

RULEBOOK LOWLANDS THROWDOWN 2019

Naming conventions in this document

CLTD: CrossFit 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

TEAM: Teams consist of two (2) men and two (2) women

CHANGES

11-1-2019 (version 1)

- Initial version.

19-3-2019 (version 2)

- Chapter 6: Removed that there is no scaled version for teams. We do have scaled team workouts.
- Chapter 7: Added that all team members must sign the online waiver.
- Chapter 7: A maximum of two team member can be replaced in case of illness.
- Chapter 8: Add fees for participation in the final.

CHAPTER 1. THE LOWLANDS THROWDOWN

1. The CLTD is a CrossFit Sanctional™ event.
2. The FINALS are on May, 31 2019, June, 1 2019 and Juni, 2 2019
3. The QUALIFIER for the FINALS is from 11-15 April 2019.

CHAPTER 2. GENERAL RULES

1. To participate in any stage of the CLTD, 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 CLTD 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 CLTD, 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 at the FINALS.
3. All ATHLETES agree to compete in a sportsmanlike manner.
 - i. Unsportsmanlike behaviour, such as arguing with an official or representative of the CLTD, taunting, heckling, fighting or any conduct which would bring disrepute upon the CLTD, the competition, other competitors, or spectators or event sponsors, as determined by the CLTD 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 CLTD 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 CLTD's rights to operate the competition in any manner it sees fit. The CLTD 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 CLTD, 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 CLTD'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 CLTD. Such registration is subject to each prospective ATHLETE's affirmative agreement to comply with the CLTD's policies, rules and regulations, as determined by the CLTD 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 CLTD 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 CLTD or for any other reason at the sole discretion of the CLTD.
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
 - Teams (2 men, 2 women)
6. ATHLETES competing in the 35+ category must be born between 11-4-1979 and 11-4-1984 (35-39 on 11-4-2019).
 7. ATHLETES competing in the 40+ category must be born before 11-4-1979 (40+ on 11-4-2019)
 8. ATHLETES competing in the Teen category must be born between 11-4-2001 and 11-4-2003 (16-17 years old on 11-4-2019)
 9. ATHLETES born after 11-4-2003 (younger than 16 years old on 11-4-2019) 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 CLTD 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 CLTD, which, in the sole opinion of the CLTD are corrupt or affect the administration, security, fairness, integrity or proper conduct of the competition, the CLTD reserves the right, at its sole discretion, to void suspect registrations or submissions and/or to cancel, terminate, modify or suspend the CLTD 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 CLTD is cancelled, the CLTD (or any party) has no obligation to award any prize money.
7. An athlete may compete in the QUALIFIER as individual and as part of a team. Both require a separate registration.

CHAPTER 5. STANDARD COMPETITION PROCEDURES

1. For the QUALIFIER and the FINALS the Workout Format will be released by the CLTD 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:
 - 10 masters 40+ female
 - 10 masters 40+ male

- 10 masters 35+ female
 - 10 masters 35+ male
 - 40 elite female
 - 40 elite male
 - 10 teen boys
 - 10 teen girls
 - 20 teams
4. Judging and/or Validation are mandated and required to make any CLTD workout result official.
 - a) Judges are responsible for enforcing the movement standards and validating the ATHLETE's or and TEAMS' 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 CLTD Head judge or the assistant CLTD Head judge **prior** to the beginning of the competition may be granted an exception at the CLTD's sole discretion. (ATHLETES competing at the QUALIFIER must email info@crossfitlowlandsthrowdown.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 CLTD. (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 CLTD 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 ATHLETES and TEAMS 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.
 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 CLTD'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.
 - Not both hand protection and taped bar.
- c) Proper attire may include official uniforms or apparel, depending on the stage of competition.
7. Once an ATHLETE or TEAM 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 Wednesday 16-1-2019, through our partner Competition Corner.
2. Registration closes Monday 15-4-2019 12:00 CE(S)T.
3. Workouts will be released Wednesday evening 10-4-2019.
4. ATHLETES and TEAMS can do the QUALIFIER workouts on:
Thursday 11-4-2019,
Friday 12-4-2019,
Saturday 13-4-2019,
Sunday 14-4-2019, or
Monday 15-4-2019
5. Scores must be submitted before Monday evening 15-4-2019 21:00 CE(S)T
6. ATHLETES and TEAMS 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 and in the prescribed order.** It is not allowed to redo one or two workouts solely.
8. Only scores that are part of one three-workouts attempt, performed in consecutive order (workout1, workout2, workout3) may be submitted online to Competition Corner. **Submitting results from different attempts is not permitted.**
9. In principle, the QUALIFIER of the CLTD 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 required.
10. ATHLETE and TEAMS must perform all workouts with a judge.
11. ATHLETE and TEAMS must submit their judge details. The Judge will receive an email requesting them to login and validate the ATHLETE's score. The Judge will either Accept or Reject that score.
12. The judge must validate the ATHLETE's or and TEAMS' score within 24-hours after the workout deadline of Monday 15-4-2019 21:00 CE(S)T, unless stated otherwise.
13. It is the ATHLETE, TEAM 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 CrossFit Lowlands Throwdown website (<http://crossfitlowlandstrowdown.nl>) and Competition Corner. ATHLETES and TEAMS must complete and have each workout validated to be ranked on the FINAL overall CLTD Leaderboard. The top qualifying individual ATHLETES and TEAMS will be invited to the FINAL event.
17. ATHLETES and TEAMS 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 and TEAMS 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 CLTD organization will request the videos by email.
19. Links to the video's must be submitted within 24 hours after requested by the CLTD organisation. The video must be accessible and viewable. If the videos are not submitted in time or not viewable, the score will be deleted/rejected.
20. Video registrations must conform the video registration rules released with the workouts.
21. ATHLETES and TEAMS not completing all QUALIFIER workouts will not be ranked in any QUALIFIER workout and will not have points in the FINAL QUALIFIER ranking.
22. 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.
23. ATHLETES scaling a workout will be ranked - for that workout - below athletes who did not scale.
24. ATHLETES not completing all QUALIFIER workouts or ATHLETES who scaled one or more workouts cannot advance to the FINAL event.
25. The ATHLETE and TEAMS may only submit scores of workouts completed according to the rules in this Rulebook and the provided workout standards.
26. THE ATHLETE and TEAM is responsible for submitting their own score before the deadline (see 6.5).
27. ATHLETES and TEAMS cannot appeal their score on the scorecard to the CLTD organisation.

CHAPTER 7. TEAMS

1. TEAMS and their roster are established at the point of registering for the qualifiers.
2. All team members must sign the online waiver before 10-4-2019 23:59 CE(S)T. If one or more team members did not sign the online waiver, the team is not allowed to enter the competition.
3. The team captain is responsible for submitting the TEAM's scores.
4. You may substitute a team member up until 10-4-2019 23:59 CE(S)T.
5. All scores must reflect the same team roster.
6. If the TEAM qualifies and is invited to the Finals, the TEAM will advance with the registered team roster.
7. An individual may participate either as an Individual Athlete and/or part of a Team during the qualifiers (registration for both required), but:
8. If a member of a TEAM also earns a qualifying spot as an individual athlete and elects to compete as an individual, then the team will not be allowed to compete at the Final. (The individual must choose if qualified for both).
9. The team can replace an injured or ill athlete until the start of the final (team registration on 31-5-2019). A written request (or email) must be made to the CLTD,

accompanied by a doctor's certificate. A maximum of two team members can be replaced for this reason.

CHAPTER 8. SPECIFIC RULES FOR THE FINALS

1. ATHLETES and TEAMS who have received an invitation to participate in the 2019 CLTD 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.
2. When receiving an invitation for the final, ATHLETES and TEAMS have to accept the invitation and pay their ticket for the final:
 - i. An ATHLETE pays 100,00 EUR + 8,44 EUR service fee
 - ii. A TEAM pays 325,00 EUR + 23,27 service fee
 - iii. A TEEN pays 50,00 EUR + 5,15 service fee
3. ATHLETES have to 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 Leaderboard at the end of the competition will be determined the winner.
4. ATHLETE area and times
 - a) All ATHLETES and TEAMS 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 and TEAMS will be allowed within the athlete area and changing rooms. No coaches, moms, etc.
5. ATHLETES and TEAMS are required to attend all athlete briefings for rules and details of the workouts.
6. All potential Event Judges are required to attend the Judges meeting.
7. In the event an ATHLETE qualifies both as an individual and as part of a team, the athlete must choose to compete as individual or as team at the FINALS.

Disqualification

8. 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 CLTD-crew and cannot be appealed against.

Scoring

9. ATHLETES and TEAMS will be ranked after each workout.
10. DNF - If an ATHLETE or TEAM is unable to complete one single rep in an event, the result is a DNF (Did Not Finish). That ATHLETE or TEAM will end up below all other and gets zero points for the workout.
11. If an ATHLETE or TEAM is unable to complete a workout within a time cap, the number of completed reps are the tiebreaker.
12. 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

13. 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.
14. 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

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

CHAPTER 9. CHANGES

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

REMEMBER:

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