



ATHENS THROWDOWN 2020-one RULEBOOK

To participate in any stage of Athens Throwdown, every competitor 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 individual competitors need to perform their online qualifiers at a location of their choice and submit their videos online. All videos will be examined by Athens Throwdown Judge Team.

Registration

Registration for the Individual online qualifiers and Team Event will open on 01/11/2019, 12:00 o'clock (Greek local time) and will remain open until 14/01/2020, 23:59 o'clock (Greek local time). Athens Throwdown reserves the right to extend registrations deadline, if it deems it necessary.

All personal information must be entered for each competitor separately. Please ensure the correct contact email address is entered for each competitor 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 Individual qualifier workouts have been released, Individual competitors will not be able to change from one category to another. Team competitors can't change category at any stage.

Registration fees are non-refundable for no reason. Registrations are non-transferable for no reason.

Competition Categories

Individual competitors 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 5th of April 2020)
4. Male & Female 40+ (must be 40 years + on or before the 5th of April 2020)
5. Male & Female 45+ (must be 45 years + on or before the 5th of April 2020)
6. Male & Female 50+ (must be 50 years + on or before the 5th of April 2020)
7. Teenage Boys & Girls up to 18 (must be under 18 years till 3rd of April 2020)



Team competitors will compete in following categories:

1. Elite – Teams consisting of 3 Male
 2. Scaled – Teams consisting of 2 Male and 1 Female
- If a category has less than 15 registrations, Athens Throwdown reserves the right to cancel that category. In such a case, all registered competitors will be refunded. Athens Throwdown has also the right to merge two categories of the same sex in case of insufficient participants. For example, female 45+ and female 50+. In such a case, registered competitors will not be refunded.
 - At the end of the individual online qualifiers a total of 576 individual competitors will be advanced to the finals.
 - There will be no qualifiers in team event: the first 80 Elite Teams and 96 Scaled Teams to register will be invited in Athens, Greece for the finals.
 - All teenage boys and teenage girls must have a written statement with them from their parents or coaches, during the check-in, allowing them to participate in Athens Throwdown finals!
 - **Important notice:** Competitors who ranked for two consecutive years among top 5 scaled men and top 3 scaled women, are obligatory promoted to elite category!

Dates

- Registrations for both individual online qualifiers and team finals will open on Friday 1st of November 2019 at 12:00 (Greek local time) and will remain open until Tuesday 14th of January 2020, 23:59 (Greek local time). Athens Throwdown reserves the right to extend registrations deadline, if it deems it necessary.
- In individual event, there will be 3 qualification WODs which will be announced on 15/01/2020, 09:00 (Greek local time). All competitors must submit their scores until 31/01/2020, 23:59 (Greek local time). Competitors can complete the workouts as many times as they wish.
- Once the deadline of the workouts is over, a competitor will not be able to adjust, submit or re-submit any score for these workouts.
- The 576 best individual competitors will be invited in Athens, Greece for the finals on ~~3-4-5 of April 2020~~ 16-17-18 of April 2021.
- There will be no qualifiers in team event! The first 80 Elite Teams and 96 Scaled Teams to register will be invited in Athens, Greece for the finals on ~~3-4-5 of April 2020~~ 16-17-18 of April 2021.
- All competitors in both individual and team event will compete in all three days of the finals!



Qualifiers

- All individual competitors need to perform their online qualifiers at a location of their choice and submit their videos online. All videos will be examined by Athens Throwdown Judge Team. Videos have to be uploaded to a video hosting site like YouTube or 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!
- Competitors 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 competitors to ensure the timely and successful submission of their workouts. Submissions that are incomplete or not working will not be accepted. Late scores are not allowed.
- If a competitor is having technical problems submitting a score, he/she must email judges@athensthrowdown.com before the deadline with his/her name, score, and the video link. Any emails received after the deadline will not be considered.
- Competitors can complete and submit the workouts as many times as they wish until the deadline!
- Once the deadline of the workouts is over, a competitor will not be able to adjust, submit or re-submit any score for these workouts.
- Athens Throwdown Judge Team has the right to approve or reject any video submitted by any competitor without warning.
- The final validation of all scores will be done by Athens Throwdown Judge Team.
- Registration fees are non-refundable for no reason. Registrations are non-transferable for no reason.

Scoring

- Athens Throwdown website will host the only official Leaderboard for both online qualifiers and Finals.
- In the finals of ~~3-4-5 of April 2020~~ 16-17-18 of April 2021, all competitors begin the event with zero (0) penalty points.

Advancement

- At the end of the individual online qualifiers a total of 576 competitors will be advanced to the finals.
- Qualified competitors will have until TBA to declare whether they accept their place and purchase their competitor ticket to compete in the finals. If the competitor does not declare and purchase within this time, his/her place at the finals will be offered up to the next competitor in the ranking.
- If a qualified athlete does not accept his/her place in the finals on time, he/she may request to be included in the round thereafter of invitations - if there are still places available. For example, first round invitations athletes



can re-enter the third round, second round invitations athletes can re-enter the fourth round etc.

- Wild cards may be given only for very important reasons (health issues, injuries etc.).

Finals

- Athens Throwdown finals will run on ~~3-4-5 of April 2020~~ 16-17-18 of April 2021. All individual competitors and all teams will compete in all three days, Friday 16th, Saturday 17th and Sunday 18th of April 2021.
- If an individual competitor or a team cancels its participation in the finals, Athens Throwdown has the right to offer the spot to another competitor/team.
- Each team has the right to change three competitors until 15/4/2021, 17:59 Greek local time.
- All individual competitors must check-in at the venue on Thursday 15th of April 2021 between 19:30-20:30 o'clock Greek local time! Briefing will take place between 20:30-21:30 o'clock! If a competitor misses the check-in, then he/she will have a last chance to check-in on the morning of Friday 16th April 2021, between 07:00-07:30. There will not be a second briefing.
- All team competitors must check-in at the venue on Thursday 15th of April 2021 between 18:00-19:00 o'clock Greek local time! Briefing will take place between 19:00-20:15 o'clock! If a team misses the check-in, then it will have a last chance to check-in on the morning of Friday 16th April 2021, between 07:00-07:30. There will not be a second briefing.
- If a registered competitor/team doesn't show up on either check-in, then his/her/its spot might be offered to lucky losers. Lucky losers have to attend the stadium on Friday morning, 16/4/2021, between 07:30-07:45 and declare their interest to compete. Individual competitors take the available spots, if any, based on their ranking in the qualifiers. Teams take the available spots, if any, based on the time they will declare their interest (first in, first served).
- Registration fees are non-refundable for no reason. Registrations are non-transferable for no reason.
- It is the sole responsibility of the competitors to attend the arena(s) and/or their lane in time in order to compete. If they don't, for any reason, then they can't compete in a different Heat and/or time. Athens Throwdown reserves the right to change the heat/competition time of a competitor if it deems it necessary.
- At the end of each day of the finals, the heats will change based on the individual competitors' and teams' performance and they will be published at <https://pieceofgame.com>
- The Athens Throwdown Judge Team has final authority on all Competitor Event Protest rulings.
- Only athletes have the right to submit an Inquiry during the finals and only after paying first an Inquiry Fee of 50 euros. If the result of the Inquiry is in favor of the athlete, then he/she will be refunded. The Head Judge Manager



reserves the right to reject an Inquiry and all his/her decisions are final, without further dispute.

- Videos, 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 Competitor at the Athens Throwdown sole and absolute discretion, and he/she will not be allowed to ask for a refund or compensation.
- Athens Throwdown is not responsible if the Greek state or the local or the international authorities request that the event must be postponed or must be cancelled for any reason (including, but not limited to, natural disasters, epidemics, national or European elections etc.). If the Greek State or the competent authorities request that the event must not take place for any reason, a new date will be set by Athens Throwdown at the same or another location. Athletes' participation as well as spectator tickets will be automatically transferred to the new date and both athletes and spectators will not have to pay any extra fees. Athens Throwdown is not responsible for any charges that may be incurred to athletes and/or spectators for costs to third parties (including, but not limited to, hotels, airline tickets, archaeological access tickets, cruises etc.).

Tiebreaking policy

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

- Step 1: Athens Throwdown first considers which competitor 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 competitors, then we proceed to Step 2.
- Step 2: Athens Throwdown examines which competitor 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 competitor 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



Competitors 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. Competitors taking part in the event will have to cooperate on their behalf and take part in drug-testing programs if requested. If a competitor 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 minimum total cash prize of 54.650 euros will be awarded to the winners of Athens Throwdown 2020! In addition to this, more than 3.000 euros will be given in sponsors' gifts. Specifically:

Individual event

Elite Men

1st place: 7.000 2nd place: 3.000 3rd place: 1.500 4th place: 750 5th place: 500

Elite Women

1st place: 7.000 2nd place: 3.000 3rd place: 1.500 4th place: 750 5th place: 500

Scaled Men

1st place: 500 2nd place: Gifts 3rd place: Gifts 4th place: Gifts 5th place: Gifts

Scaled Women

1st place: 500 2nd place: Gifts 3rd place: Gifts 4th place: Gifts 5th place: Gifts

Masters Men 35+

1st place: 1.000 2nd place: 500 3rd place: 250 4th place: Gifts 5th place: Gifts

Masters Women 35+

1st place: 1.000 2nd place: 500 3rd place: 250 4th place: Gifts 5th place: Gifts

Masters Men 40+

1st place: 1.000 2nd place: 500 3rd place: 250 4th place: Gifts 5th place: Gifts

Masters Women 40+

1st place: 1.000 2nd place: 500 3rd place: 250 4th place: Gifts 5th place: Gifts

Masters Men 45+

1st place: 750 2nd place: 350 3rd place: 200 4th place: Gifts 5th place: Gifts

Masters Women 45+

1st place: 750 2nd place: 350 3rd place: 200 4th place: Gifts 5th place: Gifts

Masters Men 50+

1st place: 750 2nd place: 350 3rd place: 200 4th place: Gifts 5th place: Gifts

Masters Women 50+

1st place: 750 2nd place: 350 3rd place: 200 4th place: Gifts 5th place: Gifts

Teenage Boys up to 18



1st place: 750 2nd place: 350 3rd place: 200 4th place: Gifts 5th place: Gifts
Teenage Girls up to 18

1st place: 750 2nd place: 350 3rd place: 200 4th place: Gifts 5th place: Gifts

Team event

Elite Teams

1st place: 6.000 2nd place: 3.000 3rd place: 1.500 4th place: 750 5th place: 600

Scaled Teams

1st place: 1.500 2nd place: Gifts 3rd place: Gifts 4th place: Gifts 5th 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 competitor and team at the event. If prizes need to be shipped after the event, the competitor and team may be subject to charges for shipping.
- Athens Throwdown reserves the right to increase or decrease the above prizes of the event, without prior notice, if deemed necessary. Reasons for increasing the prizes might be, but are not limited to, sponsors donations, state aid, marketing promotion etc. Reasons for decreasing the prizes might be, but are not limited to, natural disasters, epidemics, bankruptcy etc. Athens Throwdown is not responsible for any charges that may be incurred to athletes and/or spectators for costs to third parties (including, but not limited to, hotels, airline tickets, archaeological access tickets, cruises etc.).

Privacy Policy

Athens Throwdown uses the registered competitors' mails in order to send email newsletters only. Mails of the registered competitors will not be given to third parties. All competitors' mails are kept on the servers of Athens Throwdown indefinitely. Competitors 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.