

11-13

STRONG HEARTS, STRONGER COMPETITION!

MADRID
OCTOBER
2024



STRONG SPIRIT'S GAMES



Regulation

Holding of the International Comprehensive Competitions for War Veterans
"Strong Spirit's Games 2024"

Date: October 11, 2024

Location: Madrid, Spain, Las Rozas de Madrid

Schedule

October 10, 2024

Arrival day.

18:00 - Medical committee and credentials committee.

October 11, 2024

9:00 - Start of competitions.

21:00 – Gala dinner.

October 12, 2024

Visiting the "Arnold Classic Europe" festival.

October 13, 2024

Tours around Madrid.

October 14, 2024

Departure day.

Types of sports



Bench Press for Maximum Weight (Paralympic Bench).

Athletes are divided into girth categories (judges measure the chest circumference).

Men: 80 cm; 90 cm; 100 cm; 110 cm; 120 cm; over 120 cm. Women: 80 cm; 90 cm; 100 cm; over 100 cm.

Categories of nosology groups: H1, H2, W1/W0, N1/N1.1, N2, R1 (console press).

The athlete who secures the heaviest barbell weight in kilograms across three attempts is the winner.



Bench Press for Repetitions.

Athletes are divided into girth categories (judges measure the chest circumference).

Men: 80 cm; 90 cm; 100 cm; 110 cm; 120 cm; over 120 cm. Women: 80 cm; 90 cm; 100 cm; over 100 cm.

Categories of nosology groups: H1, H2, W1/W0, N1/N1.1, N2, R1 (console press).

The athlete who records the highest number of barbell press repetitions wins.

Men						
Categories	80 sm	90 sm	100 sm	110 sm	120 sm	+120 sm
H1	60 kg	60 kg	70 kg	70 kg	80 kg	80 kg
H2	50 kg	50 kg	60 kg	60 kg	70 kg	70 kg
W1/W0	50 kg	50 kg	60 kg	60 kg	70 kg	70 kg
N1/N1.1	60 kg	60 kg	70 kg	70 kg	80 kg	80 kg
N2	50 kg	50 kg	60 kg	60 kg	70 kg	70 kg
R1	30 kg	30 kg	35 kg	35 kg	40 kg	40 kg

Women					
Categories	80 sm	90 sm	100 sm	+100 sm	
H1	30 kg	30 kg	40 kg	40 kg	
H2	20 kg	20 kg	30 kg	30 kg	
W1/W0	20 kg	20 kg	30 kg	30 kg	
N1/N1.1	30 kg	30 kg	40 kg	40 kg	
N2	20 kg	20 kg	30 kg	30 kg	
R1	15 kg	15 kg	20 kg	20 kg	



Airbike.

The participant who first completes 50 kcal wins, with a time limit of 2 minutes (if the time limit is exceeded, the judges record the number of meters).

Nosology group categories: H1, H2, N1, N1.1, N2, R1, R2



Concept2 Rowing Machine.

Distances: 100 meters, 500 meters.

Team rowing (team of 4 people in groups: men/women/mixed 2+2) for a duration of 100 seconds.

Nosology group categories: H1, H2, N1, N1.1, N2, R1, R2, W1, W0.



Kettlebell Snatch.

The participant who records the highest number of repetitions within a 2-minute time limit wins.

Men H1, H2, R1 – kettlebell weight 24 kg.

Women H1, H2, R1 – kettlebell weight 16 kg.

Men N1 - kettlebell weight 16 kg.

Women N1 - kettlebell weight 8 kg.

Men N2, W1 – perform a seated double kettlebell press of 16 kg each with back support.

Women N2, W1 – perform a seated double kettlebell press of 8 kg each with back support.



Strongman.

Participants in category H1 will be able to compete in the strongman events on October 13.

Exercise	Up to 80 kg	80-95 kg	95-110 kg	+110 kg
Tyre flip 320 kg for time	3 reps for 60 sec.	4 reps for 60 sec.	5 reps for 60 sec.	6 reps for 60 sec.
Log-lift for reps	70 kg for 60 sec.	90 kg for 60 sec.	100 kg for 60 sec.	110 kg for 60 sec.
Farmer`s walk for time	100 kg for 30 m.	100 kg for 40 m.	110 kg for 40 m.	120 kg for 40 m.
Axel deadlift for reps	160 kg for 60 sec.	170 kg for 60 sec.	190 kg for 60 sec.	210 kg for 60 sec.

Competition Participants

Participant categories: men and women; veterans whose status is confirmed by the organizing committee of the sending country.

Restriction groups:

R1 – amputation or severe trauma of one hand (minor injuries to both hands);
R2 – amputation or severe trauma of both hands;
N0 – minor trauma to one leg (minor injuries to both legs) – no mobility restrictions;
N1 – amputation (below the knee) or severe trauma to one leg (restricted mobility on legs);
N1.1 – amputation (above the knee) of one leg;
N2 – amputation or severe trauma to both legs (restricted mobility on legs);
W0 – spine injuries affecting walking;
W1 – athlete in a wheelchair or spinal injury related to mobility;
H1 – nearly healthy athletes with minor injuries and wounds;
H2 – athletes without amputations or severe injuries but with significant damage to internal organs.

AWARDS

1st place – trophy + medal

2nd place – medal

3rd place – medal

Registration by August 15, 2024.

Travel and accommodation expenses are covered by the sending organizations.

Each participant receives: a participation diploma, a festival entry bracelet for three days for two people, a personalized T-shirt from the organizers, promotional products from our partners, and medical insurance for the day of the competition in case of injury.

Participants are allowed to wear branded clothing from their own sponsors (shorts, belt, cap, socks). The T-shirt from the organizers must be worn during the execution of exercises. During warm-up, participants can wear clothing from their personal sponsors.

At the opening ceremony and the awards ceremony, athletes are allowed ONLY with the flags of the countries they represent!!!