

11. Code of Conduct

- Participants must maintain discipline and sportsmanship throughout the event.
- Misbehavior, abusive language, physical aggression, damage to property, or disrespect towards officials, participants, or organizers will not be tolerated.
- The organizers reserve the right to remove or disqualify any participant for misconduct.

12. Liability Disclaimer

- Participation is voluntary.
- The organizers, sponsors, venue partners, staff, volunteers, and associated parties shall not be held liable for any injury, illness, accident, loss, delay, theft, damage, or personal expense arising before, during, or after the event.

- Participants are responsible for their own health, belongings, and personal safety.

13. Final Decision

- All decisions made by the organizers, judges, and event officials will be final.
- By registering for the event, participants confirm that they have read, understood, and agreed to all the above terms and conditions.