



ATHENS THROWDOWN 2019 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). 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 01/11/2018, 12:00 (Greek local time) and will remain open until 14/01/2019, 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.

Registration fees are non-refundable for no reason.

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 14th of April 2019)
4. Male & Female 40+ (must be 40 years + on or before the 14th of April 2019)
5. Male & Female 45+ (must be 45 years + on or before the 14th of April 2019)
6. Male 50+ (must be 50 years + on or before the 14th of April 2019)
7. Teenage Boys & Girls up to 18 (must be under 18 years till 12th of April 2019)

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 TBA individual athletes will be advanced to the finals.
 - There will be no qualifiers in team event: the first TBA Elite teams and TBA 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:** Athletes who ranked for two consecutive years among top 5 scaled men and top 3 scaled women, are obligatory promoted to elite category!

Dates

- Registration for both individual online qualifiers and team finals will open on Thursday 1st of November 2018 at 12:00 (Greek local time) and will remain open until Monday 14th of January 2019, 23:59 (Greek local time).
- In individual event, there will be 3 qualification WODs which will be announced on 15/01/2019, 09:00 (Greek local time). All athletes must submit their scores until 31/01/2019, 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, submit or re-submit any score for these workouts.
- The TBA best individual athletes will be invited in Athens, Greece for the finals on 12-13-14 of April 2019.
- There will be no qualifiers in team event! The first TBA Elite teams and TBA Scaled teams to register will be invited in Athens, Greece for the finals on 12-13-14 of April 2019.
- All athletes and all categories will compete in all three days of the finals!

Qualifiers

- All individual athletes need to perform their online 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, including the filming angle of the video. The repetitions and/or exercises and/or workouts which don't follow the standards and/or are not clear may be judged as NO REP.
- 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.
- Registration fees are non-refundable for no reason.

Scoring

- Athens Throwdown website will host the only official Leaderboard for both online qualifiers and Finals.
- In finals of 12-13-14 April 2019, 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 TBA 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 may be given only for very important reasons (health issues, injuries etc.).

Finals

- Each team has the right to change one athlete, one time, until 11/04/2019, 17:59 Greek local time. A second change in team members may be reviewed by Athens Throwdown team only for very important reasons (health issues, injuries etc.).
- If an individual athlete or a team cancels its participation in the finals, Athens Throwdown has the right to offer the spot to another athlete/team.



- If a registered athlete doesn't show up during athletes' check-in, then his/her spot might be offered to lucky losers. Lucky losers have to attend the stadium on Friday morning, 12/04/2019, at (exact time TBA) and declare their interest to compete. Then they take the available spots, if any, based on their ranking in the qualifiers.
- Registration fees are non-refundable for no reason.
- 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 TBA euros will be given to the winners of Athens Throwdown 2019! In addition to this, more than TBA euros will be given in sponsors' 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.

Privacy Policy

Athens Throwdown uses the registered athletes' mails in order to send email newsletters only. Mails of the registered athletes will not be given to third parties. All athletes' mails Athens Throwdown are kept on the servers of Athens Throwdown indefinitely. Athletes may at any time unsubscribe from the newsletters by clicking the "Unsubscribe" button at the bottom of any Newsletter sent to them by Athens Throwdown or by sending an unsubscribe email to info@athensthrowdown.com.