

## **The LSOG Fitness Challenge (Challenge)**

### Introduction and Summary

The Challenge is designed to test strength, endurance, balance, flexibility and cardiovascular condition. The purpose is to promote a functional exercise routine and healthy lifestyle. Participants must choose 6 of 8 events: Two and One Chair Squat; Bench-Press or Push-Ups; Barbell Curls or Chin-Ups; Sit-Ups; One Mile Walk or One Mile Run/Walk; and the Standing Toe Reach. The events must be conducted in the order listed and participants must choose between Bench Press or Push-Ups, Barbell Curls or Chin-Ups and One Mile Walk or Run/Walk. Participants may not run during the Walk. They may walk during the Run. The detailed rules and illustrations for each event can be found at: .

Performance standards (lifted weight, starting positions, number of repetitions, and Run/Walk times) are set for the Gold, Silver and Bronze levels. Participants can find the standards for their age group and sex in the Scoring and Standards part of these rules.

The lifted weights in the lifting events (bench press and barbell curl) are a percentage of the participant's body weight. Participants must select the Gold, Silver or Bronze lifted weight. Depending on the number of repetitions performed, participants can qualify for a Gold, Silver or Bronze medal. They can earn bonus points if they complete more repetitions than the Gold level for their sex and age. If they select the Silver lifted weight, they can only qualify for the Silver or Bronze medal and can not earn bonus points. If they select the Bronze lifted weight, they can only qualify for a Bronze medal and can not earn bonus points.

In the Two and One Chair Squat, participants must select the Gold, Silver or Bronze depth: 1. A full squat or below 90 degrees for the Gold; 2. A half squat or below 75 degrees for Silver; and 3. A quarter squat or below 45 degrees for Bronze. Depending on the number of repetitions performed, participants can qualify for the Gold, Silver or Bronze medal and earn bonus points if they select the Gold depth. If they select the Silver depth, they can qualify for a Silver or Bronze medal and can not earn bonus points. If they select the Bronze depth, they can only qualify for a Bronze medal and can not earn bonus points.

Participants have two performance options in the Two and One Chair Squat. They may alternate legs or use a single leg. If they elect the single leg option, depending on the number of repetitions performed, they can qualify for a Gold, Silver or Bronze medal. They can not earn bonus points in the single leg option.

Point values are assigned to each repetition in the callisthenic and lifting events and times in the Walk and Run/Walk events. Bonus points are awarded for repetitions and fifteen second time increments above/below the Gold Standard. Participants that achieve the Gold Standard in five of the six events, and no less than Silver in the sixth, will earn a Gold Medal; Silver in five of six events, and no less than Bronze in the sixth, a Silver medal; and no less than Bronze in five events, a Bronze medal. Participants that achieve the Gold Standard in all six events will earn a Master Fitness Certificate. Awards will also be given to the top three teams and Best Overall Performance for each sex.

## THE LSOG FITNESS CHALLENGE (FC)

### GENERAL RULES

1. The FC consists of the following events (must be taken in the sequence listed): Two and One Chair Squats; Bench Press or Push Ups; Sit Ups; Chin Ups or Barbell Curls; One Mile Walk or One Mile Run-Walk; and, Standing Toe Reach ([www.gvoichwellness.com](http://www.gvoichwellness.com) for technical rules and illustrations).
2. Competition takes place between athletes in categories defined by sex and age.
3. The rules apply to all levels of competition.
4. Athletes can compete as individuals or as members of a team. Athletes competing with a team are also eligible for individual awards.
5. Each team is allowed a maximum of 10 competitors. No more than 2 competitors are allowed in each age group. Each team that has 6 or fewer competitors must consist of at least 1 female. Each team that has 7 or more competitors must consist of at least 2 females.
6. Scoring will be based on total points earned. Gold, Silver, and Bronze standards based on age, sex, and body weight (for lifting events) are set and published in the last section (Scoring and Standards) of these rules. Bonus points are awarded for repetitions above the Gold standard in specified events. Individual participants are only required to meet the Gold, Silver, or Bronze standard for their age and sex to win the respective medal. Bonus points will count in the Team and “Best Overall” competition.
7. First, second, and third place winners in individual and team competition will be based on total points scored. Only the top five individual scores will count in a team’s total score.
8. In case of a tie, the team having the largest number of first places in individual events will be ranked first. Only the scores of the top five participants on each team will be included in the tie breaker.
9. A “Best Overall” award shall be given to the man and woman that achieves the highest score for their sex. In the event of a tie, the participant with the most first places in the individual events will win. If the participants are still tied, co-champions will be declared.
10. Participants must achieve the Gold standard in five of the events and no less than Silver in the sixth to win a Gold medal, Silver or Gold in five and no less than Bronze in the sixth to win a Silver medal, and no less than Bronze in all six events to win a Bronze medal.
11. MASTER OF PHYSICAL FITNESS CERTIFICATE: Competitors that achieve Gold standards in all 6 events will be awarded a Master of Physical Fitness Certificate. The athlete must achieve the standards at a sanctioned District Games or at the annual State Games.

## EQUIPMENT SPECIFICATIONS

### Bars and Discs:

1. All competitive bars and discs must be pre-weighed prior to competition on an “official” calibrated scale.
2. Only Olympic sized discs are allowable.
3. Only a recognized Olympic bar with proper knurling shall be used in the Bench Press and Barbell Curl competition. If a starting weight below 45 lbs. is chosen, an Olympic style bar that weighs less than 45 lbs. shall be used.
4. Collars shall always be used.

### BENCH PRESS

1. The bench should be an Olympic style bench that conforms to specific dimensions.

### SCOREBOARD

A proper detailed scoreboard visual to the spectators, officials, and all concerned with the progress of the competition must be provided.

### PERSONAL EQUIPMENT

#### Uniform:

1. Only competitive uniforms (clothing) registered and approved by the Rules Committee shall be permitted for use in the competition.
2. NON-SUPPORTIVE: No part of the competitive apparel shall provide added reinforcement or bracing to enhance performance unless pre-approved by the Rules Committee. The list includes but is not all inclusive: elbow and knee braces (supports), weight lifting belts, extra seams, or layering of clothing.
3. All competitive uniforms must be clean and appropriate in appearance.
4. That which is offensive or liable to bring the sport into disrepute is not allowed.

### T-SHIRT

1. It must be solid color.
2. It must be short sleeved.
3. It may bear a team logo.
4. It must be tucked in at all times.

## SHORTS

1. They must have legs.
2. They cannot cover knees.
3. They must be solid color.

## SWEAT PANTS

1. Sweat pants are allowed as part of the uniform.
2. They must be solid color.

## BRIEFS

1. For men, standard commercial briefs (not boxer shorts) of any mixture of cotton, nylon, or polyester shall be worn under the bottoms.
2. Women may wear a commercial or sports bra.
3. Any supportive under garment that provides an undue competitive advantage is prohibited.

## SOCKS

1. Ankle length.
2. Solid color.

## BELT

1. No lifting belt.

## SHOES

1. Shoes shall be taken to include only sports shoes, sports boots.
2. No part of the underside shall be higher than 5 cm. (2 in)

## WRAPS/SUPPORTS

1. Only commercial wrist wraps are allowed for the Bench Press.
2. No knee, elbow wraps or supports.

## LIFTING GLOVES

1. Commercial lifting gloves may be worn for the Bench Press and Barbell Curl.

HATS or CAPS are not allowed.

CHALK is not allowed.

## Inspection of Personal Equipment

The inspection of personal equipment may take place at anytime during the competition or prior to the meet.

## WEIGHING IN

1. Weighing in of the competitors must take place no earlier than 2 hours before the start of the competition.
2. The weigh in period will last one and a half hours.
3. The weigh in will end 30 minutes before the start of the competition.
4. The weigh in for each competitor will be carried out in a room in a privacy designated area.
5. Competitors may be weighed in underwear.
6. Each competitor may only be weighed once.

## STANDARD SELECTIONS AT WEIGH IN:

### LIFTING EVENTS: Bench Press and Barbell Curl

1. The competitor or his/her coach must select a starting weight at the weigh-in. The competitor will have 3 attempts to make a successful repetition(s) of the opening poundage. The competitor may not lower the starting poundage if the first attempt is not successful.
2. The competitor with the lowest starting weight will start the lifting competition. The competitors will lift in the order as determined by their starting poundage.

CHAIR SQUATS: The competitor must declare a starting depth for the chair squat: Quarter Squat; Half Squat; Below Parallel Squat.

## MEET OFFICIALS/STAFF:

1. Speaker/announcer
2. Head judge
3. Officials
4. Time keeper
5. Scorers
6. Spotters/Loaders
7. Volunteers

## PERSONAL CONDUCT:

No competitor is to bring ill-repute to the competition through their actions, behavior, and dress code or by any other means.

ERGOGENIC AIDS: No competitor is to use any substance that gives him/her an unfair advantage over the competition.

## The LSOG Fitness Challenge (FC)

### **SCORING AND STANDARDS**

#### **Two and One Chair Squats:** Two Options: 1. **Alternate Leg** (Right and Left = 1 Rep)

Gold Standard: Below Parallel Squat (>90 degrees). Repetitions to Gold/Scoring: Five points per repetition. Three points bonus per repetition above Gold Standard. Max bonus = 30 points.

	50-59	60-69	70-74	75-79	80-84	85+
Gold	10/50	8/40	6/30	4/20	2/10	1/5
Silver	8/40	6/30	4/20	2/10	1/5	N/A
Bronze	6/30	4/20	2/10	1/5	N/A	N/A

Silver Standard: Half Squat (>75 degrees). Repetitions to Silver/Scoring: Three and ½ points per repetition. No Bonus Points.

	50-59	60-69	70-74	75-79	80-84	85+
Silver	10/35	8/28	6/21	4/14	2/7	1/3.5
Bronze	8/28	6/21	4/14	2/7	1/3.5	N/A

Bronze Standard: One Quarter Squat (>45 degrees). Repetitions to Bronze/Scoring: Two and ½ points per repetition. No Bonus Points.

	50-59	60-69	70-74	75-79	80-84	85+
Bronze	10/25	8/20	6/15	4/10	2/5	1/2.5

#### **Two and One Chair Squats:** 2. **Single Leg** (One Leg only)

Gold Standard: Below parallel (>90 degrees). Repetitions to Gold/Scoring: Five points per repetition. No Bonus Points

	50-59	60-69	70-74	75-79	80-84	85+
Gold	10/50	8/40	6/30	4/20	2/10	1/5
Silver	8/40	6/30	4/20	2/10	1/5	N/A
Bronze	6/30	4/20	2/10	1/5	N/A	N/A

Silver Standard: Half Squat (>75 degrees). Repetitions to Silver/ Scoring: Three points per repetition. No Bonus Points.

	50-59	60-69	70-74	75-79	80-84	85+
Silver	10/30	8/24	6/18	4/10*	2/5*	N/A
Bronze	8/24	6/18	4/10*	2/5*	N/A	N/A

Bronze Standard: One Quarter Squat (>45 degrees). Repetitions to Bronze/Scoring: Two points per repetition. No Bonus Points.

	50-59	60-69	70-74	75-79	80-84	85+
Bronze	10/20	8/16	6/10*	4/5*	2/2	1/2

\*Capped at 10 and 5 points respectively.

**Bench Press:** Weight Assignments: Male/Female (Percent of Body Weight)

	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
Gold	.95/.53	.90/.50	.85/.48	.80/.42	.75/.42	.70/.39	.50/.28	.40/.22	.20
Silver	.85/.48	.80/.45	.75/.42	.70/.39	.65/.36	.60/.34	.40/.23	.35/.20	N/A
Bronze	.75/.42	.70/.39	.65/.36	.60/.34	.55/.31	.50/.28	.30/.17	.25/.14	N/A

Gold Weight Standard: Repetitions to Gold, Silver and Bronze Standard/Scoring is 10 points per repetition. Six Bonus Points awarded for every repetition greater than Gold Standard.

	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
Gold	10/100	10/100	10/100	10/100	10/100	10/100	5/50	3/30	1/10
Silver	7/70	7/70	7/70	7/70	7/70	7/70	3/30	2/20	N/A
Bronze	3/30	3/30	3/30	3/30	3/30	3/30	1/10	1/10	N/A

Silver Weight Standard: Repetitions to Silver and Bronze Standard/Scoring is 7 points per repetition. No Bonus Points

	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
Silver	10/70	10/70	10/70	10/70	10/70	10/70	5/35	3/21	N/A
Bronze	7/49	7/49	7/49	7/49	7/49	7/49	3/21	2/14	N/A

Bronze Weight Standard: Repetitions to Bronze Standard/Scoring is 3 points per repetition. No Bonus Points

	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
Bronze	10/30	10/30	10/30	10/30	10/30	10/30	5/15	3/9	N/A

**Push-Ups:** Repetitions to Gold, Silver and Bronze Standard – Male: Regular Push-Ups/ Female: Modified (Knee) Push-Ups

	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
Gold	45/40	45/35	40/30	35/25	30/20	25/15	10/10	7/7	1/1
Silver	40/35	40/30	35/25	30/20	25/15	20/10	7/7	4/4	N/A
Bronze	35/30	35/25	30/20	25/15	20/10	15/5	4/4	1/1	N/A

Scoring: Two points per repetition. Three Bonus Points per repetition after Gold Standard.  
Male/Female

	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
Gold	90/80	90/70	80/60	70/50	60/40	50/30	20/20	14/14	2/2
Silver	80/70	80/60	70/50	60/40	50/30	40/20	14/14	8/8	N/A
Bronze	70/60	70/50	60/40	50/30	40/20	30/10	8/8	2/2	N/A

**Sit-Ups:** Repetitions to Gold, Silver and Bronze Standard – Male/Female

	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
Gold	50/40	50/35	45/30	40/25	35/20	30/15	20/12	15/10	10/5
Silver	45/35	45/30	40/25	35/20	30/15	25/10	15/7	10/5	7/3
Bronze	40/30	40/25	35/20	30/15	25/10	20/5	10/3	5/2	3/1

Scoring: Two points per repetition. Two Bonus Points per repetition after Gold Standard.  
Male/Female

	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
Gold	100/80	100/70	90/60	80/50	70/40	60/30	40/24	30/20	20/10
Silver	90/70	90/60	80/50	70/40	60/30	50/20	30/14	20/10	14/6
Bronze	80/60	80/50	70/40	60/30	50/20	40/10	20/6	10/4	6/2

**Arm Curl:** Weight Assignment (Percent of Body Weight): Male/Female

	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
Gold	.42/.25	.42/.25	.38/.21	.38/.21	.35/.17	.30/.15	.22/.12	.15/.10	.10/.10*
Silver	.38/.20	.38/.20	.35/.17	.35/.17	.30/.15	.25/.12	.18/.10	.10/.10	.10/.10
Bronze	.33/.15	.33/.15	.30/.13	.30/.13	.25/.12	.20/.10	.15/N/A	.10/.10	.10/.10

\*MAX of 20 lbs for 90+

Gold Weight Standard: Repetitions to Gold, Silver and Bronze Standard/Scoring: Ten points per repetition. Five Bonus Points per repetition above Gold Standard.

	50-79	80-89	90+
Gold	10/100	5/50	1/10
Silver	7/70	3/30	N/A
Bronze	3/30	1/10	N/A

Silver Weight Standard: Repetitions to Silver and Bronze Standard/Scoring: Seven points per repetition. No Bonus Points.

	50-79	80-89	90+
Silver	10/70	5/35	N/A
Bronze	7/49	3/21	N/A

Bronze Weight Standard: Repetitions to Bronze Standard/Scoring: Three points per repetition.  
No Bonus Points

	50-79	80-89	90+
Bronze	10/30	5/15	N/A

**Chin-Ups:** Repetitions/ Ten Points per repetition. Ten Bonus Points per repetition after Gold Standard

	50-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
Gold	12/120	10/100	9/90	7/70	5/50	2/20	1/10	1/10
Silver	8/80	7/70	5/50	4/40	3/30	1/10	N/A	N/A
Bronze	5/50	4/40	3/30	2/20	1/10	N/A	N/A	N/A

**One Mile Walk:** Conversion Chart for Male/Female. Time (minutes) to Gold, Silver and Bronze Standard

	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
Gold	12/13.5	12.5/14	13/14.5	13.5/15	14/15.5	14.5/17	16/18	18/20
Silver	12.5/14	13/14.5	13.5/15	14/15.5	14.5/16	15/18	16.5/19	22/24
Bronze	13/14.5	13.5/15	14/15.5	14.5/16	15/16.5	15.5/19	17/20	26/30

**One Mile Run/Walk:** Conversion Chart for Male/Female. Time (minutes) to Gold, Silver and Bronze Standard

	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
Gold	7.5/8.5	8/9	8.5/10	9/10.5	9.5/11	10/11.5	12/14.5	13/15.5
Silver	8/9	8.5/9.5	9/10.5	9.5/11	10/11.5	10.5/12	13/15.5	14/17
Bronze	8.5/9.5	9/10	9.5/11	10/11.5	10.5/12	11/12.5	14/17	15/19

**Scoring:** Gold Standard equals 100 points for all ages and both sexes. Bonus Points: A participant earns five points for every fifteen second increment below the gold standard time and **minus** five points for every fifteen second increment above.

For example: Division Male 50-54: Time = 7 minutes in run/walk, score = 110 points. Division Female 60-64: Time = 14:46 in walk, score = 90 points. Times are rounded to the next highest 15 second increment.

For example: 12:01 is rounded to 12:15 for scoring purposes and 11:40 is rounded to 11:45

**Standing Toe Reach:**

Gold Standard equals 100 points for all divisions. Every inch greater than Gold Standard will earn five bonus points. Every inch less than Gold Standard will result in minus five points. Increments of less than an inch will be rounded down to the nearest attained inch.

**Box = 0, + is below box, - is above**

	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
Gold	+3	+2	+1	0	-1	-2	-2	-3
Silver	+2	+1	0	-1	-2	-3	-3	-4
Bronze	0	0	-1	-2	-3	-4	-4	-5