

**Heart of America Games**  
**Rules & Guidelines**  
**Fittest Hero Alive**

**Guiding Bodies:**

KPFAA

**Events:** Competition is offered to men in the following age categories: 18-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & up. Competition is offered to women in the following age categories: 18-29, 30-34, 35-39, 40-49 and 50 & up. Also forming 4-person teams with each team member competing in 2 events.

**Competition Duration:** Competition lasts 8-10 hours.

**General Rules:**

Sport-scoring formula will be used for each event-scores based on 0 to 1000 points for time and distance. At end of competition, each individual's points will be added together for a final total. If you miss your call for the event, you will be disqualified from competition. You must attempt each event-no exceptions. No gloves, no bench shirts and no spikes. This is an all day competition.

**Schedule of Events:**

1. 3 mile run
2. Shot-put
3. 100 meter dash
4. 100 yard swim-freestyle
5. Rope climb
6. Bench press
7. Pull-ups
8. Obstacle course

**Event Specifications:**

1. 3 Mile Run
  - a. All age groups will start together
  - b. The course will be a road race course
  - c. 15:30 will equal a maximum score of 1000 points. Each second over 15:30 will be minus one point. 32:10 or slower equals zero points
2. Shot-put
  - a. 16 lbs. for men up to 34 years, men 35+ use a 12 lb. shot and all women use 8 lb. shot
  - b. Two (2) puts only

- c. Twenty (20) points per foot, 1000 points maximum for 50'
  - d. Each put will be rounded off to the nearest six (6) inches
3. 100 yard/meter Dash (distance will depend on available facility)
- a. 100 yards-10.0 seconds will equal a maximum score of 1000 points. Each 10<sup>th</sup> second over 10.0 will be minus 15 points. 16.6 seconds equals then (10) points.
  - b. 100 meters-11.0 seconds will equal a maximum score of 1000 points. Each 10<sup>th</sup> second over 11.0 will be minus 15 points. 17.7 seconds equals then (10) points.
4. 100 yard/meter Swim (distance will depend on available facility)
- a. Freestyle
  - b. Swimmers may start in the water
  - c. 100 yard-55.0 seconds will equal a maximum score of 1000 points. Each 10<sup>th</sup> second over 64.0 will be minus one point. 2:44 or slower equals zero (0) points.
  - d. No grabbing or holding lane ropes, no walking
5. Rope Climb
- a. Twenty (20) foot rope
  - b. Two (2) climbs. Competitor may waive one climb
  - c. Must start from a seated position-fast start or quick start allowed. Must advise the judge.
  - d. Hands only, feet and legs may not be used
  - e. Butt must be last off the ground. If feet leave last (drag), turn is lost and climb does not count.
  - f. No gloves allowed
  - g. 3.0 seconds equals a maximum of 1000 points
  - h. Each 10<sup>th</sup> second over 3.0 will be minus 5 points. 23.0 seconds or slower equals zero (0) points.
6. Bench Press
- a. Two (2) lifts only
  - b. Best lift counted
  - c. 2.5 points for each pound lifted
  - d. You may not go down in weight
  - e. No bench shirts allowed
7. Pull-ups
- a. Start from a hanging position
  - b. Overhand grip (hands facing away)
  - c. Chin must clear bar
  - d. No kicking or swinging legs
  - e. Full arm extensions after each pull-up

- f. Full stop after each pull-up and await judges count
  - g. No gloves allowed
  - h. No more than 10 second hanging rests between pull-ups (judges discretion)
  - i. Twenty-five (25) points per pull-up
  - j. Forty (40) pull-ups equals a maximum 1000 points
8. Obstacle Course
- a. A 150 lbs. sled pull begins the start of the course. The sled will be pulled parallel to the start line, a distance of 50 feet in on direction. After pulling the sled over a chalk line, the competitor will then run through the standard obstacle course.
  - b. Age groups will be run together. All competitors within an age group will run the same side of the course.
  - c. Event is run one person at a time. Shoes/sneakers must be worn, no metal spikes allowed. Event must be run in its entirety. Obstacles must be run in order and cannot be avoided.
  - d. 30.0 seconds equals 1000 points. Each 10<sup>th</sup> second over 30.0 will be minus two points.
  - e. One run per competitor

### **Order of Obstacles**

1. 8' Wall Climb (no assist)
2. Low crawl (approx. 15' length, 25" height)
3. 10 Tires (one step in each)
4. Weave through three (3) cones (pylons)
5. 39" high jump
6. Turnaround cone (pylon)
7. Three (3) 30" hurdles
8. Dash to the finish line

### **Obstacles Course Penalties**

Wall-three (3) legitimate attempts must be made for the starting line, if after the attempts, the wall cannot be climbed, and then, the competitor may go around the wall without penalty.

Low Crawl-five (5) second penalty for breaking the ribbon

Tires-one (1) second penalty for each tire missed (foot must touch the ground inside the tire)

Cones (pylons)-five (5) second penalty for missing any cone (pylon)

High Jump-five (5) second penalty for knocking down the bar

Turnaround cone (pylon)-five (5) second penalty for missing the turnaround cone

Hurdles-legitimate attempt must be made on all hurdles. Both legs must go over the hurdle (no sidestepping). There is no penalty for knocking down a hurdle. There is a five (5) second penalty for each missed hurdle or side straddled hurdle.

Obstacle Course Set-up Description: Event begins with a 50' 140 lb. sled pull parallel to the start line. Run 25' to 8' wall climb, run 22' to first 25" hurdle-the next two hurdles are spaced five feet apart (this is a low crawl), run 14' to the ten tires, run 20' to first of three cones, maneuver around the three cones (in a serpentine order), run 25' to the 39" high jump, run 20' to the turnaround cone, (now going in the opposite direction towards the start line, run approximately 50' to the first of three 30" hurdles-the next two are spaced 25' apart, and dash to the finish line (approximately 100')

Send email to [dakpfaa@gmail.com](mailto:dakpfaa@gmail.com) with questions or comments about this Web site.