

# RULEBOOK MASTERS & TEENS THROWDOWN 2022

Naming conventions in this document

M&TTD: Masters & Teens Throwdown

QUALIFIER: The period in which the online competition is being held to advance to the FINALS

FINALS: The final event of the Masters & Teens Throwdown

ATHLETE: The ATHLETE competing at the online Qualifier and/or the final event

## CHAPTER 1. THE MASTERS & TEENS THROWDOWN

1. The M&TTD is a CrossFit event organized for Master & Teen ATHLETES
2. The FINALS are on 03 & 04 September 2022
3. The QUALIFIER for the FINALS is from 10 June – 26 June 2022

## CHAPTER 2. GENERAL RULES

1. To participate in any stage of the M&TTD, every ATHLETE must agree to any and all Rules and Policies, including, without limitation, the Assumption of Risk, Publicity Release, all of which are incorporated herein by reference, and to the decisions of the M&TTD 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 M&TTD, paid and validly registered for entry, completed an online (QUALIFIER) and on-site (FINALS) check in process.
3. Weight 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. Should the workout call for a pull-up bar to be used, ATHLETES may wrap tape around the pull-up bar **OR** wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar **AND** wear hand protection.
4. All ATHLETES agree to compete in a sportsmanlike manner. Unsportsmanlike behaviour, such as arguing with an official or representative of the M&TTD, taunting, heckling, fighting or any conduct which would bring disrepute upon the M&TTD, the competition, other competitors, spectators or event sponsors, as determined by the M&TTD in the eyes of the viewing public or the community, may be grounds for suspension, disqualification, removal from the event, disqualification from future events or legal action.
  - i. 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.

- ii. 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 M&TTD 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 4.
  - iii. 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 M&TTD's rights to operate the competition in any manner it sees fit. The M&TTD reserves the right to terminate any ATHLETE, Coach, Staff, Volunteer, Judge, Visitor, Guest, Supporter and/or Spectator participating in, attending or viewing any sponsored, or supported Event at any time, with no further obligation or duty to such individual.
5. All ATHLETES agree to put forth suitable effort in every workout or event in every stage of competition. Deliberately doing less work or performing at a level below what one is capable of in order to gain advantage in another workout or over another ATHLETE is prohibited. Any ATHLETE deemed by M&TTD to be doing so may be penalized or disqualified from competition as M&TTD sees fit in its sole discretion.
  6. 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.
  7. 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 M&TTD, including lying (as one example)—will result in disqualification.
  8. All times, deadlines etc. mentioned in our communications are in Central European Time.

### **CHAPTER 3. PARTICIPATION REQUIREMENTS**

1. Subject to the M&TTD's age restrictions and other requirements, anyone that is able to perform the workouts as prescribed may compete as an ATHLETE in the M&TTD. Such registration is subject to each prospective ATHLETE's affirmative agreement to comply with the M&TTD's policies, rules and regulations, as determined by the M&TTD in its sole and absolute discretion upon registration. 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 M&TTD 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 M&TTD or for any other reason at the sole discretion of the M&TTD.

3. There are 24 divisions for individual competitors. There are no other recognized divisions beyond those listed:
  - i. Masters women 35 – 39, must be 35 to 39 years old on 04 September 2022 to participate in this age category
  - ii. Masters women 40 – 44, must be 40 to 44 years old on 04 September 2022 to participate in this age category
  - iii. Masters women 45 – 49, must be 45 to 49 years old on 04 September 2022 to participate in this age category
  - iv. Masters women 50 – 54, must be 50 to 54 years old on 04 September 2022 to participate in this age category
  - v. Masters women 55 – 59, must be 55 to 59 years old on 04 September 2022 to participate in this age category
  - vi. Masters women 60 – 64, must be 60 to 64 years old on 04 September 2022 to participate in this age category
  - vii. Masters women 65+, must be minimum 65 years old on 04 September 2022 to participate in this age category
  - viii. Masters men 35 – 39, must be 35 to 39 years old on 04 September 2022 to participate in this age category
  - ix. Masters men 40 – 44, must be 40 to 44 years old on 04 September 2022 to participate in this age category
  - x. Masters men 45 – 49, must be 45 to 49 years old on 04 September 2022 to participate in this age category
  - xi. Masters men 50 – 54, must be 50 to 54 years old on 04 September 2022 to participate in this age category
  - xii. Masters men 55 – 59, must be 55 to 59 years old on 04 September 2022 to participate in this age category
  - xiii. Masters men 60 – 64, must be 60 to 64 years old on 04 September 2022 to participate in this age category

- xiv. Masters men 65+, must be minimum 65 years old on 04 September 2022 to participate in this age category
- xv. Teen girls 12 – 13, must be 12 or 13 years old on 04 September 2022 to participate in this age category
- xvi. Teen girls 14 – 15, must be 14 or 15 years old on 04 September 2022 to participate in this age category
- xvii. Teen girls 16 – 17, must be 16 or 17 years old on 04 September 2022 to participate in this age category
- xviii. Teen girls 18 – 19, must be 18 or 19 years old on 04 September 2022 to participate in this age category
- xix. Teen girls 20 – 21, must be 20 or 21 years old on 04 September 2022 to participate in this age category
- xx. Teen boys 12 – 13, must be 12 or 13 years old on 04 September 2022 to participate in this age category
- xxi. Teen boys 14 – 15, must be 14 or 15 years old on 04 September 2022 to participate in this age category
- xxii. Teen boys 16 – 17, must be 16 or 17 years old on 04 September 2022 to participate in this age category
- xxiii. Teen boys 18 – 19, must be 18 or 19 years old on 04 September 2022 to participate in this age category
- xxiv. Teen boys 20 – 21, must be 16 or 17 years old on 04 September 2022 to participate in this age category

- 4. If too little participants have signed up for certain age categories the M&TTD has the right to join those 2 divisions as one age category

#### **CHAPTER 4. REGISTRATION DETAILS**

- 1. 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 date of birth.
- 2. Registration of an ATHLETE for the QUALIFIER is only valid if the registration fee is paid in full before the registration deadline. Registration prices do not include additional surcharges or payment fees.

3. 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.).
4. If, for any reason, the M&TTD is not capable of running as planned by reason of infection by computer virus, bugs, fraud, technical failures, or any other causes beyond the control of the M&TTD, which in the sole opinion of the M&TTD are corrupt or affect the administration, security, fairness, integrity or proper conduct of the competition, the M&TTD reserves the right, at its sole discretion, to void suspect registrations or submissions and/or to cancel, terminate, modify or suspend the M&TTD. In the event that the M&TTD is cancelled, the M&TTD (or any party) has no obligation to award any prizes.

## **CHAPTER 5. STANDARD COMPETITION PROCEDURES**

1. For the QUALIFIER and the FINALS the Workout Format will be released by the M&TTD and communicated uniformly to all ATHLETES online and/or on site.
2. Scoring format will be announced before the start of competition.
3. Points will be assigned according to an ATHLETE'S relative rank. These points will be used to rank the ATHLETES on the M&TTD leaderboard. Ties on the leaderboard will be broken by awarding the best position to the ATHLETE with the highest result in any single event. If ATHLETES remain tied after this first tiebreaker, the process continues to their next highest single result, and so forth. More than one ATHLETE can share an event rank and each will earn the original point value. The ATHLETE with the top performance across multiple events in a competition wins the competition.
4. 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 M&TTD Head judge prior to the beginning of the competition may be granted an exception at the M&TTD's sole discretion. ATHLETES competing at the QUALIFIER must email [masterthrowdown@outlook.com](mailto:masterthrowdown@outlook.com) before the registration deadline. These cases are very rare and will be handled on a case-by-case basis.
5. 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.
  - a) 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 M&TTD (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.

- b) Event Judges and M&TTD Staff and AFFILIATE owners during the QUALIFIERS 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.
6. The ATHLETES are 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.
7. Proper attire is required at all Events. No attire shall interfere with Event Judging and the ability to see the Event Movement Standard or Range of Motion.
9. 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 QUALIFIERS**

1. The QUALIFIER is a series of three workouts that will be released on Competition Corner. ATHLETES must complete all workouts and submit scores to be ranked on the FINAL overall M&TTD leader board. The top qualifying individual ATHLETES will be invited to participate at the FINAL event.
2. Registration starts latest 11 weeks prior to the QUALIFIER period, being Friday 08 April 2022 through our event on Competition Corner. Registration closes Sunday 26 June 23:00hrs CET.
3. QUALIFIER Workouts will be released on: Friday 10 June 2022, 07:00hrs CET
4. QUALIFIER Scores must be submitted before: Sunday 26 June 2022 23:00hrs CET.
5. ATHLETES must complete all workouts in the prescribed period
6. Repeating the workouts is permitted within the prescribed period.
7. All weights will be released in kilograms. It is the ATHLETE'S responsibility to use the correct weights. If pounds plates are used, the ATHLETE will need to use appropriate combinations of plates to achieve the correct weight in pounds compared to the prescribed weight in kilograms. Collars or clips are not to be counted in the total weight.
8. During the QUALIFIERS of the M&TTD 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 and video standards.
9. The prescribed workouts are accompanied by a scaled version. ATHLETES unable to perform a workout as prescribed may choose the scaled workout provided. ATHLETES may finish the

QUALIFIERS with any combination of scaled and prescribed workouts contributing to their score the leaderboard. ATHLETE's who chooses to perform a scaled workout will be ranked relative to all other ATHLETES performing the scaled version of the workout but below all ATHLETES who performed that workout "as prescribed". Any ATHLETE who fails to submit a score will receive a score of "0" and will be ranked below all ATHLETES who entered a score, whether prescribed or scaled, for that workout.

10. The QUALIFIER of the M&TTD must be performed with a Judge and video registration and submission is required for all ATHLETES. ATHLETES are responsible for their judges enforcing the movement standards and validating the ATHLETE's score.
11. The ATHLETE is responsible for submitting their score via Competition Corner before the workout deadline as mentioned under chapter 6.4. Scores not submitted before the deadline will not be accepted in the final leader board.
12. Instructions for submitting scores, upload videos (if required) and validating scores is available at <http://help.competitioncorner.net>
13. 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. Video submissions must conform the video requirements as released with the workouts.
14. Links to the video's must be submitted at the same time of submitting workout scores. The video must be accessible and viewable. If the videos are not submitted in time or not viewable, the score will be deleted/rejected. Any missing videos and/or scores is directly the ATHLETE'S responsibility and M&TTD is unable to accept any ATHLETES to FINALS with missing videos or scores.
15. Submitted videos will be reviewed and the score(s) for the requested workout(s) either validated, modified, or invalidated.
16. Valid With Minor Penalty: Over the course of the video, the ATHLETE demonstrates a small number of "no reps" that result in a faster time or higher score for a given workout. A minor penalty will be applied and a score adjustment will be made to the ATHLETE'S final score. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly. A minor penalty can be applied to more than one movement per workout, resulting in a greater score adjustment.
17. Valid With Major Penalty: Over the course of the video, the ATHLETE demonstrates a significant number of "no reps" that result in a faster time or higher score for a given workout. In this case, a major penalty will be applied and the score may be modified. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly. A major penalty can be applied to more than one movement per workout, resulting in a greater score adjustment.

18. Invalid: Over the course of the video, the ATHLETE fails to complete the workout as required, a significant and unacceptable number of reps performed are “no reps,” or the video does not contain the criteria listed in the video submission standards. The ATHLETE’S score may be rejected and invalidated.
19. If an ATHLETE’s score is modified, the ATHLETE’s overall rank will be recalculated with this new score. If the ATHLETE remains ranked high enough following this recalculation, the ATHLETE may receive an invitation to the M&TTD. If a video is invalidated, the individual ATHLETE’s overall rank on the leaderboard will be adjusted to “0”.
20. ATHLETES not completing all QUALIFIER workouts cannot advance to the FINAL event.
21. The ATHLETE may only submit scores of workouts completed according to the rules in this Rulebook and the provided workout standards. Appeals, scoring discrepancies or questions about the judging or scoring of online videos will be handled through [mastersthrowdown@outlook.com](mailto:mastersthrowdown@outlook.com)
22. The M&TTD reserves the right to disqualify an ATHLETE based on their own reviewal process, should they find any violation of the rules stated or any violation of sportsmanship. Decisions of the M&TTD are final and cannot be disputed.
23. Performances of ATHLETES will not be discussed with other ATHLETES.

## **CHAPTER 8. SPECIFIC RULES FOR THE FINALS**

1. After the video reviewal process has been finished the ATHLETES with the best performance over multiple workouts in the QUALIFIER advance to the FINALS.  
The number of finalists per age group is 12.  
When the number of registrations signed up for certain age categories is less than 12, the M&TTD has the right to advance fewer ATHLETES. In this case the number of finalists of these age group(s) will be published together with the unofficial leader board, 04 July 2022.
2. If an invited ATHLETE declines to compete, the M&TTD will backfill the spot and invite the ATHLETE ranked next on the leaderboard.
3. When receiving an invitation for the final, ATHLETES have to accept the invitation within the deadline as prescribed in the invitation and pay their ticket for the final:  
€59,00 EUR + service fee
4. FINALS are being held on 03 & 04 September 2022 in Amersfoort, the Netherlands.
5. During the FINALS ATHLETES have to complete multiple workouts over multiple days. All ATHLETES compete both days, no cut off.
6. 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.

7. 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.
8. Only ATHLETES and their coach will be allowed within the ATHLETE area.
9. ATHLETES are required to attend all ATHLETE briefings for rules and details of the workouts.
10. All potential Event Judges are required to attend the Judges meeting.
11. 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 M&TTD-crew and cannot be appealed against.
12. 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 and gets zero points for the workout.
13. If an ATHLETE is unable to complete a workout within a time cap, the number of completed reps are the tiebreaker.
14. 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 Head Judge present during the event in question.
15. The competing ATHLETE (no coaches or other ATHLETES allowed) files the protest by notifying the 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.
16. Prizes are subject to applicable taxes and withholding and compliance with, and agreement to, the M&TTD's prize affidavit.

## **CHAPTER 9. CHANGES**

1. The M&TTD organisation can revise this rulebook anytime. Changes to the rulebook will be communicated (with changes) on our website <https://www.mastersteensthrowdown.nl>
2. In any cases where the rulebook, workout descriptions or other M&TTD communication is unclear, the M&TTD has always the final word.

Thank you for reading the Rulebook.

**OUR MOST IMPORTANT MESSAGE IS: WORK HARD & HAVE FUN!!**