

BCROSSRUN

LJUBLJANA

RULEBOOK & STANDARDS

12.9. 2026 | *SUPERNOVA* ●
LJUBLJANA RUDNIK





1

RULEBOOK

BRIEFING

ATHLETES AND TEAMS WILL BE INFORMED ABOUT THE WORKOUT THROUGH THIS DOCUMENT AND THE OFFICIAL VIDEO BRIEFING PUBLISHED ON OUR SOCIAL MEDIA CHANNELS. IT IS THE RESPONSIBILITY OF EVERY ATHLETE AND TEAM TO READ THIS DOCUMENT OR WATCH THE BRIEFING AND BECOME FAMILIAR WITH ALL WORKOUT STANDARDS AND COMPETITION REQUIREMENTS.

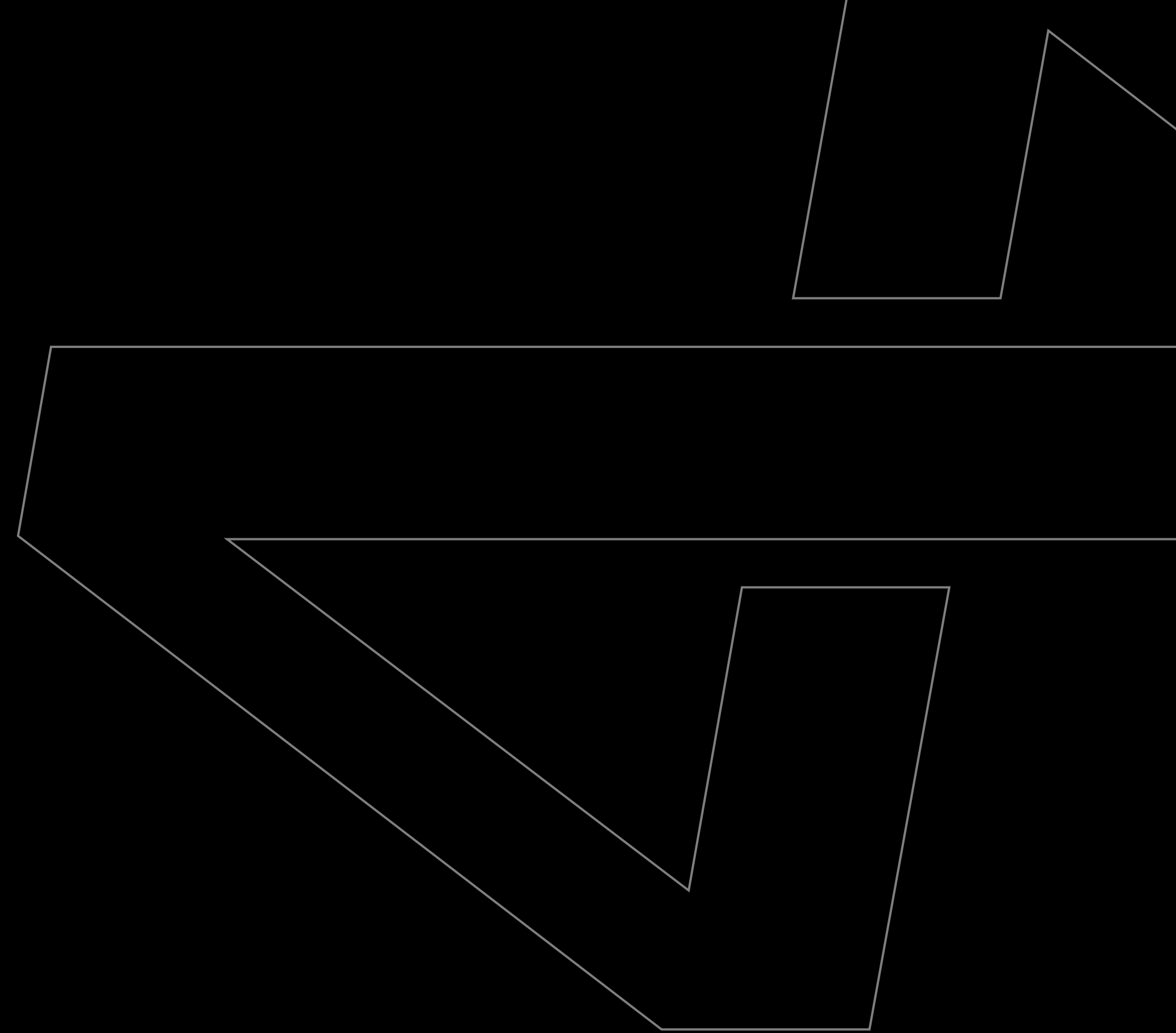
THE ORGANIZER RESERVES THE RIGHT TO MAKE ANY CHANGES TO THE WORKOUT, EVENT SCHEDULE, COMPETITION FORMAT, OR RACE-DAY OPERATIONS AT ANY TIME.

THE OFFICIAL ONLINE BRIEFING IS ALWAYS HELD ONE DAY BEFORE THE EVENT.

JUDGE RIGHTS AND DUTIES

THE JUDGE MUST COUNT EVERY REPETITION OUT LOUD, CLEARLY, AND DISTINCTLY. ONCE THE REQUIRED NUMBER OF REPETITIONS HAS BEEN COMPLETED FOR A GIVEN WORKOUT STATION, THE JUDGE WILL PROVIDE A CLEAR VERBAL SIGNAL INDICATING THAT THE ATHLETE MAY PROCEED TO THE NEXT PART OF THE COURSE.

THE JUDGE IS AUTHORIZED TO ADJUST AN ATHLETE'S EQUIPMENT OR ITS POSITION DURING THE WORKOUT IF THERE IS AN IMMEDIATE RISK TO THE SAFETY OF THE ATHLETE, OTHER COMPETITORS, SPECTATORS, OR THE JUDGE THEMSELVES.



ATHLETE RIGHTS AND RESPONSIBILITIES (TEAM)

ATHLETES MUST REPORT TO THE WARM-UP AND STAGING AREA ON TIME. WE RECOMMEND ARRIVING AT LEAST 15 MINUTES BEFORE THE START OF THE WORKOUT. IF AN ATHLETE ARRIVES AFTER THE OFFICIAL START TIME ACCORDING TO THE SCHEDULE, THEIR SCORE FOR THE WORKOUT WILL BE RECORDED AS 0.

ATHLETES ARE REQUIRED TO FOLLOW ALL MOVEMENT STANDARDS AND COMPLY WITH THE INSTRUCTIONS OF THE JUDGE, HEAD JUDGE, AND EVENT ORGANIZERS AT ALL TIMES. IF AN ATHLETE DISAGREES WITH THEIR RESULT, THEY MAY SUBMIT AN APPEAL TO THE HEAD JUDGE. ANY APPEAL MUST BE MADE IMMEDIATELY AND NO LATER THAN THE COMPLETION OF THE RESPECTIVE WORKOUT.

TEAM COMPOSITION

THE TEAM MAY BEGIN WORKING ON THE WORKOUT ONLY WHEN BOTH TEAM MEMBERS ARE PRESENT AT THE WORKOUT STATION. NO WORK MAY BEGIN BEFORE BOTH ATHLETES HAVE ARRIVED. ATHLETES MAY LEAVE THE WORKOUT STATION AND CONTINUE ON THE COURSE ONLY AFTER ALL REQUIRED REPETITIONS FOR THAT WORKOUT HAVE BEEN COMPLETED. LEAVING THE STATION EARLY IS NOT PERMITTED.

TEAM MEMBERS MAY DIVIDE AND ALTERNATE REPETITIONS AS THEY WISH, ACCORDING TO THE STANDARDS OF EACH MOVEMENT.

THE ONLY EXCEPTION IS THE SECOND WORKOUT STATION, LUNGES, WHERE BOTH ATHLETES MUST PERFORM THE MOVEMENT SIMULTANEOUSLY.



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ORGANIZER'S RESERVED RIGHTS

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3

SCHEDULE
COMING SOON



4

WORKOUTS

1000 M
ROW ERG



100 M
SB CARRY



BCROSSRUN

LJUBLJANA

1000 M
SKI ERG



2000 M
ECHO BIKE



1



2



3



4

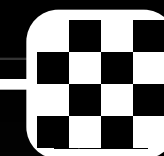


5



6

7



EVERY RUN
600 M



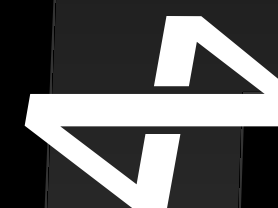
60 M BURPEES
BROAD JUMP



100 X
WALL BALLS



50 X SB BOX
STEP OVER



INDIVIDUALS/TEAM

KATEGORIE	FUN MEN	FUN WOMEN	SPORT MEN	SPORT WOMEN	MIX FUN	MIX SPORT
RUN 1 LAP (600 M)						
1. ROW	1000 M	1000 M	1000 M	1000 M	1000 M	1000 M
RUN 600 M						
2. BURPEE BROAD JUMP	60 M	60 M	60 M	60 M	60 M	60 M
RUN 600 M						
3. SANDBAG CARRY (2 LAPS OF 50 M)	100 M 45 KG	100 M 30 KG	100 M 68 KG	100 M 45 KG	100 M M: 45 KG / W: 30 KG	100 M M: 68 KG / W: 45 KG
RUN 600 M						
4. WALL BALLS	100x 6 KG	100x 4 KG	100x 9 KG	100x 6 KG	100x M: 6 KG / W: 4 KG	100 X M: 9 KG / W: 6 KG
RUN 600 M						
5. SKI ERG	1000 M	1000 M	1000 M	1000 M	1000 M	1000 M
RUN 600 M						
6. SANDBAG BOX STEP OVER	50x 20 KG	50x 10 KG	50x 30 KG	50x 20 KG	50x M: 20 KG / W: 10 KG	50 X M: 30 KG / W: 20 KG
7. ECHO BIKE	2000 M	2000 M	2000 M	2000 M	2000 M	2000 M

FINISH



5

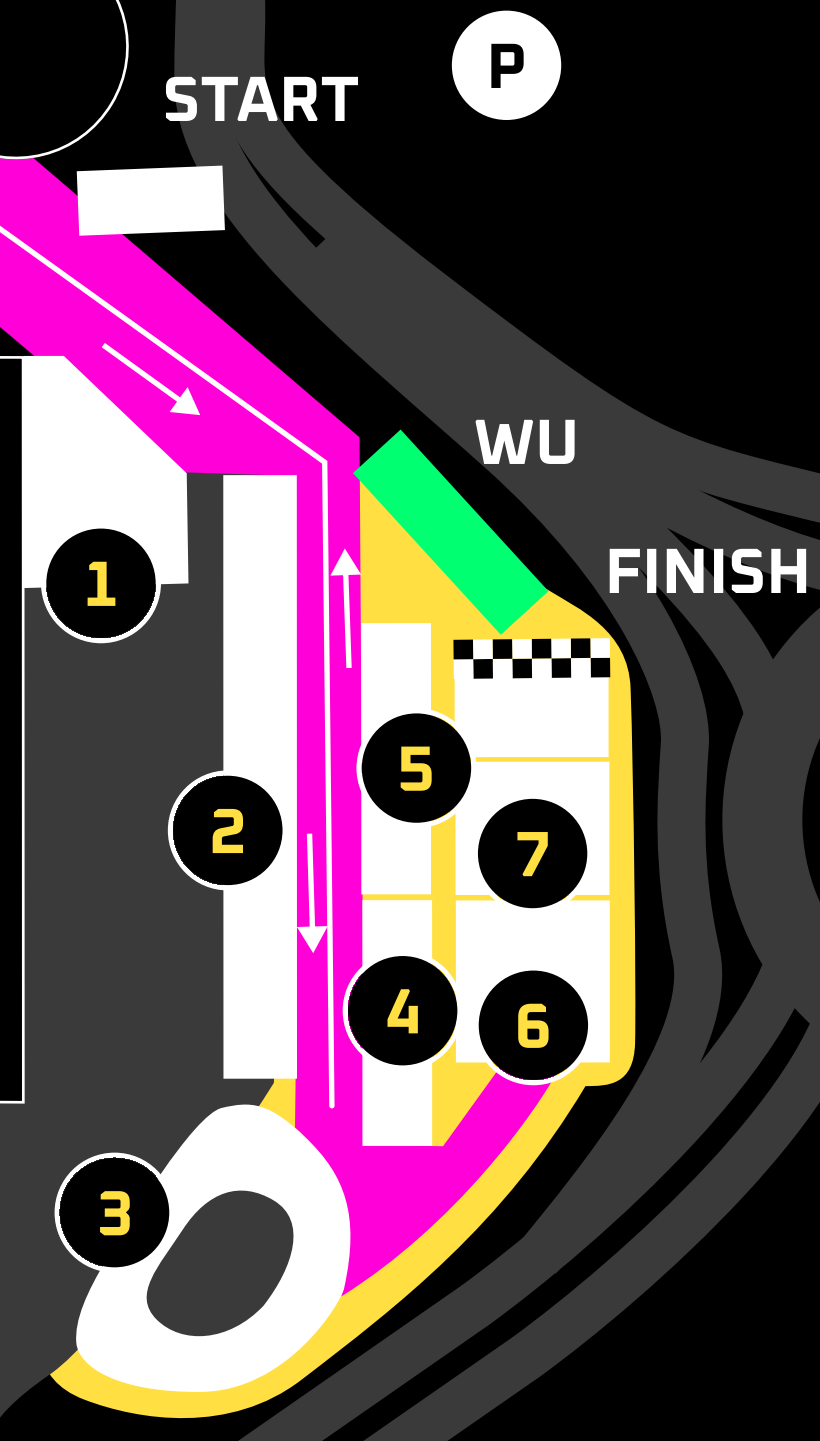
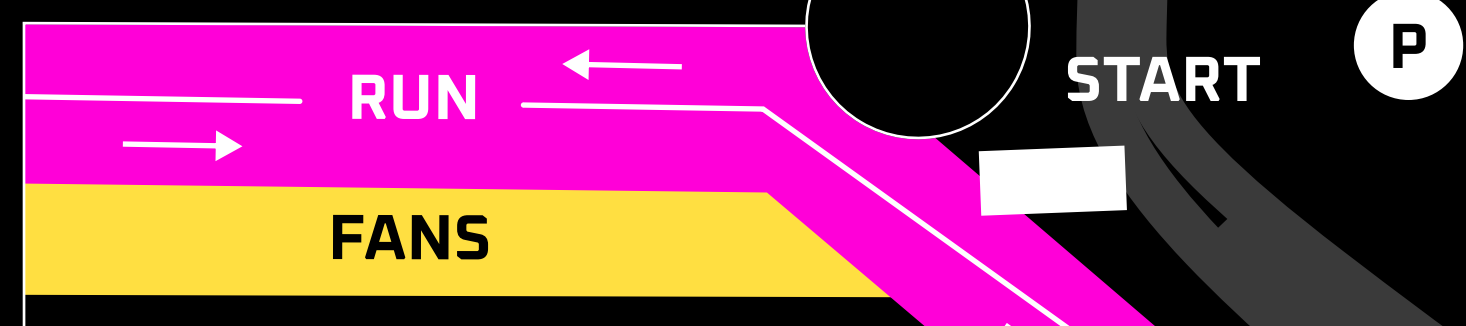
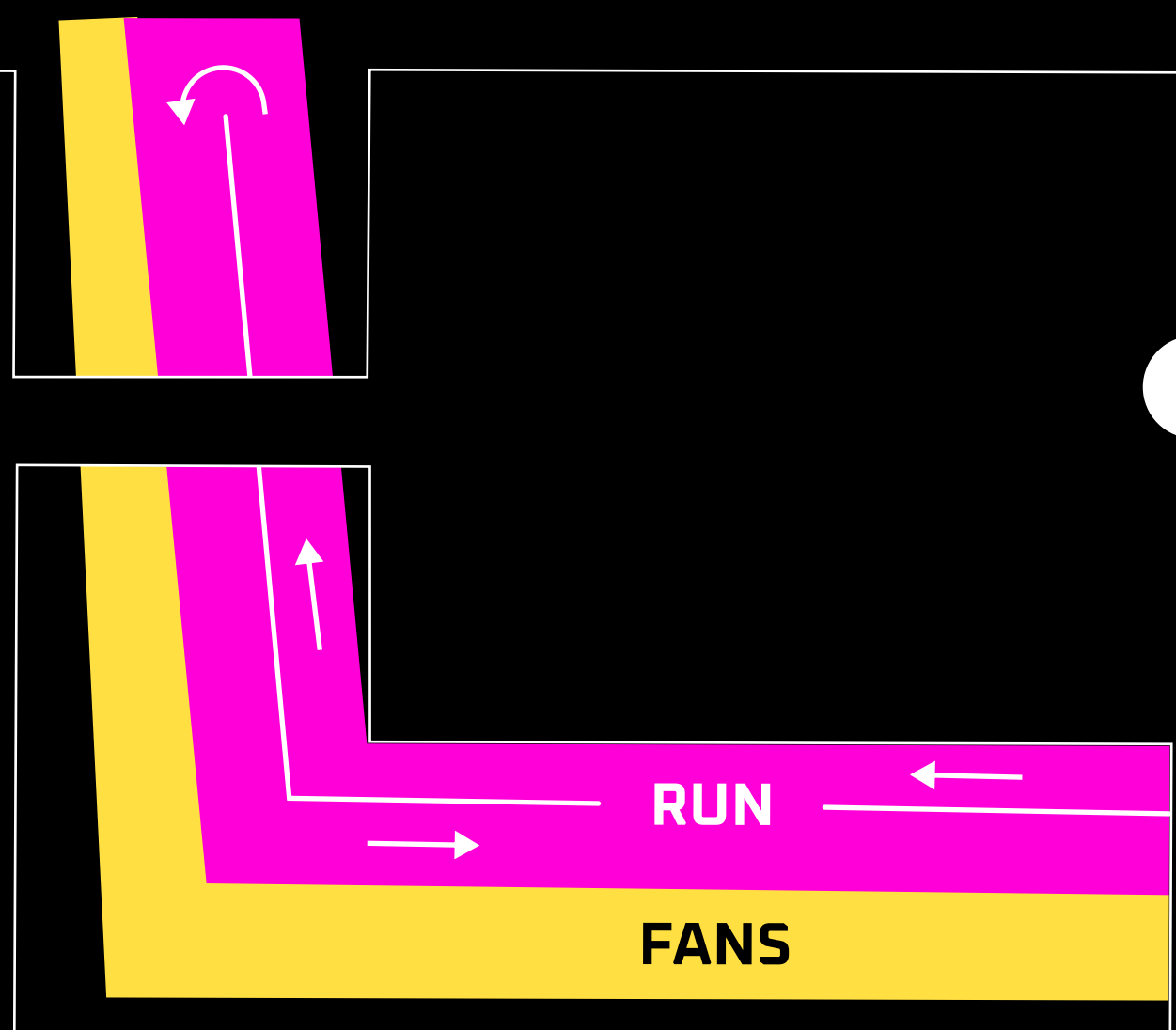
EVENT AREA



BCROSSRUN LJUBLJANA

1. 1000m ROW ERG
2. 60 m BURPEES
BROAD JUMP
3. 100 m SB CARRY
4. 100x WALL BALLS
5. 1000 m SKI ERG
6. 50x SB BOX STEP OVER
7. 2000 M ECHO BIKE

SUPERNOVA ●
SHOPPING CENTER





6
STANDARDS



RUN 600 M

ATHLETES MUST COMPLETE ONE FULL RUNNING LAP BETWEEN EACH WORKOUT STATION. EACH LAP IS APPROXIMATELY 600 M AND MUST BE COMPLETED BEFORE PROCEEDING TO THE NEXT STATION.

A TOTAL OF 6 RUNNING LAPS MUST BE COMPLETED DURING THE RACE.

FAILURE TO COMPLETE A RUNNING LAP BETWEEN WORKOUT STATIONS WILL RESULT IN A 10-MINUTE TIME PENALTY.



1

1000 M ROW

THE ATHLETE MUST FOLLOW ALL JUDGE INSTRUCTIONS REGARDING THE OPERATION OF THE ROWING MACHINE. UNLESS SPECIFICALLY INSTRUCTED OTHERWISE BY A JUDGE, ATHLETES ARE NOT PERMITTED TO TOUCH OR ADJUST THE MONITOR/DISPLAY. FOOTREST ADJUSTMENTS ARE ALLOWED AND MAY BE MODIFIED DURING THE WORKOUT AS NEEDED. THE ATHLETE MAY LEAVE THE ROWING STATION ONLY ONCE THE REQUIRED DISTANCE OF 1000 M IS DISPLAYED ON THE MONITOR. ATHLETES ARE RESPONSIBLE FOR ENSURING THAT THE MONITOR IS RUNNING AND THE MACHINE IS ACTIVE BEFORE STARTING. IF ANY ISSUE IS IDENTIFIED, THE ATHLETE MUST IMMEDIATELY NOTIFY THEIR JUDGE AND FOLLOW THEIR INSTRUCTIONS.

DAMPER

FUN WOMEN- 5

FUN MEN- 7

SPORT WOMEN- 5

SPORT MEN- 7

FUN MIX- 6

SPORT MIX- 6



2

BURPEE BROAD JUMP – 60 M

THE ATHLETE STARTS BEHIND THE DESIGNATED START LINE AND MUST COVER A TOTAL DISTANCE OF 60 M USING BURPEE BROAD JUMPS ALONG THE MARKED LANE. EACH REPETITION BEGINS FROM A STANDING POSITION. THE ATHLETE PERFORMS A BURPEE BY PLACING THEIR HANDS ON THE GROUND AND LOWERING THEMSELVES UNDER CONTROL UNTIL BOTH THE CHEST AND THIGHS TOUCH THE FLOOR. THE ATHLETE THEN RETURNS TO THEIR FEET AND IMMEDIATELY PERFORMS A BROAD JUMP. BOTH FEET MUST LEAVE AND LAND SIMULTANEOUSLY. AFTER LANDING, THE ATHLETE MUST BEGIN THE NEXT REPETITION FROM THE EXACT LANDING POSITION.

ATHLETES ARE NOT ALLOWED TO PLACE THEIR HANDS FORWARD IN ORDER TO ADVANCE BEFORE THE JUMP. FORWARD MOVEMENT IS ONLY PERMITTED THROUGH THE BROAD JUMP ITSELF. ATHLETES MAY STOP AND REST AT ANY TIME BUT MUST RESUME FROM THE POINT WHERE THEY STOPPED. THE WORKOUT IS COMPLETED ONCE THE ATHLETE CROSSES THE FINISH LINE WITH THEIR ENTIRE BODY.



3

SANDBAG CARRY – 100 M

THE WORKOUT BEGINS BY LIFTING THE SANDBAG INTO A BEAR HUG POSITION. THE SANDBAG MUST BE CARRIED IN FRONT OF THE BODY WHILE BEING HELD WITH BOTH HANDS. CARRYING THE SANDBAG ON THE SHOULDER IS NOT PERMITTED. ATHLETES MUST COMPLETE TWO 50 M LAPS FOR A TOTAL DISTANCE OF 100 M. BOTH THE START AND FINISH MUST OCCUR BEHIND THE DESIGNATED LINE. FOR TEAM CATEGORIES, ATHLETE CHANGES ARE PERMITTED AT ANY TIME UNLESS OTHERWISE STATED. UPON COMPLETION, THE ATHLETE MUST RETURN THE SANDBAG TO THE DESIGNATED EQUIPMENT AREA.

SANDBAG

FUN WOMEN- 30 KG

FUN MEN- 45 KG

SPORT WOMEN- 45 KG

SPORT MEN- 68 KG

FUN MIX

MEN 45 KG

WOMEN 30 KG

SPORT MIX

MEN 45 KG

WOMEN 68 KG



4

WALL BALLS – 100 REPS

EACH REPETITION BEGINS WITH THE ATHLETE IN THE BOTTOM OF A SQUAT. THE HIP CREASE MUST CLEARLY PASS BELOW THE TOP OF THE KNEE. AT THE TOP OF THE MOVEMENT, THE MEDICINE BALL MUST MAKE CONTACT WITH THE TARGET OR PASS ABOVE THE DESIGNATED LINE FOR THE ATHLETE'S CATEGORY. ATHLETES ARE NOT ALLOWED TO CATCH THE MEDICINE BALL DIRECTLY FROM A BOUNCE OFF THE FLOOR.

TARGET HEIGHT IS 305 CM FOR MEN AND 270 CM FOR WOMEN.

WALL BALL

FUN WOMEN- 4 KG

FUN MEN- 6 KG

SPORT WOMEN- 6 KG

SPORT MEN- 9 KG

FUN MIX

MEN 6 KG

WOMEN 4 KG

SPORT MIX

MEN 9 KG

WOMEN 6 KG



5

SKIERG – 1000 M

THE ATHLETE MUST FOLLOW ALL JUDGE INSTRUCTIONS REGARDING THE OPERATION OF THE SKIERG. UNLESS SPECIFICALLY INSTRUCTED OTHERWISE BY A JUDGE, ATHLETES ARE NOT PERMITTED TO TOUCH OR ADJUST THE MONITOR/DISPLAY. THE ATHLETE MAY LEAVE THE STATION ONLY ONCE THE REQUIRED DISTANCE OF 1000 M IS DISPLAYED ON THE MONITOR. ATHLETES ARE RESPONSIBLE FOR ENSURING THAT THE MONITOR IS RUNNING AND THE MACHINE IS ACTIVE BEFORE STARTING. IF ANY ISSUE IS IDENTIFIED, THE ATHLETE MUST IMMEDIATELY NOTIFY THEIR JUDGE AND FOLLOW THEIR INSTRUCTIONS.

DAMPER

FUN WOMEN- 5

FUN MEN- 7

SPORT WOMEN- 5

SPORT MEN- 7

FUN MIX- 6

SPORT MIX- 6



6

SANDBAG BOX STEP OVER – 50 REPS

THE ATHLETE BEGINS IN FRONT OF THE BOX WHILE CARRYING THE SANDBAG ON THEIR SHOULDERS BEHIND THE NECK. A SPECIAL SANDBAG EQUIPPED WITH HANDLES WILL BE USED. THE ATHLETE MUST STEP OVER THE BOX WHILE CARRYING THE SANDBAG. BOTH FEET MUST MAKE CONTACT WITH THE TOP SURFACE OF THE BOX BEFORE STEPPING DOWN ON THE OPPOSITE SIDE. DROPPING OR THROWING THE SANDBAG FROM ANY POSITION IN AN UNCONTROLLED MANNER WILL RESULT IN A NO REP. IF REPETITIONS ARE BROKEN INTO MULTIPLE SETS, THE ATHLETE MAY PLACE THE SANDBAG ON THE GROUND BETWEEN SETS.

SANDBAG

FUN WOMEN- 10 KG

FUN MEN- 20 KG

SPORT WOMEN- 20 KG

SPORT MEN- 30 KG

FUN MIX

MEN 20 KG

WOMEN 10 KG

SPORT MIX

MEN 30 KG

WOMEN 20 KG



7

ECHO BIKE – 2000 M

THE ATHLETE MUST FOLLOW ALL JUDGE INSTRUCTIONS REGARDING THE OPERATION OF THE ECHO BIKE. UNLESS SPECIFICALLY INSTRUCTED OTHERWISE BY A JUDGE, ATHLETES ARE NOT PERMITTED TO TOUCH OR ADJUST THE MONITOR/DISPLAY. ATHLETES MAY ADJUST THE SADDLE HEIGHT AS NEEDED DURING THE WORKOUT. THE ATHLETE IS NOT REQUIRED TO REMAIN SEATED WHILE CYCLING. THE ATHLETE MAY LEAVE THE STATION ONLY ONCE THE REQUIRED DISTANCE OF 2000 M IS DISPLAYED ON THE MONITOR. ATHLETES ARE RESPONSIBLE FOR ENSURING THAT THE MONITOR IS RUNNING AND THE BIKE IS ACTIVE BEFORE STARTING. IF ANY ISSUE IS IDENTIFIED, THE ATHLETE MUST IMMEDIATELY NOTIFY THEIR JUDGE AND FOLLOW THEIR INSTRUCTIONS.

