

RULEBOOK LOWLANDS THROWDOWN 2018

Naming conventions in this document

LLTD: Lowlands Throwdown

QUALIFIER: The qualifier competition period

FINALS: The final event of the Lowlands Throwdown

ATHLETE: The athlete competing at the qualifier competition weekend or final event

CHAPTER 1. THE LOWLANDS THROWDOWN

1. The LLTD is an annual functional fitness competition.
2. The FINALS are preceded by a QUALIFIER that takes place six weeks before.

CHAPTER 2. GENERAL RULES

1. To participate in any stage of the LLTD, every ATHLETE must agree to any and all Rules and Policies, including, without limitation, the Assumption of Risk, Publicity Release and Drug Testing Policy, all of which are incorporated herein by reference, and to the decisions of the LLTD organization which are final and binding in all respects.
2. All ATHLETES are required to have completed and abide by the appropriate waivers and documentation as outlined by the LLTD, paid and validly registered for entry, completed an online (QUALIFIER) and on-site (FINALS) check in process, and must be wearing official event identification and/or credentials where specified.
3. All ATHLETES agree to compete in a sportsmanlike manner.
 - i. Unsportsmanlike behaviour, such as arguing with an official or representative of the LLTD, taunting, heckling, fighting or any conduct which would bring disrepute upon the LLTD, the competition, other competitors, or spectators or event sponsors, as determined by the LLTD in the eyes of the viewing public or the community, may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events or legal action.
 - ii. Any action that prevents another ATHLETE from having a fair opportunity to compete (e.g., abuse or alteration of equipment, refusal to follow instruction) or that interferes with ATHLETE and Event Judge communication (e.g., external noise devices, bull horns, air horns, etc.), or is generally disruptive to the Event, is not allowed.
 - iii. ATHLETES will be held accountable for the behaviour of their coaches, supporters and guests. If the conduct of any member of such group or groups is deemed by the LLTD to be unsportsmanlike or disruptive to the competition, then the coach, supporter, guest, and/or ATHLETE is subject to the same disciplinary actions as stated in Section 3.i.
 - iv. This is not an exhaustive list and is meant as a guide to the ATHLETE, Coaches and other attendees. This is not intended as a limitation on the LLTD's rights to operate the competition in any manner it sees fit. The LLTD reserves the right to terminate any ATHLETE, Coach, Staff, Volunteer, Judge, Visitor, Guest, Supporter and/or Spectator participating in, attending or viewing any sponsored, sanctioned or supported Event at any time, with no further obligation or duty to such individual.
4. It is the sole responsibility of the winners and/or compensated ATHLETES to present valid identification when requested, and to comply with paying any and all

applicable taxes in connection with any prizes, whether or not such prize is cash. All prizes are subject to applicable taxes.

5. All information provided, either in registration submissions, scores, times, reps or rounds completed, must be the complete truth. A lack of integrity, or any actions that evince an intent to cheat or circumvent the Rules or intent of the Rules of the LLTD, including lying (as one example)—will result in disqualification.
6. All times, deadlines etc. mentioned in our communications are in Central European Time.

CHAPTER 3. PARTICIPATION REQUIREMENTS

1. Subject to the LLTD's age restrictions and other requirements, anyone that is able to perform the workouts as prescribed (Scaled or Rx) may attempt to register to compete as an ATHLETE in the LLTD. Such registration is subject to each prospective ATHLETE's affirmative agreement to comply with the LLTD's policies, rules and regulations, as determined by the LLTD in its sole and absolute discretion. ATHLETES under 18 must be accompanied by a parent who has legal custody over the ATHLETE.
2. All ATHLETES must compete in the QUALIFIER in order to advance to the FINALS. However, the LLTD reserves the right, in its sole and absolute discretion, to invite past winners, guest ATHLETES or others, to participate in any stage of competition. This decision may be made to preserve the traditions and spirit of the LLTD or for any other reason at the sole discretion of the LLTD.
3. All ATHLETES must validly and truthfully register online at Competition Corner. It is the ATHLETE's sole responsibility to provide current, valid and truthful information, including email address, full (real) name and birth-date.
4. Registration of an ATHLETE for the QUALIFIER is only valid if the registration fee is paid in full before the registration deadline.
5. There are 8 divisions for individual competitors. There are no other recognized divisions beyond those listed.
 - Elite women
 - Elite men
 - Masters women 35+
 - Masters men 35+
 - Masters women 40+
 - Masters men 40+
 - Teen Boy
 - Teen Girls
6. ATHLETES competing in the 35+ category must be born between 30-8-1978 and 30-8-1983.
7. ATHLETES competing in the 40+ category must be born before 30-8-1978.
8. ATHLETES competing in the Teen category must be born between 30-8-2000 and 30-8-2002.
9. ATHLETES born after 30-8-2002 cannot compete in the Lowlands Throwdown.

CHAPTER 4. REGISTRATION DETAILS

1. Participation of either the QUALIFIER or the FINALS is subject to payment of a registration fee. All payments are FINAL. No refunds or transfers will be permitted, regardless of reason (injury, illness, change in work schedule, deployment, etc.)
2. Registration prices do not include additional payment fees.
3. Registration, participation and qualification for all ATHLETES require consent to the Dutch National Doping policy 'NATIONAAL DOPINGREGLEMENT' as described at the "Doping Autoriteit" website:
<https://www.dopingautoriteit.nl/juridisch/nationaaldopingreglement>
4. All ATHLETES are subject to Drug Testing at any time once they have registered to compete, including during the QUALIFIER.
5. Tips for staying clean can be found on the doping autoriteit website:
<https://www.dopingautoriteit.nl/voorlichting/topsporters/tips-schone-sport>
6. If, for any reason, the LLTD is not capable of running as planned by reason of infection by computer virus, bugs, worms, tampering, unauthorized intervention, fraud, technical failures, or any other causes beyond the control of the LLTD, which, in the sole opinion of the LLTD are corrupt or affect the administration, security, fairness, integrity or proper conduct of the competition, the LLTD reserves the right, at its sole discretion, to void suspect registrations or submissions and/or to cancel, terminate, modify or suspend the LLTD and select the winner from among all eligible, non-suspect registrations or submissions received prior to cancellation, termination or suspension. In the event that the LLTD is cancelled, the LLTD (or any party) has no obligation to award any prize money.

CHAPTER 5. STANDARD COMPETITION PROCEDURES

1. For the QUALIFIER and the FINALS the Workout Format will be released by the LLTD and communicated uniformly to all ATHLETES online and/or on site.
2. Scoring format will be announced before the start of competition.
3. The ATHLETE with the best performance over multiple workouts in the QUALIFIER advances to the FINALS. The number of ATHLETES that advance are as follows:
 - 15 masters 40+ female
 - 15 masters 40+ male
 - 15 masters 35+ female
 - 15 masters 35+ male
 - 45 elite female
 - 60 elite male
 - 7 teen boys
 - 7 teen girls
4. Judging and/or Validation are mandated and required to make any LLTD workout result official.
 - a) Judges are responsible for enforcing the movement standards and validating the ATHLETE's score.
 - b) Any infraction to the Movement Standards or Range of Motion will result in loss of the repetition(s).
 - i. Uncommon Movement Clause: Any movement deemed uncommon, out of the ordinary or used to amend, shorten or change the accepted Movement Standard or Range of Motion including line of action of any Event Movement can and will be disallowed
 - ii. Physical limitations in Range of Motion from prior physical defects or temporary or permanent injuries that are obvious and clearly definable by demonstration and are brought to the attention of the LLTD Head judge or the assistant LLTD Head judge **prior** to the beginning of the competition may

be granted an exception at the LLTD's sole discretion. (ATHLETES competing at the QUALIFIER must email info@lowlandsthrowdown.nl before the registration deadline) These cases are very rare, and will be handled on a case-by-case basis.

- c) Judges are instructed not to touch competition equipment or move equipment during a workout unless the equipment will interfere with another ATHLETE's performance or if there is a legitimate safety concern.
 - d) Non-compliance with a Judge's instructions, bickering with or questioning of a Judge or Event Staff, attempting to show up or publicly embarrass any Judge, Event staff, AFFILIATE owners and staff, Event sponsors, Spectators, other ATHLETES or venue operator or owners, as determined by the LLTD. (Including Event staff), in its sole and absolute discretion, may result in penalty or disqualification of the ATHLETE from an Event and/or future Events. This includes derogatory comments from an ATHLETE's Coach, representative, supporters, guests or entourage.
 - e) Event Judges and On-site LLTD Staff and AFFILIATE owners during the qualification at their AFFILIATE, have the authority to stop or suspend an ATHLETE at any point in competition if he or she feels that the ATHLETE is at risk of serious injury to himself/herself or others.
5. The ATHLETE is responsible for making sure they perform the workout as prescribed, including performing all the required movements to the described standard, counting and completing all of the required reps, using the required equipment and loads, meeting the required time and meeting all submission requirements, including filming the Qualifier workouts.
6. **Proper attire** is required at all Events.
- a) No attire shall interfere with Event Judging and the ability to see the Event Movement Standard or Range of Motion.
 - b) Subject to the LLTD's **prior approval**, belts, non-tacky gloves, hand tape, neoprene joint sleeves and common fitness wear may be allowed during competition. However, no grip assistance or weight support may be derived from any device worn. In general, gear is allowed that improves safety and/or comfort, but does not confer advantage. The following is allowed:
 - Chalk/magnesium (will be provided at the FINALS)
 - Coach tape.
 - Wrist straps (for support of the joint, NOT for grip assistance. You know the difference!)
 - Support belts.
 - Hand protection.
 - Sleeves.
 - c) Proper attire may include official uniforms or apparel, depending on the stage of competition.
7. Once an ATHLETE enters the competition surface, they may not receive any outside material assistance (water, tape, chalk, etc.) from spectators or coaches.

CHAPTER 6. SPECIFIC RULES FOR THE QUALIFIER

1. Registration starts Monday 1-7-2017, through our partner Competition Corner.
2. The possibility to registration ends Saturday evening 1-9-2018.
3. Workouts will be released Wednesday evening 29-8-2018.
4. ATHLETES can do the QUALIFIER workouts on:
Thursday 30-8-2018,
Friday 31-8-2018,
Saturday 1-9-2018,
Sunday 2-9-2018.
5. Scores must be submitted before Sunday evening 2-9-2017 21:00 CET
6. ATHLETES must complete all workouts on the same day, in the prescribed order.
7. **Repeating the workouts is permitted, but all workouts need to be completed again in the prescribed order.** It is not allowed to redo one or two workouts separately.
8. Only scores may be submitted online to Competition Corner, that are part of one three-WOD attempt, performed in consecutive order (wod1, wod2, wod3).
Submitting results from different attempts is not permitted.
9. In principle, the QUALIFIER of the LLTD must be performed at an official CrossFit AFFILIATE with a Judge. If not performed at an official CrossFit AFFILIATE a video registration and submission is always required.
10. ATHLETE must perform all workouts with a judge.
11. ATHLETE must submit their judge details. The Judge will receive an email requesting them to log in and validate the ATHLETE 's score. The Judge will either Accept or Reject that score.
12. The judge must validate the ATHLETE's score within 24-hours, unless stated otherwise.
13. It is the ATHLETE and Judge responsibility to have the scores validated on time.
14. Non-validated scores will not be accepted in the final leaderboard.
15. Instructions for submitting scores, upload videos (if required) and validating scores is available at <http://help.competitioncorner.net>
16. The QUALIFIER is a series of three workouts that will be released on the official Lowlands Throwdown website (<http://lowlandsthrowdown.nl>) and Competition Corner. ATHLETES must complete and have each workout validated to be ranked on the FINAL overall LLTD Leader board. The top qualifying individual ATHLETES will be invited to the FINAL event.
17. ATHLETES who qualify for the finals WILL be ordered to submit a video of ALL three workouts of the QUALIFIER. It is the responsibility of the ATHLETE to film his or her workouts. Video submission standards will be outlined in the Workout descriptions released at the same time as the QUALIFIER workouts.
18. The LLTD organization will request the videos by e-mail.
19. Links to the video's must be submitted within 24 hours after requested by the LLTD organisation. The video must be accessible and viewable. If the video's are not submitted in time, the score will be deleted.
20. ATHLETES not completing all QUALIFIER workouts will not be ranked in any QUALIFIER workout and will not have points in the FINAL QUALIFIER ranking.
21. ATHLETES can choose for each workout to complete the prescribed Rx version of the workout, or the prescribed Scaled version of the workout, if a Scaled version is provided.
22. ATHLETES scaling a workout will be ranked below athletes that did not scale that workout.
23. ATHLETES not completing all QUALIFIER workouts or ATHLETES who scaled one or more workouts cannot advance to the FINAL event.

24. The ATHLETE may only submit scores of workouts completed according to the rules in this Rulebook and the provided workout standards.
25. THE ATHLETE is responsible for submitting their own score, before the deadline (see 6.5).
26. ATHLETES cannot appeal their score on the scorecard to the LLTD organisation.

CHAPTER 7. RULES FOR THE FINALS

1. ATHLETES who have received an invitation to participate in the 2018 LLTD FINAL and a request for a video submission must first have their video reviewed and validated before their invitation is official. If an ATHLETE fails to submit a video, their invitation to participate in the FINAL will be retracted and their scores will be invalidated. ATHLETES will complete multiple workouts over multiple days. Details will be released prior to the start of any workout and will be consistent for all eligible ATHLETES at the time of release. The ATHLETE that stands atop the Leader board at the end of the competition will be determined the winner.
2. ATHLETE area and times
 - a) All ATHLETES are required to stay within, or in the surrounding parts of, the ATHLETE area 15 minutes prior to the start of their heat to collect their scoring card, be assigned a judge and stand-by.
 - b) Only ATHLETES will be allowed within the ATHLETE area and changing rooms. No coaches, moms, etc.
3. ATHLETES are required to attend all ATHLETE briefings for rules and details of the workouts.
4. All potential Event Judges are required to attend the Judges meeting which will take place on the Friday before the FINALS.

Disqualification

5. Showing up late or not showing up at your ATHLETE briefing or showing up late or not showing up at your heat in an event (if not caused by injury, disease, death or similar) will result in a DNS (Did Not Show) and will lead to disqualification. The decision will be taken by the LLTD-crew and cannot be appealed against.

Scoring

6. ATHLETES will be ranked after each workout.
7. DNF - If an ATHLETE is unable to complete one single rep in an event, the result is a DNF (Did Not Finish). That ATHLETE will end up below all other ATHLETES.
8. If an ATHLETE is unable to complete a workout within a time cap, the result is an add-on of the remaining reps as seconds on top of the time-cap. For example, the time cap is 12 minutes. You have 32 reps left. Your score is 12.32.
9. If a work out is for time, the work out is completed when the ATHLETE stands up straight on the finish mat.

Appeals and protests

10. Appeals and event protests may be filed if the ATHLETE believes an error has been made by an official or staff member which caused a negative effect on their score. All ATHLETE event protests, appeals, scoring discrepancies or ruling questions will be filed immediately and before the start of the next workout in their division.

Protests, appeals, scoring discrepancies or ruling questions shall be directed to the Assistant Head Judge present during the event in question.

11. The competing ATHLETE (no coaches or other ATHLETES allowed) files the protest by notifying the Assistant Head Judge present by providing their name, ATHLETE number and reason of protest. The Head Judge has FINAL authority on all ATHLETE event protest rulings.

Prizes

12. Prizes are subject to applicable taxes and withholding and compliance with, and agreement to, the LLTD's prize affidavit.

CHAPTER 9. CHANGES

1. The Lowlands Throwdown organisation can revise this rulebook anytime. Changes to the rulebook will be communicated on our website <http://lowlandsthrowdown.nl>.
2. In any cases where the rulebook, workout descriptions or other LLTD communication is unclear, the LLTD has always the final word.

Changes 23-8-2018: Update to clause 3.9. Athletes born after 30-8-2002 cannot compete (not 30-8-1983)

REMEMBER:

1. BE NICE
2. TURN UP
3. RESPECT THE JUDGES AND EACHOTHER
4. GRUNTING, CRYING, SWEATING AND PUKING IS ALLOWED... CHEATING IS NOT
5. HAVE FUN