

# **Mayday Mania 2025 Movement Standards**

## **SkiErg**

Prior to starting the workout the monitor must be (re)set by a referee.

The athlete's feet must remain on the platform at all times during the exercise. Lifting the feet during the execution of the exercise is allowed.

After completing the required distance, the athlete must raise his/her arm to call over a referee to confirm the required distance has been completed.

Only after receiving the referee's confirmation of completion the athlete may leave the platform and the station.

Distance: 1000 m

## **Sled Push**

Both, sled and athlete must be completely behind the line prior to beginning.

Sled must always pass 12.5 m mark entirely before change of direction

As soon as the athlete completed 4x 12.5 meters and the entire sled passes the start/finish line the station is completed.

If the athlete completes less than four lanes, a penalty of 3 minutes per missing lane will be awarded.

Distance 4 x 12.5 m (unless penalties are assessed)

WOMEN 102 kg incl. Sled

WOMEN PRO / MEN 152 kg incl. Sled

MEN PRO 202 kg incl. Sled

## **Sled Pull**

Sled and athlete must be positioned completely behind the line prior to beginning.

Once the athlete pulls the entire sled passed the 12.5 m mark, the athlete switches sides and pulls the sled back

At all times, the athlete must remain standing, it is not allowed to pull the sled sitting or kneeling

At all times, the athlete must remain between the designated lines the so called Athlete's Box and is not allowed to overstep these lines while pulling the sled.

During the pull, the athlete must make sure that his/her rope remains on their lane and that is is not in the way of the neighboring lanes.

As soon as the athlete completed 4x 12.5 meters and the entire sled passes the start/finish line the station is completed

Distance 4 x 12.5 m

WOMEN 78 kg incl. Sled

WOMEN PRO / MEN 103 kg incl. Sled

MEN PRO 153 kg incl. Sled

### **Burpee Broad Jump**

The athlete starts with both hands behind the line.

The starting position is in the upright position, hands placed near feet, at most one foot length away. Once the hands are placed on the ground they cannot be moved forward. • In the lower position, the athlete's chest must touch the ground.

Then, the athlete stands up and jumps forward, jumping and landing with both feet simultaneously.

When standing back up/jumping back from the bottom position, feet cannot pass the (previously placed) position of the athletes hand.

The length of the jump is up to the athlete.

Taking any steps forward between the repetitions is not allowed.

The station is completed, once the athlete jumps across the finish line.

If the athlete violates any of the above mentioned points, the repetition becomes invalid and in the second warning the athlete receives a 5 m distance penalty.

Distance 80 m

### **Rowing**

Prior to starting the workout the monitor must be (re)set by a referee.

Participants feet are not allowed to touch the ground during the row.

After completing the required distance, the athlete must raise his/her arm to call over a referee to confirm the required distance has been completed.

Only after receiving the referee's confirmation of completion the athlete may leave the platform and the station.

Distance 1000 m

### **Farmers Carry**

The Farmers Carry begins and ends with the removal/return of the kettlebells from the marked area next to the start/finish line.

The athlete has to carry both kettlebells at all times while they move.

Kettlebells must be carried with both arms extended

Putting down the kettlebells to rest is allowed.

The station is completed, once the athlete carries the kettlebells across the finish line and returns them to the marked area.

Distance 200 m

WOMEN 2 x 16 kg  
WOMEN PRO / MEN 2 x 24 kg  
MEN PRO 2 x 32 kg

### **Sandbag Lunge**

The Sandbag Lunge begins and ends with the removal/return of the sandbag from the marked area next to the start/finish line.

The athlete must lift up the sandbag without assistance and place it over their shoulders.

The athlete starts in the upright position with both feet behind the line.

During each lunge, the rear knee must touch the ground.

A repetition ends with knees and hips fully extended.

Lunges must alternate knees touching the ground.

The athlete can either lunge continuously or stop after each lunge with both feet on the ground.

Taking any steps between repetitions is not allowed.

The station is complete, once the athlete lunges across the finish line and returns the sandbag to the marked area.

If the athlete violates any of the above mentioned points, the repetition becomes invalid and in the second warning the athlete receives a 5 m distance penalty.

It is not allowed to put the sandbag down. The sandbag must remain on both shoulders at all times. Putting down the sandbag once will result in a 5 m distance penalty. The second time will result in a disqualification.

Distance 100 m

WOMEN 10 kg  
WOMEN PRO / MEN 20 kg  
MEN PRO 30 kg

### **Wall Balls**

With every throw the ball must strike the designated target. Female athletes must hit the target in the center, male athletes must also hit the center above the line.

Before the athlete starts with the Wall Balls, the ball must be picked up from the ground and the athlete has to stand in the upright position with hips and knees extended before he/she initiates the movement.

The athlete then squats (while holding the ball with both hands) and throws the ball (with both hands) to the target when standing up. This is counted as one repetition. After the ball touches the target, the athlete catches the ball and initiates the movement again.

If the athlete does not catch the ball, he/she must first pick up the ball from the ground and stand in the upright position with hips and knees extended before he/she initiates the movement.

At the bottom position of the squat, the athlete's hips must descend lower than his/her knees (below 90°).

If necessary, the referee may use a box to make sure the athlete's squat is low enough.

If the athlete violates any of the above mentioned points, the repetition becomes invalid.

WOMEN 75 reps with 4 kg

WOMEN PRO / MEN 100 reps with 6 kg

MEN PRO 100 reps with 9 kg

Target height WOMEN and WOMEN PRO 9'

Target height MEN and MEN PRO 10'