

GRITS & GRIND CHALLENGE

OFFICIAL RULES & REGULATIONS

Purpose: The Grits & Grind Challenge is a 100-yard functional fitness course designed to test strength, endurance, movement quality, and grit. Participants must follow the course in order and comply with judge instructions.

1. GENERAL COURSE RULES

- Starting point: Participants begin at the 0-yard line.
- First movement: Participants must carry two sandbags from the 0-yard line to the 10-yard line before beginning the first station.
- Station order: Stations are completed at the 10-, 20-, 30-, 40-, 50-, 60-, 70-, 80-, 90-, and 100-yard lines.
- Standard repetitions: All stations require 20 repetitions unless specifically stated otherwise. Tire flips and burpees require 10 repetitions. The 90-yard tire pull is distance-based, not repetition-based.
- Judging: Judges count repetitions and verify the stated movement standards. A repetition that does not meet the standard may not be counted.
- Finish — Individuals: After completing the 10 burpees at the 100-yard line, the participant must sprint back to the 0-yard line. The challenge is complete when the participant crosses the 0-yard line.
- Finish — Doubles: After completing the 10 burpees at the 100-yard line, both partners must cross the 0-yard line. The team's official time is complete only when both partners have crossed the 0-yard line.

2. EQUIPMENT WEIGHTS

Equipment	Female	Male	Coed Doubles
Sandbags — first 3 stations	30 lb	50 lb	Both partners use 50 lb
Medicine Ball — Thrusters	20 lb	40 lb	40 lb
Medicine Ball — Sit-Ups	15 lb	30 lb	30 lb
Medicine Ball — Shoulder Overs	30 lb	50 lb	50 lb
Tire Events	Same tire	Same tire	Same tire

Coed Doubles: Both partners use the male sandbag weight (50 lb) for all three sandbag stations. All tire events use the same tire for male and female competitors.

3. SANDBAG CARRY — FIRST THREE STATIONS

- Participants carry TWO sandbags between the 0-, 10-, 20-, and 30-yard lines.
- The exercises at the 10-, 20-, and 30-yard lines are performed using ONE sandbag.
- Only one participant at a time may farmer-carry the two sandbags between stations.
- For doubles teams, either partner may be the person carrying the two sandbags; the other partner does not carry a sandbag during the transition.
- Coed Doubles teams use the 50-lb male sandbags for both partners.
- After completing the 20 push-ups at the 30-yard line, both sandbags must be returned to the 0-yard line. The participant(s) then sprint to the 40-yard line to begin the medicine-ball portion.

4. COURSE STATIONS & MOVEMENT STANDARDS

10 YARDS — SANDBAG HANG CLEAN & PRESS — 20 REPS

Use one sandbag. Begin with the arms fully extended and the sandbag positioned below the knees; the sandbag does not have to touch the ground. Perform a hang clean followed by an overhead press. Arms must be fully extended at the bottom/start position and fully extended overhead at the top of each repetition.

20 YARDS — SANDBAG BENT-OVER ROWS — 20 REPS

Use one sandbag. Perform bent-over rows. The sandbag must touch the ground between repetitions.

30 YARDS — SANDBAG PUSH-UPS — 20 REPS

Use one sandbag positioned under the chest. The chest must touch the sandbag on each repetition. After the final rep, return both sandbags to the 0-yard line, then sprint to the 40-yard line.

40 YARDS — MEDICINE BALL THRUSTERS — 20 REPS — 20 LB or 40 LB

Perform a squat while holding the medicine ball, then drive up and press the ball overhead. Each repetition must include the squat and overhead press.

50 YARDS — MEDICINE BALL SIT-UPS — 20 REPS — 15 LB or 30 LB

Use one 15-lb or 30-lb medicine ball. Complete a full sit-up. The ball must touch the ground overhead and must touch the ground between the knees/legs on every repetition.

60 YARDS — MEDICINE BALL SHOULDER OVERS — 20 TOTAL REPS — 30 LB or 50 LB

Use a 30-lb or 50-lb medicine ball. Pick up the ball and move it over one shoulder so it falls to the ground on the opposite side. Turn around, pick it up, and repeat over the opposite shoulder. Complete 20 total repetitions, 10 each side.

70 YARDS — TIRE FLIPS — 10 REPS

Complete 10 tire flips. Each flip must be completed before beginning the next repetition. The same tire is used for male and female competitors.

80 YARDS — TIRE STEP-UPS — 20 REPS

Complete 20 total step-ups: 10 with each leg. Each foot must return completely to the ground between repetitions. The same tire is used for male and female competitors.

90 YARDS — TIRE PULL — SQUAT & PULL DISTANCE

Pull the tire from the 90-yard line to the 100-yard line (10 yards). Flip the tire. Run back to the 90-yard line while holding the rope. Pull the tire back to the 90-yard line. This is a distance-based station, not a repetition-based station. The same tire is used for male and female competitors.

100 YARDS — BURPEES — 10 REPS

Complete 10 burpees. After the final burpee, sprint back to the 0-yard line to finish. For doubles, both partners must cross the 0-yard line for the team's time to stop.

5. DOUBLES TEAM RULES

6. Both partners must be present at each station before repetitions can begin.
7. Partners may divide repetitions however they choose. There is no required number of repetitions per partner.
8. All prescribed repetitions must be completed.
9. Partners must tag each other before the next partner begins their portion of the repetitions.
10. Only one partner carries the two sandbags during the first three station transitions.
11. Coed Doubles: Both partners use the male weights for the all events.
12. Both partners are subject to the same movement standards and judge verification.
13. Official team finish: Both partners must cross the 0-yard line after the final sprint. The team's time stops only when the second partner crosses the line.

6. APPROVED 2-MINUTE PLANK MODIFICATION

If a participant cannot complete any exercise, they may substitute a 2-minute plank for that station. The plank may be performed on toes, knees, elbows, or hands. The participant must maintain the selected position for the full two minutes before proceeding.

For doubles teams, the plank substitution applies to the individual who cannot complete the exercise; the team may not use one partner's plank to satisfy the other partner's required work.

7. JUDGING & REP VERIFICATION

- Judges are responsible for counting repetitions and verifying movement standards.
- Participants must complete any missed or invalid repetitions before moving on, unless using the approved 2-minute plank modification.
- Participants should follow judge instructions regarding form, equipment, and course flow.
- Judge decisions regarding repetition counts and movement standards are final for the course.

8. SAFETY & PARTICIPANT CONDUCT

- Participants are expected to perform all movements in a controlled and safe manner.
- Participants should stop if they are unable to continue safely and notify event staff.
- Participants must follow directions from event staff and judges at all times.
- Unsafe conduct, interference with another participant or team, or failure to follow course instructions may result in removal from the course.
- Event staff may pause or modify the course if conditions create a safety concern.

9. COURSE FLOW — QUICK REFERENCE

	YARD	MOVEMENT
START	0 YD	Carry TWO sandbags to 10 YD
1	10 YD	20 Hang Clean & Press
2	20 YD	20 Bent-Over Rows
3	30 YD	20 Push-Ups → return BOTH bags to 0 → sprint to 40
4	40 YD	20 Medicine Ball Thrusters — 20 lb
5	50 YD	20 Medicine Ball Sit-Ups — 15 lb
6	60 YD	20 Shoulder Overs — 30 lb (10 each side)

9. COURSE FLOW — QUICK REFERENCE (CONTINUED)

	YARD	MOVEMENT
7	70 YD	10 Tire Flips
8	80 YD	20 Tire Step-Ups (10 each leg)
9	90 YD	Pull tire 10 YD → flip → run rope back → pull tire to 90 YD
10	100 YD	10 Burpees → sprint to 0 YD; BOTH doubles partners must cross

SAME FIELD. DIFFERENT BREED.
GRIT MOVES PEOPLE.