DEADLY DOZEN

RULEBOOK

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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.

Introduction

The Deadly Dozen (DD) has been designed to be one of the hardest yet most accessible fitness races in the world.

The race involves 12x 400m runs, which we refer to as "Journeys," and 12x exercise stations, which we refer to as "Labours." The Labours only use bodyweight (BW), kettlebell (KB), dumbbell (DB) and weight plate (WP) exercises. Therefore, race training is incredibly accessible in any setting, whether in a gym, at home or outdoors. Ultimately, an individual could effectively train for the event with just a pair of KBs.

Another benefit of only using KBs, DBs and WPs is that they are easy to store and transport and extremely unlikely to break or get damaged.

Official Deadly Dozen races are held on athletics tracks and involve running a 400m lap before crossing over into the centre and completing a Labour and repeating the process until the athlete has completed all 12 Labours – 6 of the Labours move between a 30m lane (Distance Labours – D Labours) and 6 are stationary (Rep Labours – R Labours).

The Deadly Dozen Labours (exercises) have been selected so that they develop a well-rounded training program that develops the Half Dozen Fundamental Movements: Hinge, Squat, Lunge, Push, Pull and Carry, all of which require some level of bracing and/or rotational movement.

The Deadly Dozen is NOT just a fitness race; it is an entire training methodology.

In short, the Deadly Dozen Method (DDM) splits training down into three major disciplines: Collectively, these are called the Deadly Dozen Triad (DDT).

The Deadly Dozen Triad:

1. **Strength Training:** Resistance training sessions (usually gym-based) that concentrate on low and mid-volume sets (lower reps) with higher training intensities (heavier).
2. **Labour Fitness:** Circuit training (mixed-modality) sessions that include some or all of the Labours performed at higher volumes (for high reps or time). These sessions can include or not include Journeys (runs and other forms of cardio).
3. **Journey Fitness:** Running and cardio training sessions that are usually split between long-duration work at lower intensities or interval work at higher intensities. Journey fitness does not have to be a run; it can be a row, ski, cycle or swim, etc.

Alongside our main event, the 400m Track Race, we have over a dozen other race variations – see page 29.

The Race

The Deadly Dozen Fitness Race works off a Dozenal (duodecimal) system. Therefore, all distances and reps are based around the number 12 (a superior highly composite number) and can be increased or decreased by 25, 50 or 75% while maintaining round numbers – this is a key element of the training methodology.

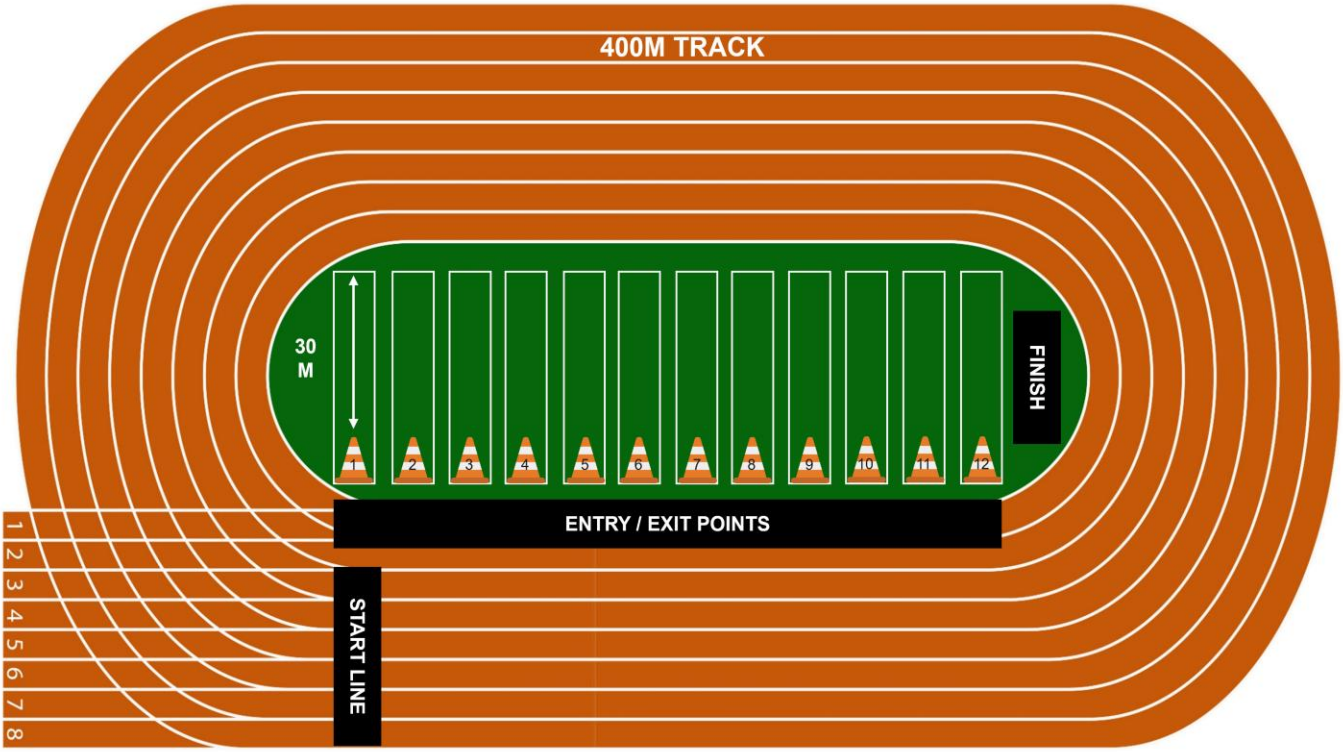
Race Structure

- 400m Run
- **1. KB Farmers Carry:** 240m
- 400m Run
- **2. KB Deadlift:** 60 Reps
- 400m Run
- **3. DB Lunge:** 60m
- 400m Run
- **4. DB Snatch:** 60 Reps (Alternate)
- 400m Run
- **5. Burpee Broad Jump:** 60m
- 400m Run
- **6. KB Goblet Squat:** 60 Reps
- 400m Run
- **7. WP Front Carry:** 240m
- 400m Run
- **8. DB Push Press:** 60 Reps
- 400m Run
- **9. Bear Crawl:** 120m
- 400m Run
- **10. WP Clean & Press:** 60 Reps
- 400m Run
- **11. WP Overhead Carry:** 180m
- 400m Run
- **12. DB Devil Press:** 20 Reps

Total Journey Distance: 4800m / **Total Distance Labours:** 900m / **Total Rep Labours:** 320 Reps

Here is an illustration of how the event is set up on a 400m athletics track:

Note: This can be replicated on a sports field. You can even perform the Labours within an open gym space and then go outside and run 200m from the gym and 200m back (accessibility!)



Here are the weights that are used by male and female athletes:

Labours	Male Weight	Female Weight
KB Farmers Carry	2x 24kg / 53lbs	2x 16kg / 35lbs
KB Deadlift	1x 32kg / 70lbs	1x 24kg / 53lbs
DB Lunge	2x 12.5kg / 30lbs	2x 7.5kg / 20lbs
DB Snatch	1x 15kg / 35lbs	1x 9kg / 20lbs
Burpee Broad Jump	Bodyweight (BW)	Bodyweight (BW)
KB Goblet Squat	1x 16kg / 35lbs	1x 12kg / 26lbs
WP Front Carry	1x 25kg / 55lbs	1x 20kg / 45lbs
DB Push Press	2x 12.5kg / 30lbs	2x 6kg / 15lbs
Bear Crawl	Bodyweight (BW)	Bodyweight (BW)
WP Clean & Press	1x 15kg / 35lbs	1x 10kg / 25lbs
WP Overhead Carry	1x 15kg / 35lbs	1x 10kg / 25 lbs
DB Devil Press	2x 10kg / 25lbs	2x 5kg / 12lbs

Race Categories/Divisions

Solo Race

The Solo Race involves running the entire event as an individual.

There is no time limit on the race. However, each Labour (exercise) must be completed in the right order, and athletes cannot move on until the Labour is completed.

Pairs Race

The Pairs Race involves running the event in teams of two.

Both athletes run every 400m Journey together and are involved in completing each Labour. However, they can split each Labour between them in any way they see fit: One athlete can complete an entire Labour independently, or the athletes can alternate how they see fit.

Athletes can be same-sex or mixed - mixed teams use the male weights (female-only teams use the female weights). Athletes can be any age combination (above 16).

Equipment must be placed down on the floor before the other athlete takes over – the equipment can NOT be passed to your partner. Athletes must move together on the Distance Labours (one walking/jogging).

Only one athlete wears the timing chip.

Relay Race

The Relay Race involves running the event in teams of four.

Each athlete runs 1x Journey and 1x Labour before the next team member goes. Therefore, each athlete completes 3x Journeys and 3x Labours to complete the race – athletes can choose which Labours they complete, but they must complete the race in the correct order.

Athlete must change after 1x Journey and 1x Labour. They can NOT complete 2 or more Journeys and Labours back-to-back.

Athletes can be same-sex or mixed (2x male + 2x female) – athletes use the relevant weights for their sex. Athletes can be any age combination (above 16).

Equipment must be placed down on the floor before the next athlete goes.

All four athletes wear a timing chip.

During the DEADLY GROSS Relay (12 hours of Deadly Dozen), all members of the team must complete at least 1x Journey and 1x Labour in each full round of the Deadly Dozen.

Equipment

When I decided that I wanted to create a fitness race that combined resistance exercises with running, and I wanted that race to be one of the most accessible fitness races and training methodologies in the world, I knew the race had to include only Bodyweight (BW), Kettlebell (KB) Dumbbell (DB), and Weight Plate (WP) exercises.

Of course, you can use any KBs, DBs and WPs that are available to you. However, Official Deadly Dozen Races use a set style of equipment – this equipment is available from equipment providers worldwide.

- The KB Labours can use both Cast Iron and Competition Kettlebells: The Farmers Carry and Deadlift can use Cast Iron or Competition KBs, and the Goblet Squat uses a Cast Iron KB
- The DB Labours use Hex Dumbbells (metal handles with rubber hexagonal bells)
- The WP Labours use Thick Rubber Bumper Plates (Diameter: 45cm)

WP Thickness (circa): 25kg/55lbs: 8-9cm / 20kg/45lbs: 8cm / 15kg/35lbs: 6cm / 10kg/25lbs: 4-5cm

The following tables include everything you need to run a race simulation at the official race weights – of course, you can use the same weight(s) for multiple Labours (this is noted in bold brackets)

Male Weights:

KBs	Dumbbells	Weight Plates
1x 32kg / 70lbs	1x 15kg / 35lbs	1x 25kg / 55lbs
2x 24kg / 53lbs	4x 12.5kg / 30lbs **(2x)**	2x 15kg / 35lbs **(1x)**
1x 16kg / 35lbs	2x 10kg / 25lbs	

Female Weights:

KBs	Dumbbells	Weight Plates
1x 24kg / 53lbs	1x 9kg / 20lbs	1x 20kg / 45lbs
2x 16kg / 35lbs	2x 7.5kg / 20lbs	2x 10kg / 25lbs **(1x)**
1x 12kg / 26lbs	2x 6kg / 15lbs	
	2x 5kg / 12lbs	

Event Setup:

FARMERS CARRY
DEADLIFT
LUNGE
SNATCH

DEADLY
DOZEN
OVERHEAD CARRY
EVIL PRESS
XII

The Rulebook

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.

Registration

- Deadly Dozen Fitness Race Registration can only be done via the official Deadly Dozen Website: **www.deadlydozen.com**
- Athletes must select their gender category (Male or Female), input their date of birth and nationality and select the race category they are entering (Solo, Pairs, Relay)
- The athlete must be at least 16 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.

Age Categories

Age categories are determined by the athlete's age on 31st December of the year of the race, not their age on race day. This keeps every athlete in one age category for the whole year, however many races they do. If an athlete is 49 on race day but turns 50 later that year, they are in the 50-54 category for every race that year.

16-24 / 25-29 / 30-34 / 35-39 / 40-44 / 45-49 / 50-54 / 55-59 / 60-64 / 65-69 / 70-74 / 75-79 / 80+

An age on a boundary belongs to the higher category: 45 is 45-49, not 40-44.

Pairs age categories are created by adding the two participants' ages (on 31st December of the race year) together and dividing by two, rounding DOWN any decimals. E.g. 40 plus 50 equals 90. 90 divided by 2 is 45, so the pair races 45-49. 43 plus 42 equals 85. 85 divided by 2 is 42.5, rounded down to 42, so the pair races 40-44.

Relay age categories are created by adding the four participants' ages (on 31st December of the race year) together and dividing by four, rounding DOWN any decimals. E.g. 40 + 20 + 50 + 60 = 170. 170 divided by 4 is 42.5, rounded down to 42, so the team races 40-44. Relays are awarded in two categories only: Overall, and Masters for teams with an average age of 50 or over.

Equipment

The following equipment **can** be used/carried during the race:

- 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

The following equipment can **NOT** be used/carried during the race:

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

Adaptive Athletes

Deadly Dozen will do everything we can to cater for Adaptive Athletes with specific needs. Please email **info@deadlydozen.com** and we can work with you to make sure we can create an accessible and rewarding race experience.

Hydration and Nutrition

Athletes can NOT receive any hydration or nutritional products from a spectator. Water is available on both ends of the track.

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 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
- One person from the pairs team wears the timing chip
- All four relay team members wear a timing chip, unless just one is issued and it is being used as a baton (passed between team members)
- 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 medal)
- Toilets are available at the athletics track
- Athletes are responsible for their training equipment and valuables on the day – most races have bag drops
- Athletes can use the areas surrounding the track for warm-ups
- Athletes must be on the track (starting box) 5 minutes before their wave starts – they can use the designated area within the track to warm up during this time

Penalties

Here is a list of penalties that can be given by a Deadly Dozen Judge:

- An athlete misses an entire Labour (which results in them missing a Journey): DNF (Did Not Finish) – the athlete is disqualified
- An athlete completes the Labours in the incorrect order, but still completes them all: 5 Minute Penalty
- An athlete does not complete the full distance or reps on a Labour: 5 Minute Penalty
- An athlete is deemed to have unsportmanlike behaviour (spitting, swearing, etc): 1st warning, then 5 Minutes Penalty or DQ if severe enough
- An athlete is Scaled (see below) on a Labour: 5 Minute Penalty

Scaling

If an athlete is unable to complete a Deadly Dozen Labour to the required standard, they can let the judge know that they need to “Scale” the Labour or a judge can formally scale them (the judge will say “you are scaled” and the head judge will be informed). Upon scaling, the athletes receive a 5-minute penalty on the Labour. Note: The athlete should complete the Labour to the best of their ability before moving on.

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. Generally, Solo waves take place between 09:00 + 12:30. Pairs and Relay waves take place between 12:30 + 16:30. Competitors must be able to race at any time during these time slots. Exact wave times are released on the week of 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 be aware of incoming runners when leaving the Labour Lanes.
7. Athletes must NOT purposefully block other athletes while on the track – there is NO fast lane.
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 will receive a 5 minute penalty. 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 – the judge decides what counts.
11. Waves are set off every 4-6 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.

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 must NOT purposefully block or hinder other athletes – athletes take over on the outside – there is NO fast lane
- Athletes can get a drink of water at any available water stop – cups/bottles must be thrown into the bins provided
- Upon reaching the first 100m stretch (the Labour entry and exit points) the athlete can enter the infield at any point that is efficient, making sure they cross a timing mat. They gop to the first Labour and complete it
- 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 to 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

Labour Rules

The following pages describe the rules of each of the 12 Labours:

1. KB Farmers Carry
2. KB Deadlift
3. DB Lunge
4. DB Snatch
5. Burpee Broad Jump
6. KB Goblet Squat
7. Plate Front Carry
8. DB Push Press
9. Bear Crawl
10. Plate Clean & Press
11. Plate Overhead Carry
12. DB Devil Press

1. KB Farmers Carry

The KB Farmers Carry involves carrying a KB in each hand and walking or running a distance of 240m.

Distance: 240m

Male Weight: 2x 24kg / 53lbs (KB)

Female Weight: 2x 16kg / 35lbs (KB)

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
- Upon completion of the full distance, the KBs must be placed down so that they are ready for the next athlete

2. KB Deadlift

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.

Reps: 60

Male Weight: 1x 32kg / 70lbs (KB)

Female Weight: 1x 24kg / 53lbs (KB)

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 the 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

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.

Distance: 60m

Male Weight: 2x 12.5kg / 30lbs (DB)

Female Weight: 2x 7.5kg / 20lbs (DB)

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
- On the last rep, the DBs must be placed down so that they are ready for the next athlete

4. DB Snatch

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.

Reps: 60 (30 Each Side)

Male Weight: 1x 15kg / 35lbs (DB)

Female Weight: 1x 9kg / 20lbs (DB)

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. The hips and knees must also extend fully
- 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

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).

Distance: 60m

Male Weight: Bodyweight (BW)

Female Weight: Bodyweight (BW)

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 places their hands down in front of their feet (no more than 50cm) and performs 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
- 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

6. KB Goblet Squat

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.

Reps: 60

Male Weight: 1x 16kg / 35lbs (KB)

Female Weight: 1x 12kg / 26lbs (KB)

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

The WP Front Carry involves carrying a WP to your front (with both arms) and walking or running a distance of 240m.

Distance: 240m

Male Weight: 1x 25kg / 55lbs (WP)

Female Weight: 1x 20kg / 45lbs (WP)

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
- On the last rep, the WP must be placed down so that it is ready for the next athlete

8. DB Push Press

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.

Reps: 60

Male Weight: 2x 12.5kg / 30lbs (DB)

Female Weight: 2x 6kg / 15lbs (DB)

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

The Bear Crawl involves crawling on all fours (hands and feet – NOT knees).

Distance: 120m

Male Weight: Bodyweight (BW)

Female Weight: Bodyweight (BW)

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

10. WP Clean & Press

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.

Reps: 60

Male Weight: 1x 15kg / 35lbs (WP)

Female Weight: 1x 10kg / 25lbs (WP)

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. The hips and knees must also extend fully
- 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

The WP Overhead Carry involves carrying a WP overhead (with both arms) and walking or running a distance of 180m.

Distance: 180m

Male Weight: 1x 15kg / 35lbs (WP)

Female Weight: 1x 10kg / 25lbs (WP)

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
- 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)
- On the last rep, the WP must be placed down so that it is ready for the next athlete

12. DB Devil Press

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.

Reps: 20

Male Weight: 2x 10kg / 25lbs (DB)

Female Weight: 2x 5kg / 12lbs (DB)

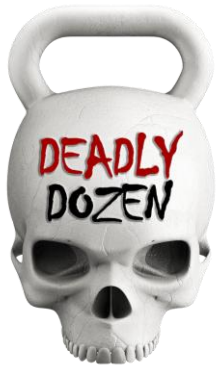
Key Rules:

- 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. The hips and knees must also extend fully
- 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

Awards

Meet ***Mori***, the official mascot of the Deadly Dozen.

Note: The Mori Medal has exactly 12 teeth – that's attention to detail right there!



We recommend you get a Stoic Quote of your choice engraved on the back (or any quote you like) – find a quote within this book that resonates with you: Memento Mori / Amor Fati / or my acronym G.Y.H.R.U.

Upon successful completion of the Deadly Dozen Fitness Race (even if Labours have been Scaled), every participant receives a Mori Medal, i.e., Our SkullBell Pendant – this is NOT a "participation medal" because you do NOT get a medal for just participating, you have to complete one of the hardest fitness races in the world to earn your Mori Medal! Scaled (s) attempts do get a medal because although we are tough, we are not monsters. The Mori Medal also makes a cool keyring.

Mori Skulls are an Official form of currency at our event merchandise stores.

The Deadly Dozen is split into two gender categories (male and female) and there are three race variations: Solo, Pairs and Relay. The latter two have both same-sex and mixed categories. Therefore, there are 8 race divisions in total.

- **Solo Race:** Male / Female
- **Pairs Race:** Male / Female / Mixed
- **Relay Race:** Male / Female / Mixed

The top three fastest times (non-scaled) from each division win 1st, 2nd and 3rd place.

Unofficial race day entries (walk-ups, late entries, re-runs) are published in their own Open divisions outside the eight, and they never set world records.

The Top 12 Athletes: The Deadly Dozen

The top 12 male and top 12 female athletes across all races worldwide each year are known as the Deadly Dozen, and the number 1 male and female athletes gain the title of "Deadliest of the Dozen."

The Hercules and Atalanta Patches

There are two patches that are awarded to just two athletes from the race. However, both patches can be awarded to the same athlete on the day.

- **HERCULES Patch:** Awarded to the athlete (male or female) that showed the most heart during the Labours
- **ATALANTA Patch:** Awarded to the athlete (male or female) who showed the most heart during the Journeys

The athletes are chosen by the Deadly Dozen officials who have overseen the event, along with recommendations from the judges.

You may be asking, "What do you mean by the most heart?" Well, it could be the slowest person that was seen to be struggling the most but still got through it. Or it could be the fastest person pushing themselves well beyond their limit, what we call RPE 12 – "Isn't 10 the highest?" you ask. Yeah, well, our RPE Scale jumps to 12!

Mori Collecting: Stoic Patches

Every time you complete an Official Deadly Dozen Fitness Race, you are awarded a Mori Medal (SkullBell Pendant). When you collect a specific number of Mori Medals, you can trade 1x Mori at the finish line to collect your patch.

- Collect **3** Moris: **ZENO Patch**
- Collect **6** Moris: **SENECA Patch**
- Collect **9** Moris: **EPICTETUS Patch**
- Collect **12** Moris: **AURELIUS Patch**
- Collect **24** Moris: **DEADLY STOIC Patch**

Following the Stoic Patch series, we have the Hero Patch series:

- Collect **30** Moris: **THESEUS Patch**
- Collect **36** Moris: **ODYSSEUS Patch**
- Collect **42** Moris: **LEONIDAS Patch**
- Collect **48** Moris: **ACHILLES Patch**
- Collect **60** Moris: **DEADLY OLYMPIAN Patch**

Deadly Dozen Race Variations

Track Races

DEADLY DOZEN (DEADLY RUN) is the Deadly Dozen Main Event. It is held on Athletics Tracks around the world. The Track Race involves 12x 400m Runs and 12x Labours (Exercise Stations).

DEADLY SPRINT is the Indoor Track Race with 12x 200m Runs and 12 Labours performed with 50% of the Reps and Distances.

DEADLY YOUTH is the full 400m Track Race for 12-15 Year Olds. The race consists of 12x 400m Runs with 12x Labours (weights, reps and distances are scaled – 50% of Reps and Distances on the Labours). Deadly Youth must have their guardians present at the race. The Youth + Adult race is for 10+ Year Olds and is the same race but with an adult running with the youth and helping with the Labours.

DEADLY ULTRA is the full 400m Track Race performed 6 times, with a 9 hour cut-off. The Ultra can be entered as a Solo, Pair or Relay.

DEADLY GROSS is a 12-hour ultra event where participants race to complete 12x Deadly Dozens within a 12-hour cutoff. The GROSS is primarily a Relay event (teams of four), but can also be entered as a Pair (team of two) or as a Solo – can you beat the hardest hybrid event in the world?

DEADLY MILE is a Track Challenge that consists of 400m Walking Lunge, 400m Burpee Broad Jump, 400m Bear Crawl, and 400m Run for a total of 1600m or 1 Mile. All performed in succession on the outside lanes of a 400m Track.

DEADLY RUCK is the completion of a 400m Track Race with a weighted vest or rucksack on: 10kg/22lbs for Males, 6kg/13lbs for Females. Participants can add a Ruck to any race variation.

Gym Races

Many Gym Race have Sprint, Ruck and Youth Variations – the Sprint is 50% of a race.

DFT STRONG is a Deadly Dozen Gym Race that involves performing the 6 Rep Labours (Deadlift, Snatch, Squat, Push press, Clean & Press, Devil Press) back-to-back.

DEADLY FITNESS TEST (DFT) is a Deadly Dozen Fitness Test and Gym Race that involves performing half of the Labours, specifically the 6x Rep Labours (Deadlift, Snatch, Squat, Push press, Clean & Press, Devil Press), and performing either a Run, Row, Ski, Bike Erg or Air Bike in between each.

DEADLY STRONG is a Deadly Dozen Gym Race that only involves the 12 Labours (Exercise Stations). Enter as a Solo (individual) or Pair (team of two).

DEADLY ERG is a Deadly Dozen Gym Race that involves a 1 Mile (1.6km) Row ERG to start, followed by the 1st 6 Labours (Exercise Stations), then a 1 Mile (1.6km) Ski ERG in the middle, followed by the 2nd 6 Labours, then a 1 Mile (1.6km) Bike ERG to finish. Enter as a Solo (individual) or Pair (team of two).

DEADLY ERG 2 is a Deadly Dozen Gym Race that involves performing either a 400m Row ERG, 400m Ski ERG or an 800m Bike ERG between each of the 12 Labours (Exercise Stations). You start with the Row ERG, do Labour 1, go on to a 400m Ski ERG, do Labour 2, go on to an 800m Bike ERG, then do Labour 3, and carry on with that cycle. Enter as a Solo (individual), Pair (team of two) or a Relay (team of four).

DEADLY ERG 3 is a Deadly Dozen Gym Race that involves a 800m Row ERG to start, followed by 4 Labours (Exercise Stations), then a 800m Ski ERG, followed by the 4 Labours, then 48kcals on an Air Bike, followed by the final 4 Labours to finish. Enter as a Solo (individual) or Pair (team of two).

DEADLY ROW ERG is a Deadly Dozen Gym Race that involves performing a 400m Row ERG between each of the 12 Labours (Exercise Stations). Enter as a Solo (individual), Pair (team of two) or a Relay (team of four).

DEADLY SKI ERG is a Deadly Dozen Gym Race that involves performing a 400m Ski ERG between each of the 12 Labours (Exercise Stations). Enter as a Solo (individual), Pair (team of two) or a Relay (team of four).

DEADLY BIKE ERG is a Deadly Dozen Gym Race that involves performing a 800m Bike ERG between each of the 12 Labours (Exercise Stations). Enter as a Solo (individual), Pair (team of two) or a Relay (team of four).

DEADLY AIR BIKE is a Deadly Dozen Gym Race that involves performing 24kcals on an Air Bike between each of the 12 Labours (Exercise Stations). Enter as a Solo (individual), Pair (team of two) or a Relay (team of four).

DEADLY BARBELL is a Deadly Gym Meet that consists of a lifter working up to 2 rep maxes on 6 different lifts within 60 minutes. The Lifts: Snatch, Clean & Jerk, Deadlift, Strict Press, Squat and Bench Press. Simple variations of the Olympic lifts can be performed, and lifters can work up to their 2 rep maxes however they see fit.

DEADLY POWERLIFTING is a Deadly Dozen Gym Race that consists of a lifter working up to their 1 rep max on Back Squat, Bench Press and Deadlift. They have 15 minutes for each lift – 45 minutes total.

DEADLY WEIGHTLIFTING is a Deadly Dozen Gym Race that consists of a lifter working up to their 1 rep max on Snatch and Clean and Jerk. They have 14 minutes for each lift – 30 minutes total.

DEADLY STRONGMAN is a Deadly Dozen Gym Race that consists of 6 Strongman-style events performed with simple equipment, including: Barbell Deadlift, Barbell Press, Dumbbell Farmers Carry, Weight Plate Front Hold, Dumbbell Clean & Press, and the Deadly Medley.

DEADLY COMBINE is a Deadly Dozen Testing Battery and Gym Race that consists of 6 tests: 400m Run, 1 Rep Max Squat, Press and Deadlift, 3km Run, and the DFT STRONG. All tests are scored out of 100 to give the competitor their total score, or Hybrid Athlete Index (HAI).

Special Edition Races

DEADLY SWIM is a Special Edition Deadly Dozen Race which involves 3x 400m Swims and the 6 Rep Labours: 400m Swim, Deadlift, Snatch, 400m Swim, Goblet Squat, Push Press, 400m Swim, Clean & Press, Devil Press.

DEADLY TRAIL is a Special Edition Deadly Dozen Race which involves trail runs between each Labour or a group of Labours (Exercise Stations).

Deadly Bodyweight Fitness Tests (DBFT)

DEADLY BFT is a Deadly Dozen Bodyweight Fitness Test that can be done at the gym, at home, or outdoors. It consists of 60 Squats, 20 Burpees, 60 Sit-Ups, 20 Burpees, 60 Lunges, 20 Burpees – 1 Set for Time.

DBFT SPRINT is a Deadly Dozen Bodyweight Fitness Test that can be done at the gym, at home, or outdoors. It consists of 30 Squats, 10 Burpees, 30 Sit-Ups, 10 Burpees, 30 Lunges, 10 Burpees – 1 Set for Time.

Special Patches

The table below lists the races you must complete to unlock the DEADLY MACHINE, BEAST, TITAN and APEX Patches.

DEADLY MACHINE	DEADLY BEAST	DEADLY TITAN	DEADLY APEX
DFT	400M TRACK	400M TRACK	400M TRACK
ERG	STRONG	200M TRACK	400M RUCK
ERG 2	DFT	MILE	200M TRACK
ERG 3	ERG	DFT STRONG	MILE
ROW ERG	ERG 2	DFT	DFT STRONG
SKI ERG	ERG 3	STRONG	DFT
BIKE ERG	ROW ERG	ERG	STRONG
AIR BIKE	SKI ERG	ERG 2	ERG
	BIKE ERG	ERG 3	ERG 2
	AIR BIKE	ROW ERG	ERG 3
		SKI ERG	ROW ERG
		BIKE ERG	SKI ERG
		AIR BIKE	BIKE ERG
			AIR BIKE
			BARBELL
			POWERLIFTING
			WEIGHTLIFTING
			STRONGMAN
			COMBINE
			SWIM
			TRAIL

If you achieve the **DEADLY APEX** Patch and the **DEADLY STOIC** Patch, you unlock the

DEADLY LEGEND Patch.

If you achieve the **DEADLY LEGEND** Patch and the **DEADLY OLYMPIAN** Patch, you unlock the **DEADLY IMMORTAL** Patch.

DEADLY HYBRID Patch and Flag is awarded when you complete a 200m Deadly Sprint and a 400m Deadly Dozen Track Race in one weekend (2 days).

DEADLY TRIBRID Patch and Flag is awarded when you complete a Deadly Strong, a 200m Deadly Sprint and a 400m Deadly Dozen Track Race in one weekend (2 days).

Note: The Deadly Strong must be an “ARENA STRONG” – a stadium event that is professionally timed.

Gym Race Rules

The rules for the Labours are consistent across all race variations. However, there are differences in the way in which Track Races and Gym Races are run.

Gym Race Day Protocol

- Athletes must turn up 30 minutes before their wave time
- Upon arrival, athletes head to the registration area
- Once registered, the athlete will be assigned to a judge
- Athletes are responsible for their training equipment and valuables on the day
- Athletes can warm up in the areas provided by the gym

Gym Race Judging

- At registration, the athlete is assigned to a judge
- The judge follows the athlete through the entire race from start to finish, ensuring they complete the correct distances and reps and that movement standards are adhered to
- The athlete starts standing behind the first station (Labour or Machine). The judge gives the command “3-2-1-Go” and starts the judging app.
- Transition times are included in the station time, i.e., once the 60 reps of the Deadlift are done, the judge presses “Lap.” The time to transition to the Lunge and the times taken to complete the Lunges is a single lap time
- If there is no equipment ready for an athlete when they get to a Labour, the judge stops the timer and restarts it when the equipment becomes available (this should not happen with the right organisation)
- Once the athlete has finished the race, the judge presses “Stop” and the total time and split times are recorded and sent to the leaderboards

Machine Rules

"Machine" refers to the Row ERG, Ski ERG, Bike ERG, and the Air Bike.

- The damper setting on ERGs can be changed at any time
- Seat height on bikes can be changed as many times as is needed
- Athletes can use any techniques they like while on the machines as long as it is NOT damaging to them
- Athletes can sit or stand on bikes
- Upon completion of a set distance, the judge will let the athlete know they can move on – do NOT move until the judge says you can go

Gym Race Pairs Transitions

- Pairs must stay together (during Labours and transitions)
- Pairs must follow each other during the Distance Labours
- A partner can NOT go to the next station (Labour or Machine) until their partner has finished the station.
- A partner can NOT start a station until their partner is with them

The following Gym Races have their own Rulebooks:

- DEADLY BARBELL
- DEADLY POWERLIFTING
- DEADLY WEIGHTLIFTING
- DEADLY STRONGMAN
- DEADLY COMBINE