

Equipment and movement standards for every team, across all six divisions – Open and Elite, each in Men's, Women's and Mixed Doubles. Same stations and standards for everyone; only the load changes. Full legal terms are in the Rules and Regulations found on the BMA/PZ website.

Format

Station	Distance / Reps	Elite Men	Elite Women/Mixed	Open Men	Open Women/Mixed
Buy-in Run	2.5 km	—	—	—	—
Farmer Carry	200 m	32 kg	24 kg	24 kg	16 kg
Burpee Over Object	50 reps	—	—	—	—
Wall Balls	80 reps	9 kg	6 kg	6 kg	4 kg
Mid-Run	2.5 km	—	—	—	—
Sit-Ups	100 reps	—	—	—	—
Rowing	1000 m	—	—	—	—
Sandbag Carry & Throw	20 reps	68 kg	45 kg	30 kg	20 kg
Buy-out Run	2.5 km	—	—	—	—

Wall ball target is by the athlete's own gender, not division: 3.00 m for men, 2.70 m for women.

General rules

- Stay with your partner at all times: start and end every run together, enter and leave every station together. During the Farmer Carry, you have to be shadowing each other, no more than 1.5m apart, **ALL THE TIME**.
- Split station work as you like – except the Sandbag Carry & Throw, each team **MUST** perform the 20 reps **IN SYNCHRO**.
- A judge call is final – no arguing mid-race.
- Only Organizer equipment on the floor, and only the personal items listed under Equipment are permitted.
- Judges' calls are final. To appeal, please approach the Head Judge after you have completed the entire competition sequence.

Equipment

Required: Bib (visible start to finish) · Ankle timing tag (worn the whole race, handed in at the finish — no tag, no medal or certificate) · Closed athletic shoes

Allowed: Knee sleeves · Compression wear · Sports watch or heart-rate monitor (no outside communication) · Hydration packs and gels · Chalk (provided at the Farmer Carry station only)

Not allowed: Gloves · Hand tape · Wrist wraps or straps · Weightlifting belt · Weighted vests or backpacks · Headphones, earbuds or phones · Cameras · Grip aids (resin, stickum, oil, lotion) · Lifting straps or hooks · Tape or marks on station equipment

Movement standards

Station	Standard
Farmer Carry	Athletes should stay behind each other, shadowing each other at all times, no more than 1.5m apart. To switch, athletes may put down the weights, or swing them backwards to their partner. No dropping or slamming of the kettlebells.
Burpee Over Object	Chest to ground, jump over the object without touching it – stepping over WILL NOT COUNT . Split the REPS however you like. For any NO REP, the athlete must redo the whole burpee with the jump.
Wall Balls	Rep begins with squat below parallel, hip crease below the knees. One single motion (no pause), hit the designated target. Any NO REP, the athlete must redo the whole movement from the beginning.
Sit-Ups	Butterfly sit-up: Rep starts with both hands touching the floor above the head (not the shoulders) and ends when both hands touch the floor in front of the legs.
Rowing	Please remain seated on the machine to finish the 1000 m until the judge gives you the call to leave. Leaving the machine before the judge's call may result in a 15-second penalty.
Sandbag Carry & Throw	BOTH athletes MUST stay on the same side of the barrier at all times, and have to perform the throw together. If any athlete performs the repetition alone, the rep WILL NOT COUNT .

Penalties

Standard penalty: 15 seconds, added to finish time. The Head Judge confirms every disqualification (DQ).

Violation	Consequence
Partners separated on a station or run	15s; return and re-enter together
Cutting the course or skipping a marker	2 min; complete the missed distance
Farmer Carry gap over 1.5m	15s, after first warning
Dropping or slamming a kettlebell from a height	15s, after first warning
Skipping distance or reps	2 min; complete the missed work
Banned equipment	1 min, item removed; DQ for grip aids, straps, or an unfair-advantage item
Ankle timing tag not worn or not returned	No finisher medal or certificate
Leaving the rower before being cleared	15s, applied IMMEDIATELY
Starting before the official signal	15s; DQ on repeat
Ignoring a judge's call	15s; DQ on repeat
Coaching, assisting, or obstructing another team	DQ
Violence toward an athlete, judge, or staff	Immediate DQ

Judging & disputes

- Judges are trained and aligned on the same standards. Their calls on reps and time are final. To appeal, please approach the Head Judge after you have completed the entire competition sequence. Post-race disputes go to registration@beirutmarathon.org
- Weather stoppage affecting a heat or the event: Head Judge and Race Director decide on the day.
- Medical stoppage for one team: resume once cleared, clock paused during the stop.