



GREEK THROWDOWN ® 2019

RULE BOOK

Content

- Summary
- Participants
- Movement standards
- Divisions
- Teams
- Online qualifier
- Video and score submissions
- Scoring protocol
- Recording tips
- Finals invite
- Final event
- Check-in
- Judging and complaint
- Athletes briefing
- Finals game area
- Sportsmanlike
- Marketing and promotional rights
- Prizes

Greek Throwdown ® 2019

The event that was missing from the Greek #Crossfit community is here and will be bigger than ever!

Compete either in the individual or the team divisions to take part in the event of the year.

Register here:[greek-throwdown-2019](#)

Summary

The event will take place in Patras, only one and a half hours away from the center of Athens, at the Pampeloponnisiako Stadium which can seat nearly twenty five thousand people. The grassy pitch in the middle surrounded by its

Olympic size track will make this year's Greek Throwdown complete. Athletes from all over the world will have the chance to visit Greece's third largest city and compete alongside fellow world-class athletes. The event will last three days, from the **1st to the 3rd of November 2019**. Registrations will start from the 1st of June 2019 till the 15th of September and scores for the 3 qualifier workouts must be submitted between the 7th and 22nd of September 2019.

All those who participate in the Greek Throwdown qualifier and the finals agree with the rules and policies stated by the organization of the Greek Throwdown. Greek Throwdown reserves the right to change these rules and policies as it sees fit.

The participants accepts that these decisions are final and binding in all respects. To clarify the rules that apply before, during and after the Greek Throwdown, the following rules are established and are compulsory for every athlete, participating in the Greek Throwdown qualifier and/or finals.

Participants

All participants understand and accept the risks that are associated, or could reasonably be associated with a sport event. All athletes participate at their own risk in the qualifier and at the finals.

Participants that want to join any of the divisions, must turn at least 16 in 2019.

All athletes are responsible for arranging all the necessary and statutory insurances. If in a case the insurer does not (fully) pay out on a claim, the athlete cannot forward any damage on to the Greek Throwdown.

Greek Throwdown cannot be held liable in any way for any injury and/or damage to personal property, including sports injuries incurred during the qualifier or finals.

Movement standards

Greek Throwdown prescribes the rules relating to the movements that are performed by the athlete, these standards can be found in the Movement Standard book. These prescriptions are binding and conclusive.

Greek Throwdown will demonstrate the required movements and explain these to both athletes and judges.

If the performed movement does not meet the prescribed standard for that movement it does not count as a repetition, the judges will call "No rep".

During the qualifier workouts, the athlete must appoint a dedicated judge to uphold the movement standards. Greek Throwdown might adjust the scoring after validating the video submission.

Divisions

- **Elite Men** Top 80 qualifies for finals
- **Elite Women** Top 20 qualifies for finals
- **Scaled Men** Top 120 qualifies for finals
- **Scaled Women** Top 80 qualifies for finals
- **Masters Men 35+** - Top 20 qualifies for finals
(must be 35 years + on or before the 1st of November 2019)
- **Masters Women 35+** - Top 10 qualifies for finals
(must be 35 years + on or before the 1st of November 2019)
- **Masters Men 40+** - Top 20 qualifies for finals
(must be 40 years + on or before the 1st of November 2019)
- **Masters Women 40+** - Top 10 qualifies for finals
(must be 40 years + on or before the 1st of November 2019)
- **Masters Men 45+** - Top 20 qualifies for finals
(must be 45 years + on or before the 1st of November 2019)
- **Masters Women 45+** - Top 10 qualifies for finals
(must be 45 years + on or before the 1st of November 2019)
- **Masters Men 50+** - Top 10 qualifies for finals
(must be 50 years + on or before the 1st of November 2019)
- **Masters Women 50+** - Top 5 qualifies for finals
(must be 50 years + on or before the 1st of November 2019)
- **Teenage Boys** - Top 20 qualifies for finals
(must be under 18 years till 1st of November 2019)
- **Teenage Girls** - Top 10 qualifies for finals
(must be under 18 years till 1st of November 2019)
- **Team Elite** (3 Male athletes) - 60 teams goes straight to the finals
- **Team Scaled** (2 Male and 1 Female athlete) - 80 teams goes straight to the finals.

Teams

An Elite team must consist of 3 male athletes

A scaled team must consist of 2 male athletes and 1 female athlete.

1 substitute is allowed per team in case of injury or sickness, however, the team captain must contact Greek Throwdown if a substitute is required. It is up to the organization to accept or decline the request. Substituting a team member because one of the members has qualified for individual will not be accepted.

Online qualifier

Registration for Greek Throwdown is at

<https://greekthrowdown.com>

[greek-throwdown-2019](https://greekthrowdown.com)

Registration opens on June 1st at 09:00 CET.

Registration closes on September 15th at 24:00 CET.

Individual on-line ticket	25€
Teams	195€

The online qualifier runs from September 7th at 9:00 CET until September 22th. All scores and videos must be submitted before September 22th at 23:59 CET.

All qualifier workouts require to be recorded. A score submission will be considered invalid without video submission and will be excluded from the finals and/or other prizes .

All qualifier workouts require to be judged. Judges must have read and understand the movement standards book prior to judging the athlete.

Video and score submission

The video needs to start with an introduction of the athlete and all items used in the workout.

All equipment used must be clearly displayed and measured (Weights, Box, Wall- Ball height, barbells etc.)

Video must be taken from an angle that shows full profile of athlete to ensure that full motion standards are met.

Videos cannot be edited in any way. The video needs to be ongoing. Cutting the video will result in immediate disqualification.

The athlete needs to be in the frame of the video at all times during the workout. As well as a clearly visible running clock (a tablet can be used).

The equipment needs to be in the frame of the video at all times during the workout.

Only the athlete may touch and/or move the equipment, the judge may assist in

activating the rower's display. This can be overruled if stated specifically in the WOD briefing.

The qualification process is a competition environment. Have a judge in your video ready and able to give and show no-reps. Additional no-reps given at video review will result in penalties and/or rejection of the video.

Greek Throwdown Judging team holds the right to review any or all videos submitted. As part of this video review process, the Athletes posted score may be accepted, modified or invalidated without warning.

All athletes must upload their videos during score submission. Greek Throwdown staff might request the video to be submitted for review. Videos must be submitted within 48-hours after the request was sent. Failure to comply will immediately invalidate the score of the workout(s).

Videos must be uploaded on a public platform (e.g. YouTube, Vimeo). Athletes will have to share the link upon request of Greek Throwdown.

Scoring protocol

There are four possible outcomes in the judging and scoring of online video submissions:

<p>Good Video: The athlete meets the required movement standards on all repetitions in the workout and the score they posted is correct. Their score will be accepted.</p>

<p>Valid with Minor Penalty: Over the course of the video, the athlete demonstrates 1 to 4 "no-reps" which may be removed from the athlete's final score as required. This penalty is used for video submissions where the score needs to be adjusted by fewer than 5 reps. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly.</p>

<p>Valid with Major Penalty: Over the course of the video, the athlete demonstrates 5 or more "no-reps." In this case, the score may be modified by subtracting 15 percent from the total rep count. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly.</p>
--

Invalid: Over the course of the video, the athlete fails to complete the workout as required, a significant and unacceptable number of reps performed are "no-reps" or the video does not contain the criteria listed in the video submission standards. The athlete's score will be rejected. The athlete will have to submit a new video prior to the score submission deadline to receive a score for this workout.

Recording tips

YouTube allows uploads longer than 15 minutes. There is a guide here: <https://support.google.com/youtube/answer/71673?hl=en>. Make sure to start the upload in time. Uploading large files might take longer than expected.

Finals invite

Athletes that qualify for the final events will have to purchase the "finalist" tickets.

Individual athletes will receive a finalist t-shirt, nameplate and one access ticket for their respective Coach. Each member of a team will receive a finalist t-shirt and one access ticket for their respective Coach/Support, and the team will receive one team nameplate.

After all scores are validated, the successful athlete will receive an invitation for the final event via e-mail.

Individual	50 €
-------------------	-------------

Athletes will have 3 days to accept their invitation (purchasing the finalist ticket), if the athlete does not confirm their seat within that time slot their seat will be granted to the next athlete in the ranking list. This process will continue until all available seats are confirmed.

Final event Check-in

Athletes/Teams must complete an onsite check-in process on either:

- Thursday October 31st 2019 between 18:00 and 20:00
- Friday November 1st 2019 between 07:00 and 07:45

More info about the exact time will follow, so check your e-mail. All athletes must be on-time for the athlete briefing.

Athletes will need to bring a [Registration Form](#) & [Authorisation Form](#) as well as their passport or National ID.

Athletes/Team will receive their name plate, it is the athlete/team's responsibility to hand over their name plate to the appointed judge/crew member before entering the event arena.

Judging and complaints

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.

Event Judges, Head Judge & the Event Director 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.

For all Athlete Event Protests, Appeals, Scoring Discrepancies or Ruling questions the following process will be used:

- The competing Athlete only (no Coaches or other athletes allowed, one person to file the Protest) files the protest by notifying one of the Judges Team Leaders of the competition event in question by relating their name and reason of protest.
- The Head Judge, Athlete and that Athlete's Event Judge/judges during the workout in question will all communicate to fact find and define the issue in protest.

- All information will then be presented to the competition Head Judge and/ or Event Director or their designee for a final ruling.
- The Event Director has final authority on all Athlete Event Protest rulings and may designate this authority to the head judge in most cases.

Judgment calls made during the competition are final and are not negotiable or subject to change or modification.

Video, photos, cell phone media or any other media will not constitute grounds for changing or modifying a decision, score or entry made by an Event Judge. The Head Judge, the event director, or their designee may ask for any related media, but its availability may or may not guarantee use or admissibility in the final decision process.

Athletes may not protest discrepancies related to the judging, scoring or performance of another Athlete.

Athletes briefing

Delivery of the Event Movement Standard and required Range of Motion to all participating Athletes & Teams will occur during an Athlete briefing just prior the event. The head judge, with or without visual demonstration, will typically deliver this briefing.

There will be an opportunity for Athletes to have questions answered at the briefing. Athlete attendance is mandatory for the daily briefing. The time and location of such briefings will be communicated to Athletes. Athletes who are absent from these briefings may be subject to the loss of protest rights during the competition.

Finals game area

All participants and spectators can be urged by the organizers of Greek Throwdown to move from or to an area if needed.

It is not permitted to advertise without the prior consent of Greek Throwdown or engage in business activity in the Greek Throwdown field.

Greek Throwdown assumes no liability for lost clothing or other belongings of athletes and/or visitors. This also applies to personal possessions, which have been left in the dedicated Athlete facilities.
--

The athlete has to follow the instructions given by Greek Throwdown or Greek Throwdown staff.

Greek Throwdown reserves the right to disqualify/stop an athlete, if the athlete does not abide by the rules, behaves in an unsportsmanlike or improper manner, or if it is considered necessary due to medical reasons. In case of a team member being disqualified/ taken out of the competition, the entire Team will be taken out of the finals.

Athletes are expected to not cause damage to the property of others and leave no waste.

Any regulations not covered here will be displayed at Greek Throwdown final field and must be abided by.

Sportsmanlike

All athletes and their supervisors should follow sportsmanlike manner.
--

Athletes are not allowed to assault the judges or organizers verbally or physically at any time and if any athlete is facing any problem should report to the head judge and wait for his/her decision and in case the athlete did not follow the procedures, this can result in disqualification.
--

Athletes are not allowed to interfere or harass other participants during their workouts, and in case any athlete was involved in deliberately harming other participants, will be considered disqualified from the competition.
--

In case the athlete's coach or friend interfered or harassed other participants or assaulted any of the judges or organizers verbally or physically at any time, this athlete will be disqualified immediately.

In case of any extraordinary issue occurring with any of the athletes, individuals or teams, where the head judge cannot take the best decision, Greek Throwdown director is allowed to interfere and has absolute authority to take the decision that best suits the situation.

Marketing and promotional rights

All intellectual property rights and material made by the camera crew of Greek Throwdown (both photos and film material) is property of Greek Throwdown.
--

Greek Throwdown has the right to use any photo/video taken from the event without any restrictions and all Athletes comply with and agree to that by default.

Greek Throwdown has the right include any of participated athletes in any marketing campaign.

Photographers or cameramen who do not belong to the camera crew of Greek Throwdown and which have not received explicit permission from Greek Throwdown, shall not be permitted between the athletes or on the site of Greek Throwdown final. Greek Throwdown is entitled to send these people away.

Prizes

The prizes are provided by sponsors and organization of Greek Throwdown.

A prize must be returned to Greek Throwdown by the Athlete/Team when its results are revised and it appears that an Athlete/Team is no longer entitled to the prize.

Prizes are non-refundable. The winning Athlete or Team can choose not to accept a given prize but will hold no claim to a refund in return of his/her prize/prizes. No fees or other costs are paid (back) to the winners.