



Battle Cancer Scoring Processes

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Coach's Pass

All teams are eligible for a Coach's Pass, allowing you to bring a dedicated coach into your lane to assist with counting reps and self-scoring.

Coach's Guidelines:

- The coach must remain in your lane at all times during the challenge.
- Their sole role is to assist your team in counting and scoring only—they cannot contribute to any reps.
- They cannot interfere with another team's scoring, lane, or equipment.

How to Get a Coach's Pass:

- Inform the Registration Team upon check-in.
- Your coach will receive a wristband to grant them access to the competition floor.



Challenge Division Team Self-Scoring Process 2025

1. Pre-Event Preparation:

Carefully review the Challenge Flow and Movement Standards to ensure you understand the movements and any specific rules for the workout. Find these in the 'Workout' tab on the Competition Corner event page.

Note! You will receive a short athlete briefing and guided warm-up on the day, but please come prepared. Don't rely solely on this briefing as we do not have time to go into every detail :)

2. Collect and Fill Out Your Scoreboard:

At registration on the day, each Challenge team will receive a teamboard and scoreboard. Bring it to the floor with you. For each station, count your reps and complete the scoreboard along with the following information:

- Your team name
- Your category (Challenge)
- Your fundraising total

3. Communicate with Your Assigned Judge:

On the day, approach the judge assigned to your lane before the station's work begins and ask any questions you have about the movement or standards. Inform the judge if your team plans to use any modifications, and discuss these with them. The judge will assist you in determining appropriate modifications.

Note! Depending on the station, there may not be 1 judge per lane. In some stations such as the bike, ski and row, the judge may be assigned multiple lanes. If your assigned judge is busy with another team and you need help, speak to the station lead.

5. Do the Movement!

Follow the station standards and guidelines as discussed with your judge. Record your performance accurately on the scorecard.

6. Validation by Judge:

After completing the station, hand over your completed scoreboard to your assigned judge. The judge will review your scoreboard to ensure it is correctly filled out and validate your scores based on your performance.

7. Keep your scoreboard with you:



Take your scoreboard to the next station. Ensure that all relevant details on the scorecard are legible and complete.

8. Submit your scoreboard at the end of your challenge:

At the end of your 90-minute challenge when all stations have been completed, hand your filled-out scoreboard to the scoring team. The scoring team will then compile and record all scores and make them available to view on our live leaderboard.

Your scoreboard will look like this:

You'll be given a marker to keep track of your reps.

CHALLENGE DIVISION		MALE	FEMALE	MIXED
COMPETE DIVISION		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
01	BIKE			
	METERS FROM BOTH BIKES COMBINED			
02	SYNCHRO BOX STEP UPS			
	SYNCHRO REPS			
03	SYNCHRO DEADLIFT			
	SYNCHRO REPS			
04	SKI ERG			
	METERS FROM BOTH SKIS COMBINED			
05	SYNCHRO BURPEE			
	SYNCHRO REPS			
06	SYNCHRO DUMBBELL SNATCH			
	SYNCHRO REPS			
07	ROW			
	METERS FROM BOTH ROWERS COMBINED			
08	SYNCHRO AMERICAN KETTLEBELL SWING (CHALLENGE DIVISION) / HEAVY ROPE SINGLE SKIP (COMPETE DIVISION)			
	SYNCHRO REPS / SKIPS			
09	SYNCHRO SANDBAG OVER SHOULDER			
	SYNCHRO REPS			
TOTAL REPS:				

Important Disclaimer Regarding Fair Play and Honesty

At Battle Cancer, we take pride in offering a fair and enjoyable fitness challenge for all participants. To maintain the spirit of fairness and honesty, we kindly request the following:

Trust and Integrity:

We trust that our Challenge teams are here to have fun, compete with integrity, and showcase their skills honestly. We kindly ask all participants to uphold the values of fair play, sportsmanship, and honesty throughout the event.



Score Thresholds:

We have implemented specific score thresholds in Competition Corner to prevent impossible scores. These thresholds are in place to ensure a level playing field for all teams.

Watchful Eyes:

Please note that your assigned judge, as well as the station lead, will be closely monitoring reps and adherence to standards throughout the workout. They are here to ensure fairness and accuracy.

We appreciate your cooperation and dedication to maintaining the integrity of our competition. Let's come together to celebrate fitness and fundraising at Battle Cancer. Thank you for being part of this event!



Compete Division Team Self-Scoring Process 2025

1. Pre-Event Preparation:

Carefully review the Challenge Flow and Movement Standards to ensure you understand the movements and any specific rules for the station. Find these in the 'Workout' tab on the Competition Corner event page.

Note! You will receive a short athlete briefing and guided warm-up on the day, but please come prepared. Don't rely solely on this briefing as we do not have time to go into every detail :)

2. Collect and Fill Out the Scoreboard:

At registration on event day, each Compete team will receive a teamboard and scoreboard. Bring it to the floor with you. For each station, count your reps and complete the scoreboard along with the following information:

- Your team name
- Your category (Compete)
- Your fundraising total

3. Assigned Judge:

You will have an assigned judge for your team. This judge will be responsible for ensuring strict adherence to standards and recording your scores accurately. You'll have the opportunity to clarify standards with your judge in your lane.

Note! Depending on the station, there may not be 1 judge per lane. In some stations such as the bike, run and row, the judge may be assigned multiple lanes. If your assigned judge is busy with another team, speak to the station lead instead.

4. No Modifications Allowed:

Unlike the Challenge Division, no modifications are allowed in the Compete Division. All movement standards must be performed as prescribed.

5. Do the Work!

Follow the station standards and guidelines as discussed with your judge. Record your performance accurately on the scorecard.

6. Validation by Assigned Judge:



After completing the workout, remain with your judge for score validation. Your judge will review the recorded scores with your team to ensure they are correct and aligned with your performance during the workout.

7. Keep your scoreboard with you:

Take your scoreboard to the next station. Ensure that all relevant details on the scorecard are legible and complete.

8. Submit your scoreboard at the end of your challenge:

At the end of your 90-minute challenge when all stations have been completed, hand your filled-out scoreboard to the scoring team. The scoring team will then compile and record all scores and make them available to view on our live leaderboard.

Your Scoreboard Will Look Like This:

You'll be given a marker to keep track of your reps.

BATTLE CANCER							
[Name Field]							
CHALLENGE DIVISION	<input type="checkbox"/>	MALE	<input type="checkbox"/>	FEMALE	<input type="checkbox"/>	MIXED	<input type="checkbox"/>
COMPETE DIVISION	<input type="checkbox"/>						
01	BIKE					METERS FROM BOTH BIKES COMBINED	
02	SYNCHRO BOX STEP UPS					SYNCHRO REPS	
03	SYNCHRO DEADLIFT					SYNCHRO REPS	
04	SKI ERG					METERS FROM BOTH SKIS COMBINED	
05	SYNCHRO BURPEE					SYNCHRO REPS	
06	SYNCHRO DUMBBELL SNATCH					SYNCHRO REPS	
07	ROW					METERS FROM BOTH ROWERS COMBINED	
08	SYNCHRO AMERICAN KETTLEBELL SWING (CHALLENGE DIVISION) / HEAVY ROPE SINGLE SKIP (COMPLETE DIVISION)					SYNCHRO REPS / SKIPS	
09	SYNCHRO SANDBAG OVER SHOULDER					SYNCHRO REPS	
TOTAL REPS:		[Total Reps Field]					



Important Disclaimer Regarding Fair Play and Honesty

At Battle Cancer we take pride in offering a fair and enjoyable fitness competition for all Compete Division participants. To maintain the spirit of fairness and honesty, we kindly request the following:

1. Trust and Integrity:

We trust that our Compete Division teams are here to demonstrate athleticism with the utmost integrity. We kindly ask all participants to uphold the values of fair play, sportsmanship, and honesty throughout the event.

2. Score Thresholds:

We have implemented specific score thresholds in Competition Corner to prevent impossible scores. These thresholds are in place to ensure a level playing field for all Compete Division teams.

3. Strict Judging:

Please note that your assigned judge will enforce strict adherence to workout standards. Your judge is here to ensure fairness and accuracy and will give no reps after a fair warning if standards are not met.

We appreciate your cooperation and dedication to maintaining the integrity of our competition. Thank you for being part of our event!