



# 2024 COMPETITION RULEBOOK

# The German Throwdown Classic

The German Throwdown Classic is an annual global competition consisting of two stages: the Qualifier and the Final. This rulebook governs all stages of the German Throwdown Classic competition.

If athletes have any questions, concerns, or issues in general, they should contact [support@germanthrowdown.de](mailto:support@germanthrowdown.de). For questions regarding Circle21, athletes should contact [contact@circle21.app](mailto:contact@circle21.app).

## Terms and Conditions for the Competition

**In the text, the term "participant" is used to refer to individuals of all genders.**

The German Throwdown Classic (shortened as GTD) is an elite fitness competition that is open to everyone. In order to participate, all participants must accept the terms and conditions. By taking part in the GTD, participants agree to the terms and conditions, privacy policy, and waiver.

### § 1 REQUIREMENTS FOR PARTICIPATION

- 1) Participants must meet the following criteria in order to compete:
  - a. Participants must have reached the age of majority under German law at the time of the competition. For participants who are underage according to German law, they must provide a written consent form signed by their parent or legal guardian before the commencement of the competition. The form must clearly express the parent or guardian's agreement to the underage participant's involvement in the competition. The organizer reserves the right to verify the authenticity of the consent form. Failure to produce valid consent will result in disqualification.
  - b. Participants must register for the online qualification by providing all required information and consenting to these terms & conditions, privacy policy, and waiver.

- c. Participants are required to register through the online service provided by Circle21 (C21) at the designated event URL (<https://portal.circle21.app/event?competitionId=e055864c-c7cd-47fe-8553-0fffc8ef3e3a> )
- d. Participants are also required to pay a registration fee, all of which include VAT, with the exception of C21 fees.

**Early Bird Fees:**

- 24,90€ Elite, Master, Master+, Intermediate  
(The first 50 participants will get an extra 25% discount)
- 10,00€ Teen
- 99,90€ Team  
(The first 10 teams per team category will get an extra 25% discount)

**Standard Fees:** (last 14 days prior to the first workout):

- 29,90€ Elite, Master, Master+, Intermediate
- 14,90€ Teen
- 119,90€ Team

**Fees for Late Registration:** (after announcement of the first workout):

- 34,90€ Elite, Master, Master+, Intermediate
- 19,90€ Teen
- 139,90€ Team

Participants must also agree to possible doping tests without restrictions. The World Anti-Doping Code can be found here: <https://www.wada-ama.org/en/resources/the-code/world-anti-doping-code>

## § 2 DIVISIONS

1) The organizer offers the following divisions:

- Elite Female (open age)
- Elite Male (open age)
- Master Female 35-39 (born on or before 31.12.1989)
- Master Male 35-39 (born on or before 31.12.1989)
- Master Female 40-44 (born on or before 31.12.1984)
- Master Male 40-44 (born on or before 31.12.1984)
- Master Female 45+ (born on or before 31.12.1979)
- Master Male 45+ (born on or before 31.12.1979)
- Elite Team (2F & 2M) (open age)
- Intermediate Team (2F & 2M) (open age)
- Intermediate Female (open age)
- Intermediate Male (open age)
- Teen Female (born on or after 01.01.2006)
- Teen Male (born on or after 01.01.2006)

2) Participants must select the division they wish to compete in and ensure they meet the eligibility requirements for that division. Please note: A participant may compete in more than one division for the qualifier round only. For example, a Master category athlete can compete in the Elite division, or an individual participant can compete in a team division for the qualifying stage. This, however, would require multiple accounts on Circle21. In the event of qualifying in more than one division, a participant must select a single division to compete in for the final event.

3) A team will consist of four athletes (two females, two males). A team manager will set up the team with the team name and the specific team members. No inappropriate team names are allowed. In case of injury a teammate can be substituted.

### **§ 3 CODE OF BEHAVIOR DURING COMPETITION, DECISION OF JUDGES**

- 1) All participants are expected to maintain the highest standards of sportsmanship and fair play throughout the duration of the competition. Any form of unsportsmanlike behavior, including but not limited to, cheating, use of prohibited substances (doping), instigating conflicts, disturbing or obstructing another athlete, and engaging in discriminatory or racist behavior towards other participants, sponsors, or the organizer, will be severely penalized. Penalties may include immediate suspension, disqualification, and/or permanent exclusion from the GTD. This also applies to any actions or behaviors which could potentially harm the reputation of GTD, infringe upon the rights of other parties involved, or prevent other parties from participating in GTD in a fair and equal manner.
- 2) Decisions of judges and organizer are binding and final.

### **§ 4 QUALIFICATION (ONLINE COMPETITION)**

- 1) Participants are required to complete the specified workouts as part of the qualification process. Detailed descriptions of each workout for the online competition will be provided via the official GTD communication channels. These descriptions will outline all necessary information to correctly perform the workout, including but not limited to, the exercises involved, their start and end positions, forbidden execution techniques or equipment, repetition counts or schemes, time requirements, and any necessary equipment or weight specifications. It remains the participant's responsibility to strictly adhere to these workout formats throughout all stages of the competition, including the qualification stage. This includes performing all required movements to the described standard, counting and completing all required repetitions, using the required equipment and loads, meeting the time requirements, and meeting all submission standards.
- 2) Descriptions will contain relevant workout criteria, like:
  - Prescribed exercises including start and end position. As well as forbidden execution, technique or equipment.
  - Prescribed number of repetitions or repetition scheme and/or time.

- Prescribed equipment (if necessary). Rowing has to be done on a Concept2 rowing machine with a PM5 monitor.
- Prescribed weight in kilograms (if necessary). If the athlete uses lbs-weights the athlete has to convert in kilograms (1 kg = 2,2 lbs).
- Time limit

In all stages of competition, it is the athlete's responsibility to adhere to the workout format. This includes performing all required movements to the described standard, counting and completing all required repetitions, using the required equipment and loads, meeting the time requirements, and meeting all submission standards.

3) Registration dates:

- Individual registration starts May 1st and lasts until July 5th 12.00h CEST
- Team registration starts May 1st and lasts until August 2nd 12.00h CEST

4) Online qualification for Individual and Teams consists of four workouts.

Individuals:

- **Workouts 1 and 2** will be announced on June 28<sup>th</sup> 2024 and scores must be entered before 18.00h CEST of July 8<sup>th</sup> 2024.
- **Workouts 3 and 4** will be announced on July 5<sup>th</sup> 2024 and scores must be entered before 18.00h CEST of July 15<sup>th</sup> 2024.

Teams:

- **Workouts 1 and 2** will be announced on July 26<sup>th</sup> 2024 and scores must be entered before 18.00h CEST of August 5<sup>th</sup> 2024.
- **Workouts 3 and 4** will be announced on August 2<sup>nd</sup> 2024 and scores must be entered before 18.00h CEST of August 12<sup>th</sup> 2024.

Online competition starts and ends on dates published on

<https://portal.circle21.app/event?competitionId=e055864c-c7cd-47fe-8553-0fffc8ef3e3a>.

The organizer reserves the right to make changes.

- 5) Scores must be submitted by the respective deadlines specified for each workout. Submissions must be made latest on **the last evening at 18:00 (CEST) of each workout.** (E.g.: Deadline 2. Workout Individual: 08.07.2024 18:00 (CEST)). Any results submitted after these deadlines will not be accepted, and only scores submitted correctly and within the specified time will be considered valid. It is the participant's responsibility to ensure that their scores are submitted in a timely and accurate manner.
- 6) A judge is highly recommended. Judges must uphold the standards and must be present during the entire workout watching/judging the participant.
- 7) Participants in all divisions are required to record and submit a video of their workouts for verification purposes. The video must clearly display the entirety of the workout and movement standards.

Submission Standards:

- If there are one to five bad repetitions, the score will be adjusted by one to five repetitions. If it is a timed workout, it will be adjusted accordingly.
- If there are more than five bad repetitions the score will be reduced by 15%. If it is a timed workout, it will be adjusted accordingly.
- If the video shows lacks majorly the score will be disqualified.

Participants have the right to redo and resubmit their workouts in compliance with the standards. However, participants must ensure that the submission meets the relevant deadline.

- 8) GTD will not be held responsible for any issues or technical hardware or software malfunctions that may occur during the recording or submission of the video. It is the participant's responsibility to ensure that the video is recorded accurately and submitted correctly.
- 9) The following numbers of athletes (including wildcards) will be invited to the finals after qualification:
  - 30 Elite Male and 30 Elite Female
  - 10 Master 35 Male and 10 Master 35 Female
  - 10 Master 40 Male and 5 Master 40 Female
  - 10 Master 45+ Male and 5 Master 45+ Female
  - 5 Teen Male and 5 Teen Female
  - 10 Intermediate Male and 10 Intermediate Female
  - 20 Elite Team
  - 20 Intermediate Team

The organizing committee may additionally extend a limited number of wildcard entries. These entries allow athletes to bypass the qualification process and receive a direct invitation to the finals. The decision to grant wildcard entries is at the sole discretion of the organizing committee.

## **§ 5 QUALIFICATION SCORING SYSTEM**

- 1) Scoring of each workout of GTD is based on fastest time, most repetitions or highest weight and will be shown on the website. Every incorrect or invalid repetition according to standards will be judged as a no-rep.
- 2) If the workout is based on fastest time, the ranking will go from fastest to slowest time in which the entire workout is finished. If the workout is based on highest number of repetitions, the ranking goes from highest to lowest number of repetitions. If the workout is based on highest weight, the ranking goes from highest to lowest weight.
- 3) For individuals, it will simply be their score. For teams, it will be the sum of the two male scores and two female scores of one team. The team manager has to make sure that the sum is correct and that they submit all videos if required.
- 4) Ranking follows the following system: Participant who is placed first gets one point, second gets two points, third gets three points, ..., 103<sup>rd</sup> gets 103 points etc. The athlete who has the lowest sum of points after all four qualification workouts is first, the one with the second lowest sum of points is second etc.
- 5) The participant is obligated to submit their scores through the platform, adhering strictly to the outlined standards of performance for each workout. A judge should also be present during the execution of the entire workout. This judge is responsible for ensuring that the participant adheres to the movement standards, counting the repetitions accurately, and verifying the submitted score post-workout.
- 6) Submission of scores in the online competition is based on honor and honesty. Final results of the online qualification will be determined by the organizer following the rules of ranking.



## § 6 FINALS

- 1) The finals will take place in the Halle 45 in Mainz, Germany on the weekend of the 5th till 06th of October 2024.
- 2) Participants who will get an invitation to the finals will have 3 days to accept the invitation by logging on to their athlete profile on <https://www.circle21.app/> and paying the registration fee of 149.90€ for Elite, 139.90€ for Masters & Intermediates, 399.90€ for the Elite Teams, 349.90€ for the Intermediate Teams. The Teens will have a fee of 49.90€. If the participant does not respond within the deadline, his spot will no longer be valid. In this case – and if the athlete does not want or is not able to take part – the organizer has the right to nominate the next participant of the division.  
(All prices include VAT. Please note that Circle21 will add a processing fee.)
- 3) Participant must name a valid CrossFit ID (CFID) to their name during registration.
- 4) On finals' days, participants must complete several workouts. Location, time, and information about the workouts will be communicated latest on-site of the finals.

## § 7 SCORING OF THE FINALS

- 1) Winners will be determined by highest sum of points.
- 2) Scoring follows a 100-point scale for tier A workouts and a 50-point scale for tier B workouts.
- 3) There will be a cut during the weekend. A specified number of participants will advance to the next workout, depending on the sum of their points. Details will be published latest after the invitation of final participants.
- 4) Each workout will be judged by an official judge who will check all criteria regarding workout and ranking. Each athlete must sign the score card. A signed score card is valid and cannot be contested. The Organizer reserves the right that the Head Judges may alter the score if there is sufficient evidence of a mistake in the original score. Decisions of judges are final and binding.
- 5) In case of a tie for the first three places, the higher ranked participant will be determined by their highest finish in one workout. If this still results in a tie, the higher ranked participant will be determined by their second highest finish in one workout. If

this still results in a tie, the higher ranked participant will be determined by their third highest finish in one workout. This will continue until as often as there are workouts. If there is still a tie after this process the winner will be chosen by lottery.

## **§ 8 RIGHTS GRANTED BY YOU**

By participating in this event, you hereby agree to grant the Organizer a non-exclusive, transferable, sub-licensable, royalty-free, and worldwide license to use, display, modify, reproduce, publish, list information regarding, translate, distribute, syndicate, publicly perform, publicly display, make derivative works of, or otherwise use any content that you post on or through our services related to the event. This includes but is not limited to videos, photos, live streams, and any other media, whether that content is posted or made available for posting.

In addition, you grant the Organizer the right to use your name, likeness, and any biographical information in any and all media for any purpose, including without limitation, promotional purposes and other related ventures. You also waive any rights to compensation or any claim to royalties related to this event.

The rights you grant to the Organizer in this agreement are perpetual and worldwide, meaning that they will continue even if you stop using our services. You also grant the Organizer the right to use your content for future events or any other events that they may organize.

You agree that the Organizer can store, use, and share your data, such as your name, email address, and other information you provide during the event for operational, analytical, or marketing purposes. The Organizer may also share your data with trusted third parties for these purposes. However, all such usage and sharing will be in accordance with our Privacy Policy.

## § 9 RESPONSIBILITY AND LIABILITY

- 1) Each participant confirms that they are medically fit and capable of participation in all activities associated with the GTD. Participants should seek medical advice if unsure and must notify the GTD event organizers of any medical conditions prior to commencing competition.
- 2) Participants understand that participation in the GTD involves certain inherent risks and dangers, including, but not limited to, the risk of personal injuries, accidents or illnesses, including death, property loss or damage, and other unforeseen risks.
- 3) Participants are responsible for their personal health and safety and for the care of their equipment. Participants should have their own insurance policies that cover death, injury, medical expenses, and damage to or loss of personal belongings.
- 4) To the maximum extent permitted by law, the organizers, event partners, and sponsors will not be liable for any injury, loss, claim, damage, or any incidental or consequential damages of any kind, whether based in contract, tort or otherwise, which arises out of or is any way connected with the participation in the GTD.
- 5) If a participant causes any damage to the facilities, equipment, fixtures and fittings at the event, the participant will be liable for the cost of replacement or repair.
- 6) The organizers reserve the right to modify the GTD for safety or organizational reasons, which includes the change of dates, locations, or workout schedules. In the event of cancellation due to uncontrollable factors like extreme weather conditions or natural disasters, the organizers are not liable for any loss, damage, or expense caused by such cancellations.
- 7) The organizers, event partners, and sponsors are not responsible for any loss or damage arising from the unauthorized use of personal data by third parties, or for any indirect losses resulting from third party actions, to the extent permitted by law.
- 8) It is recommended that participants do not bring valuable items to the event. The organizers, event partners, and sponsors will not be responsible for any loss, theft or damage of a participant's belongings.
- 9) By agreeing to these terms and conditions, the participant discharges the organizers, event partners, and sponsors from all liability in regard to personal injury, loss or damage arising from participation in the GTD.