



ULTIMATE ATHLETE 2026 – OFFICIAL RULES

1. EVENT OVERVIEW

Ultimate Athlete is a beach based functional fitness event combining running and workout stations completed in a fixed order.

Athletes must complete all runs and challenges in sequence from start to finish.

2. DIVISIONS

- Open Individual
- Elite Individual
- Teams (2 or 3 athletes)

Mixed teams compete using men's weights.

3. EVENT FORMAT

Athletes will complete a series of runs and workout stations.

- UA500: 500m runs between stations
- UA1000: 1km runs between stations

Course flow:

Run → Challenge → Run → Challenge → Finish

- 👉 All challenges must be completed in the correct order
 - 👉 Skipping or completing stations out of order is not permitted
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4. GENERAL RULES

- Athletes must complete the full course as prescribed
 - Athletes are responsible for completing all repetitions correctly
 - Athletes must use the correct weights for their division
 - Athletes must count their own repetitions

 - Officials will be present at each station to monitor movement standards and rep completion

 - All equipment must be returned to its designated area
 - Equipment must not be thrown or dropped dangerously

 - Athletes must remain on the marked course at all times
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5. ATHLETE CONDUCT

- Respect officials, volunteers, and other athletes at all times
- No dangerous or reckless behaviour
- No interference with other athletes
- Follow all course markings and instructions

Failure to comply may result in penalties or disqualification

6. TEAM RULES

- Teams must complete the full course together
- Teams must cross the finish line together

Work Allocation

Shared reps:

- Wall Balls
- Deadballs
- Box Step Overs

Individual requirements:

- Sandbag Carry – one bag per athlete
 - Bear Crawl – all athletes complete full distance
 - Sled Pull – one full out and back per athlete
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Station Behaviour (Teams)

- Only one athlete may work at a time at shared stations
- All other teammates must remain behind the designated waiting line

Applies to:

- Wall Balls
 - Deadballs
 - Box Step Overs
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Farmers Carry (Teams)

- One set of kettlebells per team
 - Only one athlete carries at a time
 - Athletes may swap at any time by placing the weights down
 - Teammates must follow behind the athlete carrying
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Warped Wall (Teams)

- Teammates may assist each other up the wall
 - Athletes cannot complete the wall for another teammate
 - If an athlete cannot complete the wall, they must complete the lunge alternative
 - If some teammates complete the wall and others do not:
→ Athletes who complete the wall must wait at the end of the lunge lane for their teammates
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7. MOVEMENT STANDARDS

GENERAL MOVEMENT STANDARDS

- All repetitions must meet the prescribed standard to count
 - No reps will be issued for incorrect movement
 - Athletes must remain within their assigned lane or station
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RUNS

- Follow the marked course
 - Keep left where instructed
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SANDBAG CARRY – 500m (Mt Drury)

Movement Standard:

- Start behind the marked line
- Follow the trail to the turnaround and return
- Bag may be carried in any way
- Bag must not be dragged
- Bag must be placed back into the bin, not thrown

Weights:

- Open/Elite: 15kg

Teams: one bag per athlete

SLED PULL – 30m

Movement Standard:

- Start behind the line
- Pull using straps only
- Hands must not touch the sled
- Sled must pass the line before turning
- Sled must pass the line again to complete
- Facing direction is optional

Weights:

- Open: 30kg
- Elite: 40kg

Teams:

- One full out and back per athlete
 - Teammates may assist
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BEAR CRAWL – 50m

Movement Standard:

- Hands must start behind the line
- Feet must pass the finish line
- Hips must remain low throughout
- Knees must not touch the ground

Teams: all athletes complete in single file

BOX STEP OVERS – 60 reps (61cm)

Movement Standard:

- Both feet must step onto the box
- Both feet must step down on the opposite side
- Athletes must face forward

Weights:

- Open/Elite: bodyweight

Teams:

- Shared reps
 - One box per team
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FARMERS CARRY – 200m**Movement Standard:**

- Both kettlebells must be carried at all times
- If dropped, weights must be placed down safely
- Carry must remain within the lane
- Weights must be returned to the platform under control

Weights:

- Open/Elite: 2 x 16kg

Teams:

- One person must carry both kettle bells
 - Teams can swap anytime
 - Team must follow behind the carrier in single file
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DEADBALLS – 30 reps**Movement Standard:**

- Ball must start on the ground
- Ball must pass clearly over either shoulder
- Repetition counts once the ball is released
- Movement must be controlled

Weights:

- Open: 15kg
- Elite: 20kg

Teams: shared reps

WALL BALLS – 60 reps (2.8m target)

Movement Standard:

- Ball must start below chin level
- Athlete must squat until hips clearly pass below knees
- Ball must hit the target to count
- Athlete must maintain control between reps

👉 If depth or target is not met = no rep

Weights:

- Open Men: 6kg
- Elite Men: 9kg
- Open Women: 3kg
- Elite Women: 6kg
- Mixed teams use men's weights

Teams: shared reps

WARPED WALL

Movement Standard:

- Athletes may attempt the wall
- Assistance from teammates is allowed

If unsuccessful:

- Athlete must complete 50m walking lunges
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WALKING LUNGES (Penalty / Alternative)

Movement Standard:

- Start behind the line
 - Back knee must clearly touch the ground
 - Full hip extension at the top
 - Alternate legs each step
 - Finish once final step crosses the line
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8. PENALTIES AND OFFICIATING

- All challenges must be completed in order

- Athletes must count their own repetitions
- Officials will monitor movement standards and rep completion

- Athletes must follow all instructions from course officials at all times
Failure to do so may result in penalties or disqualification

- Athletes must make a genuine attempt to complete each challenge

Penalty Rule

- If an athlete is unable to complete a challenge:
➔ A **10 minute time penalty** will be added to their final time

 - Athletes cannot skip challenges to gain an advantage

 - Elite divisions will be more closely monitored and held to stricter standards

 - Officials have the final say on all rulings
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9. RACE DAY REQUIREMENTS

Race Numbers

Temporary tattoos must be worn:

- UA500: left arm
 - UA1000: right arm
 - Both races: both arms
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Timing Chip

- Must be worn on the ankle
 - Can be worn on either ankle
 - Must be returned at the finish
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10. FINAL NOTES

- Complete every challenge
- Follow the course
- Respect officials and other athletes
- Compete hard and enjoy the experience

