

UFIT GAMES

2026

CHALLENGE OVERVIEW

OVERVIEW

Welcome to **UFIT Games,** Singapore's newest team fitness competition.

Designed to test all-round athletic performance, the UFIT Games combines six unique events that challenge every component of fitness. Throughout the competition, teams of two will be tested across speed, power, strength, anaerobic capacity, functional movement and aerobic endurance. Success isn't determined by excelling in just one discipline. The strongest teams will demonstrate consistent performance across every event, combining fitness, teamwork, pacing and strategy.

UFIT Games is suitable for participants with a foundation of fitness and offers two category divisions to accommodate different experience levels.





Competition Format

The competition consists of **six events** completed in order:

- Speed
- Power
- Strength
- Anaerobic Capacity
- Functional Sprint
- Aerobic Endurance

Teams compete in timed waves throughout the morning, with the full competition taking approximately **2 hours** from start to finish, including rest in between stations.

UFIT GAMES

CATEGORY DIVISIONS

Everyday

Designed for participants with a solid base of fitness who can confidently perform fundamental movements including squats, lunges, deadlifts and running.

This category is ideal for first-time competitors looking for an accessible but challenging event.

Advanced

Designed for experienced athletes, comfortable training and competing under fatigue.

Expect heavier loads, longer distances and a higher level of physical demand throughout the competition.

You can enter in any pairing combination:

- Male / Male
- Female / Female
- Male / Female





General Competition Standards

All athletes must:

- Attend the event briefing before competition.
- Begin each event only on the judge's command.
- Complete all prescribed movements to competition standards.
- Respect judges, volunteers, competitors and equipment.
- Follow all safety instructions.
- Display appropriate sportsmanship throughout the event.

Failure to meet movement standards will result in **no repetitions, time penalties or disqualification where appropriate.**



EVENT 1

SPEED

OBJECTIVE: Produce the fastest sprint time.

SPEED EVENT 1

Description

- Both athletes complete at least two maximal sprint attempts within the time allocated.
- The fastest attempt will be used for scoring.
- Distances vary depending on competition division.
- Athletes have 12 minutes to complete Event 1 and Event 2 together.

Format

Everyday	Advanced
15 metre sprint	20 metre sprint

Scoring

- Fastest recorded sprint time.
- Each pair has their fastest times added together to create a singular time (s).

Movement Standards

- Standing start only.
- Both feet must remain behind the start line.
- No rolling starts.
- Athletes must run through the timing gates.
- Fastest attempt counts.



EVENT 2

POWER

OBJECTIVE: Demonstrate maximum lower-body power using VALD ForceDeck technology.

POWER EVENT 2

Description

- Athletes complete two jumping attempts.
- Each attempt consists of three countermovement jumps.
- The highest jump recorded will count towards the final score.
- Athletes have 12 minutes to complete Event 1 and Event 2 together.

Scoring

- Highest jump height.
- Each pair has their highest score added together to create a singular height (cm).



Movement Standards

- Feet begin stationary on the ForceDeck.
- Countermovement jump only.
- No additional steps before take-off.
- Arms must follow judge instructions during testing.
- Highest valid jump recorded.



EVENT 3

STRENGTH

OBJECTIVE: Establish the heaviest successful three-repetition maximum deadlift.

STRENGTH EVENT 3

Description

- Teams have ten minutes for both athletes to establish a successful 3RM.
- Athletes may alternate attempts throughout the allocated time.
- Pairs must unrack all weight and leave weights tidy within the 10 minute time frame.
- For attempts to be valid, participants must declare their attempted weight to the judge before beginning their 3RM.

Equipment

Everyday: Trap Bar Deadlift

Advanced: Barbell Deadlift (15kg for ladies, 20kg for men, 20kg for mixed)

Scoring: Heaviest successful 3RM.

Movement Standards

Each repetition must:

- Be a conventional deadlift. Sumo is not allowed.
- Begin with the bar resting on the floor.
- Finish with hips and knees fully extended.
- Be lowered under control.

Lifting shoes & belts are allowed.
No bouncing. No hitching. No straps.
Judge's decision is final.



EVENT 4

ANAEROBIC CAPACITY

OBJECTIVE: Complete as many rounds as possible **within 12 minutes.**

ANAEROBIC CAPACITY EVENT 4

Description

- **12 Minute** AMRAP
- You go, I go partner format.
- Partners may divide repetitions however they choose, however all prescribed work must be completed before progressing.

Workout

- Stations may be split however partners choose
- After a station is completed, both partners must complete the run to the next station
- 500m Ski Erg (total)
- 20 Single Arm Dumbbell Snatches (10 each arm)
- 40 Kettlebell Swings
- 20 Dual Dumbbell Thrusters
- 10 Burpees
- Repeat continuously for 12 minutes



ANAEROBIC CAPACITY EVENT 4

Weights

Weights will be given for each gender based on their category. For those in mixed pairings, two different weights will be provided.
Weights must **NOT** be dropped on the floor. Repeat offenders will be disqualified from Event 4.

Everyday Female

Single Arm DB snatch = 7.5Kg, Kettlebell Swings = 12Kg, Dual DB Thrusters = 2x 5Kg.

Everyday Male

Single Arm DB snatch = 15Kg, Kettlebell Swings = 20Kg, Dual DB Thrusters = 2x 10Kg.

Advanced Female

Single Arm DB snatch = 15Kg, Kettlebell Swings = 20Kg, Dual DB Thrusters = 2x 10Kg.

Advanced Male

Single Arm DB snatch = 25Kg, Kettlebell Swings = 28Kg, Dual DB Thrusters = 2x 15Kg.

Scoring: Number of completed rounds plus additional repetitions.

ANAEROBIC CAPACITY EVENT 4

Movement Standards

Ski Erg

- Monitor begins at zero.
- A full 500m distance must be completed.
- When swapping, handles must be fully released to the starting position before the partner takes over.

Single Arm Dumbbell Snatch

- Dumbbell begins on the floor.
- One continuous movement to overhead.
- Elbow fully locked overhead.
- Control demonstrated before lowering.
- Non-working arm must be held away from the body.
- Must touch the floor between repetitions with both sides of the dumbbell touching the floor.
- When swapping partners or arm being used, the dumbbell should be on the matting.

Kettlebell Swing

- Kettlebell reaches at least shoulder height.
- Full hip extension required.
- Both hands remain on the kettlebell.
- When swapping, the kettlebell should be on the matting, with the new partner taking it from the floor.

ANAEROBIC CAPACITY EVENT 4

Movement Standards

Dumbbell Thruster

- Hip crease below knee.
- Full overhead lockout.
- Arms fully extended overhead.
- When swapping, the dumbbells should be on the matting, with the new partner taking it from the floor.

Burpees

- Chest touches the floor.
- Athlete gets up onto both feet.
- Jump with both feet leaving the floor.





EVENT 5

FUNCTIONAL SPRINT

OBJECTIVE: Complete as many rounds as possible of the functional workout in **12 minutes**, while carrying a medicine ball throughout.

FUNCTIONAL SPRINT EVENT 5

Description

- Teams navigate the workout combining rowing and movement challenges while holding a medicine ball.
- The medicine ball must remain with one athlete and off the floor throughout the workout.
- Participants have **12 minutes** to complete as many rounds as possible.

Workout

- Medicine Ball (to be held and carried by one of the pair throughout the course)
- 250m Row Each (medicine ball held by non-working partner)
- 12m Run
- 10 Medicine Ball Squats Each
- 12m Run
- 24m Medicine Ball Walking Lunges (there is no prescribed distance split)
- 12m Run
- 6 Medicine Ball Box Step Overs Each
- 12m Run
- Return to start and repeat

If the medicine ball drops to the floor or box, the pair must do 5 chest-to-floor burpees each before they continue.



FUNCTIONAL SPRINT EVENT 5

Medicine Ball Weight

Weights will be given for pair based on their category:

Everyday Female	Everyday Male	Everyday Mixed	Advanced Female	Advanced Male	Advanced Mixed
10kg	20kg	15kg	20kg	30kg	20kg

Scoring: Number of completed rounds plus additional distance/ repetitions.

Movement Standards

Medicine Ball Carry

- The medicine ball must remain with the athlete(s) and not touch the floor.

Row

- Prescribed distance must be completed by each participant.
- Handle must return to the monitor before swapping partners and then finishing.

FUNCTIONAL SPRINT EVENT 5

Movement Standards

Squats

- Medicine ball held throughout (on the shoulder or bear hug).
- Hip crease below knee.
- Full extension at the top.

Walking Lunges

- Medicine ball held throughout (on the shoulder or bear hug)
- Rear knee lightly contacts the floor.
- Full extension between repetitions.

Step Overs

- Medicine ball held throughout (on the shoulder or bear hug).
- Both feet must contact the top of the box.
- Athletes must step over under control.
- Step over box will be 20 inches high for both categories.





EVENT 6

AEROBIC ENDURANCE

OBJECTIVE: Finish the outdoor running course in the fastest possible time.

AEROBIC ENDURANCE EVENT 6



Format	Everyday	Advanced
	1 Lap	2 Laps
	Approximately 1km	Approximately 2km

Scoring: Fastest finish time as a pair.

Movement Standards

- Athletes must remain on the marked course.
- Missing a checkpoint results in disqualification.
- Finish time recorded when the second torso of the pair crosses the finish line.

SCORING SUMMARY

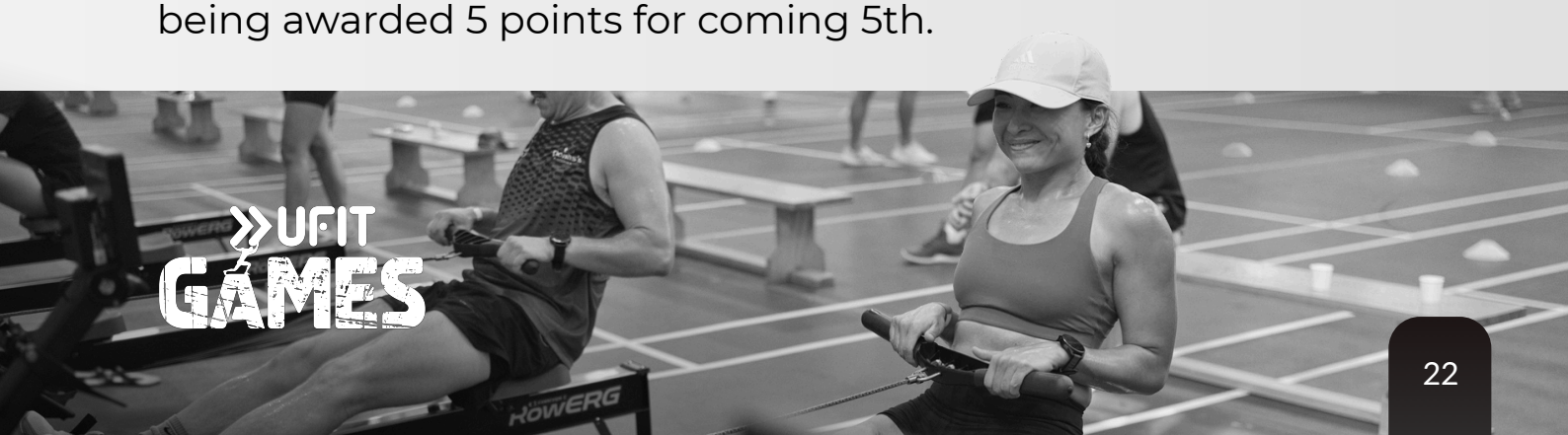
Event	Fitness Quality	Scoring
Event 1	Speed	Fastest Sprint Time
Event 2	Power	Highest Countermovement Jump
Event 3	Strength	Heaviest Successful 3RM
Event 4	Anaerobic Capacity	Total Rounds + Repetitions
Event 5	Functional Sprint	Total Rounds + Repetitions/distance
Event 6	Aerobic Endurance	Fastest Run Time

SCORING GUIDE

EVENTS

Each event is ranked from 1st to last based on the above scoring outcomes. Each team will be given a score based on their rankings. Ie. 1st place = 1 point, 2nd place = 2 points etc.

Any ties will be awarded the highest placing points. Eg. 3 pairs tied for 2nd place will all receive 2 points, with the next pair being awarded 5 points for coming 5th.



SCORING GUIDE

OVERALL

Teams will be ranked according to their total score over the 6 events, with the lowest overall score being the champion for their category.

In the event of a tied score, groups will be ranked by working down this list until a team has better result:

1. Best single event ranking.
2. Lowest time to complete Event 6.
3. Highest rounds & repetitions for Event 5.
4. Highest rounds & repetitions for Event 4.
5. Heaviest 3RM for Event 3.
6. Highest total CMJ for Event 2.
7. Fastest combined sprint time for Event 1.
8. Coin toss.

JUDGING

Every event is judged by trained UFIT Games officials. Judges are responsible for ensuring all movement standards are met, repetitions are completed correctly and scores are accurately recorded. The Head Judge's decision is final.

LIGHTNING

If the lightning warning alarm is activated, event 6 will be cancelled until it is deemed safe to resume. If this is the case all scores for event 6 will be voided for any categories affected, with all participants' scores for events 1 to 5 counting towards their overall score.