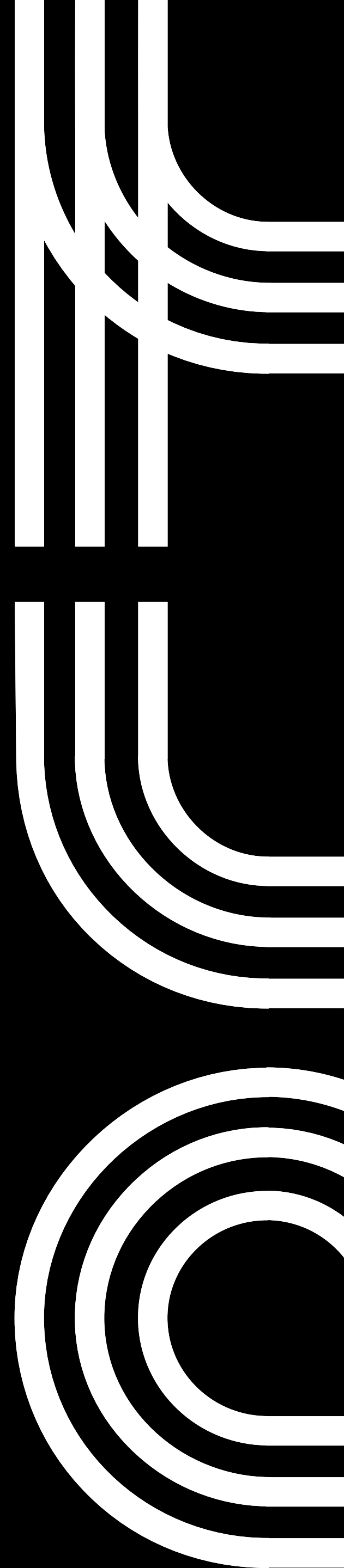


PODIUM

SERIES #1 // 02.08.26

OFFICIAL
COMPETITOR
RULEBOOK





NO ONE CLIMBS THE PODIUM ALONE

RULEBOOK OVERVIEW

- 03 /// COMPETITION OVERVIEW & STRUCTURE
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PODIUM ///

BFT'S HIGH-PERFORMANCE FITNESS COMPETITION

/// COMPETITION OVERVIEW & STRUCTURE

PODIUM SERIES #1 WILL TAKE PLACE IN-STUDIO ON SUNDAY AUGUST 2ND, 2026

CATEGORIES:

Mens // Womens // Mixed

DIVISIONS:

Rookie // Open // Pro

FORMAT:

Teams of 2 compete in waves

Total Competition Time: **1 hour and 15 minutes.**

Event Timeline: Teams compete in waves. The competition spans 4 x 15-minute zones with a 5-minute changeover between each zone.

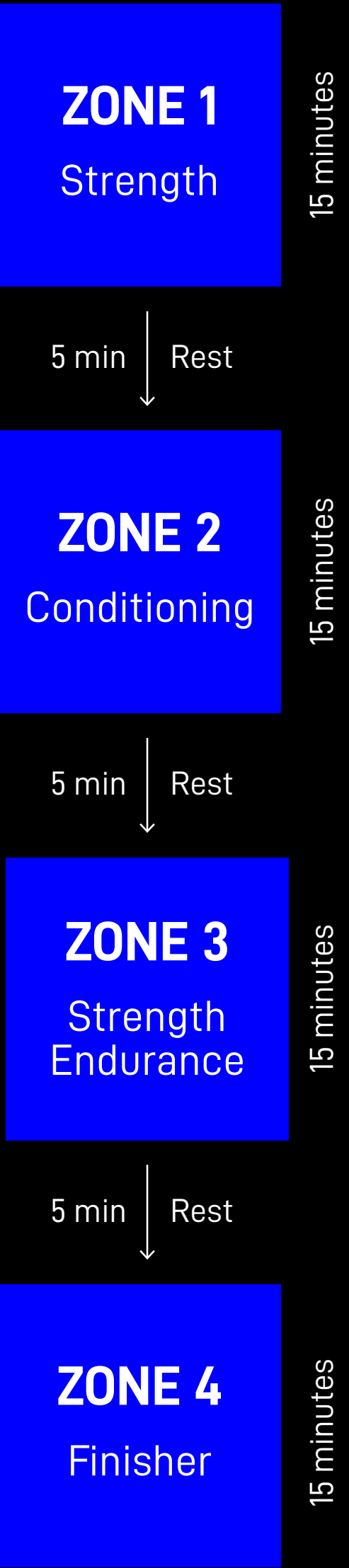
ARRIVAL TIME:

Competitors must check in at least **30 minutes prior** to their scheduled wave time to receive their score sheet, undergo the pre-wave briefing, and utilise the warm-up area.

WHAT TO BRING:

- ✓ Water bottle
- ✓ Sweat towel
- ✓ BFT³ (competitors should start a session on mobile if they intend to collect PXI points)
- ✓ Comfortable lifting shoes
- ✓ Post-event fuel and hydration

EVENT FORMAT



/// EVENT REGISTRATION

REGISTRATIONS ARE ESSENTIAL FOR PODIUM SERIES #1

HOW TO REGISTER?

Step 01 /// Purchase Your Ticket

- Purchase your ticket in the BFT Booking App under "BFT Events". Only one team member needs to make the purchase.
- Alternatively, reach out to your studio to purchase your ticket.

Step 02 /// Complete Your Registration

- The team member who purchased the ticket will receive an email to complete the team's registration.
- The email contains a link to a registration form, so you can select your division, and fill out the details of your team member.

TICKET SALES WILL CLOSE ON SUNDAY 26TH JULY // REGISTRATIONS AND TEAM CHANGES WILL CLOSE ON THURSDAY 30TH JULY

EVENT WAVE TIMES:

Your studio will book you into your designated wave time once registrations have closed.



PODIUM PERFORMANCE EVERY REP

// GENERAL COMPETITION RULES

PERSONAL EQUIPMENT:

To ensure fairness and consistent performance standards across the network, competitors are **NOT** permitted to wear any of the following items during competition:

- Knee sleeves
- Wrist wraps or wrist straps

Weightlifting belts are permitted in the Strength Zone.

Lifting gloves are permitted.

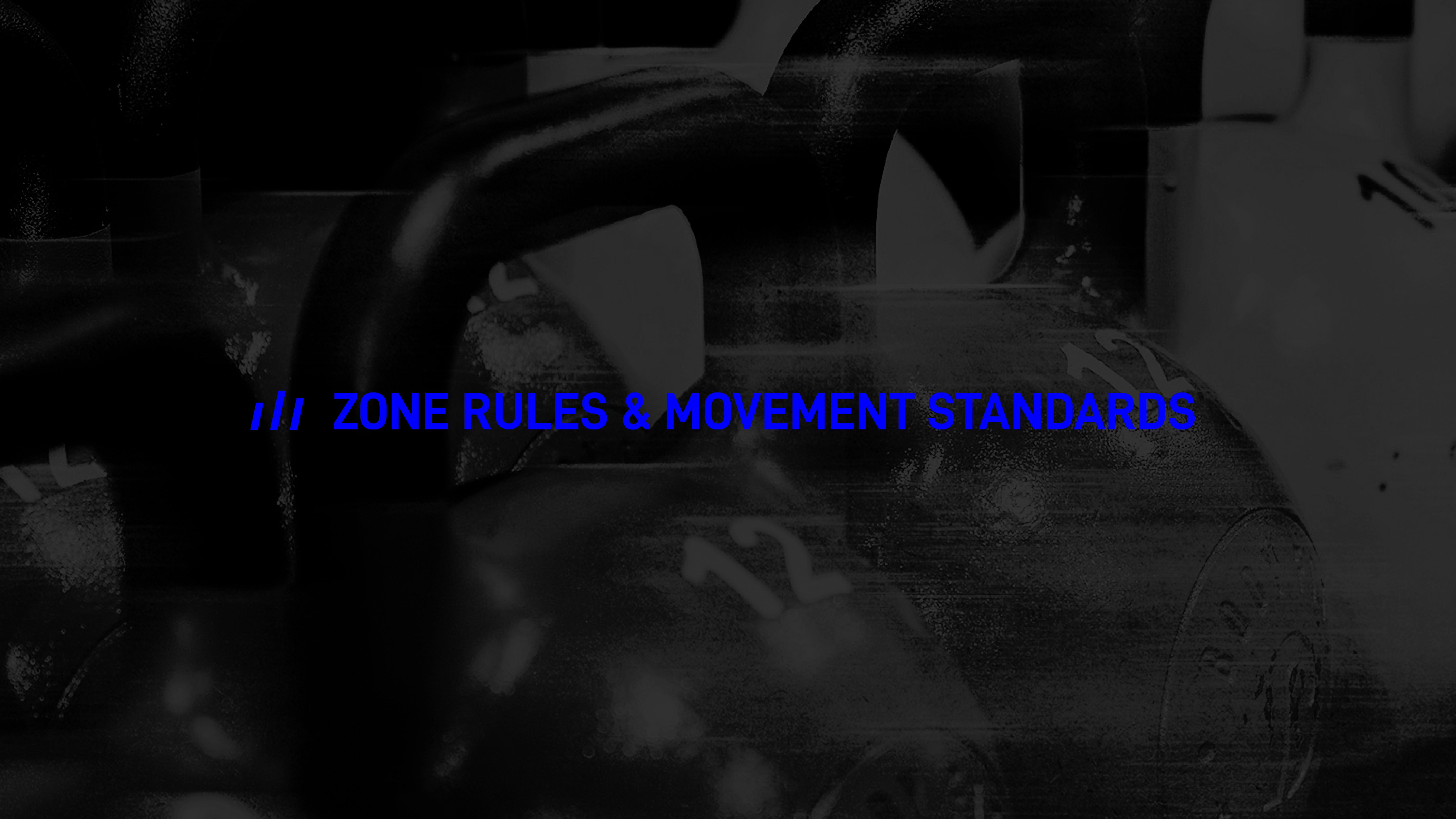
EVENT DAY RULES:

- **Judging Authority:** Competitors must strictly follow all directives and instructions from their assigned judge. Judges are responsible for counting all reps, verifying targets, and completing the official score sheet. *Competitors are prohibited from filling out their own score sheets.*
- **Movement Modifications:** Movement modifications or regressions (such as using a lighter weight) may be performed, *however the official score for that zone will be 0.* Points earned in other zones where no modification was used can still be upheld on the Leaderboard.

/// DIVISION WEIGHTS & EQUIPMENT STANDARDS

	STRENGTH		CONDITIONING	STRENGTH ENDURANCE		FINISHER
	TRAP BAR DEADLIFT	BB BENCH PRESS	-	KETTLEBELL	DUMBBELL	WALL BALLS
WOMENS ROOKIE	40 KG	20 KG	-	8 KG	4 KG / 5 KG	4 KG
WOMENS OPEN	60 KG	25 KG	-	10 KG	7.5 KG / 8 KG	4 KG
WOMENS PRO	80 KG	35 KG	-	16 KG	12.5 KG	6 KG
MENS ROOKIE	60 KG	40 KG	-	12 KG	7.5 KG / 8 KG	6 KG
MENS OPEN	80 KG	55 KG	-	18 KG	12.5 KG	6 KG
MENS PRO	100 KG	75 KG	-	24 KG	17.5 KG	9 KG

Mixed team members will complete the weights designated for their respective genders.
Example: a Male Pro athlete lifts Men's Pro weights, while their Female Pro partner lifts Women's Pro weights - however, swapping weight plates for the Strength Zone is optional.



/// ZONE RULES & MOVEMENT STANDARDS



ZONE 1

STRENGTH

// MAX REPS //

STRUCTURE

- **Part A: Trapbar Deadlift.** Teams will have 6 minutes to complete as many reps as possible.
- **Changeover.** 3-minute changeover period to prepare for the second lift.
- **Part B: Barbell Bench Press.** Teams will have another 6 minutes to complete as many reps as possible.

SCORE

- **Combined reps on Trap Bar Deadlift and Barbell Bench Press**

ZONE RULES

GENERAL RULES

- Clips are not mandatory for either lift.
- Team members can switch in and out of the working positions at your discretion for both lifts (there is no set rep target).

MIXED TEAM RULES

Mixed teams can either:

- **A:** Both perform the lift using the Mens weights for the chosen division.
- **B:** Swap plates out between sets so the Male partner uses Mens weights, and the Female partner uses Womens weights.

The decision does not have to be the same for both lifts.

E.g., team members can choose to both lift the Mens weight on the deadlift, but choose to swap the plates out for the bench press.

If the team chooses to swap out the plates, no one external to the team can assist in changing bar load during the set.



ZONE 1

STRENGTH

// MAX REPS //

MOVEMENT STANDARDS

PART A: TRAPBAR DEADLIFT

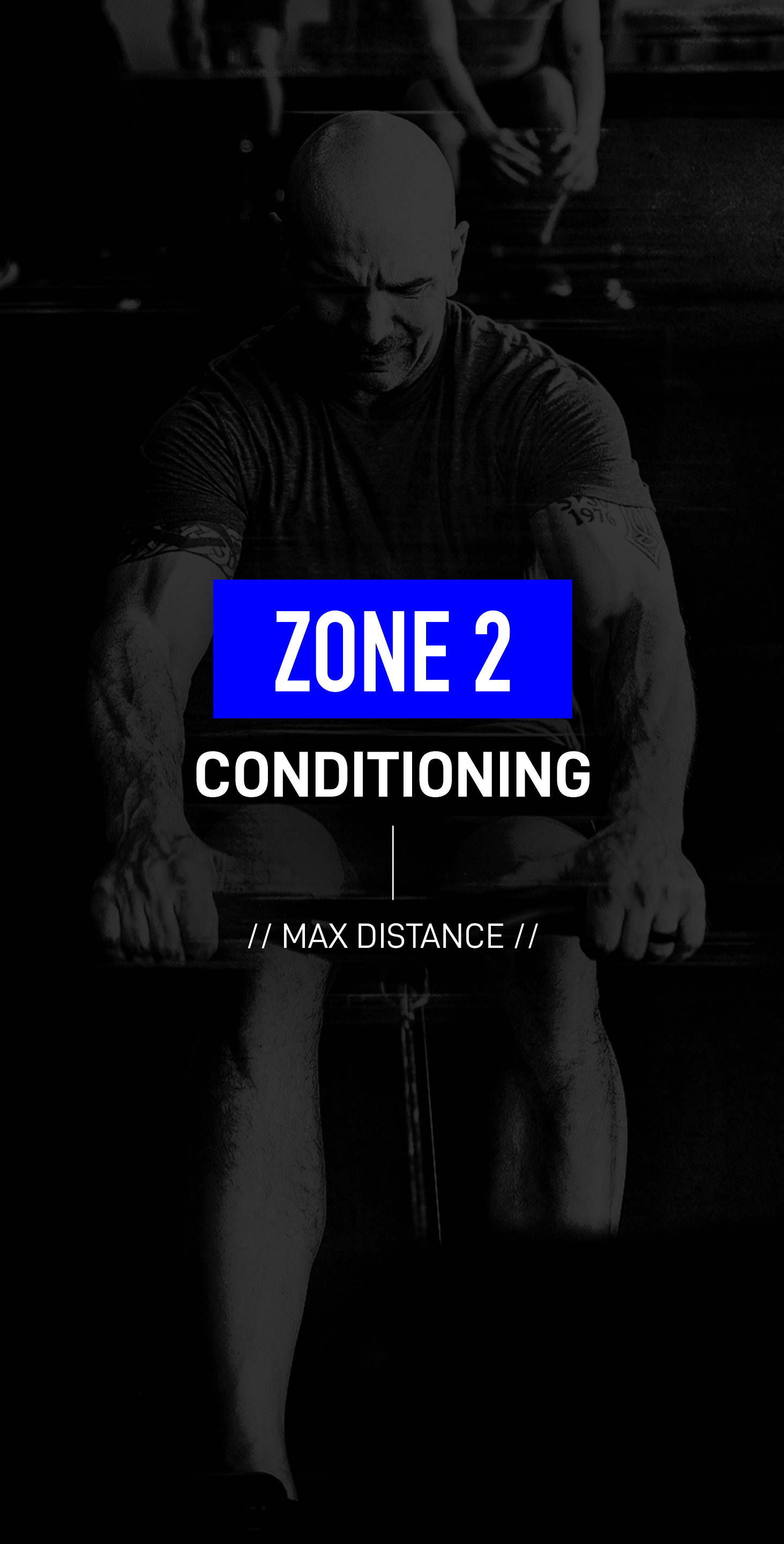
- The starting competitor can be inside the Trap Bar but must not touch the bar before the commencement signal.
- The ascending phase of every rep must be completed standing at full extension of the knee and hip.
- The bar must make contact with the floor between every rep. Competitors are not allowed to bounce the bar off the floor, however there is no mandated time that the bar must stop on the floor (i.e., the “tap and go” technique is permitted).
- Competitors must hold the bar through all phases of the complete rep, including lowering the bar back to the ground. Competitors may not drop the bar or a no rep will be given.

PART B: BARBELL BENCH PRESS

- The starting competitor can be lying on the bench but must not touch the bar before the commencement signal.
- Competitors must maintain five points of contact (both feet on the ground, glutes, shoulders and head on the bench) at all times.
- The bar must make contact with the chest under control. No bouncing off the chest.
- To be deemed a complete rep, the bar must return to the starting position, with arms (elbows) extended at the top position.
- The resting competitor must be standing in the spotting position.
- The spotter can assist with unracking and re-racking but cannot take the load of the bar at any phase of the lift.
- Competitors may transition in and out of the bench however they wish.

ZONE 1 WEIGHTS

	WOMENS ROOKIE	WOMENS OPEN	WOMENS PRO	MENS ROOKIE	MENS OPEN	MENS PRO
TRAP BAR DEADLIFT	40 KG	60 KG	80 KG	60 KG	80 KG	100 KG
BARBELL BENCH PRESS	20 KG	25 KG	35 KG	40 KG	55 KG	75 KG



ZONE 2

CONDITIONING

// MAX DISTANCE //

STRUCTURE

- Teams aim to achieve maximum distance (metres) on the RowErg.
- One team member must be on the SkiErg, and one on the RowErg at all times.
- Team members must switch Ergs every 500m interval on the SkiErg.

SCORE

- **Total distance (M) on RowErg**

ZONE RULES

- Judges will verify the completion of each 500m interval on the SkiErg, and instruct the team members to switch Ergs.
- The damper setting on each Erg can be adjusted prior to and during a working period, but can only be adjusted by the working competitor. I.e., Team Member 1 may change the damper setting before or during their set only, but cannot change it for their partner.
- Once the final minute of the set commences, the team member on the SkiErg is permitted to leave the Erg and team members may then complete transitions at their discretion on the RowErg.
- Team members must not touch the screen on either Erg.

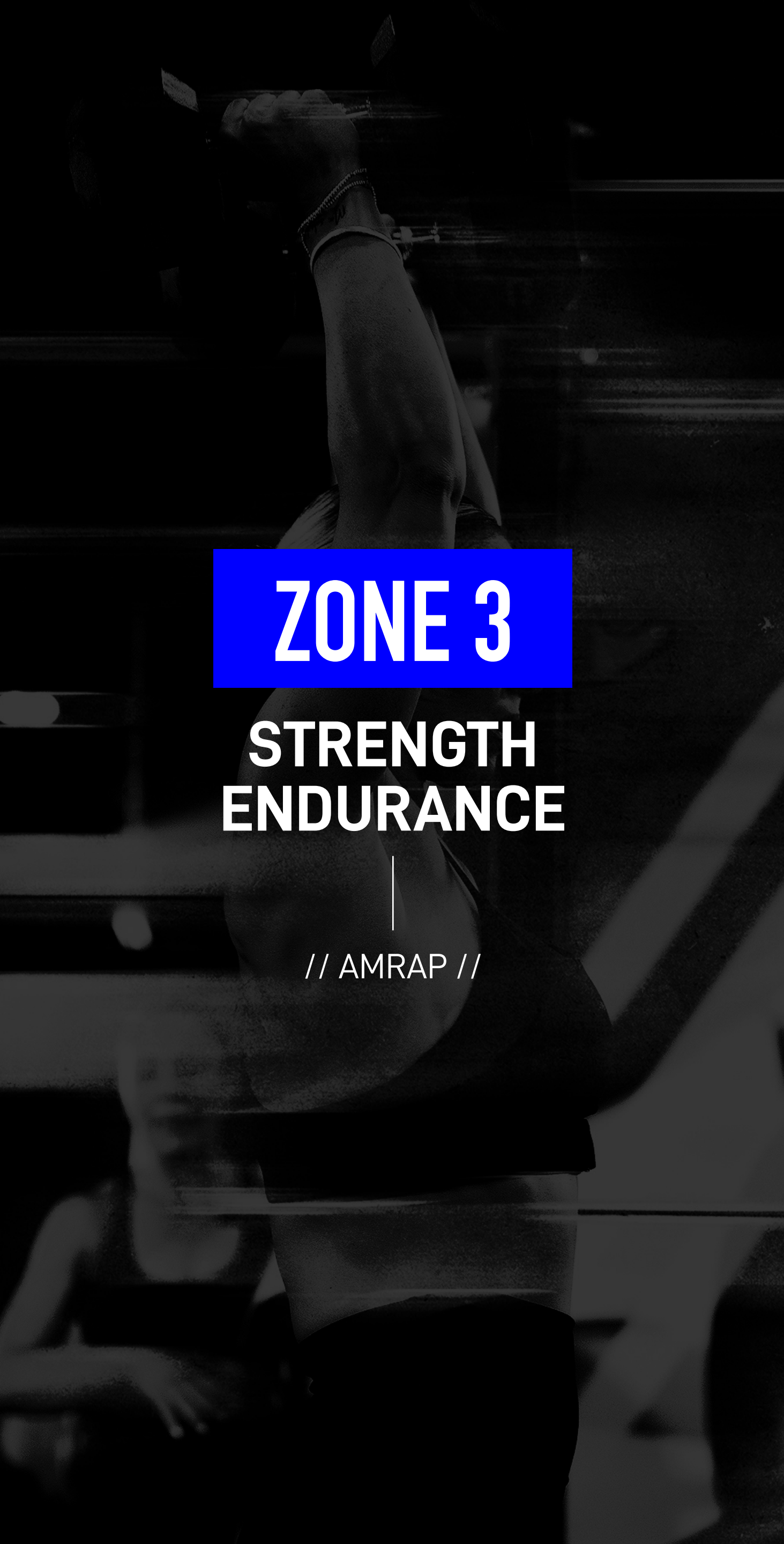
MOVEMENT STANDARDS

ROWERG

- The starting competitor may set their foot stretcher height and damper setting, and can strap their feet in, but must not touch the handle prior to the commencement signal.
- The competitor on the RowErg must wait for the skier to hit their 500m target before they can swap positions (a judge must verify this target).
- After transitions, competitors cannot start rowing until their team mate has begun skiing.

SKIERG

- Starting: The starting competitor may set their damper setting and stand on the SkiErg platform, but must not touch the handles prior to the commencement signal.
- The SkiErg should not be reset with each changeover. The judge will tick off each 500m and notify team members to changeover.



ZONE 3

STRENGTH ENDURANCE

// AMRAP //

STRUCTURE

- **Part A: Kettlebell Complex.** Teams will have 6 minutes to complete as many rounds as possible.
- **Changeover.** 3-minute changeover period to prepare for the second complex.
- **Part B: Dumbbell Complex.** Teams will have another 6 minutes to complete as many rounds as possible.

SCORE

- **Combined rounds**

EQUIPMENT

- Men's and Women's teams share a single set of weights.
- Mixed teams are provisioned with one set of kettlebells/dumbbells per person with their appropriate weights.

ZONE RULES

- **No-Reps:** If a competitor is called for a no-rep (e.g., missed squat depth), the judge will inform them immediately.
The competitor must repeat that specific rep successfully before continuing through the rest of the complex.
- **Broken Complex:** If the weights are put down at any time during the complex, the competitor must restart the complex from the beginning.

ZONE 3

**STRENGTH
ENDURANCE**

—

// AMRAP //

PART A: KETTLEBELL COMPLEX

COMPLEX RULES // 2 x Renegade Row (each side) • 2 x Swing • 2 x Clean • 2 x Front Squat • 2 x Strict Press

- **Starting:** The starting competitor must not touch the kettlebells prior to the commencement signal.
- **Set up:** Completing the 90/90 setup is NOT mandatory but is recommended for optimal performance of the swing & clean components of the complex.
- **Transitions:** The KBs must come to a full stop on the floor before the next partner can touch them and commence their round.

MOVEMENT STANDARDS

- **Renegade Row:** The handle of the kettlebell must be rowed to be parallel to your hip. Your hip position in the renegade row must stay above the height of the kettlebell at rest on the floor, and below head height. Each repetition MUST alternate sides.
- **Swings:** Elbows must disconnect from the torso. No "T-Rex Arms" (keeping elbows connected to the torso throughout the reps).
- **Cleans:** Competitors cannot adjust their feet during the KB Cleans once the KB Cleans have begun.
- **Front Squats:** At the bottom position, the hips must descend to parallel (90 degrees). The final squat must come to a full lockout at the top (hips and knees fully extended) and cannot be blended into a thruster to begin the strict press.
- **Strict Press:** There must be zero knee bend (no push pressing allowed). The top of the press must show a full lockout of the elbow, and the KBs must come to a complete stop in the front rack position between every single rep (no bouncing from the chest).

KETTLEBELL WEIGHTS

	WOMENS ROOKIE	WOMENS OPEN	WOMENS PRO	MENS ROOKIE	MENS OPEN	MENS PRO
KETTLEBELL	8 KG	10 KG	16 KG	12 KG	18 KG	24 KG

ZONE 3

**STRENGTH
ENDURANCE**

// AMRAP //

PART B: DUMBBELL COMPLEX

COMPLEX RULES // 3 x Push-Up • 3 x Devil's Press • 3 x Front Squat • 3 x Push Press

- **Starting:** The starting competitor must not touch the dumbbells prior to the commencement signal.
- **Transitions:** The DBs must come to a full stop on the floor before the next partner can touch them and commence their round.

MOVEMENT STANDARDS

- **Push-Up:** The chest must make contact with the DBs for every rep. You will perform 3 full push-ups before transitioning into the first rep of the Devil's Press. Rookie teams may complete push-ups on knees (must show alignment from knee-hip-shoulder, hips cannot be parallel with the shoulder).
- **Devil's Press:** Chest must touch the floor (does not need to be a strict push-up). The dumbbells must swing back through the hips before travelling overhead. Arms must be fully extended at the top. The movement must be fluid - it cannot be performed as a separate clean and press, and there can be no pausing at the front rack.
- **Front Squat Transition:** After the 3rd Devil's Press is completed overhead, the dumbbells must return to the shoulders at rest, and the competitor's feet can be adjusted before commencing the Front Squats.
- **Front Squat:** At the bottom position, the hips must descend to parallel (90 degrees). The 3rd and final squat must come to a full lockout at the top (hips and knees fully extended) and cannot be blended into the push press.
- **Push Press Transition:** The 3rd Front Squat must be completely finished, with the competitor standing at rest, before the Push Press reps can begin.
- **Push Press:** The top of the press must show a full lockout of the elbow, and the DBs must come to a complete stop in the front rack position between every single rep (no bouncing from the chest).

DUMBBELL WEIGHTS

	WOMENS ROOKIE	WOMENS OPEN	WOMENS PRO	MENS ROOKIE	MENS OPEN	MENS PRO
KETTLEBELL	4 KG / 5 KG	7.5 KG / 8 KG	12.5 KG	7.5 KG / 8 KG	12.5 KG	17.5 KG

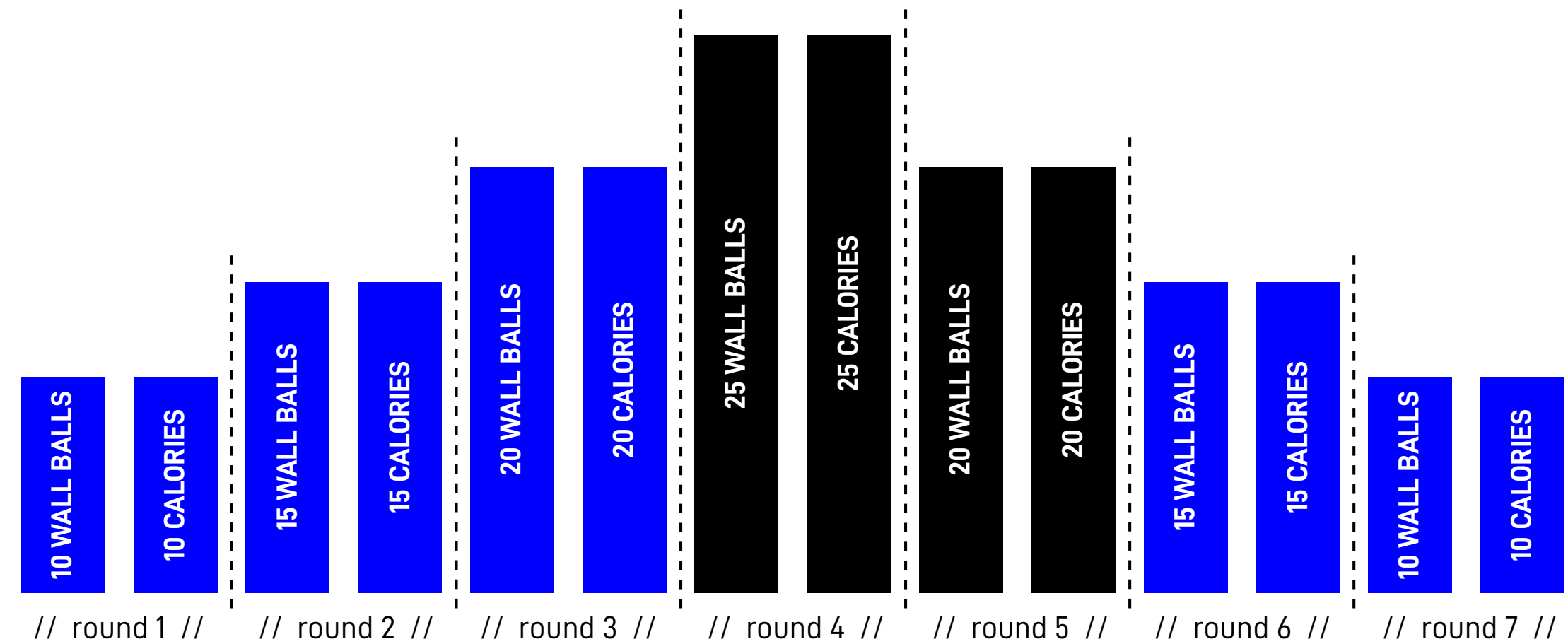
ZONE 4

THE FINISHER

// AS FAST AS POSSIBLE //

STRUCTURE

- Race to the finish using the bionic bike and wall balls.
- 15min time cap to complete the pyramid:



- Starting at 10 reps, team member #1 will complete 10 calories on the bionic bike, while team member #2 completes 10 wall balls.
- Team members will switch exercises and repeat the target. Once both team members complete the target on both movements, they can then begin the next round.
- NOTE - Rookie teams only complete the **blue** rounds.

SCORE

- **Time Remaining**

ZONE RULES

- The bionic bike should not be reset with each changeover.
- The judge will tick off each round and notify team members to changeover when the wall ball reps are counted and bionic bike calories are verified.

ZONE 4

THE FINISHER

// AS FAST AS POSSIBLE //

MOVEMENT STANDARDS

WALL BALLS

- **Starting:** The starting competitor must not be holding the ball prior to the commencement signal.
- **Ground Pick-ups:** Competitors are not permitted to pick the wall ball up from the ground and immediately launch it at the target. They must establish a full extension standing position first, then move into the squat phase.
- **The Rep:** The competitor must squat below parallel (hips descending lower than the knees/90 degrees) and throw the ball, striking the designated target on the rig. Rookie Teams may perform the squat to a small box if needed to hit the required depth.
- **Target heights:** Mens competitors must hit the top target. Womens competitors may hit the bottom target.
- **Catch & Bounce:** After the ball hits the target, competitors can catch it and immediately transition into the next rep. If the ball hits the ground, they must pick it up and stand completely tall before starting the next squat. Competitors are NOT permitted to catch the ball off a bounce to continue into a rep.
- **Transitions:** The ball can either be passed between team members, or be left on the ground. When Team Member #1 completes their final throw, Team Member #2 cannot catch the ball.
- **Mixed Teams:** It is each competitor's strict responsibility to ensure they are using the correct weight wall ball for their gender.

BIONIC BIKE

- **Starting:** The starting competitor must not touch the handles or have their feet on the pedals prior to the commencement signal.
- **Intervals:** The competitor must stop and get off the bike when the current interval is reached. Minor rollovers will be permitted, but the competitor should be seen to make an effort to stop the machine.
- **Foot Position:** Feet are permitted to rest on the foot pegs before the timer starts.

WALL BALL WEIGHTS

	WOMENS ROOKIE	WOMENS OPEN	WOMENS PRO	MENS ROOKIE	MENS OPEN	MENS PRO
WALL BALL	4 KG	4 KG	6 KG	6 KG	6 KG	9 KG



Official PODIUM Live Leaderboard [➤](#)

/// PODIUM LIVE LEADERBOARD

TEAM VS TEAM // STUDIO VS STUDIO // COUNTRY VS COUNTRY

See how your performance stacks up against the entire BFT global network!

Your score achieved for each zone will determine your official points on the PODIUM Live Leaderboard.
Points will be calculated automatically once your studio's scorekeeper enters your score.

PRO DIVISION PRIZE

3 X TEAMS WILL WIN

BFT Athlete sponsorship for 12 months
adidas kit
PILLAR Performance products
Race entry to event of your choosing
HYPERICE massage gun
PODIUM Champion gym towel
PODIUM series #2 entry

OPEN DIVISION PRIZE

3 X TEAMS WILL WIN

PILLAR Performance product pack
PODIUM CHAMPION gym towel
PODIUM series #2 entry

ROOKIE DIVISION PRIZE

3 X TEAMS WILL WIN

PODIUM CHAMPION gym towel
PODIUM series #2 entry

/// EVENT TIMELINE

LEADERBOARD ADJUSTMENTS:

There is a strict cut-off of **11:59PM AEST on Thursday, 30th July, 2026** for any team or leaderboard changes.

SCORE SUBMISSIONS:

Score submissions officially lock at **9:00 AM AEST on Tuesday, August 4, 2026**.

STUDIO AWARDS CEREMONY:

Studios will host a post-event awards ceremony at their discretion.

INTERNATIONAL CHAMPIONS:

BFT HQ will announce the international champions via social media and email at **6:00 PM AEST on Tuesday, August 4, 2026**, awarding official prize packs.

Note: BFT Coaches and Franchise Partners may compete under studio discretion but are strictly ineligible for International awards.

PODIUM

SERIES #1 POWERED BY **AIA**

