COMMONWEALTH GAMES 2022

FESTIVAL CHALLENGE

1 . 4 MINUTE AMRAP (AS MANY REPS AS POSSIBLE) IN 4 MINUTES. AS A TEAM IN SYNCHRONIZATION

- 10 BURPEES

- 10 AIR SQUATS

- 10 JUMPING JACKS

2 . UCHI-KOMI AMRAP IN 1 MINUTE. IF THEY ARE A SHO GRADE THEN IT IS SINGLE LEG HOPS AMRAP IN 1 MINUTE.

3 . BEAR CRAWL — POINT PER METRE COVERED. TOTAL METRES COVERED BY ALL ATTENDEES IN 4 MINUTES.

4 . 1 KM RUN/JOG/WALK. POINT PER ATTENDEE COMPLETING THE DISTANCE IN THE SESSION.

5 . THROWS COMPLETED IN 1 MINUTE. A POINT IS AWARDED PER COMPLETED THROW IN THE TIME.

6 . SHRIMP — POINT PER METRE COVERED. TOTAL METRES COVERED BY ALL ATTENDEES IN 4 MINUTES.

7 . OVER AND UNDERS — TOTAL COMPLETED BY ALL ATTENDEES IN 1 MINUTE.

8 . TEAM SYNCHRONISED STANDING UCHI-MATA — TOTAL NUMBER COMPLETED BY THE TEAM IN 2 MINUTES.

9 . STANDING BREAKFALL — TOTAL NUMBER COMPLETED BY ALL ATTENDEES IN 2 MINUTES.

10 . FORWARD BREAKFALL - TOTAL NUMBER COMPLETED BY ALL ATTENDEES IN 1 MINUTE.

IF A CLUB COMPLETES 5 OF THE SESSIONS THEY WILL BE AWARDED 500 BONUS POINTS.
IF A CLUB COMPLETES ALL 10 SESSIONS THEY WILL BE AWARDED 1000 POINTS.
THESE BONUS POINTS CAN BE WON ONLY ONCE.

IF A CLUB COMPETITION IS ALSO RUN AS PART OF THE SESSION THE RESULTS AND POOL SHEETS
MUST BE SENT IN WITH THE VIDEO, PHOTO AND REGISTER LIST.
10 POINTS ARE AWARDED TO THE TOTAL FOR EACH ATTENDEE WHO COMPETES
IN THE COMPETITION SECTION OF THE SESSION.

COMMONWEALTH GAMES 2022

FESTIVAL CHALLENGE

SCORING

1000 POINTS
BONUS POINTS FOR COMPLETING ALL 10 SESSIONS. THESE POINTS CAN ONLY BE WON ONCE.

500 POINTS
BONUS POINTS FOR COMPLETING 5 OF THE SESSIONS. THESE POINTS CAN ONLY BE WON ONCE.

40 POINTS
PER NEW MEMBER WHO ATTENDS ONE OF THESE SESSIONS. A NEW MEMBER CONSTITUTES SOMEONE WHO HAS REGISTERED FOR THE 90 DAY INTRODUCTORY MEMBERSHIP WITHIN THE PERIOD OF THIS COMPETITION. THESE POINTS CAN BE WON PER SESSION THEY ATTEND.

20 POINTS
PER MEMBER WHO ATTENDS EACH SESSION. THESE POINTS CAN BE WON PER SESSION THEY ATTEND.

10 POINTS
PER ATTENDEE WHO COMPETES IN THE CLUB COMPETITION SECTION OF THE SESSION. THESE POINTS CAN BE WON PER SESSION THEY ATTEND.

1 POINT IS AWARDED PER REPETITION COMPLETED IN THE CHALLENGES.