



# EVENT RULES

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NEW YORK | CHICAGO | SAN FRANCISCO | HOUSTON

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## ORDER OF EVENTS



400M Run



Football Throw



Pull-Ups



40yd Dash



Broad Jump



500M Row



Vertical Jump



20-Yard Shuttle



Bench Press (175lbs men / 75lbs women)



800M Run

## DISCLOSURE

The D10's Judges and Heat Hosts play a crucial role in delivering a fair and entertaining day of competition.

Prior to the event's start, The D10's Master of Ceremonies will instruct all participants to acknowledge understanding of the rules and to agree to uphold the rules of each event.

Participants receive written instructions in their swag bag in addition to receiving a copy of the rules via email, along with instructional videos posted online. The performance-based donating model used by participants should not influence the judge's perception.

The easiest way to avoid conflict and to accumulate the maximum amount of performance-based donations is for the participants to conduct each exercise by the rules. Please enforce them.

Thank you.

## I. 400 METER RUN

### a. Heat Host's Role

#### i. Communication:

1. There is a central, outdoor locker room where every member of your Heat will congregate after he/she has checked-in at the Competitor Check-In tent

#### ii. Coordination:

1. After the singing of the National Anthem, confirm with each member of your Heat that they understand their respective lane assignment.
2. Guide every member of your heat to the staging area where competitors wait before their race.

### b. Judge's Roles

- i. Assist Heat Hosts at the request of a Heat Host.

### c. RULES

#### i. Hip Numbers:

1. Each participant is assigned a hip number.
2. Each participant places this hip number on their RIGHT hip.
3. This number must not be obstructed by a t-shirt or shorts when the participant runs the race.

#### ii. Attempts:

1. Each competitor gets one (1) opportunity to complete one (1) lap.

#### iii. Assignments:

1. Competitors must run in their assigned lane.
2. A competitor MAY NOT change lanes prior to and/or during the race.

#### iv. Disqualification:

1. A competitor is subject to disqualification if he/she impedes another runner as a result of running outside of his/her designated lane.
2. There are no disqualifications resulting from false starts.

#### v. Starts and False Starts:

1. In the event of a false start, the starter will fire the starting gun an additional two (2) times signifying that all competitors must return to the starting line.
2. The starter will not fire the starting gun until all athletes in a heat are still.

#### vi. Footwear:

1. A competitor may wear track & field sprinting spikes, traditional running sneakers, barefoot, or any other type of footwear.

## II. FOOTBALL THROW

### a. Heat Host's Role

#### i. Positioning:

1. One (1) Heat Host stands at the throwing line.
2. One (1) Heat Host stands in the field.

#### ii. Definition(s):

1. The "throwing line" represents the point in which a Competitor must release the ball.

#### iii. Throwing Line Enforcement:

1. A Heat Host is responsible for ensuring a Competitor does not step over the throwing line prior to and/or after releasing the ball.
  - a. A competitor may step on the line.

#### iv. Sequence:

1. A Heat Host is responsible for ensuring all Competitors remain in the order in which they were assigned.
  - a. Competitors may not swap places with fellow participants.

#### v. Manual Scorekeeping:

1. One (1) Heat Host is responsible for manually recording the results in their Heat Host binder provided to the Host at the Volunteer Check-in Tent.
2. A Manual Scorekeeper may record the result of all three (3) attempts per Competitor, or solely record the 1st result attempt and, if necessary, the result attributed to the 3rd throw.
3. Circle each Competitor's best result.
4. At the event's conclusion, a Heat Host is responsible for handing the written score-sheet to a Retriever who will bring it to D10's Scoring Tent.

#### vi. Mobile Scorekeeping:

1. The Heat Host who is recording results manually is also responsible for managing one (1) Mobile Scorekeeper who will enter all of a Competitor's three (3) throws into an iPhone scoring tool.
2. Only a Competitor's furthest throw is recorded by the Mobile Scorekeeper.

#### vii. Markers and Retrievers:

1. One (1) Heat Host is responsible for managing one (1) Volunteer-Marker and one (1) Volunteer-Retriever.
  - a. A Marker is responsible for placing a plastic disc on the field to mark the exact spot a football lands.
  - b. A Retriever is responsible for gathering and returning footballs to the Competitors stationed at the throwing line.

### b. Judge's Roles

#### i. Oversight:

1. One (1) Judge is responsible for ensuring a Marker accurately places a disc on the exact spot where a football 1st made contact with the ground after it is thrown by a Competitor.

### c. RULES

#### i. Attempts:

1. Each competitor is given three (3) attempts.

#### ii. Football Size:

1. The D10 uses a junior size NIKE Vapor Strike.

#### iii. Throwing Line:

1. Competitor CANNOT cross the throwing line before and/or after releasing the ball.
2. The goal line is the "throwing line" and is clearly marked between two (2) cones placed on the field of play.

#### iv. Gloves:

1. A Competitor may wear a glove on his/her throwing hand and/or use talcum powder to improve their grip on the football.

### III. PULL-UPS

#### a. Heat Host's Role

##### i. Sequence:

1. A Heat Host is responsible for ensuring all Competitors remain in the order in which they were assigned.
  - a. Competitors may not swap places with fellow participants.

##### ii. Manual Scorekeeping:

1. One (1) Heat Host is responsible for manually recording the results in their Heat Host binder provided to the Host at the Volunteer Check-in Tent.
2. A Manual Scorekeeper must record the result.
3. At the event's conclusion, a Heat Host is responsible for handing the written score-sheet to a Retriever who will bring it to The D10's Scoring Tent.

##### iii. Mobile Scorekeeping:

1. The Heat Host who is recording results manually is also responsible for managing one (1) Mobile Scorekeeper who will enter a Competitor's result into an iPhone scoring tool.

#### b. Judge's Roles

##### i. Enforcement:

1. Judge is solely responsible for enforcing the rules.
2. A Judge's decision may only be overridden by an Event Official.

#### c. RULES

##### i. Attempts:

1. Each competitor is given one (1) attempt.

##### ii. Accidents:

1. A competitor who accidentally slips from a pull-up bar may restart.

##### iii. Body Positioning:

1. Palms must face away from the body
2. Kipping is NOT allowed
3. Arms must be equal to or greater than shoulder width apart
4. Competitor's chin must go above the bar at top of repetition
5. Competitor's arms must be fully extended at the bottom of a repetition

##### iv. Judge's Requests:

1. Judge may ask a Competitor to dead-hang before commencing the exercise to signify the required extension at the bottom of a rep, or
2. Judge may ask each Competitor to complete a full rep prior to starting the exercise
3. Upon viewing a Competitor's sample pull-up, the judge is encouraged to provide concise feedback the Competitor may use to ensure proper form is delivered

##### v. Announcing:

1. Judge will count the reps aloud.
2. When applicable, the Judge will say "no rep" aloud so the Competitor is able to hear it above crowd noise.

### IV. 40 YARD DASH

#### a. Heat Host's Roles

##### i. Sequence:

1. A Heat Host is responsible for ensuring all Competitors remain in the order in which they were assigned.
  - a. Competitors MAY NOT swap places with fellow participants.

##### ii. Manual Scorekeeping:

1. One (1) Heat Host is responsible for manually recording the results in their Heat Host binder provided to the Host at the Volunteer Check-in Tent.
2. A Manual Scorekeeper must record the result of both attempts.
3. Circle the fastest time per Competitor on the score sheet.
4. At the event's conclusion, a Heat Host is responsible for handing the written score-sheet to a Retriever who will bring it to The D10 Scoring Tent.

##### iii. Mobile Scorekeeping:

1. The Heat Host who is recording results manually is also responsible for managing one (1) Mobile Scorekeeper who will enter a Competitor's results into an iPhone scoring tool.

#### b. Judge's Roles

1. This event is hand timed by the Judge
2. The Judge may only stand at the Finish Line
3. The Judge will start the stop watch on the athlete's first move
4. The Judge will stop the stop watch once the athlete's torso crosses the finish line
5. The Judge will stand perfectly perpendicular to the finish line
6. The Judge will use hand signal to the athlete and/or Heat Host standing at the starting line to signify the Judge is ready to time the athlete's performance
7. An athlete who starts and slips must immediately return to the starting line to go again

#### c. RULES

##### i. Attempts:

1. Each Competitor is given two (2) attempts

##### ii. Surface:

1. Event is run on the football/lacrosse field

##### iii. Timekeeping:

1. The event is hand-timed by one (1) Judge
2. Stopwatch starts on the Competitor's 1st move
3. When the competitor is in his/her starting position, Competitor must have their hands and feet positioned behind the starting line
4. Judge stops the watch one the Competitor's torso crosses the finish line.

##### iv. Starting Position:

1. Athlete may start in a standing position, 3-point position, or 4-point position
2. An athlete's finger tips may not touch the starting line
3. Athlete must be in a stable, set position prior to starting
4. Athlete may start at his/her discretion once obtaining confirmation from the Judge that the Judge is ready to time the athlete's performance



## V. BROAD JUMP

### a. Description:

The standing broad jump is a test of lower body power, flexibility and coordination. It is a movement that requires the athlete to jump forward off of two (2) feet from a standing position.

### b. Heat Hosts Roles:

#### i. One (1) Heat Host acts as an unofficial starter.

1. This Heat Host ensure athletes perform the event in the correct sequence.
2. Prior to an athlete's performance, the Heat Hosts checks the manual score sheet in their possession to ensure athletes are performing in order.
3. For example, an athlete wearing bib number A1 must perform the movement before the next athlete – wearing big number A2 – is permitted to perform.
4. This Heat Host will also manually record the results of both jumps attributed to every athlete.
5. At the event's conclusion, this Heat Host will remove the manual score sheet from the Heat Host binder and deliver it to The D10's Quality Assurance Tent located adjacent to the Athlete's Village.

#### ii. One (1) Heat Host acts as crowd control.

1. This Heat Host ensures that no athletes surround, nor stand near the start line, finish line, or anywhere along the jumping plane so as to block the view of fans and/or NORMA cameras.

### c. Mobile Scorekeeper:

- i. The Mobile Scorekeeper will record the result of every jump performed by every athlete.

### d. Judge's Roles:

- i. One (1) Judge is exclusively responsible for measuring the athlete's jump.
- ii. Judge is solely responsible for enforcing the rules
- iii. A Judge's decision may only be overridden by an Event Official.

### e. Equipment:

- i. A Judge will be in possession of a yard stick
- ii. A yard stick is used to create a perpendicular plane measuring the back of the athlete's heel in relation to a measuring tape affixed to the jump zone.

### f. RULES

#### i. Attempts:

1. Each athlete is given two (2) attempts

#### ii. Sequence:

1. Each athlete performs the jump one (1) time beginning with the first (1st) athlete in the heat and ending with the last athlete in the heat.
2. The sequence repeats itself two times (2x)

#### iii. Starting Position:

1. An athlete must have two (2) feet planted along an even plane
  - a. An athlete may not have one (1) foot in front of the next
2. An athlete's toes may not touch, nor cross, the starting line
3. An athlete may move his/her body to create momentum as long as it does not effect the stable placement of the athlete's feet.

#### iv. Landing Position:

1. An athlete's goal is to land with both feet along the same plan.
2. An athlete must remain in the landing position until the Judge signals that a measurement has been successfully recorded.

#### v. Measurement:

1. A Judge records a measurement by placing a yard stick directly behind the athlete's heel(s) which is closest to the starting line, perpendicular to the measuring tape

#### vi. Recording:

1. A Judge articulates the measurement to the Mobile Scorekeeper who is stationed along the jump zone.

#### vii. Slippage:

1. If an athlete fails to remain on his/her feet upon landing, the athlete is given one (1) nullification, however, the athlete must immediately return to the starting line and perform the movement before the next athlete goes.
2. If the athlete fails to remain on his/her feet a second (2) time, the Judge will mark the jump based on the athlete's body part which is closest to the starting line.

## VI. 500M ROW

### a. Heat Host's Role

#### i. Sequence:

1. A Heat Host is responsible for ensuring all Competitors remain in the order in which they were assigned.
  - a. Competitors may not swap places with fellow participants.

#### ii. Manual Scorekeeping:

1. One (1) Heat Host is responsible for manually recording the results in their Heat Host binder provided to the Host at the Volunteer Check-in Tent.
2. A Manual Scorekeeper must record the result.
3. At the event's conclusion, a Heat Host is responsible for handing the written score-sheet to a Retriever who will bring it to The D10's Scoring Tent.

#### iii. Mobile Scorekeeping:

1. The Heat Host who is recording results manually is also responsible for managing one (1) Mobile Scorekeeper who will enter a Competitor's result into an iPhone scoring tool.

### b. Judge's Roles

#### i. Enforcement:

1. Judge is solely responsible for enforcing the rules.
2. A Judge's decision may only be overridden by an Event Official.

### c. RULES

#### i. Attempts:

1. Each Competitor is given one (1) attempt.
2. If the Competitor falls off the rowing machine, he/she may restart the event.

#### ii. Distance:

1. Event distance is 500m.

#### iii. Equipment Settings:

1. Competitor may adjust the damper lever to any setting prior to the start.
2. Judge or Heat Host must reset the rowing machine once a Competitor has completed the exercise.

## VII. VERTICAL JUMP

### a. Heat Host's Role

#### i. Sequence:

1. A Heat Host is responsible for ensuring all Competitors remain in the order in which they were assigned.
  - a. Competitors may not swap places with fellow participants.

#### ii. Manual Scorekeeping:

1. One (1) Heat Host is responsible for manually recording the results in their Heat Host binder provided to the Host at the Volunteer Check-in Tent.
2. A Manual Scorekeeper must record the result.
3. At the event's conclusion, a Heat Host is responsible for handing the written score-sheet to a Retriever who will bring it to The D10's Scoring Tent.

#### iii. Mobile Scorekeeping:

1. The Heat Host who is recording results manually is also responsible for managing one (1) Mobile Scorekeeper who will enter a Competitor's result into an iPhone scoring tool.

### b. Judge's Roles

#### i. Measurement:

1. A Judge will measure each competitor's reach and set the Vertec accordingly.
2. A Judge will assist a Host Host in calculating each Competitor's vertical jump which is based upon the difference between a Competitor's reach and the height of the highest Vertec disc dislodged by the Competitor

### c. RULES

#### i. Attempts:

1. Each Competitor is given two (2) attempts
2. Competitor must keep one (1) foot planted before take-off
3. Competitor's reach must be measured before he/she jumps
4. Measuring the Competitor's reach requires the Competitor to either place 2 hands above his/her head with the Competitor's back leaning flat against the Vertec, or Competitor leans the side of their body flat against the Vertec and raises the corresponding arm above their head

#### ii. How to Measure:

1. Each **RED** disc represents six (6) inches
2. Each **BLUE** disc represents one (1) inch
3. Each **WHITE** disc represents a half (1/2) inch

## VIII. 20YD SHUTTLE

### a. Heat Host's Role

#### i. Sequence:

1. A Heat Host is responsible for ensuring all Competitors remain in the order in which they were assigned
  - a. Competitors MAY NOT swap places with fellow participants

#### ii. Manual Scorekeeping:

1. One (1) Heat Host is responsible for manually recording the results in their Heat Host binder provided to the Host at the Volunteer Check-in Tent.
2. A Manual Scorekeeper must record the result of both attempts
3. A Manual Scorekeeper circles the fastest result per Competitor
4. At the event's conclusion, a Heat Host is responsible for handing the written score-sheet to a Retriever who will bring it to The D10 Scoring Tent

#### iii. Mobile Scorekeeping:

1. The Heat Host who is recording results manually is also responsible for managing one (1) Mobile Scorekeeper who will enter a Competitor's results into an iPhone scoring tool

### b. Judges Roles

1. Judge is solely responsible for hand timing the performance
2. Judge will start the stop watch on the athlete's first move
3. Judge will stop the stop watch once the athlete's torso crosses the finish line
4. If the athlete slips, the athlete must immediately return to the starting line and begin again

### c. RULES

#### i. Attempts:

1. Each Competitor is given two (2) attempts

#### ii. Starting Position:

1. Athlete must start in a three (3) point stance
2. Athlete's feet must straddle a starting line
3. Athlete's feet must be equidistant from the starting line
4. Athlete must be facing the Judge

#### iii. Timing:

1. The event is hand-timed by a Judge
2. The stopwatch starts on the Competitor's first move.
3. The stopwatch stops once the Competitor's torso crosses the finish line

## IX. BENCH PRESS (175lbs/75lbs)

### a. Heat Host's Role

#### i. Sequence:

1. A Heat Host is responsible for ensuring all Competitors remain in the order in which they were assigned.
  - a. Competitors may not swap places with fellow participants.

#### ii. Manual Scorekeeping:

1. One (1) Heat Host is responsible for manually recording the results in their Heat Host binder provided to the Host at the Volunteer Check-in Tent.
2. A Manual Scorekeeper must record the result.
3. At the event's conclusion, a Heat Host is responsible for handing the written score-sheet to a Retriever who will bring it to The D10's Scoring Tent.

#### iii. Mobile Scorekeeping:

1. The Heat Host who is recording results manually is also responsible for managing one (1) Mobile Scorekeeper who will enter a Competitor's best result into an iPhone scoring tool.

### b. Judge's Roles

#### i. Enforcement:

1. Judge is solely responsible for enforcing the rules.
2. A Judge's decision may only be overridden by an Event Official.

### c. RULES

#### i. Attempts:

1. Each Competitor is given one (1) attempt.

#### ii. Weight:

1. Each Male Competitor bench presses 175lbs.
2. Each Female Competitor bench presses 75lbs.

#### iii. Range of Motion:

1. Competitor must touch barbell to chest and fully extend arms at the top of the repetition.
2. Competitor may not bounce the bar off his/her chest.

#### iv. Body Positioning:

1. Competitor's butt and mid-to-upper back must maintain contact with the bench.

#### v. Spotter:

1. Competitor may obtain assistance only from a Judge or Heat Host.





## X. 800M RUN

### a. Heat Host's Roles

#### i. Communication:

1. Please communicate to each member of your Heat their heat #.
2. There is a central, outdoor locker room where every member of your Heat will congregate after the conclusion of Event #9.

#### ii. Coordination:

1. Guide every member of your heat to the staging area where competitors wait before their race.

### b. Judge's Roles

- i. Assist Heat Hosts at the request of a Heat Host.

### c. RULES

#### i. Hip Numbers:

1. Each participant is assigned a hip number.
2. Each participant places this hip number on their RIGHT hip.
3. This number must not be obstructed by a t-shirt or shorts when the participant runs the race.

#### ii. Attempts:

1. Each Competitor gets one (1) opportunity to complete one (1) lap.

#### iii. START:

1. Waterfall start
2. This means Competitors may cut into Lane #1 at the sound of the starting gun.

## MISCELLANEOUS

### a. Grips:

- i. Competitors may use wraps, gloves, grips, chalk, etc. for pull-ups, dips, and bench press

### b. Apparel:

- i. Competitors must wear D10-issued uniform at all times

### c. Incidents:

- i. Competitors who demonstrate unsportsmanlike character are to be immediately reported to event officials



