

Pentathlon

1. Events

- a. Tyre Pulling(60 kg for men and 40 kg for women)(approx 20m)
- b. Frog jump(approx 20 m)
- c. Farmers walk(approx 30 m)
- d. 100 m sprints
- e. 20 burpees

Athletes have to complete these 5 tracks in the shortest time possible.

2. Weight Classes

- a. Men: 59kg, 66kg, 74kg, 83kg, 93kg, 93kg+
- b. Women: 47kg, 52kg, 57kg, 63kg, 69kg, 69kg+

3. Equipment

- a. Knee sleeves
- b. Use of chalk powder is allowed
- c. Gloves are not allowed

4. Scoring

- a. The one with the least time taken, in each category is the winner
- b. In case of a tie in that category, the one with lesser weight wins

5. Rules

- a. Dropping the dumbbells on the ground during or after farmers walk will lead to immediate **disqualification**. The dumbles need to be placed on the ground carefully.
- b. You are allowed to move to the next track after completely crossing the line that is marked between the tracks.
- c. Frog jumps should be in proper form. Otherwise the player will be asked to start the frog jumps from **beginning**.
- d. The gym instructor will be present in order to check the form of all athletes during the course of the track. The decision of the gym instructor is final.

