AIA Ultimate FitnessFest Finals 2026
Rulebook – Uni Edition

1. Students are to form teams of two (2) to compete in the Finals.
2. All participants must be at least 18 years old and are currently studying in Singapore.
3. Both members must register at the same time and complete the required forms during registration.
4. Both team members must be from the same school.
5. Each team member will start with on the Ski Erg and clock in 1000m in distance before they can proceed to the next station.
6. All athletes must complete all stations in the prescribed order. Participants may only proceed to the next station upon successfully completing the required target or repetitions at their station (Eg Athlete A will start on the 1000m Ski Erg while Athlete B waits. When Athlete A completes the 1000m Ski Erg, Athlete A can move on to start on 50 Burpee Over The Line while Athlete B begins the 1000m Ski Erg)

Race Format (repetition/distance targets per person):

- 1000m Ski Erg
- 50 Burpee Over The Line
- 100 Alternating Forward Lunges, Bodyweight
- 1000m Row Erg
- 30 Hand Release Push-Ups
- 100 wall balls (6kg for male and 4kg for female participants; target repetitions to be split equally between both members. Athlete A will have to wait for Athlete B to complete the 30 hand release push ups before starting on the wall balls. Athlete A will have to complete 50 wall balls, before Athlete B can complete the remaining 50 wall balls)*

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

7. Example of team flow:
    - Athlete A completes 1000m on Ski Erg and proceeds to 50 Burpee Over The Line,
    - Athlete B will then begin on the 1000m Ski Erg
    - If Athlete B completes 50 reps of Burpee Over The Line while Athlete A is still attempting their Forward Lunges, Athlete B must wait for Athlete A to complete all 100 repetitions of Forward Lunges, before Athlete B could commence on their set
8. Team members will have to complete the stations in the fastest possible time.
9. Each team has a 45-minute time cap to complete all stations.
10. 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.
11. No overtaking of team member is allowed.
12. Both members can only move on to the next station upon receiving the Judge's confirmation of completion.
13. Team will automatically be disqualified if any team member leaves the station early before receiving the Judge's confirmation of completion.
14. In the event of a tie, the team with the faster average Ski Erg time wins the tiebreaker.
15. No swap outs of team members are allowed at any point throughout the games.

16. All decisions made by onsite Judges are final.
17. Results and rankings will be determined based on the team's overall accumulated time across all official event components.*
18. Team will automatically be disqualified if any team member skips a station.

***More details will be shared during AUFF Mixer on 5 September 2026**

Ski Erg (Target: 1,000 metres each)

- Prior to the start of each wave, the Ski Erg machine must be (re)set by the Judge.
- Each team member is allowed to adjust the damper setting to their own preferences anytime during their workout. Upon completing the target distance of 1000m 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: 50 repetitions each)

- 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 repetition.
- 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.
- No warnings will be given; repetitions are either "Valid Rep" or "No Rep".

Alternating Forward Lunges, Bodyweight (Target: 100 repetitions each)

- The athlete starts by standing tall with both feet parallel before beginning 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.
- No warnings will be given; repetitions are either "Valid Rep" or "No Rep".

Rowing (Target: 1,000 metres each)

- 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.

- Athlete on the rower may only dismount and proceed to the next station after receiving the Judge's confirmation of completion.
- 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: 30 repetitions each)

- 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 must 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.
- No warnings will be given; repetitions are either "Valid Rep" or "No Rep".

Wall Balls (Target: 100 repetitions, split equally, 50 reps each)

- 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.
- Both members of the team must share the prescribed repetitions equally, where Athlete A completes 50 reps, before Athlete B completes the remaining 50 reps
- 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 completes 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