



NC
REPS
PERFORMANCE SPECIALISTS

★ PRESENTS ★



FITNESS COMMUNITY EVENT

OFFICIAL COMPETITION RULEBOOK

★ 2026 ★

A TAG-TEAM COMMUNITY FITNESS COMPETITION

SATURDAY, JULY 25, 2026



POWER



STRENGTH



ENDURANCE



COMMUNITY



723 S. VAN BUREN RD.
EDEN, NC 27288

LIFT. CONNECT. GROW.



@NCREPSEDEN

WELCOME TO SUMMERSLAM

A Tag-Team Community Fitness Competition

Welcome to **NC Reps SummerSlam**, our brand new annual wrestling-themed Community Fitness Competition. Inspired by the excitement of professional wrestling, SummerSlam challenges athletes to compete in six events designed to test complete athleticism.

Unlike most competitions, SummerSlam is built around **tag teams**. Grab a friend, spouse, sibling, coworker, teammate, parent, or child and compete together for the SummerSlam Championship.

Every athlete will be tested in three areas:

POWER

Explosive athleticism

STRENGTH

Upper and lower body strength endurance

ENDURANCE

Grip, conditioning, and work capacity

No matter your age or experience level, SummerSlam is designed to challenge you while creating an exciting atmosphere for competitors and spectators alike.

KEYS TO SUCCESS

Come Prepared and ready to work:

- Bring hydration and nutrition essentials ex. Water, electrolytes, snacks for pre-event and mid event.
- Wear appropriate footwear such as tennis shoes or training shoes for running, jumping and lifting.
- Wear appropriate clothing ie. Sweat wicking materials, athletic shorts, athletic shirts. Do not wear button down shirts, jeans, slacks, or dresses. This is dependent upon your fashion choices to dress as a professional wrestler. But be mindful that you will be performing intensive exercise.
- Bring your own workout essentials, earbuds, lifting aids ex. Wrist wraps, knee sleeves, lifting belts, and any other workout essentials deemed necessary for performance barring it being an illegal substance.

Warm-Up/Exercise Preparation

- Athletes are asked to perform their own dynamic warm up and any preparation prior to the events starting. There will be designated warmup areas for each event as well, to perform lighter loads leading up to the actual event.
- Continued warm up or any continued preparation for each individual event is recommended and there will be room to the side of events to do so.
- Preparation for events should be thorough and if needed coaches present can aid in helping athletes in selection of warmup exercises and give them an idea of how to prepare for the events.

THE NC REPS PERFORMANCE INDEX (NRPI)

SummerSlam uses the **NC Reps Performance Index (NRPI)** to score every event.

Every athlete receives a score between **0 and 100** based on objective performance standards for their age and sex.

Our philosophy is simple.

High scores are earned—not given.

A score of **100** represents elite athletic performance.

Most competitors should expect to score between **50 and 80**.

The team with the highest combined NRPI at the end of the competition will become the **SummerSlam Champions**.

NRPI Scale

100 Elite

90 Exceptional

80 Excellent

70 Advanced

60 Competitive

50 Trained

40 Recreational

30 Developing

20 Beginner

10 Novice

COMPETITION OVERVIEW

Team Format

- Teams of Two
 - Male Teams, Female Teams, Co-Ed Teams, Any Age Combination
 - Age & Sex of team members does not matter. Everyone will be scored by their appropriate NRPI
 - **The Top 3 teams with the highest combined score will receive prizes.**
-

Age Categories (For Scoring):

12–13
14–15
16–17
18–49
50–59
60–69
70–79
80+

Competition Events:

POWER

Vertical Jump
Standing Broad Jump

STRENGTH

Bench Press
Deadlift

ENDURANCE

Farmer Carry
4 Minute Shuttle

POWER CATEGORY

Vertical Jump

Purpose

Measure lower body explosive power.

Attempts

Three attempts.

Highest jump counts.

Equipment

Vertec Vertical Jump System

Rules

- Standing jump only
 - No approach steps
 - Highest successful attempt counts
 - Athlete may pass remaining attempts after establishing a score
-

Scoring

Maximum 100 NRPI

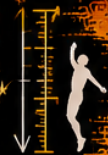
See scoring chart on following page.



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SUMMER SLAM



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01

★ EVENT 1 ★

VERTICAL JUMP

SCORING TABLE

Your score is based on the **highest point** you touch with your fingertips relative to your standing reach.

3 attempts allowed. Use your best jump. **Measure in inches.**

HOW TO MEASURE

1. Stand tall and reach up.
2. Measure and mark standing reach.
3. Jump and touch as high as possible.
4. Measure the highest point touched.
5. Score is total inches above standing reach.



MALE VERTICAL JUMP SCORING TABLE (INCHES ABOVE STANDING REACH)

SCORE (POINTS)	AGE DIVISION (YEARS)							
	12-13	14-15	16-17	18-49	50-59	60-69	70-79	80+
100	28	30	32	34	24	20	16	12
90	25	27	29	31	21	17	13	9
80	22	24	26	28	18	14	10	7
70	19	21	23	25	16	12	8	6
60	16	18	20	22	14	10	7	5
50	14	16	18	20	13	9	6	4
40	12	14	16	18	12	8	5	4
30	10	12	14	16	11	7	4	4
20	8	10	12	14	10	6	4	4
10	6	8	10	12	8	4	4	4



FEMALE VERTICAL JUMP SCORING TABLE (INCHES ABOVE STANDING REACH)

SCORE (POINTS)	AGE DIVISION (YEARS)							
	12-13	14-15	16-17	18-49	50-59	60-69	70-79	80+
100	22	24	26	28	20	16	12	8
90	19	21	23	25	17	13	9	6
80	17	19	21	23	15	11	7	5
70	15	17	19	21	13	9	6	4
60	13	15	17	19	11	8	5	4
50	11	13	15	17	10	7	4	4
40	9	11	13	15	9	6	4	4
30	7	9	11	13	8	5	4	4
20	5	7	9	11	7	4	4	4
10	4	5	7	9	6	4	4	4



KEY POINTS

- 3 attempts allowed
- Use your best jump
- Measure in inches
- Score is total inches above standing reach



EVENT STANDARDS

No run-up. Both feet must leave the ground.
You may dip, squat, or use any arm swing.
Touch with one hand only.



EVERY INCH COUNTS

The difference between good and great is often just a few inches.
Leave it all on the floor.

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POWER CATEGORY

Standing Broad Jump

Purpose

Measure horizontal explosive power.

Attempts

Three attempts

Rules

- Standing start only
 - No shuffle step
 - Both feet must start behind the line
 - Measurement taken from the heel that lands furthest back.
-

Highest successful jump counts.

Scoring chart follows.

02

★ **EVENT 2** ★

BROAD JUMP

SCORING TABLE

Your score is based on the **furthest distance** you jump from the starting line.

3 attempts allowed. Use your best jump. **Measure in feet & inches.**

HOW TO MEASURE

1. Start behind the starting line.
2. Jump forward as far as possible.
3. Measure from the starting line to the back of your heel closest to the starting line.
4. Measure in feet & inches.

STARTING LINE



MEASURE TO BACK OF HEEL



MALE BROAD JUMP SCORING TABLE (FEET & INCHES)

SCORE (POINTS)	AGE DIVISION (YEARS)							
	12-13	14-15	16-17	18-49	50-59	60-69	70-79	80+
100	8'8"	9'2"	9'8"	10'0"	9'2"	8'8"	7'8"	6'6"
90	8'4"	8'10"	9'4"	9'8"	8'10"	8'4"	7'4"	6'0"
80	8'0"	8'6"	9'0"	9'4"	8'6"	8'0"	7'0"	5'6"
70	7'6"	8'0"	8'6"	9'0"	8'0"	7'6"	6'8"	5'0"
60	7'0"	7'6"	8'0"	8'4"	7'6"	7'0"	6'4"	4'6"
50	6'8"	7'0"	7'6"	7'8"	7'0"	6'8"	6'0"	4'0"
40	6'2"	6'6"	6'8"	7'0"	6'6"	6'2"	5'6"	3'6"
30	5'6"	5'10"	6'2"	6'6"	5'10"	5'6"	5'0"	2'6"
20	4'8"	5'0"	5'4"	5'8"	5'0"	4'8"	4'0"	2'0"
10	4'0"	4'4"	4'8"	5'0"	4'4"	4'0"	3'0"	1'0"



FEMALE BROAD JUMP SCORING TABLE (FEET & INCHES)

SCORE (POINTS)	AGE DIVISION (YEARS)							
	12-13	14-15	16-17	18-49	50-59	60-69	70-79	80+
100	7'8"	8'0"	8'6"	9'0"	8'2"	7'8"	6'10"	5'8"
90	7'4"	7'8"	8'2"	8'8"	7'10"	7'4"	6'6"	5'2"
80	7'0"	7'4"	7'10"	8'4"	7'6"	7'0"	6'2"	4'10"
70	6'8"	7'0"	7'6"	8'0"	7'2"	6'8"	5'10"	4'4"
60	6'2"	6'6"	7'0"	7'6"	6'10"	6'4"	5'6"	4'0"
50	5'10"	6'2"	6'6"	7'0"	6'4"	6'0"	5'2"	3'8"
40	5'6"	5'10"	6'0"	6'4"	6'0"	5'8"	4'10"	3'2"
30	5'0"	5'4"	5'8"	5'10"	5'4"	5'2"	4'4"	2'6"
20	4'4"	4'8"	5'0"	5'2"	4'8"	4'6"	3'8"	2'0"
10	3'8"	4'0"	4'4"	4'6"	4'0"	3'8"	2'8"	1'0"



KEY POINTS

- 3 attempts allowed
- Use your best jump
- Measure in feet & inches
- Score is based on the furthest distance jumped



EVENT STANDARDS

- No run-up. Both feet must leave the ground.
- Land on both feet.
- You may swing your arms to generate power.
- Step back and reset between attempts.



EVERY INCH COUNTS

Great jumps separate good athletes from great ones.
Leave it all on the floor.

STRENGTH CATEGORY

Bench Press

Objective

Complete as many repetitions as possible using the prescribed RX weight.

Rules

Touch and Go Allowed

Chest must contact the bar

Full elbow lockout required

Butt must remain on the bench

Feet remain on floor

No re-racking

One failed repetition ends the event

Spotter may not assist until the set is complete

RX Weight Table

	12-13	14-15	16-17	18-49	50-59	60-69	70-79	80+
Male Rx	65 lb	95 lb	135 lb	185 lb	155 lb	115 lb	95 lb	65 lb
Female Rx	45 lb	65 lb	75 lb	85 lb	75 lb	65 lb	45 lb	35 lb

03

★ **EVENT 3** ★

BENCH PRESS

SCORING TABLE



Your score is based on the **most reps** you complete with the prescribed weight.

Must touch chest and press to lockout each rep.

Test is complete when you fail a rep or rack the weight.

HOW TO MEASURE

1. Lie flat on the bench with feet on the floor.
2. Grip the bar slightly wider than shoulder width.
3. Lower the bar to your chest.
4. Press the bar to full lockout.
5. Each full lockout rep counts.



MALE BENCH PRESS SCORING TABLE (REPS)

SCORE (POINTS)	AGE DIVISION (YEARS)							
	12-13	14-15	16-17	18-49	50-59	60-69	70-79	80+
100	25	25	30	35	30	25	25	20
90	20	20	20	30	25	20	20	18
80	22	22	22	26	22	22	22	16
70	20	20	18	22	18	20	20	14
60	18	18	15	18	15	18	18	12
50	15	15	12	15	12	15	15	10
40	10	10	10	11	10	10	10	8
30	8	8	8	8	8	8	8	6
20	5	5	5	5	5	5	5	4
10	1	1	1	1	1	1	1	1



FEMALE BENCH PRESS SCORING TABLE (REPS)

SCORE (POINTS)	AGE DIVISION (YEARS)							
	12-13	14-15	16-17	18-49	50-59	60-69	70-79	80+
100	18	20	25	30	25	20	25	18
90	16	18	20	25	20	18	20	16
80	14	16	22	22	22	16	22	14
70	12	14	20	18	20	14	20	12
60	10	12	18	15	18	12	18	10
50	8	10	15	12	15	10	15	8
40	6	8	10	10	10	8	10	6
30	4	6	8	8	5	6	8	4
20	2	4	5	5	5	4	5	2
10	1	1	1	1	1	1	1	1



KEY POINTS

- 3 attempts allowed
- Use your best set
- Full lockout on each rep
- Score is based on the most reps completed



EVENT STANDARDS

- No bouncing the bar.
- Control the weight.
- Bar must touch chest.
- Press to full lockout.
- Lift with a safe, consistent tempo.



EVERY REP COUNTS

Strong presses separate great athletes from good ones.
Leave it all on the bench.

STRENGTH CATEGORY

Deadlift

Objective

Complete as many repetitions as possible in 60 seconds.

Rules

60 Second Time Limit

Conventional or Sumo

Any Grip

Straps Allowed

Belt Allowed

Chalk Allowed

Touch and Go Allowed

Full Hip & Knee Extension

No Hitching

One Failed Rep Ends the Event

RX Weight Table

	12-13	14-15	16-17	18-49	50-59	60-69	70-79	80+
Male Rx	105 lb	155 lb	225 lb	275 lb	225 lb	155 lb	105 lb	95 lb
Female Rx	85 lb	115 lb	135 lb	155 lb	135 lb	115 lb	85 lb	65 lb



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04

★ **EVENT 4** ★

DEADLIFT

SCORING TABLE



Your score is based on the **most reps** you complete with the required weight. Each rep must begin on the floor and finish at lockout. You have **90 seconds** to complete max reps. Straps, belt, and chalk allowed.

A failed rep ends the test.

HOW TO MEASURE

1. Stand with feet hip-width apart and bar over mid-foot.
2. Grip the bar just outside your legs.
3. Use a double overhand or mixed grip.
4. Stand up tall, locking hips and knees.
5. Each full lockout rep counts.



MALE DEADLIFT SCORING TABLE (REPS)

SCORE (POINTS)	AGE DIVISION (YEARS)							
	12-13	14-15	16-17	18-49	50-59	60-69	70-79	80+
100	25	25	30	35	30	25	25	20
90	20	20	25	30	25	20	20	18
80	22	22	22	26	22	22	22	16
70	20	20	18	22	18	20	20	14
60	18	18	15	18	15	18	18	12
50	15	15	12	15	12	15	15	10
40	10	10	10	11	10	10	10	8
30	8	8	8	8	8	8	8	6
20	5	5	5	5	5	5	5	4
10	1	1	1	1	1	1	1	1



FEMALE DEADLIFT SCORING TABLE (REPS)

SCORE (POINTS)	AGE DIVISION (YEARS)							
	12-13	14-15	16-17	18-49	50-59	60-69	70-79	80+
100	18	20	25	30	25	20	25	18
90	16	18	20	25	20	18	20	16
80	14	16	22	22	22	16	22	14
70	12	14	20	18	20	14	20	12
60	10	12	18	15	18	12	18	10
50	8	10	15	12	15	10	15	8
40	6	8	10	10	10	8	10	6
20	4	6	5	5	5	6	5	4
10	1	1	1	1	1	1	1	1



KEY POINTS

- 3 attempts allowed
- Use your best set
- Full lockout on each rep
- Score is based on the most reps completed



EVENT STANDARDS

- No bouncing the bar.
- Control the weight.
- Stand tall with hips and knees locked.
- Lift with a safe, consistent tempo.



EVERY REP COUNTS

Strong lifts separate great athletes from good ones.
Leave it all on the platform.

★ **LIFT. CONNECT. GROW.** ★

ENDURANCE CATEGORY

Farmer Carry

Objective

Carry the prescribed dumbbells as far as possible.

Rules

Heavy Hex Dumbbells

One Dumbbell Per Hand

Straps NOT Allowed

Completed 50-Foot Lengths in :90

Once Either Dumbbell Touches the Ground, the Attempt Ends

Distance Determines Score

RX Weight Table

(Weights are Per Hand)

	12-13	14-15	16-17	18-49	50-59	60-69	70-79	80+
Male Rx	30 lb	45 lb	60 lb	80 lb	60 lb	50 lb	35 lb	20 lb
Female Rx	20 lb	30 lb	40 lb	50 lb	40 lb	30 lb	20 lb	15 lb

05

★ **EVENT 5** ★

FARMER'S CARRY

SCORING TABLE



Your score is the **total amount of 50 foot lengths completed in 90 seconds. Dropping the DB's ends the event.**



MALE FARMER'S CARRY SCORING TABLE (YARDS)

SCORE (POINTS)	AGE DIVISION (YEARS)							
	12-13	14-15	16-17	18-49	50-59	60-69	70-79	80+
100	12	12	14	14	14	12	12	12
90	11	11	13	13	13	11	11	11
80	10	10	12	12	12	10	10	10
70	9	9	10	10	10	9	9	9
60	8	8	9	9	9	8	8	8
50	7	7	8	8	8	7	7	7
40	6	6	6	6	6	6	6	6
30	4	4	4	4	4	4	4	4
20	2	2	2	2	2	2	2	2
10	1	1	1	1	1	1	1	1



FEMALE FARMER'S CARRY SCORING TABLE (YARDS)

SCORE (POINTS)	AGE DIVISION (YEARS)							
	12-13	14-15	16-17	18-49	50-59	60-69	70-79	80+
100	10	12	12	12	12	12	10	10
90	9	11	11	11	11	11	9	9
80	8	10	10	10	10	10	8	8
70	7	9	9	9	9	9	7	7
60	6	8	8	8	8	8	6	6
50	5	7	7	7	7	7	5	5
40	4	6	6	6	6	6	4	4
30	3	4	4	4	4	4	3	3
20	2	2	2	2	2	2	2	2
10	1	1	1	1	1	1	1	1



KEY POINTS

- 3 attempts allowed
- Use your best attempt
- Full distance on each rep
- Score is based on the longest distance carried



EVENT STANDARDS

- Keep implements at your sides.
- No dropping or resting the weight.
- Turn behind the line.
- Controlled, continuous movement.



EVERY INCH COUNTS

Strong carries separate great athletes from good ones.
Leave it all on the floor.

HOW TO MEASURE

1. Pick up both implements and stand tall.
2. Walk forward in a straight line.
3. Turn around behind the line.
4. Walk back to the starting line.
5. Both implements must cross the starting line.



ENDURANCE CATEGORY

4 Minute Shuttle

Objective

Cover as much distance as possible in four minutes.

Rules

20 Yard Lane

Walk or Run

Athlete Must Cross Each Line Before Turning

Only Completed Lengths Count

Distance Determines Score

Scoring Chart Follows

06

★ **EVENT 6** ★

4 MINUTE SHUTTLE

SCORING TABLE



Your score is based on the **total number of 20-yard shuttle lengths completed in 4 minutes**. You may run or walk.

Count full, completed lengths only.



— **MALE 4 MINUTE SHUTTLE SCORING TABLE (LENGTHS)**

SCORE (POINTS)	AGE DIVISION (YEARS)							
	12-13	14-15	16-17	18-49	50-59	60-69	70-79	80+
100	40	40	45	50	45	40	40	35
90	38	38	43	48	43	38	38	32
80	36	36	41	46	41	36	36	30
70	34	34	39	44	39	34	34	27
60	32	32	37	42	37	32	32	24
50	30	30	35	40	35	30	30	18
40	25	25	30	35	30	25	25	12
30	20	20	25	30	25	20	20	8
20	15	15	20	25	20	15	15	4
10	10	10	15	20	15	10	10	1



— **FEMALE 4 MINUTE SHUTTLE SCORING TABLE (LENGTHS)**

SCORE (POINTS)	AGE DIVISION (YEARS)							
	12-13	14-15	16-17	18-49	50-59	60-69	70-79	80+
100	40	40	45	48	45	40	40	35
90	38	38	43	46	43	38	38	32
80	36	36	41	44	41	36	36	30
70	34	34	39	42	39	34	34	27
60	32	32	37	40	37	32	32	24
50	30	30	35	35	35	30	30	18
40	25	25	30	30	30	25	25	12
30	20	20	25	25	25	20	20	8
20	15	15	20	20	20	15	15	4
10	10	10	15	15	15	10	10	1



KEY POINTS

- 4 minutes to complete as many lengths as possible
- You may run or walk
- Count full, completed lengths only



EVENT STANDARDS

- Pace yourself wisely
- Smooth, consistent movement
- Strategy matters—start smart and finish strong



EVERY LENGTH COUNTS

Consistency and determination separate great athletes from good ones.
Leave it all on the floor.

HOW TO MEASURE

1. Set up a 20-yard course with two cones.
2. Start behind one cone.
3. On "GO," move to the other cone.
4. Touch or cross behind the line.
5. Return to the starting cone and repeat.
6. Continue for 4 minutes. Count full lengths only.

