

# COMMUNITY CENTER THROWDOWN EVENTS AND RULES

- **BENCH PRESS**- In this event each contestant will bench press the maximum amount of repetitions on the Jones rack as possible, without racking the barbell to rest. Males will bench press 75% of their body weight and females will bench press 50% of their body weight. Each repetition will be counted as long as the form is correct and no assistance was provided to the individual. Correct form will include lowering the barbell down to the chest and pressing it back up to a full extension at the top.
  1. All reps performed without proper form will NOT be counted.
  2. This event requires two spotters and one official. The spotters may be friends of the contestant.
  3. If the spotters are touching the bar during a rep that rep will not count.
  4. All contestants must weigh in before the challenge to determine the proper amount of weight to be lifted.
- **PULL-UPS**- In this event each contestant will do as many pull-ups as possible with correct form. Correct form will be starting in a hanging position with arms relaxed in full extension overhand grip and the contestant will then pull their chin above the top of the bar. Once the chin goes above the bar the contestant can lower back down into a full arm extension and continue again.
  1. All reps performed without proper form will NOT be counted.
  2. Kipping pull ups will not be allowed for this event
  3. This event will end when the contestant releases their grip from the pull up bar.
  4. The contestant's feet cannot touch the ground during any point of the challenge.
- **PUSH-UPS**- In this event each contestant will do as many push ups as they can do with proper form in two minutes. The contestant will start in the up position or a plank position and do as many push ups as possible. The timer will start when the arms start to bend to initiate the first push up. For the push up to count the contestant must touch their chest to a yellow sand ball (provided by staff) placed under the chest and come back up to a locked elbow position during each repetition.
  1. The judge will count out reps along with the amount of time the contestant has left.
  2. All reps performed without proper form will NOT be counted.
  3. Because this is a timed event the contestant may break form and kneel or stand to rest but must resume proper form before continuing.
- **HANGING DIPS**- In this event the contestant will perform a full dip with proper form as many times as possible with no time limit. The contestant will start with their arms locked and fully extended and go down into the dip. For the dip to count the contestant will need to go down until their humerus bone is parallel to the floor and then back up to locked and fully extended arms before they start the next repetition.
  1. All reps performed without proper form will NOT be counted.

2. The event will end when the contestant steps down and places any amount of their weight on their feet
- **200 METER SPRINT**- This event will be a 200 meter sprint or one lap around the track. The contestant will begin at the start and run as fast as they can one time around the track in the outside lane back to the starting line. The timer will hold their arm up and drop it, when the arm is dropped the timer will start and the contestant will start running. The timer will stop when the runner crosses the finish line. (All patrons on the track are to be notified to please stay to the inside lanes and let them know a sprinter will be on the track for one lap). This event will not be held if there are more than 5 people on the track!
    1. Contestants will only have one lap to complete this event. there will be no “do over’s” so make sure you are warmed up and ready to go before the timer starts
    2. Contestant must stay in the outside lane
  - **ONE MILE RUN**- This event will be held on the track between 1-3pm during the week, and on the weekends only if the track is not busy. for these purposes the track will be considered busy if there are more than 10 people on the track. The runner will run on the outside lane of the track so that patrons can still be on the inside lanes of the track. The runner will run 1 mile or 8 laps as fast as they can. The runner will begin when the hand of the timer drops and the clock will stop when the runner crosses the finish line. (All patrons on the track are to be notified to stay to the inside lanes and let them know a fast runner will be on the track for eight laps).
    1. Contestant must stay in the outside lane
  - **PLANK HOLD**- This event will be done by the contestant holding the forearm plank position as long as possible with proper form. The timer will start as soon as the contestant is in position, once the contestant breaks form or there is flexion or extension in the lumbar spine, the clock is stopped and that will be the time the contestant receives. Proper form will include forearms on the ground and a straight line from the shoulder to the heel.
  - **WALL SIT**- This event will be done for the maximum amount of time possible. The contestant will get into proper position for a wall sit in which the back will be up against the wall and the back of the hands will be placed up against the wall with palms facing outward. The legs will be at a 90 degree angle at the knee and the quadriceps should be parallel to the ground. The time will start when the contestant is in proper position and it will stop when the contestant breaks form
  - **CIRCUIT RUN #1**
    1. One mile bike- Any resistance level
    2. 20 push-ups
    3. 30 bench dips (hands on one bench feet on another bench)
    4. 1 lap sprint- Notify people on track
    5. 60 sit ups
    - Before the contestant begins this event all stations of the circuit will need to be set up. The contestant will move from one station to the next in order and each event will be judged for proper form and repetitions by a fitness staff member. The circuit will be timed. The goal of the contestant is to get through the circuit as quick as possible while still maintaining proper form. The individual will not receive a time unless the entire circuit is completed. (Hold event during slow times of the day).
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## • **CIRCUIT RUN #2**

1. 1 mile run
2. Bench press 50% body weight 10x
3. 30 Mountain Climbers
4. 100x Jump Rope
5. 10 pull-ups (male) 5 chin-ups (female)

\* Before the contestant begins this event all stations of the circuit will be set up. The contestant will move from one station to the next in order and each event will be judged for proper form and repetitions by a fitness staff member. The circuit will be timed. The goal of the contestant is to get through the circuit as quick as possible while still maintaining proper form. Males and Females will be judged differently based on the amount and kind of pull/chin ups they are performing. The individual will not receive a time unless the entire circuit is completed. (Hold event during slow times of the day).

## **THE FINE PRINT**

-All challenges must go thru the Fitness Desk and be officiated by a Fitness Staff Member. The contestant with the best score in any event will get their name and score on the leader board. Their name will remain until a challenger beats that score.

-Contestants are limited to three attempts per event, per calendar year (January-December)

-If a contestant is on the leader board and is beaten by a challenger that contestant will have 2 weeks to be able to make one attempt at defending their title and that attempt will not count against their three attempts per year.

-You must be at least 18 years of age or older and be a current pass holder at the Bowling Green Community Center. This includes all 10 use pass holders and excludes all day passes. Community Center Staff are also eligible.

-The judgments and decisions of the contest officials will stand as final word. If a contestant would like to dispute any judgments and decisions they may do so by contacting Josh Chatfield at the fitness desk or by calling 419-354-6295 or emailing at [jchatfield@bgohio.org](mailto:jchatfield@bgohio.org). All disputes will be reviewed by the officials and a fair decision will be reached by the officials in a timely manner.

-You may only challenge one event per day and are not required to participate in any more than one event to be eligible for the leader board, however you may participate in all events if you so choose.

-All cheaters will be subject to a gazillion dollar fine and elimination from the contest. This is a test of physical ability and that physical ability must coincide with the form and instructions above. Anything less than that will be considered inferior and will not be counted in your results. We will take this very seriously so make sure you fully understand what is expected of you before you begin your challenge. There will be zero tolerance for those who undermine the hard work and efforts of the honest competitors.

- This contest is a work in progress and rules may change as needed in an effort to make the contest as fair as possible

