NATIVE-X Gym Challenge — Official Rule Book

Monday, December 7, 2026 · All partner gyms · Results feed the race-day awards on Jan 23, 2027 at Dyer Park, West Palm Beach

1. Eligibility

- Open to members, coaches and owners of NATIVE-X partner gyms and run clubs, age 16+ (under 18 need guardian consent at the gym).
- Athletes do not need to be registered for the race to compete, but award winners must be registered for NATIVE-X on Jan 23, 2027 to collect prizes.
- Each athlete represents one gym only.

2. Date

- Everyone completes the challenge on **Monday, December 7, 2026**, during heats the host gym schedules that day.
- Submission deadline: **Tuesday, Dec 8, 11:59 PM ET**. Winners announced about **Dec 14**. Awards presented on race day, **Jan 23, 2027**.

3. Format

Part A — 1 Mile Run for time (cap 12:00)

Rest 5:00 (the rest is not scored)

Part B — 3 Rounds for time (cap 20:00)

- 5 Burpees
- 10 Deadlifts
- 20 Dumbbell Lunges (total, alternating)
- 40 Wall Balls

4. Loads (Rx / Scaled, men / women)

Movement	Rx	Scaled
Deadlift	185 / 125 lb	135 / 95 lb
DB lunge	2 × 35 / 2 × 25 lb	2 × 20 / 2 × 15 lb
Wall ball	20 lb to 10 ft / 14 lb to 9 ft	14 lb to 9 ft / 10 lb to 9 ft

Equipment: measured outdoor mile route, barbell + bumper plates, a pair of dumbbells, wall ball + target, running clock, phone for video.

5. Movement standards

- **Burpee:** chest and thighs touch the floor; finish standing with hips and knees open and a jump or clap overhead.
- **Deadlift:** bar starts on the floor; rep counts at full hip and knee lockout with shoulders behind the bar. No bouncing off the floor.
- **DB lunge:** a dumbbell in each hand at the sides or racked; rear knee touches the ground; finish standing tall; alternate legs. 20 total (10 each leg).
- **Wall ball:** hip crease below the top of the knee at the bottom; the centre of the ball hits at or above the target. A ball that drops or misses is a no-rep.
- **Mile:** 1,609 m on a measured route (track = 4 laps of 400 m, or a GPS/wheel-measured course posted by the gym). **Outdoors only, no treadmills.**

6. Divisions

Rx Men · Rx Women · Scaled Men · Scaled Women. Optional: Run Club (see §13).

7. Judging

- A gym coach or appointed staff member judges every athlete and counts reps.
- **One scored attempt** per athlete, on Dec 7 only.
- **Video required for top times:** every Rx athlete under 25:00 combined must have continuous, uncut video of Part B with the clock visible (and the route for Part A). NATIVE-X may request video from any athlete.
- NATIVE-X may adjust or remove a score that does not meet the standards.

8. Scoring and tie-breaks

- **Score = Mile time + WOD time** (rest excluded). Both parts are shown on the leaderboard.
- Capped athletes: mile capped at 12:00; WOD scored 20:00 + 1 second per rep not completed.
- **Tie-break:** faster WOD time wins; then faster mile.

9. Submission

- The **host coach submits one entry per gym** using the official NATIVE-X submission form (link sent to each partner) by **Tue, Dec 8, 11:59 PM ET**.
- Per athlete: name, gym, division, gender, mile time, WOD time, video link (if required), Instagram handle (optional).
- The coach confirms all athletes were judged to standard.

10. Awards

- **Fastest Male and Female (Rx):** trophy on race day, a free NATIVE-X entry, and a feature post.

- **Gym with the most participants:** NATIVE-X Gym Challenge trophy/plaque, extra comp entries, logo on the race-day banner, and a shoutout reel.
- Option: **Fastest Team** — best average of a gym's top 3 combined scores.

11. Host gym responsibilities

- Schedule at least one heat on Dec 7 and announce it to members.
- Provide equipment, a measured outdoor mile, and a judge per heat.
- Collect times, gather required videos, and submit before the deadline.
- Share the official workout card and post results with @nativexrace.

12. Code of conduct

Respect judges and other athletes; move safely and scale when needed; no unsportsmanlike behaviour or falsified scores (results will be removed). Have fun and bring the energy.

13. Optional Run Club variant

For run clubs with no gym equipment: Part A 1 Mile Run, rest 5:00, Part B 3 rounds of 5 burpees + 20 bodyweight walking lunges. Scored on a separate Run Club leaderboard; not eligible for Rx awards.

14. How to post

Post your heat, times and finish photos and tag **@nativexrace** with **#NATIVEXGYMCHALLENGE**. Race registration and partner codes: **nativexrace.com** (codes end Dec 31).