

TITAN BATTLE

OFFICIAL RULEBOOK

Competition Standards, Movement Rules & Event Operations



TITAN

BATTLE

COMPETITION FORMAT

SECTION 1 — TITAN BATTLE FORMAT

Titan Battle is an elite 2v2 strength competition featuring multiple elimination rounds, official movement standards, and head-to-head competitive formats.

All Titan Battle events operate under official judging, operational standards, and competition regulations.

SECTION 2 — OFFICIAL FORMATS

Titan Battle currently operates under two official competition formats:

- **NEMESIS**
Indoor competition format featuring signature Titan equipment including the Titan Hammer and Titan Shield.
- **SANDTRAP**
Outdoor sand-based competition format featuring signature events including Truck Pull and Titan's Beam.

SECTION 3 — ROUND STRUCTURE

Titan Battle competitions currently feature five official rounds:

- Round 1 — Time Trials
- Round 2 — Workout 2
- Quarterfinal
- Semi-Final
- Final

Each round operates under official judging and competition standards.

SECTION 4 — ADVANCEMENT & QUALIFICATION

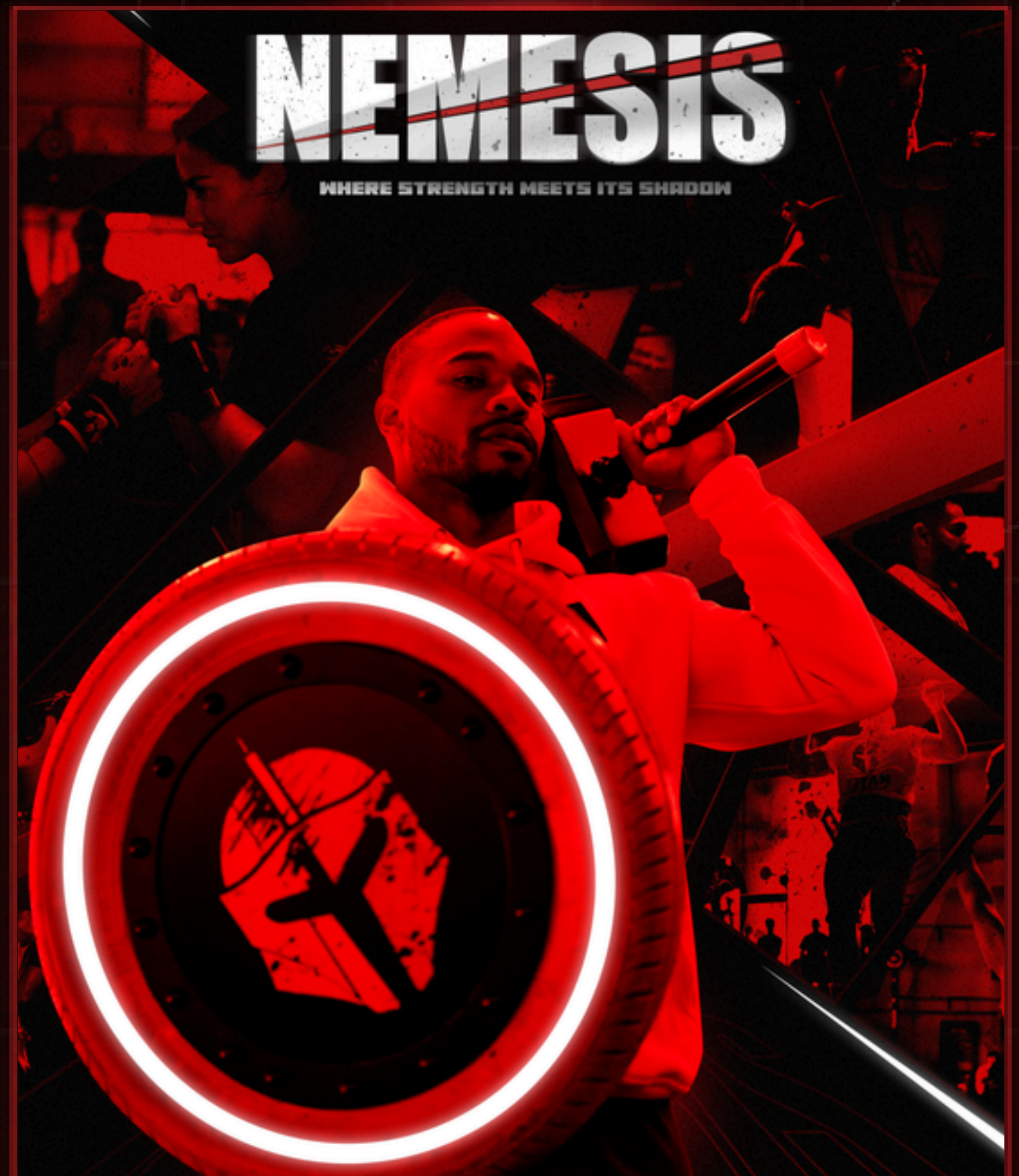
- All teams compete in both Round 1 and Round 2
- Combined placements from both rounds determine official qualification standings
- The top 8 teams advance into elimination rounds
- Advancement decisions are finalized by official judges and event operations

SECTION 5 — DIVISIONS & TEAM STRUCTURE

- Titan Battle currently operates under the Titan Division
- All teams consist of two athletes
- Competitions currently operate without weight classes
- All official Titan Battle competitions follow team-based competitive formats

SECTION 6 — OFFICIAL STANDARDS

- All rounds operate under official movement standards and judging criteria
- Judges maintain authority over all competition rulings
- Official penalties, no-reps, and disqualifications may be applied throughout all rounds
- Athlete safety and operational fairness remain priorities throughout competition operations



PULL-UP & DIP MOVEMENT STANDARDS

SECTION 1 — PULL-UP STANDARDS

- Athletes must begin each repetition from a full dead hang position
- The chin must clearly pass over the horizontal plane of the bar
- Full control must be maintained throughout each repetition
- Kipping, butterfly movement, or momentum-assisted repetitions are prohibited
- Excessive swinging or uncontrolled body movement is prohibited
- Only standard wrist straps are permitted. Lifting grips and assistance equipment are prohibited.

SECTION 2 — PULL-UP NO-REPS

No-repetitions may include:

- Failure to reach full dead hang position
- Chin failing to clearly pass over the bar
- Kipping or momentum-assisted repetitions
- Excessive swinging or loss of control
- Use of prohibited assistance equipment
- Teammate assistance during active repetitions

SECTION 3 — DIP STANDARDS

- Athletes must reach a minimum depth of 90 degrees at the elbow joint
- Athletes may descend below the minimum depth requirement without penalty
- Repetitions must remain strict and controlled throughout movement
- Kipping, leg drive, or momentum-assisted repetitions are prohibited

SECTION 4 — DIP NO-REPS

No-repetitions may include:

- Failure to reach minimum depth requirements
- Failure to achieve full lockout
- Kipping or momentum-assisted repetitions
- Leg drive or lower body assistance
- Uncontrolled or unsafe movement execution
- Teammate assistance during active repetitions

SECTION 5 — OFFICIAL JUDGING

- Judges maintain authority over all movement standard rulings. Judges may issue no-repetitions immediately during active competition
- All athletes are judged under the same official movement standards
- Safety and movement integrity remain priorities throughout competition operations



DEADLIFT & CARRY MOVEMENT STANDARDS

SECTION 1 — DEADLIFT STANDARDS

- Athletes must reach full upright lockout at the top of each repetition
- Knees and hips must fully extend before the repetition is counted
- Athletes must demonstrate clear upright control at lockout
- Touch-and-go repetitions are permitted
- Bouncing repetitions are permitted
- Wrist straps, lifting grips, and assistance equipment are prohibited during all Titan Battle movements

SECTION 2 — DEADLIFT NO-REPS

No-repetitions may include:

- Failure to fully extend the knees and hips
- Failure to achieve upright lockout position
- Use of prohibited assistance equipment
- Unsafe or uncontrolled movement execution
- Teammate assistance during active repetitions

SECTION 3 — CARRY STANDARDS

Carry standards include:

- Carry implements must remain controlled throughout movement
- Carry implements may not touch the ground during active movement
- Athletes must remain within official lane boundaries throughout movement
- Both feet must clearly cross the designated finish line

SECTION 4 — SHIELD CARRY STANDARDS

- The Titan Shield must be carried using a single-arm shoulder carry position
- The shield must remain supported across the forearm and shoulder
- The shield may not rest against the head or neck during movement
- Partner assistance during shield pickup or active movement is prohibited

SECTION 5 — HAMMER CARRY STANDARDS

- The Titan Hammer must remain in a fully upright carry position throughout movement
- The hammer may not lean against the shoulder or upper body during active movement
- Tilting the hammer during active movement is prohibited
- Dragging or resting the hammer on the ground is prohibited
- Partner assistance during active movement is prohibited
- Loss of control during active movement may result in penalties or no-repetitions



HAMMER CARRY STANDARDS



UPRIGHT POSITION
REQUIRED

APPROVED

GRIP FROM STRAP
AREA ONLY

TILTING PROHIBITED

TITAN'S BEAM MOVEMENT STANDARDS

SECTION 1 – TITAN'S BEAM FORMAT

Titan's Beam is a head-to-head rotational pushing event featuring two opposing teams competing on a shared rotating beam system. Both teams apply forward pressure against the beam while attempting to advance position and complete a full lap around the beam axis.

SECTION 2 – OBJECTIVE

- Teams must attempt to complete one full lap around the beam system
- A team may also win by overtaking the opposing team's position
- The event operates under an official 5-minute time cap
- If no full lap or overtake occurs, the team with the greatest total distance wins

SECTION 3 – MOVEMENT STANDARDS

- Athletes must remain facing forward throughout active movement
- Turning the back toward the beam during active movement is prohibited
- Athletes must maintain active hand contact with the beam during competition
- Forward pressure and controlled movement must be maintained throughout the event
- Teams must maintain control of movement during rotational advancement

SECTION 4 – PROHIBITED ACTIONS

- Grabbing opposing athletes is prohibited
- Pulling clothing or equipment is prohibited
- Dangerous or reckless contact is prohibited
- Striking, tripping, or intentional unsafe behavior is prohibited
- Unsportsmanlike conduct may result in penalties or disqualification

SECTION 5 – FALLS & LOSS OF CONTROL

- Athletes may continue competition after temporary loss of position if movement continues safely
- Teams losing control and allowing the opposing team to complete an overtake may lose the event immediately
- Unsafe movement or dangerous loss of control may result in official stoppage

SECTION 6 – OFFICIAL STANDARDS

- Judges maintain authority over all movement standard rulings
- Judges may stop active competition for safety concerns
- All teams compete under the same official Titan's Beam standards
- Safety and competitive integrity remain priorities throughout competition operations



CHAINBREAKER MOVEMENT STANDARDS

SECTION 1 – CHAINBREAKER FORMAT

Chainbreaker is a head-to-head resistance pulling event featuring opposing athletes connected through a central resistance system. Athletes must pull themselves toward their teammate while resisting the opposing team's pull force.

SECTION 2 – OBJECTIVE

- Athletes must cross the designated finish line to secure victory
- Both teams compete simultaneously under active resistance
- The event operates under an official time cap
- If no team crosses within the time cap, the team with the greatest total advancement wins

SECTION 3 – MOVEMENT STANDARDS

- Athletes must maintain active forward progression throughout competition
- Running and aggressive forward movement are permitted
- Athletes may recover from temporary falls if movement safely continues
- Athletes must remain attached to the official resistance system throughout the event
- Teams must maintain active effort during all live competition phases

SECTION 4 – PROHIBITED ACTIONS

- Grabbing or obstructing opposing athletes is prohibited
- Removing or tampering with official harness systems is prohibited
- Dangerous or reckless contact is prohibited
- Intentional lane interference is prohibited
- Unsportsmanlike conduct may result in penalties or disqualification

SECTION 5 – LOSS OF CONTROL & SAFETY

- Temporary falls do not automatically stop competition
- Unsafe entanglement or dangerous loss of control may result in official stoppage
- Judges may pause the event for athlete safety concerns
- All athletes must follow official judge instructions immediately



OVERHEAD PRESS & SANDBAG OVER YOKE STANDARDS

SECTION 1 – OVERHEAD PRESS STANDARDS

- Athletes must fully lock out the movement overhead before the repetition counts
- Knees and hips must remain controlled throughout movement execution
- Strict overhead movement standards must be maintained throughout each repetition
- Athletes must demonstrate clear control at full overhead lockout
- Momentum-assisted movement may result in no-repetitions
- Wrist straps, lifting grips, and prohibited assistance equipment are not permitted

SECTION 2 – OVERHEAD PRESS NO-REPS

No-repetitions may include:

- Failure to achieve full overhead lockout
- Uncontrolled or unsafe movement execution
- Momentum-assisted repetitions
- Incomplete movement standards
- Use of prohibited assistance equipment
- Teammate assistance during active repetitions

SECTION 3 – SANDBAG OVER YOKE STANDARDS

- The sandbag must begin each repetition from the ground
- The sandbag must clearly pass over the yoke structure for the repetition to count
- Athletes may transfer the sandbag underneath the yoke between teammates during active movement
- Teams must maintain controlled movement throughout the event
- The sandbag may not intentionally bypass official movement requirements

SECTION 4 – SANDBAG OVER YOKE NO-REPS

No-repetitions may include:

- Failure to clearly pass the sandbag over the yoke
- Failure to begin the repetition from the ground
- Unsafe or uncontrolled movement execution
- Intentional movement bypass or lane violations
- Unsportsmanlike conduct during active movement

SECTION 5 – MOVEMENT CONTROL & SAFETY

- Athletes must maintain safe and controlled movement throughout all repetitions
- Judges may stop unsafe movement immediately
- Equipment control must remain consistent throughout competition
- Athlete safety remains a priority during all Titan Battle events



TRUCK PULL MOVEMENT STANDARDS

SECTION 1 – TRUCK PULL FORMAT

Truck Pull is a head-to-head resistance pulling event featuring two athletes attached to a shared truck system through official harness equipment. Teams must generate forward movement by pulling the truck toward the designated finish area using coordinated effort and rope control.

SECTION 2 – OBJECTIVE

- Teams must pull the truck to the designated cone marker or finish area
- Both athletes compete simultaneously while attached to the same truck system
- The event operates under an official event time cap
- If no team reaches the finish area, the team with the greatest total advancement wins

SECTION 3 – MOVEMENT STANDARDS

- Athletes must remain attached to the official harness system throughout the event
- Hand-over-hand rope pulling is permitted during active movement
- Controlled forward progression must be maintained throughout the event
- Athletes may stop movement temporarily during active competition
- Both athletes must remain within official lane boundaries during movement

SECTION 4 – PROHIBITED ACTIONS

- Intentional lane interference is prohibited
- Removing official harness equipment during competition is prohibited
- Dangerous or reckless movement may result in penalties or stoppage
- External physical assistance is prohibited
- Unsportsmanlike conduct may result in penalties or disqualification

SECTION 5 – FINISH & EVENT CONTROL

- Teams complete the event once the truck reaches the designated finish area
- Official judges determine final completion and finish validity
- Competition may be stopped immediately for safety concerns
- All teams compete under the same official Truck Pull standards



JUDGING & VIDEO REVIEW

SECTION 1 — OFFICIAL JUDGING

- All Titan Battle competitions operate under official judging standards
- Judges maintain authority over movement rulings, repetitions, and competition flow
- Athlete safety and competition integrity remain priorities throughout all events
- Official rulings may include no-repetitions, penalties, or event stoppages

SECTION 2 — VIDEO RECORDING REQUIREMENTS

- Official video recording must remain active throughout all competition heats
- Recording devices must clearly capture athlete movement standards and repetitions
- Event operations may utilize video footage for movement verification and review
- Judges and event staff maintain authority over official recording procedures

SECTION 3 — VIDEO REVIEW PROCEDURES

- Official video footage may be reviewed during disputed rulings or movement concerns
- Replay review may be used to verify repetitions, lane violations, or event completion
- Event leadership maintains final authority over all reviewed competition footage
- Video review decisions remain official once finalized by event operations

SECTION 4 — ATHLETE RESPONSIBILITY

- Athletes are expected to follow official judge instructions immediately
- Unsportsmanlike conduct toward judges or event staff is prohibited
- Disputes must be handled through official competition procedures
- Athletes remain responsible for maintaining movement standards during all rounds

SECTION 5 — COMPETITION INTEGRITY

- Titan Battle operates under standardized movement and judging systems
- All teams compete under the same official event standards
- Official judging and replay review systems exist to maintain competitive fairness
- Event integrity and operational professionalism remain priorities throughout all Titan Battle competitions

