



GENERAL RULEBOOK

ENGLISH

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1. General info

The success of our competitions is the focus on the beginning athlete.

By beginning athlete we mean anyone who has little or no competition experience and wants to recreationally experience this either as an individual athlete or together with a team buddy or where they want to test themselves in a division they have never been in before.

Our competitions are also the perfect start to progress to higher level competitions.

We want everyone who participates in our finals, regardless of their fitness level, to experience the feeling of being on the competition floor, cheered on by hundreds of spectators, friends and family and where they can shine in our community.

Elite or very experienced athletes are unfortunately not welcome at our competitions, this would simply not be fair to our beginning athletes. The organization reserves the right to refuse these athletes.

The concept:

- Designed for the beginner athlete;
- Individual or buddy format;
- NO multiple, long, hard workouts spread out over 2 or more days;
- Only 1 day of competition for ALL divisions (Saturday or Sunday);
- Tight time schedule so everyone knows when to start and when it is done;
- ALL participants are doing 3 different workouts in total spread out during the day with NO cut-off;
- NO finals to determine the 1th, 2th and 3th place overall;
- Testing endurance, strength, power, skill, bodyweight exercises or a mix of all mentioned;
- Athletes can choose from 4 different fitness levels (RX, ADVANCED, REGULAR and SCALED);
- At our buddy edition we offer the popular parent/kid division with a custom workout.

All rules contained below apply to ALL competitions organized by:

CF Events

Koning Lodewijklaan 752
7314GX APELDOORN
NETHERLANDS

KvK-n°: 69193711
VAT-n°: NL 857776782B01
Insurance number: 00350071868

www.cfevents.eu

info@cfevents.eu

CF Events is the organizer and owner of the following competitions:

- Lowlands Throwdown
- Dutch Throwdown
- Beach Showdown
- Belgium Showdown
- Paname Throwdown
- Barcelona Throwdown
- Deutschland Showdown
- Scandinavian Throwdown
- Milano Throwdown
- X-Zone Games
- Teens & Masters Championship
- Euro Grid League
- Ultima Race

1.1 Registration - Participating as an individual athlete or team

Any athlete or team that meets the age and registration requirements stated in these regulations may register to participate. Any athlete or team wishing to participate in both the online qualification and finals must complete the registration process in time to participate.

The organization reserves the exclusive right to allow or refuse the participation of any athlete and team. The organization also reserves the exclusive right to validate, penalize or invalidate the athlete's or team's scores. The organization will make such decisions on participation and scores to preserve the integrity of the competition.

Schedules for qualification will be set at the time of registration. All participants must sign the online waiver. If the participant has not signed the waiver, he or she cannot participate in both the online qualification and the finals.

If participation will be in the form of a team, it will have to consist of two (2) male, two (2) females or a mix of 1 male and 1 female athlete. Each team will have to designate a team captain. He or she will be responsible for registration, submitting all scores and will be the point of contact with the organization.

Team members can be replaced until the registration deadline by sending an e-mail to the organization.

1.2 Registration - General rules

Registration is only possible if the athlete or team agrees to abide by the rules and standards written in these regulations. All participants must be at least 18 years of age and those younger than 18 years (legal underaged) must have the permission and must be accompanied by one of the parents or legal guardian.

Registration is complete when the following conditions are met:

- Registration (including signing the waiver) and agreement on the rules and standards;
- Full payment of the registration fee with confirmation from the competition platform.

1.3 Registration - Cost

The full entry fee consists of the entry fee and the service fee. The service fees are charged by the competition platform and payment processor and are subject to their terms and conditions. These fees are further specified in these rules.

1.4 Registration - Refund policy

Upon qualification, no refund is provided under any circumstances.

If the final cannot take place, the organization offers 3 options:

- Option 1** The organizers will try to schedule a new date. The participant accepts reassignment to this new date. The participant is obliged to send us a written (email) request for this to the organization.

Option 2 The athlete cannot register for any reason on the rescheduled date but can participate in one of our other competitions. The organization will compensate the athlete with a voucher for this. The participant is obliged to send us a written (email) request for this to the organization.

Option 3 If the final is canceled in its entirety, each participant has the right to request a refund of his registration fee. The participant is obliged to send us a written (email) request for this to the organization**.

***In case of force majeure, the obligations of all parties shall be suspended. Force majeure occurs when the performance of the agreement is prevented (in whole or in part) by circumstances beyond the control of all parties and circumstances at the organization such as staffing, transport and venue problems (including the default of the supplier(s)), an epi- or pandemic and government-imposed rules and regulations.*

The refund relates to the registration cost for the final. Service fees charged by the competition platform and payment processor will not be refunded.

All refunds within ninety (90) days of the original entry date will be processed through the competition platform. These refunds can only be transferred via the original payment method used by the participant. It is not possible to send this refund to another destination (e.g. another payment card or bank account number).

1.5 Registration - Competition Corner Account

The organization uses the competition platform Competition Corner (hereafter referred to as competition platform). This is an American company located in California.

By using this platform and creating an account, you agree to their terms and conditions and privacy rules. You can find these terms and conditions and privacy rules on their website.

1.6 Registration - General rules - Liability in case of problems

The organization is not responsible for any problems (whatever they may be) in the registration process, regardless of whether they are caused by the users of the website or by the competition platform the organization uses.

The organization may disqualify any participant whose entry, registration or submission process or operation of the competition it can prove was tampered with. The organization may disqualify any participant whose actions violate the official rules.

If for any reason, the competition cannot proceed (in whole or in part) as planned due to a computer virus, bugs, worm-ware, manipulation, unauthorized intervention, fraud, technical failures or other causes beyond the control of the organization, which, in the exclusive judgment of the organization, are detrimental or the administration, security fairness, integrity or the proper conduct of the competition, the organization reserves the right to declare suspicious entries invalid, and/or cancel, terminate, modify or suspend the competition and will not be obliged to award any prizes or designate winners for this competition.

1.7 General classification - General conditions

Athletes and teams will be ranked in the overall ranking of their respective age group based on test performance.

1.8 General classification - Stats

Athletes, teams and scores are recorded in the overall standings. In addition to the normal status for having a score, the following statuses may appear.

Related to the score:

- **Did Not Finish (DNF):** if an athlete or team does not finish a test and does not meet the minimum test requirements, they are given the 'DNF' status and does not give them a score and/or points. Athletes and teams can still qualify for a place in the overall ranking.
- **Time Cap (CAP):** if an athlete or team does not finish within the time limit, they will be given 'CAP' status. This will note them as 'CAP' on the overall standings and rank them among everyone who completed the test within the time limit and based on their completed rehearsals.

Regarding athletes and teams:

- **Withdraws (WD):** an athlete or team withdraws from the competition, giving them 'WD' status. This will push the athlete or team to the last place in the overall ranking. Athletes or teams can no longer qualify for a place in the standings.
- **Disqualify (DQ):** an athlete or team may be disqualified, giving them 'DQ' status in the overall standings. This does not remove any points but does

change the current position in the ranking and moves the rest of the field up one rank.

- **Cutoff (CUT):** during the competition, only the best-ranked athletes and teams can be selected to continue in the competition. Athletes and teams that do not advance are given the status 'CUT' for this test in which they did not advance.

2. Qualifiers

2.1 Qualifiers – Timetable:

The start and end of the qualifiers, also the date(s) of ALL deadlines (including times) per competition will be determined in advance by the organization. Dates and times will always be announced well in advance and via following official CF Events channels:

- Relevant website(s)
- Relevant social media channel(s)
- Relevant email(s)

2.2 Qualifiers - Tests

Tests will be chosen from the following test categories:

- **Endurance:**
Refers to the athlete's ability to perform tasks that require efficient exchange of oxygen in the blood. This test includes cyclic work. It tests the athlete's ability to pace, perform work and recover quickly.
- **Bodyweight:**
Refers to an athlete's ability to perform and sustain high repetitions and volume of movements where their own body weight is the load, while simultaneously mixing these movements with cyclic movements.
- **Mixed:**
These tests include a variety of tasks and challenges. It can include bodyweight, strength and endurance type movements mixed together. It tests the athlete's ability to switch from one movement to another, perform movement variations, control tempo and cope with variations in load.
- **Strength:**
This test involves strength exercises with a barbell or other object. It tests the athlete's timing, coordination and athletic ability while working under a heavy load.
- **Power:**
Refers to the athlete's ability to do a large amount of work in a short period of time. Power tests usually last no longer than 5 minutes.
- **Skill:**
Refers to an athlete's ability to perform difficult or complex movements and elements that require a higher degree of technique or finesse to execute.

→ **Mixed relay:**

Specifically mixed relays test the athletes' mixed ability and athletic recovery.

→ **Strategy:**

Specifically, team strategy tests the athletes' ability to work together as a unit and come up with an effective plan that leverages the different strengths of each member of the team.

The online qualification will consist of three (3) tests for all divisions except parent/kid who will have two (2) or three (3) tests.

Tests, flow and standards will always be announced the same week of the official kick-off of the qualifiers via following official CF Events channels:

- Relevant website(s)
- Relevant social media channel(s)
- Relevant email(s)

2.3 Qualifiers - Registration process

Any athlete and/or team (represented by a team captain) may complete registration on the competition platform before the close of registration. Registration closes on the deadline for submission of scores. Anyone registering cannot apply for a refund.

2.4 Qualifiers - Divisions & age categories

An athlete's age category will be assigned based on date of birth and gender. The age of the athlete on 31 December of the year of the final will determine which age category the athlete will be able to compete in. The online qualification has the following divisions and age categories (applies to all divisions) for the **individual** athlete:

DIVISIONS	<ul style="list-style-type: none"> ● Scaled ● Regular ● Advanced ● RX
AGE CATEGORY	<ul style="list-style-type: none"> ● 16-27 ● 28-34 ● 35-45 ● 46-55 ● 55+

The online qualification has the following divisions and sub categories for the **teams of 2 (buddy)**:

DIVISIONS	<ul style="list-style-type: none"> ● Parent / kid ● Scaled ● Regular ● Advanced ● RX
SUB-CATEGORY	<ul style="list-style-type: none"> ● Daddy + kid¹ ● Mummy + kid¹ ● M/M ● M/M 70⁺² ● M/M 80⁺³ ● F/F ● F/F 70⁺² ● F/F 80⁺³ ● M/F ● M/F 70⁺² ● M/F 80⁺³

¹ Kids aged 6-12 years old. ² Not in RX. ³ Not at all events.

The online qualification has the following divisions and sub categories for the **teams of 3 (triplets)**:

DIVISIONS	<ul style="list-style-type: none"> ● Regular ● Advanced ● RX
SUB-CATEGORY	<ul style="list-style-type: none"> ● M/M/F ● M/F/F

2.5 Qualifiers - Fees

DIVISION	REGISTRATION FEE ¹	REFUND POLICY
Individuals	€ 20 ¹	See section 1.4
Teams of 2 (Buddy)	€ 35 ¹	See section 1.4
Teams of 3 (Triplets)	€50 ¹	See section 1.4

¹ Exclusive of service costs. Service costs are determined by payment processing platform at all times and not the liability of CF Events

2.6 Qualifiers - Available format

Athletes and teams must complete all prescribed tests before the deadline.

Each participant is free to take as many attempts as he or she wishes.

2.7 Qualifiers - Available format - Approved equipment/apparel

The tests will be released and communicated through uniform (online) means and will include the following information:

- The test with times, weights, distances and parts;
- The equipment you will need;
- The test flow;
- The relevant movement standards;
- Special rules/exceptions (if any);
- Scorecard;

At all stages of this competition, it is the responsibility of the athlete or team to adhere to the test schedule. This includes performing all required movements to the standard described, counting and completing all required repetitions, using the required equipment and weights, meeting the required time requirements and complying with all submission and video standards.

Changing the test schedule in any way is NOT allowed.

Proper training apparel, including shoes, is required for all parts. No clothing may prevent a judge in his ability to determine whether the required rules and standards are met.

Subject to prior permission from the organization, hip belts, non-sticky gloves, hand tape, neoprene joint sleeves and ordinary fitness clothing may be allowed

during competition. However, no form of grip or weight support may be derived from the equipment worn. In general, equipment that increases safety and/or comfort but does not provide an advantage is allowed (e.g. if a horizontal bar must be used during a test, athletes may wrap tape around the bar OR wear hand protection (gym grips, gloves, etc...). It is forbidden to wrap tape around the bar AND wear hand protection).

2.8 Qualifiers - Score submission

It is the sole responsibility of the athlete or team captain to ensure timely and successful submission of test scores and videos. Entries that are incomplete will not be accepted. Entering zero (0) rehearsals is equivalent to not completing the test.

Scores must be submitted before the date and time to be determined by the organization, which will be communicated through known channels:

- Relevant website(s)
- Relevant social media channel(s)
- Relevant email(s)

[More information for submitting scores can be found on the competition platform help page.](#)

NOTE: The organization reserves the right to extend the score submission date due to unforeseen circumstances.

2.9 Qualifiers - Movement standards, unusual movements and exceptions

Any violation of the prescribed test format, including movement standards will result in the rehearsals being rejected (no-rep). Therefore, athletes and judges should be familiar with the 'unusual movement clause' (any movement that is unusual or deemed unusual, or used to alter, shorten or change the accepted movement standard or range of movement, including the line of action, of a test movement can and will be disapproved).

In addition, athletes and judges should be aware that certain athletes with physical limitations and a specific movement range may be granted an exception, at the discretion of the organization. This limitation in range of motion must be due to a previous physical limitation or injury that is clearly demonstrable (in any form).

Any restriction must be brought to the attention of the organization via e-mail addressed to the organization before the start of the competition. Such cases are exceptional and will be considered on a case-by-case basis.

2.10 Qualifiers - Video submission

All athletes and teams must upload a video of each test on the competition platform.

The videos will be viewed and verified by the review team. As part of this video verification process, the score obtained by the athlete may be accepted, modified or invalidated.

Reasons for modification or invalidation of a score include, but are not limited to:

- Failure to provide the required video;
- Videos inaccessible to the review team due to a variety of reasons;
- Failure to follow the rules and standards for submitting videos;
- Not following the rules and standards of the test;
- Failure to follow the rules written in these regulations.

Video submissions may be invalidated or modified without warning and after a test has been completed. Athletes are best to have someone (judge) monitor their movements to ensure each repetition meets the required rules and movement standards. Before submitting a video, athletes and teams should watch the video to ensure that their repetitions meet the required rules and movement standards and that the score and, if applicable, tiebreaker times are correct.

Videos that cannot be viewed by the review team for any reason will be deemed not to have been submitted. It is the responsibility of the athlete or team that the videos can be viewed. The organization will NOT contact athletes and teams to get videos visible.

2.11 Qualifiers - Video assessment process

Submitted videos will be reviewed randomly and the score(s) and requested test(s) validated, modified or invalidated.

Athletes and teams can qualify to compete in the finals if their score is validated or changed. If a score is changed, the overall qualification ranking will be recalculated with this new score. If the athlete or team remains ranked high enough after this recalculation, the athlete or team can obtain an invitation to the final.

If a score is changed, the athlete or team will be informed via an email why the score was changed or declared invalid.

The submitted video must match the test of the submitted score.

If a video is declared invalid, the overall qualification ranking will be adjusted according to the change of the no-score for that workout.

2.12 Qualifiers - Video scoring protocol

Each event includes multiple individual and/or team test items.

Tests may be scored according to the time taken to complete the test, the total number of repetitions completed in a given time, the heaviest load completed, the distance covered, or a combination of these elements.

The scoring of certain test items may result in deductions for not completing a mandatory part of the task.

→ **Valid**

The athlete meets the required movement standards on all repetitions in the test and the listed score is correct. The score will be accepted.

→ **Valid with minor penalty**

Throughout the video, the athlete demonstrates up to 10 'no-reps' that result in a faster time or a higher score for a given test. A small penalty will be applied to the listed score. If the score is stated in the form of a time, the total time to complete the test will be adjusted accordingly. A minor penalty may be applied to more than one (1) movement per test resulting in a larger score adjustment.

→ **Valid with major penalty**

Throughout the video, the athlete demonstrates between 10 and 20 'no-reps' that result in a faster time or a higher score for a given test. A severe penalty will be applied to the listed score by deducting 15% of the total reps. If the score is given in the form of a time, the total time to complete the test will be adjusted accordingly. A heavy penalty may be applied to more than one (1) movement per test resulting in a larger score adjustment.

→ **Invalid**

Throughout the video, the athlete fails to complete the test as required, demonstrates a significant or unacceptably high number (+20) of 'no-reps', or the video does not contain the criteria listed in the video submission standards. The score will be rejected.

NOTE: A score adjustment occurs when an athlete's score needs to be adjusted based on miscounted 'reps', 'no-reps', or a combination of the two. A score adjustment can stand alone or be applied in combination with a result of a minor or major penalty as described above.

2.13 Qualifiers - Video submission standards

The video submission standards (wherever mentioned) are a part of the Rulebook. Basic rules are as follows:

- Tell us your name, which event and division you are in;
- Zoom in/focus on those weights (barbell, dumbbell, kettlebell, plates, etc...), distance (shuttle run, handstand walk, etc...) and time/distance/calories on those screens so we can give you full credit;
- Videos must be uncut and unedited to accurately display the performance;
- A clock or timer must be visible throughout the workout;
- Shoot the video so ALL exercises can be clearly meeting the movement standards;
- Videos shoot with fisheye or similar lens will be rejected;
- DO NOT use a countdown timer.

2.14 Qualifiers - Overall ranking

The competition platform website will host the only official rankings for this online qualification. If an athlete takes a test and submits a score, the score will appear in the overall ranking after the deadline for submitting the score.

Athletes and teams are ranked on the overall rankings based on their performance against other athletes and teams from the same age group. Equal positions on the overall ranking are broken up by awarding the best position to the athlete or team with the highest result in a single test. If athletes or teams are still tied after this first tiebreaker, the process continues with their highest individual result, and so on.

Ties are not broken for results in individual events. More than one athlete or team can share an equal score and ranking, and each will keep the original score.

The overall ranking will not be published until fifteen (15) minutes after the score submission deadline. The overall ranking published initially is not the official ranking. Only after that the video review process is completed will the overall ranking be finalized.

During the video review process, the overall rankings will be frozen.

3. Finals

3.1 Finals – Timetable

The date of the final as well as the venue will be determined in advance per competition by the organization. Dates and location will be announced way in advanced as schedules, heats and tests in the same week of the official kick-off of the finals weekend via following official CF Events channels:

- Relevant website(s)
- Relevant social media channel(s)
- Relevant email(s)
- Athlete script

3.2 Finals - Placement through online qualification

At the end of the review process of the online qualification, the ranking of the athletes and teams on the online qualification rankings will be determined. The organization will invite (by email) the athletes who have qualified for the finals. If an athlete does not complete the registration process, declines the invitation, does not accept the invitation, does not pay the registration fee, the invitation will be canceled and the organization may refill the position with the next athlete in line for that age category.

If a team qualifies and is invited to the final, the team will continue with the registered team as in online qualification. The team can replace an athlete until the day of the final. The team captain is responsible for replacing team members via the 'Roster' page in the competition platform or sending the organization a request by email.

3.3 Finals - Divisions & age groups

All ranked athletes are placed in their respective division and age category as taken over from the qualification registration.

3.4 Finals - Registration process

Athletes and teams can register after receiving an email inviting them to register. Registration must be completed by the date specified in the email.

3.5 Finals - Fees

DIVISION	REGISTRATION FEE ¹	REFUND POLICY
Individuals	€ 84 ¹	See section 1.4
Teams of 2 (Buddy)	€ 118.75 ¹	See section 1.4
Teams of 3 (Triplets)	€ 145 ¹	See section 1.4

¹ Exclusive of service costs. Service costs are determined by payment processing platform at all times and not the liability of CF Events

3.6 Finals - On-site check-in

The date, location, etc... for the final will be disseminated on the organization's website and/or via email addressed to the athletes or team captain and/or via social media channels.

It is the responsibility of each participant to fulfill all required travel and planning obligations (should there be any).

Upon arrival at the place of final registration on the specified date and time, athletes must present themselves to the organizing staff with a valid and generally accepted proof of identity, such as a driving license or passport.

We allow team registration by 1 athlete in function of the team.

During the registration process, athlete and team coaches **MUST** be declared. If applicable, coaches **MUST** be on site to register and receive their accreditation. Only one (1) coach per athlete or team will receive accreditation for the final.

3.7 Finals - Event format

All divisions, sub categories and age groups will compete in three (3) tests during one (1) day and either on Saturday or Sunday. Each test will be the same for everyone (adjusted per division) with a time cap of 8 minutes.

3.8 Finals - Technical briefing

Test components, times, tiebreaks, test flow & special regulations will be communicated before the event starts. This communication may take the form of online media, written documentation or a live technical briefing (with or without

demonstration of movements and/or range of motion). Regardless of the method of communication, it is the sole responsibility of athletes and teams to know the movement standards at all times and meet the minimum standard requirements.

In the event of an on-site technical briefing, it will consist of the following parts:

- Components of the test;
- Test flow;
- Movement standards;
- Special regulations;
- Q&A

3.9 Finals - Placing overall ranking

All participating athletes and teams will be assigned a place in the overall standings at the start of the event. During the course of this event, athletes and teams may reposition themselves in the overall ranking which will be determined by their score per test.

A tie will be broken by awarding the best position to the athlete or team with the highest result in a section of a test. If athletes or teams are still tied after this first tiebreaker, the process continues with their next highest individual result, and so on.

Ties are not broken for results in one (1) part. More than one (1) athlete or team can share a test ranking and each will earn the original points.

All athletes and teams will be subjected to three (3) tests after which the winner of the competition will be announced.

3.10 Finals - Scoring

Specific scoring formats will be provided when the tests are announced. For teams, any composition of men, women or the total number of athletes contributing to the competition score may be required.

Tests may have penalty times. Failure to complete a test within the specified time may result in a specific penalty for each part of the test that was not completed.

Tests may have a minimum work requirement in terms of the amount of time, repetitions, weight or rounds. Such minimums will be announced as part of the format of the test.

If an athlete or team does not advance to the next part of a test for any reason (DNF, injury, etc...), the athlete or team will be ranked lower than all participants or teams who started and finished this part of the test.

3.11 Finals - Appeals

Appeals are allowed in the following situations:

- There is a difference between the athlete's score on the scorecard and the score on the competition platform;
- The performance of an athlete were disrupted by the actions of another athlete, official or staff member;
- Malfunctioning test equipment;
- Other situations that relate to the athlete's own performance and do not involve an appeal to the section of a judge on whether a repetition met the required standard of movement.

The judgment on whether a repetition meets the required movement standard CANNOT be appealed. All appeals must be carried out according to the procedures described below:

- If an athlete or a team wants information about his or her own score for a particular test, he or she can ask the direct question to the competition manager;
- Only the athlete concerned can apply for an appeal;
- No athlete or accredited coach may initiate an enquiry into the performance of another athlete or team;
- The viewing of video footage for the purpose of an appeal is the responsibility and discretion of the competition manager;
- The performance may be viewed in its entirety, and any evidence (video or other) that a scoring error was made against or in favor of the inquiring party may be taken into account, which may result in the athlete's score being adjusted accordingly forwards or backwards;
- Appeals about a specific test must be submitted before the athlete takes the next test of the test;
- If the request for appeal is about the last test of the event, they must be submitted within ten (10) minutes after the last round has completed that test.

3.12 Finals - Injury policy

Any athlete or team (member) who is unable to complete a part due to injury, or who requires medical attention after completing a test, must obtain permission from the medical staff and the competition manager before returning to competition. The competition manager, head judge or medical staff have the authority to withdraw the athlete from competition based on the severity of the injury, the likelihood of further injury and other factors.

Individual athletes or team members who miss their round for any event due to injury or while undergoing medical treatment or assessment will be withdrawn from the competition.

If a team member is withdrawn from the competition due to injury, the team may continue to participate if the team can potentially meet the minimum work requirements of a section. If the team cannot meet the minimum requirements without a full work schedule, the team may not participate and will be withdrawn from the competition.

3.13 Finals - Required apparel/equipment

Proper apparel, including footwear, is required for all components. No attire may interfere with a judge's ability to determine whether the required movement standards and expectations for movement range are met.

The organization may, at its discretion, prohibit athletes from wearing, using or displaying certain clothing, equipment, accessories, symbols, art, images or other items, including but not limited to headgear, clothing, tape, sunglasses, water bottles, stickers, logos and body or head tattoos or art (temporary or permanent).

Once athletes enter the competition floor, they must not receive any outside assistance (water, tape, chalk, gloves, ect...) from spectators or coaches.

3.14 Finals - Coaching of athletes

If applicable (will be considered per event whether it can be organized), one (1) accredited coach per individual athlete or team is allowed in the warm-up zone. All other competition zones, including the athlete zone, are prohibited for coaches and non-working staff. Additional coaches, therapists or supervisors of athletes are considered limited-access spectators and are not allowed access to the warm-up zone or those zones where only athletes are allowed.

Medical personnel for rehabilitation of athletes (soft tissue and body care providers) may be provided by the organization to all athletes in a designated zone with restricted access in the athletes' zone.

3.15 Finals - Winners

After everyone has completed three (3) tests, the winners per division of the event will be declared based on the overall standings.

4. Anti-doping policy

Keep the sport clean. There is a zero tolerance policy!

5. Amendments and final clauses

The organization may revise these regulations at any time. Changes to the regulations will be communicated (with amendments) via the website.

By registering, the participant declares to agree with the content of these rules and its possible amendments. In all cases where the organization's rules, tests and/or other communications are unclear, incomplete or contradictory, the organization will always have the final say.

6. Annex: Sportsmanship

All athletes agree to participate in the competition in a sporting manner. Unsportsmanlike behavior such as arguing with a judge, staff member, taunting, interrupting, fighting, or participating in any behavior that brings the organization, the competition, other participants, spectators, or event sponsors into disrepute, as determined by the organization, in the eyes of the public or the community, may be grounds for punishment, suspension, disqualification or legal action.

All athletes agree to make appropriate efforts in every test and at every stage of the event. Athletes are prohibited from 'sandbagging' (someone underperforming in an event) to gain an advantage in another test or over another athlete or team. Any athlete deemed by the organization to be engaging in 'sandbagging' may be penalized or disqualified by the organization at its discretion.

Any action that prevents another athlete from having a fair chance to compete (e.g. misuse or change of equipment or refusal to follow instructions), that interferes with communication between the athlete and the judge (e.g. external sound equipment, bull horns, air horns, etc...), or is generally disruptive to the event is prohibited.

Athletes are held responsible for the behavior of their coach, teammates, team managers, supporters and guests. If the behavior of a member of such a group or groups is deemed by the organization to be unsportsmanlike or disruptive to the competition, the coach, teammate, supporter, guest or athlete is subject to the same disciplinary measures.

This is not an exhaustive list and is intended as a guide for athletes, coaches and other attendees. This is not intended to restrict the right of the organization to organize the event in any way it sees fit. The organization reserves the right to terminate the participation of any athlete, coach, staff, volunteer, judge, visitor, guest, supporter, teammate and/or spectator attending or watching the event at any time, without further obligation to that person.

All information provided, whether in registration, video, scores, times, reps or completed rounds, must be the complete truth. A lack of integrity, or any action that shows intent to cheat or circumvent the rules or intent of the rules of the competition, including lying (as an example), will result in disqualification.

The organization has and may delegate absolute authority over any final ruling, including, but not limited to, disqualification of an athlete, removal of spectator(s), or dismissal of an attendee.

7. Waiver statement

Assent to these competition rules.

""I declare that I agree without reservation to the following documents"":

- Competition Rules
- Rulebook in general

Photography & video disclaimer

Competition participants may be photographed or videotaped during the event. The registered participant hereby consents to the use of these photographs and/or videos without compensation, on the website or in any editorial, promotional or advertising material produced and/or published by the organization and its partners (social media and all other canals of interest).

Waiver and release of liability

Explicit acceptance of risk:

""I, the Registrant, am aware that there are risks associated with all aspects of physical testing. These risks include, but are not limited to: falls that may result in serious injury or death; injury or death due to negligence by myself, my training partner, or other people around me; injury or death due to improper use or failure of equipment; strains or sprains. I am aware that any of the above risks may result in serious injury or death to myself and or my partner(s). I accept full responsibility for the risks to which I expose myself and accept full responsibility for any injury or death that may result from participation in any activity during, or under the direction of, the organization. I acknowledge and confirm that I have no physical limitations, injuries or illnesses that may endanger me or others"".

Waiver

""In consideration of the above mentioned risks and dangers and in consideration of the fact that I willingly and voluntarily participate in the activities offered by the organization, I, the undersigned hereby release the organization, their principals, agents, employees and volunteers from any and all liability, claims, demands, actions or rights of action, relating to, arising out of, or in any way connected with my participation in this activity, including those allegedly attributed to the negligent acts or omissions of the above named parties. This agreement is binding on me, my successors, representatives, heirs, executors, assigns or assigns. If any part of this agreement is declared invalid, I agree that the rest of the agreement shall remain in full force and effect. If I sign on behalf of a minor child, I also give full permission to any person associated with the

organization to provide first aid if deemed necessary, and in case of serious illness or injury, I give permission to seek medical and/or surgical care for the child and to transport the child to a medical facility if deemed necessary for the welfare of the child””””.

Indemnification

The participant/registered acknowledges that there are risks prohibited in the types of activities offered and/or initiated by the organization. Therefore, the participant/registrant accepts financial responsibility for any injury the participant/registrant may cause to himself/herself or another participant through his/her negligence.

The participant/registered further agrees to indemnify and hold harmless the organization, their principals, agents, employees and volunteers from liability for the injury or death of any person(s) and damage to property that may result from my negligence or intentional act or omission while participating in activities offered and/or gëintegrated by the organization, at the qualifying venue(s), or the final event venue or abroad. This includes but is not limited to parks, recreational areas, playgrounds, areas adjacent to main buildings, and/or any area selected for the test by the organization (e.g. swimming pool, etc...).

As registered, I declare

“””I have read and understand the foregoing and I understand that my registration for the event obliges me to indemnify the named parties against all liability for injury or death to any person and damage to property caused by my negligence or willful act or omission. I understand that by registering I waive my legal rights`”””.