



OFFICIAL RULEBOOK

PURE GAMES 2026
SINGAPORE EDITION



1. Competition Overview

PURE Games is a functional fitness race designed to test speed, strength, endurance, and overall athletic capacity through a standardised multi-station course.

Singapore Edition

Event Date: 26 & 27 Sep 2026

Venue: Ngee Ann City Civic Plaza

- **Category** Team / Elite
- **Division** Singles / Doubles / Team Relay
- **Objective** Complete all stations in sequence in the fastest time possible
- **Scoring** Fastest adjusted total time determines ranking
- **Flow** Continuous race format with no programmed rest periods
- **Transitions** Self-paced and included in total time
- **Equipment Note** Chalk is permitted
- **Min. Age Requirement** Participants must be at least 18 years old on the day of the event.

2. Categories & Divisions

2.1 TEAM Category

The TEAM category is a team-based format.

Doubles Divisions

- Women's Doubles
- Men's Doubles
- Mixed Doubles (consists of 1 Female and 1 Male)

Team Relay Divisions

- Women's Team Relay
- Men's Team Relay
- Mixed Team Relay (consists of 2 Female and 2 Male)



2.2 ELITE Category

The ELITE Category is designed for advanced competitive participants.

Individual Divisions

- Women's Singles
- Men's Singles

Doubles Divisions

- Women's Doubles
- Men's Doubles
- Mixed Doubles (consists of 1 Female and 1 Male)

3. Division Formats

The following division formats apply across all Categories unless otherwise specified.

3.1 Singles Division

- Participants must complete all prescribed stations in numerical order independently.
- All movement standards, repetitions, distances, and station requirements must be completed by the participant.

3.2 Doubles Division

- Teams consist of two (2) participants.
- Participants must complete stations in numerical order.
- At any given time, only one participant may perform the prescribed work.
- The non-working participant may rest or prepare for transition.
- Participants may switch roles at any time and as often as they wish so long as they complete the prescribed distances, repetitions, calorie targets, and station requirements.
- Work may be divided between participants at their discretion.
- **In the Mixed Doubles Division, both participants will perform all prescribed movements using the male competition standards, including equipment loads and calorie targets, unless otherwise stated.**
- Final ranking is based on the team's Final Adjusted Time.



3.3 Relay Division

- Each participant must complete at least one (1) station.
- Each station must be completed by only one (1) participant from start to finish. No sharing or substitution is permitted within a station once it has begun.
- Only one (1) team member may be on a station at any given time.
- The remaining team members must remain within the designated waiting area at the start line until tagged by their teammate.
- Upon completion of a station, the working participant must return to the start line and physically tag the next participant before the next station may begin.
- Teams may determine their own strategy for assigning participants to stations, provided that each station is completed in full by a single participant.

3.3.1 Final Station

- Upon completion of Station 7 (SkiErg), the working participant must return to the start line and bring the entire team to Station 8.
- All four (4) team members must proceed together to the Hang & Hold station.
- One (1) nominated participant will perform the Hang & Hold attempt.
- The remaining team members must remain within the designated viewing area and must not provide physical assistance.
- Once the Hang & Hold attempt has ended, all four (4) team members must cross the finish line together.
- The team's final result will be calculated based on the Final Adjusted Time.

4. Race Schedule

- The TEAM Category will take place on 26 September 2026 (Saturday).
- The ELITE Category will take place on 27 September 2026 (Sunday).
- Individual wave times will be communicated via email at least three (3) days prior to the event.
- All participants must check in at least 45 minutes before their scheduled start time to complete registration, bag drop, and warm-up activities.
- All participants must report to the start line at least 10 minutes before their scheduled start time.
- Participants who arrive after their designated start time may be disqualified and will not be entitled to a refund.



5. Race Structure (Fixed Order)

All participants must complete stations in the following sequence:

Station	Exercise
1	Treadmill Run
2	Dual Dumbbell Front-Rack Walking Lunges
3	Row Erg
4	Alternating Dumbbell Snatch
5	Assault Bike
6	Sled Push
7	Ski Erg
8	Hang & Hold

Participants must complete all prescribed distances, repetitions, calorie targets, and station requirements before advancing to the next station. Failure to do so may result in disqualification.

6. Movement Standards & Station Rules

All prescribed distances, repetitions, calorie targets, and station requirements must be completed in full before progressing to the next station.

- Movement standards must be performed as defined in each station section.
- Judges' decisions are final.



STATION 1 – Treadmill Run

Category	Team	Elite
Target	1000m	1500m

Movement Standards

- Must remain on assigned treadmill
- Complete 1000m to advance

DOUBLES:

- Participants may switch roles at any time.
- Teams must complete the required treadmill distance together.
- The treadmill must be paused during every transition between teammates.

Penalties

- Early dismount: Return back to treadmill and complete remaining distance.



STATION 2 – Dual Dumbbell Front-Rack Walking Lunges (100m)

Category	Team	Elite
Target	Female: 7.5kg Male: 12.5kg Mixed Doubles: 12.5kg	Female: 12.5kg Male: 17.5kg Mixed Doubles: 17.5kg

Movement Standards

- Dumbbells must be held by the handle with a firm grip, with one head of the dumbbell in contact with the respective shoulder.
- Both dumbbells must remain in contact with the shoulders in the front-rack position throughout the movement.
- Back knee must make contact with the ground on every rep.
- Full hip and knee extension required.
- Participants must alternate legs with each step.
- Complete 100m to advance.

DOUBLES:

- Participants may switch roles at any time.
- Any participant taking over must begin from the point where the previous participant stopped.
- Both dumbbells must be placed on the ground before a partner may take over.
- Passing or handing dumbbells directly from one participant to another is not permitted.

Penalties

- No knee contact: NO REP
- No full extension: NO REP
- No alternate legs: NO REP
- Dumbbell drop: +5 sec per occurrence
- Participants may resume the station from the point at which the dumbbells were dropped.
- Loss of rack position: +5 sec per occurrence
- Passing of dumbbells between participants: +5 sec per occurrence



STATION 3 – Row Erg

Category	Team	Elite
Target	1000m	1500m

Movement Standards

- Damper setting is fixed at 6 – no adjustments allowed.
- Both feet must be secured in the foot straps before initiating the first stroke. Participants must remain seated on the Row Erg while rowing.
- Handle must remain controlled and must not be released, thrown, or allowed to snap back into the machine.
- Complete 1000m to advance.

DOUBLES

- Participants may switch roles at any time.
- The working participant must bring the handle to a controlled stop before the partner begins rowing.
- Direct passing or handover of the Row Erg handle between participants is not permitted.

Penalties

- Direct passing or handover of the Row Erg handle between participants: +5 sec per occurrence.
- Failure to secure both feet in the foot straps before initiating the first stroke: +5 sec.



STATION 4 – Alternating Dumbbell Snatch (50 reps)

Category	Team	Elite
Target	Female: 7.5kg Male: 12.5kg Mixed Doubles: 12.5kg	Female: 12.5kg Male: 17.5kg Mixed Doubles: 17.5kg

Movement Standards

- Each repetition begins with the dumbbell in contact with the ground.
- Dumbbell must be moved from the ground to an overhead position in one continuous motion. At the top of each repetition, the participant must demonstrate full lockout with hips, knees, and working arm fully extended.
- Repetitions must alternate between the left and right arm.
- One lift with the left arm counts as one (1) repetition, and one lift with the right arm counts as one (1) repetition.
- Participants must complete a total of 50 repetitions (25 repetitions per arm) before advancing to the next station.
- Complete 50 reps to advance.

DOUBLES:

- Participants may switch roles at any time.
- The dumbbell must be placed on the ground before the partner begins.
- Direct passing or handover of the dumbbell between participants is not permitted.

Penalties

- No full lockout: NO REP
- Same arm repetition: NO REP
- Non-continuous press-out: NO REP
- Repetition not starting from the ground: NO REP
- Unsafe drop: +5 sec per occurrence
- Direct passing or handover of the dumbbell between participants: +5 sec



STATION 5 – Assault Bike (Calorie Target)

Category	Team	Elite
Target	Female: 20-cal Male: 30-cal Mixed Doubles: 30-cal	Female: 30-cal Male: 40-cal Mixed Doubles: 40-cal

Movement Standards

- Participants must use both the handlebars and pedals throughout the entire effort.
- Arms and legs must move simultaneously to generate output.
- Complete required calorie target to advance.

Penalties

- Arms-only or legs-only cycling: +5 sec per occurrence

STATION 6 – Sled Push

Category	Team	Elite
Target	Female: 107kg (incl. Sled) Male: 152kg (incl. Sled) Mixed Double: 152kg (incl. Sled)	Female: 152kg (incl. Sled) Male: 202kg (incl. Sled) Mixed Double: 202kg (incl. Sled)

Movement Standards

- Sled must be pushed only (pulling is not permitted). Both hands must remain on designated handles of sled.
- Sled to keep within the designated lane.
- Entire sled will need to cross the marked line before switching side.
- Complete 50m to advance



Movement Standards

DOUBLES:

- Participants may switch roles at any time.
- The partner may only take over once the sled is fully stationary.
- Direct physical assistance during a transition is not permitted.

Penalties

- Lane interference: +5 sec per occurrence

STATION 7 – Ski Erg

Category	Team	Elite
Target	1000m	1500m

Movement Standards

- Damper setting is fixed at 6 – no adjustments allowed
- Both feet remain on the Ski Erg platform at all times during the movement.
- Both arms must be used simultaneously and remain on handles throughout.
- Arm only technique is not permitted. Hips and legs actively engaged throughout.
- Handles must be returned in a controlled manner and must not be released or thrown.
- Complete full 1000m to advance.

DOUBLES:

- Participants may switch roles at any time.
- The working participant must bring the handles to a controlled stop before the partner begins.
- Direct passing or handover of Ski Erg handles between participants is not permitted.

Penalties

- One-arm dominant pulling / Arm-only technique: +5 sec per occurrence
- Direct passing or handover of handles between participants: +5 sec per occurrence



STATION 8 – Hang & Hold (Time Deduction)

Total hang time is deducted from final race time - capped at 5 minutes.

Movement Standards

- No grips, lifting straps or other hand/wrist assistance are permitted.
- Participants must perform a dead hang with both hands.
- Both hands must remain in constant contact with the bar for the duration of the attempt.
- No chin support above bar
- No leg wrapping or assistance
- The attempt begins once the participant leaves the ground in a controlled dead hang position.
- The attempt ends when the participant drops from the bar or releases one hand.

DOUBLES / TEAM RELAY:

- One (1) participant will perform the Hang & Hold.
- Participants may not be swapped or substituted once assigned.
- No physical assistance or contact is permitted from teammates during the attempt.

Penalties

- One-hand release or drop: attempt ends immediately
- Using legs or external support: attempt ends immediately



7. Safety & Conduct

- Judges may stop any participant for unsafe execution at any time.
- Unsportsmanlike, aggressive, or disruptive behaviour may result in penalty or disqualification.
- Participants must follow all official instructions immediately.
- Safety takes precedence over competition at all times.

8. What You Can & Cannot Wear

- Participants can wear knee supports, elbow supports, and wrist straps.
- Participants can wear proper running shoes, training shoes, or lifting shoes. Slippers, sandals, open toes, shoes or barefooted are not permitted for safety reasons.
- Participants cannot wear lifting straps or any equipment that attaches to or wraps around a bar or handle to assist grip or performance.

9. Equipment

- All participants must use only the equipment provided at each station.
- Personal supportive gear (e.g., lifting belts, chalk) may be used only where permitted and if it does not modify or interfere with the competition equipment.
- Modifying, moving, or substituting any provided equipment is strictly prohibited.

10. Timing & Results Calculation

Final ranking is determined by:

Total Race Time – Hang & Hold Deduction = Final Adjusted Time

11. Final Authority

PURE reserves the right to:

- Amend rules, standards, or categories at any time.
- Make final judgment decisions during competition.
- Disqualify participants for safety or integrity reasons.
- Ensure fair play and operational integrity of the event.