



# MADRID FITNESS CHALLENGE

OFFICIAL COMPETITION RULEBOOK - 2027

4 / 5 / 6 JUNE 2027

ESTADIO DEL RAYO DE MAJADAHONDA

PAIRS OF 2 · TEAMS OF 4 · ELITE INDIVIDUAL

SCALED · INTERMEDIATE · MASTER · RX · ELITE

Madrid Fitness Challenge is a competition affiliated with Mijas Fitness Challenge.



# 1. EVENT OVERVIEW

**Madrid Fitness Challenge 2027** will take place on **4, 5 and 6 June 2027** at the **Estadio del Rayo de Majadahonda**. The event combines functional fitness, strength, gymnastics, conditioning and competition under a multi-division format.

The event is designed for athletes ranging from Scaled to Elite level. In addition to the competition arenas, the event concept includes a Village Store with brands and services, seminars and educational activities focused on crosstraining, weightlifting and coaching, and an enhanced spotlight on the Elite Individual competition.

**Registration platform:** Circle 21. Competition information, schedules, heat assignments and operational updates may be communicated through the official event channels and/or registration platform.

**This Rulebook establishes the general competition framework. Specific workout briefs, movement standards, flow, scoring details and judging instructions published for an individual event form part of these rules and take precedence for that workout where they are more specific.**

# 2. DIVISIONS & TEAM FORMATS

**Elite Individual:** Male and Female.

**Pairs of 2:** Male/Male, Female/Female and Mixed (Male/Female), according to the divisions offered during registration.

**Teams of 4:** permitted compositions are M-M-M-F or M-M-F-F, according to the divisions offered during registration.

**Competition divisions:** Scaled, Intermediate, Master, RX and Elite Individual. Elite is an individual division. The registration form is the definitive reference for combinations that are open for sale.

Athletes are responsible for registering in a division appropriate to their abilities. The organization may request evidence of eligibility or correct an obviously erroneous registration where necessary.



### 3. GENERAL COMPETITION RULES

**Check-in.** Athletes must complete accreditation/check-in within the published time window and be ready at the athlete control area before their heat.

**Briefings.** Athletes are responsible for attending or reviewing all mandatory workout briefings. A workout-specific briefing may define the start position, equipment, lane flow, minimum work requirements, tie-break, time cap and permitted variations.

**Equipment.** Unless expressly permitted, athletes may not modify competition equipment. Personal protective equipment may be used only when it does not create an unfair advantage or interfere with judging.

**Judging.** The judge's count and no-rep calls apply during the workout. Athletes must meet the published range-of-motion and movement requirements. Repeated failure to follow a judge's instructions may result in penalties.

**Conduct.** Unsportsmanlike behaviour, abuse of staff/judges, deliberate interference, cheating, falsification of results or conduct that compromises safety may lead to penalties or disqualification.

**Safety.** The organization may stop an athlete when continuing is considered unsafe. Athletes remain responsible for competing within their own physical capabilities.

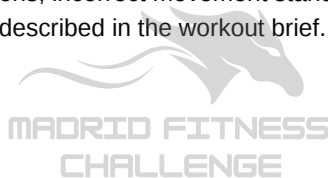
**Schedule changes.** Heat times, workout order or operational details may change for safety, weather, venue or organizational reasons. Athletes must follow official updates.

### 4. SCORING, TIES & LEADERBOARD

Unless a workout brief states otherwise, events may be scored by time, repetitions, load, distance or another measurable result. Placement points are assigned according to the scoring system announced for the competition.

Time-capped workouts may use completed repetitions and/or a published tie-break. In the event of an overall leaderboard tie, the organization may use event wins, best individual placements, head-to-head results or another tie-break procedure announced before final classification.

Penalties may be applied for missed repetitions, incorrect movement standards, lane or flow violations, late arrival, equipment infringements or other breaches described in the workout brief.



## 5. MOVEMENT STANDARDS - SCALED

Scaled athletes should be prepared for the following reference movements and loads. Published workout standards remain definitive.

| Back Squat               | 50 kg        | 35 kg        |
|--------------------------|--------------|--------------|
| Deadlift                 | 60 kg        | 40 kg        |
| Toes to Rings            | Required     | Required     |
| Toes to Bar              | Not required | Not required |
| Pull-Ups                 | Required     | Required     |
| Chest to Bar             | Not required | Not required |
| Bar Muscle-Up            | Not required | Not required |
| Wall Climb / Wall Walk   | Required     | Required     |
| Handstand Push-Up (HSPU) | Required     | Required     |
| Handstand Walk           | Not required | Not required |
| Rope Climb               | Required     | Required     |
| Single Unders            | Required     | Required     |
| Double Unders            | Not required | Not required |
| Clean & Jerk             | 50 kg        | 35 kg        |
| Snatch                   | 40 kg        | 25 kg        |
| Kettlebell               | 16 kg        | 12 kg        |
| Medicine Ball            | 6 kg         | 3 kg         |
| Sandbag / Slamball       | 40 kg        | 25 kg        |

Reference loads are intended to indicate the expected division level and may appear for multiple repetitions with fluidity. Exact workout loading will be stated in each event brief.

## 6. MOVEMENT STANDARDS - INTERMEDIATE

| Back Squat               | 60 kg        | 40 kg        |
|--------------------------|--------------|--------------|
| Deadlift                 | 80 kg        | 50 kg        |
| Toes to Rings            | Required     | Required     |
| Toes to Bar              | Required     | Required     |
| Pull-Ups                 | Required     | Required     |
| Chest to Bar (C2B)       | Required     | Required     |
| Bar Muscle-Up (BMU)      | See note     | See note     |
| Wall Climb / Wall Walk   | Required     | Required     |
| Handstand Push-Up (HSPU) | Required     | Required     |
| Handstand Walk           | Not required | Not required |
| Rope Climb               | Required     | Required     |
| Single Unders            | Required     | Required     |
| Double Unders            | Required     | Required     |
| Dumbbell                 | 20 kg        | 15 kg        |
| Clean & Jerk             | 60 kg        | 40 kg        |
| Snatch                   | 50 kg        | 35 kg        |
| Kettlebell               | 20 kg        | 16 kg        |
| Medicine Ball            | 9 kg         | 6 kg         |
| Sandbag / Slamball       | 50 kg        | 40 kg        |

**BMU special rule: only one athlete from the pair or team is required to be able to perform Bar Muscle-Ups.**

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## 7. MOVEMENT STANDARDS - MASTER

| Back Squat           | 60 kg        | 40 kg        |
|----------------------|--------------|--------------|
| Deadlift             | 80 kg        | 50 kg        |
| Toes to Rings        | Required     | Required     |
| Toes to Bar          | Required     | Required     |
| Pull-Ups             | Required     | Required     |
| Chest to Bar (C2B)   | Required     | Required     |
| Bar Muscle-Up (BMU)  | Required     | Required     |
| Wall Climb           | Required     | Required     |
| Ring Muscle-Up (RMU) | Not required | Not required |
| Deficit HSPU         | Required     | Required     |
| Handstand Walk       | Not required | Not required |
| Rope Climb           | Required     | Required     |
| Single Unders        | Required     | Required     |
| Double Unders        | Required     | Required     |
| Clean & Jerk         | 70 kg        | 45 kg        |
| Snatch               | 60 kg        | 40 kg        |
| Kettlebell           | 24 kg        | 16 kg        |
| Medicine Ball        | 9 kg         | 6 kg         |
| Sandbag / Slamball   | 50 kg        | 40 kg        |



## 8. MOVEMENT STANDARDS - RX

RX athletes must be prepared for advanced movements and their variations.

| Back Squat           | 120 kg   | 70 kg    |
|----------------------|----------|----------|
| Deadlift             | 120 kg   | 80 kg    |
| Pull-Ups             | Required | Required |
| Chest to Bar (C2B)   | Required | Required |
| Toes to Bar (T2B)    | Required | Required |
| Toes to Rings        | Required | Required |
| Bar Muscle-Up (BMU)  | Required | Required |
| Ring Muscle-Up (RMU) | Required | Required |
| Wall Climb           | Required | Required |
| Deficit HSPU         | Required | Required |
| Strict HSPU          | Required | Required |
| Handstand Walk       | Required | Required |
| Rope Climb           | Required | Required |
| Legless Rope Climb   | Required | Required |
| Single Unders        | Required | Required |
| Double Unders        | Required | Required |
| Dumbbell             | 22.5 kg  | 17.5 kg  |
| Clean & Jerk         | 80 kg    | 50 kg    |
| Snatch               | 70 kg    | 45 kg    |
| Kettlebell           | 24 kg    | 16 kg    |
| Medicine Ball        | 9 kg     | 6 kg     |
| Sandbag / Slamball   | 70 kg    | 50 kg    |

## 9. ELITE INDIVIDUAL

Elite athletes must be prepared for **all movements and all variations**. The Elite division is intentionally not restricted to a closed movement list. Athletes may be tested across strength, Olympic lifting, gymnastics, monostructural conditioning, carries, odd objects and other functional-fitness modalities.

Possible requirements include, without limitation, advanced bar and ring gymnastics, strict and deficit pressing variations, handstand skills, rope climbs including legless variations, heavy and technical Olympic lifting, squatting, pulling, carries, jumping and mixed-modal conditioning.

**The absence of a movement from promotional material does not mean that it cannot appear in the Elite competition.**

## 10. ELITE QUALIFIER CALENDAR

**Week of 25-31 January 2027:** publication of 2 qualifying WODs.

**1-14 February 2027:** qualifier period.

**15-28 February 2027:** video reviews.

**1-7 March 2027:** claims / appeals period.

**22 March 2027:** publication of the final Elite list.

Qualifier submission instructions, video standards, score validation and any specific appeal process will be published with the qualifier documentation.



## 11. PRIZES

**Elite Individual:** 1st EUR 2,000 · 2nd EUR 1,500 · 3rd EUR 1,000.

**RX Pairs of 2:** 1st EUR 1,500 · 2nd EUR 800 · 3rd EUR 600.

**RX Teams of 4:** 1st EUR 3,000 · 2nd EUR 1,600 · 3rd EUR 1,200.

**Intermediate Pairs of 2:** sports equipment prizes with an announced reference value.

**Scaled Pairs of 2:** sports equipment prizes with an announced reference value.

**Intermediate Teams of 4:** sports equipment valued at EUR 800.

Prize conditions, tax treatment, eligibility and delivery method may be subject to the final published prize schedule and applicable law.

## 12. APPEALS & SCORE REVIEWS

Any score-review or appeal process must follow the procedure and deadline announced by the organization. Appeals should identify the athlete/team, event, heat and specific disputed decision. Video or other evidence may be considered when the rules permit it.

Judgement calls made in real time may be non-appealable unless the competition-specific appeal policy expressly allows review. Administrative or scoring errors may be corrected by the organization.

## 13. WITHDRAWALS & SUBSTITUTIONS

Athlete substitutions, team changes and withdrawals are subject to the deadlines and conditions published by the organization. No substitution is valid until formally accepted. A replacement athlete must meet the requirements of the registered division and team composition.



## 14. LIABILITY, PARTICIPATION & REFUND POLICY

Participation in functional fitness competition involves inherent risks, including physical exertion, falls, collisions, lifting-related injury and other foreseeable or unforeseeable incidents. By registering, each participant declares that they voluntarily participate, understand the nature of the event and are responsible for assessing their own fitness and ability to compete.

To the extent permitted by applicable law, participants release and hold harmless the organizer, venue, staff, judges, volunteers, contractors and collaborating entities from claims arising from the ordinary inherent risks of participation, except where liability cannot legally be excluded or limited.

**Refunds:** registration fees are non-refundable for causes unrelated to the organization, including personal circumstances, injury, illness, travel problems, work commitments or a participant's decision not to attend. This does not limit any mandatory consumer rights that cannot legally be waived.

If the organization cancels the event without replacement or postponement, the applicable remedy will be communicated in accordance with Spanish law and the circumstances of the cancellation. Force majeure, public-authority restrictions, severe weather, venue emergencies or comparable events may require changes to dates, format, schedule or location.

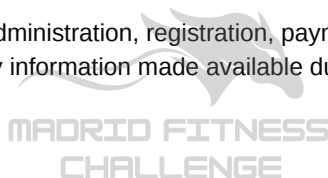
**Image authorization:** participants authorize the capture and use of photographs, video and audiovisual recordings made in connection with the event for event coverage, promotion, communication, archives and social media, subject to applicable image, privacy and data-protection law. Where a separate consent is legally required, the corresponding registration consent will apply.

Electronic acceptance of the registration terms is required to complete registration and payment.

## 15. DATA & COMMUNICATIONS

Participants must provide accurate registration information and maintain a valid contact email. Operational communications may include schedules, athlete information, rule updates, safety notices and registration-related messages.

Personal data will be processed for event administration, registration, payment, communications, safety and results management in accordance with the privacy information made available during registration.



## 16. ORGANIZER

**Commercial name:** Madrid Fitness Challenge.

**Legal form:** event organized by a self-employed individual (autonomo).

The organizer's full legal identification and tax details must appear in the final registration terms, invoices and/or legal notice as required by applicable Spanish law.

## 17. FINAL PROVISIONS

The organization reserves the right to amend this Rulebook when reasonably necessary for safety, fairness, venue operations or competition integrity. Material changes will be communicated through official channels.

Where a conflict exists between this general Rulebook and a later workout-specific standard, the workout-specific instruction governs that workout. Where mandatory law conflicts with a contractual provision, mandatory law prevails.

Athletes are responsible for reading the current version of the Rulebook and all workout briefs before competing.

### VERSION 1 - 1 SEPTEMBER 2026

Prepared as the working competition rulebook for Madrid Fitness Challenge 2027. Items that have not yet been formally published - including certain prize values, operational procedures and legal-identification wording - should be confirmed before the final public edition.



# APPENDIX A - ELITE ONLINE QUALIFIER

## VIDEO RECORDING STANDARDS

All athletes participating in the **Madrid Fitness Challenge 2027 Elite Individual Online Qualifier** must record each qualifying workout in full. The video will be used by the organization to verify the submitted score, movement standards and compliance with the requirements of each workout.

### 1. MANDATORY RECORDING

Each workout must be recorded in **one continuous, unedited take**, beginning before the workout starts and ending only after the workout is fully completed.

Cuts, edits, speed changes, paused recordings, stitched footage from different cameras, filters or visual effects that interfere with review are not permitted.

### 2. CAMERA POSITION

The camera must be placed in a fixed position that clearly shows the athlete's full body, all relevant equipment, the workout area, the points of contact needed to verify range of motion, and the timer throughout the workout.

The angle must allow reviewers to determine whether each repetition meets the published standard. If a movement cannot be properly evaluated because of the recording angle, repetitions may be judged as **No Reps**, or the score may be invalidated when the workout cannot be verified.

### 3. BEFORE STARTING THE WORKOUT

Before the workout begins, the athlete must clearly show their identity and all equipment relevant to the workout. This includes plates and loads, barbells, dumbbells, kettlebells or other equipment, as well as any measurements, heights or markings required by the workout briefing.

When prescribed loads are used, the weights must be identifiable on camera before the workout starts.

### 4. TIMER

A timer must remain **clearly visible for the entire workout**. A physical timer or timing application may be used, provided the elapsed time can be clearly verified.

The timer must start in accordance with the official workout instructions and remain visible until the athlete finishes the workout or reaches the time cap.

### 5. ATHLETE AND EQUIPMENT MUST REMAIN VISIBLE

The athlete must remain within the frame throughout the workout. Any body part or equipment necessary to validate a repetition - including feet, hands, barbell, rings, box, handstand-walk line, targets, contact points or workout equipment - must remain visible whenever relevant.

Providing a valid camera angle is the athlete's responsibility.

# APPENDIX A - ELITE ONLINE QUALIFIER

## VIDEO RECORDING STANDARDS - CONTINUED

### 6. MOVEMENT STANDARDS

Every repetition must comply with the movement standards published for the specific workout. Elite athletes must be prepared to perform any movement or variation stated in the official briefing.

During video review, the organization may apply **No Reps, time penalties, repetition penalties, score adjustments or score invalidation**, depending on the type and frequency of the violation.

### 7. NO INTERRUPTIONS

Once recording has started, the video must continue without interruption until the workout has ended. Another person may operate the camera, but the camera must not be moved in a way that prevents valid review of repetitions.

A tripod or stable fixed support is strongly recommended.

### 8. END OF THE WORKOUT

After completing the workout, the athlete must remain on camera long enough for the final time, completed repetitions, final load and any other information required by the specific workout briefing to be clearly verified.

Do not stop the recording immediately after the final repetition.

### 9. VIDEO QUALITY

The video must be of sufficient quality to identify the athlete and review every required movement. Horizontal recording, a minimum recommended resolution of **1080p**, good lighting, a stable camera position and sufficient space around the athlete are strongly recommended.

Avoid backlighting or any conditions that make movement standards difficult to verify. The video must remain at its original playback speed.

### 10. VIDEO SUBMISSION

The athlete is responsible for submitting the link or file requested by the organization within the published deadline. If an external link is used, it must remain accessible throughout the entire review period.

Private links requiring individual authorization, expired links, deleted videos, inaccessible files or links that cannot be played correctly will not be accepted.

### 11. VIDEO REVIEW

The organization may review **any submitted video**, regardless of the athlete's provisional leaderboard position. Videos from athletes in qualifying positions will be reviewed before the final classification is published.

The organization may request additional information or clarification where necessary during the review process.

# APPENDIX A - ELITE ONLINE QUALIFIER

## VIDEO RECORDING STANDARDS - FINAL

### 12. GROUNDS FOR SCORE INVALIDATION

A score may be invalidated, among other reasons, when:

- the video contains cuts or edits;
- the athlete cannot be clearly seen;
- the timer cannot be verified;
- prescribed loads or equipment cannot be verified;
- incorrect equipment is used;
- a movement standard cannot be properly reviewed;
- manipulation of the video is detected;
- the video does not correspond to the submitted score; or
- the video link becomes unavailable during the review period.

### IMPORTANT

**The athlete is solely responsible for providing a valid, complete and sufficiently clear video. Initial acceptance of a score by the registration or scoring platform does not mean that the score has been finally validated.**

The leaderboard will only be considered final after the video-review and appeals process established by **Madrid Fitness Challenge 2027** has been completed.

### QUALIFIER REVIEW TIMELINE

**15-28 February 2027:** video reviews.

**1-7 March 2027:** claims / appeals period.

**22 March 2027:** publication of the final Elite list.

