



## **ATHENS THROWDOWN 2018 RULEBOOK**

To participate in any stage of Athens Throwdown, every athlete must agree to any and all Rules and Policies, including, without limitation, the Assumption of Risk, Publicity Release, Waiver & Consent form, all of which are incorporated herein by reference, and to the decisions of the Athens Throwdown which are final and binding in all respects. The Individual Online Qualifiers for the Athens Throwdown will consist of a series of workouts that will be released on the official Athens Throwdown website ([www.athensthrowdown.com](http://www.athensthrowdown.com)). All athletes need to perform their qualifiers under a CrossFit Box, CrossFit Gym or Garage and submit their videos online. All videos will be examined by Athens Throwdown Judge Team.

### **Registration**

Registration for the online qualifiers will open on 01/11/2017, 12:00 (Greek local time) and will remain open until 14/01/2018, 23:59 (Greek local time). All personal information must be entered for each athlete separately. Please ensure the correct contact email address is entered for each athlete as this will be our main form of communication! Please double check that it's correct if you're entering on behalf of someone else! Once the workouts have been released, athletes will not be able to change from one category to another.

### **Competition Categories**

Individual athletes will compete in following categories:

1. Male & Female Elite - Open for all ages.
2. Male & Female Scaled - Open for all ages
3. Male & Female 35+ (must be 35 years + on or before the 22nd of April 2018)
4. Male & Female 40+ (must be 40 years + on or before the 22nd of April 2018)
5. Male & Female 45+ (must be 45 years + on or before the 22nd of April 2018)
6. Male 50+ (must be 50 years + on or before the 22nd of April 2018)
7. Teenage Boys & Girls up to 18 (must be under 18 years till 20th of April 2018)



Team athletes will compete in following categories:

1. Elite – Teams consisting of 3 Male
  2. Scaled – Teams consisting of 2 Male and 1 Female
- In case a category has less than 15 registrations, Athens Throwdown has the right to cancel that category. In such a case, all registered athletes will be refunded. Athens Throwdown has also the right to merge two categories of the same sex in case of insufficient participants. For example, male 45+ and male 50+. In such a case, registered athletes will not be refunded.
  - At the end of the individual online qualifiers a total of 360 individual athletes will be advanced to the finals.
  - There will be no qualifiers in team event: the first 40 Elite teams and 40 Scaled teams to register will be invited in Athens, Greece for the finals.
  - All teenage boys and girls must have a written statement with them from their parents or coaches, allowing them to take part in Athens Throwdown finals!
  - **Important notice:** Top 10 scaled men and top 5 scaled women from Athens Throwdown 2017 finals are obligatory promoted to elite category!

### **Dates**

- Registration for both individual online qualifiers and team finals will open on Wednesday 1st of November 2017 at 12:00 (Greek local time) and will remain open until Sunday 14th of January 2018, 23:59 (Greek local time).
- In individual event, there will be 3 qualification WODs which will be announced on 15/01/2018, 09:00 (Greek local time). All athletes must submit their scores until 31/01/2018, 23:59 (Greek local time). Athletes can complete the workouts as many times as they wish.
- Once the deadline of the workouts is over, an athlete will not be able to adjust or re-submit any score for these workouts.
- The 360 best individual athletes will be invited in Athens, Greece for the finals on 21st and 22nd of April 2018.
- There will be no qualifiers in team event! The first 40 Elite teams and 40 Scaled teams to register will be invited in Athens, Greece for the finals on 20th and 22nd of April 2018.
- Finals' dates breakdown:  
20 April 2018: Team Event, 21 April 2018: Individual Event, 22 April 2018: Individual Event / Individual Finals, Team Finals



### **Validating Workouts**

- All individual athletes need to perform their qualifiers under a CrossFit Box, CrossFit Gym or Garage and submit their videos online. All videos will be examined by Athens Throwdown Judge Team. Videos should be uploaded to a video hosting site like YouTube and Vimeo under public privacy settings. The public link to that video is then submitted with their score. Be careful, all videos must have public privacy settings!
- Athletes must follow all the guidelines of each Qualifier Video provided by Athens Throwdown Team.
- It is the sole responsibility of the Athlete to ensure the timely and successful submission of their workout. Submissions that are incomplete or not working will not be accepted.
- Athens Throwdown Judge Team has the right to approve or reject any video submitted by any athlete without warning.
- The final validation of all scores will be done by Athens Throwdown Judge Team.

### **Scoring**

- Athens Throwdown website will host the only official Leaderboard for both the Online qualifiers and Finals.
- In finals of 20-21-22 April 2018, all athletes begin with zero (0) penalty points. In final WOD, penalty points from previous finals' WODs will be recalculated based on athletes ranking.

### **Advancement**

- At the end of the individual online qualifiers a total of 360 athletes will be advanced to the finals.
- Qualified Athletes will have until TBA to declare whether they accept their place and purchase their competitor ticket to compete in the finals. If the athlete does not declare and purchase within this time, his/her place at the finals will be offered up to the next athlete in line.
- Wild cards will be given only for very important reasons (health, injuries etc.).
- The Athens Throwdown Judge Team has final authority on all Athlete Event Protest rulings.



- Video, photos, cell phone media or any other media will NOT constitute grounds for changing or modifying a decision, score or entry made by an Event Judge. The Athens Throwdown Judge Team may ask for any related media, but its availability may or may not guarantee use or admissibility in the overall decision process.
- Nothing in these rules including Event Protests, Scoring Discrepancies and Event Movement Standards, Range of Motion Judging applications should be read as a limitation on Athens Throwdown right to run or operate any Athens Throwdown's supported, sanctioned or sponsored Event as it sees fit in its sole and absolute discretion and the Athens Throwdown Judge Team and The Athens Throwdown say is final. This includes the right to remove or disqualify any Athlete at the Athens Throwdown sole and absolute discretion, and he/she will not be allowed to ask for a refund or compensation.

### **Tiebreaking policy**

In case of a tie between two or more athletes during the event, the following tiebreaking policy applies:

- Step 1: Athens Throwdown first considers which athlete won most of the workouts. The one with the most workouts won, is the winner of the tie. If there is still a tie between the athletes, then we proceed to Step 2.
- Step 2: Athens Throwdown examines which athlete ranked at 1st place more often. The one with the most 1st place rankings, is the winner of the tie. If there is still a tie, then we proceed to Step 3.
- Step 3: Athens Throwdown examines how many times each athlete ranked 2nd to break the tie. The one with the most 2nd place rankings, is the winner of the tie. If there is still a tie, then we proceed to 3rd position, 4th etc.

### **Drug policy**

Athletes disqualified from CrossFit Games, for performance-enhancing drugs usage, are not allowed to take part in Athens Throwdown as long as their ban applies.

In addition to this, Athens Throwdown has the right to cooperate with international anti-doping organizations if requested. Athletes taking part in the event will have to cooperate on their behalf and take part in drug-testing programs if requested. If an athlete evades, refuses or fails to submit to a drug



test, then Athens Throwdown has the right to ban him/her from the event and he/she will not be allowed to ask for a refund or compensation.

### **Prizes**

- A total cash prize of 33.500 euros will be given to the winners of Athens Throwdown 2018! In addition to this, more than 6.500 euros will be given in sponsors' gifts. Specifically:

#### Individual event

##### Elite Men

1st place: 5000 2nd place: 1500 3rd place: 750

##### Elite Women

1st place: 5000 2nd place: 1500 3rd place: 750

##### Scaled Men

1st place: 500 2nd place: gifts 3rd place: gifts

##### Scaled Women

1st place: 500 2nd place: gifts 3rd place: gifts

##### Masters Men 35+

1st place: 1000 2nd place: 500 3rd place: gifts

##### Masters Women 35+

1st place: 1000 2nd place: 500 3rd place: gifts

##### Masters Men 40+

1st place: 1000 2nd place: 500 3rd place: gifts

##### Masters Women 40+

1st place: 1000 2nd place: 500 3rd place: gifts

##### Masters Men 45+

1st place: 500 2nd place: 200 3rd place: gifts

##### Masters Women 45+

1st place: 500 2nd place: 200 3rd place: gifts

##### Masters Men 50+

1st place: 500 2nd place: 200 3rd place: gifts

##### Teenage Boys up to 18

1st place: 300 2nd place: 150 3rd place: gifts

##### Teenage Girls up to 18

1st place: 300 2nd place: 150 3rd place: gifts

#### Team event

##### Elite teams



1st place: 4500 2nd place: 2100 3rd place: 900

Scaled teams

1st place: 1500 2nd place: gifts 3rd place: gifts

- All prizes are subject to applicable taxes and withholding and prize winner's compliance with an agreement to Athens Throwdown's prize affidavit.
- Additional prizes may be presented by partners, sponsors or selected vendors and all such prizes are subject to applicable taxes and withholding and compliance with an agreement to Athens Throwdown's prize affidavit.
- All physical prizes must be collected by the winning athlete and team at the event. If prizes need to be shipped after the event, the athlete and team may be subject to charges for shipping.