

SCORING SUMMARY

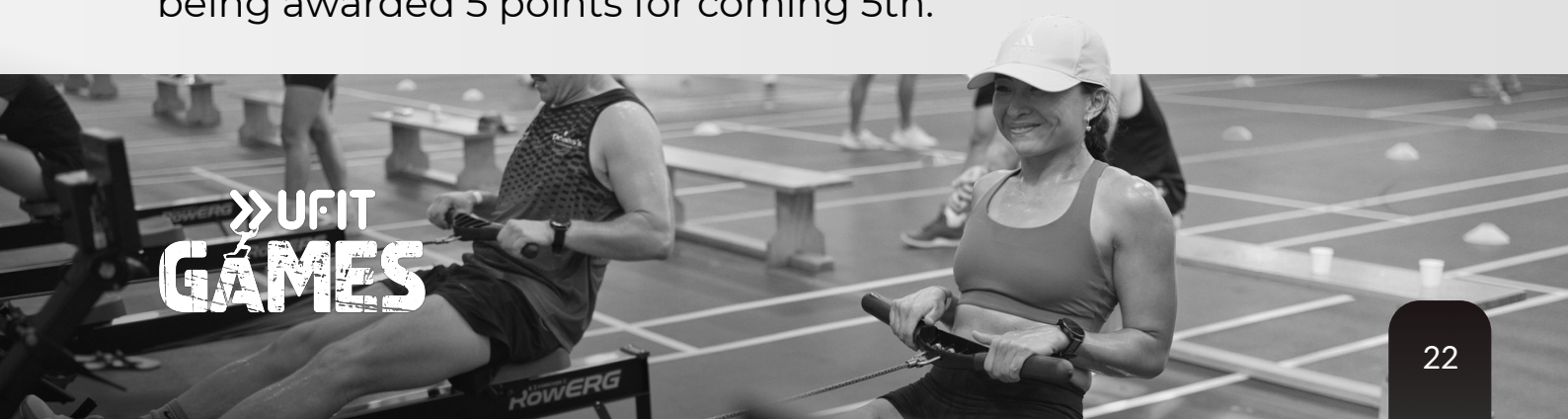
Event	Fitness Quality	Scoring
Event 1	Speed	Fastest Sprint Time
Event 2	Power	Highest Countermovement Jump
Event 3	Strength	Heaviest Successful 3RM
Event 4	Anaerobic Capacity	Total Rounds + Repetitions
Event 5	Functional Sprint	Total Rounds + Repetitions/distance
Event 6	Aerobic Endurance	Fastest Run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