HYBRID JUNIORS

RULEBOOK

11-13 YEARS

ASCEND LEAGUE

HYBRID JUNIORS CREW will be there to help keep our young athletes safe, comfortable and supported throughout the event.
If your child is feeling unwell, needs help, or if you have any concern at all, please speak to a member of our crew. We're here to help.

For any questions, concerns or assistance before or during the event, you can also reach us on WhatsApp: +91 84120 11125
Your child's safety and wellbeing comes first.

ARRIVE PREPARED. ARRIVE READY.

- 👕 Vest & shorts
- 👟 Closed-toe running shoes
- 💧 Water bottle
- 📸 Photo ID (school ID or government ID)
- 🎀 Hair tied back
- 💍 No jewellery or expensive gadgets

most important... ☺️ **A positive attitude!**

COMPETITION DAY...

01 | CHECK-IN

Hello!

Arrive with your parent and check in at the registration desk.
You'll receive your wristband and be directed to your assigned wave.
Your check-in time is 20 minutes before your start wave.

02 | MEET YOUR JUDGE + WARM UP

Once you're checked in, you'll be guided into the athlete area.
A HYBRID JUNIORS judge will be assigned to your group and will help you:

- Get warmed up and ready
- Understand each exercise
- Learn the movement standards
- Get familiar with the equipment
- Understand how your challenge will work

Parents won't be allowed inside the athlete area during this stage, so our crew can make sure everyone is focused, comfortable and ready to go.

COMPETITION DAY...

03 | KNOW YOUR CHALLENGE

Before you begin, your judge will make sure you know:

- WHAT TO DO.
- HOW TO DO IT.
- WHAT COUNTS.

If you're unsure about anything, **ask your judge**!

04 | YOUR WAVE. YOUR MOMENT.

Stay with your assigned wave and follow your judge's instructions.
Get into position.
Take a breath.
And when the signal goes...

GO OWN YOUR PLAY GROUND!

11-13 YEARS

COMPETITION FORMAT

GRITZO™ PRESENTS

HYBRID JUNIORS

THE 10 EXERCISES

A QUICK LOOK AT WHAT YOU'LL DO ON RACE DAY

01 WEIGHTED SHUTTLE RUN

02 SKIERG

03 PLATE CLEAN & PRESS

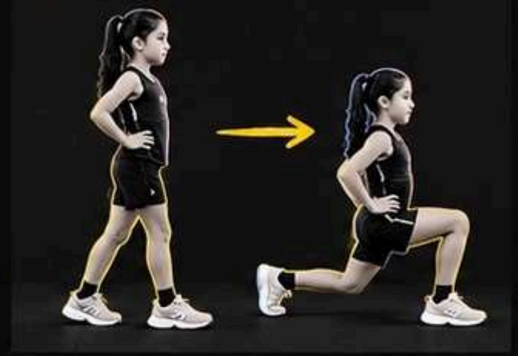
04 BURPEE BROAD JUMP

05 MEDBALL SQUAT

06 ROWERG

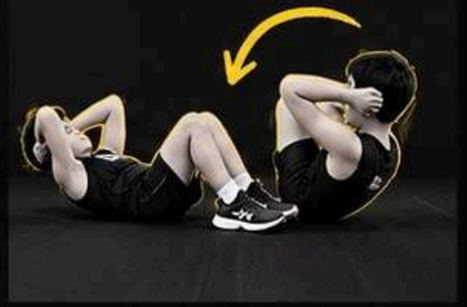
07 SLED PUSH

08 WALKING LUNGES



09 HURDLE HOPS

10 CRUNCHES



STATION #1

WEIGHTED SHUTTLE RUN

Run with 2 dumbbells over a length of **20 m** for **2 FULL MINUTES.**

HOW TO PERFORM

- Start completely behind the designated start line with the prescribed load.
- Run to the 20M turnaround line.
- Cross the line completely before turning.
- Return to the start line and cross it completely.
- Maintain control of the load throughout the shuttle.
- Continue for the entire work period.

LOAD

Girls:
2 KG X 2 Dumbbells

Boys:
4 KG X 2 Dumbbells

SCORING

1 completed 20M lap = **10 POINTS**

Your final score is based on the total number of completed laps.

STATION #2

SKIERG

Keep pulling the handles for **2 FULL MINUTES.**

HOW TO PERFORM

BODYWEIGHT MOVEMENT

- Stand facing the SkiErg.
- Grip both handles.
- Begin with the handles overhead.
- Drive the handles downward using your arms and trunk while hinging through the hips.
- Finish the pull with the handles near your thighs.
- Return the handles under control and repeat.
- Maintain continuous movement while following the prescribed technique.

SCORING

1 METRE = **1 POINT**

The monitor distance at the end of the work period determines the score.

STATION #3

PLATE CLEAN & PRESS

Pick the plate & drive it up. Repeat for **2 FULL MINUTES.**

HOW TO PERFORM

START:

- Plate held securely in front of the body.
- Begin from a controlled standing position.

CLEAN:

- Lower the plate toward the floor with control.
- Stand up straight to bring the plate to the front of the chest.

PRESS:

- Press the plate overhead until the arms are fully extended.
- Bring the plate back to the chest under control.
- Return to the starting position and repeat.

LOAD

Girls:
2.5 KG PLATE

Boys:
5 KG PLATE

SCORING

1 REP **= 1 POINT**

1 REP COUNTS when the plate reaches full overhead extension with control.

STATION #4

BURPEE BROAD JUMP

Perform a burpee and then jump forward. Repeat for **2 FULL MINUTES**.

HOW TO PERFORM

- Start standing tall.
- Place hands on the floor and move into a plank position.
- Drop your body & touch your chest to the ground.
- Push yourself into a high plank.
- Jump back up and immediately perform a broad jump forward.
- Land under control with both feet. Repeat.

BODYWEIGHT MOVEMENT

SCORING

1 REP = **1 POINT**

One repetition counts after the burpee and jump are both completed.

STATION #5

MEDBALL SQUAT

Hold the ball close to your chest and perform a squat.
Repeat for **2 FULL MINUTES.**

HOW TO PERFORM

- Hold the medicine ball close to your chest in a HUGGING position.
- Stand with feet approximately shoulder-width apart.
- Lower into a squat with control.
- Reach the required squat depth - hip below knee level
- Drive through the feet to return to full standing position.
- Maintain control of the ball throughout.

Athlete may keep the ball down to rest. But resume from START position again.

LOAD

Girls:
4 KG BALL

Boys:
6 KG BALL

SCORING

1 REP **= 1 POINT**

1 REP COUNTS when the hip & knee reaches full extension with control.

STATION #6

ROWERG

Push with your legs & pull the handles with your arms for **2 FULL MINUTES.**

HOW TO PERFORM

- Start with feet secured on the footrest and hands on the handle.
- Drive strongly through the legs. Push your body back.
- Open the hips and then pull the handle towards your TUMMY.
- Extend the arms.
- Hinge forward and then bend the knees to return to the start position.
- Repeat smoothly.

BODYWEIGHT MOVEMENT

SCORING

1 METRE = **1 POINT**

The monitor distance at the end of the work period determines the score.

STATION #7 SLED PUSH

Keep pushing the SLED over a **12.5 m** distance for **2 FULL MINUTES.**

HOW TO PERFORM

- Take position behind the sled.
- Grip the designated handles with both hands.
- Lean forward into the sled while maintaining a strong body position.
- Drive the sled forward using continuous, controlled & short steps.
- Keep both hands connected to the sled throughout the effort.
- Complete each designated lane before changing direction.

LOAD

Girls:
35 KG (including sled)

Boys:
45 KG (including sled)

SCORING

1 LAP **= 50 POINTS**

Cross the sled over the marked line on each end to complete 1 LAP.

STATION #8

WALKING LUNGES

Step forward and perform a lunge. Repeat with alternating legs for **2 FULL MINUTES**.

HOW TO PERFORM

- Begin standing tall.
- Step forward with one leg.
- Lower the back knee to touch the floor under control.
- Drive through the front foot to stand.
- Bring the opposite leg forward into the next lunge.
- Continue alternating legs.

BODYWEIGHT MOVEMENT

SCORING

1 REP = **1 POINT**

1 REP COUNTS when the hip & knee reaches full extension with control.

STATION #9

HURDLE HOPS

Hop over the hurdles from one end to the other. Complete as many laps in **2 FULL MINUTES**.

HOW TO PERFORM

- Start at the designated starting point.
- Jump over each hurdle without touching it or dropping it.
- Land under control with both feet and immediately prepare for the next jump.
- Continue through the complete hurdle lane.
- Turn only within the designated area and begin the next lap.

BODYWEIGHT MOVEMENT

SCORING

1 LAP = **20 POINTS**

A lap counts only when the athlete clears the complete designated hurdle course.

STATION #10 CRUNCHES

Curl up from a lying position to touch your elbows to your knees. Repeat for **2 FULL MINUTES**.

HOW TO PERFORM

- Lie on your back in the designated position.
- Bend the knees and place the feet securely on the floor.
- Place the hands behind your head or near the ears.
- Brace the core and lift the upper body off the ground enough to touch your elbows to the knees.
- Return the shoulders to the designated starting position.
- Repeat with controlled movement.

BODYWEIGHT MOVEMENT

SCORING

1 REP = **1 POINT**

A repetition counts only when the elbows have touched the knees.

REMEMBER TO↘

RESPECT ALL AROUND YOU

NO CHEATING

FINISH STRONG

CELEBRATE TOGETHER

follow the code of conduct...

COLLECT ↘

HJ BADGE

FINISHER CERTIFICATE

GOODIES

EVERY CHILD DESERVES TO STAY FIT↘

Let’s bring fun back into fitness...