

DRAGONBOAT CANADA

24U VIRTUAL GAMES FORMAT + CRITERIA



Introduction

The games will take place in teams of 10 people, which will consist of a minimum of 5 female athletes. Teams will then divide into pairs of two (one male, one female) and will attempt each event together. Each person per pair will attempt the challenge individually and the results between the two people will be tallied together for the team's standings for the event.

Event Format: 3 x 1 min (no break in between) except pair 5

- ❑ **Event 1:** Round 1 pushups, Round 2 squats, Round 3 alternating ladder pushups/squats (e.g. 1 pushup, 2 squats, 3 pushups, 4 squats, etc.)

Video: [Round 3 alternating ladder example](#)

- ❑ **Event 2:** Round 1 Russian Twists, Round 2 burpees, Round 3 alternating ladder Russian twists/burpees

Video: [Pair 2 rd. 3 Example.](#)

- ❑ **Event 3:** Round 1 squats, Round 2 pushups, Round 3 alternating jump lunges
- ❑ **Event 4:** Round 1 burpees, Round 2 Russian twists, Round 3 alternating jump lunges
- ❑ **Event 5:** 3 straight minutes of pushup/squat/burpee ladder e.g. 1 pushup, 2 squats, 3 burpees, 4 pushups, 5 squats, 6 burpees, etc.

Video: [Event 5 Ex.](#)

Scoring

Scoring for each event/pair is based on a relative scoring system, meaning that if you come in first, you will be awarded the most points, runner up gets slightly fewer, and so on and so forth. The scoring distribution is based on the number of team entries and is shown below in **Figure 1**:

	placing/score									
Teams	1	2	3	4	5	6	7	8	9	10
1	-	-	-	-	-	-	-	-	-	-
2	-	-	-	-	-	-	-	-	-	-
3	-	-	-	-	-	-	-	-	-	-
4	8	6	4	2	-	-	-	--	-	-
5	10	8	6	4	2	-	-	-	-	-
6	12	10	8	6	4	2	-	-	-	-
7	14	12	10	8	6	4	2	-	-	-
8	16	14	12	10	8	6	4	2	-	-
9	18	16	14	12	10	8	6	4	2	-
10										

Figure 1: Scoring Pyramid.

For example, a completed round from event 1, with 8 teams is shown below in **Figure 2**:

Round 2: Squats					
Teams	Good Reps	Bad Reps	Adjusted Reps	Rank	Points Awarded
Team 1	49	60	158	4	10
Team 2	64	47	175	3	12
Team 3	22	6	50	7	4
Team 4	2	52	56	6	6
Team 5	5	17	27	8	2
Team 6	66	65	197	1	16
Team 7	25	36	86	5	8
Team 8	60	60	180	2	14

Figure 2: Event 1 Round 2; Example completed event.

Following the completion of all rounds, the points from the rounds are tallied and produce the final sum of points for the event. As a note on the execution of the rounds, “good” reps are defined as reps meeting the criteria set out by the committee (this topic will be further explained in a later section). However, points are still awarded for “bad” reps that do not fall within the criteria. The exact formula is as shown:

$$\text{Points Awarded} = 2 * (\# \text{ Good Reps}) + (\# \text{ Bad Reps})$$

The specific criteria for each round and event will be discussed in the following section.

Exercise Criteria:

The criteria for the exercises in each round/event are shown below. As a special note, please pay attention to the recording requirements as well as refer to the videos linked within as a reference.

Movement	Criteria	Viewing Angle
Pushups	<ul style="list-style-type: none"> - Head must be parallel to the camera (not facing it) - Arms parallel to the ground - Chest doesn't have to be touching the ground - Lockout arms at the top 	<ul style="list-style-type: none"> - Profile View: must show the athlete's full body <p>Video: Pushups Form Video</p>
Squats	<ul style="list-style-type: none"> - 90 degrees or less - Legs must be parallel with ground - legs fully locked out at top 	<ul style="list-style-type: none"> - Profile View: must show the athlete's full body <p>Video: Squat Form Video</p>
Russian Twists	<ul style="list-style-type: none"> - fingers touch floor opposite side, shoulder facing camera - feet must be off of the floor 	<ul style="list-style-type: none"> - Front View: Body facing camera - camera must be placed far enough to show the full rotation of the arms <p>Video: Russian Twists Form Video</p>
Burpees	<ul style="list-style-type: none"> - Legs fully extended at the bottom - Military style pushup at the bottom - Knees and hips have to be parallel to the ground at the jump 	<ul style="list-style-type: none"> - Profile View: must show the athlete's full body <p>Video: Burpee Video + Twist Ladder</p>
Lunges/ alternating jump lunges	<ul style="list-style-type: none"> - back leg and front leg parallel to the ground -Torso remains perpendicular to ground - Viewing angle: Profile - Jump lunges only*: jump must transfer to the opposite lunge stance. 	<ul style="list-style-type: none"> - Profile View: must show the athlete's full body <p>Video: Lunges Jumps</p>