



General rules

Timeline

1.-31. August:

Official registration. Apply for a spot.

4. September:

- Announcement of the 20 teams
- Announcement standby list

Workouts

We will announce the workouts two days before the competition. The Head Judge of the competition will explain first the flow and then the standards. After his briefing you will have time for a warm-up.

Podium finish

If teams have equal points on the podium, best ranking in the whole competition will count for the classification.

If teams have the same best ranking, we will do a tiebreak directly on the competition floor before the closing ceremony.

Drug Testing

As a participant in the 2017 Jack the Hopper Invitational I acknowledge that the organisation could be conducting on-site testing of athletes. A zero-tolerance policy will be enforced. The organisation reserves the right to disqualify any athlete from the Jack the Hopper Invitational upon such athlete testing positive for use of any performance-enhancing substances.



General rules

Minimum skill requirement

Bodyweight/ Gymnastics: Handstand Push-ups, Bar Muscle- up, Ring Muscle up, Handstandwalk, Rope climbs, Chest to bar pull-ups, Double unders

Weightlifting: High Volume in workouts: Deadlift (120/85), Clean& Jerk (85/60), Snatch (60/42), Thruster, Overhead Squat, Overhead Lunges, Front Squat

Participant fee

Once your team is selected, the participant fee is 80CHF / team.