

V:1.5

TEAMS
EDITION

FINALS RULEBOOK

POWERED BY

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PERFORMANCE COACHING

**MASTERS
TEENS**

THROWDOWN



Welcome

In this document you can find our general competition rules, the workouts along with their flow and special regulations.

CF Events and Masters & Teens Throwdown follow the rules and standards established by the International Functional Fitness Federation (iF3). Their complete regulations, definitions and standards are described in their Movement Standards document and in their Competition Rulebook, which is updated at the beginning of each year.

For your convenience, we have included most standards and definitions at the end of this document. Read, study and memorize them so you know what we expect from you.

General Rules

1. You and only you are responsible for reading the workouts, flow and standards BEFORE the event.
2. The competition field is neither the place nor the time to overload the judge with all sorts of questions because you have not read this document.
3. The warm-up area is a shared zone. Please respect the timetable. You may enter 30 minutes prior to your heat start. We recommend that you take care of your general warm-up and mobility outside the warm-up area and then use 20 minutes for workout-specific warm-up inside the area. You must be present at the pre-staging area of your heat field no later than 10 minutes before the start.
4. It is the athlete's own responsibility to be ON TIME at athlete control and staging where you will receive your scorecard which you hand over to your assigned judge on the field.
5. Athletes will ALWAYS start on the starting mat (unless otherwise specifically stated).
6. Please show respect to our equipment.
7. Have RESPECT for our judges and crew in general. If you have issues, please address the Competition Manager.
8. Judges call repetitions as they see them. You might not always agree, but their decision is final.
9. We have a ZERO-TOLERANCE policy about abusive behavior. Shouting, swearing, disrespect or aggression towards judges, crew members, management, athletes, vendors and spectators can result in immediate exclusion from the competition.
10. It is your responsibility to perform the workouts as prescribed. No scores will be adjusted as a result of your mistake.
11. Don't confuse the judge. He or she will count for you and guide you in the flow if needed. That is what they are there for.
12. A malfunction of equipment could occur. Always continue what you are doing until the team leader or Competition Manager says otherwise.
13. Gymnastics-style grips, including but not limited to dowel grips, are allowed. However, the use of any tacky or sticky material either on the hands or the bars is not allowed. Lifting belts and shoes, sleeves, wristbands and gloves are allowed. Lifting straps are NEVER allowed.

14. If an athlete drops equipment where dropping is not allowed, the last rep will be a no-rep. If it happens twice, the athlete will receive a major penalty for that workout (-15%). If it happens three times, the athlete will be disqualified from the entire event.
15. All reps will be performed facing the audience, except for movements where the workout briefing specifies otherwise.
16. If for any reason, the Competition Management deems an athlete unfit to continue the event, it is the Management's exclusive and final right to prevent the athlete from continuing. This includes recommendations from the medical team and the head judges.

Scoring

The 100-point system is in effect for all divisions. This means that winning a workout will award the athlete/team 100 points. The second place athlete/team will receive 96 points (or less depending on division) and so on.

The athlete/team with the most points after all workout scores are final will win the division. If two or more athletes/teams end up on the same number of points, the placing will be decided by comparing the individual athlete's/team's best finish.

Appeals

1. Only athletes can submit appeals to the administration.
2. Athletes can only appeal their own score and performance.
3. Appeals will only be accepted via the form at the scoring platform (Circle21).
4. It is not possible to appeal a no-rep call. A call made on the field stays on the field. Only issues of a technical nature can be appealed, for example equipment malfunctions, miscounts and incorrect directions from a crew member.
5. Each athlete can only submit an appeal two (2) times. This number does not include appeals that are approved.
6. The athlete has a maximum period of 30 minutes to appeal after the score is published.
7. When an appeal has been submitted, it is handled by a designated Appeals Officer (AO) that will initiate an investigation in the matter. This could include discussions with the Event Manager, Competition Manager, Head Judge or anyone else that could provide information. It could also include the request for evidence such as videos. When the investigation is concluded, a decision will be made by the AO and the Competition Manager and communicated to the appealing athlete via email. The decision will also be published on the website. If a score needs to be adjusted, the AO will handle this with the scoring office. Note. The Competition management has the exclusive right to adjust scores without an appeal being submitted if they find it necessary.

Penalties

General penalties to be applied for starting before the clock (early starting) or invalid transitions:

- 10 seconds added to the time (FOR TIME) or 3 reps fewer (AMRAP) in the original score.
- In case of taking any material from another lane, it will void the athlete's score for the workout.
- If there is any penalty, you will be informed by your judge at the end of the workout, before signing the scorecard.

FOR TIME (TC 12 min)

150 cal BikeErg (no saddle)*

*Partner in sandbag bear hug hold

SANDBAGS

	RX		Intermediate	
	Males	Females	Males	Females
60+, 70+, 80+	70 kg	50 kg	50 kg	30 kg
90+, 100+, 110+	50 kg	30 kg	30 kg	20 kg

FLOW

- This workout starts with both athletes on the starting mat.
- On the signal, athlete 1 mounts the BikeErg and athlete 2 picks up the sandbag into a bear hug hold.
- Athletes may switch whenever they wish.
- When all 150 calories are done, both athletes have to run to the finish line to stop the time.

SCORE

Time is recorded when both athletes have crossed the finish line.

TIME CAP

- Teams that do not complete all 150 calories within the time cap receive a score of CAP + the number of remaining calories. Example: 130 calories completed = CAP+20.
- Teams that complete all 150 calories but did not cross the finish line before the time cap receive a score of CAP+0.

SPECIAL REGULATIONS

- If a team is time capped before reaching 150 calories, they cannot continue to pedal after the time cap.
- The athlete on the BikeErg can only work when the sandbag is in a bear-hug hold. If the partner drops the bag, the biking athlete must stop immediately.
- Penalties will be applied if athletes collect calories without the sandbag being held correctly.
- The sandbag must be held bear-hug hold, where the object is supported by hugging it to the chest/abs throughout the full repetition.
- Mixed teams will have two sandbags.

FOR TOTAL LOAD (TC 12 min)

4 rounds of 2 min on / 1 min off:

- 15 sync lateral burpees over bar
- 1RM snatch (each)

FLOW

- This workout starts with both athletes on the starting mat and empty barbell(s).
- On the signal, the team has exactly 1 minute to load the barbell(s) and return to their starting mat.
- At 01:00, athletes move to their barbell to perform 15 synchronized lateral burpees over the barbell.
- When all burpees are done, the athletes have the remaining time up to 03:00 to complete their heaviest snatch for that set.
- While athlete A performs the snatch(es), Athlete B waits for his/her turn outside the lifting area. Each athlete must take their turn.
- During the rest, athletes can reload the barbell as they wish.
- At 04:00, round 2 begins with burpees and snatches until 06:00.
- This pattern is then repeated for a total of 4 sets.
- Athletes can make as many attempts as they wish and they can increase or decrease the weight as they wish, but only the heaviest lift for each athlete per set will count towards the score.
- Score will be a sum of 8 lifts – 4 for each athlete (1 per set each).
- If an athlete doesn't make any successful lift within the 2-minute period, that athlete's score will be zero for that set.

00:00	–	01:00	Load barbell(s), back to starting mat
01:00	–	03:00	Set 1: 15 sync burpees + snatch
03:00	–	04:00	Rest / reload
04:00	–	06:00	Set 2
06:00	–	07:00	Rest / reload
07:00	–	09:00	Set 3
09:00	–	10:00	Rest / reload
10:00	–	12:00	Set 4

SCORE

Your score will be the sum of 8 lifts:

- 4 lifts for each athlete (1 per set each).
- If an athlete doesn't make any successful lift within the 2-minute period, that athlete's score will be zero for that set.

SPECIAL REGULATIONS

- If the team (both athletes) is not back on their starting mat at the beginning of each set, they will be penalised with a 10-second mandatory wait on the starting mat before being allowed to start their burpees. This rule applies to all sets.
- Each lane will be equipped with 4 x 20 kg, 4 x 15 kg, 4 x 10 kg, 4 x 5 kg, 2 x 2.5 kg and 2 x 1.25 kg plates.
- Non-lifting athlete and all bumpers and plates not loaded on the barbell must be outside the lifting area for a lift to be accepted.
- For mixed teams, the female score will be multiplied by 1.4 towards the total.
- All lifts must be completed before the time cap in each set. No lifting is allowed during the rest periods.
- Same gender teams will share one barbell. Mixed teams will have two barbells.
- For mixed teams, both athletes can help load/unload both barbells.
- Athletes may increase or decrease load as they wish during the rest and during the work.
- For the burpees, there is no requirement to jump over the barbell. Athletes may step over if they wish. Athletes will do their burpees on opposite sides of the barbell.
- Mixed teams will have to do burpees at the same barbell. The team is free to choose which barbell to use.

FOR TIME (TC 10 min)

- 21 thrusters (athlete 1)
- 21 pull-ups (athlete 1)
- 9 thrusters (athlete 2)
- 9 pull-ups (athlete 2)
- 15 thrusters (athlete 1)
- 15 pull-ups (athlete 1)
- 15 thrusters (athlete 2)
- 15 pull-ups (athlete 2)
- 9 thrusters (athlete 1)
- 9 pull-ups (athlete 1)
- 21 thrusters (athlete 2)
- 21 pull-ups (athlete 2)

	RX		Intermediate	
	Males	Females	Males	Females
60+, 70+, 80+	38 kg	28 kg	28 kg	18 kg
90+, 100+, 110+	28 kg	18 kg	18 kg	13 kg

FLOW

- This workout will be performed with an 8 kg axle fat bar.
- The workout starts with both athletes on the starting mat. On the signal, athlete 1 moves to the barbell to perform 21 thrusters. The same athlete then performs 21 pull-ups.
- When athlete 1 is done, he/she moves back to the starting mat to switch with the partner.
- Athlete 2 then performs 9 thrusters and 9 pull-ups and then returns to the starting mat.
- Athlete 1 now does 15 thrusters and pull-ups, switches with athlete 2 who does 15 thrusters and pull-ups.
- The athletes continue in this pattern, completing their full set before switching until all repetitions are completed.
- After the final pull-up of athlete 2, both athletes run to the finish line to stop the time.

SCORE

Time is recorded when both athletes have crossed the finish line.

TIME CAP

- Teams that do not complete all 180 reps within the time cap receive a score of CAP + the number of remaining reps. Example: 160 reps completed = CAP+20.
- Teams that complete all 180 reps but do not cross the finish line before the time cap receive a score of CAP+0.

SPECIAL REGULATIONS

- Each athlete must complete all of his or her reps in each set before switching with the partner.
- All teams will share one barbell. This means that mixed teams must change the load of the barbell after each switch. Please note that only the athlete moving into the field can load or unload the barbell. To be clear: if the male athlete has completed his set of thrusters and pull-ups, it is the female who must handle the unloading of the barbell before starting her thrusters, and vice versa.
- Barbells with only 5-kilogram or 2.5-kilogram plates cannot be dropped from above hip height.

FOR TIME (TC 6 min)

1 round each of

- 30/25 cal BikeErg
- 10 devil's presses

DUMBBELLS

	RX		Intermediate	
	Males	Females	Males	Females
60+, 70+, 80+	2 x 22.5 kg	2 x 15 kg	2 x 15 kg	2 x 10 kg
90+, 100+, 110+	2 x 15 kg	2 x 10 kg	2 x 10 kg	2 x 7 kg

FLOW

- This workout starts with both athletes on the starting mat.
- On the signal, athlete 1 gets on the BikeErg to perform 30/25 calories. Dampers on BikeErgs must be on 10 for male/male teams, on 8 for female/female teams and on 9 for mixed teams.
- After completing 30/25 cals, athlete 1 moves to the dumbbells to perform 10 devil's presses.
- Once athlete 1 is done, he/she runs back to the starting mat to switch with their partner.
- Athlete 2 then performs the same sequence.
- Clock stops when athlete 2 is done and has returned to the starting mat.

SCORE

Time is recorded when athlete 2 has completed the final devil's press and returned to the starting mat.

TIME CAP

- Teams that do not complete all reps within the time cap receive a score of CAP + the number of remaining reps. Each calorie counts as 1 rep.
- Teams that complete all reps but athlete 2 has not returned to the starting mat before the time cap receive a score of CAP+0.

SPECIAL REGULATIONS

- Dampers on BikeErgs must be on 10 for male/male teams, on 8 for female/female teams and on 9 for mixed teams.
- Athlete 2 is allowed to adjust the bike height while Athlete 1 performs the devils presses, as long as Athlete 2 is back on the starting mat before athlete 1 finishes his/her part of the workout.

AMRAP TC 14/8 min (RX/INT)

- 40 m synchronised shuttle run (8 x 5 m)
- 30 double-unders (athlete 1)
- 30 double-unders (athlete 2)
- 20 hand-release push-ups
- 20 m handstand walk (4 x 5 m) (RX only)

SCALING

- Intermediate divisions will do single unders instead of double-unders
- RX 60+, 70+ and 80+ have to do handstand walk in 5m unbroken sections.
- RX 90+, 100+ and 110+ teams do not have to do handstand walk unbroken. If athlete stops or falls down during handstand walk, judge will indicate with their foot where the other athlete should restart.

FLOW

- This workout starts with both athletes on the starting mat.
- On the signal, they start running towards the 5-meter line and back together.
- After completing a total of 40 meters shuttle run, athlete 2 goes back to the starting line and athlete 1 performs 30 double/single unders. Athletes then switch and athlete 2 does 30 double/single unders.
- Next movement is hand-release push-ups. Teams can divide these reps as they wish, but the resting athlete must be on the starting mat.
- After push-ups, intermediate athletes have completed a full round and start with the shuttle runs again. Both athletes must be at the starting line to start these runs.
- RX athletes will have to do 20 meters (4 lengths) of handstand walk before the round is done. They can switch however, but they must always start in the same position as the other athlete left off.
- Athletes then continue in this manner until the end of the workout.

SCORE

Your score is the total number of reps completed within the time cap.

- Shuttle run: each length of 5m = 1 rep (8 reps per round)
- Handstand walk (RX only): 1 rep per completed section (4 reps per round)

SPECIAL REGULATIONS

- All switches happen on the starting mat.
- RX athletes up until 80+ must perform the handstand walk in 5m unbroken sections.
- For RX divisions the time cap is 14 minutes. For intermediate divisions the time cap is 8 minutes.
- Handstand walk will be scored as 1 point for 5 meters, no matter if it's unbroken or broken.

FOR REPS, 3 min on / 1 min off

RND 1

- 30 deadlifts
- Max pull-ups

RND 2

- 25 hang power cleans
- Max chest-to-bar pull-ups

RND 3

- 20 shoulder-to-overhead
- Max bar muscle-ups

BARBELLS

	RX		Intermediate	
	Males	Females	Males	Females
60+, 70+, 80+	60 kg	40 kg	50 kg	35 kg
90+, 100+, 110+	50 kg	35 kg	35 kg	25 kg

FLOW

- This workout starts with both athletes on the starting mat. On the signal, one of the athletes moves to the barbell to perform deadlifts. Athletes can switch at any time.
- After 30 deadlifts, the team now has the remaining time up to 3:00 to complete as many pull-ups as possible. As before, athletes can switch anytime.
- At 3:00, athletes have 1 minute to rest and go back to the starting mat.
- At 4:00, the next round begins in the same fashion as the previous round, but with different movements.
- Athletes will then complete the workout with a third round.

SCORE

This workout is scored as three separate workouts, each round is worth 50 points.

- Your score for each round is the total number of reps completed within the 3 minutes: barbell reps + gymnastics reps.
- Tiebreak: teams with the same number of reps in a round are ranked by fastest tiebreak time.

SPECIAL REGULATIONS

- Non-working athlete must be at the starting mat at all times.
- All switches happen at the starting mat.
- There will be a tie-breaker score at the end of each barbell movement. Teams with the same number of repetitions in one round will be divided by who was faster to complete the barbell movement.

BIKEERG (9.06)

REP START

- Seated or standing on bike with both feet on pedals.

REP END

- Seated or standing on bike with both feet on pedals.

REP REQUIREMENTS

- Bike until designated goal is met (time, distance or calories).

SNATCH, ANYHOW (4.01)

REP START

- Object-on-ground.
- Hand(s) on object.

REP END

- Overhead lock-out.

REP REQUIREMENTS

- Object is moved in one fluid motion from ground to an overhead position.

TEAM SYNCRO

- Rep end

BURPEE JUMP OVER OBJECT (10.01)

REP START

- Prone position.

REP END

- Standing free on the other side of the object.

REP REQUIREMENTS

- Jump or step over object with both feet.
- Athlete passes over the object with entire body.
- Unless specified in a special regulation, landing or contacting the object with feet during the transition over is ok, but not required.

TEAM SYNCRO

- Rep start

THRUSTER (5.06)

REP START

- Bottom of squat with object in front of torso, supported by the hands.

REP END

- Overhead lock-out.

REP REQUIREMENTS

- Object is moved in one fluid motion from bottom of squat to overhead position.
- Maintaining extended knees and hips after the object has left the front-rack and until object is supported overhead with locked elbows.

TEAM SYNCRO

- Rep end

PULL-UP (7.04)

REP START

- Vertical hang from horizontal bar.

REP END

- Bottom plane of the chin breaks the top-most horizontal plane of the bar.

REP REQUIREMENTS

- Only hands and chest or above can touch anything during the movement.

TEAM SYNCRO

- Rep end

DEVIL'S PRESS (15.07)

REP START

- Objects-on-ground.
- Prone position.
- Hands in contact with objects.

REP END

- Overhead lock-out.

REP REQUIREMENTS

- Objects must be kept in hands during complete rep.

TEAM SYNCRO

- Rep start and rep end

SHUTTLE RUN (9.02)

REP START

- Standing free behind the start line.

REP END

- Standing free behind the end line.

REP REQUIREMENTS

- At each turnaround point, the athlete must:
 - Touch the ground with one hand.
 - Ensure both feet and one hand cross the line before reversing direction.

DOUBLE UNDER (10.07)

REP START

- Standing free.
- Holding both ends of a jump-rope one in each hand

REP END

- Holding both ends of a jump-rope one in each hand

REP REQUIREMENTS

- Rope rotates around the sagittal axis of the body.
- A jump with a two-footed take-off is required from rep start.
- While in air, the rope must pass underneath both feet the designated number of times.
- Number of rotations = 2

SINGLE UNDER (10.06)

REP START

- Standing free.
- Holding both ends of a jump-rope in one in each hand.

REP END

- Holding both ends of a jump-rope in one in each hand.

REP REQUIREMENTS

- Rope rotates around the sagittal axis of the body.
- A jump with a two-footed take-off is required from rep start.
- While in air, the rope must pass underneath both feet the designated number of times.
- Number of rotations = 1

HAND-RELEASE PUSH-UP (15.02)

REP START

- Plank lockout.

REP END

- Plank lockout.

REP REQUIREMENTS

- Achieve the prone position before both hands being lifted off the ground simultaneously then returned.
- Hands positioned behind the line made by the chin
- Chest must come in contact with the ground
- Leg, knee, face or any other body-part contact is permissible, but not required
- Knees cannot assist in pushing from the ground.

TEAM SYNCRO

- Rep start and rep end
- Hands being lifted off the ground simultaneously

HANDSTAND WALK (12.03)

REP START

- Vertical Inversion
- Both hands in contact with ground behind the starting line.

REP END

- Vertical Inversion
- Both hands in contact with ground past the end line.

REP REQUIREMENTS

- Only hands may contact the ground.
- Feet remain above the hips and head throughout the full rep.

DEADLIFT (2.01)

REP START

- Object-on-ground.
- Hand(s) on object.

REP END

- Deadlift lockout.

REP REQUIREMENTS

- Hands and arms are kept outside of the legs.

CYCLE & POST REP

- Object cannot bounce, that is have notable upwards momentum from ground impact.

TEAM SYNCRO

- Rep end

HANG POWER CLEAN (3.05)

REP START

- Hang position.

REP END

- Front-rack lockout.

REP REQUIREMENTS

- Object is moved in one fluid motion from hang to front rack in the power position.
- Avoid the bottom of squat.
- Adhere to hang rule.

TEAM SYNCRO

- Rep end

SHOULDER TO OVERHEAD (5.05)

REP START

- Standing tall
- Object supported in the front-rack

REP END

- Overhead lock-out

REP REQUIREMENTS

- None.

TEAM SYNCRO

- Rep start
- Rep end

CHEST-TO-BAR PULL-UP (7.05)

REP START

- Vertical hang from horizontal bar.

REP END

- Chest in contact with the horizontal bar.

REP REQUIREMENTS

- Only hands and chest or above can touch anything during the movement.

TEAM SYNCRO

- Rep end

BAR MUSCLE-UP (7.07)

REP START

- Vertical hang from horizontal bar.

REP END

- Vertical support.

REP REQUIREMENTS

- No portion of the body below the thighs can move over the top-most horizontal plane of the bar.

CYCLE & POST REP

- The athlete may not rest on top of horizontal bar in any other way than vertical support. If this happens, the athlete must jump down to the floor before achieving a new rep start.

TEAM SYNCRO

- Rep end