

Nuclear Fit Rookies

Rookies Athlete Guide

June 2026



About Nuclear Fit

Nuclear Fit Rookies is an exciting outdoor fitness race designed for young athletes aged 9–15, giving them the chance to take on a fun and challenging course built just for them. Combining 6 functional fitness stations with 6 short runs, the race introduces the next generation to fitness racing in an energetic, supportive and confidence-building environment.



Race format



WHEEL TYRE FLIP

Distance: 20m
Height of tyre age 9-11: 2ft
Height of tyre age 12-15: 3ft



FARMER URN HUG

Distance: 125m
Weight age 9-11: 8kg
Weight age 12-15: 12kg



PLOUGH PULL

Distance: 125m
Weight age 9-11: 22kg
Weight age 12-15: 28kg



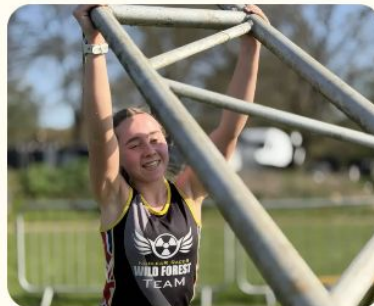
MILK CHURN CARRY

Distance: 200m
Weight age 9-11: 6kg
Weight age 12-15: 12kg



DUCK AND THROW

Distance: 100m
Weight age 9-11: 5kg
Weight age 12-15: 10kg
Throws: 10



SQUAT AND LIFT

Reps age 9-11: 25
Reps age 12-15: 40

6 x trail runs alternating with a unique functional fitness station in between each run.

9-11 years run 260m on each run.
12-15 years run 380m on each run.

The functional fitness stations are all located in the buzzing central arena called The Core. The trail run includes 2 x 4ft hurdles.

General information

This is a chipped timed race and the results will be shown from fastest to slowest time and ranked within the race categories and age groups.

The chip timing will give an overall time and the splits by each functional fitness station and each trail run.

If a competitor **Does Not Complete (DNC)** a functional fitness station, they will have their chip timing tag removed. However, they may continue with the race without a final, result time.

Age groups

9-11 years
12-15 years

Race categories

Girl's Open
Boy's Open



Race day rules

The competitor must:

- ✓ Register on the day of the race at registration, where they will be given a race number, wrist band and a chip timing tag that needs to be placed securely on your ankle, as per instructions.
- ✓ Arrive at the start area 10 minutes before their start time, if they miss their slot, they will be allocated a later time subject to availability.
- ✓ Trail trainers are recommended.
- ✓ Be responsible for their own warm up and cool down.
- ✓ Follow all the rules and regulations.
- ✓ Parents are not allowed out on the course, they support from the spectators areas.
- ✓ Complete ALL fitness stations, in the correct order.
- ✓ Perform each workout as listed in the rules.
- ✓ Use the correct start and finish lines at the functional fitness stations.
- ✓ 9-11 years – **green** weights; 12-15 years – **yellow** tyre and **orange** weights
- ✓ Use the correct weight for their gender & complete the right number of reps or distance.
- ✓ Complete each trail run including the **2 hurdles**. 9-11 years 260m 12-15 years 380m.
- ✓ Accept that the Adjudicators hold the final say on all decisions.
- ✓ Be responsible for hydrating with the water provided or bring your own and leave in the water area.
- ✓ Complete the race within 2 hours.

General administration

- Each fitness station will have a Lead Adjudicator.
- The Head Adjudicator will wear a red jacket, the Lead Adjudicators will wear a red and white vest, and Adjudicators will wear a yellow and white vest.
- In the event of equipment failure or a lack of available equipment, any delay will be recorded using a stopwatch or a video on a smartphone. This time will be submitted to the chip timing team and the appropriate time adjustment will be applied once processing is complete.
- In the event of lightning, you must run over the timing mat to ensure your time is recorded, then move to a safe location and wait. Once the all clear is given, you will resume the race from the point at which you stopped.
- No spectators inside the core zone.
- There will be a Medic available onsite.
- Hydration will be available in the core zone and you are welcome to bring your own water bottle with you to be stored in the designated water drop off area.



Race format



Run
OUT



Run
IN



IN to each
station

Repeat for all 6 stations: 1 to 6 in an anticlockwise direction.

1. Wheel Tyre Flip



- ✓ The tyre must be flipped and not rolled.
- ✓ Flip out-and-back, making sure that the tyre touches the turnaround line.
- ✓ The tyre must stay within the correct age section and finish within an available start bay.
- ✓ 9-11 years: Smaller tyre.
- ✓ 12-15 years: Yellow tyre.

Wheel Tyre Flip - rules

Distance : 9-11 years : 20m 12-15 years : 20m

Height of tyre : 9-11 years: 2ft 12-15 years : 3ft

- ✓ The competitor starts in the start bay.
- ✓ To flip the tyre, the competitor needs to get into a deep squat, place hands under the tyre, maintain a flat back with their head up and power up through the legs and hips. You complete this workout once the whole tyre returned to the start bay.
- ✓ You can use your knee to assist with the flip.
- ✓ You can stop to rest at anytime.

2. Farmer Urn Hug



- ✓ The urn may be carried in any way, with the exception of carrying it on the shoulder.
- ✓ The urn can be rested on the turn barriers.
- ✓ The urn must be replaced on the black boxes.
- ✓ 9-11 years: Green.
- ✓ 12-15 years : Orange.

Farmer Urn Hug - rules

Distance: 125m

9-11 years = 8kg

12-15 years = 12kg

- ✓ The competitor picks the urn, remembering to keep your core engaged.
- ✓ The carry begins the moment you pick up the urn and is completed once you place it back on the black box.
- ✓ The urn must not be carried on your shoulders.
- ✓ You can stop to rest at anytime.

3. Plough Pull



- ✓ The plough can be pulled with the shoulders in or out of the loops, facing forward or backward.
- ✓ No hands on the ground.
- ✓ **Only the harness** can be used to pull the plough.
- ✓ The plough should be pulled fully over the finish line.
- ✓ 9-11 years: Green sledge
- ✓ 12-15 years: Yellow sledge.

Plough Pull - rules

Distance: 125m.

Weight:

9-11 years = 12kg

12-15 years = 28kg

- ✓ The plough (sled) must start behind the line and finish back in the designated area.
- ✓ Only the harness can be used to pull the plough.
- ✓ The competitor must remain standing at all times, hands and knees are not allowed to touch the ground.
- ✓ Move the plough (sled) by pulling & moving forward.
- ✓ You can stop to rest at anytime.

4. Milk Churn Carry



- ✓ Two churns are to be carried, one in each hand.
- ✓ Churns are to stay upright, at all times, with the contents maintained.
- ✓ The churns must be collected and returned within the age specific start/finish points.
- ✓ 9-11 years: Green churns.
- ✓ 12-15 years: Orange churns.

Milk Churn Carry - rules

Distance: All = 200m

Weight: 9-11 years = 6kg

12-15 years= 12kg

- ✓ The competitor is to carry one milk churn in each hand with both arms fully extended.
- ✓ The carry begins when the competitor picks up the milk churns.
- ✓ The competitor can put the milk churns down to rest at anytime.
- ✓ The carry is complete once the milk churns is returned to the designated area.

5. Duck and Throw



- ✓ The ball can be carried as you wish but it must not be dragged along the ground.
- ✓ The ball must go over each beam and land on the ground on the other side.
- ✓ The ball cannot rest on the beam.
- ✓ The athlete then ducks under the beam to move onto the next beam and repeat to the end.

Duck and Throw - rules

Distance : 100m

Weight:

9-11 years = 5kg

12-15 years = 10kg

- ✓ The competitor picks up a ball and runs 40m to the beams.
- ✓ The competitor then throws the ball over the beam without any assistance.
- ✓ The competitor then duck under the beam and pick up the ball & move forward onto the next beam.
- ✓ The ball cannot rest on the beam.
- ✓ The competitor can stop to rest at any time.
- ✓ The competitor picks up their ball to run 40m back and places ball in the designated area.

6. Squat and Lift



- ✓ Start in the seated position and your hands must be placed on the **red** sections.
- ✓ Stand up and fully extend your arms.
- ✓ The posterior must touch the seat and the bars touch the shoulder, to complete the rep.
- ✓ 9-11 years: 25 reps.
- ✓ 12-15 years : 40 reps.

Squat and Lift - rules

- The competitors start by sitting down on the box provided & picking up the handles.
- The handles must be held in the **red taped** sections.
- The lift begins in a seated position, then stand-up and raise the rack upward until the arms are extended above the head, ensuring that the arms are as straight as possible without causing joint hyperextension or compromising a previous injury.
- They must then sit back down onto the box with the handles on or in line with the top of the shoulders. **This counts as one rep.**
- They can rest at any time standing or sitting.
- Each correctly completed rep will be counted by an Adjudicator.
- The lift finishes when the competitor completes all the reps.





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