

GRITS & GRIND CHALLENGE

OFFICIAL RULES & REGULATIONS

1. Event Overview

The Grits & Grind Challenge is a fitness competition designed to test strength, endurance, conditioning, determination, and teamwork through a series of functional fitness challenges.

Participants may compete as an Individual or as part of a Doubles Team. Competitors will move through a designated course consisting of sandbag, medicine ball, and tire stations.

The event is intended to be challenging, competitive, and fun. All participants are expected to prioritize safety, sportsmanship, and respect throughout the competition.

2. Registration & Eligibility

- Participants must complete the official Grits & Grind Challenge registration process before competing.
- All required waiver/release and emergency contact information must be completed before participation.
- Participants are responsible for providing accurate registration information.
- Registration is complete only when all required information, waivers, and payment requirements have been satisfied.
- Doubles teams consist of two participants. Each participant must complete their own required waiver and registration requirements.

3. Divisions

- Male Individual
- Female Individual
- Women's Doubles
- Men's Doubles
- Coed Doubles

The Prattville YMCA reserves the right to adjust divisions based on registration numbers and will communicate any changes to registered participants.

4. Check-In & Arrival

- Participants should arrive at least 30 minutes before their assigned start time.
- Participants are responsible for checking in, receiving competition information, attending any required briefing, and being ready to begin at their assigned time.
- Late arrivals may be unable to compete and are not guaranteed a rescheduled start time.

5. Competition Format & Rolling Starts

The competition will use two identical courses. Each participant or doubles team will be assigned a start time and a course. The planned rolling-start schedule alternates the two courses every five minutes, meaning each individual course receives a new competitor approximately every 10 minutes.

Time	Course 1	Course 2
9:00 AM	Competitor 1	-
9:05 AM	-	Competitor 2
9:10 AM	Competitor 3	-
9:15 AM	-	Competitor 4
9:20 AM	Competitor 5	-

Event staff may adjust the start interval or course assignments as needed to maintain a safe and efficient event flow.

6. Official Workout

The competition will consist of the following stations, completed in the order listed below. Unless an official event briefing or judge instruction states otherwise, each movement must meet the published movement standard to count.

Station	Movement	Reps / Distance	Current Standard
1	Sandbag Hang Clean & Press	10 reps	Complete 10 valid repetitions.
2	Sandbag Bent-Over Rows	10 reps	Complete 10 valid repetitions.
3	Sandbag Push-Ups	10 reps	Complete 10 valid repetitions.
4	Medicine Ball Thrusters	10 reps	Complete 10 valid repetitions.
5	Medicine Ball Lunges	10 each side	Ball may be held in any position, but may not touch the thigh.
6	Medicine Ball Shoulder-Overs	10 each side	Pick up the medicine ball and move it over the shoulder.
7	Tire Flips	10 reps	Complete 10 valid tire flips.
8	Tire Step-Ups	10 each side	Complete 10 valid step-ups per side.
9	Tire Pull + Sprint	90-yard line to end zone, then sprint back to start	Pull the tire from the 90-yard line over the end zone, then sprint back to the designated start line.

Important: Exact equipment weights, lane dimensions, starting/finishing positions, and movement standards should be confirmed in the official pre-event workout brief and Judge's Rulebook before competition day.

7. Course Progression

- Participants must complete the stations in the prescribed order.
- Competitors may not intentionally skip a station or alter the order of the course.
- Participants must remain within the designated competition area and follow course markings and judge instructions.
- If a competitor catches the participant or team ahead, competitors must follow the assigned judge's instructions regarding passing or continued progression.
- Competitors may not intentionally interfere with another participant or team.

8. Movement Standards & No-Reps

Every repetition must meet the official movement standard to count. A repetition that does not meet the required standard may be called a no-rep by the assigned judge.

- No-reps do not count toward the required total.
- The participant must perform additional valid repetitions until the required number has been completed.
- Judges may pause or stop a participant when necessary for safety or rule enforcement.

9. Station-Specific Standards

Sandbag Hang Clean & Press - 10 Reps

Participants must perform 10 valid hang clean and press repetitions using the event-provided sandbag. The exact starting and finishing positions will be demonstrated and confirmed in the Judge's Rulebook and participant briefing.

Sandbag Bent-Over Rows - 10 Reps

Participants must perform 10 valid bent-over rows using the event-provided sandbag.

Sandbag Push-Ups - 10 Reps

Participants must perform 10 valid sandbag push-ups according to the official event demonstration and movement standard.

Medicine Ball Thrusters - 10 Reps

Participants must perform 10 valid medicine ball thrusters according to the official event movement standard.

Medicine Ball Lunges - 10 Each Side

Participants must complete 10 lunges on each side. The medicine ball may be held in any position chosen by the participant, but the ball may not touch the participant's thigh during the movement.

Medicine Ball Shoulder-Overs - 10 Each Side

Participants must complete 10 repetitions to each side by picking up the medicine ball and moving it over the shoulder. The official Judge's Rulebook will define the required completion standard.

Tire Flips - 10 Reps

Participants must complete 10 valid tire flips using the event-provided tire.

Tire Step-Ups - 10 Each Side

Participants must complete 10 step-ups on each side using the designated tire.

Tire Pull & Sprint

The participant must pull the tire from the designated 90-yard line to the end zone. After the tire reaches the designated end point, the participant must leave the tire and sprint back to the designated start line.

10. Doubles Competition Rules

- Both members of the doubles team must participate.

- Unless a station-specific rule states otherwise, the team may divide repetitions between partners as permitted by the official workout briefing.
- Partners must follow the same course and remain within the designated competition area.
- If a movement is designated as required for both partners, both partners must complete that requirement before the team may progress.
- The team is complete only when all required team work has been performed and the finishing requirement is satisfied.

The exact repetition-sharing rules for each doubles station will be published in the Judge's Rulebook before event day.

11. Judging

- Each station will be supervised by a designated Grind Judge.
- Judges are responsible for counting valid repetitions, identifying no-reps, monitoring movement standards, enforcing event rules, and supporting participant safety.
- Judges may stop or pause a competitor when necessary for safety or rule enforcement.
- The Head Judge/Event Director has final authority regarding rule interpretation, scoring, penalties, and disputes.

12. Timing & Scoring

The official scoring method will be based on completion of the prescribed workout. Unless otherwise stated in the final event scoring sheet, the competition clock begins on the official start command and stops when the participant or team completes the final required movement and receives the judge's completion confirmation.

Any approved penalties will be incorporated into the official score. The participant or team with the best official score in each division will be ranked first.

Tie-breaking procedures will be announced in the final Judge's Rulebook and participant briefing.

13. Equipment

- Participants must use equipment provided by the Prattville YMCA unless specifically approved by event staff.
- Participants may not intentionally alter, move, modify, or substitute competition equipment.
- Equipment must be returned or left in the designated area as directed by event staff.
- Participants are responsible for using equipment safely and appropriately.

14. Clothing & Personal Equipment

- Wear athletic clothing and appropriate athletic footwear suitable for vigorous exercise.
- Personal equipment such as belts, wraps, gloves, or similar accessories must comply with event guidelines.
- The Prattville YMCA may prohibit any item that creates a safety concern or provides an unfair competitive advantage.

15. Safety & Medical Procedures

- Safety of participants, volunteers, judges, spectators, and staff is the highest priority.
- Participants must follow all judge and staff instructions immediately.
- Participants must stop activity if directed to do so or if they become unable to continue safely.
- Any injury or medical concern should be reported to a judge or event staff member immediately.
- The Prattville YMCA may stop a participant from continuing when staff determine continuation is unsafe.

16. Sportsmanship & Conduct

- Participants are expected to demonstrate respectful, sportsmanlike behavior.
- Cheating, intentional interference, threatening behavior, abusive language, or deliberate equipment misuse is prohibited.
- Unsportsmanlike conduct may result in a penalty, disqualification, or removal from the event.

17. Disqualification

- Intentional cheating or manipulation of the course or scoring process
- Unsafe conduct or refusal to follow safety instructions
- Interfering with another competitor
- Disrespectful or abusive conduct toward judges, volunteers, staff, competitors, or spectators
- Failure to follow official competition instructions
- Use of prohibited equipment or unauthorized assistance
- Any action determined by event leadership to compromise the fairness or safety of the competition

Disqualified participants are not eligible for awards or refunds.

18. Weather, Facility, & Event Changes

The Prattville YMCA reserves the right to modify, delay, postpone, or cancel the event because of weather, field/facility conditions, equipment issues, emergencies, or other circumstances affecting participant safety.

If changes are necessary, participants will be notified using the contact information provided during registration. The YMCA will determine any applicable refund, transfer, or rescheduling process.

19. Photography & Media

Photography and video may be taken during the event for YMCA promotional, marketing, social media, and documentation purposes. Participants may appear in photographs or video in accordance with applicable YMCA policies and releases.

20. Final Authority

The Prattville YMCA reserves the right to clarify, modify, or amend these rules when necessary to ensure a safe, fair, and enjoyable competition. Any changes made before the event will be communicated to registered participants when reasonably possible.

The Head Judge and Event Director have final authority regarding interpretation and enforcement of competition rules, scoring, penalties, and disqualification decisions.

Participant Acknowledgment

By registering for the Grits & Grind Challenge, participants acknowledge that they have read, understand, and agree to follow the official event rules and regulations, safety requirements, and instructions provided by the Prattville YMCA and event staff.

Participant Name	
Signature	
Date	