

HUNTR GAMES HUNTING GUIDE

OFFICIAL COMPETITION RULEBOOK

VERSION 1.0 : 2026

Presented by Brunei Fitness Festival



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1. INTRODUCTION

HUNTR GAMES is a mainstream hybrid fitness race designed to test endurance, grit, movement integrity, tactical pacing, and mental resilience.

Built around functional sandbag movement and endurance racing, HUNTR GAMES challenges every participant to embrace discomfort, discipline, and controlled intensity.

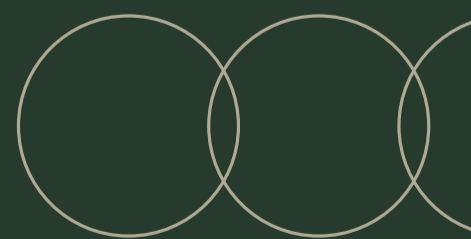
Every HUNTR must complete a sequence of runs and workout stations under official movement standards monitored by certified Game Masters.

HUNTR GAMES is designed to create a world-class race experience centered around:

- Excitement
- Prestige
- Warrior mentality
- Community
- Competitive integrity
- Spectator energy
- Functional endurance

Official HUNTR GAMES tagline:
"Live for the Hunt."

Official finish declaration:
"Hunt Complete."



2. HUNTR GAMES IDENTITY

Official participant title:

- HUNTR

Official referee title:

- Game Master

Official transition zone:

- Base Camp

HUNTR GAMES emphasizes:

- Functional endurance
- Controlled movement standards
- Tactical race pacing
- Community-driven competition
- Fair and honorable racing
- Spectator engagement
- Strict anti-cheating enforcement

The race format is standardized globally unless otherwise announced before ticket sales.

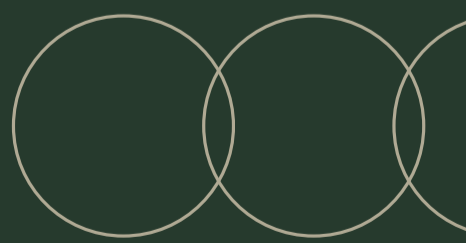


3. RACE OVERVIEW

The official HUNTR GAMES race format consists of:

- Approximately 800m Run
- Workout Station 1
- Approximately 800m Run
- Workout Station 2
- Approximately 800m Run
- Workout Station 3
- Approximately 800m Run
- Workout Station 4
- Approximately 800m Run
- Workout Station 5
- Approximately 800m Run
- Workout Station 6
- Approximately 800m Run
- Workout Station 7
- Approximately 800m Run
- Workout Station 8
- Finish Line

All workout stations use official HUNTR GAMES sandbags.



The running course may consist of:

- Indoor surfaces
- Outdoor surfaces
- Turf
- Grass
- Mixed terrain

The race uses a continuous looping course with designated entry and exit points to all workout stations.

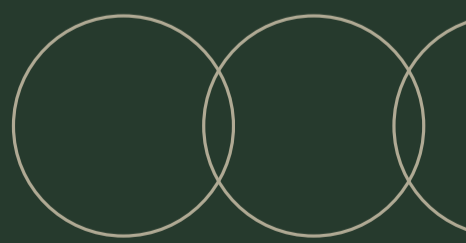
Maximum athletes per wave:

- 20 athletes

Wave starts are generally staggered every:

- 10 minutes

The organizer reserves the right to modify wave sizes based on venue suitability and operational requirements.



4. COURSE STRUCTURE

4.1 Running Course

Each running section is approximately 800 meters.

The course may include:

- Mixed terrain
- Indoor and outdoor transitions
- Flat and uneven surfaces
- Marked directional flow

Athletes may walk during runs.

Athletes may not carry sandbags during running sections.

Athletes must overtake safely and responsibly.

Physical contact during overtaking is prohibited.

Unsportsmanlike obstruction may result in penalties or disqualification.

4.2 Base Camp

Base Camp is the mandatory transition zone between workout stations and running sections.

All athletes must pass through Base Camp before re-entering the running course.

Base Camp may contain:

- Hydration stations
- Medical support
- Staff support
- Athlete transition flow
- Timing checkpoints

Shortcutting through Base Camp is prohibited.



4. COURSE STRUCTURE

4.3 Athlete Flow

Athletes must:

- Pickup the sandbags according to their category weight and enter the workout stations designated entrance
- Enter through designated entrances
- Exit through designated exits once allowed by the Game Master
- Follow one-way directional flow
- Use the nearest available workout lane closest to the designated exit

All stations operate under mixed-category lane systems unless otherwise announced.



5. DIVISIONS & CATEGORIES



Men's Divisions

Beginner Men

- No age category
- Sandbag Weight: 10kg
- Minimum Age: 15

Intermediate Men

- Age Categories:
 - 15–39
 - 40–49
 - 50+
- Sandbag Weight: 15kg

Pro Men

- Age Categories:
 - 18–39
 - 40–49
 - 50+
- Sandbag Weight: 20kg

Elite Men

- No age category
- Sandbag Weight: 30kg



Women's Divisions

Beginner Women

- No age category
- Sandbag Weight: 5kg
- Minimum Age: 15

Intermediate Women

- Age Categories:
 - 15–39
 - 40–49
 - 50+
- Sandbag Weight: 10kg

Pro Women

- Age Categories:
 - 18–39
 - 40–49
 - 50+
- Sandbag Weight: 15kg

Elite Women

- No age category
- Sandbag Weight: 20kg



Double's Divisions

Men's Doubles

- No age category
- Sandbag Weight: 20kg

Women's Doubles

- No age category
- Sandbag Weight: 15kg

Mixed Doubles

- One male and one female athlete only
 - No age category
- Sandbag Weight: 15kg

6. ATHLETE ELIGIBILITY

All athletes participate at their own risk.

Athletes are strongly encouraged to consult a medical professional before participating.

Participants under 18 years old must provide parental or guardian consent.

All participants must present:

- Official photo identification
- Proof of registration

For the inaugural competition season, athletes may register for multiple categories.

Athletes may change divisions only if:

- They notify organizers at least 24 hours before their designated race slot
- They are first-time participants

Athletes may not move down divisions after competing.

Anti-sandbagging rules may be enforced at the discretion of the Race Director.



7. REGISTRATION POLICIES

Registration transfers are permitted for a transfer fee of USD \$10.

Medical transfer requests may be approved free of charge.

Refunds are not provided.

Late check-in may result in:

- USD \$10 penalty fee
- Reassignment to later wave
- Disqualification

Athletes must report at least 30 minutes before their scheduled wave.

Pre-race briefings are mandatory.

Failure to attend briefings means the athlete competes at their own risk.



8. ATHLETE EQUIPMENT & APPAREL

8.1 Mandatory Equipment

Athletes must wear:

- Approved athletic footwear
- Official category wristband
- Official timing chip on the right ankle

Wristbands must remain visible at all times.

Wristband colors indicate official competition category and sandbag weight.

8.2 Prohibited Equipment

The following are prohibited:

- Headphones
- Earphones
- Cleats
- Metal spikes
- Barefoot competition
- Lifting straps
- Chalk
- Liquid chalk
- Grip sprays
- Tack adhesives
- Action cameras
- Body-mounted cameras



8.3 Permitted Equipment

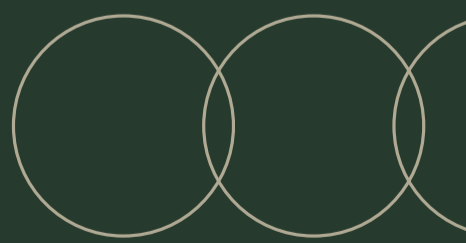
The following are permitted:

- Knee sleeves
- Wristbands
- Weightlifting belts
- Compression gear
- Gloves (except Elite divisions)

8.4 Clothing Restrictions

Clothing may not contain:

- Offensive messaging
- Hate speech
- Political statements
- Inappropriate imagery



9. COURSE OPERATIONS

All athletes must follow official course markings.

Course markings may include:

- Paint
- Tape
- Turf lanes
- Arrows
- Barriers
- Arches

The Race Director has final authority regarding:

- Weather delays
- Venue changes
- Race postponements
- Course modifications
- Athlete safety decisions

Night racing is permitted only with fully illuminated race conditions.

No dark zones are permitted.



10. TIMING & RANKINGS

Official race timing uses chip timing systems.

Backup timing systems include:

- Manual timing sheets
- Video verification

Timing checkpoints exist at:

- Every running lap
- Every workout station
- Entry and exit timing points

If a timing chip fails, manual timing procedures will determine official race results.

Overall podium rankings are determined by:

- Official finish time

Ties are broken using:

- Combined performance across the final two workout stations

Podium ceremonies generally occur:

- Approximately one hour after the final athlete in the category finishes

Post-race disqualifications may result in podium reallocation.



11. PENALTIES & DISQUALIFICATIONS

Completing workout stations in the incorrect order results in disqualification.

Missing an entire workout station without attempting completion results in disqualification.

Athletes unable to complete a station may proceed with a:

- 10-minute time penalty per incomplete station

Time penalties are added to final results after race completion.

Disqualified athletes:

- Will not receive official results
- Will be removed from rankings
- Will be ineligible for awards

False starts result in:

- 1-minute time penalty



Unsportsmanlike conduct may result in:

- Warnings
- Time penalties
- Disqualification
- Event bans
- Lifetime bans

All major disqualifications must be confirmed by the Head Game Master.



12. RULES OF CONDUCT

All HUNTRs are expected to compete fairly and honorably.

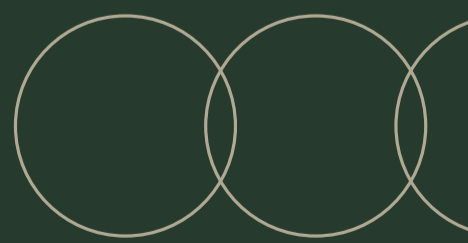
Prohibited conduct includes:

- Deliberate deception
- Unsafe behavior
- Physical obstruction
- Excessive disputes
- Aggressive conduct
- Intentional interference
- Manipulation of race results

Unsportsmanlike conduct may lead to:

- Time penalties
- Disqualification
- Suspension
- Future event bans

No refunds are provided to suspended or banned athletes.



13. SAFETY & MEDICAL POLICIES

Medical staff may remove athletes from competition at any time for safety reasons.

Refusal to comply with medical withdrawal results in automatic disqualification.

Medical stations are located within Base Camp. Hydration after every station is mandatory.

Only official hydration provided by event organizers may be consumed during the race.

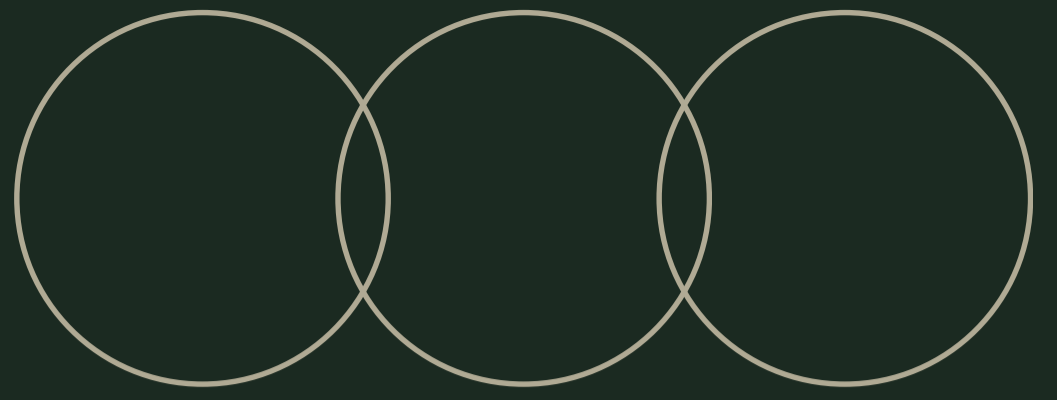
Only electrolyte gels and salt tablets carried on-person are permitted.

Littering is prohibited.

Second littering offense results in a 10-second time penalty.

Ambulance support is mandatory for all official HUNTR GAMES events.





14. WORKOUT STATION STANDARDS

Embrace the spirit of **HUNTR** and push your limits!



14.1 General Station Rules

All workout stations must be completed in the official race order.

Athletes must:

- Enter through the designated station entrance
- Complete all required movement standards
- Exit through the designated station exit
- Receive Game Master approval before continuing

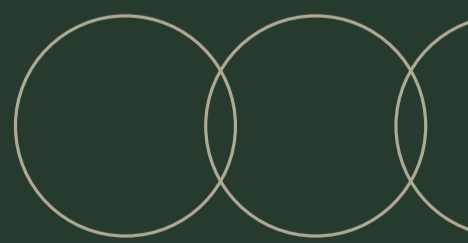
All repetitions are athlete self-counted and verified by Game Masters.

Game Masters may:

- Issue warnings
- Call no reps
- Apply penalties
- Escalate disqualifications

Unless otherwise stated:

- Sandbags may not be slammed
- Sandbags may not be intentionally dropped
- Sandbags touching the floor improperly may incur penalties
- Only one athlete may work inside an active workout box at a time
- All no reps must be repeated immediately



800m Runs

Standard

Athletes begin at designated Run Start area

A lap consists of:

1. Fully completing the loop that is designated
2. Athlete may not stop at the run area
3. Athlete is responsible for tracking their own laps

The lap is counted only after the athlete passes the designated timing mats on the floor.

For every lap missed will incur a 2 minutes penalty



Station 1: 80 x Lateral Burpees

Standard

Athletes begin upright with both feet in the designated start area.

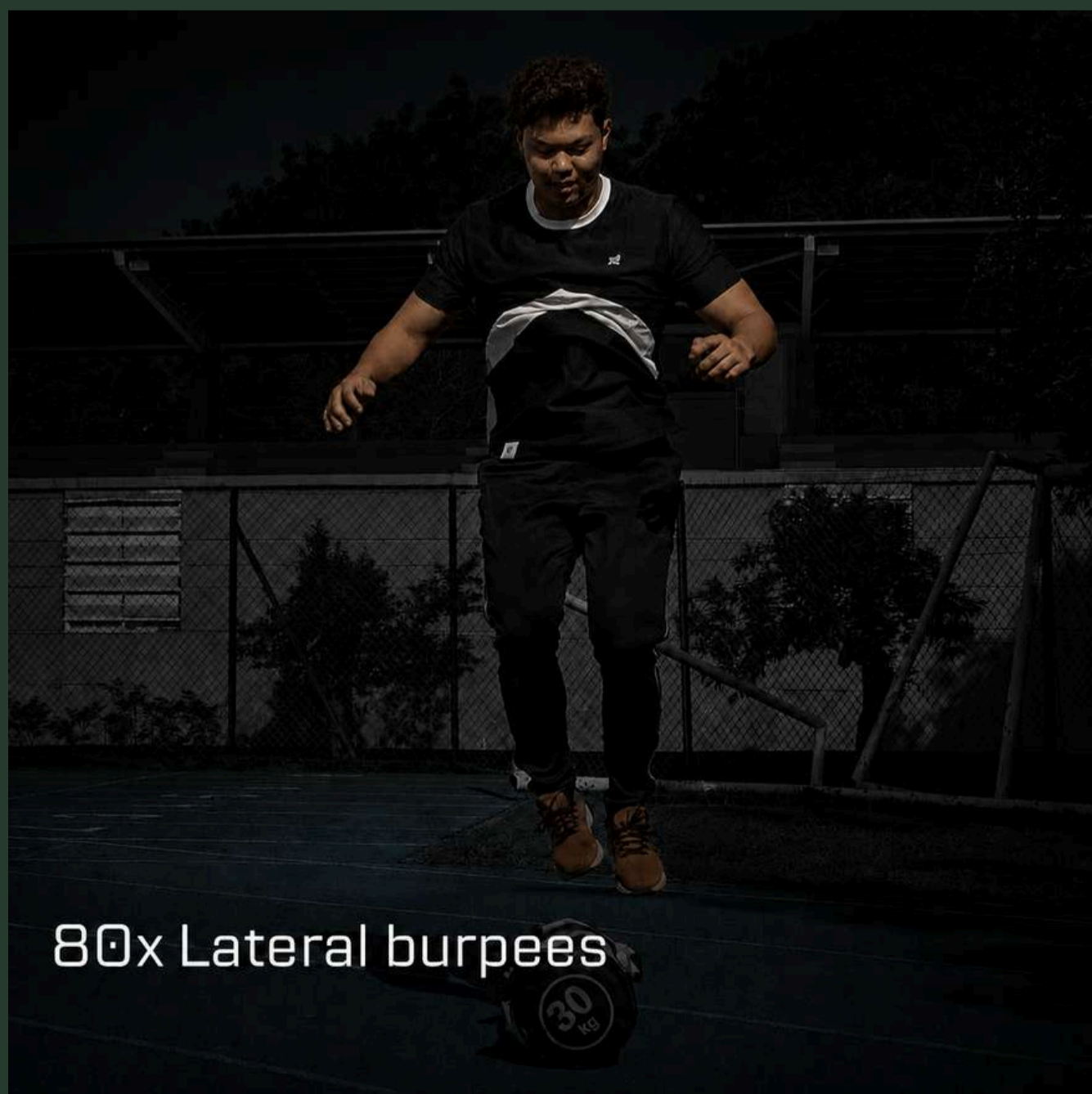
A rep consists of:

1. Chest, stomach, and knees touching the floor
2. Athlete rising upright
3. Two-foot lateral jump over the obstacle
4. Athlete landing on the opposite side
5. Chest, stomach, and knees returning to the floor

The rep is counted only after the athlete lands and returns fully to the floor.

Obstacle Standard

- Fixed obstacle
- Approximate height: 10cm
- Both feet must leave the floor simultaneously
- Athletes must face the designated direction at all times



80x Lateral burpees



Station 1: 80 x Lateral Burpees

No Reps

No reps include:

- One foot remaining on the ground during jump
- Chest, stomach, or knees failing to contact floor
- Failure to stand reasonably upright
- Turning the body during movement
- Contacting the obstacle
- Failed obstacle clearance

Failed jumps require restarting the full repetition.

Doubles Rules

- Only one athlete may occupy the working lane at a time
- Exchanges occur only after the active athlete exits the lane
- Minimum contribution: 30 reps each



Station 2: 80m Sandbag Walking Lunges

Standard

Athletes must carry the sandbag behind the neck on the shoulders using both hands.

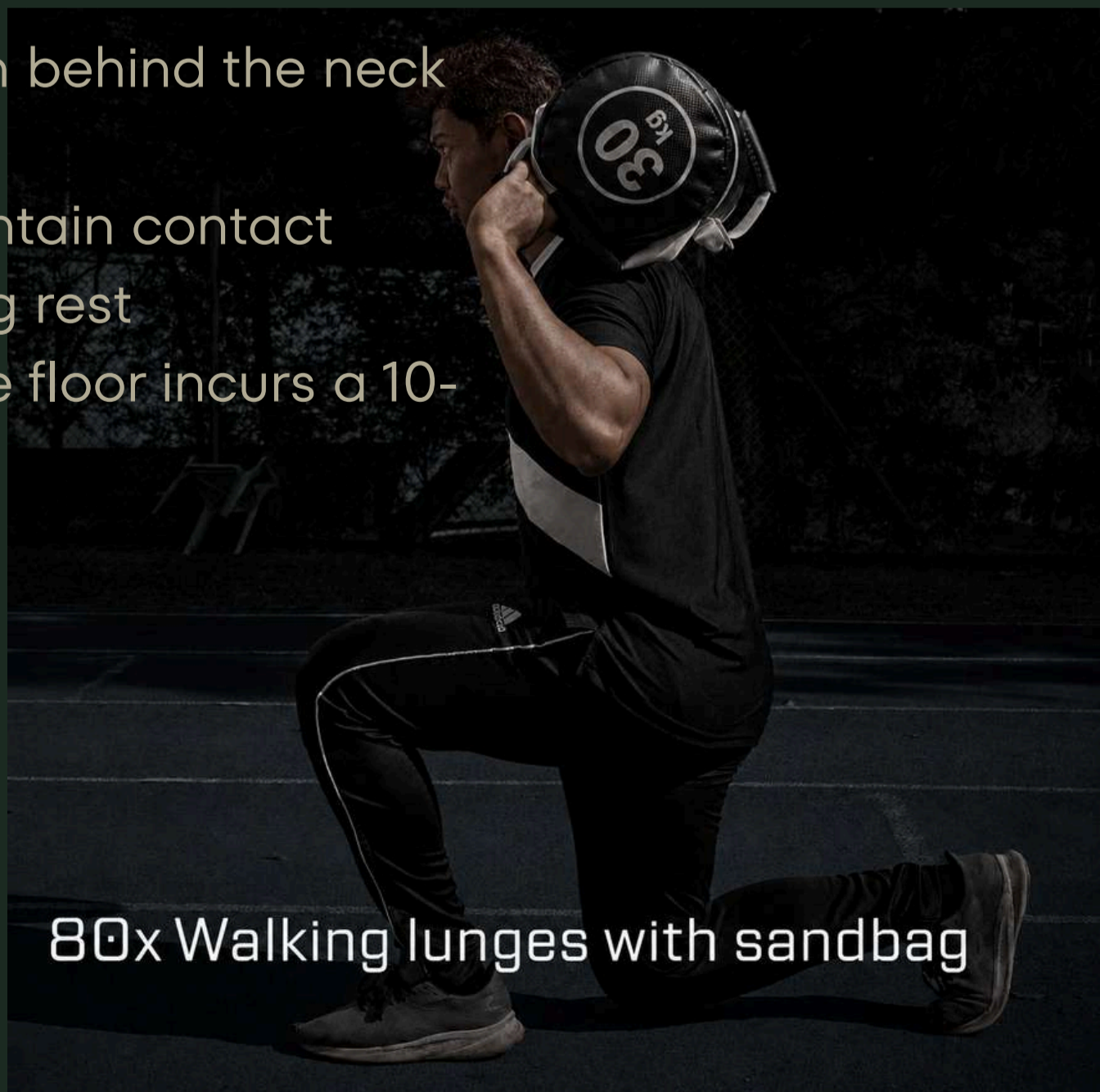
A step consists of:

1. Both feet starting on the ground
2. Front foot stepping forward
3. Rear knee touching the floor
4. Front foot remaining planted
5. Athlete bringing rear foot forward to an approximately parallel position

Movement must remain continuous and forward.

Sandbag Rules

- Sandbag must remain behind the neck and shoulders
- Both hands must maintain contact except during standing rest
- Sandbag touching the floor incurs a 10-second penalty



80x Walking lunges with sandbag

Station 2: 80m Sandbag Walking Lunges

No Reps

No reps include:

- Jumping lunges
- Rear knee failing to contact floor
- Unsafe movement
- Failure to maintain movement standards

Athletes must return to the point before the violation and repeat the step.

Doubles Rules

- Exchange zones located at 30m and 60m
- Exchanges occur only inside designated exchange boxes
- Minimum contribution: 30m each

Station 3: 80x Sandbag Squats

Standard

Athletes carry the sandbag behind the neck and shoulders.

A rep consists of:

1. Full standing position
2. Hip crease descending below knees
3. Elbows visibly touching knees
4. Athlete returning to full upright standing with knees and hips extended

No Reps

No reps include:

- Insufficient squat depth
- Elbows failing to touch knees
- Resting at the bottom position
- Bouncing during reps
- Incomplete lockout

All no reps must restart from full standing.

Sandbag Rules

- Sandbag may not touch the floor
- Sandbag floor contact incurs a 10-second penalty

Doubles Rules

- One athlete active inside the workout box at a time
- Exchanges occur outside the box
- Minimum contribution: 30 reps each



Sandbag squat

Station 4: 80x Sandbag Thrusters

Standard

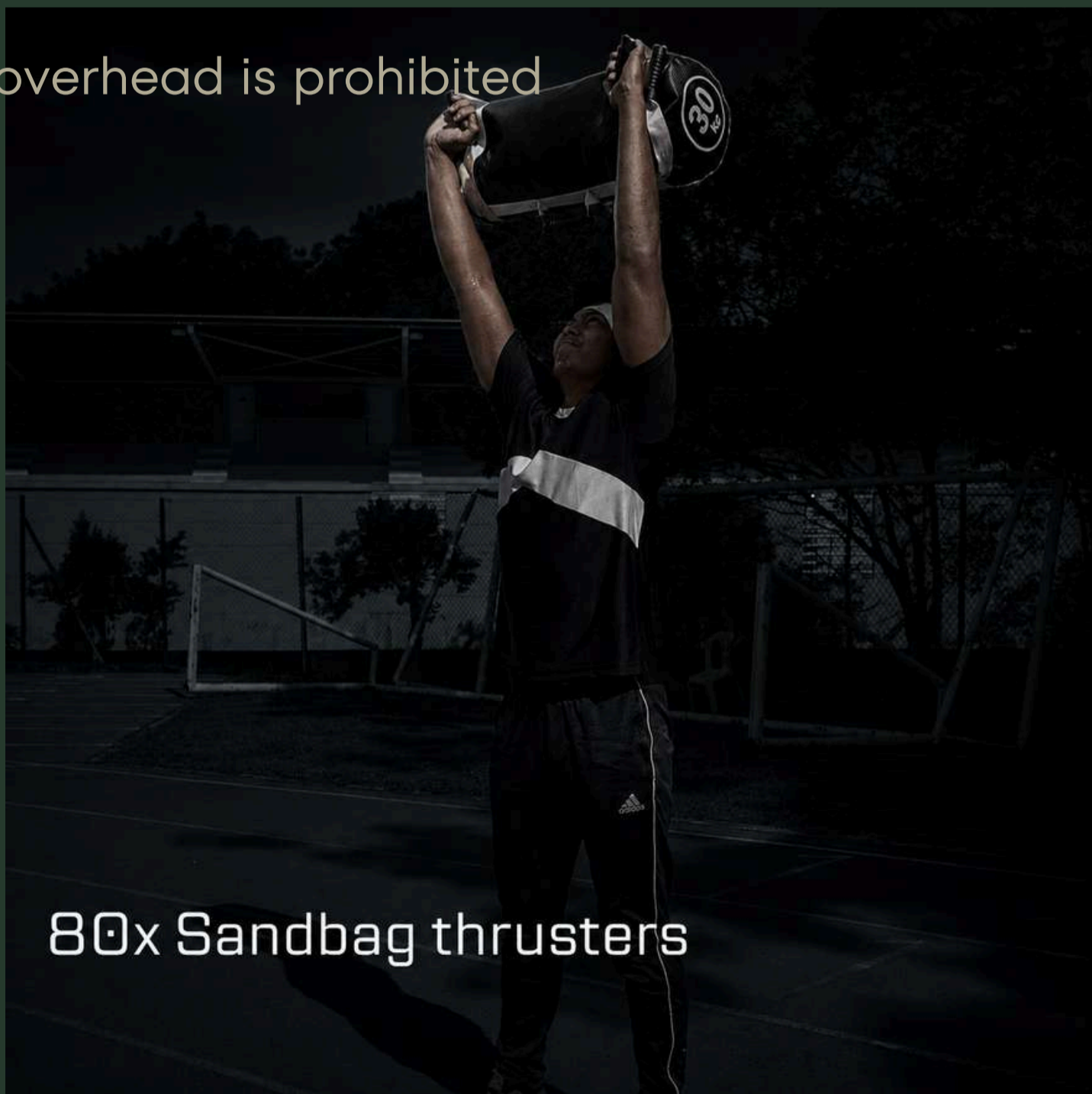
Athletes begin with the sandbag in the front rack position.

A rep consists of:


1. Full squat below parallel with elbows touching knees
2. Athlete driving upward into overhead movement
3. Full overhead lockout with:
 - o Locked elbows
 - o Locked knees
 - o Extended hips
 - o Upright torso
 - o Controlled overhead position

Movement Rules

- Push press and jerk styles are permitted
- Athletes may pause at front rack
- Knees may rebend after overhead if athlete returns upright before next rep
- Sandbag swinging overhead is prohibited



80x Sandbag thrusters



Station 4: 80x Sandbag Thrusters

No Reps

No reps include:

- Incomplete squat depth
- Elbows failing to touch knees
- Incomplete overhead lockout
- Swinging the sandbag overhead
- Releasing or dropping the sandbag
- Failure to return upright before next repetition

Sandbag Rules

- Sandbag may not touch the floor
- Sandbag floor contact incurs a 10-second penalty

Doubles Rules

- One athlete active inside the workout box at a time
- Exchanges occur outside the box
- Minimum contribution: 30 reps each

Station 5: Bear Crawl Sandbag Drag

Standard

Athletes must:

- Use hands and feet only
- Keep chest facing the floor
- Drag the sandbag parallel to the body
- Keep the sandbag within shoulder-width alignment

The sandbag must remain in contact with the floor at all times. Athletes may drag the sandbag only as far as reachable by the hands.

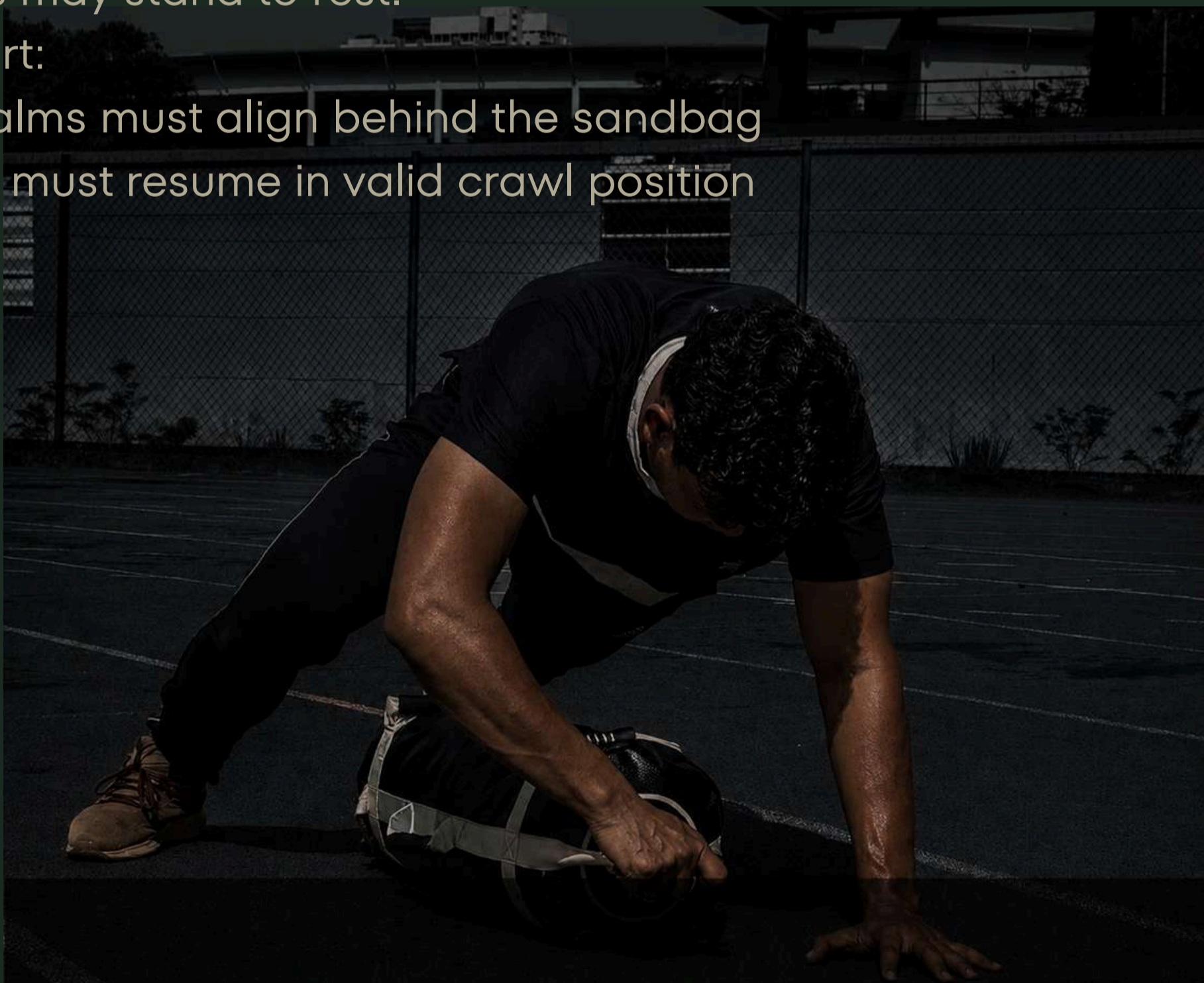
Throwing or lifting the sandbag is prohibited.

Rest Rules

Athletes may stand to rest.

To restart:

- Both palms must align behind the sandbag
- Athlete must resume in valid crawl position



80meter Bear crawl with sandbag

Station 5: Bear Crawl Sandbag Drag

No Reps

No reps include:

- Knees touching the floor
- Elbows touching the floor
- Sandbag leaving the floor
- Invalid crawl position

Athletes must return to the point before the violation.

Doubles Rules

- Exchange boxes located at 30m and 60m
- Only one athlete active at a time
- Minimum contribution: 30m each



Station 6: 80x Box Step-overs with Sandbag

Equipment Standard

·Box Height: 20 inches

Standard

Athletes carry the sandbag behind the neck and shoulders.

A rep consists of:

1. Athlete facing the box
2. Both feet beginning on the ground
3. At least one foot contacting the top of the box
4. Athlete driving the body fully across the box
5. Both feet returning to the ground on the opposite side

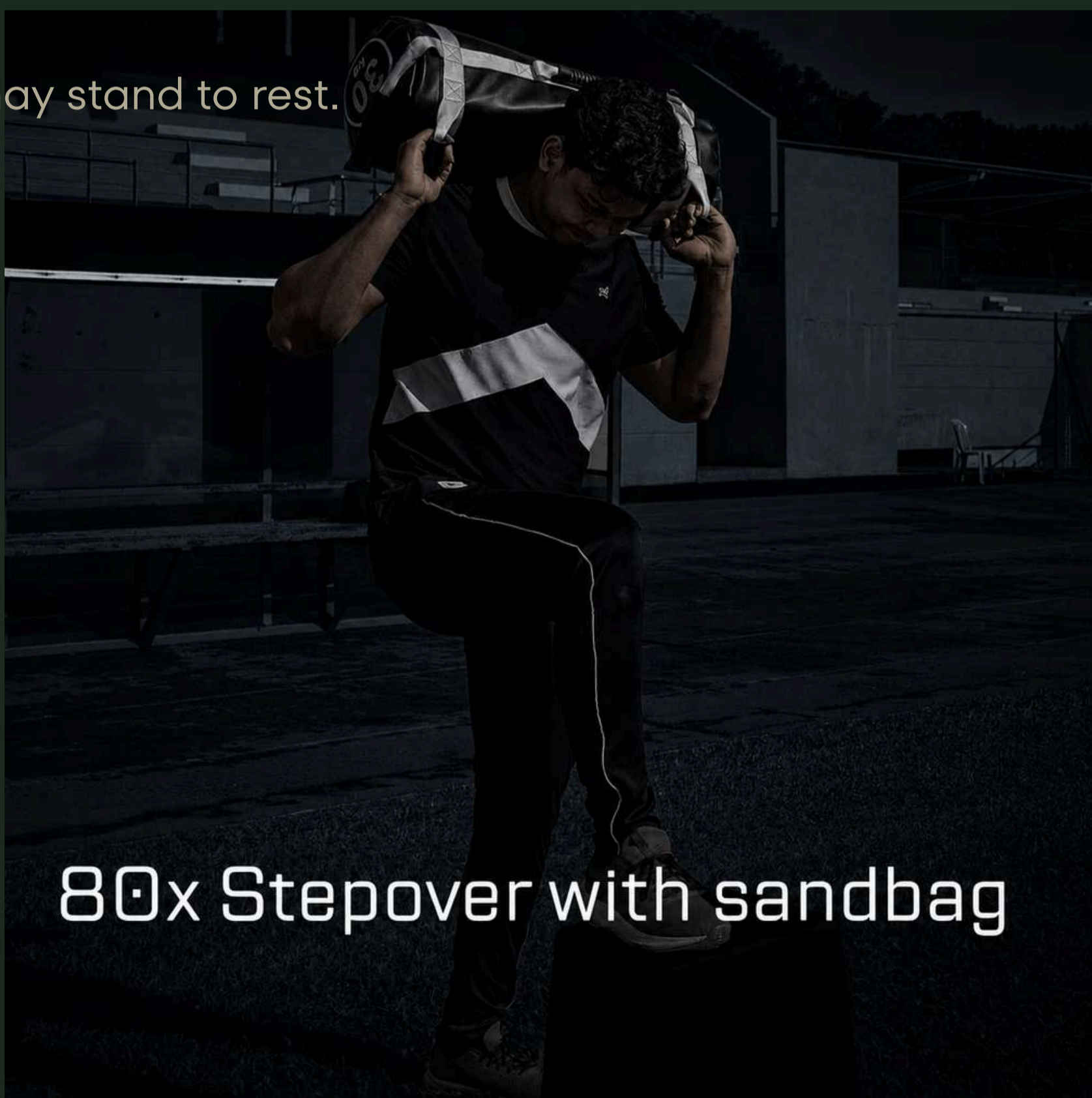
Athletes may not sit on the box.

Movement Rules

- Jumping is prohibited
- Side-stepping is prohibited
- Athletes must face the box before every repetition

Rest Rules

Athletes may stand to rest.



80x Stepover with sandbag



Station 6: 80x Box Step-overs with Sandbag

No Reps

No reps include any movement failing to meet the official rep standard.

Unsafe descending:

- First offense: Warning
- Second offense: No rep
- Third offense: 10-second penalty

Sandbag Rules

- Sandbag floor contact incurs a 10-second penalty

Doubles Rules

- One athlete active inside the workout box at a time
- Exchanges occur outside the box
- Minimum contribution: 30 reps each



Station 7: 80x Seated Twists

Standard

Athletes begin seated with buttocks on the floor.

A rep consists of:

1. Sandbag starting on one side of the body fully touching the floor
2. Athlete lifting the sandbag using both hands
3. Rotating the sandbag across the body
4. Placing the entire sandbag on the floor on the opposite side

Every side-to-side transfer counts as one repetition.

Body Position Rules

- Buttocks must remain on the floor
- Entire torso above the waist must remain elevated
- Buttocks must remain planted facing forward

A man with dark curly hair, wearing a black t-shirt and black pants, is sitting on a dark mat on the floor. He is leaning forward, holding a black sandbag with both hands. The sandbag has a white circle on it with the number '30' and 'kg' below it. The background is dark and out of focus, showing a chain-link fence and some trees.

80x Seated twists with sandbag



Station 7: 80x Seated Twists

No Reps

No reps include:

- Sandbag failing to touch the floor
- Releasing the sandbag during movement
- Lying down during repetitions
- Buttocks leaving the floor

Rest Rules

Athletes may rest in any position.

To restart:

- Buttocks must return to the floor
- Torso above waist must remain elevated
- Both hands must contact the sandbag

Doubles Rules

- One athlete active inside the workout box at a time
- Exchanges occur outside the box
- Minimum contribution: 30 reps each

Station 8: 80x Sandbag Ground to Overhead

Standard

Athletes begin with the sandbag fully on the floor.

A rep consists of:

1. Sandbag starting on the floor
2. Athlete lifting the sandbag to overhead position
3. Full overhead lockout with:
 - o Locked elbows
 - o Locked knees
 - o Extended hips
 - o Upright torso
 - o Controlled overhead position
1. Athlete returning the sandbag to the floor under control

Movement Rules

- Push press, jerk, and one-motion styles are permitted
- Athletes may pause at front rack
- Sandbag may contact the body during transitions
- Sandbag may not be slammed or dropped
- Sandbag must remain under athlete control during descent



80x Sandbag ground to overhead

Station 8: 80x Sandbag Ground to Overhead

No Reps

No reps include:

- Sandbag failing to start or finish on the floor
- Incomplete overhead lockout
- Releasing the sandbag
- Slamming the sandbag
- Failure to maintain control

Doubles Rules

- One athlete active inside the workout box at a time
- Exchanges occur outside the box
- Minimum contribution: 30 reps each

Final Station Rule

After the final valid repetition:

- Athletes may immediately proceed to the finish line
- Sandbag return is not required
- Final approval remains under Game Master authority

15. JUDGING & GAME MASTERS

The Key Players Behind HUNTR Operations and Success

Official hierarchy:

- Race Director
- Head Game Master
- Game Masters
- Lane Marshals
- Volunteers

Game Masters may issue:

- Warnings
- Penalties

Disqualifications require Head Game Master confirmation.

All Game Masters must complete official HUNTR GAMES training certification.



16. PROTESTS & APPEALS

- Athletes may submit protests within:
 - .30 minutes after race completion
- All protests require:
 - .Video evidence
 - .USD \$10 protest fee
- Successful protests receive a full refund of the protest fee.
- Athletes are responsible for obtaining their own video evidence.

17. MEDIA & COMMERCIAL RIGHTS

- Participation in HUNTR GAMES grants organizers rights to use:
 - .Athlete images
 - .Athlete likeness
 - .Race footage
 - .Interviews
 - .Promotional materials
- Commercial filming requires organizer accreditation.
- Only organizer-approved drones may operate within event venues.
- Unauthorized use of the HUNTR GAMES name, branding, race format, or intellectual property is prohibited.



18. ANTI-DOPING & INTEGRITY

HUNTR GAMES may conduct:

- Random anti-doping testing
- Competition integrity investigations
- Equipment inspections

Refusal to comply with testing results in disqualification.

Titles, rankings, and prizes may be retroactively revoked.

Sanctions may include:

- Temporary bans
- Permanent bans
- Lifetime competition suspension



19. WAIVER & LIABILITY

- All athletes participate at their own risk.
- Participation constitutes acceptance of:
 - ·Liability waivers
 - ·Medical disclosures
 - ·Media consent
 - ·Competition rules
 - ·Safety enforcement
- The organizer reserves the right to modify event operations in the interest of safety and competition integrity.

20. RULEBOOK UPDATES

- The HUNTING GUIDE will receive:
 - ·Annual updates
 - ·Version numbering
 - ·Official change logs
- Rules may evolve to improve:
 - ·Athlete safety
 - ·Competitive fairness
 - ·Operational consistency
 - ·Global standardization
 -

