

THE



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 - Competitors can start, but must remain, seated on the bike and cannot get off until they have covered the required distance. They can choose whatever resistance they desire and pedal at whatever rate they choose. Some makes of bike require you to enter a race mode and you should ensure that the model your gym uses for the event remains the same for all competitors and that the faster one pedals, the faster ones time is. It would also be good to use bikes where if one pedals on a higher resistance, like using a higher gear, one can also complete the distance in a faster time.

Lat Pull Downs – Competitors need to ensure that three rules are done correctly. 1. Firstly that their arms are fully extended, but not locked out, at the top of the range of lat pull down movement. 2. Secondly they must bring the bar down to just below the level of their chin for a full repetition to count. 3. 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. You are also allowed to use a coach to help have the bar handed to your outstretched arms for your first repetition and after any rest period. Remember – Good form leads to a good body.

Box Step Ups – 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.

1. To count as a step up both feet must be fully flat on top of the box with no part of the heel hanging over the edge. Both feet also need to be flat on the ground after stepping off the box.
2. The athlete 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.
3. A lean back of more than 10 degrees will mean the repetition will not count.

Sit Ups – 1.To count the hands must hold the ear lobes between thumb and forefinger or must touch the ears at all times.

2. Both the backs of the arms 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.

3.The elbows must touch the knee area at the top of the sit up. This can be above the knee or to the side of the knee or to the front of the knee. Too low on the leg will not count.

The feet must be held flat to the ground either by the person selected to be your coach or there is the option for feet to be placed under a secure foothold for this exercise. The competitor can stop and rest and continue later on but all sit ups need to be done before being able to continue.

The sit up rules for the short course are different. The individual can reach out with their arms such that the underside of their wrists touch the top of their knees with their hands hanging further over the knee. At the downward phase of the sit up the back must touch the ground and the individual must touch their shoulders with their hands.

Row – Competitors can start pulling at their rowing machine as soon as they sit down on the seat and their feet are off the ground. To complete this exercise competitors must have completed the required distance before getting off of the seat. They are allowed to take their feet out of the straps early but cannot take extra strokes with their feet on the floor.

Bench Press –

1. Competitors must ensure that their arms must be straight and fully extended, but not locked out, at the top of the bench press.
2. The bar must actually touch the chest at the end of the downward phase of the bench press.
3. The back must not arch in the middle when lifting the bar up and your bottom must always be in contact with the bench. You can have your feet off the ground and on the bench in this exercise if you prefer.

You are also allowed to have a Coach hand the bar to you at the outset, and when you need a rest, but only when your arms are in an outstretched position. 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. 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.

Treadmill Run – Competitors must remain on the treadmill until they complete the required distance. They can stop to walk on the way but if you fall off the treadmill, you will only be allowed back on, but you will have to complete the whole distance again. The treadmill can be started on 0% but must be moved to 10% before the competitor can increase the treadmill running speed. Alternatively the treadmill can be started on the 10% incline. Depending on the makes and models the club can decide on a procedure for all to follow.

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

1. The arms must be fully extended, but not necessarily locked out, at the top of the press.
2. The bar must be lowered to below the chin on the downward phase. You can raise your chin if you wish and if it is possible with the back of the bench.
3. The back must be kept against the upright bench at all times. You will have to pick up the bar from the ground yourself and rest it on your lap, or the ground, if you need a rest at any time.
4. The hands must be placed on the bar **no nearer than shoulder width apart** (Your hand's thumb must lie outside the edge of your body at the shoulders) and no further apart such that at the end of the down ward phase the arms are further apart than their elbows.

Pairs – pairs must be two people of the same sex and each person must do four of the eight exercises. It does not matter which 4 they do and in what 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.

Each training session suggests a warm up first and a stretching period afterwards. We recommend you doing this as it will help you progress.

Disclaimer

The WOA, nor any of the organisations or associations it is affiliated to, do 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.