

## **Octathlon exercise rules**

As in all sports there are rules and these are done to set standards as well as to ensure a degree of safety during an event and training for an event. They are the same rules for all courses.

### **Bike Rules**

Organisers of Octathlon competitions can start competitors off either on or off the bike. The International events will all start off the bike.

You will not be allowed to get off and touch the ground until you have done the required distance. Depending on the model of the bike used, the organisers may set rules as the the minimum level of resistance allowed due to the model of the bike used.

Otherwise competitors can choose whatever resistance they desire and pedal at whatever rate they choose.

### **Lat pull down rules**

Competitors need to ensure that three things are done correctly.

Firstly that their arms are extended and not bent at the elbow at the top of the range of lat pull down movement.

Secondly they must bring the bar down to just below the level of their chin for a full repetition to count.

Thirdly they must not lean excessively back during the downward phase of the pull down. More than a 10 degree lean will mean the repetition is not counted by your judge. You can stop at any time and take a rest.

### **Box Step up rules**

Competitors must first pick up their dumbbells from the top of the box and they will need to replace them there after they have completed the exercise.

The box step must be 14 inches high +/- half an inch.

To count as a step up both feet must be fully on top of the flat part of the box with no part of the heel hanging over the edge.

The competitor must stand near to vertical, not bent over at the hips, on the top of the box with hips above the ankles and not excessively leaning back.

A lean back of more than 10 degrees will mean the repetition will not count.

No jumping is allowed which means one foot must either be in contact with the floor or the box at all times.

Feet must not pass over the sides of the box during the step up or step down phase

### **Sit up rules**

To count the hands must touch the ears and the back must touch the ground at the end of the downward phase of the sit up.

There is no need for the back of the head to touch the ground.

The elbows do however have to go back as far as possible to the floor.

The elbows must touch the knees at the top of the sit up. This can be anywhere at the top of the knees – even to the side of the knees at the top but they both must touch.

The competitor can stop and rest and continue later on but all sit ups need to be done before being able to continue.

### **Row rules**

Competitors can start pulling at their rowing machine as soon as they sit down on the seat and their feet are off the ground.

Competitors can select any level of resistance that they want to complete the distance. To complete this exercise competitors must have completed the required distance before getting up off of the seat.

They are allowed to row with their feet out of the straps but cannot take extra strokes with their feet on the floor.

### **Bench press rules**

Competitors must ensure that their arms are extended at the top of the bench press and that the bar must actually touch the chest at the end of the downward phase of the bench press.

Competitors bottoms must always be in contact with the bench. You can have your feet up on the bench if you wish.

The position of your hands on the bar is also important. You cannot have them close together such that your hands are positioned closer together than your shoulders.

Shoulder width apart and no nearer and no further.

You also cannot have your hands on the bar so far apart that such that when the bar is lowered onto your chest your hands are still further apart than your elbows.

Competitions where judges hand the bench press bar to them and take it from them, before all the repetitions are completed, are allowed. Competitors need to complete all the required reps before continuing.

### **Run rules**

Competitors must remain on the treadmill until they complete the required distance.

Competitors are not allowed to hold, or hang on to, any part of the treadmill when they are completing the required distance. The exception to this is for balance for safety purposes when the competitor is allowed to lightly touch the bars to the sides or front to stabilise themselves. An example of this is when they may be changing the treadmill speed or incline.

They can stop to walk on the way but if you fall off the treadmill, you will be allowed back on but you will have to complete the whole distance again.

The treadmill must be started on 0% and must be moved to 10% before the competitor can increase the treadmill running speed beyond normal walking pace. A desired running speed can be entered onto the treadmill console in any way the competitor desires.

Only the competitor can touch the controls of the treadmill. The exception is where a judge deems the running speed to be unsafe for the competitor based on the competitor's performance at the time.

### **Shoulder press rules**

The shoulder press must be done on a steeply inclined bench such that the bar can be lowered down very close to the front of the face.

In all events the competitor must pick up and put down the bar themselves before, during and at the end of the exercise.

The arms must be extended at the top of the press and the bar must be lowered to below the nose on the downward phase. (The current video mentions the chin - this rule was changed recently)

Your bottom or hips must be touching the upright part of the bench at all times. The competitor finishes the exercise by placing the bar back down on the ground by their feet.

Some event organisers may require the competitor to make a short sprint to cross a finishing line.

Event organisers may allow a judges assistants to stand behind the competitor in order to take hold of the bar purely on the grounds of safety if the judge thinks that safety is becoming an issue due to the performance of the competitor. If this happens a competitor is allowed

to continue but that particular repetition will not count.

In all cases only full repetitions count where the bar has been lifted up and down by the competitors themselves.

The hands must be placed on the bar no nearer and no further than shoulder width apart (Your hand's thumb must lie outside the edge of your body at the shoulders).

The hands should also be no further apart such that at the end of the down ward phase the arms are further apart than their elbows.

This is not an incline chest press exercise and elbows must be directed out to the side of the body and not facing toward your front. The bar must also be raised vertically above the head and not out in front at an angle.

### **Pairs Rules**

In pairs racing the course being raced will determine how the pairs do the exercises. For the Sprint & Rock Octathlon, partners must do 2 complete Duos each. For the Ultra-Octathlon pairs courses this is the same but in this instance it depends on whether the current year is an odd or an even number as that will determine which of the two mixed sex partners will go first.

The other courses have more freedom and partners can choose which 4 exercises they wish to do. The order of the exercises must be done in the set Octathlon order. However, the next exercise cannot be started until the last one has been completed and the person completing it has tagged their partner who must be ready waiting at the next exercise station.

The team race ends when the last shoulder press repetition has been done and the bar returned to the floor and both partners have cross over the finishing line.

People of any age can compete as pairs together however their times will always be placed in the age category of the youngest competitor.

### **Disclaimer**

Octathlon Ltd, nor any of the organisations or associations it is affiliated to, does not accept any responsibility for anything that happens to anyone when doing the any of the Octathlon courses or in doing any of the Octathlon training programs. Anyone doing these training programs or courses does so at their own risk.