

# VALKYRIE RACE RULEBOOK 2025

## 1. RACE FORMAT

The Valkyrie Race is an indoor mass participation fitness competition designed to test endurance, strength, and mental resilience through structured challenges.

### **Valour (Relay)**

A total running distance of 4km, combined with four endurance and strength zones. Each athlete must complete an 800m run and one zone. Resting team members will have to wait in the transition zone for the working athlete to complete her zone. Upon completing each zone, the athlete will receive a wristband to track their progress. Once an athlete has completed her zone, she will have to run towards the transition zone. Once all zones are completed, the team will have to complete the final 800m run (as a group) to officially finish the race.

#### **Each Athlete must complete:**

- 1 Zone each consisting of an 800m run, endurance station, and strength station.
- A final 800m run (as a team) to complete the race.

Athletes may complete the zones in any order, but all zones must be completed before the final 800m run segment.

### **Running**

Each running segment consists of 800m, contributing to a total race distance of 4km. If minor distance discrepancies arise due to venue layout, adjustments will be accounted for in the final lap. Athletes must remain in their appropriate lane to ensure a smooth race flow and avoid congestion.

### **Transition Zone**

Once an athlete has completed her zone, she will have to run towards the transition zone. The next athlete will have to be on standby for the transition. Both athletes will have to tap palms to successfully transit. This will repeat until all zones have been completed. Once the 4th athlete finishes her zone, she will have to run back to the transition zone to meet with the rest of the team. A referee will be present to check that the team has all four bands before giving the greenlight to the team to proceed onto their last 800m run together.

## 2. CONDITIONS OF PARTICIPATION

- Open to females aged 16 and above.
- Registration must be completed before race day.
- External assistance is strictly prohibited.
- Athletes must agree to the terms and conditions of participation.

### **3. AGE GROUPS**

Age group per category:

- Under 40
- Above 40

Note: Age groups are determined based on birth year.

## **4. RULES AND REGULATIONS**

### **4.1 Referees and Head Judges**

- Each workout station will have an assigned referee to oversee performance and verify completion of exercises.
- A head judge will supervise compliance with movement standards and enforce penalties when necessary.
- The Race Director has the ultimate authority on any disputes or rule interpretations.
- All rulings made by referees, head judges, and the Race Director are final.

### **4.2 Equipment Allocation**

- Each athlete will be assigned a designated lane or equipment station.
- Moving outside of the designated area or interfering with another athlete's station will result in a penalty.

### **4.3 Workout Station Rules and Regulations**

To maintain fairness and consistency, all exercises must be performed according to the prescribed movement standards. Any deviation from these standards that results in an unfair advantage, improper execution, or failure to meet the required repetitions will lead to penalties.

- Athletes must start and finish at the designated points for each exercise.
- Athletes must complete each station before progressing to the next.
- Athletes are allowed to complete the zones in any order.
- Failure to complete a station will result in a 10-minute penalty.
- Athletes who drop out of the race will receive a DNF (Did Not Finish) status.
- All required repetitions and distances must be completed accurately.
- The correct weight must be used for all strength-based exercises.
- Exercises must be executed according to proper form and standards.
- Partial repetitions or incorrect technique will not be counted (No Rep).
- Failure to meet the movement standard consistently may result in additional penalties or disqualification.
- Judges and referees will monitor compliance, and failure to meet standards may result in penalties.
- Decisions made by referees and head judges are final.

#### 4.4 Attire

Athletes are to ensure that they are appropriately dressed. Environmental factors and any cultural sensitivities that should be observed.

- Athletes must wear running shoes, breathable clothing, and gloves for torque tank tasks to ensure safety and proper grip.
- Headphones/earpieces are not allowed during the race.

#### 4.5 Conduct

- Athletes must maintain respect and sportsmanship towards referees, fellow competitors, and event staff.
- Athletes must not litter on the racecourse. Violators may face penalties.

### 5. PENALTIES

- **No Rep Penalty:** If athletes fails to meet the movement standard, they must repeat the rep correctly before continuing.
- **Time Penalty:** If improper form is repeated multiple times or movement is intentionally altered for advantage, an additional **time penalty** will be added.
- **Distance Penalty:** In cases where running laps or endurance stations are not fully completed, an equivalent **distance/time adjustment** will be applied.

The **Head Judge's decisions are final** in all cases regarding movement execution, penalties, and lane assignments.

Below are some common time penalties:

- 1) Failure to complete a station: 10-minutes (e.g. Balancing Beam)
- 2) Failure to Return weights to designated area: 2-minutes (Balancing Beam, DB Lunge, Dead Ball Carry)
- 3) Violations of movement standards: 5-minutes
- 4) Athlete move forward while resting: 5-minutes (DB Lunge, Dead Ball Carry)

## 6. ZONE DETAILS

### 6.1 Zone 1 (Omitted)

### 6.2 Zone 2

#### **Endurance Station: Row Machine**

- Prior to beginning, the rowing machine monitor must be reset by a referee.
- Athletes must have their feet secured in the foot holders before taking hold of the rower handle.
- Athletes' feet must remain in the holders throughout the exercise.
- Upon reaching 500m, the athlete must raise their arm to signal the referee.
- The referee will verify completion before the athlete is allowed to exit the platform and proceed to their next segment.
- If the athlete violates any of the above mentioned points, the athlete will receive a time penalty issued by the Head Judge. The time penalty will be based upon the violation.
- Any violations of the movement standards may result in a time penalty issued by the Head Judge, based on the severity of the infraction.

Distance: 500m

The damper setting on the ergometer will be preset at following resistance:

VALOUR	5
STORM	5

**Note:** Damper Settings may be adjusted as many times as needed.

## **6.2 Zone 2**

### **Strength Station: Ball Toss (2.30m, 8kg, 30 reps)**

- Athletes begin inside their designated competition cage with an 8kg ball in hand. The workout starts once the first toss is attempted.
- Athletes must toss the 8kg ball over a 2.30m height marker.
- Full Clearance: The ball must fully clear the height marker. If it does not cross, it will hit the board placed just below the bar and bounce back, resulting in a no-rep.
- You do not need to catch the ball when it drops on the other side.
- Proper Throwing Motion: The ball must be thrown across the marker.
- Positioning: Athletes must remain inside their competition cage for the duration of the exercise. Stepping outside the designated competition cage during the toss will result in a 1-minute time penalty.
- The station is completed once the athlete has successfully completed 30 valid tosses, ensuring that each repetition meets the required movement standards.
- If the athlete violates any of the above mentioned points, the athlete will receive a time penalty issued by the Head Judge. The time penalty will be based upon the violation.
- Any violations of the movement standards may result in a time penalty issued by the Head Judge, based on the severity of the infraction.

## **6.3 Zone 3**

### **Endurance Station: Stationary Bike**

- Prior to beginning, the rowing machine monitor must be reset by a referee.
- Athletes must mount the stationary bike with both feet properly positioned on the pedals before beginning.
- Athletes must remain on the bike throughout the exercise.
- The movement must be continuous, and stopping for extended periods may result in penalties.
- Upon reaching 1000m, the athlete must raise their arm to signal the referee.
- The referee will verify completion before the athlete is allowed to exit the platform and proceed to their next segment.
- If the athlete violates any of the above mentioned points, the athlete will receive a time penalty issued by the Head Judge. The time penalty will be based upon the violation.
- Any violations of the movement standards may result in a time penalty issued by the Head Judge, based on the severity of the infraction.

Distance: 1000m

The damper setting on the ergometer will be preset at following resistance:

VALOUR	TBC
STORM	TBC

**Note:** Resistance settings cannot be adjusted at any point during the workout.

## **6.3 Zone 3**

### **Strength Station: Dumbbell Lunge**

- The Dumbbell Lunge begins and ends with the removal/return of the dumbbells.
- The athlete must stand behind the white line holding both dumbbells with arms fully extended by their sides before starting their first lunge across the start line.
- Athletes must carry the dumbbells while keeping their arms fully extended at their sides throughout the movement.
- During each lunge, the trailing knee must touch the ground.
- Each repetition ends with knees and hips fully extended, the athlete standing tall.
- Lunges must be alternating.
- Taking any steps between repetitions are not allowed
- It is required that the athlete's front foot completely crosses the white line at the end of each lane, and the finish line. It is not required that the athlete lunges around the turning points at the end of each lane. They are however required to restart each working section by lunging across the white line.
- Athletes are allowed to place the dumbbells on the ground to rest, but they must not move forward while doing so. If the athlete moves forward while resting, a time penalty of 5 minutes will be applied.
- The exercise is completed once the athlete carries the dumbbells across the finish line and returns them to the designated box.
- If the dumbbells are not properly placed, the athlete may receive a 2-minute time penalty.
- If the athlete violates any of the above mentioned points, the athlete will receive a time penalty issued by the Head Judge. The time penalty will be based upon the violation.
- Any violations of the movement standards may result in a time penalty issued by the Head Judge, based on the severity of the infraction.

Distance: 60m

The damper setting on the ergometer will be preset at following resistance:

VALOUR	10kg ES
STORM	10kg ES

**\*Each Side (ES)**

## **6.4 Zone 4**

### **Endurance Station: Ski Machine**

- Prior to beginning, the ski machine monitor must be reset by a referee.
- Athletes must stand on the designated Ski Machine platform before initiating the movement.
- Foot Placement: Athlete's feet must remain on the Ski Machine platform at all times. Lifting the heels or repositioning the feet during execution is allowed, but stepping off the platform is not permitted.
- Stepping off the Ski Machine platform before completion may result in a time penalty.
- Upon reaching 500m, the athlete must raise their arm to signal the referee.
- The referee will verify completion before the athlete is allowed to exit the platform and proceed to their next segment.
- Any violations of the movement standards may result in a time penalty issued by the Head Judge, based on the severity of the infraction.
- Any violations of the movement standards may result in a time penalty issued by the Head Judge, based on the severity of the infraction.

Distance: 500m

The resistance will be preset at following:

VALOUR	5
STORM	5

**Note:** Damper Settings may be adjusted as many times as needed.

## **6.4 Zone 4**

### **Strength Station: Dead Ball Carry**

- Each athlete will be assigned a lane by one of the judges.
- A 25kg dead ball will be placed at the start of the lane.
- The movement starts once the athlete picks up the first dead ball.
  
- Athletes must transport the dead ball across a total of 40m up and down the 20m, adhering to the following movement sequence:
  1. Pick up dead ball Point A.
  2. Carry it across 20m to Point B (you can drop the dead ball after you cross the line but you will have to pick it up back up before crossing the line to walk back to Point A).
  3. After crossing the line, return to Point A with the dead ball.
  4. Put down the dead ball at Point A.
  
- Rolling of the dead ball is not allowed.
- If you drop the dead ball before reaching Point B or Point A, you are allowed to pick up the dead ball and continue.
- The station is completed you have travelled the full 40m distance with the deal ball.
- Failure to place the dead ball inside the designated area may result in a 2-minute time penalty.

Distance 2 x 20m

VALOUR      25kg  
STORM        25kg

## **6.5 Zone 5**

### **Endurance Station: Burpees Lateral Jump (30 Reps)**

- Athletes begin in a standing position next to the designated marker. The movement starts when the athlete drops into the first burpee.
- Athletes must complete 30 burpees, each followed by a lateral jump over the designated marker.
- Each full rep consists of one burpee + one lateral jump.
  
- A valid repetition must meet the following movement standards:
  1. The athlete must lower their chest to the ground, ensuring full chest contact before pushing back up to a standing position.
  2. After completing the burpee, the athlete must jump laterally over the marker with both feet leaving the ground simultaneously.
  3. Athletes cannot step over the marker—the jump must be executed with both feet leaving and landing together.
  
- If an athlete fails to complete the burpee correctly, does not make full chest contact with the ground, or does not fully clear the marker with both feet, the rep will be invalid (no-rep).
- Each no-rep must be redone immediately before continuing, meaning improper reps will slow overall progress.
- The station is completed once the athlete has performed 30 full reps, ensuring that each repetition meets the required movement standards.

## **6.5 Zone 5**

### **Strength Station: Torque Tank Push Station**

- Each athlete will be assigned a lane by one of the judges.
- Both torque tank and athlete must be completely behind the line prior to starting.
- Athletes must push the 100kg torque tank over a total distance of 12.5m, repeated 4 times, ensuring the following standards are met:
- Full Distance: The torque tank must fully cross the designated line at each 12.5m mark entirely before change of direction.
- The station is completed once the torque tank has been pushed for a total of 50m (12.5m x 4 repetitions), ensuring each segment is completed in full.
- Failure to push the tank the full 12.5m before stopping will require the athlete to reset and complete the missing distance.
- If the torque tank does not fully cross the line, the rep will not be counted, and the athlete must push it further until it clears.
- Any infractions or improper execution may result in a time penalty imposed by the Head Judge, depending on the severity of the violation.

Distance 4 x 12.5m

VALOUR	100kg
STORM	100kg

## **6.6 Final Segment**

### **Valour**

- After completing all four workout zones, the team must begin their final 800m run together to conclude the race.
- The race officially ends once the team crosses the finish line on the stage.
- Failure to complete the full 800m distance may result in a time penalty imposed by the Head Judge.
- Skipping the finish stage or failing to cross the official finish line may result in a time penalty and may lead to disqualification if not corrected.

## **7. SAFETY & FIRST AID**

Safety is our priority. Here are some guidelines:

- Warm up thoroughly before the race.
- Follow the instructions of marshals at each station.
- If you experience dizziness, pain, or fatigue, notify the nearest marshal immediately.
- Medical assistance stations are located near the photo booth and there are medics throughout the course.

## **8. JUDGING & SCORING**

Scoring is based on the completion time of the entire race. Time penalties will be applied for:

- Incomplete tasks.
- Improper technique.
- Unsportsmanlike conduct.

Referees will be stationed at every zone to ensure fairness. They have the authority to disqualify athletes violating the rules.

## **9. EVENT LOGISTICS**

- Athletes must arrive 60 minutes before their wave starts for check-in.
- Waves will begin every 5 minutes. Your wave time will be indicated in your confirmation after registration.
- The map for the racecourse is provided at the venue and online.
- Secure storage will be available for personal belongings.

## **10. CONTACT INFORMATION**

For inquiries, please contact the Valkyrie Race team.

Email: [contact@valkyrierace.com](mailto:contact@valkyrierace.com)