

Lowlands Throwdown

General Rulebook

2024 Classic Event

1. General

The Lowlands Throwdown (hereinafter referred to as LLTD) is an annual competition with its roots in the Benelux (Belgium, Luxembourg and The Netherlands) that has grown over the years into a varied international competition. The LLTD 2024 season includes an online qualifier and an on-site final event.

Website: www.lowlandstrowdown.com

Email: info@lowlandstrowdown.com

The LLTD is owned by:

CF Events

Koning Lodewijklaan 752

7314 GX APELDOORN, Netherlands

KvK-nummer: 69193711

VAT-nr: NL 857776782B01

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www.cfevents.eu

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2. Registration - Participating as an individual athlete or team

- a. Any athlete or team that meets the age and registration requirements stated in these regulations may register to participate;
- b. Any athlete or team wishing to participate in both the online qualification and finals must complete the registration process in time to participate;
- c. The LLTD reserves the exclusive right to allow or refuse the participation of any athlete and team. The LLTD also reserves the exclusive right to validate, penalize or invalidate the athlete's or team's scores. The LLTD will make such decisions on participation and scores to preserve the integrity of the competition;
- d. Schedules for qualification will be set at the time of registration. All participants must sign the online waiver. If the participant has not signed the waiver, he or she cannot participate in neither the online qualification nor the finals;
- e. If participation is in the form of a team, it will have to consist of two (2) male and two (2) female athletes. Each team will have to designate a team captain. He or she will be responsible for registration, submitting all scores and will be the point of contact with the LLTD;
- f. Team members can be exchanged until the registration deadline. The team captain is responsible for changing team members by sending the LLTD a request by email. This email should clearly state:
 - i. The name of the team;
 - ii. The name of the athlete to be replaced;
 - iii. The name of the replacement athlete.

3. Registration - General rules

- a. Registration is only possible if the athlete or team agrees to abide by the rules and standards written in these regulations.
- b. All participants must be at least 18 years of age or have the written consent and accompanied by one of the parents or legal guardian at the finals;
- c. Registration is complete when the following conditions are met:
 - i. Registration (including signing the waiver) and agreement to the rules and standards;
 - ii. Full payment of the registration fee with confirmation from the competition platform.
- d. An athlete may compete in the LLTD Online Qualifier as an individual and as a team member. Both require separate registration. If the athlete qualifies as an individual

and as a team member, the athlete **MUST** choose to compete as an individual or as a team member. It is **NOT** allowed to participate as an individual and as a team member.

4. Registration - Fee and service fees

The full registration fee consists of the competition registration fee and service fees. The service fees are charged by the competition platform and payment processor and subject to the terms and conditions of the competition platform and payment processor. The service fees are non-refundable. The competition registration fees for the qualifier and the final event are specified in the following chapters.

5. Registration - Payment process

It may happen that payment is not processed immediately without you receiving notification of this from the competition platform. This may take several days and is completely beyond the responsibility of the LLTD organization.

6. Registration - Refund policy

Upon qualification, no refund is provided under any circumstances. If the final cannot take place, the organization offers 3 options:

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| <p>Option 1</p> | <p>LLTD will try to schedule a new date. The participant accepts reassignment to this new date. The participant is obliged to send us a written (email) request for this to the organization.</p> |
| <p>Option 2</p> | <p>The athlete cannot register for any reason on the rescheduled date, but can participate in one of our other competitions. LLTD will compensate the athlete with a voucher for this. The participant is obliged to send us a written (email) request for this to the LLTD.</p> |
| <p>Option 3</p> | <p>If the final is canceled in its entirety, each participant has the right to request a refund of his registration fee. The participant is obliged to send us a written (email) request for this to the LLTD*.</p> |

* In case of force majeure, the obligations of all parties shall be suspended. Force majeure occurs when the performance of the agreement is prevented (in whole or in part) by circumstances beyond the control of all parties and circumstances at the LLTD such as staffing, transport and venue problems (including the default of the supplier(s)), an epi- or pandemic and government-imposed rules and regulations.

The refund relates to the registration cost for the final. Service fees charged by the competition platform and payment processor will not be refunded.

All refunds within ninety (90) days of the original entry date will be processed through the competition platform. These refunds can only be transferred via the original payment method used by the participant. It is not possible to send this refund to another destination (e.g. another payment card or bank account number).

7. Registration - Competition Corner account

LLTD uses Competition Corner as the competition platform. Competition Corner is an American company based in California. By using the platform and signing up for a Competition Corner account, you agree to their terms & condition and privacy statement. These statements can be found at the website of Competition Corner; <https://competitioncorner.net/terms-of-use> and <https://competitioncorner.net/privacy-policy>. Privacy regulations for Competition Corner may be less strict than those in the athlete's or team's country / region.

8. Registration - Liability in case of registration problems

- a. The LLTD is not responsible for any problems (whatever they may be) in the registration process, regardless of whether they are caused by the users of the website or by the competition platform the LLTD uses;
- b. The LLTD may disqualify any participant whose entry, registration or submission process or operation of the competition it can prove was tampered with;
- c. The LLTD may disqualify any participant whose actions violate the official rules;
- d. If for any reason, the competition cannot proceed (in whole or in part) as planned due to a computer virus, bugs, worm-ware, manipulation, unauthorized intervention, fraud, technical failures or other causes beyond the control of the LLTD, which, in the exclusive judgment of the LLTD, are detrimental to the administration, security, fairness, integrity or the proper conduct of the competition, the LLTD reserves the right to declare suspicious entries invalid, and/or cancel, terminate, modify or suspend the competition and will not be obliged to award any prizes or designate winners for this competition.

9. Registration - Fanshield insurance details

The competition platform offers ticket protection insurance, which is entirely separate and not the responsibility of the LLTD. In partnership with Competition Corner, Fanshield is an option for ticket insurance (NOT medical insurance) for athletes.

For more information, visit the following link:

<https://help.competitioncorner.net/en/articles/5674001-what-is-fanshield-insurance-protection>

10. Classification - General leaderboard rules

Athletes and teams will be ranked in the overall ranking of their respective age group based on test performance.

Any athlete who fails to submit a score for a workout will be ranked below all athletes who entered a score, whether prescribed or scaled, for that workout.

11. Classification - Leaderboard statuses

Athletes, teams and scores are recorded in the overall standings. In addition to the normal status for having a score, the following statuses may appear:

- a. Related to the score:
 - i. **Did Not Finish (DNF):** if an athlete or team does not finish a test and does not meet the minimum test requirements, they are given the 'DNF' status and does not give them a score and/or points. Athletes and teams can still qualify for a place in the overall ranking.
 - ii. **Time Cap (CAP):** if an athlete or team does not finish within the time limit, they will be given 'CAP' status. This will note them as 'CAP' on the overall

standings and rank them among everyone who completed the test within the time limit and based on their completed rehearsals.

- b. Related to athletes and teams:
 - i. **Withdraws (WD):** an athlete or team withdraws from the competition, giving them 'WD' status. This will push the athlete or team to the last place in the overall ranking. Athletes or teams can no longer qualify for a place in the standings.
 - ii. **Disqualify (DQ):** an athlete or team may be disqualified, giving them 'DQ' status in the overall standings. This does not remove any points, but does change the current position in the ranking and moves the rest of the field up one rank.
 - iii. **Cutoff (CUT):** during the competition, only the best-ranked athletes and teams can be selected to continue in the competition. Athletes and teams that do not advance are given the status 'CUT' for this test in which they did not advance.

12. Qualification - In general

The qualifier is a series of workouts that will have to be carried out in the specified timeframe. The workouts are released on the official website, the competition platform and via social media.

More info about the format & timeline → Item 19 of this Rulebook

13. Qualification- Registration process

Any athlete or team (represented by the team captain) can complete the registration at the competition platform before the registration closes.

The registration closes at the score submission deadline.

14. Qualification - Tests

Tests will be chosen from the following test categories:

- a. Endurance:
Refers to the athlete's ability to perform tasks that require efficient exchange of oxygen in the blood. This test includes cyclic work. It tests the athlete's ability to pace, perform work and recover quickly.
- b. Bodyweight:
Refers to an athlete's ability to perform and sustain high repetitions and volume of movements where their own body weight is the load, while simultaneously mixing these movements with cyclic movements.
- c. Mixed:
These tests include a variety of tasks and challenges. It can include body weight, strength and endurance type movements mixed together. It tests the athlete's ability to switch from one movement to another, perform movement variations, control tempo and cope with variations in low load.
- d. Strength:
This test involves strength exercises with a barbell or other object. It tests the athlete's timing, coordination and athletic ability while working under a heavy load.
- e. Power:
Refers to the athlete's ability to do a large amount of work in a short period of time. Power tests usually last no longer than 5 minutes.
- f. Skill:
Refers to an athlete's ability to perform difficult or complex movements and elements that require a higher degree of technique or finesse to execute.
- g. Mixed relay:
Specifically, mixed relays test the athletes' mixed ability and athletic recovery.
- h. Strategy:
Specifically, team strategy tests the athletes' ability to work together as a unit and come up with an effective plan that leverages the different strengths of each

member of the team.

15. Qualification - Divisions

An athlete's competitive division will be assigned based on birthdate and gender. The athlete's age as of Friday, May 31, 2024, will determine which division the athlete will compete in during the 2024 season.

The qualifier competition has the following divisions (if applicable):

- a. RX male and female and teams*
- b. Intermediate male and female
- c. Masters 35 - 39 male and female
- d. Masters 40 - 44 male and female
- e. Masters 45 - 49 male and female
- f. Masters 50+ male and female
- g. Teens 16 - 17 male and female

* NO teams in 2024

16. Qualification - Age-group division: Masters

Athletes aged 35 and above who register for the Qualifier will compete in one of the masters divisions, based on the age categories listed in item 12 (see above).

17. Qualification - Age-group division: Open division

The RX division is an open division. This means you can register as a Master 35 - 39 athlete at RX should you prefer this. This exception applies only to the Master 35 - 39 division.

The Intermediate division is open to all ages, even if they fall into a different age group on the basis of their age at the reference moment. Teens will only have the opportunity to register in their respective Teens 16 - 17 division.

18. Qualification - Division standards

- a. RX:

Athletes in this division are expected to be highly experienced and able to perform ANY functional fitness movement and be ready for the unknown. If you have gaps in your overall fitness, this is not your division. Some examples of minimum requirements for this division include, but are not restricted to:

 - i. Ring/Bar Muscle-Up, Strict Handstand Push-up, Legless Rope Climb, Pistols;
 - ii. Snatch 80/60 kg - 180/135 lbs (2-3 decent reps);
 - iii. Clean & Jerk 110/80 kg - 345/180 lbs (2-3 sound reps);
 - iv. Skills in performing multiple unbroken reps of any movement with 30/22.5 kg dumbbells (70/50 lbs);
 - v. Any movement can occur in the RX divisions.
- b. Intermediate:

Athletes in this division should have some experience in functional fitness competitions and an average fitness level. The Intermediate division is intended for athletes with a good command of basic movements in gymnastics, powerlifting and weightlifting, but with some gaps in their overall fitness, especially in very advanced movements or very heavy lifting. Some examples of minimum requirements for this division include, but are not restricted to:

 - i. Chest-to-bar Pull-Up, Double Under, Toe-to-bar, Handstand Push-Up (kipping), Rope Climb;
 - ii. Snatch 60/40 kg - 135/90 lbs (2-3 decent reps);
 - iii. Clean & Jerk 80/60 kg - 180/135 lbs (2-3 sound reps);
 - iv. Skill in performing multiple unbroken reps of any movement with dumbbells of 22.5/15kg - 50/35 lbs.

C. Masters:

Athletes in this division must be at least 35 years old. These athletes must be experienced and in good overall condition. Athletes in this division are expected to have performed all workouts as prescribed. They are also expected to perform almost every known movement, gymnastics, powerlifting, weightlifting or strongman, without gaps in their overall fitness. Overall, this is not a division for beginners. Some examples of minimum requirements for this division include but are not restricted to:

- i. Ring/Bar Muscle-Up, Double Under, Toe-to-bar, Handstand Push-Up, Rope Climb;
- ii. Snatch 70/45 kg - 155/100 lbs (various good reps);
- iii. Clean & Jerk 90/65 kg - 195/145 lbs (various good reps);
- iv. Skill in performing multiple unbroken reps of any movement with dumbbells of 22.5/15 kg - 55/40 lbs.

d. Teens:

- i. If you are between 16 and 17 years old and want to compete in the LLTD, the standards of this category will be the ones you will have to face. Athletes in this division should have some experience in functional fitness competitions and an average fitness level. The teens division is intended for athletes with a good command of basic movements in gymnastics, powerlifting and weightlifting, but with some gaps in their overall fitness, especially in very advanced movements or very heavy lifting. Weights will be adjusted to teens level.

19. Qualification - Fee

| Division | Registration Fee (exl. of service cost) | Service cost payment processor | Service cost competition platform | Refund policy |
|------------|---|---|---|------------------------------------|
| Individual | €29,75 | <i>Determined by payment processor platform</i> | <i>Determined by competition platform</i> | <i>See item 6 of this Rulebook</i> |
| Teams | <i>Not applicable for the 2024 season</i> | <i>Determined by payment processor platform</i> | <i>Determined by competition platform</i> | <i>See item 6 of this Rulebook</i> |

20. Qualification - Timeline & Format

Athletes and teams must complete all prescribed tests before the deadline. Each participant is free to take as many attempts as he or she wishes in the specified timeline.

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|------------------------------|--|
| Test announcement | Friday, May 31, 2024 at 21:00 CET |
| Qualifier period | Friday, May 31, 2024 at 21:00 CET → Monday, June 17, 2024 at 22:00 CET |
| Score upload deadline | Monday, June 17, 2024 at 22:00 CET |

ALL three tests need to be done within 24 hours by the same person/team.

ALL three tests need to be done in the prescribed order (test 1 → test 2 → test 3)

How can you prove this?

- By any means where you can prove the time and date and record it.

21. Qualification - Workout format and approved equipment/apparel

For all qualifier workouts, the workout format will be released by LLTD and communicated uniformly to all athletes online. The workout format will include the following:

- Required movement(s);
- Start and end ranges of the movement(s);
- Required number of repetitions and/or repetition scheme;
- Required equipment;
- Required amount of weight (NOTE: All weights will be released in kilograms. It is the athlete's responsibility to use the correct weight in kilograms. If pound plates are used, the athlete will need to use appropriate combinations of plates to achieve the correct weight in kilograms, at least. Collars or clips are not to be counted in the total weight. For the purpose of the competition, 35 lb barbells will be considered to weigh 15 kg, and 45 lb barbells will be considered to weigh 20 kg.);
- Time domain or time limit (referred to as 'time cap');
- Scoring details - Competitions may determine the winner by highest point total or lowest point total, or any method or combination of methods LLTD selects. Point values for finishing position will be released before the start of the workout;
- Filming and submission guidelines, if any.

In all stages of competition, it is the athlete's or team'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.

Modifying the workout format in any way is prohibited and will void a score. Only LLTD may provide official scaled versions of workouts for athletes to perform.

Proper workout attire, including shoes, is required for all events. No attire shall interfere with a judge's ability to determine whether the required movement standards and expectations for range of motion are being met.

Subject to LLTD prior approval, 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. In general, gear is allowed that improves safety and/or comfort but does not confer advantage. 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.). It is **NOT** allowed to tape the bar and wear hand protection.

22. Qualification - Score submission

It is the sole responsibility of the athlete or team captain to ensure timely and successful submission of the workout scores and videos. Entries that are incomplete will not be accepted. Entering zero (0) reps is equivalent to not completing the workout. Scores must be submitted before the date and time to be determined by the LLTD, which will be communicated through known channels:

- Official website;
- LLTD's social media channel(s);
- Competition Platform;
- Relevant email(s)

More information for submitting scores can be found on the competition platform help page: <https://help.competitioncorner.net/en/articles/1083267-how-do-i-submit-my-online-score>.

NOTE: The LLTD reserves the right to extend the score submission date due to unforeseen circumstances.

23. Qualification - Judging

All participating judges must be at least 18 years of age. Judging and validation are necessary to make a training result official. Judges are responsible for maintaining movement and event standards, and for confirming the athlete/team's score they have assessed by validating it in the competition platform.

Both the athlete/team captain and the judge must sign the scorecard. By co-signing the scorecard, the judge submits to the rules, conditions and regulations of these regulations, including any sanctions.

Judges are instructed not to touch or move/help with competition equipment during the test unless the equipment interferes with the performance of another athlete or there is a legitimate safety risk.

All judges are required to complete and pass the online CrossFit® Judges Course.

24. Qualification - Score validation

Athletes and teams must have their scores validated by the judge. It is not allowed to have a score validated by a person other than the judge judging the workout. It is the sole responsibility of the athlete, team captain and judge to ensure the timely and successful validation of workout scores. More information on how to validate scores can be found at the help pages of the competition platform. On the help pages, go to:

- All Collections → I'm an Athlete → → Virtual Competitions → → → How do I validate an Athlete's score?

<https://help.competitioncorner.net/en/articles/1083259-how-do-i-validate-an-athlete-s-score>

Scores in qualifying positions not validated by a judge will not be accepted. It is up to the LLTD to determine on a case-by-case basis whether invalidated scores can be resubmitted for the Judge to validate, and/or how not validated scores outside qualifying positions are handled.

25. Qualification - Uncommon movement clause/Range of motion exceptions

Any violation of the prescribed workout format, including movement standards and movement range of motion, will result in the repetition(s) being disallowed. Therefore, athletes and judges should be familiar with the Uncommon Movement Clause:

“Any movement deemed uncommon or unusual, or used to alter, shorten or change the accepted movement standard or range of movement, including line of action, of an event movement can and will be disallowed.”

In addition, athletes and judges should be aware that certain athletes with physical limitations in a specific range of motion may, at LLTD discretion, be granted an exception from performing the prescribed range of motion for training. This movement restriction must be due to previous physical limitations or injuries that are clear and demonstrable. Any restriction must be brought to the LLTD attention via email sent to info@lowlandsthrowdown.com before the start of the competition. Such cases are extremely rare and will be considered on a case-by-case basis.

26. Qualification - Video submission

Although we would love to take your word and not have an online video qualifier process, that's not how this works. In addition to the scorecard, you, the participant, will have to upload a video (link) of the prescribed test as visual proof. The main objective is to verify that you have performed the test, that the number of repetitions and times specified are correct, and that you meet the movement standards. The concept is simple, but if you have ever had to do it, you know it isn't always as easy as it sounds. Let us help you by setting up these practical tips and rules to ensure video submission success.

All participants must upload a video of each test on the competition platform. The competition platform is set to give you no other choice. No video = no score upload.

It is the sole responsibility of the participant to ensure timely and successful submission videos. Entries that are incomplete will not be accepted.

IMPORTANT VIDEO FORMAT RULES:

- a. YOUTUBE, VIMEO, GOOGLE, iCloud, WODproof, etc...whichever works best for you is allowed;
- b. Set your video to **PUBLIC** modus;
- c. If using GOOGLE or iCloud, please make sure it's **NOT** password protected (if it's password protected, the video is **NOT** valid);
- d. Be aware of **COPYRIGHTS** on music in the background, as these get your video taken down (if it's blocked, the video is **NOT** valid);
- e. You **MUST** upload the video link in the competition platform. Under no circumstances can the participant transfer their scores and videos directly to the LLTD in any form whatsoever;
- f. Videos must be uncut and unedited to accurately display the performance;
- g. A clock or timer must be visible throughout the workout;
- h. Record the video so that ALL exercises are clearly visible, so we can check that they meet movement standards;
- i. Videos shoot with fisheye or similar lens will be rejected;
- j. **DO NOT** use a countdown timer.

Under no circumstances will we contact the participant(s) concerned to receive a viewable video. The participant concerned will be informed that the video was rejected, and the score invalidated, along with the reason why.

More than once, we have noticed that a link is uploaded that has nothing to do with the workout. If we detect this, the participant(s) will immediately be disqualified.

The videos will be viewed and verified by our review team. As part of this video verification process, the score obtained by the participant(s) may be accepted, modified or invalidated.

Before starting the test, **DO NOT FORGET:**

- Tell us your name;
- State which event and division you're in;
- If you don't want to use WODproof, make sure to film the time and date;
- Zoom in/focus on the weights (barbell, dumbbell, kettlebell, etc...), distances (shuttle run, handstand walk, etc...) and time/distance/calories on the screens from the machines, so we can give you the full credit;
- If required, do not forget to reset the screens of the machines before starting the next round.

Reasons for modification or invalidation of a score include, but are not limited to:

- Failure to provide the required video;
- Videos inaccessible to the review team due to a variety of reasons;
- Failure to follow the rules and standards for submitting videos;
- Not following the rules and standards of the test;
- Failure to follow the rules written in these regulations.

Video submissions may be invalidated or modified without warning and after a test has been completed. Before submitting a video, athletes and teams should watch the video to ensure that their repetitions meet the required rules and movement standards and that the score and, if applicable, tiebreaker times are correct.

27. Qualification - Video assessment process

Submitted videos will be reviewed and the score(s) and requested test(s) validated,



modified or invalidated.

Athletes and teams can qualify to compete in the finals if their score is validated or changed. If a score is changed, the overall qualification ranking will be recalculated with this new score.

If the athlete or team remains ranked high enough after this recalculation, the athlete or team can obtain an invitation to the final.

If a score is changed, the athlete or team will be informed via an email why the score was changed or declared invalid.

The submitted video must match the test of the submitted score. If a video is declared invalid, the overall qualification ranking will be adjusted according to the change of the no-score for that workout.

28. Qualification - Video submission - Scoring protocol

Each event includes multiple individual and/or team tests.

Workouts may be scored according to the time taken to complete the test, the total number of repetitions completed in a given time, the heaviest load completed, the distance covered, or a combination of these elements. The scoring of certain test items may result in deductions for not completing a mandatory part of the task.

There are four possible outcomes that may be applied by the LLTD internal review team in the judging and scoring of online video submissions:

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| <p>Valid</p> | <p>The athlete meets the required movement standards on all repetitions in the test and the listed score is correct. The score will be accepted.</p> |
| <p>Valid with minor penalty</p> | <p>Throughout the video, the athlete demonstrates up to 10 'no-reps' that result in a faster time or a higher score for a given test. A small penalty will be applied to the listed score. If the score is stated in the form of a time, the total time to complete the test will be adjusted accordingly. *A minor penalty may be applied to more than one (1) movement per test, resulting in a larger score adjustment.</p> |
| <p>Valid with major penalty</p> | <p>Throughout the video, the athlete demonstrates between 10 and 20 'no-reps' that result in a faster time or a higher score for a given test. A severe penalty will be applied to the listed score by deducting 15% of the total reps. If the score is given in the form of a time, the total time to complete the test will be adjusted accordingly. *A major penalty may be applied to more than one (1) movement per test, resulting in a larger score adjustment.</p> |

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| <p>Invalid</p> | <p>Throughout the video, the athlete fails to complete the test as required, demonstrates a significant or unacceptably high number (+20) of 'no-reps', or the video does not contain the criteria listed in the video submission standards. The score will be rejected.</p> |
|-----------------------|--|

NOTE: A score adjustment occurs when an athlete's score needs to be adjusted based on miscounted 'reps', 'no-reps', or a combination of the two. A score adjustment can stand alone or be applied in combination with a result of a minor or major penalty, as described above.

* LLTD will apply time penalties based on the movements and/or circumstances in any given workout. Each movement may not have the same time penalty applied to it, and LLTD reserves the right to update time penalties for movements based on the specifics of the overall workout, when specific movements appear in a workout, or the pace of the athlete performing the movement(s).

29. Qualification - Video submission - Appeals process

An athlete or team submitting a video for review will receive an email message from LLTD if the score posted with the video is modified. The message will give a brief description explaining the reason for this change in score.

Any athlete or team who disagree with their score modification must contact us via email (info@lowlandstrowdown.com) upon receiving notification that their score has been modified. In the email, they must list the workout in question, the original score, the modified score, and the reason given for the score modification. They must also provide a brief explanation for why they are appealing the decision.

LLTD will review the athlete's appeal and the video in question in order to render a final scoring decision. This decision will be communicated to the athlete via email.

30. Qualification - Ranking on the leaderboard

The competition platform website will host the only official leaderboard for the qualifier. If an athlete performs a workout and submits a score, the score will appear on the leaderboard after the score submission deadline.

Athletes and teams will be ranked on the Leaderboard based on their performance relative to other athletes and teams in their division. Ties on the overall leaderboard will be broken by awarding the best position to the athlete or team who has the highest result in any single workout. If athletes or teams remain tied after this first tiebreaker, the process continues to their next highest single result, and so forth. Ties will not be broken for single event results.

More than one athlete or team can share a workout rank, and each will earn the original point value.

The athlete or team with the top performance across multiple workouts in a competition wins that competition.

In every division, if a registered athlete fails to submit a score for any reason (e.g., skips a workout, has a workout invalidated, cannot complete the stated minimum score or cannot complete a single repetition), that athlete will be ranked below all athletes who post a score (whether prescribed or scaled) for that workout. Athletes with no score on one or more workouts will maintain an overall rank on the leaderboard.

The leaderboard will not be published until 24 hours after the score submission deadline. The initially published leaderboard is not directly the official leaderboard. Only after the

video review process has been completed, will the leaderboard be finalized.

31. Finals - Location and dates

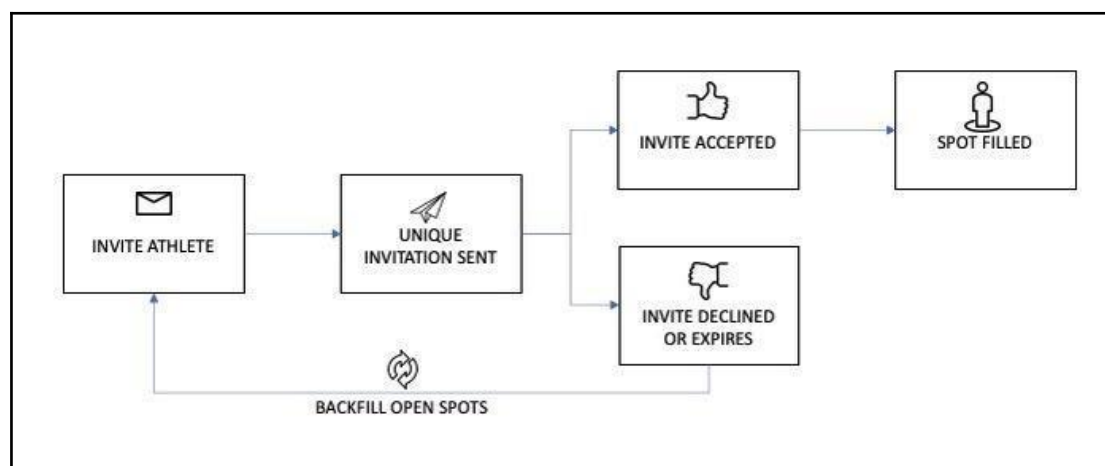
The location where the final event will take place will be announced via the official website www.lowlandsthrowdown.com and social media channels.

| | |
|-------------------|---|
| 2024 dates | Friday, September 20 until Sunday 22 |
| Location | Indoor Sportcentrum Eindhoven Theo Koomenlaan 1, 5644 HZ Eindhoven, Nederland |

32. Finals - Placement through online qualification

At the end of the review period after the online qualifier, the online qualifier leaderboard standings for individual athletes and teams will be set.

LLTD will invite (by email) the individual athletes and teams for the event. If an athlete does not complete the registration process, declines the invite, or does not accept the invite, or does not pay the registration fee, the invite is cancelled and LLTD may backfill the position to the next athlete in line for that (sub)division.



A person can only register in one division. It is not possible to compete as an individual and as a team member.

If a team qualifies and is invited to the final event, the team will advance with the registered team roster from the qualifier. The team can replace a team member up to 2 weeks prior to the finals. The team captain is responsible for replacing team members by sending the organization a request by email (info@lowlandsthrowdown.com). This email should clearly state:

- The name of the team;
- The name of the athlete to be replaced;
- The name of the replacement athlete.

33. Finals - Divisions & age groups - places to finals

All ranked athletes are placed in their respective division and age category as taken over from the qualification registration.

| Division | Going to the final |
|----------|--------------------|
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| | |
|-------------------------------|----|
| RX Male | 60 |
| RX Female | 60 |
| Intermediate Male | 40 |
| Intermediate Female | 40 |
| Masters Male 35 - 39 | 20 |
| Masters Female 35 - 39 | 20 |
| Masters Male 40 - 44 | 20 |
| Masters Female 40 - 44 | 20 |
| Masters Male 45 - 49 | 10 |
| Masters Female 45 - 49 | 10 |
| Masters Male 50+ | 10 |
| Masters Female 50+ | 10 |
| Teens Male 16 - 17 | 10 |
| Teens Female 16 - 17 | 10 |

34. Finals - Registration process

Athletes and teams can register after receiving an email inviting them to register. Registration must be completed by the date specified in the email.

35. Finals - Fee

| Division | Registration Fee (exl. service cost) | Service cost payment processor | Service cost competition platform | Refund policy |
|-------------------------|---|---|---|------------------------------------|
| Individual 3 day | €165 | <i>Determined by payment processor platform</i> | <i>Determined by competition platform</i> | <i>See item 6 of this Rulebook</i> |
| Individual 2 day | €125 | <i>Determined by payment processor platform</i> | <i>Determined by competition platform</i> | <i>See item 6 of this Rulebook</i> |
| Individual 1 day | €90 | <i>Determined by payment processor platform</i> | <i>Determined by competition platform</i> | <i>See item 6 of this Rulebook</i> |
| Teams | <i>Not applicable for the 2024 season</i> | <i>Determined by payment</i> | <i>Determined by competition platform</i> | <i>See item 6 of this Rulebook</i> |

| | | | | |
|--|--|-----------------------|--|--|
| | | processor platform | | |
|--|--|-----------------------|--|--|

36. Finals - Onsite check-in

The date, location, etc... for the final will be disseminated on the LLTD website and/or via email addressed to the athletes or team captain and/or via social media channels.

It is the responsibility of each participant to fulfill all required travel and planning obligations (should there be any).

Upon arrival at the place of final registration on the specified date and time, athletes must present themselves to the organizing staff with:

- a. a valid and generally accepted proof of identity, such as a driving license or passport;
- b. a valid QR code.

Athlete's can retrieve their QR code from their Competition Corner dashboard page <https://help.competitioncorner.net/en/articles/4316877-how-do-i-retrieve-my-check-in-q-r-code>

Locate your event, and click on Check In Code.

We allow team registration by 1 athlete on behalf of the team.

During the registration process, athlete and team coaches **MUST** be declared. If applicable, coaches **MUST** be on site to register and receive their accreditation. Only one (1) coach per athlete or team will receive accreditation for the final.

37. Finals - Event format

All divisions, sub categories and age groups, over a predetermined period and communicated by the organization, will be subjected to a number of tests spread over these days.

Tests are spread as follows:

| DIVISION | FRIDAY | SATURDAY | SUNDAY |
|--|--------|----------|--------|
| RX Male & Female | 1 | 2 | 3 |
| INTERMEDIATE Male & Female | — | 3 | 2 |
| MASTERS Male & Female 35 - 39 | 1 | 2 | 3 |
| MASTERS Male & Female 40 - 44 | 1 | 2 | 3 |
| MASTERS Male & Female 45 - 49 | 1 | 2 | 3 |
| MASTERS Male & Female 50+ | 1 | 2 | 3 |
| TEENS Male & Female 16 - 17 | — | 3 | — |

38. Finals - Participating as a Judge

All participating judges must be at least 18 years of age. All judges are required to complete and pass the online CrossFit® Judges Course. The organization will refund the costs incurred for this purpose **AFTER** the finals.

39. Finals - Technical briefing

Test components, times, tiebreaks, test flow & special regulations will be communicated before the event starts. This communication may take the form of online media, written documentation or a live technical briefing (with or without demonstration of movements and/or range of motion). Regardless of the method of communication, it is the sole responsibility of athletes and teams to know the movement standards at all times and meet the minimum standard requirements.

In the event of an on-site technical briefing, it will consist of the following parts:

- a. Components of the test;
- b. Test flow;
- c. Movement standards;
- d. Special regulation(s);
- e. Q&A.

40. Finals - Placing overall ranking

All participating athletes and teams will be assigned a place in the overall standings, based on rank placed in qualifiers at the start of the event. During the course of this event, athletes and teams may reposition themselves in the overall ranking, which will be determined by their score per test.

A tie will be broken by awarding the best position to the athlete or team with the highest result in a section of a test. If athletes or teams are still tied after this first tiebreaker, the process continues with their next highest individual result, and so on.

Ties are not broken for results in one (1) part. More than one (1) athlete or team can share a test ranking, and each will earn the original points.

41. Finals - Scoring

Specific scoring formats will be provided when the tests are announced. For teams, any composition of men, women or the total number of athletes contributing to the competition score may be required.

Tests may have penalty times. Failure to complete a test within the specified time may result in a specific penalty for each part of the test that was not completed.

Tests may have a minimum work requirement in terms of the amount of time, repetitions, weight, distance or rounds. Such minimums will be announced as part of the format of the test.

If an athlete or team does not advance to the next part of a test for any reason (DNF, injury, etc...), the athlete or team will be ranked lower than all participants or teams who started and finished this part of the test.

42. Finals - Use of electronic sport timing device(s)

The LLTD may use an electronic sports timing system where the start and or stop time is determined by either a chip or any reliable system (e.g. a button to be pressed by the athlete).

Should the LLTD use such a system, the technical specifications and standards will be part of the technical briefing or any method of transparently communicating this to the athlete.

43. Finals - Appeals

Appeals are allowed in the following situations:

- a. There is a difference between the athlete's score on the scorecard and the score on the competition platform;
- b. The performance of an athlete was disrupted by the actions of another athlete, official or staff member;
- c. Malfunctioning test equipment;
- d. Other situations that relate to the athlete's own performance and do not involve an appeal to the section of a judge on whether a repetition met the required standard of movement.

The judgment on whether a repetition meets the required movement standard **CANNOT** be appealed. All appeals must be carried out according to the procedures described below:

- If an athlete or a team wants information about his or her own score for a particular test, he or she can approach the competition manager directly;
- Only the athlete concerned can apply for an appeal;
- No athlete or accredited coach may initiate an inquiry into the performance of another athlete or team;
- The viewing of video footage for the purpose of an appeal is the responsibility and discretion of the competition manager;
- Once an inquiry is submitted, the athlete's performance is subject to de novo review: the performance may be reviewed in its entirety, and all evidence (video or otherwise) that a scoring error was made against or in favor of the inquiring athlete can be taken into account, which may result in the athlete's score being adjusted upward or downward accordingly.
- Appeals about a specific test must be submitted before the athlete takes the next test of the event;
- If the request for appeal is about the last test of the event, they must be submitted within ten (10) minutes after the last round of that test has completed.

44. Finals - Injury & illness policy

Any athlete or team (member) who is unable to complete a part due to injury or illness, or who requires medical attention after completing a test, must obtain permission from the medical staff and the competition director before returning to competition. The competition director, head judge or medical staff have the authority to withdraw the athlete from competition based on the severity of the injury, the likelihood of further injury and other factors.

All participants have a duty to care for their own bodies. If you are hurt or not feeling well on the day of finals, consider not participating or seek advice from your coach to avoid the situation becoming worse.

Individual athletes or team members who miss their round for any event due to injury, illness, or while undergoing medical treatment or assessment will be withdrawn from the competition.

If a team member is withdrawn from the competition due to injury or illness, the team may continue to participate if the team can potentially meet the minimum work requirements of a section. If the team cannot meet the minimum requirements without a full work schedule, the team may not participate and will be withdrawn from the competition.

45. Finals - Required apparel/equipment

Proper apparel, including footwear, is required for all components. No attire may interfere with a judge's ability to determine whether the required movement standards and expectations for movement range are met.

The LLTD may, at its discretion, prohibit athletes from wearing, using or displaying certain clothing, equipment, accessories, symbols, art, images or other items, including but not limited to headgear, clothing, tape, sunglasses, water bottles, stickers, logos and body or head tattoos or art (temporary or permanent).

Once athletes enter the competition floor, they must not receive any outside assistance (water, tape, chalk, gloves, ect...) from spectators or coaches.

46. Finals - Coaching of athletes

If applicable (will be considered per event whether it can be organized), one (1) accredited coach per individual athlete or team is allowed in the warm-up zone. All other competition zones, including the athlete zone, are prohibited for coaches and non-working staff. Additional coaches, therapists or supervisors of athletes are considered limited-access spectators and are not allowed access to the warm-up zone or those zones where only athletes are allowed.

Medical personnel for rehabilitation of athletes (soft tissue and body care providers) may be provided by the organization to all athletes in a designated zone, with restricted access in the athletes' zone.

47. Finals - Winners

The winners per division of the event will be declared based on the overall standings on the leaderboard.

48. Finals - Winners - Prizes

| DIVISION | RANK | GENDER | AMOUNT |
|-----------------|------|--------|-------------|
| RX | 1 | Male | €1000 |
| RX | 2 | Male | €500 |
| RX | 3 | Male | €250 |
| RX | 1 | Female | €1000 |
| RX | 2 | Female | €500 |
| RX | 3 | Female | €250 |
| Intermediate | 1 | Male | Kid's prize |
| Intermediate | 2 | Male | Kid's prize |
| Intermediate | 3 | Male | Kid's prize |
| Intermediate | 1 | Female | Kid's prize |
| Intermediate | 2 | Female | Kid's prize |
| Intermediate | 3 | Female | Kid's prize |
| Masters 35 - 39 | 1 | Male | €250 |
| Masters 35 - 39 | 2 | Male | €175 |
| Masters 35 - 39 | 3 | Male | €100 |
| Masters 35 - 39 | 1 | Male | €250 |

| | | | |
|------------------------|---|--------|-------------|
| Masters 35 - 39 | 2 | Male | €175 |
| Masters 35 - 39 | 3 | Male | €100 |
| Masters 35 - 39 | 1 | Female | €250 |
| Masters 35 - 39 | 2 | Female | €175 |
| Masters 35 - 39 | 3 | Female | €100 |
| Masters 40 - 44 | 1 | Male | €250 |
| Masters 40 - 44 | 2 | Male | €175 |
| Masters 40 - 44 | 3 | Male | €100 |
| Masters 40 - 44 | 1 | Female | €250 |
| Masters 40 - 44 | 2 | Female | €175 |
| Masters 40 - 44 | 3 | Female | €100 |
| Masters 45 - 49 | 1 | Male | €250 |
| Masters 45 - 49 | 2 | Male | €175 |
| Masters 45 - 49 | 3 | Male | €100 |
| Masters 45 - 49 | 1 | Female | €250 |
| Masters 45 - 49 | 2 | Female | €175 |
| Masters 45 - 49 | 3 | Female | €100 |
| Masters 50+ | 1 | Male | €250 |
| Masters 50+ | 2 | Male | €175 |
| Masters 50+ | 3 | Male | €100 |
| Masters 50+ | 1 | Female | €250 |
| Masters 50+ | 2 | Female | €175 |
| Masters 50+ | 3 | Female | €100 |
| Teens 16 - 17 | 1 | Male | Kid's prize |
| Teens 16 - 17 | 2 | Male | Kid's prize |
| Teens 16 - 17 | 3 | Male | Kid's prize |
| Teens 16 - 17 | 1 | Male | Kid's prize |
| Teens 16 - 17 | 2 | Male | Kid's prize |
| Teens 16 - 17 | 3 | Male | Kid's prize |

* The law does not allow minors to receive cash prizes.

49. Anti-doping policy

Registration, participation and qualification for all athletes requires agreement with the Dutch National Doping Policy "NATIONAAL DOPINGREGLEMENT".

Individual athletes and teams may be subject to doping tests at any time during the competition. Athletes selected for a doping test will be informed by the LLTD. Selected athletes will be escorted to the testing area by someone from the LLTD. Athletes must follow the LLTD instructions and submit a valid sample, and can continue to participate in the competition if they have fulfilled all conditions.

Upon learning of a positive test result or other offense, the LLTD may provisionally suspend an athlete pending a final decision by the testing agency or sports governing body. In any case, once a final decision in the case has been announced by the testing agency or sports governing body, the LLTD will determine its own sanction for the athlete concerned.

In addition, the athlete will lose his podium place and prizes will be reclaimed by law by the LLTD.

Any athlete has the right to appeal the test result as provided by the doping authority.

Each athlete has the right to appeal against the doping sanction imposed by the organization through the National Doping Regulations. For disciplinary appeals, you can contact the Institute of Sports Law.

Drug Authority website: <https://www.dopingautoriteit.nl/>

Keep the sport clean. There is a **ZERO** tolerance policy!

50. Amendments & final clause

LLTD may revise these regulations at any time. Changes to the regulations will be communicated (with amendments) via the website.

By registering, the participant declares to agree with the content of these rules and its possible amendments. In all cases where the LLTD rules, tests and/or other communications are unclear, incomplete or contradictory, the LLTD will always have the final say.

51. Annex: Sportsmanship

All athletes agree to participate in the competition in a sporting manner. Unsportsmanlike behavior such as arguing with a judge, staff member, taunting, interrupting, fighting, or participating in any behavior that brings the LLTD, the competition, other participants, spectators, or event sponsors into disrepute, as determined by the LLTD, in the eyes of the public or the community, may be grounds for punishment, suspension, disqualification or legal action.

All athletes agree to make appropriate efforts in every test and at every stage of the event. Athletes are prohibited from 'sandbagging' (someone underperforming in an event) to gain an advantage in another test or over another athlete or team. Any athlete deemed by the LLTD to be engaging in 'sandbagging' may be penalized or disqualified by the LLTD at its discretion.

Any action that prevents another athlete from having a fair chance to compete (e.g. misuse or change of equipment or refusal to follow instructions), that interferes with communication between the athlete and the judge (e.g. external sound equipment, bullhorns, air horns, etc...), or is generally disruptive to the event is prohibited.

Athletes are held responsible for the behavior of their coach, teammates, team managers, supporters and guests. If the behavior of a member of such a group or groups is deemed by

the organization to be unsportsmanlike or disruptive to the competition, the coach, teammate, supporter, guest or athlete is subject to the same disciplinary measures.

This is not an exhaustive list and is intended as a guide for athletes, coaches and other attendees. This is not intended to restrict the right of the LLTD to organize the event in any way it sees fit. The LLTD reserves the right to terminate the participation of any athlete, coach, staff, volunteer, judge, visitor, guest, supporter, teammate and/or spectator attending or watching the event at any time, without further obligation to that person.

All information provided, whether in registration, video, scores, times, reps or completed rounds, must be the complete truth. A lack of integrity, or any action that shows intent to cheat or circumvent the rules or intent of the rules of the competition, including lying (as an example), will result in disqualification.

The LLTD has and may delegate absolute authority over any final ruling, including, but not limited to, disqualification of an athlete, removal of spectator(s), or dismissal of an attendee.

52. Waiver Statement

Assent to these competition rules.

""I declare that I agree without reservation to the following documents"":

- *Competition Rules*
- *Rulebook in general*

Photography & video disclaimer

Competition participants may be photographed or videotaped during the event. The registered participant hereby consents to the use of these photographs and/or videos without compensation, on the website or in any editorial, promotional or advertising material produced and/or published by the organization and its partners (social media and all other channels of interest).

Data protection - Privacy policy

Any of the information we collect from you may be used for the following purposes:

- *Send administrative information*
- *Enforce terms and conditions and policies*
- *Protect from abuse and malicious users*
- *Run and operate the Website and Services*

You can find more information about our Privacy policy on the LLTD website www.lowlandstrowdown.com

Waiver and release of liability

Explicit acceptance of risk:

""I, the Registrant, am aware that there are risks associated with all aspects of physical testing. These risks include, but are not limited to: falls that may result in serious injury or death; injury or death due to negligence by myself, my training partner, or other people around me; injury or death due to improper use or failure of equipment; strains or sprains. I am aware that any of the above risks may result in serious injury or death to myself and or my partner(s). I accept full responsibility for the risks to which I expose myself and accept full responsibility for any injury or death that may result from participation in any activity during, or under the direction of, the organization. Furthermore, I acknowledge and confirm that I have no physical limitations, injuries or illnesses that may endanger me or others"".

Waiver

""In consideration of the above-mentioned risks and dangers and in consideration of the fact that I willingly and voluntarily participate in the activities offered by the organization, I, the undersigned hereby release the organization, their principals, agents, employees and volunteers from any and all liability, claims, demands, actions or rights of action, relating to,

arising out of, or in any way connected with my participation in this activity, including those allegedly attributed to the negligent acts or omissions of the above-mentioned parties. This agreement is binding on me, my successors, representatives, heirs, executors or assigns. If any part of this agreement is declared invalid, I agree that the rest of the agreement shall remain in full force and effect. If this is sign on behalf of a minor child, I also give full permission to any person associated with the organization to provide first aid if deemed necessary, and in case of serious illness or injury, I give permission to seek medical and/or surgical care for the child and to transport the child to a medical facility if deemed necessary for the welfare of the child".

Indemnification

The participant/registered acknowledges that there are risks involved in the types of activities offered and/or initiated by the organization. Therefore, the participant/registered accepts financial responsibility for any injury the participant/registered may cause to himself/herself or another participant through his/her negligence.

The participant/registered further agrees to indemnify and absolve the organization, their principals, agents, employees and volunteers from liability for the injury or death of any person(s) and damage to property that may result from negligence or intentional act or omission while participating in activities offered and/or integrated by the organization, at the qualifying venue(s), or the final event venue or abroad. This includes but is not limited to parks, recreational areas, playgrounds, areas adjacent to main buildings, and/or any area selected for the test by the organization (e.g. swimming pool, etc...).

As registered, I declare

"I have read and understand the foregoing, and I understand that my registration for the event obliges me to indemnify the named parties against all liability for injury or death to any person and damage to property caused by my negligence or willful act or omission. I understand that by registering I waive my legal rights".

53. Disclaimer

The Lowlands Throwdown 2024 Classic Event is a 2024 CrossFit® licensed event. The CrossFit Licensed Event is an independent and privately organized fitness competition operating under the authorization of a CrossFit license. This event is not owned or managed by CrossFit HQ or CrossFit Games.

The use of the CrossFit sign and name in connection with this event is solely under license and does not imply any direct affiliation with CrossFit HQ or CrossFit Games.

