



THE 2026 BARBARIAN GAMES

Regional Leader Protocol

Update History:

5/15/2026
3/29/2026
3/18/2026
2/15/2026

OVERVIEW

THE GAMES DEFINED

The **Men's Alliance Barbarian Games** is a two-man team fitness competition that combines rigorous physical exercises with the challenge of memorizing and reciting Bible verses. Designed to test strength, endurance, mental focus, and spiritual growth, the event fosters camaraderie and brotherhood among participants. Barbarian Games exemplify resilience, faith, and discipline, uniting men in their pursuit of physical fitness and Biblical wisdom.

REMOTE/VIRTUAL FORMAT

As Men's Alliance grows exponentially in tribe count and around the globe, this year of 2026 marks the first time that Barbarian Games will be conducted in remote/virtual format to accommodate the geography:

- Each region's Games must be completed as a **single event on one day**, as determined by the Regional Leader.
- Each region's Games must be completed **within the window of time** specified.
- Video submissions of **Heat 3 only** are required to be sent to the MA Fitness Team for review and decision of the divisional winners and global champion.

ROLES & RESPONSIBILITIES

THE MEN'S ALLIANCE FITNESS TEAM

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These emails are only being provided in this packet and not to the Tribesmen. Please direct all immediate questions to the Regional Leader and/or his delegated support. From there, the Regional Leader or delegate can filter and answer the easier questions first, and then contact the MA Fitness Team with the more difficult ones.

REGIONAL LEADER

The role of the Regional Leader is to coordinate and facilitate the Games for his respective region, exhibiting utmost **integrity, delegation and trust** with the leadership and tribesmen. This document provides the guidelines for a successful event, including logistics, submissions, feedback, deadlines, etc. Any observations, suggestions or concerns can and should always be brought to the Men's Alliance Fitness Team.

TRIBESMEN

A core principle of Men’s Alliance leadership is *delegation*. Below are the roles and responsibilities expected for successful execution of the Games. The Regional Leader must inform the MA Fitness Team by Saturday, August 1, of who will be fulfilling each role and responsibility.

NOTE: Depending on availability and capacity, some roles can be combined within reason and integrity. E.g. the Workout Chief can perform the duties of the grader. The Tribe Leader can perform the Heat 3 duties of the video technician. However, the same person doing the grading should not also capture the Heat 3 videos, to preserve accountability and dual-control.

ROLE	RESONSIBILITY
Regional Leader	Coordinate the Games for his respective region, carrying out the guidelines of this document, delegating as necessary and appropriate.
Workout Chief	Lead the execution of delegated responsibilities for his respective tribe, and support the Regional Leader in major planning, including scheduling, recruiting, team coordination, equipment gathering, etc.
Grader	Observe, record, evaluate and judge each team’s performance, technique, timing, reps, and memory verse recitation, using all equipment necessary (stopwatch, timer, alarm, clipboard, pen/pencil, etc.). Honesty, integrity and trust is of utmost importance!
Video Technician/ Media Chief	Capture as many videos and photos as needed for proper submission to the MA Fitness Team, properly showcasing each team’s Heat 3 performance, with necessary perspectives, angles and lighting to demonstrate true and honest form, technique, memory verse recitation, etc. Honesty, integrity and trust is of utmost importance!
Tribe Leader	Support communication and collaboration between his workout chief and the Regional Leader; ensure engagement and participation with his tribesmen.
Team Partners	Perform all heats and exercises according to the requirements... Be physically strong, spiritually awake, and morally straight... Show up and bring it... And FINISH STRONG!

PARTIPIICATION

TRIBESMAN ELIGIBILITY

Tribesmen must compete in **teams of two** (partners), as follows:

- Biological males
- 13 years of age or older
- Tribesmen with callsigns

Teams are broken down into **two age divisions**:

DIVISION	CRITERIA
Warrior	Combined team age is <i>under 100</i> years total
Seasoned Warrior	Combined team age is <i>100 and/or over 100</i> years total

REGIONAL BREAKDOWN

By definition, a region consists of all the tribes assigned to the regional leader, and a single Games event must be conducted for all the tribes in that region. Even so, there can be flexibility depending on the size of each region and the proximity of the tribes therein:

- The region can be further divided into sub-regions (e.g. northern and southern California, western and eastern Texas), and each of those sub-regions can complete their own Games on the day agreed for each sub-region.
- In extreme cases, if a tribe is not within reasonable traveling distance from any other tribes, that tribe can function as a region and complete its own Games on one day.

NOTE: If it is necessary that a region be broken down into a sub-region for Games completion, the Regional Leader must first notify the MA Fitness Team of the breakdown so they can plan accordingly for review.

EXECUTION

TIMELINE

The Games and associated tasks will be completed and reviewed according to the timeline below:

DATE	TASK
Saturday, August 1, 11:59 PM	Notify the MA Fitness Team of anticipated Game dates, regional breakdown, roles and responsibilities, and teams and participants.

Saturday, August 8, 11:59 PM	Send photo(s) to the MA Fitness Team of all equipment being used for the Games.
Saturday, August 15, 12:00 AM	Window <i>opens</i> for all regional Games to be conducted
Tuesday, September 15, 11:59 PM	Window <i>closes</i> for all regional Games to be conducted
Thursday, October 1, 2026, 11:59 PM	Deadline for Heat 3 submission of finalist videos and results
Saturday, October 31, 2026, 11:59 PM	Winners announced

EXAMPLE: The Pacific Southwest Region contains 4 states, 3 of which have tribes: California, Arizona, and Hawaii.

Since California has 3 tribes in the north and 5 tribes in the south, 400 miles apart, they have decided to conduct separate sub-region Games as “NorCal” and “SoCal”. The NorCal Tribes agreed to conduct their single-event Games on Saturday, August 22, and the SoCal Tribes agreed to conduct their single-event Games on Friday, August 28.

Arizona has two tribes which will be able to meet and conduct their single-event Games on Friday, September 4. Hawaii has one tribe which will conduct their own single-event Games on Saturday, September 12.

All these Games meet the requirement of being conducted within the August 15 to September 15 window, and the Regional Leader notifies the MA Fitness Team of these dates, the regional breakdown, the teams, roles, and the participants by Saturday, August 1. Finalist videos of all Heat 3 Games are sent to the MA Fitness Team by October 1.

EQUIPMENT NEEDED

The following equipment is needed for eligible completion of the Games. Once all equipment is gathered, photo(s) of the equipment must be sent to the MA Fitness Team by Saturday, August 1, for inspection to ensure global consistency and fairness across all regions:

- 1 stopwatch/timer and alarm/buzzer per grader.
- 1 clipboard and pen/pencil per grader.
- 1 standard cinder block per team of partners.
- 1 standard-size car tire (185mm to 215mm) per team of partners.
- 1 sledgehammer (minimum 15 lbs.) per team of partners.
- Phone or camera to capture video recordings of Heat 3.
- 12x gallon-jugs of water.
- Cones or ground markers to designate positions and distances (50 yards for most exercises).

NOTE: It is preferable that each team has their own set of equipment. However, if not enough equipment can be obtained, then the teams can take turns in “waves” and share the equipment. All teams must still complete the Games on the same planned single-event day.

COMPETITION

HEATS

The Barbarian Games consists of 3 heats, each unique with various exercises and memory verses, consisting of multiple waves. As the Barbarian Games “exemplify resilience, faith, and discipline, uniting men in their pursuit of physical fitness and Biblical wisdom,” the Regional Leader is encouraged to emphasize the titles, themes and core ideas of each Heat with the participants. (See Appendix A at the end of this document for an expanded chart of the Heats.)

THEME	CORE IDEA	TEAMS ELIGIBILITY	MEMORY VERSES
1. “The Call” <i>Awakening & Identity</i>	Every man is called out of comfort and into purpose.	Open to as many 2-man teams as possible.	Romans 3:23 Romans 6:23 Romans 5:8
2. “The Trial” <i>Refinement Through Pressure</i>	Faith and brotherhood are proven under load, fatigue, and adversity.	Top 20 teams by time from <i>Warrior</i> bracket and Top 20 teams by time from <i>Seasoned Warrior</i> bracket.	Romans 10:9 Romans 10:13 John 3:16 Colossians 1:15 Ephesians 2:8-9
3. “The Commission” <i>Mission & Brotherhood</i>	Strength is meaningless unless it’s carried forward for others.	Top 6 teams by time from <i>Warrior</i> bracket and Top 6 teams by time from <i>Seasoned Warrior</i> bracket.	John 14:6 Acts 4:12 John 16:33 Hebrews 12:1-2 Romans 12:2 2 Corinthians 5:20 Philippians 1:29-30

NOTE: If there are only 6 teams or fewer competing altogether for a region or sub-region, then all teams can progress to Heat 3. All teams are still required to complete all 3 Heats and record the results to qualify, including video and submission of Heat 3.

WINNER DETERMINATION

As of the last updated version of this document, Men’s Alliance currently has 7 divisions, 49 regions, and 395 tribes. Once all Regional Leaders submit the Heat 3 videos and results of

their region (or sub-region as identified by the Regional Leader ahead of time), the MA Fitness Team will determine the winners and champion as follows:

1. Review the results and select the winners of each region.
2. Select the winning team of each division for a total of 7. Each of those teams will receive the axe trophy.
3. Select the global champion of the entire Barbarian Games. The champion will receive the championship belt currently held by the previous year's champion.
4. Announce the divisional winners and global champion on October 31, 2026 by midnight.

GRADER SPECIFICS

TIME CAPS

A Time Cap must be upheld for Heats 1 and 2 of the event. If teams do not complete those Heats within their designated Time Caps, they will be disqualified. These Time Caps are specified in the Barbarian Games guidelines provided to all participants. Heat 3 does *not* have a Time Cap; rather the first/fastest team to finish, wins.

As for all MA Events, Rule #7: We “start on time and end on time.”

MEMORY VERSES

Each partner must recite multiple memory verses throughout the entire Heats:

- The memory verses are pulled from Men's Alliance Monthly Memory verses.
- They are posted at the end of the Barbarian Games guidelines provided to all participants and can also be found on the Men's Alliance website.
- Graders will be provided ahead of time with the grading sheet, including the order that the verses must be called out.
- Partners must alternate reciting the verses, i.e. a partner cannot recite memory verses back-to-back.
- Each partner must know ahead of time which memory verse he is going to recite ahead of time. Partners may not help each other when trying to state the memory verse assigned to the portion of the exercise.

PENALTIES

There is a 10 Burpee Penalty *per* Barbarian Participant for *not* reciting the memory verse correctly and as assigned. The Grader will count off the penalty burpees out loud and ensure proper form: chest hitting the ground and a jump up at the top with a hand clap *overhead* for *each* rep.

Partners must perform all burpee penalties *together*, at the *same* time, regardless of who failed the memory verse recitation. Once the penalty is completed, the team can move on to the next exercise in lieu of reciting that memory verse.

As in our Creed: we “do not struggle alone.”

FEEDBACK

THE BIG 4

With *Feedback* as one of the core values for Men’s Alliance, all Regional Leaders are encouraged to gather and provide feedback to the MA Fitness Team on the positives, the struggles, lessons learned, and areas to improve along the way to help improve the Barbarian Games in years to come, especially as Men’s Alliance expands around the world to other countries and cultures.

An effective way to provide feedback is answering the “Big 4” questions under StratOp organizational development guidelines:

1. What’s Right? (*Optimize*)
2. What’s Wrong? (*Fix*)
3. What’s Missing? (*Add*)
4. What’s Confusing? (*Clarify*)

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