

RULES OF THE ROCKY GAMES

COME AND PLAY

**#GAYGAMES
#PARIS2018**

#ROCKYPUMPS

#ROCKYRUNS

#ROCKYCHECK

#ROCKYJUMPS

#ROCKYBALLS

#ROCKYSINGS

FUNNY
& SEXY
GAMES
AROUND
BOXING

ROCKY GAMES



**FRIDAY 10th AUGUST
INSTITUT DU JUDO**



AN EVENT ORGANIZED FOR THE GAY GAMES BY PANAME BOXING CLUB

On the occasion of the 10th Gay Games - Paris 2018, the Paname Boxing Club organizes a funny and sport games competition titled "ROCKY GAMES". Participation in these games implies the approval and the respect of the following rules.

TEAMS

The participation in the Rocky Games (RG) is by pairs.

The pairs will be defined by random draw before the beginning of the tests according to the people registered and present for the competition.

Each participant will compete according to the gender defined at the time of registration : Male / Male, Male / Female or Female / Female.

The pairs created will have to find the "name" of their team which they must indicate to the person(s) responsible(s) organization(s).

REFEREES

RG referees agree to judge the events impartially according to the point scale defined for each event. Each pair can not include more than one referee or organization manager. The referees undertake on their honor not to cheat and to favor or disadvantage any team under pain of being disqualified from the RG. They ensure the proper conduct of the tests, count the points, time and perform the ranking of the pairs by tests they submit to the organizers.

They may make a warning if a team does not comply with some of the rules set out or does not respect the basic rules of decency and fair play.

After more than three warnings to a team, they may submit their exclusion to organization leaders.

RESPONSIBLE ORGANIZATION

The RG Organizing Manager (s) is appointed from among the organization members of the Gay Games - Paris 2018 (Paname Boxing Club). It (s) has the power to disqualify or exclude referees and pairs who do not comply with the rules of the GR or the basic rules of good conduct of this kind of event. It (s) ensure (s) the cohesion and good performance of GR. It is him (they) who collect (the) points obtained by the pairs after each test that him (their) transmit them the referees.

He (they) may participate in the RG but must not be in a team with an arbitrator or another member of the organization.

ALLOCATION OF POINTS

For each successful event, a point scale is set up. The pair arriving at the top of the event wins the maximum points. The second, third, fourth and fifth pairs win points defined by a scale for each event. In case of a tie, the pairs win the number of points defined by their ranking. The following pairs are downgraded.

For example, if a pair arrives in 1st place and two pairs are tied for 2nd place, the winning pair wins the points awarded to the first, the 2 tied pairs win each points of the second place, however, the The pair that follows does not win the 3rd place points but those of the 4th place.

In case of proven cheating or breach of the rules, the pair is disqualified from the event and receives no points from it.

A referee's warning during an event has no effect on the awarding of points, however, in case of repeated warning (more than 3 times), the team may be disqualified by the organizers and will not receive any points on this event.

RANKING

The final ranking takes into account all the points obtained by the pairs during the events. The pair with the most points in all the events is considered to be the winner.

In the event of a tie, the organizers meet to look at the results obtained by the pairs and to decide on the order to be given in order to decide on a tie (for example: those who have been the most regular or who have won the most tests)

EVENTS

The tests are done one after the other. At least 2 referees must follow the course of each event and ensure the end of it in accordance with the rules. Before each new event, they state the pairs, the rules of the event and the scale.

GAME 1/ “ ROCKY JUMP ”

1. RUN OF THE EVENT

- Each member of the pair comes together, each holds a skipping rope.
 - At the top start of the referee, the two teammates of the pair have to jump rope freely while holding as long as possible.
 - Referees count the time of each player.
 - Players have the right to 4 rope stops and therefore 4 direct hits. At the 5th stop, the player's time is stopped and counted. The 2nd must continue to jump.
 - The times of the two teammates are thus accumulated and give the overall time of the team.
 - A certain rhythm is required, if the pairs do not jump quickly enough a warning or a disqualification can be held against them.
- The maximum duration of the test is set at 3'30 minutes. a maximum total of 7 'per pair.
- The ranking is done by totaling the times of the binomials from the longest to the shortest.

- The number of stops per pair must be counted. It will be taken into account in case of equality between pairs. In this case, an advantage will be granted to the pair having made the least number of stops.

2. SCALE POINTS

The ranking is based on the time obtained.

- o 1st place: 10 pts
- o 2nd place: 8 pts
- o 3rd place: 6 pts
- o 4th place: 4 pts
- o 5th place: 2 pts
- o the following pairs: 0 pt

EPREUVE 2 / " ROCKY COURT "

1. RUN OF THE EVENT

- Perform in a minimum of time a boxing type exercise relay between the two teammates.
- Starting point determined by the organization managers via a "DEPART" panel:
 - o the first player of the pair wears a boxing over-shorts which will be given by the referee
 - o Exercise 1: The player jumps one foot after the other in hoops to reach the last
 - o exercise 2: 10 jumps with feet together in a tire being specified that a jump corresponds to an entry and a exit of the tire
 - o Exercise 2: 10 strong left / right fists in a bag, with the stipulation that a blow corresponds to a left punch and a right punch
 - o Exercise 3: 10 punches whipped front / back against a bag being specified that a shot corresponds to a whipped before and a whipped back
- The first player has finished his race and must pass the baton to his teammate.
 - o he must remove the over-court and pass it to his teammate
 - o None of the players has the right to remove their gloves
- The 2nd teammate's run is the reverse of the 1st:
 - o Exercise 1: 10 punches whipped front / back against a bag being specified that a shot is a whipped before and a whipped back
 - o Exercise 2: 10 strong left / right fists in a bag, with the stipulation that a blow corresponds to a left punch and a right punch
 - o exercise 3: 10 jumps with feet together in a tire being specified that a jump corresponds to a tire entry and exit
 - o Exercise 4: The player jumps one foot after the other in hoops to reach the last one.
 - o once the last exercise has been completed, he runs to touch the "ARRIVAL" sign with a glove.
- The stopwatch starts as soon as the 1st team-mate removes his glove from the "DEPART" board and is stopped as soon as the 2nd team-mate touches the "ARRIVAL" sign with one of his glove.

- In case of abandonment en route. the team is disqualified from the event.
- The classification is made according to the times achieved by the team for the event from the fastest to the longest.

3. SCALE POINTS

The ranking is based on the time obtained.

- o 1st place: 10 pts
- o 2nd place: 8 pts
- o 3rd place: 6 pts
- o 4th place: 4 pts
- o 5th place: 2 pts
- o the following pairs: 0 pt

EPREUVE 3 / “ ROCKY CHANTE “

1. RUN OF THE EVENT

- a. Have your teammate guess a maximum of songs you hear in headphones singing, humming, miming, etc. with its tooth protector in the mouth.
- b. Each player participates one after the other.
- c. The duration of the event is 1 minute 30 seconds per player.
- d. It is forbidden to give any indication of the name of the artist or the name of the song.
- e. The classification is made according to the times achieved by the team for the event from the fastest to the longest.

2. SCALE POINTS

Each player earns 1 point for the artist, 1 point for the song or 2 points when the player discovers both! The ranking is based on the points earned.

- o 1st place: 10 pts
- o 2nd place: 8 pts
- o 3rd place: 6 pts
- o 4th place: 4 pts
- o 5th place: 2 pts
- o the following pairs: 0 pt

EPREUVE 4 / “ ROCKY POMPE “

1. RUN OF THE EVENT

- o 1 player is placed in sheathing and 2nd in pump
- o the teammate can change and the one who was in sheathing goes into pump and the one who was in pump goes into sheathing.
- o they are entitled to a maximum of 5 switches.
- o the time is stopped at the 6th switch or if one of the teammates stops the race
- o the points are awarded according to the time obtained but the time will be stopped at 4 minutes.

2. SCALE POINTS

The ranking is based on the time obtained.

- 1st place: 10 pts
- 2nd place: 8 pts
- 3rd place: 6 pts
- 4th place: 4 pts
- 5th place: 2 pts
- the following pairs: 0 pt

EPREUVE 5 / “ ROCKY CHECK “

1. RUN OF THE EVENT

- The 2 teammates are in abdo crunch face-to-face
- Everyone taps into the glove of his teammate at each climb.
- The time is stopped as soon as the first teammate is exhausted and stops.
- The referee must impose a pace imposed on the exercise: the teammates must not rest their shoulders on the ground. As soon as a teammate puts his shoulders on the ground, the time will be stopped.

2. SCALE POINTS

The ranking is based on the time obtained.

- 1st place: 10 pts
- 2nd place: 8 pts
- 3rd place: 6 pts
- 4th place: 4 pts
- 5th place: 2 pts
- the following pairs: 0 pt

EPREUVE 6 / “ ROCKY BALLS “

1. RUN OF THE EVENT

- In a large salad bowl, several balls of different colors.
- Each teammate is provided with his boxing gloves.
- Each color corresponds to a number of squats with 4 levels: 2, 5, 10 and 15 squats.
- One after the other, each player draws a ball from the bowl and makes the squat number corresponding to the color. Each player shoots 3 balls.
- The stopwatch starts from the moment the first teammate introduces his glove into the bowl and ends at the end of the last squats of the 6th ball shot by a player.

3. SCALE POINTS

The ranking is based on the time obtained.

- 1st place: 10 pts

- 2nd place: 8 pts
- 3rd place: 6 pts
- 4th place: 4 pts
- 5th place: 2 pts
- the following pairs: 0 pt