



OFFICIAL RACE HANDBOOK

DEADLY DOZEN

THE RULEBOOK



12 Journeys · 12 Labours · One Standard for Everyone
South Africa 2025

CONTENTS

WHAT'S INSIDE

ABOUT THE RACE

Introduction	3
--------------	---

RACE FUNDAMENTALS

Registration	4
Age Groups	5
Equipment	6
Hydration & Nutrition	6
Race Day Protocol	8
Scaling	9
Race Declaration	10

THE RULES

The 12 Rules	11
Journey Rules	13

THE 12 LABOURS

1. KB Farmers Carry	15
2. KB Deadlift	15
3. DB Lunge	16
4. DB Snatch	17
5. Burpee Broad Jump	18
6. KB Goblet Squat	19
7. WP Front Carry	19
8. DB Push Press	20
9. Bear Crawl	20
10. WP Clean & Press	21
11. WP Overhead Carry	21
12. DB Devil Press	22

ABOUT THE RACE

INTRODUCTION

The Deadly Dozen Fitness Race involves athletes competing against each other to complete 12x 400m runs (Journeys) and 12x exercise stations (Labours). Therefore, specifically when it comes to the Labours, it is essential that movement standards are strictly standardized for everyone to ensure a fair race.

In this section, we look at the overall rules of the race and an in-depth look at each of the Labours, detailing the key rules.

RACE FUNDAMENTALS

REGISTRATION

- Deadly Dozen Fitness Race Registration can only be done via the official ticketing or website www.webtickets.co.za or www.deadlydozen.co.za
- Athletes must select their gender category (Male or Female), input their age and select the race category they are entering (Solo, Pairs, Relay)
- The athlete must be at least 18 years old on the day of the Deadly Dozen race
- The athlete must agree to the terms and conditions set upon registration
- Race spots are non-refundable and non-deferrable. Ticket transfers can be done for FREE.

RACE FUNDAMENTALS

AGE GROUPS

Age groups are determined by their age on the race date – if the athlete turns 50 the following day, they are still in the 45-49 category.

16-29

30-34

35-40

40-44

45-50

50-54

54-59

60-64

65-69

70-74

75-79

80 onwards

Pairs age groups are created by dividing the age difference between the youngest and oldest athletes by 2 and then adding it to the youngest athletes' age to generate the age group.

WORKED EXAMPLE

if Athlete A is 22 and Athlete B is 56: $(56 - 22 = 34)$ $(34 / 2 = 17)$ $(22 + 17 = 39)$. So, they fall into the 35-39 age category.

Relays are overall only. (No age groups)

EQUIPMENT

ALLOWED

- Appropriate clothing: Shorts/joggers/t-shirt/ vest – athletes can go topless
- Appropriate trainers: Trainers can have carbon plates
- Appropriate headwear (caps)
- Watch/heart rate monitor
- Sweatbands – headbands and wristbands
- Gloves
- Knee sleeves or joint supports
- Belts – equipment cannot be rested on belts
- Athletes can choose to carry a hydration pack (worn on their back) and can carry snacks/energy gels, etc. However, these must be carried by the athlete, and all rubbish must be kept on the athlete.

NOT ALLOWED

- Trainers with spikes
- Phones
- Headphones
- Rings or jewelry that could cause injury if it were to get caught
- Lifting straps
- Chalk – powdered or liquid (no tacky)

RACE FUNDAMENTALS

HYDRATION & NUTRITION

Athletes can NOT receive any hydration or nutritional products from a spectator. Water is available on the final bend of the track (near the start line) prior to entering the Labour stations.

It is advised that athletes hydrate fully and eat around 2-3 hours before their race wave.

We recommend you trial the appropriate nutrition protocol for the race day weeks/months prior: Program some form of race simulation/hard training session and trial your morning routine.

RACE DAY PROTOCOL

- Athletes must turn up 1 hour before their wave time
- Upon arrival, athletes head to the registration area (Athletics Stadium Foyer) with a copy of a form of government-issued ID (Passport or Driving License)
- Once registered, the athlete will receive a numbered timing chip that is worn on their ankle
- Bib numbers are written on the athlete's forearm or leg
- Timing chips MUST be given back – a Deadly Dozen official will take the chip back after the last Labour before the athlete leaves the centre of the track (this is also where you get your patch)
- Toilets are available at the athletics track
- Athletes are responsible for their training equipment and valuables on the day
- Athletes can use the areas surrounding the track for warm-ups
- Athletes must be on the track (starting box) 6 minutes before their wave starts (waves are every 5/6 minutes) – they can use the designated area within the track to warm up during this time

RACE FUNDAMENTALS

SCALING

All activities involved in the Deadly Dozen Fitness Race can be “Scaled” (s) to accommodate for the needs of the athlete. Athletes with specific needs should contact the race director prior via email (race@deadlydozen.co.za) to ensure we can accommodate for the athlete to the best of our ability – we stand by our aim to be the most accessible fitness race in the world.

RACE DECLARATION

The athlete agrees to race in a fair and honourable manner, and to show good sportsmanship throughout the race. The athlete agrees to show the utmost of respect to Deadly Dozen officials and volunteers, other athletes, and spectators. If these standards are not met, the athlete will be disqualified from the race and potentially banned from future races. No refunds will be given to athletes that are disqualified or banned.

In consideration of being permitted by Deadly Dozen to participate in its activities and to use its equipment and facilities, now and in the future, I hereby agree to release, indemnify and forever discharge Deadly Dozen, its agents, owners, members, shareholders, directors, partners, employees, volunteers, manufacturers, participants, lessors, affiliates, its subsidiaries, related and affiliated entities, successors and assigns (the "RELEASED PARTIES"), on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representative and estate as follows:

I acknowledge that my participation in Deadly Dozen activities and use of Deadly Dozen facilities entails known and unknown risks that could result in physical or emotional injury, paralysis, death, or damage to myself, to property or to third parties. I understand that such risks simply cannot be eliminated without jeopardising the essential qualities of the activity.

THE RULES

THE 12 RULES

These are the overarching rules of the race.

- 1 The first rule of Deadly Dozen: You must tell as many people as possible about the Deadly Dozen.

- 2 Solo waves take place between 09:00 + 12:00. Pairs and Relay waves take place between 12:00 + 16:00. Competitors must be able to race at any time during these time slots. Exact wave times are released 2 days prior to the race.

- 3 All athletes must arrive and register for the race at least 1 hour before their wave time.

- 4 All athletes must wear appropriate sportswear and trainers for the race – carbon trainers are allowed, but spikes are NOT allowed.

- 5 All athletes must abide by all Deadly Dozen rules and regulations and treat other athletes with respect.

- 6 All athletes must stay within the lanes of the athletic track when completing Journeys. Athletes should NOT run in the first lane (closest to the Labour entry point) while on the initial 100m stretch – athletes should be aware of incoming runners when leaving the Labour Lanes.

- 7 Athletes must NOT purposefully block other athletes while on the track.

- 8 All athletes must aim to perform the Labours to the correct standard (unless scaled) and must ensure they cover the correct distance/perform the correct number of reps. If an athlete cannot complete a Labour to the correct standard or cannot complete the programmed distance or reps, they get an “(s)” (scaled) by their final time. Athletes can be given “No Reps” by judges if a rep is not to standard or told to adjust their form.

- 9 During Labours, rests can be taken at any time, but the equipment must be placed down under control and the rest is taken on that exact spot. Upon completion of the Labour, the equipment is placed down ready for the next athlete.

- 10 All athletes must respect the judge's decisions – if a judge doesn't count a rep, your form was off.

11 Waves (3 x male + 3 x female) are set off every 5-6 minutes.

12 If an athlete gets to a Labour and there is no available equipment, they are credited the missed time back – this is extremely unlikely to happen.

THE RULES

JOURNEY RULES

- The race starts with a 400m Journey around the track. This starts in line with the first Labour station on the outside lanes
- Athletes can move into the second lane as soon as they want and into the first (inside) lane once they have passed the final Labour station (approach the first curve of the track)
- Athletes must NOT purposefully block or hinder other athletes – athletes take over on the outside
- Athletes can get a drink of water that is available on the outer lanes of the final curve of the track before approaching the Labours – cups/bottles must be thrown into the bins provided
- Upon reaching the first 100m stretch (the Labour entry and exit points) the athlete can run down the inside lane and once they reach the first Labour, the athlete steps onto the inside area of the track (across the timing mat) and begins the Labour
- Upon completing the first Labour, the athlete steps across the timing mat and back onto the track
- The athlete completes another 400m run and crosses onto the inside of the track in line with the second Labour
- This process is repeated until all 12 Labours are complete
- Pairs teams complete all 12 Journeys together
- Relay teams only complete 3 Journeys each



DEADLY DOZEN · THE RULEBOOK

THE 12 LABOURS

EVERY STATION. ONE STANDARD.

KETTLEBELL / DUMBBELL / WEIGHT PLATE / BODYWEIGHT

1

KB FARMERS CARRY

KETTLEBELL

KB

The KB Farmers Carry involves carrying a KB in each hand and walking or running a distance of 240m over a 30m lane (8x 30m lengths / 4x there and back).

240M

DISTANCE

2X 24KG / 53LBS

MALE WEIGHT

2X 16KG / 35LBS

FEMALE WEIGHT

KEY RULES

- No chalk is allowed
- Any style of grip can be used
- The athlete can walk or run
- The KBs can be placed down at any time. The athlete must place them down where they are stood and remain in that position until they pick them up again
- At each end of the 30m lane, the athlete must cross over the line with their entire body (both feet)
- Upon completion of the full distance, the KBs must be placed down so that they are ready for the next athlete

2

KB DEADLIFT

KETTLEBELL

KB

The KB Deadlift involves picking up a KB from the floor with straight arms and fully extending the knees and hips so that the shoulders come behind the KB at the top. The KB is then returned to the floor and must touch the floor (not dropped) before subsequent reps are completed.

60

REPS

1X 32KG / 70LBS

MALE WEIGHT

1X 24KG / 53LBS

FEMALE WEIGHT

KEY RULES

- No chalk is allowed
- Any style of grip can be used
- The feet can be slightly wider than shoulder-width, but NOT a wide sumo stance
- The hands do NOT have to leave the handle of the KB between each rep, but the athlete can take their hands off at any time to rest
- Rests must be taken in a stationary position – the athlete can NOT walk around
- The KB must touch the floor between each rep, otherwise the lift is a no rep
- Both the knees and hips must fully extend at the top and shoulders must finish behind the KB
- On the last rep, the KB must be placed down so that it is ready for the next athlete

3

DB LUNGE

DUMBBELL

DB

The DB Lunge involves holding a DB in each hand in a farmer's carry position (straight arms at your sides) and performing walking lunges for 60m (2x 30m lengths – 1x there and back).

60M

DISTANCE

2X 12.5KG / 30LBS

MALE WEIGHT

2X 7.5KG / 20LBS

FEMALE WEIGHT

KEY RULES

- No chalk is allowed
- Any style of grip can be used
- The athlete can put the DBs down at any time and rest. However, they must place the DBs down under control and rest in a stationary position where they stopped
- The rear knee must touch the floor during each lunge, and the knee that touches the floor must alternate (the athlete can NOT lunge forward with the same leg twice)
- The knees and hips must fully extend at the top of each lunge
- If the knee does not touch the floor or the hips and knees do not fully extend at the top, the athlete gets 1 warning before being told to stop and take one step back
- The athlete can stride through with the rear leg into the next lunge without setting their foot down, or they can place the foot down before proceeding into the next lunge
- The athlete can NOT take any steps forward in between lunges. If they do, they will be told to stop and take a step back
- At each end of the 30m lane, the athlete must cross over the line with their entire body (both feet)
- On the last rep, the DBs must be placed down so that they are ready for the next athlete

4

DB SNATCH

DUMBBELL

DB

The DB Snatch involves taking a single DB from the floor to overhead in one movement. This is done in an alternating fashion from one arm to the next – the athlete can NOT perform multiple successive reps on the same side.

60 (30 EACH SIDE)

REPS

1X 15KG / 35LBS

MALE WEIGHT

1X 9KG / 20LBS

FEMALE WEIGHT

KEY RULES

- No chalk is allowed
- Any style of grip can be used
- At the bottom of the movement, the DB is on the floor and the athlete grips it with one hand. Their other hand can be supported on their leg
- The DB is pulled upward and taken overhead, and the elbow must extend fully – if the elbow does not extend fully, it is a no rep
- If an athlete is unable to extend their elbows fully due to anatomical reasons, they must let the judge know prior to starting by showing the range of motion they have (extend arms overhead)
- The athlete can change hands on the way down (the working arm must extend before the DB is changed to the other hand) or while the DB is on the floor
- Only one of the bells (the end of the DB) has to touch the floor – if it doesn't touch the floor, it is a no rep
- Rests must be taken in a stationary position – the athlete can NOT walk around
- On the last rep, the DB must be placed down so that it is ready for the next athlete

5

BURPEE BROAD JUMP

BODYWEIGHT

BW

The Burpee Broad Jump involves performing a burpee (going from a standing position to lying chest down on the floor) before standing up and jumping forward with both feet and landing with both feet (broad jump, aka horizontal jump). This is done for 60m (2x 30m lengths – 1x there and back).

60M

DISTANCE

BODYWEIGHT (BW)

MALE WEIGHT

BODYWEIGHT (BW)

FEMALE WEIGHT

KEY RULES

- The athlete must start behind the line and perform a burpee with their chest and thighs touching the floor – the athlete can step or jump down into the bottom position, but the hands can't crawl forward
- The athlete can step up or jump up from the bottom position (the body does NOT have to fully extend before jumping)
- If jumping up, where the feet land is where the broad jump is performed from – athletes can NOT step forward after jumping up. If stepping up, after the initial step, the rear foot steps up in line with the front foot and the broad jump is performed from there – no additional steps can be taken
- The athlete must perform the jump with both feet and land with both feet
- Upon landing the jump, no additional steps can be taken and if the athlete stumbles forward or steps forward by accident, they must stop and take a step back
- Upon landing the jump, the athlete can place their hands down anywhere in front of their feet and perform the next burpee by jumping or stepping back with their legs (NOT crawling forward with their hands) – the athlete can NOT dive or leap forward with their body into the bottom of the burpee
- The athlete can rest at any time in any position (on their knees, etc). However, they must remain where they stopped – they can NOT crawl forward
- At each end of the 30m lane, the athlete must cross over the line with their entire body, i.e., jump over the line

6

KB GOBLET SQUAT

KETTLEBELL

KB

The KB Goblet Squat involves holding a KB to the front (above the waist) and performing squats to parallel or below (thighs in relation to the floor). Therefore, the thighs must be at least parallel to the floor.

60

REPS

1X 16KG / 35LBS

MALE WEIGHT

1X 12KG / 26LBS

FEMALE WEIGHT

KEY RULES

- No chalk is allowed
- Any style of grip can be used – the athlete can hold the KB how they like
- The KB must be held above the athlete's waist, if the KB drops below the waistline, it is a no rep
- The stance can be slightly wider than shoulder width, but a sumo squat position can NOT be used (athletes would struggle to achieve the appropriate depth if the squat stance is too wide)
- The athlete must squat to at least a parallel position, where their thighs are parallel to the floor, i.e., the hips are at the same height at the knees
- The forearms can NOT push on the legs at the bottom of the squat
- Both the knees and hips must fully extend at the top of the movement
- Rests must be taken in a stationary position – the athlete can NOT walk around
- On the last rep, the KB must be placed down so that it is ready for the next athlete

7

WP FRONT CARRY

WEIGHT PLATE

WP

The WP Front Carry involves carrying a WP to your front (with both arms) and walking or running a distance of 240m over a 30m lane (8x 30 lengths / 4x there and back).

240M

DISTANCE

1X 25KG / 55LBS

MALE WEIGHT

1X 20KG / 45LBS

FEMALE WEIGHT

KEY RULES

- No chalk is allowed
- Any style of grip can be used – the athlete can hold the WP how they like as long as it is held with both hands/arms at the front of their body (NOT on their shoulder or head)
- The athlete can walk or run
- The WP can be put down at any time, but the athlete must remain where they are
- At each end of the 30m lane, the athlete must cross over the line with their entire body (both feet)
- On the last rep, the WP must be placed down so that it is ready for the next athlete

8

DB PUSH PRESS

DUMBBELL

DB

The DB Push Press involves pressing a pair of DBs from the shoulders to overhead. A leg drive can be used (a bend and extension of the knees to propel the DBs upwards). The elbows must extend fully overhead.

60

REPS

2X 12.5KG / 30LBS

MALE WEIGHT

2X 6KG / 15LBS

FEMALE WEIGHT

KEY RULES

- No chalk is allowed
- Any style of grip can be used
- At the bottom of the movement, the DBs should be either touching the shoulders or be just above the athlete's shoulders (no higher than the athlete's ears)
- The athlete can press the DBs overhead using a strict press (upper body only). However, a bend of the knees followed by an explosive extension of the knees can be used to propel the DBs overhead (Push Press)
- The elbows must fully extend overhead, otherwise it is a no rep.
- If an athlete is unable to extend their elbows fully due to anatomical reasons, they must let the judge know prior to starting by showing the range of motion they have (extend their arms overhead)
- Rests must be taken in a stationary position – the athlete can NOT walk around
- On the last rep, the DBs must be placed down so that they are ready for the next athlete

9

BEAR CRAWL

BODYWEIGHT

BW

The Bear Crawl involves crawling on all fours (hands and feet – NOT knees) over a distance of 120m (4x 30m lengths – 2x there and back).

120M

DISTANCE

BODYWEIGHT (BW)

MALE WEIGHT

BODYWEIGHT (BW)

FEMALE WEIGHT

KEY RULES

- The athlete must start behind the line and get onto their hands and feet and start crawling
- The knees are not allowed on the floor while crawling
- There should always be at least one hand and one foot on the floor at all times.
- The athlete can NOT use a "galloping" action where both hands and/or feet are off the floor at the same time
- The athlete can rest at any time in any position (on their knees, standing, etc). However, they must remain where they stopped – they can NOT crawl forward while on their knees
- At each end of the 30m lane, the athlete must cross over the line with their entire body (both hands and feet). They can NOT stand up and step across the line, or crawl on their knees across the line

10

WP CLEAN & PRESS

WEIGHT PLATE

WP

The WP Clean & Press involves taking a WP from the floor to overhead. The WP must touch the floor between each rep and the elbows must fully extend overhead.

60

REPS

1X 15KG / 35LBS

MALE WEIGHT

1X 10KG / 25LBS

FEMALE WEIGHT

KEY RULES

- No chalk is allowed
- Any style of grip can be used
- At the bottom of the movement, any part of the WP can touch the floor (usually the top edge as pictured) – if the WP doesn't touch the floor, it is a no rep
- The centre of the WP must be taken directly overhead, and the elbows must fully extend – if the elbows do not fully extend overhead, it is a no rep
- If an athlete is unable to extend their elbows fully due to anatomical reasons, they must let the judge know prior to starting by showing the range of motion they have (extend their arms overhead)
- On the last rep, the WP must be placed down so that it is ready for the next athlete

11

WP OVERHEAD CARRY

WEIGHT PLATE

WP

The WP Overhead Carry involves carrying a WP overhead (with both arms) and walking or running a distance of 180m over a 30m lane (6x 30 lengths / 3x there and back).

180M

DISTANCE

1X 15KG / 35LBS

MALE WEIGHT

1X 10KG / 25LBS

FEMALE WEIGHT

KEY RULES

- No chalk is allowed
- Any style of grip can be used – the athlete can hold the WP how they like as long as the centre of the WP is directly over their head
- The athlete's elbows can be straight or bent, but the plate can NOT touch the head – if the WP touches the athlete's head, they will be asked to stop and given a caution (after 3 warnings the athlete is scaled)
- The athlete can walk or run
- The WP can be put down at any time, but the athlete must remain where they are – the athlete can NOT rest the WP on their head (even while stationary)
- At each end of the 30m lane, the athlete must cross over the line with their entire body (both feet)
- On the last rep, the WP must be placed down so that it is ready for the next athlete

12

DB DEVIL PRESS

DUMBBELL

DB

The DB Devil Press involves holding a DB in each hand, performing a burpee with the chest and thighs touching the floor before jumping or stepping up, lifting the DBs and taking them overhead.

20

REPS

2X 10KG / 25LBS

MALE WEIGHT

2X 5KG / 12LBS

FEMALE WEIGHT

KEY RULES

- No chalk is allowed
- Any style of grip can be used
- With a DB in each hand, the athlete performs a burpee and touches their thighs and chest to the floor. The athlete can jump or step down
- The athlete then jumps or steps up and stands up with the DBs and takes them overhead – this movement can be performed as a strict DB clean and press, or a swinging motion can be used
- The athlete's elbows must fully extend overhead – if the elbows do not fully extend overhead, it is a no rep
- If an athlete is unable to extend their elbows fully due to anatomical reasons, they must let the judge know prior to starting by showing the range of motion they have (extend their arms overhead)
- On the last rep, the DBs must be placed down so that they are ready for the next athlete