

THE BATTLE TEST

OFFICIAL COURSE RULEBOOK

Athlete & Competition Rules - Version 1.0

V.I FITNESS

Win the War Within.

1. THE BATTLE TEST

The Battle Test is a functional fitness race designed to test an athlete's combination of strength, endurance, speed, movement efficiency and mental resilience.

Athletes must complete the entire prescribed course, in the correct order, while meeting the movement standards outlined in this rulebook.

Objective: Complete the Battle Test correctly in the fastest possible time. An athlete's official finishing time includes all stations, running sections and any applicable penalties.

2. OFFICIAL COURSE

#	Movement	Distance / Reps
1	Run	1.2 km
2	Tyre Flip	60 m
3	Walking Lunges	60 m
4	Plate Clean & Press	60 reps
5	Run	800 m
6	Bear Crawl	60 m
7	Farmers Carry	60 m
8	Broad Jump Burpees	60 m
9	Run	400 m

Athletes may not change the order of the stations. Failure to complete a station before progressing may result in the athlete being stopped, returned to the station, issued a penalty or disqualified.

3. GENERAL RACE RULES

3.1 Course Completion

Athletes must complete the full prescribed distance and repetition count at every station. All athletes are responsible for following the marked course. Taking a shortcut or deliberately reducing the prescribed distance may result in a time penalty or disqualification.

3.2 Athlete Responsibility

Athletes are responsible for understanding the course and movement standards, attending any compulsory briefing, starting in their assigned wave, following official instructions, and completing the correct repetitions and distances. Not knowing a rule does not automatically exempt an athlete from a penalty.

3.3 Outside Assistance

Verbal encouragement is permitted. Physical assistance is not. No person may carry equipment for an athlete, help flip a tyre, complete repetitions, or push, pull or carry an athlete forward. Race officials may physically intervene when necessary for safety.

3.4 Assigned Lanes

Where stations are divided into lanes, athletes must remain within their designated working area and make a reasonable effort not to obstruct neighbouring competitors.

4. RUNNING

The course contains a 1.2 km run, an 800 m run and a 400 m run, for a total running distance of 2.4 km. Athletes must follow the officially marked route and may run, jog or walk. Athletes may not deliberately cut corners, cross barriers or use an alternative route to shorten the distance. Where a turnaround point is used, the athlete must travel around the designated marker.

5. TYRE FLIP - 60 METRES

Movement Standard

The athlete begins behind the designated starting line and must lift and flip the tyre forward. A successful flip is completed when the tyre passes over its vertical position and lands on the opposite side. The athlete continues until the full 60 m is completed.

Permitted

Athletes may change hand position or lifting technique, push the tyre over once lifted, pause between flips and rest at any point.

Not Permitted

Athletes may not continuously roll the tyre, receive assistance, deliberately enter another athlete's lane or abandon the tyre before completing the prescribed distance.

Finish Standard

The tyre must cross the designated 60 m finish line. The station judge determines whether the required distance has been completed.

6. WALKING LUNGES - 60 METRES

Movement Standard

Each repetition begins from a standing position. The athlete steps forward into the lunge, the rear knee must make clear contact with the ground, and the athlete must rise and progress forward into the next repetition.

No Rep / Correction

A repetition may be rejected if the rear knee does not touch the ground, the athlete fails to complete the movement, deliberately skips forward, or uses an unapproved method of carrying the load.

Resting

Athletes may stop and rest. If equipment is placed down, the athlete must restart from the point instructed by the station judge.

Finish Standard

The athlete and prescribed load must reach the designated finish line before progressing.

7. PLATE CLEAN & PRESS - 60 REPS

Starting Position

Each repetition begins with the plate on the ground.

Movement Standard

The athlete lifts the plate from the ground, brings it through the clean phase and presses it overhead. At the top, both arms must reach full extension, the plate must be clearly overhead, and the athlete must demonstrate control while standing upright.

Ground Contact Requirement

After every repetition, the plate must be lowered until it makes clear contact with the ground before the next repetition begins. The plate touching the ground is a mandatory part of every valid repetition.

No Rep

A repetition may be rejected if the plate does not touch the ground between repetitions, does not reach the required overhead position, the arms do not reach full extension, or the athlete fails to demonstrate control at the top.

Rep Counting

The station judge's count is official. A NO REP does not count toward the required 60 repetitions. All 60 valid repetitions must be completed before the athlete progresses to the 800 m run.

8. BEAR CRAWL - 60 METRES

Movement Standard

The athlete travels forward using both hands and feet. The knees must remain off the ground while actively progressing.

Violation

The athlete may be stopped if they begin walking or running normally, deliberately use their knees to progress, leave the designated course or skip part of the required distance.

Resting

Athletes may stop and the knees may touch the ground while resting. The athlete must resume the legal bear crawl position before progressing again.

Finish Standard

The athlete must cross the designated 60 m finish line before progressing.

9. FARMERS CARRY - 60 METRES

Movement Standard

The athlete carries one prescribed weight in each hand with the arms alongside the body. Athletes may walk or run.

Resting

Athletes may place the weights down. They must resume from the same point before continuing.

Not Permitted

Athletes may not throw the weights forward to gain distance, drag the weights, carry both weights in one hand unless specifically authorized, or receive assistance.

Finish Standard

Both weights must cross the designated finish line.

10. BROAD JUMP BURPEES - 60 METRES

Burpee Standard

The athlete lowers the body until the chest makes clear contact with the ground, then returns to the feet.

Broad Jump Standard

After the burpee, the athlete performs a forward broad jump. The next burpee begins from the point at which the athlete lands.

No Rep / Distance Violation

The athlete may be required to repeat or correct the movement if the chest does not touch the ground, the athlete steps significantly forward before jumping, deliberately skips part of the movement, or uses another movement to gain distance unfairly.

Resting and Finish

Athletes may rest between repetitions and must continue until they have crossed the designated 60 m finish line.

11. JUDGING

Judges are responsible for maintaining consistent movement standards. Athletes must follow reasonable instructions from their assigned judge.

REP - repetition accepted. **NO REP** - repetition rejected. **HOLD** - stop and wait for instruction. **CONTINUE** - resume racing.

When a judge calls a no rep, the athlete must continue until the required number of valid repetitions has been completed. Arguing with a judge does not automatically change a decision.

12. PENALTIES

Minor Violations

Examples include incomplete movement standards, accidental lane infringement, or an incorrect movement that is immediately corrected. These will normally be handled through a no rep or movement correction.

Course Violations

Examples include missing part of a running route, skipping distance at a station, leaving a station before completion, or incorrectly completing a distance-based movement. The athlete may be returned to the missed section, required to repeat the movement, or issued a time penalty.

Serious Violations

Deliberate course cutting, intentional physical assistance, deliberate interference, repeated refusal to follow official instructions, abusive or threatening behaviour, or deliberate cheating may result in a significant time penalty or disqualification.

13. EQUIPMENT

Athletes must use the equipment assigned to their division. Equipment may not be exchanged for lighter equipment without authorization from the Race Director. If equipment breaks or becomes unsafe through no fault of the athlete, the athlete must immediately alert a judge. Officials will determine the appropriate solution.

14. PASSING & SPORTSMANSHIP

Athletes may pass where sufficient space is available. A faster athlete does not automatically have right of way if passing would create an unsafe situation. Athletes must not deliberately block, push, interfere with another athlete, move another athlete's equipment, or prevent a safe pass.

15. TIMING

An athlete's race time begins when their wave is officially released and ends when they cross the official finish line after completing the final 400 m run.

Official Time = Race Time + Applicable Time Penalties. Official timing records take precedence over personal watches, phones and athlete-recorded times.

16. WAVES

Athletes compete in assigned waves and must report to the start area before their scheduled wave. Athletes who miss their start may be moved to another wave at the discretion of officials. Athletes may not independently change waves without authorization.

17. SAFETY

Athlete safety takes priority over competition. Race officials may stop an athlete if continuing presents an immediate safety risk. If an athlete requires medical attention, officials may pause or terminate participation. Medical and Race Director decisions made for immediate safety reasons take priority over competitive considerations.

18. WITHDRAWAL / DNF

An athlete who cannot complete the course may withdraw and will be recorded as DNF - Did Not Finish. An athlete who deliberately skips a station and continues without authorization may instead receive a DQ - Disqualification.

19. DISQUALIFICATION

Grounds for disqualification may include deliberate cheating, significant intentional course cutting, physical assistance intended to improve performance, deliberate interference with another athlete, dangerous conduct, tampering with equipment or timing, repeated refusal to follow officials' instructions, or serious unsportsmanlike conduct. The Race Director has final authority over disqualification.

20. RESULTS & APPEALS

Athletes who believe a significant judging or timing error affected their result may submit an appeal to the designated race official. The appeal should identify the athlete, race number, station involved and nature of the disputed decision.

Available timing records, judge reports and official video footage may be reviewed where available. Spectator footage does not automatically override an official decision. The Race Director's decision following an appeal is final.

21. WINNERS & RANKINGS

Athletes are ranked according to their official finishing time after penalties. The athlete with the fastest official time within their respective competitive category is the winner. Men's and women's categories are ranked separately unless otherwise stated by the event organizers.

22. THE STANDARD

The Battle Test rewards athletes who can move fast, strong and efficiently while maintaining standards under fatigue. Speed does not override movement quality.

Every athlete races the same course. Every valid repetition counts. Every metre counts. Every second counts.

Complete the course. Meet the standard. Finish the Battle.

ARE YOU BATTLE READY?

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