FIT21 Winter Games 2026 – Competition Rulebook

Event Information

Event: FIT21 Winter Games 2026
Date: December 5–6, 2026
Location: Tirana, Albania
Organizer: FIT21

Divisions

Male/Male Elite – Team of 2 male athletes
Male/Female Elite – Team of 1 male and 1 female athlete
All athletes must be at least 18 years old on the first day of competition.

Registration

• Registration fee: €140 per team
• Registration is confirmed only after payment is received.
• Registration fees are non-refundable unless the event is canceled by the organizer.
• Athlete substitutions may be allowed up to a date determined by the organizer.

Competition Format

The competition will consist of multiple scored events across two days.
Workouts may include weightlifting, gymnastics, monostructural conditioning, team-based events, and skill-based challenges.
Event details will be released before the competition at the organizer's discretion.

Equipment Standards

Athletes should be prepared to use barbells, bumper plates, pull-up rigs, rings, rowers, Echo Bikes, kettlebells, dumbbells, and jump ropes.
Official movement standards will be released before the event.

Judging

• Each team will be assigned a judge.
• The judge's scorecard is the official score.
• Athletes are responsible for meeting movement standards.
• No-reps may be issued for failure to meet standards.

Appeals

Appeals may only be submitted by a team member within 15 minutes of scores being posted. Video evidence from athletes will not be considered unless specifically requested by the Head Judge. The Head Judge's decision is final.

Athlete Conduct

Athletes must demonstrate good sportsmanship and respect judges, volunteers, spectators, and fellow competitors. Unsportsmanlike conduct may result in penalties or disqualification.

Safety

Athletes compete at their own risk. All participants must sign the event waiver. The organizer reserves the right to stop any athlete from competing if safety is a concern.

Media Release

By participating, athletes grant FIT21 Winter Games permission to use photographs and videos taken during the event for promotional purposes.

Final Authority

FIT21 Winter Games reserves the right to modify event formats, schedules, standards, or rules when necessary to ensure a fair and safe competition.