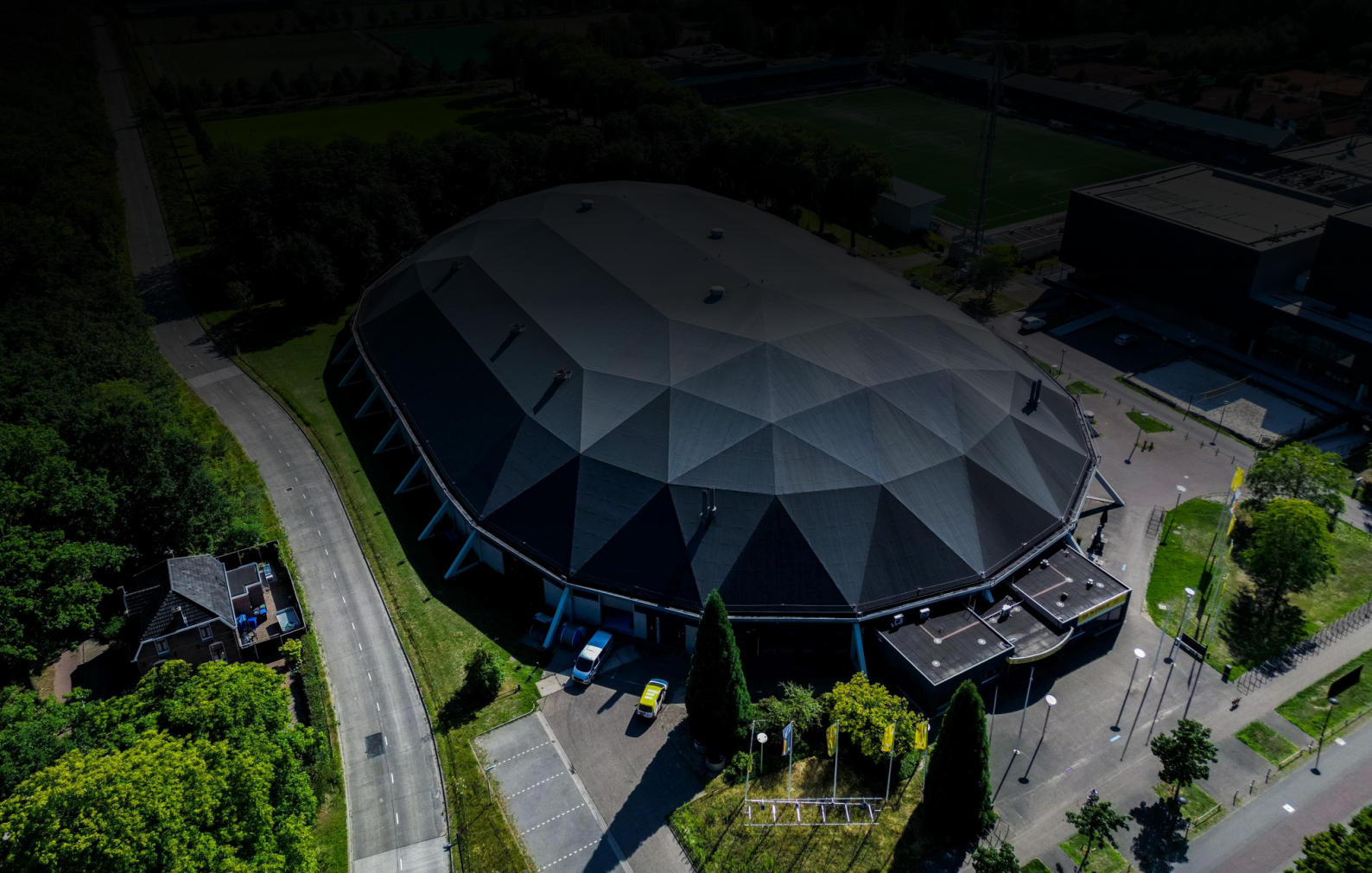


**LLTD24
FINALS** **RULEBOOK**



DEAR ATHLETES

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

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

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

GENERAL RULES

1. You and only you are responsible for reading the workouts, flow and standards BEFORE the event.
2. The competition field is neither the place nor the time to overload the judge with all sorts of questions because you have not read this document.
3. The warm-up area is a shared zone. Please respect the timetable. You may show up 30 minutes prior to your heat starts. You have 20 minutes warm-up time and must be present at the pre-staging area of your heat field, no later than 10 minutes before the start.
4. It is the athlete's own responsibility to be ON TIME at athletes control and staging where you will receive your scorecard which you hand over to your assigned judge on the field.
5. Athletes will ALWAYS start on the starting mat.
6. Please show respect to our equipment.
7. Have RESPECT for our judges and crew in general. If you have issues, please address the Competition Manager.
8. The judge calls a rep as they see it. You might not always agree but be aware that their call is final.
9. We have a ZERO-TOLERANCE policy about abusive behavior. Shouting, swearing, disrespect or aggression towards judges, crew members, management, athletes, vendors and spectators can result in immediate exclusion from the competition.
10. It is your responsibility to perform the workouts as prescribed. No scores will be adjusted as a result of your mistake.
11. Don't confuse the judge. He or she will count for you and guide you in the flow if needed. It is what they are there for, for you.
12. A malfunction of equipment could occur. Always continue in that what you are doing till the team leader or Competition Manager says otherwise.
13. The use of gymnastic grips (or style) are only allowed on the rig. Lifting belts and shoes, sleeves, wristbands and gloves are allowed. Lifting straps are NEVER allowed.
14. If an athlete drops equipment where dropping is not allowed, the last rep will be a no-rep. If it happens twice, the athlete will receive a major penalty for that workout (-15%). If it happens three times, the athlete will be disqualified from the entire event.
15. If for any reason, the Competition Management deems an athlete unfit to continue the event, it is the Management's exclusive and final right to deny the athlete to go on. This includes recommendations from the medical team and the head judges.

SCORING

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

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

APPEALS

1. Only athletes can submit appeals to the administration.
2. Athlete can only appeal their own score and performance.
3. Appeals will only be accepted via the appeals form at lowlandsthrowdown.com/appeals.
4. **It is not possible to appeal a no-rep call.** A call made on the field stays on the field. Only issues of a technical nature can be appealed, for example equipment malfunctions, miscounts and incorrect directions from a crew member. More details can be found on the website.
5. Each athlete can only submit an appeal two (2) times. This number does not include appeals that are approved.
6. When an appeal has been submitted, it is handled by a designated Appeals Officer (AO) that will initiate an investigation in the matter. This could include discussions with the Event Manager, Competition Manager, Head Judge or anyone else that could contribute with information. It could also include the request for evidence such as videos. When the investigation is concluded, a decision will be taken by the AO and the Competition Manager and communicated to the appealing athlete via email. The decision will also be published on the website. If a score needs to be adjusted, the AO will handle this with the scoring office.

Note. The Competition management has the exclusive right to adjust scores without an appeal being submitted if they find it necessary.

WORKOUTS

LLTD 24.1 - ENDURANCE

FOR TIME (TC 15 MIN):

- 300 m swim
- 1000/800 m ski-erg

SCALING

Workout is performed as prescribed for all divisions except Intermediate and Teens who do not perform this workout.

FLOW

This workout is performed in an indoor swimming pool with 25-meter lanes. On the beep, the athlete dives in the water from the starting block and swims 6 times up and down the lane (6 x 50 m = 300 m). The athlete is allowed to use any swimming style and can stop at the end of each 25-section to rest. However, the athlete is not allowed to rest on the ropes separating the lanes.

When the athlete has completed 300 meter swim, they will exit the pool next to their starting block and move to the ski-erg where they will complete 1 000 meter skiing (800 m for women). When this has been completed, they will touch their starting block to stop the time.

MOVEMENT STANDARDS

SWIM (ID 9.08)

Athlete swims in pool or ocean.

REP START

- In contact with starting point.

REP END

- In contact with end-point.

REP REQUIREMENTS

- Move in water without any support.

SKI-ERG (ID 9.07)

Athlete skis using a Ski-Erg machine.

REP START

- Standing free
- Both hands on the handles

REP END

- Standing free
- Both hands on the handles

REP REQUIREMENTS

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

SPECIAL REGULATIONS

- The athlete is responsible for turning on the ski-erg as they exit the water and start working on the machine

LLTD 24.2 - STRENGTH

FOR MAX LOAD (TC 5 MIN):

- 1 RM Clean & Jerk

SCALING

Workout is performed as prescribed for all divisions.

FLOW

This workout starts with the athlete standing in front of their empty barbell. On the beep, the athlete can start loading their barbell with the desired weights. After stating the total weight on the barbell and given a thumbs-up from their judge, the athlete can make an attempt. Athlete can make as many attempts as they want and they can move up or down in load however they want.

MOVEMENT STANDARDS

CLEAN & JERK (ID 4.08)

Athlete moves object in two motions from ground overhead.

REP START

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

REP END

- Overhead lockout.
- Both feet collected under the body.

REP REQUIREMENTS

- Object is moved in one fluid motion from ground to shoulders and in a second motion from shoulders to an overhead position.

SPECIAL REGULATIONS

- Clips must be on the barbell for a rep to count.
- Athlete must clearly state to their judge how much weight is on the barbell before attempting a lift.
- Athlete must get a good-to-go signal from their judge before attempting a lift.
- The lift will be marked as a good rep only when the judge gives a thumbs-up signal.
- Athlete cannot step outside their designated working area during an attempt.
- Athlete is allowed to make as many attempts as they wish within the given timecap.
- Athlete can add or take away as much weight as they wish during the workout in any desired order.
- The lift must be **completed** before the timecap to count as a good rep.

LLTD 24.3 - SKILL**4 rounds for time (TC 10 min):**

- 30 GHD sit-ups
- 20 chest-to-bar pull-ups
- 10 m handstand walk

SCALING**RX and Masters 35-39:**

- As prescribed

Masters 40-44 and Intermediate:

- 25 GHD sit-ups
- 15 chest-to-bar pull-ups
- 10 m handstand walk

Masters 45-49:

- 20 GHD sit-ups
- 15 chest-to-bar pull-ups
- 10 m handstand walk

Masters 50+:

- 20 GHD sit-ups
- 10 chest-to-bar pull-ups
- 10 m handstand walk

TEENS:

Teens will not perform this workout.

FLOW

The athlete will wait on their starting mat until the sound of the beep. They then move towards the GHD and perform the specified number of reps. From there, they will move on to the rig to perform the specified number of chest-to-bar pull-ups. Finally, they will do 10 meters of handstand walk to complete the round.

Athlete then moves back to the GHD to perform another three rounds with the same pattern. At the end of the fourth round, the athlete will run back to their starting mat to stop the clock.

MOVEMENT STANDARDS

GHD SIT-UP (ID 13.02)

Athlete performs a sit-up on a GHD.

REP START

- Both hands in contact with foot support.

REP END

- Both hands in contact with foot support.

REP REQUIREMENTS

- Must stay mounted on a glute-ham-developer (GHD).
- Both hands must touch target.

CHEST-TO-BAR-PULL-UP (ID 7.05)

Athlete hanging from a horizontal bar pulls himself up until chest comes in contact with the bar.

REP START

- Vertical hang from horizontal bar.

REP END

- Chest in contact with the horizontal bar.

REP REQUIREMENTS

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

HANDSTAND WALK (ID 12.03)

Athlete walks on their hands.

REP START

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

REP END

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

REP REQUIREMENTS

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

SPECIAL REGULATIONS

- For the handstand walk, both hands must start on the ground behind the line, without touching the line.
- Handstand walk ends with both hands touching the ground past the end line, without the hands touching the line.
- Handstand walk must be unbroken in 5-meter sections.

LLTD 24.4 - MIXED

- 4 rounds for time (TC 12 min):
- 500/400 m bike-erg
- 5 rope climbs to 4,5m
- 10 double KB snatch @ 24/16 kg
- Cash out:
- Double KB overhead walking lunge

SCALING**RX AND MASTERS 35-39**

- As prescribed

MASTERS 40-44 AND INTERMEDIATE:

- 500/400 m bike-erg
- 4 rope climbs to 4,5m
- 10 double KB snatch @ 24/16 kg

Cash out:

- Double KB overhead walking lunge

MASTERS 45-49:

- 500/400 m bike-erg
- 4 rope climbs to 4,5m
- 10 double KB snatch @ 16/12 kg

Cash out:

- Double KB overhead walking lunge

MASTERS 50+:

- 500/400 m bike-erg
- 3 rope climbs to 4,5m
- 10 double KB snatch @ 16/12 kg

Cash out:

- Double KB overhead walking lunge

TEENS:

- 500/400 m bike-erg
- 4 rope climbs to 4,5m
- 10 double KB snatch @ 16/12 kg

Cash out:

- Double KB overhead walking lunge

FLOW

This workout starts with the athlete standing on their starting mat. On the beep, they will move down their lane to their bike-erg and complete the specified distance. The athlete will then move on to rig to perform the specified number of rope climbs and finally they will move to their kettlebells to perform 10 double KB snatches.

When the first round is complete, they will go back to the bike-erg and perform another three rounds with the same pattern.

When all four rounds have been completed, the athlete must do kettlebell overhead walking lunges to the designated line. Time will stop when the athlete has finished the overhead lunges, put their kettlebells down and moved back to their starting mat.

MOVEMENT STANDARDS

BIKE-ERG (ID 9.06)

Athlete cycles using a BikeErg machine.

REP START

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

REP END

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

REP REQUIREMENTS

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

ROPE CLIMB (ID 11.01)

Athlete climbs up a suspended vertical rope.

REP START

- Standing free

REP END

- Standing free

REP REQUIREMENTS

- Touch designated target with one hand.
- After touching the target, show control before jumping off the rope.

DOUBLE KETTLEBELL SNATCH (ID 6.04)

Athlete start with the kettlebells just below the groin, the kettlebells are then swung all the way overhead.

REP START

- Hang position.
- Entire kettlebells are behind the vertical plane made by the tip of the athlete's toes and inside the legs.

REP END

- Overhead lock-out.

REP REQUIREMENTS

- Kettlebells are moved in one fluid motion from rep-start to an overhead position.

KETTLEBELL OVERHEAD WALKING LUNGE (ID 15.06, V.06)

Athlete walks with trailing knee touching the ground per step.

REP START

- Standing tall.
- Both feet behind the start line.
- Overhead lockout

REP END

- Standing tall.
- Both feet behind the end line.
- Overhead lockout

REP REQUIREMENTS

- Walk is performed with the trailing knee touching the ground per step.
- Each step must end by passing through the position in rep-start.
- Objects are kept overhead throughout the full repetition.

SPECIAL REGULATIONS

- The athlete is responsible for turning on the bike-erg.
- After completing rounds 1, 2 and 3, athlete must move their kettlebells into the next working area before starting the next round.
- At the end of the 4th round, athlete can go directly into the overhead walking lunges.
- Athlete cannot drop kettlebells from any position above their knees. All kettlebells must be put down on the

LLTD 24.5 - BODYWEIGHT

For time (TC 9 min):

15-12-9 reps of

- Bar Muscle-ups
- Fat bar Thrusters @ 50/35 kg
- Bar-Facing Burpees

SCALING**RX AND MASTERS 35-39:**

As prescribed

MASTERS 40-44 AND INTERMEDIATE:

- 12-9-6 reps of Bar Muscle-ups
- 15-12-9 reps of Fat bar Thrusters @ 50/35 kg
- 15-12-9 reps of Bar-Facing Burpees

MASTERS 45-49:

- 12-9-6 reps of Bar Muscle-ups
- 15-12-9 reps of Fat bar Thrusters @ 40/30 kg
- 15-12-9 reps of Bar-Facing Burpees

MASTER MEN 50+:

- 9-6-3 reps of Bar Muscle-ups
- 15-12-9 reps of Fat bar Thrusters @ 40/30 kg
- 15-12-9 reps of Bar-Facing Burpees

MASTER WOMEN 50+:

- 5-4-3 reps of Bar Muscle-ups
- 15-12-9 reps of Fat bar Thrusters @ 40/30 kg
- 15-12-9 reps of Bar-Facing Burpees

TEEN BOYS:

- 12-9-6 reps of Bar Muscle-ups
- 15-12-9 reps of Fat bar Thrusters @ 40/30 kg
- 15-12-9 reps of Bar-Facing Burpees

TEEN GIRLS:

- 9-6-3 reps of Bar Muscle-ups
- 15-12-9 reps of Fat bar Thrusters @ 40/30 kg
- 15-12-9 reps of Bar-Facing Burpees

FLOW

This workout starts with the athlete on the starting mat. At the signal, the athlete will run down to the rig and perform the specified number of bar muscle-ups. The athlete will then move back to the barbell and perform 15 reps of thrusters. Finally, the athlete will do 15 bar-facing burpees. At the end of the first round, athlete has to carry or roll the barbell to the next designated working area before starting the second round. The athlete will then perform another two rounds in the similar fashion with the specified number of repetitions for each division.

At the end of the third round, athlete will run to the starting mat to stop the clock.

MOVEMENT STANDARDS

BAR MUSCLE-UP (ID 7.07)

Athlete hanging from a horizontal bar pulls themselves up over the bar, and continues to press out finishing in a support position above the bar.

REP START

- Vertical hang from horizontal bar

REP END

- Vertical support

REP REQUIREMENTS

- No portion of the body below the thighs can move over the top-most horizontal plane of the bar.
- Must pass through the portion of the dip.
- The athlete may not rest on top of horizontal bar in any other way than vertical support. If so happens, athlete needs to jump down to floor before achieving a new rep start.

THRUSTER (ID 5.06)

Athlete performs a front squat and in one fluid movement continues to press the object overhead.

REP START

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

REP END

- Overhead lockout.

REP REQUIREMENTS

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

BAR-FACING BURPEE (ID 10.01)

Athlete from lying on the ground, gets up and jumps over an object.

REP START

- Prone position

REP END

- Standing free on the other side of the object.

REP REQUIREMENTS

- Jump over object with both feet.
- Athlete passes over the object with entire body.
- Landing or contacting the object with feet during the transition over is ok, but not required.

SPECIAL REGULATIONS

- For the burpees, there is NO requirement for a two-foot take-off as long as the athlete is clearly jumping over the barbell. Jumping is defined as the movement where both feet are in the air and passing over the barbell simultaneously.

LLTD 24.6 - POWER

3 rounds for time (TC 7 min):

- 50 heavy rope double unders
- 5 sandbag cleans @ 90/68 kg

SCALING**RX**

- As prescribed

MASTERS 35-39, MASTERS 40-44 AND INTERMEDIATE

- 50 heavy rope double unders
- 7 sandbag cleans @ 68/45 kg

MASTERS 45-49

- 50 heavy rope double unders
- 5 sandbag cleans @ 68/45 kg

MASTERS 50+

- 50 heavy rope double unders
- 4 sandbag cleans @ 68/45 kg

TEENS

- Teens will not perform this workout

FLOW

This workout starts with the athlete on their starting mat. On the signal, the athlete moves to the jumping rope and performs 50 double unders. Athlete then moves to the sandbag and performs the specified number of cleans. After the last repetition, the athlete has to transport the sandbag to the next working area. Athlete can go directly from the last clean to the move, or they can choose to drop the bag and drag it over. Athlete can transport the bag anyhow to the next area.

The athlete then performs another two rounds in the same fashion. At the end of the last round, the athlete runs to the starting mat to stop the clock.

MOVEMENT STANDARDS

DOUBLE UNDER (ID 10.07)

Athlete jumps rope with the rope passing two times under their feet per jump.

REP START

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

REP END

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

REP REQUIREMENTS

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

CLEAN, ANYHOW (ID 3.01)

Athlete moves object from ground to shoulders in one fluid motion.

REP START

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

REP END

- Object on shoulder
- Standing tall
- One hand on object. Other hand free.

REP REQUIREMENTS

- None

SPECIAL REGULATIONS

- Athlete can pick up the sandbag in any style.
- Athlete may stop or pause with the bag in any position
- Athlete may perform a squat clean, power clean or any other version
- Athlete is allowed to rest sandbag on legs or knees