AIA Ultimate FitnessFest Finals 2026
Rulebook – Open Edition

1. Participants to form teams of two (2) to compete in the Finals in Women's Doubles, Men's Doubles and Mixed Doubles category.
2. All participants must be at least 18 years old.
3. Both team members must register at the same time and complete the required forms during registration.
4. Both members must split prescribed repetitions or distance equally at each station throughout the race.
5. Only one (1) team member of the competing pair will be doing the station at any point of time.
6. Each athlete must complete all stations in the prescribed order, split equally between the two (2) members:
    - 500m Ski Erg
    - 30 Burpee Over The Line
    - 50 Alternating Forward Lunges, Bodyweight
    - 1000m Row Erg
    - 20 Hand-release Push ups
    - 50 wall balls (6kg for male and 4kg for female participants)*

    *For Mixed Doubles, female participants shall use the 4kg wall ball and male participants shall use the 6kg wall ball throughout the competition.

7. Teams will have to complete all stations in the fastest possible time.
8. Each team has a 35-minute time cap to complete all stations.
9. Teams may determine the sequence of their team members prior to the start of the race. Once the race has commenced, the chosen sequence must remain unchanged throughout the competition.
10. No overtaking of team member is allowed.
11. Team members can only move on to the next station upon receiving the Judge's confirmation of completion. Eg Athlete A has to complete 250m Ski Erg before Athlete B completes the remaining 250m. When the full 500m Ski Erg is completed and receives the judge's confirmation, Team can move on to the next station.
12. Team will automatically be disqualified if any team member leaves the station early before receiving the Judge's confirmation of completion.
13. In the event of a tie, the team with the faster average Ski Erg time wins the tiebreaker.
14. No swap outs of team members are allowed at any point throughout the games.
15. All decisions made by onsite Judges are final.
16. Results and ranking system are based on the fastest time to complete all stations by the team.
17. Team will automatically be disqualified if any team member skips a station.

Ski Erg (Target: 500m, split equally)

- Prior to the start of each wave, the Ski Erg machine must be (re)set by a Judge.
- Each team member is allowed to adjust the damper setting to their own preferences anytime during their workout.
- Athlete A will complete 250m, before Athlete B completes remaining 250m. Upon completing the target distance of 500m on Ski Erg, team member seeks Judge's acknowledgement on completion, before moving out of the station.

- An athlete's first infringement will result in a formal warning. A second infringement will result in a 15-second penalty. Each subsequent infringement will incur an additional 15-second penalty - no further warnings will be issued.

Burpee Over The Line (Target: 30 repetitions, split equally)

- Team member must start by completing a burpee.
- The first burpee of each section starts with both hands placed on the ground/contrasting coloured tape on mat with the athlete's chest on the ground. In this context, 'chest on the ground' is defined as the nipple line making clear contact with the ground.
- The athlete may then jump or step out of the burpee before jumping forward over the line.
- Athlete must jump over the line after a burpee and start with both hands behind the line for the next rep.
- During all jumps, both feet must be parallel for taking off and landing. No staggered foot positions, additional steps or shuffles are permitted at any time.
- Both feet must land simultaneously, ensuring they are parallel.
- The chest must touch the ground during each burpee.
- Starting off with a burpee followed by a jump over the line is considered as one repetition.
- When jumping or stepping out of any burpee, athlete's feet cannot go beyond the athlete's fingertips.
- When starting all subsequent burpees, the athlete's hands must be placed no more than 30cm's forward of their toes.
- During the burpee station, team member will complete 15 repetitions each, with no swap-outs allowed until Athlete A completes 15 repetitions.
- No warnings will be given; repetitions are either "Valid Rep" or "No Rep".

Alternating Forward Lunges, Bodyweight (Target: 50 repetitions, split equally)

- The athlete starts by standing tall with both feet together before taking their first lunge forward.
- During each lunge, the trailing knee must clearly touch the ground.
- Each repetition ends with the athlete standing tall, knees and hips fully extended.
- All lunges must be forward.
- During the stationary lunges station, athletes will complete 25 repetitions each. Resting athlete must remain resting outside the station mat, with no swap-outs allowed until Athlete A completes 25 repetitions.
- No warnings will be given; repetitions are either "Valid Rep" or "No Rep".

Rowing (Target: 1000 metres, split equally)

- Prior to starting the workout, the rower monitor must be (re)set by a Judge.
- Each team member is allowed to adjust the damper setting to their own preferences - this may be adjusted as many times as desired by the athlete.
- Athletes are permitted to adjust the footplate to their preferred setting before beginning.
- Only 1 team player is allowed to be on the rowers at any point of time.
- After completing 500m, athlete may only dismount after receiving the Judge's confirmation of completion. Next team member will then go on the rowers to complete the remaining 500m.
- An athlete's first infringement will result in a formal warning. A second infringement will result in a 15-second penalty. Each subsequent infringement will incur an additional 15-second penalty - no further warnings will be issued.

Hand release push-ups (Target: 20 repetitions, split equally)

- Athlete to start off in a tall plank position. Female athletes can opt to start off with knees on ground.
- Athlete's chest and thighs have to touch the ground before releasing both hands off the floor and immediately returning hands to start position, extending arms fully, back to a tall plank position or knees on ground.
- Each successful completion of the lowering, hand release, and return to the starting position constitutes one repetition.
- During the hand release push-ups station, athlete will complete 10 repetitions each. Resting athlete must remain resting outside the station mat, with no swap-outs allowed until Athlete A completes 10 repetitions.
- No warnings will be given; repetitions are either "Valid Rep" or "No Rep".

Wall Balls (Target: 50 repetitions, split equally)

- Wall ball weights -
  - Women's at 4KG
  - Men's at 6KG
  - For Mixed Doubles, female participants shall use the 4kg wall ball and male participants shall use the 6kg wall ball throughout the competition.
- Targeted height -
  - Women's at 2.70 metre
  - Men's at 3.00 metre
  - For Mixed Doubles, female participants shall use prescribed height for females and male participants shall use the prescribed height for males throughout the competition.
- The athlete must start by standing tall (hips and knees extended), holding the wall ball with both hands i.e. it is not permitted for athletes to pick the wall ball up from the ground and immediately throw it at the target.
- Athletes must squat below parallel and throw the ball with both hands as they stand up, striking the correct target on the wallball rig. This is counted as one repetition.
- Each wall ball throw must strike the designated target i.e. female athletes must hit their target in the strike zone; male athletes must hit their target in the strike zone.
- After the ball touches the target, the athlete either catches the ball and initiates the movement again or alternately, the athlete allows the wall ball to hit the ground before starting the movement again i.e. standing tall, hips and knees extended before commencing the squat.
- Athletes are not permitted to catch the ball after it bounces and continue with the next repetition.
- At the bottom position of the squat, the athlete's hips must descend lower than knees.
- A flying transition where one team member throws the ball to the target and the next team member catches it in the squat and keeps moving is not permitted. Doing so will result in a no rep.
- Athlete will complete 25 repetitions each. Resting athlete must remain resting outside the station, with no swap-outs allowed until Athlete A completes 25 repetitions.
- No warnings will be given; repetitions are either "Valid Rep" or "No Rep".

Judges will:

- count out valid repetitions clearly;
- confirm each station completion before team can move on to the next station;
- remind teams on the sequence of stations;
- (re)set after every wave for run;
- (re)set after every team member for ski erg/rowing;
- require team representative to sign off results sheet upon completion of the challenge. All results signed off are taken as final.

OVERVIEW OF PENALTY

REASON	PENALTY
Skipping a station	DQ
Leaving station early	DQ