



**(Rev 8-26-2021 Fitness Quest 10 50+ Masters Fitness Challenge
RULES SHEET Q & A**

Q: What day and time is the Fitness Challenge?

A: Sunday September 19, 2021 from 9-11 AM at Fitness Quest 10.

Q: What is the schedule for the two hours?

9 AM Kickoff and Welcome by Jeff Bristol, gym owner and GM, who will explain the events and their location. Any individual in any age group can compete at any time during the two hours in any of the ten events. Individuals planning to compete in all ten events must be finished no later than 11 AM, when medals will be handed out by gender, event, and the age groups below.

Q: What are the competition age ranges for medals?

A: In five-year increments: 50-54, 55-59; 60-64, 65-69; 70-74, 75-79, 80+ etc.
Individuals may choose to compete in a younger age bracket but not in an older bracket.

Q: What should be considered in choosing the events to compete in? Must I do all?

A: No. Choose those that you know you can execute safely with proper form and may also be competitive in. FQ trainers will explain/demo technique, supervise each event for proper form, and document each contestant outcomes (eg # of reps, distance, time, appropriate metric) for each event.

Q: Must we do the events in a certain order?

A: No. Contestants may compete in their events in the order of their choosing *but must finish their competition by 11 AM. Contestants in the middle of an event when 11 AM is called may complete the event but no person can start an event once 11 AM is called.*

Q: Will there be awards for most fitness events won overall?

A: No. Medals will be given for 1st, 2nd, 3rd place winners by gender, age group, and event.

Q: For the jump rope event: Can contestants keep jumping up to the one minute mark even if they miss a couple of rotations? Will all clear rotations during the one-minute be counted?

A: Yes, and yes.

Q: May contestants bring their own jump ropes or does every contestant need to use the ones at the gym?

A: No. Every contestant must use the jump ropes at Fitness Quest 10.

Q What will be the COVID protocols?

A: Masks will not be required but are strongly encouraged for individuals not vaccinated. Any contestant not a FQ10 member will be required to sign a client release form. *At least seven of the ten events will be held outside and spaced apart. Bench press, med ball slams, and kettle bell box squats are planned for inside the gym and will allow for contestant distancing and plenty of air circulation.* Multiple

hand sanitizing stations will be available inside and out. If COVID conditions and CDC or SD County Public Health Guidelines change before the competition, Fitness Commissioner Stan Williams will notify contestants on behalf of FQ10 and request they comply.

Q May contestants wear gloves for any events? Are leg braces allowed? A: No. Contestants may chalk their hands if desired for dead hang, farmers walk, etc. But contestants may not wear gloves for events or wrap their wrists for events. Yes, leg braces/sleeves to support knee injuries/instability are allowed.