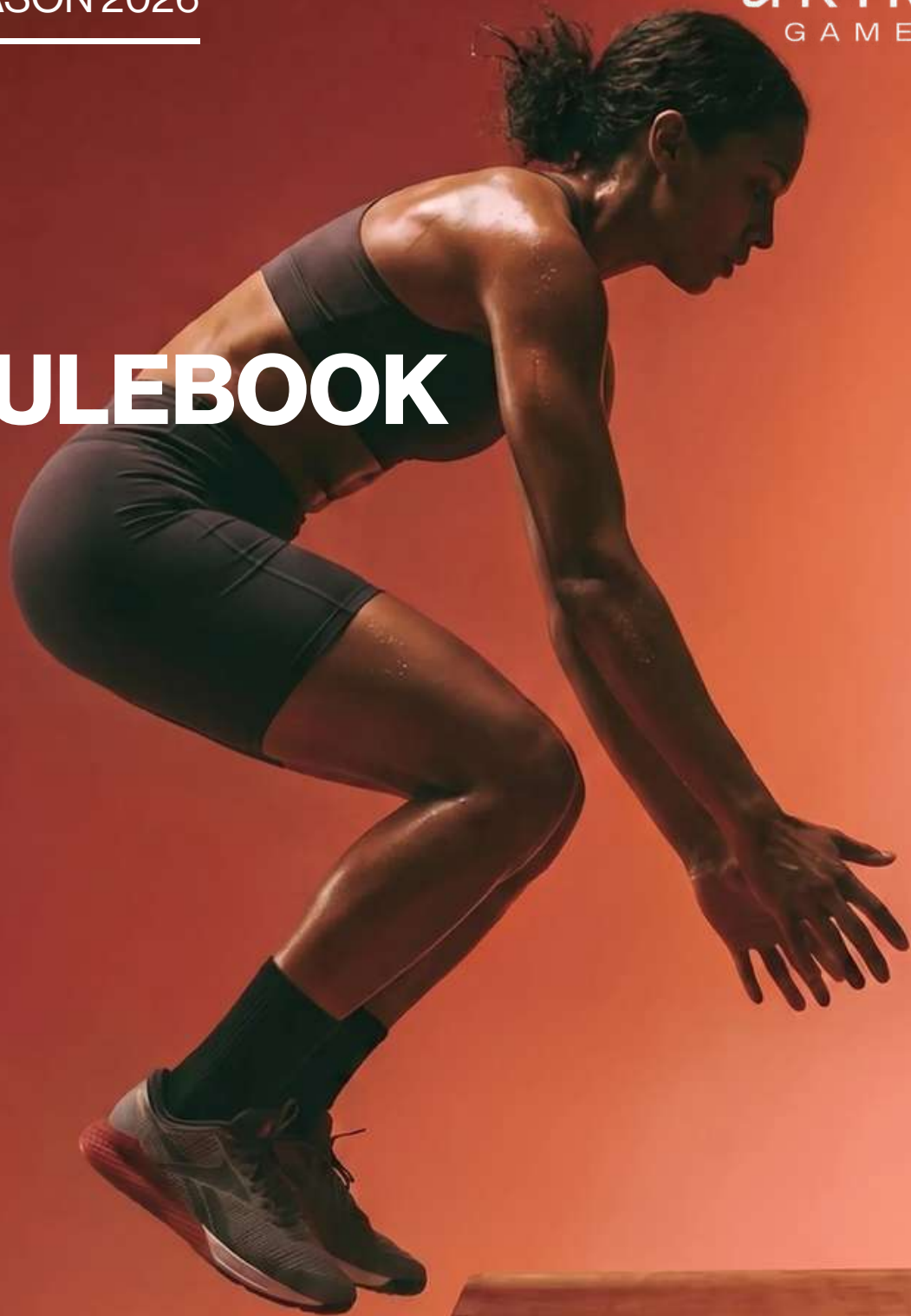


SEASON 2026

GRIND
GAMES

RULEBOOK



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CONCEPT

GRIND GAMES is a functional fitness competition that combines endurance, strength, and functional movements in a dynamic race format.

At the heart of GRIND GAMES is the continuous alternation between running, cycling, and various workout stations. Athletes complete the prescribed disciplines and stations in a fixed order. The goal is to complete the entire race in a rules-compliant manner and in the shortest possible time.

GRIND GAMES is designed so that different performance levels can take part. Depending on the chosen category, the number of repetitions, weights and/or the way the workload is shared may differ, while the fundamental structure of the competition remains the same.

Athletes can take part in the Single, Double, and Team of 4 categories. The focus is not only on individual performance but also on the shared experience of taking on an athletic challenge and testing one's own level.

One race. Different levels. One Grind.

1 PRINCIPLES

1.1 Purpose

This rulebook sets out how a Grind Games race is conducted, scored, and judged. It serves three purposes: ensuring the comparability of all results across all events, guaranteeing all participants the same conditions, and ensuring safety during the competition.

1.2 Scope

The rulebook applies to all events organized or licensed by Grind Games GmbH. By registering, all participants acknowledge this rulebook as well as the General Terms and Conditions of Grind Games GmbH.

1.3 Amendments

Grind Games GmbH may amend this rulebook at any time. The version published on the official website at the time of the event is authoritative. Material changes will be communicated at least 30 days before the affected event.

1.4 Sportsmanship

All participants are expected to behave fairly and respectfully toward fellow competitors, judges, volunteers, spectators, and staff at all times. Disrespectful conduct, harassment of any kind, and failure to follow instructions from race management will result in exclusion.

1.5 Acceptance of the Rulebook

By participating in or purchasing a ticket for GRIND GAMES, you confirm your acceptance of the conditions set out in this rulebook.

2 THE COURSE

2.1 Sequence

The course is completed in the following order. Deviating from this order is not permitted.

NO.	SECTION	REQUIREMENT
1	Run	800 m
2	SkiErg	1km
3	Cycle	2 km
4	Box Jump	60 × (45 cm)
5	Run	800 m
6	Rowing	1km
7	Cycle	2 km
8	Burpees over Box	50 × (30 cm)
9	Run	800m
10	Worm Squats	60 × (♀ 10 kg / ♂ 20 kg)
11	Cycle	2 km
12	Airbike	(♀ 30 cal / ♂ 40 cal)

Total volume: 2,400 m running · 6,000 m cycling · 6 stations

2 THE COURSE

2.2 Structure

The course consists of three identical blocks: run, ergometer station, bike segment, strength or jump station. This structure is deliberately chosen and remains constant across all events.

2.3 Finish

The course and the timing end with the finish line after Station 6.

2 THE COURSE



3 CATEGORIES

3.1 Overview

No specific qualification is required for Grind Games, and it is open to everyone aged 16 and over.

CATEGORIES	COMPOSITION	SCORING DIVISIONS
Single	1 Person	Women / Men
Double	2 People	Women / Men / Mixed
Team	4 People	Mixed

3 CATEGORIES

WORKSTATION REQUIREMENTS BY CATEGORY:

WORKSTATION	SINGLE WOMAN	SINGLE MAN	DOUBLE WOMEN	DOUBLE MEN	DOUBLE MIXED	TEAM
SkiErg	1km	1km	1km	1km	1km	1km
Box Jump	60x	60x	60x	60x	60x	60x
Rowing	1km	1km	1km	1km	1km	1km
Burpees over box	50x	50x	50x	50x	50x	50x
Worm Squats 60x	10 kg	20 kg	10 kg	20 kg	20 kg	20 kg
Airbike	30 cal	40 cal	30 cal	40 cal	40 cal	40 cal

3 CATEGORIES

3.2 Single

All running, biking, and station requirements are completed entirely alone.

3.3 Double

- All running sections are completed together. Both athletes must remain within sight of each other at all times and reach the marked endpoint together.
- The requirements for all stations and bike segments correspond to the Single category and are completed as a team effort. The division of work is freely chosen.
- Only one person may work at a station or on the bike at a time. Switches are unlimited, provided the switching requirements of the respective station are observed.
- The inactive person must remain entirely within the marked waiting area.
- For Mixed teams, the men's weight applies to both partners at weight-dependent stations.
- The finish line is crossed together. In the event of a close finish, the time counted is the moment at which both have crossed the line.

3.4 Team (4 people)

- All running sections are completed together. All athletes must remain within sight of each other at all times and reach the marked endpoint together.
- The requirements for all stations and bike segments correspond to the Single Men's category and are completed as a team effort. The division of work is freely chosen.

3 CATEGORIES

- Only one person may work at a station or on the bike at a time. Switches are unlimited, provided the switching requirements of the respective station are observed.
- Inactive people must remain entirely within the marked waiting area.
- The men's weight applies to everyone at weight-dependent stations.
- The finish line is crossed together. In the event of a close finish, the time counted is the moment at which everyone has crossed the line.

3.5 Age

Minimum age for participation: 16 years. Participants under 18 require written consent from a parent or legal guardian. There is no maximum age. Each participant is solely responsible for their own fitness level.

3.6 Gender

Category Participants compete in the category corresponding to the gender listed on their official identification document.

4 MOVEMENT STANDARDS

4.1 General Principles

- At every station: a repetition only counts if the starting position, the movement execution, and the end position are fully completed. Invalid repetitions are called a "no-rep" by the judge and must be repeated. They do not count toward the requirement.
- Equipment may never be dropped or thrown at any point. It must be set down in a controlled manner, with hands remaining on the equipment until it touches the ground. A violation invalidates that repetition.
- A station is only considered complete once the judge has given clearance.

4.2 Running Sections

- Each running section is 800 m on the marked course.
- Start and end points are marked; the course must be completed in full and in the signposted direction.
- Shortcutting, leaving the course, or skipping laps results in a time penalty per Section 6.
- The outside lane of the running track must be kept clear for slower participants.
- The next section may only begin once the running distance has been fully completed.

4.3 Bike Segments

- The goal is 2,000 m on the assigned machine.
- The monitor is reset to zero by the judge before starting.
- The resistance setting may be changed.
- Both feet must remain on the pedals for the entire distance.
- Upon reaching 2,000 m, the athlete signals this to the judge by clearly raising an arm.
- Leaving the machine is only permitted after clearance from the judge.
- In the event of an equipment malfunction, the judge will assign a replacement machine; the remaining distance is completed there. Distance already completed is credited.

4 MOVEMENT STANDARDS

4.4 Station 1 — SkiErg (1'000 m)

- The monitor is reset to zero by the judge before starting.
- The air vent setting is freely adjustable and may be changed during the station. At the start of the exercise, the resistance is set to level 6.
- Both handles must be used for the entire distance.
- Both feet must remain on the platform for the entire exercise. Briefly lifting off during the movement is permitted; stepping off the platform is not.
- Upon reaching 1,000 m, the signal is given to the judge; leaving the station follows after clearance.
- For rule violations, a warning is issued first; a repeat violation results in a 15-second time penalty.



4 MOVEMENT STANDARDS

4.5 Station 2 — Box Jump (60 reps, box height 45 cm)

- The repetition begins standing upright with both feet on one side of the box.
- Both feet must make contact with the top of the box during the repetition. Simultaneous landing is required.
- How the athlete steps or jumps down from the box is not prescribed.
- The body must be carried over the box. Moving sideways past the box is not permitted.
- Fully jumping over the box without contacting the top is invalid.
- The repetition counts once both feet touch the ground on the opposite side.
- One-handed support on the box is permitted; two-handed support invalidates the repetition. Counting is done digitally via screen and software from Revealate.
- If the movement is performed correctly, the screen lights up green and the repetition is counted. The rep count is displayed on the screen.
- If the movement is not performed correctly (e.g., the athlete does not jump over the box but runs around to the other side), the screen lights up red and the repetition is not counted accordingly.
- For rule violations, a warning is issued first; a repeat violation results in a 15-second time penalty.



4 MOVEMENT STANDARDS

4.6 Station 3 — Rowing (1'000 m)

- The monitor is reset to zero by the judge before starting.
- The air vent setting is freely adjustable and may be changed during the station. At the start of the exercise, the resistance is set to level 6 and the foot strap setting to 4.
- Feet must remain in the foot straps for the entire distance.
- During breaks, the handle is placed in its holder, but the feet remain in the straps.
- Upon reaching 1,000 m, the handle is returned in a controlled manner to its designated holder. Only then is the signal given to the judge.
- Leaving the station is only permitted after clearance from the judge.
- For rule violations, a warning is issued first; a repeat violation results in a 15-second time penalty.



4 MOVEMENT STANDARDS

4.7 Station 4 — Burpees over Box (50 reps, box height 30 cm)

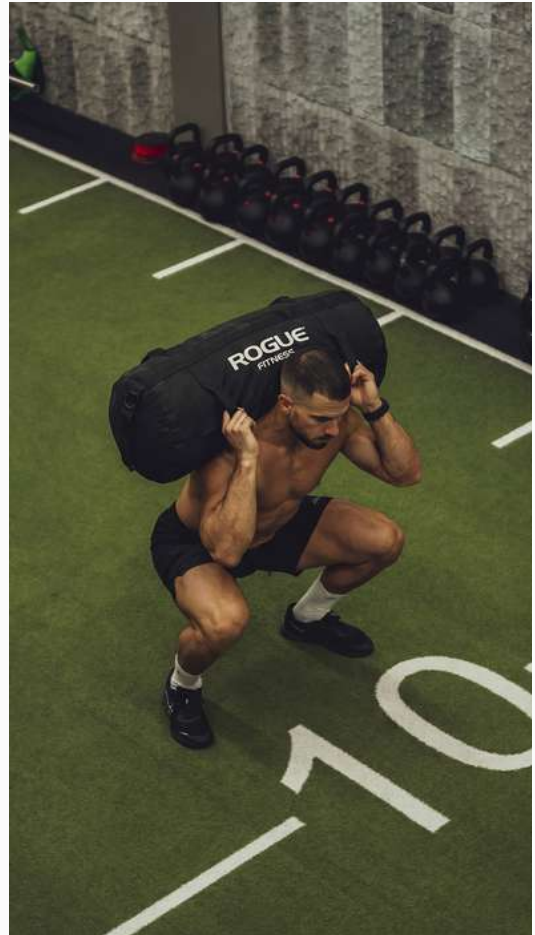
- The repetition begins standing upright, parallel to the box, facing the screen.
- The chest must make clear contact with the ground in the lowered position.
- Counting starts with the first burpee.
- Jumping or stepping out of the burpee is permitted.
- The athlete then jumps or steps over the box while upright. Both feet must touch the ground on the opposite side.
- The next burpee follows.
- Counting is done digitally via screen and software from Revelate.
- If the movement is performed correctly, the screen lights up green and the repetition is counted. The rep count is displayed on the screen.
- If the movement is not performed correctly (e.g., the chest does not touch the ground), the screen lights up red and the repetition is not counted accordingly.
- For rule violations, a warning is issued first; a repeat violation results in a 15-second time penalty.



4 MOVEMENT STANDARDS

4.8 Station 5 — Worm Squats (60 reps, ♀ 10 kg / ♂ 20 kg)

- The repetition begins standing upright with the "worm" bag stably positioned on the neck/rear shoulder area.
- The body is lowered until the hip crease is clearly below knee height.
- From the bottom position, the athlete rises. The repetition counts once the hips and knees are fully extended and the worm bag rests stably in the starting position.
- The worm bag may be set down in a controlled manner between repetitions. If it is set down during a repetition, that rep does not count.
- Throwing or letting the bag fall uncontrolled invalidates the repetition.
- The grip position may be changed at any time.
- Shoes may be removed for performing the squats. Shoes must not obstruct other participants.
- If shoes are removed, they must be put back on immediately, in the same spot, after completing the exercise.
- Counting is done digitally via screen and software from Revelate.



4 MOVEMENT STANDARDS

- If the movement is performed correctly, the screen lights up green and the repetition is counted. The rep count is displayed on the screen.
- If the movement is not performed correctly (e.g., not lowered deep enough), the screen lights up red and the repetition is not counted accordingly.
- For rule violations, a warning is issued first; a repeat violation results in a 15-second time penalty.

4 MOVEMENT STANDARDS

4.9 Station 6 — Airbike (♀ 30 cal / ♂ 40 cal)

- The monitor is reset to zero by the judge before starting.
- Hands and feet must remain in contact with the handles and pedals throughout the entire movement.
- The monitor may not be touched after the start.
- Upon reaching the target calories, the signal is given to the judge.
- Leaving the machine is only permitted after clearance from the judge.
- For rule violations, a warning is issued first; a repeat violation results in a 15-second time penalty.



5 TRANSITION ZONES & CONDUCT

- Transitions between the running course, the bike, and stations must occur exclusively via the marked transition zones.
- Personal items may not be placed on the running course, in the transition zones, or in the working areas of the stations.
- Obstructing other participants is prohibited. This includes blocking, pushing, and occupying equipment without actively using it.
- Recovery breaks may not take place in transition zones or at station entrances.
- Instructions from judges, course staff, and race management must be followed immediately.
- If there is a queue at a station, arrival order applies. Waiting times are not deducted from race time.

6 JUDGING, PENALTIES & DISQUALIFICATION

6.1 Judges

- Each station is staffed by judges (in some cases assisted by digital measuring equipment). A head judge is responsible for each station. The race director has final authority over the entire event.
- Judges' decisions during the race are binding. Discussions at the station are not permitted; the process for appeals is set out in Section 7.

6 JUDGING, PENALTIES & DISQUALIFICATION

6.2 Penalty Schedule

VIOLATION	CONSEQUENCE
Invalid repetition	No-rep, repetition required, no time penalty
Leaving an ergometer station before reaching the target, with remaining distance up to 25 m / 2 cal	30 seconds
Leaving an ergometer station with a greater remaining distance	2 minutes
Incomplete bike/running section	3 minutes
Wrong order of sections	2 minutes per violation
Dropping or throwing equipment	No-rep; 30 seconds for a repeat violation
Leaving personal items on the course	30 seconds
Unhygienic behavior on the course	2 minutes
Obstruction of other participants	2 minutes up to disqualification
Outside assistance (nutrition, physical support, pacing by a third party)	Disqualification

6 JUDGING, STRAFEN & DISQUALIFIKATION

6.3 Disqualification

Grounds for disqualification include, in particular:

- Skipping an entire station or an entire section
- Completing less than 80% of a station's total volume
- Participating without a valid registration or under someone else's name
- Passing on a bib number or timing chip without authorization
- Unsportsmanlike conduct, violence, or harassment
- Violations of the anti-doping regulations

Disqualified participants receive no ranking on the results list.

6.4 DNF

If the race is abandoned, the entry "DNF" is recorded. For Double and Team, one person abandoning results in a DNF for the entire team.

7 TIMING, RANKINGS & APPEALS

7.1 Timing

- Timing is done via transponder. The net time from the start line to the finish line, plus any imposed time penalties, is authoritative.
- Both the total time and the individual times at each workstation can be evaluated.
- The transponder must be worn as instructed and carried for the entire course.
- For Double and Team, the transponder is carried according to race management's instructions. On shared running sections, one person carries it at a time.
- The transponder must be returned after the finish, upon leaving the finish zone. The drop-off point is marked.
- The loss of a transponder must be reported immediately after finishing.
- Missing split times will be reviewed and may result in disqualification.

7.2 Start Blocks

- The start takes place in assigned blocks.
- Athletes must arrive in the start zone 10 minutes before their start time.
- Starting in the wrong block may result in loss of ranking.
- A change of start block is only possible with race management's approval.

7 TIMING, RANKINGS & APPEALS

7.3 Rankings

Rankings are scored per category and sub-category, based on net time including penalties.

7.4 Appeals

- Appeals regarding time penalties, timing, or ranking must be submitted in writing at the timing desk.
- The deadline is 30 minutes after publication of the provisional results, but no later than 15 minutes before the awards ceremony for the affected category.
- Appeal fee: CHF 50, refundable if the appeal is upheld.
- The race director makes the final decision. The decision is final.

8 EQUIPMENT

8.1 Permitted

- Athletic apparel and indoor shoes
- Knee sleeves, wrist wraps, weightlifting belts, tape
- Asthma inhaler
- Personal sports watch and heart rate monitor

8.2 Not Permitted

- Headphones of any kind
- Phones / mobile devices / VR headsets / GoPro or cameras of any kind
- Lifting straps and grip aids with hook function
- Gloves
- Shoes with metal elements or soles that transfer color
- Personal equipment or weights
- Personal water bottles carried on the course; a hydration station will be provided

9 REGISTRATION, BIB NUMBERS, CHANGING ROOMS

9.1 Registration, Bib Number / Start Time

The check-in area is located in the foyer of the venue. There, your QR code will be scanned and your bib number, including start time, will be written on your arm. This number may not be washed off until the end of the race.

9.2 Timing Chip

The timing chip is issued at check-in. It comes in an ankle strap and must be worn exclusively on the ankle. After finishing, the strap with the timing chip is returned at the designated, labeled area. Loss or damage will be charged.

9.3 Changing Rooms, Bag Drop

Women's and men's changing rooms, as well as restrooms, are available. Bags can be checked for CHF 2.-. Bag drop is located at the changing rooms. No bags, clothing, etc. may be stored inside the changing rooms.

10 WARM-UP / COOL-DOWN AREA

A warm-up/cool-down area is available for athletes.

11 ANTI-DOPING

In the event of a confirmed violation, the athlete will be removed from the rankings and banned from all Grind Games GmbH events. The current prohibited list of the World Anti-Doping Agency (WADA) is authoritative.

12 SAFETY AND MEDICAL REGULATIONS

- Participation is at each athlete's own responsibility and own risk.
- By registering, all participants confirm that they are in good enough health to take part.
- Pregnant women are welcome. However, we recommend a medical assessment as to whether participation is advisable.
- Instructions from medical staff must be followed without exception. Medical staff and race management may order a withdrawal; this decision is binding and cannot be appealed.
- In the event of an emergency on the course, the nearest course staff must be alerted immediately.
- A race withdrawal must be reported at the timing desk so that a search for missing participants can be avoided.