



COMPETITION RULEBOOK

The German Throwdown

The German Throwdown is an annual worldwide competition. The German Throwdown consists of two stages of competition: the Qualifier and the Final. This code of rules governs all stages of German Throwdown competition.

Any athlete with questions, concerns or problems in general should contact support@germanthrowdown.de.

Any athlete with questions concerning Competition Corner should contact support@competitioncorner.net.

Here are a few links for common FAQ's

I forgot my password?

<https://help.competitioncorner.net/i-m-an-athlete/general-account-management/i-forgot-my-password>

How to submit score

<https://help.competitioncorner.net/i-m-an-athlete/online-competitions/how-do-i-submit-my-online-score>

Video Recording Tips

<https://help.competitioncorner.net/i-m-an-athlete/online-competitions/video-recording-tips>

Full Help Center designed specifically for the Athlete

<https://help.competitioncorner.net/i-m-an-athlete>

Terms and Conditions for the Competition

In the following the word “participant” is used for both genders.

German Throwdown (short GTD) is an elite fitness competition open to everybody. To take part, terms & conditions has to be accepted by all participants. By participating in the GTD the terms & conditions, privacy policy and waiver are accepted by the participant.

§ 1 REQUIREMENTS FOR PARTICIPATION

- 1) Following requirements have to be fulfilled by participant to be allowed to compete:
 - a. Participant must be of age in Germany or have a letter of agreement signed by a parent or a legal guardian at the beginning of the competition.
 - b. Participant must accept the terms & conditions, privacy policy and waiver.
 - c. Participant must register within the given timeframe for the online qualification using the online registration service of Competition Corner (CC). The URL of the event is: <https://competitioncorner.net/events/1061>
 - d. The participant needs to pay a registration fee (all fees incl. VAT excl. CC fees).
Early Bird Fees:

19,90€	Elite, Master, Master+, Intermediate, Teen
79,90€	Team
9,90€	Scaled, Scaled Master, Scaled Master+

Fees during the last two weeks (last 14 days prior closing of registration):

24,90€	Elite, Master, Master+, Intermediate, Teen
99,90€	Team
12,90€	Scaled, Scaled Master, Scaled Master+
 - e. Participant must accept a possible doping test with no restrictions. The world anti-doping code can be found here:
https://www.leichtathletik.de/fileadmin/user_upload/11_Verband/Anti-Doping/01_Regelwerke/wada-2015-world-anti-doping-code.pdf

§ 2 DIVISIONS

- 1) The organizer offers the following divisions:
 - Elite Female (open age)
 - Elite Male (open age)
 - Master Female 35-44 (born on or between 01.01.1974 and 31.12.1983)

- Master Male 35-44 (born on or between 01.01.1974 and 31.12.1983)
 - Master+ Female 45+ (born on or before 31.12.1973)
 - Master+ Female 45+ (born on or before 31.12.1973)
 - Team (2 Female & 2 Male) (open age)
 - Intermediate Female (open age)
 - Intermediate Male (open age)
 - Teen Female (born on or after 01.01.2000)
 - Teen Male (born on or after 01.01.2000)

 - Scaled Female (open age)
 - Scaled Male (open age)
 - Scaled Master Female 35-44 (born on or between 01.01.1974 and 31.12.1983)
 - Scaled Master Male 35-44 (born on or between 01.01.1974 and 31.12.1983)
 - Scaled Master+ Female 45+ (born on or before 31.12.1973)
 - Scaled Master+ Male 45+ (born on or before 31.12.1973)
- 2) Participant must choose the division for himself and must make sure that he meets the requirements.
 - 3) 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) Participant complies with fair and sportsmanlike behavior at any time during the competition. Unsportsmanlike behavior (like cheating), taking drugs (doping), conflicts, disturbing or rather being a disturbance to another athlete and discrimination against other participants, sponsors or the organizer will be punished with suspension, disqualification and/or exclusion from the GTD. This applies to other actions or behaviors, which could be interpreted as harmful to the GTD itself, other parties or prevent other parties to take part in GTD in a fair and equal way.
- 2) Decisions of judges and organizer are binding and final.

§ 4 QUALIFICATION (ONLINE COMPETITION)

- 1) Participant has to absolve specified workouts. Descriptions for online competition workouts will be provided online.
- 2) Descriptions will contain relevant workout criteria, like:

- a. Prescribed exercises including start and end position. As well as forbidden execution, technique or equipment.
- b. Prescribed number of repetitions or repetition scheme and/or time.
- c. Prescribed equipment (if necessary). Rowing has to be done on a Concept2 rowing machine with a PM3 or PM4 or PM5 monitor.
- d. Prescribed weight in kilograms (if necessary). If the athlete uses lbs-weights the athlete has to convert in kilograms (1 kg = 2,2 lbs).
- e. Time limit

In all stages of competition, including the Open, 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) Online qualification consists of three workouts.
 - **Workout 1** will be announced on August 10 and score must be entered before end of August 19.
 - **Workout 2** will be announced on August 17 and score must be entered before end of August 26.
 - **Workout 3** will be announced on August 24 and must be entered before end of September 2.

Online competition starts and ends on dates published on

<https://competitioncorner.net/events/1061>. The organizer has the right to make changes.

- 4) Scores have to be submitted latest on **the last evening at 23:59 (CEST) of the one single workout**. (E.g.: Deadline 2. Workout: 26.08.2018 23:59 (CEST))
- 5) Results submitted after the deadline will not be accepted. Only valid and correctly submitted scores will be accepted.
- 6) A judge is mandatory. Judges must uphold the standards and must be present during the entire workout watching/ judging the participant.
- 7) A video is required for participants in any division but Scaled. Video has to show the entire workout and standards have to be visible in a good way.
 - a. 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.
 - b. 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.
 - c. If the Video shows lacks majorly the score will be disqualified.

The participant will have the chance to redo und submit the workout again, however the participant must make sure of the applying deadline.

Scaled participants need to have the box owner to verify the score.

- 8) German Throwdown is not responsible for any problems or technical hardware or software malfunctions.
- 9) The following numbers of athletes (including Wildcards) will be invited to the finals after qualification:
 - 40 Elite Male and 30 Elite Female
 - 20 Master Male and 10 Master Female
 - 10 Master+ Male and 10 Master+ Female
 - 10 Teen Male and 10 Teen Female
 - 10 Intermediate and 10 Intermediate Female
 - 20 Teams

The organizer will give some wildcards to some athletes. Getting a Wildcard means that the athlete doesn't have to go through the qualification, they will get an invitation to the finals without qualifying.

§ 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, ..., 103rd gets 103 points etc. The athlete who has the lowest sum of points after all three qualification workouts is first, the one with the second lowest sum of points is second etc.
- 5) Every participant is responsible for upholding the standards. Additionally, a judge has to be present during the entire workout. The Judge has to verify movement standards, count repetitions and validate the score after the workout.
- 6) Submission of scores in the online competition is based on honor and honesty. Final result 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 3rd and 4th of November 2018.
- 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://competitioncorner.net/events/1061> and paying the registration fee of 79,90€ for Elite, 69,90€ for Master & Master+ and 209.90€ for the teams (incl. a ticket for the coach). The Teen and Intermediate athletes will have a fee of 49,90€ and will receive a two-day spectator ticket. 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 Competition Corner will add a processing fee.)
- 3) 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 Head Judge 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 ACCEPTANCE OF PUBLISHING AND TRANSMISSION OF DATA, VIDEOS, PERSONAL RIGHTS, THRID PARTIES AND COPYRIGHT

- 1) To verify scores, the organizer has the right to ask for videos of the participants' workout.
- 2) With your participation you accept production, publication, editing and distribution of videos/photos according to following clauses. You accept that:
 - a. We are allowed to take videos, photos and other media of you at the final days. We are allowed to upload and publish this content and videos you transferred to us on our website and YouTube, run by YouTube, LLC, 901 Cherry Ave., San Bruno, CA 94066, USA („YouTube“). You accept that we are allowed to hand this content on to our partners and sponsors. Partners and sponsors are allowed to upload and publish to public to promote GTD and their support.
 - b. We are allowed to use photos on our media platforms.
 - c. We are allowed us to duplicate and broadcast videos and photos by using digital storage and retrieval media – regardless technical equipment including all digital or interactive systems (e.g.CD-ROM, CD-I, e-book and other electronic publishing's)
 - d. We have the right to publish in other ways of duplication and broadcasting of photos, e.g. in calendars, in particular for digital, photomechanical or similar methods (e.g. digital photocopy)
 - e. We have the right to archive videos and photos alone or in combination with the work or other works and usage or editing of video and photos in a physical or non-physical way, collect in collections and/ or data banks and give access to third parties to videos and photos in any way (e.g. online services).
 - f. We have the right to edit/ deform or charge someone to edit/ deform videos and photos all or part with using all analog, digital or other methods, in particular the right to change, enhance and combine with other works, determine titles, digitize video or photos, add texts to videos or photos regardless content, add interactive elements, in particular add hyperlinks plus analyze edited version respecting limitation of admitted rights;
 - g. We have the right to use video and photos for copies, broadcast or other play backs including internet all or part respecting admitted rights for advertisement for publisher or third parties including their products – with or without payment.
- 3) If you transfer videos to us in which other persons are visible you declare that you have their approval (underage person approval of parent or legal guardian) for making, publishing and forwarding and that their personal rights are not offended.
- 4) Contravention will lead to deletion and to exclusion from competition. Enforcement of other requirements remain hereof unaffected.
- 5) Acceptance is effective worldwide and with no time limit.