



# Box Workout Rules

*as of February 11, 2021*

# **5 Box Workout Events/ Venues**

*(Dates, Venue and Handling Group)*

1. February 20 and 21, Olongapo City, Team OBSZtacles
2. February 27, Pretty Huge Obstacles, Taguig, POSF
3. February 27, Cavinti, Laguna, Hungry Koalified Bears Para-Athletes
4. February 27 and 28, Cebu City, United VisMin
5. February 28, Boracay, Boracay OCR

# POSF Box Workout

## Saturday, February 27

*Register:*  
Raceyaya.com  
from 12nn 02.15 to  
12nn 02.25

*Venue:* Pretty  
Huge Obstacles,  
Taguig City

*Time:* 8am to 8pm

*Fee:* Free National  
Team/ P100 Dev't  
Pool/ P200 POSF  
Member/ P300  
Non-Member

*Waves:* 8-10am/  
10am-12nn/ 1-3pm/  
3-5pm/ 6-8pm  
(athletes must be  
on time)

*Number of  
Athletes:* 20 per 2-  
Hour Wave (waves  
to be assigned by  
POSF/ announced  
on 02.26)

# List of Obstacles & Exercise Stations

*(and number of repetitions)*

## 8 Obstacles

1. Over 6ft wall (1x)
2. Under Wall (1x)
3. Through Wall (1x)
4. Traverse wall (1 cross)
5. Monkey Bars (1 cross)
6. Rings (1 cross)
7. Twister Rings (1 cross)
8. Rope climb (1 ascent)

## 4 Exercise Stations

1. Pull ups (5 reps)
2. Inclined push-ups (5 reps)
3. Dips (5 reps)
4. Inverted row (5 reps)

## Flows

1. Set – fixed sequence
2. Free – sequence up to athlete

# Set Flow

## Able-Bodied

1. Under the Wall
2. Pull ups
3. Through the Wall
4. Monkey bars
5. Inclined Push ups
6. Rings
7. Over the Wall
8. Ring Twister
9. Dips
10. Traverse Wall
11. Inverted Row
12. Rope Climb

## Para-Athletes

1. Over the Wall
2. Under the Wall
3. Through the Wall
4. Pull ups
5. Push ups
6. Inverted Row
7. Ring Twister
8. Rings
9. Monkey bars
10. Dips
11. Rope climb
12. Traverse wall

- P5 (Athletes with Visual Disability):
- Athlete with Guide (not more than 3 feet apart; not pull/ push/ assist)
  - No need to tap bell (just touch last bar/ ring/ hold)
  - 2 Categories: Total visual impairment and low vision

# Amended General Rules

1. Athlete must **start 5 feet** from 1st Obstacle/ Exercise Station outside the Box. For every Obstacle, the Athlete must come from/ start the Obstacle from outside the Box.
2. Athlete cannot use/ touch frame/ rod/ support structure/ trusses to **assist**, boost, get advantage or support, push off or go down Obstacle/ Exercise Station.
3. Athlete cannot use foot/ feet to **tap bell**.
4. Maximum number of **attempts** per Obstacle: 3 (*If fail/ fall/ not complete/ incorrect execution, start again at Obstacle entry point from outside the Box; if not complete Obstacle after 3 attempts, DNF [Did Not Finish], i.e., can no longer proceed to next*)
5. For the **Free Flow**, the Athlete **must end with an Obstacle with a bell** where time ends with tapping of bell (i.e., traverse wall, monkey bars, free rings, twister rings and rope climb).

# Obstacle Rules

1. Over the Wall
2. Under the Wall
3. Through the Wall
4. Monkey Bars (*use platform to reach Bar; use/ hold at least 2 bars then tap bell; start and end with both feet on the ground*)
5. Rings (*use platform to reach Ring; use/ hold at least 2 rings then tap bell; start and end with both feet on the ground*)
6. Ring Twister (*use platform to reach Ring; use/ hold at least 2 rings then tap bell; start and end with both feet on the ground*)
7. Traverse wall (*use/ hold at least 2 holes/ holds/ chains then tap bell; must start with 1<sup>st</sup> hold/ hold/ chain; start from side opposite of rope climb*)
8. Rope climb (*tap bell*)

# Exercise Station Rules

1. Pull ups (5 repetitions; chin over bar; start with arms straight to elbows bent beyond  $90^\circ$  each time; to reach bar to start, can use Exercise Station rungs/ frame to reach bar)
2. Inclined push-ups (use 1<sup>st</sup> rung from bottom; 5 repetitions; start [every repetition] with arms straight to elbows bent beyond  $90^\circ$  each time)
3. Inverted row (use 3<sup>rd</sup> rung from bottom; straight whole body; 5 repetitions; start [every repetition] with arms straight to elbows bent less than  $90^\circ$  each time)
4. Dips (5 repetitions; facing Box; start [every repetition] with arms straight to elbows bent less than  $90^\circ$  each time)



# Competition Rules/ Dos and Don'ts

<https://www.youtube.com/watch?v=Pui28Popsu8&t=3s>

*Visit and subscribe to our  
POSF YouTube account*

# Point System/ Leaderboard

- Athlete can only compete/ join in 1 Box Venue
- Only 1 point/ ranking for the Set and Free Flows (*not 1 each*)
- Athlete must join Set and Free Flows (cannot only join 1)
- Maximum 2 Runs per Flow (at least 1x for each Flow)
- Time/ ranking shall be based on the total of Best time in the Set and Free Flows

Run	Set Flow	Free Flow
1 <sup>st</sup>	1:50	1:38
2 <sup>nd</sup>	1:45	1:40

Athlete's time for the event for purposes of the ranking/ point system is:  
1:45 (Set Flow) +  
1:38 (Free Flow) = **3:23**