

NAIGC Virtual Strength Challenge
December 13-27th 2020

The NAIGC is excited to present our first virtual event of the year, the NAIGC Virtual Strength Challenge! The event was designed to promote gymnastics competition while minimizing potential COVID exposure. This event consists of both at home and in the gym options, so those of you unable to safely leave your residence can still compete. If you have questions regarding this or other virtual events, please reach us at events@naigc.org. We look forward to viewing your submissions!

I. Rules

- A. Create a team of up to 5 people -- think of a creative team name!
- B. Each team will choose 5 of the 10 possible events to compete in. They may be any combination of inside or outside the gym options (all events listed below).
- C. Choose one person on the team to participate in each event. One person can compete in multiple events, but each event may only be completed by one person.
- D. All reps for each event should be completed consecutively (**without breaks**). A break will result in only the reps before the break counting.
- E. Send the recording for each event to your designated team captain and post each video separately on one instagram account. **If the video is too long to be posted, please post a recap video with a link to the full video on youtube.**
 1. Please post a cover page with the team and team member names.
 2. Please make sure to use the hashtag #naigcvirtualstrengthchallenge2020 to be scored.
 3. Please list the number of reps your team completed for each event in the comments of your post to be scored.
 4. Please include a youtube link in the comments if your full video does not fit on the instagram post
- F. No Video Manipulations Allowed

II. Scoring

- A. Each event will be scored based on how many reps the team member completes. The more reps you complete, the higher your score.
- B. Each event will be weighted equally, and the team with the highest composite score will be the winner.
- C. Each event will have a target score, based on what an “above average” person could reasonably do.
- D. Each event is scored using the following formula: $\text{Team Score} / \text{Target Score} * 100$
 1. Ex: If the target score for pullups is 15, and a team does 10, then their score for that event is $(10/15)*100=67$
- E. Each event has a maximum score of 300, meaning that you will get credit for completing more reps on each event, until you exceed the target score by 3x.



- F. Points may be deducted for poor execution. Points may also be deducted if reps are not connected.
- III. Event Options: (**choose 5 total**)
- A. In the Gym Event Options
1. Endo Work ([video example](#))
 - a) Target score: 5
 2. Giants (Strap Bar)
 - a) Target score: 15
 3. Consecutive back tucks (less than 3 seconds between each)
 - a) Target score: 8
 4. Leg lifts ([video example](#))
 - a) Target score: 13
 5. Consecutive front to back handsprings on trampoline (*back and forth counts as one rep*)
 - a) Target score: 8
- B. Outside the Gym Event Options
1. Plank Hold (on elbows)
 - a) Target score: 90 seconds
 2. Handstand against Wall (chest on the wall)
 - a) Target score: 80 seconds
 3. Bar hang (hanging from any safe bar | No swinging or adjusting your grip)
 - a) Target score: 60 seconds
 4. Pull-ups
 - a) Target score: 10 rep
 5. Wall Sit Hold ([video example](#))
 - a) Target score: 60 seconds