



General Rulebook

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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;
- Anyone who wants to experience their first competition as an individual, with a team buddy or with a team triplets format;
- Anyone that just wants to test a division they've never been to before.

Therefore, there won't be a qualification process to reach the finals. When you as an individual or a team registers for the competition, you will immediately gain access to the finals. Every participant of whichever format you prefer, will have to do (with the exception of the parent/kid division) a “**placement workout**” to ensure a fair competition (see point 2 of this document).

Our competitions are the perfect starting point to progress to higher level competitions. We want everyone who participates in our finals, regardless of their fitness level, to experience that adrenaline and rush feeling of being on the competition floor, cheered on by hundreds of spectators, friends and family!

Yes, **YOU** can shine in our community.

Our competitions do not have an elite division because it does not fit within our “beginners” concept. The organization reserves the right to:

- refuse individuals in its competitions;
- refuse teams in its competitions.

If you have any doubts whether you can participate or not, we ask you to inform us in advance by sending us an email via info@milanotrowdown.com

The concept:

- Designed for the beginning athlete;
- Direct access to finals (no qualifiers required, only a placement workout);
- Individual, team buddy & triplet format;
- Only 1 day of competition for **ALL** divisions;
- Tight time schedule so everyone knows when to start and when it is done;
- **ALL** participants in whichever format they prefer, must do 3 different, challenging and fun workouts in total spread out during the day with **NO** cut-off;
- **NO** separate final to determine the 1th, 2th and 3th place overall;
- Testing endurance, strength, power, skill, bodyweight exercises or a mix of all mentioned;
- The divisions are SCALED, REGULAR, ADVANCED and RX;
- We offer the very popular parent/kid division with a custom and fun workout in our buddy format;
- Parent/kid division goes straight to the finals without doing the placement workout;
- Available final spots are limited (We apply who comes first, is served first...until we are full) and are listed through the competition platform.

The Milano Throwdown will be a HYBRID edition. HYBRID stands for an ALL-IN-ONE competition. Whether you like to join as an individual, with a buddy or even as a triplet formation in the same weekend, it's all possible.

All rules contained below apply to the Milano Throwdown, owned and powered by:

CF Events
Koning Lodewijklaan 752

7314 GX APELDOORN
 Netherlands
 KvK-nummer: 69193711
 VAT-nr: NL 857776782B01
 Insurance number: 00350071868
www.cfevents.eu
info@cfevents.eu

Name of the competition	Website + email
Milano Throwdown	www.milanothrowdown.com info@milanothrowdown.com

1.1 Registration - Participating

Any participant that meets the age and registration requirements stated in these regulations may register and must complete the registration process.

How to proceed?

1. Where applicable, you can choose your day you want to compete (for the 2024 season the Milano Throwdown will be a one (1) day event (Saturday);
2. Choose your category INDIVIDUAL, BUDDY or TRIPLETS;
3. Choose your GENDER category + sub-division SENIOR 16 - 34, MASTER 35+, DAD/KID or MOM/KID;
4. Complete the formalities, pay the entry fee....ready....you have just registered for the placement test and your guaranteed ticket to the final.

What can't you do now?

- Determine your division SCALED, REGULAR, ADVANCED and RX. We will do that for you based on your results and place on the overall leaderboard after you have done the placement workouts.

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 participants scores. The organization will make such decisions on participation and scores to preserve the integrity of the competition.

Schedules for placement workout 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 can't participate in both the online placement workout and finals.

Participation will be in the form of an individual, a team of 2 or 3 format. For more details, please see section 2.4.

When participating as a team, 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.

Participants can be replaced until the registration deadline. When participating as a team, the team captain is responsible for replacing team members by sending the organization a request by email.

This email should clearly state:

- The name of the team;
- The name of the athlete to be replaced;
- The name of the replacement athlete.

1.2 Registration - General rules

Registration is only possible if the participant 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 (legal underaged) must have the permission and must be accompanied by one of the parents or legal guardian.

Unless otherwise stated, you can participate from the age of 16*.

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.

**If you are a minor, get permission from your parents or legal guardian and your coach first. With permission, your parents or legal guardian will have to sign the waiver. You as a minor may NOT do this. ATTENTION: Minor athletes can only participate in the SCALED and REGULAR divisions.*

1.3 Registration - Cost

The full entry fee consists of the entry fee (placement workout + final) and the service fee. The service fees are charged by the competition platform and payment processor and are subject to their terms and conditions. For more details, please see section 3.4.

1.4 Registration - Payment process

It may happen that payment is not processed immediately without you receiving notification of this from the competition platform. This may take several days and is completely beyond the responsibility of our organisation.

1.5 Registration - Refund policy

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. 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 entry fee. 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).

1.6 Registration - Competition Corner Account

The organization uses the competition platform Competition Corner (hereafter referred to as competition platform). Each participant or team must create a personal account on this competition

platform. If you don't know how this works, ask someone who already has an account or go to the help page of the competition platform.

<https://help.competitioncorner.net/en/>

Competition Corner 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

<https://competitioncorner.net/privacy-policy>).

1.7 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.

1.8 Registration - General rules - Fanshield Insurance details

The competition platform offers ticket protection insurance, which is entirely separate and not the responsibility of the event. In partnership with Competition Corner, Fanshield is an option for ticket insurance (not medical insurance) for athletes.

For more information, visit the following link:

<https://help.competitioncorner.net/en/articles/5674001-what-is-fanshield-insurance-protection>

1.9 General classification - General conditions

Participants will be placed and ranked in the overall ranking of their respective division and/or age group based on test performance.

1.10 General classification - Stats

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.

2. Placement workout - How it works:

All participants will have to perform an on-line placement workout.

A placement workout refers to a specific training routine or workout used to assess and rank participants in the right category, making the competition as fair as possible. The placement workout consists of 1 test with 4 levels of increasing difficulty. Everyone starts with a basic test that becomes progressively difficult until you, as an athlete or team, can go no further. If you fail a test, that will be your final score and you will **NOT** be allowed to continue with the next test.

The placement training will help the organization classify participants into different divisions or categories based on their performance, which will ultimately affect their pathway in the competition. The participants will have to record a video of the placement workout as a proof of their fitness level. During the video review process, the organization will be responsible for the final category assigned to the participant.

2.1 Placement workout - Timetable

The start and end of the placement workout, also the date(s) of all deadlines (including times) of the 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 Placement workout - 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 placement workout will consist of one (1) test in which step-by-step, movements will become more complex and weights used heavier.

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

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

2.3 Placement workout - Registration process

Any 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.

2.4 Placement workout - Divisions & age categories

A participant's category will be assigned based on date of birth and gender. The age rule taken into account, is the age that the participant will be on the day of the final.

The online placement workout test has the following divisions and sub categories:

INDIVIDUALS	Senior M / 16 - 34 Senior F / 16 - 34 Masters M / 35+ Masters F / 35+
BUDDY	Senior M/M / 16 - 34 Senior F/F / 16 - 34 Senior M/F / 16 - 34 Masters M/M / 35+ Masters F/F / 35+ Masters M/F / 35+ <hr/> Dad/Kid / 6 - 12 Mom/Kid / 6 - 12
TRIPLETS	M/M/F / open age category F/F/M / open age category

2.5 Placement workout - Available format

Participants must complete the prescribed placement workout before the deadline. Each participant is free to take as many attempts as he or she wishes.

2.6 Placement workout - Available format - Approved equipment/apparel

The tests will be released and communicated through our uniform online scripts and will include the following information:

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

At all stages of this competition, it is the responsibility of the participant to adhere to the test schedule. This includes performing all required movements to the standard prescribed, 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).

2.7 Placement workout - Score submission

It is the sole responsibility of the participant 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 <https://help.competitioncorner.net/en/articles/1083267-how-do-i-submit-my-online-score>.

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

2.8 Placement workout - Movement standards, unusual movements and exceptions

NOTE: We work closely with the International Functional Fitness Federation (iF3) and use only their rules and standards. For all movement standards, we refer to the iF3 Movement Standards Manual. You can download this book via: https://functionalfitness.sport/wp-content/uploads/2023/03/2023_iF3-Movement_Standards.pdf

Any violation of the prescribed test format, including movement standards will result in the repetition being rejected (no-rep). Therefore, participants 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, participants and judges should be aware that certain participants 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.

2.9 Placement workout - Score and video submission

All participants are obliged to upload a score and video of each level achieved in the placement workout on the competition platform. The competition platform is set to give you no other choice. No video = no score upload (system will give an error message).

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 participant that the videos can be viewed. The organization will **NOT** contact participants to get videos visible.

More than once, we note that a link is uploaded that has nothing to do with the workout. If we detect this, the participant will immediately be disqualified.

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 the test has been completed. Participants are best (not mandatory) to have someone (judge) monitor their movements to ensure each repetition meets the required rules and movement standards. Before submitting a video, participants 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.

2.10 Placement workout - Video assessment process

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

If a score is changed, the overall ranking will be recalculated with this new score. If a score is changed, the participant 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 ranking will be adjusted according to the change of the no-score for that workout.

2.11 Placement workout - Video scoring protocol

Each placement workout will include multiple individual and/or team test items (movements).

The placement workout 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 a participant'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.

2.12 Placement workout - Video submission standards

Although we would love to take your word and not have an online video qualifier process, that's not how this works. In addition to the scorecard, you, the participant, will have to upload a video (link) of the prescribed test as visual proof. The main objective is to verify that you have performed the test, that the number of repetitions and times specified are correct and that you meet up with the movement standards. The concept is simple but if you have ever had to do it, you know it isn't always as easy as it sounds. Let us help you by setting up these practical tips and rules to insure you for video submission success.

All participants must upload a video of each test on the competition platform. The competition platform is set to give you no other choice. No video = no score upload.

It is the sole responsibility of the participant to ensure timely and successful submission videos. Entries that are incomplete will not be accepted.

IMPORTANT VIDEO FORMAT RULES:

- ◆ YOUTUBE, VIMEO, GOOGLE, iCloud, WODproof, etc...whichever works best for you is allowed;
- ◆ Set your video to **PUBLIC** modus;
- ◆ If using GOOGLE or iCloud, please make sure it's **NOT** password protected (if it's password protected, the video is **NOT** valid);
- ◆ Be aware of **COPYRIGHTS** on music in the background as these get your video taken down (if it's blocked, the video is **NOT** valid);
- ◆ You **MUST** upload the video link in the competition platform. Under no circumstances can the participant transfer their scores and videos directly to the LLTD in any form whatsoever;
- ◆ Videos must be uncut and unedited to accurately display the performance;
- ◆ A clock or timer must be visible throughout the workout;
- ◆ Record the video so that ALL exercises are clearly visible so we can check that they meet movement standards;
- ◆ Videos shoot with fisheye or similar lens will be rejected;

◆ **DO NOT** use a countdown timer.

Under no circumstances will we contact the participant(s) concerned to receive a viewable video. The participant concerned will be informed that the video was rejected and the score invalidated along with the reason why.

More than once, we have noticed that a link is uploaded that has nothing to do with the workout. If we detect this, the participant(s) will immediately be disqualified.

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

Before starting the test, **DO NOT FORGET:**

- Tell us your name;
- State which event and division your in;
- If you don't want to use WODproof, make sure to film the time and date display on the organizations website;
- Zoom in/focus on the weights (barbell, dumbbell, kettlebell, etc...), distances (shuttle run, handstand walk, etc...) and time/distance/calories on the screens from the machines so we can give you the full credit;
- If required, do not forget to reset the screens of the machines before starting the next round.

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.

2.13 Placement workout - Overall ranking

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

Participants are ranked on the overall rankings based on their performance against other participants from the same gender/division and/or age group. Equal positions on the overall ranking are broken up by awarding the best position to the participant with the highest result in a single test. If participants' scores 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 participant can share an equal score and ranking, and each will keep the original score.

The overall ranking will not be published until 24 hours after the score submission deadline. The overall ranking published initially is not the official ranking. Only after 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 - 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 well in advanced as schedules as heats and tests in the same week of the finals via following official CF Events channels:

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

3.1 Finals - Placement through online placement workout

At the end of the review process, the ranking of the participants will be determined based on the official ranking. The organization will inform (by email) the participant about their final category they'll compete in the finals. If participants are invited to the final, they will have to compete in the finals with the same registered individuals.as in the online placement process.

Teams can replace an athlete until one (1) week before the finals. The team captain is responsible for replacing team members by sending the organization a request by email.

This email should clearly state:

- The name of the team;
- The name of the athlete to be replaced;
- The name of the replacement athlete.

NOTE: You can only do this once!

3.2 Finals - Divisions & age groups

All ranked participants are placed in their respective division and age category as taken over from the placement workout registration. The number of final places per division will be determined by the organizers.

INDIVIDUALS	SCALED Senior M 16 - 34 SCALED Senior F 16 - 34 SCALED Masters F 35+ SCALED Masters M 35+ <hr/> REGULAR Senior M 16 - 34 REGULAR Senior F 16 -34 REGULAR Master M 35+ REGULAR Master F 35+ <hr/> ADVANCED Senior M 18 - 34 ADVANCED Senior F 18 -34 ADVANCED Master M 35+ ADVANCED Master F 35+ <hr/> RX Senior M 18 - 34 RX Senior F 18 - 34 RX Masters M 35+ RX Masters F 35+
BUDDY	SCALED Senior M/M 16 - 34 SCALED Senior F/F 16 - 34 SCALED Senior M/F 16 - 34

	REGULAR Senior M/M 16 - 34 REGULAR Senior F/F 16 - 34 REGULAR Senior M/F 16 - 34 REGULAR Masters M/M 35+ REGULAR Masters F/F 35+ REGULAR Masters M/F 35+
	ADVANCED Senior M/M 18 - 34 ADVANCED Senior F/F 18 - 34 ADVANCED Senior M/F 18 - 34 ADVANCED Masters M/M 35+ ADVANCED Masters F/F 35+ ADVANCED Masters M/F 35+
	RX Senior M/M 18 - 34 RX Senior F/F 18 - 34 RX Senior M/F 18 - 34
	DAD/KID 6 - 12 MOM/KID 6 - 12

TRIPLETS	REGULAR M/M/F open age category REGULAR F/F/M open age category
	ADVANCED M/M/F open age category ADVANCED F/F/M open age category
	RX M/M/F open age category RX F/F/M open age category

3.3 Finals - Registration process

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

3.4 Finals - General Costs (Placement workout + final)

Division	Registration fee (exclusive of service costs)	Service cost payment processor	Service cost competition platform	Refund policy
Individual	€89,75	Determined by payment processor platform	Determined by competition platform	See 1.4 of this Rulebook
Buddy	€119,75 (per team)	Determined by payment processor platform	Determined by competition platform	See 1.4 of this Rulebook
Parent/Kid	€109,75 (per team)	Determined by payment processor platform	Determined by competition platform	See 1.4 of this Rulebook

Triplets	€149,75 (per team)	Determined by payment processor platform	Determined by competition platform	See 1.4 of this Rulebook
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3.5 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 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;
- a valid QR code.

Athlete's can retrieve their QR code from their [My Competition](#) page. Locate your event, and click/tap on Check In Code. <https://help.competitioncorner.net/en/articles/4316877-how-do-i-retrieve-my-check-in-qr-code>

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

3.6 Finals - Event format

All divisions, sub categories and age groups will compete in three (3) tests during one (1) day. Each test will be the same for everyone (adjusted per division) with a predetermined and communicated time cap.

3.7 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 all participants 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

NOTE: We work closely with the International Functional Fitness Federation (iF3) and use only their rules and standards. For all movement standards, we refer to the iF3 Movement Standards Manual. You can download this book via: https://functionalfitness.sport/wp-content/uploads/2023/03/2023_iF3-Movement_Standards.pdf

3.8 Finals - Placing overall ranking

After the organization determines in which category an athlete will eventually compete in, all participants will be assigned a place in the overall standings at the start of the event. During the course of this event, participants 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 team with the highest result in a section of a test. If participants 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) participant can share a test ranking and each will earn the original points.

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

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

3.10 Finals - Appeals

Appeals are allowed in the following situations:

- There is a difference between the participants' score on the scorecard and the score on the competition platform;
- The performance of a participant was disrupted by the actions of another participant, judge or staff member;
- Malfunctioning test equipment;
- Other situations that relate to the participant'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 a participant wants information about their score for a particular test, they can ask the direct question to the competition manager;
- Only the participant concerned can apply for an appeal;
- No participant may initiate an enquiry into the performance of another participant;
- 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 team's score being adjusted accordingly forwards or backwards;
- Appeals about a specific test must be submitted before the participant takes the next 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.

3.11 Finals - Injury and illness policy

Any participant who is unable to complete a part due to injury or illness, 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.

All participants have a duty of care over their own bodies. If you are hurt or not feeling well on the day of finals, consider not to participate or seek advice from your coach to avoid worse.

Participants 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 participant in a team format 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.

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

3.13 Finals - Coaching of athletes

If applicable (will be considered per event whether it can be organized), one (1) accredited coach per team is allowed in the warm-up zone. All other competition zones, including the athletes' zone, are prohibited for coaches and non-working staff. Additional coaches, therapists or supervisors of teams 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 teams' in a designated zone with restricted access in the athletes' zone.

3.14 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 participants 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 participants agree to make appropriate efforts in every test and at every stage of the event. Participants are prohibited from 'sandbagging' (someone underperforming in an event) to gain an advantage in another test or over another participant. Any participant 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 participant 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 participant and the judge (e.g. external sound equipment, bull horns, air horns, etc...), or is generally disruptive to the event is prohibited.

Participants 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 participant is subject to the same disciplinary measures.

This is not an exhaustive list and is intended as a guide for participants, 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 participant, 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).

Data protection - Privacy policy

Any of the information we collect from you may be used for the following purposes:

- *Send administrative information*
- *Enforce terms and conditions and policies*
- *Protect from abuse and malicious users*
- *Run and operate the Website and Services*

You can find more information about our Privacy policy via this [LINK](#)

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 organized 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”””.