

CIRCUIT FONCTIONNEL

Défi sportif AlterGo 2023
School sports rules



TABLE OF CONTENTS

| | |
|--|----------|
| 1. REGISTRATION..... | 3 |
| 2. STEP OF FONCTIONAL CIRCUIT EVENT..... | 3 |
| 2.1 Step 1 – Start..... | 4 |
| 2.2. Step 2 – Hoops..... | 4 |
| 2.3. Step 3 – Crawling..... | 5 |
| 2.4. Step 4 - The pace ladder | 5 |
| 2.5. Step 5 - The tire | 5 |
| 2.6. Step 6 – Frog jumps..... | 5 |
| 2.7. Step 7 – Zigzag..... | 6 |
| 2.8. Step 8 – Rope pull | 6 |
| 2.9. Step 9 (only high school level) - Zigzag..... | 6 |
| 2.10. Step 10 (only high school level) – Frog jumps..... | 6 |
| 2.11. Step 11 (only high school level) - The tire | 7 |
| 2.12. Step 12 (only high school level) - The pace ladder | 7 |
| 2.13. Step 13 (only high school level) – Crawling..... | 7 |
| 2.14. Final step (only high school level) – Hoops..... | 7 |
| 3. ATHLETE ASSISTANT | 8 |
| 4. PENALTIES..... | 8 |

1. REGISTRATION

For registrations, connect to the [registration platform](#). Each school is responsible for its registrations.

2. STEP OF FONCTIONAL CIRCUIT EVENT

| | Étape 1 | Étape 2 | Étape 3 | Étape 4 | Étape 5 | Étape 6 | Étape 7 | Étape 8 | Étape 9 | Étape 10 | Étape 11 | Étape 12 | Étape 13 | Sprint |
|--------------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|----------|----------|----------|----------|--------|
| Elementary school | x | x | x | x | x | x | x | x | x | | | | | x |
| High school | x | x | x | x | x | x | x | x | x | x | x | x | x | |
| With physical disability | x | | x | x | x | x | x | x | x | | | | | x |

For examples :

Elementary school : <https://www.youtube.com/watch?v=tKvL-KMK7yw>

High school : <https://www.youtube.com/watch?v=u-SpDcmcXdk>

With physical disability : https://www.youtube.com/watch?v=q_uZBq755Go

2.1 Step 1 – Start

- High school level:

Stationary bike: The athlete will have to pedal a distance equivalent to 300 meters.

- Elementary school level:

Step: The athlete will have to go up and down a step 20 times. The 2 feet of the athlete will have to touch the step and the ground so that once is counted.

- With a physical disability:

Hand stationary bike: The athlete will have to pedal a distance equivalent to 300 meters.

Or

Step: The athlete will have to go up and down a step 10 times. The 2 feet of the athlete will have to touch the step and the ground so that once is counted.

2.2. Step 2 – Hoops

The athlete will have to run by putting their 2 feet in each of the 6 rings on the ground.

Length of the event: 3 metres

Athletes with a physical disability skip this part.

2.3. Step 3 – Crawling

The athlete will have to crawl under ropes placed at 2 feet high. The belly button of the athlete must touch the ground.

Length of the event: 3 meters

2.4. Step 4 - The pace ladder

The athlete will have to move aside by depositing one by one his 2 feet in each of the 4 spaces of the ladder on the ground.

Athletes with a physical disability will make this step going straight.

2.5. Step 5 - The tire

The athlete must turn a truck tire (the tire will measure 20 inches for high school students or 17 inches for elementary students) over a distance of 10 metres.

Athletes with a physical disability have to move a 5 pound medicine ball over a distance of 10 metres.

2.6. Step 6 – Frog jumps

The athlete must touch the ground with both hands and then jump with arms extended upwards 10 times.

Physical Disability (5 times): The athlete must touch the ground with one or both hands and then extend them upwards (it will be possible to add a step to touch if the athlete cannot go all the way to the ground).

2.7. Step 7 – Zigzag

The athlete must manoeuvre around the cones placed in a zigzag shape (4 meters in width and each cone ahead of the other 1 meter).

Athletes with a physical disability must slalom around the four cones.

2.8. Step 8 – Rope pull

Athletes will have to pull a weight at the end of a rope over a distance of 10 meters.

Secondary: 25 pounds

Primary: 20 pounds

Physical disability: 15 pounds with the possibility of sitting on a chair to pull the weight.

Students repeat everything while coming back except for cycling at the high school level.

At the elementary school level the athlete sprints back along the path.

2.9. Step 9 (only high school level) - Zigzag

The athlete must manoeuvre around the cones placed in a zigzag shape (4 meters wide and each cone ahead of the other 1 meter).

2.10. Step 10 (only high school level) – Frog jumps

The athlete must touch the ground with both hands and then jump with arms extended upwards 10 times.

2.11. Step 11 (only high school level) - The tire

The athlete must turn a truck tire (the tire will measure 20 inches) over a distance of 10 metres.

2.12. Step 12 (only high school level) - The pace ladder

The athlete will have to move to the side by dropping one by one his 2 feet in each of the spaces of the ladder on the ground.

2.13. Step 13 (only high school level) - Crawling

The athlete will have to crawl under ropes placed at 2 feet high. The belly button of the athlete must touch the ground.

Length of the event: 3 meters

2.14. Final step (only high school level) - Hoops

The athlete will have to complete the obstacle by putting their 2 feet in each of the 6 rings on the ground.

Length of the event: 3 meters

The timer will be stopped when the athlete passes the 2 cones on the ground following the final stage.

3. ATHLETE ASSISTANT

Initially, only one assistant per athlete may be in the waiting area. No assistant can be on the surface of the CrossFit course.

4. PENALTIES

| Action | Penalty |
|--|--|
| Failure to comply with the specific instructions of a step | 3 seconds will be added to the total recorded for the event (by instruction not respected) |
| Failure to complete a step | 10 seconds will be added to the total registered for the race |

Most recent update : 23/01/05



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