

RULEBOOK GT024



PRESENTED BY

R  **VOLUTION**



THE COMPETITION

Gallipoli Throwdown (hereinafter GT) is a competition organized by A.S. Gallipoli Throwdown in partnership with Revolution Concept, aimed at promoting Functional Fitness activity in Italy. The competition will take place on the weekend of August 31 - September 1, 2024, at Parco Gondar in Gallipoli (LE), located at Via Otello Torsello, Lungomare Galileo Galilei, concurrently with the fitness event Apulia Sport Convention (hereinafter ASC).

The competition does not include an online qualification phase, but registration allows direct access to the live phase until the 250 slots available for teams are filled.

PARTICIPATION REQUIREMENTS

To be admitted to the Gallipoli Throwdown, the candidate must:

- Have reached the legal age at the time of participating in the competition or be authorized by parents, providing a signed release form from the parental guardian.
- Read and accept the regulations in their entirety, including the liability waiver rules.
- Possess a valid medical certificate for competitive sports activities (CrossFit®/Weightlifting); other certificates will not be accepted, excluding participation in the competition.
- Choose the relevant category of participation.
- Not be subject to precautionary suspension measures from sports activities or any sanctioning measures of any degree issued by competent national and international sports authorities. Failure to disclose such situations to the organizing committee grants the latter the right to protect itself legally in any forum. The organization will conduct the necessary checks and may exclude the participant, who will not be entitled to any refund.
- Provide consent for the processing of personal data/privacy information and the necessary consent for the production of photos/videos of one's image.
- Sign up on the designated platform www.judgerules.it within the specified deadline, paying the registration fee that includes admission to the competition and the event kit.



FEES

€65 (+ service fees) PER ATHLETE FROM 05/02/24 TO 31/03/24

€75 (+ service fees) PER ATHLETE FROM 01/04/24 TO 31/05/24

€90 (+ service fees) PER ATHLETE FROM 01/06/24 TO 31/07/24

AVAILABLE LIVE SLOTS

In the event that the number of athletes per category does not meet the requirements for conducting a single heat (50% of available lanes), the organizing committee reserves the right to refund the registration or, alternatively, get in touch with individual athletes and place them in the nearest divisions based on weight and skill level. The organization reserves the right to redistribute slots based on the number of participants in each category.

INDIVIDUAL DIVISIONS	SLOTS AVAILABLE	
	ELITE	20-MAN
REGULAR	20-MAN	10-WOMAN
EXPERIENCE	20-MAN	10-WOMAN
MASTER 35+	10-MAN	10-WOMAN
MASTER 40+	10-MAN	10-WOMAN
MASTER 45+	10-MAN	10-WOMAN
MASTER 50+	10-MAN	
MASTER 55+	10-MAN	

TEAM DIVISIONS	SLOTS AVAILABLE		
	EXPERIENCE	50 M-M	30 M-W
REGULAR	20 M-M	20 M-W	
MASTER 80+	10 M-M	10 M-W	



DIVISIONS - CATEGORIES

The competition includes the following categories:

ELITE: It's the main category anyone can sign up to. Not only are you required to have the complete set of competition skills but you should also be able to handle the loads typical of a semifinal.

REGULAR: This is the general reference category, comparable to the Open general category (and distinct from the scaled category). Like the elite category, this category requires full proficiency in skills and loads comparable to those in the open/quarterfinal. However, there is an option to scale more complex gymnastic movements as indicated in the workout sheets.

MASTER: This division consists of age-based categories. Age consideration is based on the age the individual will turn in the year of the competition. For example, if someone is 34 years old, and the competition takes place in May, and his birthday is in November, he should sign up in the Master 35 category.

BEGINNER/EXPERIENCE: Novices in competitions who have not yet mastered the more complex movements of the discipline enter this category. They are default restricted from using heavy loads or maximal workouts.

POSSIBILITY TO DESCALE THE MOVEMENT

The Regular category and the Master category (excluding the Master 35 category) may descale specific highly complex gymnastic movements. Naturally, this choice will be reflected in the score, resulting in a lower score compared to those who have completed even a single repetition of the required movement. For example, if I cannot perform ring muscle ups, I may scale to chest to bar, but my score will be lower than those who have completed even a single repetition of the ring muscle up.



STANDARD FOR THE ELITE CATEGORY:

Athletes are considered Elite if they meet any of the following criteria:

- Athletes who have competed in the Games
- Athletes who have competed in the Semifinal
- Athletes who have competed in the Quarterfinal
- Athletes ranked in the top 60 participants in the Open

As a self-assessment parameter, purely indicative, with reference to the category, the following values are considered membership parameters for the Elite category (to be understood as a general framework not to be specifically invoked):

- Ability to perform advanced movements with high technical proficiency.
- Endurance at high intensities and heavy loads.
- Significant competitive positioning in previous events, tournaments, or notable competitions.

These are only general examples and do not represent an exhaustive or binding list. The final evaluation may depend on the specific rules and criteria established by the competition organizers.

Élite maschile	Élite femminile
Fran under 3':15'' Grace under 3':00'' Diane under 3'20'' Karen under 7':15'' Cindy more than 23 round Isabel under 3':00'' 1K rower under 3':45'' 2K rower under 7':30'' Minimum set of ring muscle up unbroken: 7 Minimum set of pull up unbroken: 30 Minimum set of handstand push up unbroken: 20 Capacity to manage within a workout: <ul style="list-style-type: none"> - Snatch 80 kg - Clean and Jerk 100 kg 	Fran under 3':15'' Grace under 3':00'' Diane under 3'20'' Karen under 7':15'' Cindy 20 round Isabel under 3':00'' 1 k rower under 4':00'' 2 k rower under 8':00'' Minimum set of ring muscle up unbroken: 5 Minimum set of pull up unbroken: 25 Minimum set of handstand push up unbroken: 15 Capacity to manage within a workout: <ul style="list-style-type: none"> - Snatch 50 kg - Clean and Jerk 70 kg



EXPERIENCE CATEGORY

The Beginner category (or Experience, with the same terminological significance) serves a specific purpose: to allow those who have recently approached functional fitness to participate in competitions. This category excludes all athletes with full skills or possessing individual advanced skills such as Ring Muscle Up, Bar Muscle Up, Chest to Bar, Pistol Squat, Handstand Walk, and Toes to Bar.

In this category, maximum loads is not required, and the weights limit is 50 kg for men and 40 kg for women. Athletes belonging to any other division or who have declared such affiliation in other competitions (teen, junior, rx or elite, regular, or master) are ineligible to sign up for this category. Additionally, athletes who, based on ranking, belong to another category cannot sign up in the Beginner/Experience category. Active coaches within a box are also prohibited from signing up. The competition organizers reserve the right to disqualify athletes who violate the above rules at any stage of the competition. For registration purposes, an athlete is considered Experience/Beginner if, at the time of sign up for online qualifications, they do not possess all the skills and have recently taken up this discipline.

CATEGORY MASTER - MALE AND FEMALE AGE DIVISIONS

The self-assessment parameters, to be considered purely indicative, for the Master category in male and female age divisions, could include:

1. **Technical Proficiency:** Ability to perform specific movements of the Master category with good technique.
2. **Endurance and Adaptation:** Capacity to manage intensities and loads adapted to the age group, demonstrating endurance for prolonged effort.
3. **Previous Experience:** Involvement in significant competitions or events, with competitive placements if possible.
4. **Flexibility and Mobility:** Especially important in older age groups, the ability to maintain good flexibility and mobility.
5. **General Health Status:** An assessment of overall health and readiness to participate in competitions of this nature.

These are only generic examples and do not represent an exhaustive or binding list. The final evaluation may depend on the specific criteria established by the competition organizers



Master35	Master40 Men	Master40 Women	Master45 Men	Master45 Women	Master50 Men
Same as Élite Senior	Fran under 4:30'' Grace under 4:00'' Diane under 6:00'' Karen under 8:30'' Cindy 20 rounds Isabel under 4:00'' 1k rower under 3':45'' 2k rower under 7':30'' Minimum unbroken ring MU set: 5 Minimum unbroken pull-ups set: 20 Minimum unbroken HSPU: 10 Capacity to manage within a workout: 70 kg Snatch 85 kg Clean and Jerk	Fran under 4':45'' Grace under 4':30'' Diane under 6'30'' Karen under 8':30'' Cindy 15 rounds Isabel under 4':30'' 1 k rower under 4':10'' 2 k rower under 8':20'' Minimum unbroken ring MU set: 3 Minimum unbroken pull-ups set: 15 Minimum unbroken HSPU: 10 Capacity to manage within a workout: 45 kg Snatch 55 kg Clean and Jerk	Fran under 6':30'' Grace under 6':00'' Diane under 8':00'' Karen under 9':30'' Cindy 12 rounds Isabel under 6':00'' 1k rower under 4':10'' 2 k rower under 8':20'' Minimum unbroken ring MU set: 3 Minimum unbroken pull-ups set: 10 Minimum unbroken HSPU: 5 Capacity to manage within a workout: 60Kg Snatch 75Kg Clean and Jerk	Fran under 6':30'' Grace under 6':00'' Diane under 8'00'' Karen under 9':30'' Cindy 12 rounds Isabel under 6':00'' 1 k rower under 4':10'' 2 k rower under 8':20'' Minimum unbroken Bar MU set: 3 Minimum unbroken pull-ups set: 10 Minimum unbroken HSPU: 5 Capacity to manage within a workout: 40 kg Snatch 50 kg Clean and Jerk	Fran under 7:30'' Grace under 7:00 Diane under 9:00 Karen under 10:30 Cindy 15 rounds 1k rower under 4:00'' 2k rower under 8:00'' Minimum unbroken Bar MU set: 3 Minimum unbroken pull-ups set: 10 Minimum unbroken HSPU: 5 Capacity to manage within a workout: 50 kg Snatch 70 kg Clean and Jerk

The weight and movement standards for the Master 55 category are similar to those of the Master 50 category, with the possibility of descaling movements according to the indications provided in the technical brochures.

For the Master 80+ category, references will be taken from the weightlifting field and the movements of the age divisions in order to ensure all teams have the right strategy for the competition. Ring Muscle Ups and Handstand Walks will be excluded.

REGULAR CATEGORY

Male and female athletes who, based on an overall assessment considering the parameters provided above, believe that their performance is not accurately represented by belonging to the first division, may sign up for the second division, known as Regular. They should be aware that, as already mentioned, the category formerly labeled as scaled cannot now be considered a descalled category in the national and European context. Instead, it represents a category with a lower level of fitness than the first division.



CLAUSE OF EXCLUSION

The staff, race director, and head judges reserve the right, at their unquestionable discretion, to exclude those athletes who violate the regulations mentioned above. To ensure compliance with the rules, the competition organizers reserve the right to contact the coaches and/or box owners of the registered teams to verify that there is no violation of the stipulated regulations, seeking formal commitment in this regard.

If an athlete signs up as "Independent", the competition organizers reserve the right to verify compliance with the above clause. In the event of non-compliance, immediate disqualification will be enforced in the manner outlined above.

CLAUSE OF NON-ACCEPTANCE

The organization reserves the unquestionable and unappealable right to accept or reject the registration of an athlete. Additionally, the competition organizers retain the exclusive right to validate or invalidate an athlete's scores.

WILD CARD – ACCEPTANCE CLAUSE

The competition organizers reserve the full autonomy to invite deserving athletes whose presence can enhance the sportsmanship and value of the competition, as well as within the Apulia Sport Convention.

PRIZES

Prizes for the final stages will be distributed among the top three finishers in each category. The prizes will be awarded to the respective winners according to terms and procedures communicated by the organization at the end of the competition. Cash prizes and prizes offered by the sponsor Revolution Concept are anticipated. Cash prizes may be subject to taxation and deductions in compliance with current tax regulations. There is also a "Box Performance Revolution" award granted to the box with the highest score based on the sum of individual athletes' scores on the overall leaderboard.

ART.11 - CHECK-IN

Date, location, and logistic information will be communicated through the event's Instagram page and the corresponding website www.gallipolithrowdown.com. Athletes must mandatory complete the check-in as



per the communication provided through the mentioned channels, following the specified methods and timelines, and providing the requested documentation.

TERMS OF PARTICIPATION

In order to participate in the event, the athlete confirms, through their registration, to fully and entirely agree with the rules and guidelines outlined in this Rulebook.

LIVE EVENT

Confirmation of participation in the live event must be accompanied by the payment of the admission fee to the live phase. Along with the confirmation email, the athlete will also receive further information. The event's Instagram page and the website will provide additional news and information about schedules, possible briefings, timeline, check-in, orientation, etc. The competition organizers reserve the right to modify the location or workouts of the live phase based on the needs of the competition (e.g., inclement weather).

LIVE PHASE WORKOUTS

The competition organizers will produce a brochure for each competition workout. The brochure will specify the workout, standards, and flow for each exercise. The competition organizers may also reserve the right not to produce informational material related to the workouts but to conduct an on-site briefing. In this case, participating in the briefing is mandatory. The briefing will be conducted in both Italian and English.

LEADERBOARD

Each result achieved in a workout will receive an evaluation that will be reflected in a corresponding rank, determining the final leaderboard. In the case of tied positions, the best placement obtained across all workouts will be used. Ties are not considered for individual workouts but only for the final ranking.

SCORING

The result obtained in each workout will be validated by the judge. Any comments regarding the validation of the workout must be submitted strictly by the day of the competition in which the contested workout took place. In case of a dispute on the last day of the competition, it will be considered until the publication of the



final standings. Once the rankings of the athletes who advance to the final are published, no disputes can be made. If chips are used to record the workout completion time, that measurement will be considered official. The chip will be worn by all athletes in the same part of the body. The only accepted video evidence is that provided directly by the competition organizers where possible.

IN CASE OF INJURY

If an athlete requires or needs medical assistance during the workout, to continue in the competition, they must obtain medical clearance. It is within the authority of the doctor, head judge, or competition director to remove an injured athlete from the competition.

GENERAL CLAUSE ON UNSPORTSMANLIKE CONDUCT

Each athlete agrees to compete sportsmanlike, avoiding any possible unsportsmanlike behavior. They also agree not to engage in offensive or, worse, violent actions towards judges, volunteers, other athletes, spectators, or sponsors. Any behavior in violation of this commitment results in disqualification from the competition. Each athlete commits to perform the workout without altering its nature and to engage in fair and sportsmanlike competition, free from tricks or cheats of any kind. Any behavior deemed or identified as deliberate will be punished with disqualification. This list is explanatory and not exhaustive. Any behavior that violates a clear directive from the Head Judge or event organizer for a sportsmanlike and correct attitude, appropriate to the competition environment and respectful of the people involved, will be sanctioned with the disqualification.

REFUND

It will not be possible, for any reason, to receive a refund after making the registration fee payment. In the event of the event's suspension for epidemiological reasons or reasons beyond the organizers' control, it will be possible to receive a voucher valid for the next year's event in compliance with current regulations.

IN CASE OF HEALTH EMERGENCY:

Recent events related to the spread of the Covid-19 virus force us to consider additional scenarios: If health and emergency regulations allow the event to take place, it will be held on the specified dates.

If health and emergency regulations stipulate a limit on the number of people or impose a prohibition on the event, the competition organizers reserve the right to move the event to a different facility, conducting it in a different manner. The competition organizers also reserve the right to change the competition date for reasons related to the epidemiological emergency.



NORMS ANTI-COVID

By signing up for the event, the participant accepts and is aware that, due to the Covid-19 pandemic, the Italian Government may enact regulations that will require the organization to regulate the entry and/or participation in the event for athletes, accompanying individuals, and coaches under specific conditions. Therefore, the organization informs from now on that access to the event venue and the competition itself will comply with the legal provisions in force at the time of their occurrence.

ANTI-DOPING REGULATIONS

By signing up for the event, the participant declares:

- to be aware of and comply with national and international anti-doping regulations;
- to respect Law No. 376/2000, being aware of the criminal penalties resulting from the application of Article 9 in case of violation of the regulations, and Law No. 237/2007 ratifying the International Convention against Doping in Sport adopted at the UNESCO General Conference, establishing NADO Italia;
- to recognize NADO Italia and WADA as the national and global authorities for the fight against doping, subject to the World Anti-Doping Code of which NADO Italia is a signatory;
- to accept the provisions contained in the national Sporting Code adopted by NADO Italia, implementing the WADA World Anti-Doping Code and its related international standards.

REGARDING THE USE OF IMAGES

With the approval of this rulebook and the consequent registration for the event, which both parties agree to be an element of explicit and conclusive authorization, the athlete authorizes, at no cost and without time limits, the publication and/or distribution in any form of their images (photos and videos) taken and/or recorded by photographers and cameramen present at the event. This authorization includes the event's website and the related Facebook page, Twitter channel, Instagram, YouTube, or any other internet distribution platform, as well as print media and/or any other means of dissemination. The athlete also authorizes the storage of these photos and videos in the computer archives of the company/entity managing and organizing the event, acknowledging that the purpose of such publications is purely informative and potentially promotional.



CONSENT

I declare under my responsibility the following:

- to fully accept the Event Regulations;
- to be fully aware of the nature and physical commitment related to the sport activity that I will practice during the Event and the need to consult a sports doctor beforehand to verify my good health and ability to participate in competitive activities;
- to be in good health and to have never suffered from any occasional pathologies and/or physical imperfections that could make participation in the Event dangerous or harmful to health;
- to possess a valid sports medical certificate (CrossFit®/Weightlifting), issued for participation in physical-sport activities organized by sports associations, with a validity of 12 months;
- to engage in regular physical activity;
- to release the Event organizers from any civil and criminal liability for which I may be responsible and for any potential injury that may occur to myself and others as a result of the Event;
- to fully recognize and understand that I will participate in activities that involve the risk of serious injuries, including, without limitation, permanent disability and death, as well as social and economic losses, which may result not only from my actions, inaction, or negligence but also from the actions, inaction, or negligence of others, the rules of the game, or the conditions of buildings or any equipment used, and there may be risks unknown to me or not reasonably foreseeable at this time;
- to assume all the above risks and accept direct responsibility for any damage resulting from such injuries, permanent disability, or death;
- to waive, within the non-waivable limits provided by law, any action for damages for death, personal injury, or property damage that I or any of the representatives, heirs, next of kin, or their assigns of the undersigned (collectively, the "Waiving Parties") may exercise or may arise in the future against AS Gallipoli Throwdown and the commercial partners of the Event, sponsors, each of their respective affiliated legal entities, the president, vice president, secretary, owners, and technicians, other participants if applicable, other owners and conductors of the buildings used during the Event (collectively, the "Released Parties");
- to release and indemnify each of the Released Parties from any loss, liability, damage, or cost that they may incur due to my participation in the Event or as a consequence of any cause in any way related to my participation, even if caused by the negligence of the Released Parties or other causes within the non-waivable limits provided by law.
- to authorize the Released Parties to provide me with emergency medical treatment.
- I expressly agree that this RELEASE AND AGREEMENT FOR WAIVER OF LIABILITY AND INDEMNIFICATION be interpreted according to Italian law. I also exclusively accept the Italian Jurisdiction and the competence of the Court of Lecce concerning any action arising from or related to the Event.



- I expressly accept that this RELEASE AND AGREEMENT FOR WAIVER OF LIABILITY AND INDEMNIFICATION is as broad and inclusive as permitted by Italian law, and that if any part of this Agreement is deemed invalid, it is accepted that the remaining regulations remain fully valid and effective.
- Under Article 1341 of the Italian Civil Code, I specifically approve the clauses of this declaration related to "Waiver of liability; Acknowledgment; Assumption of responsibility; Waiver of compensation; Indemnity; Applicable law and Competent forum."

PRIVACY INFORMATION

Regarding the processing of personal data: The "European Regulation 2016/679 concerning the protection of individuals with regard to the processing of personal data, as well as the free movement of such "data" (hereinafter GDPR) provides for the protection of individuals and other subjects concerning the processing of personal data. As the "Data Controller" of the processing, pursuant to Article 13 of the GDPR, therefore, the organization of the Event provides the following information:

- Purpose of the processing: The personal data provided will be processed for purposes strictly connected and instrumental to the activities as indicated in the extensive release regarding the use of the image. This data will be subject to dissemination in any form of images or videos on the internet, YouTube, Facebook, Instagram, Twitter, in print, and/or any other means of distribution.
- Data processing methods: The personal data provided, including the portrait contained in photographs/videos, will be processed in compliance with current regulations and the principles of fairness, lawfulness, transparency, and confidentiality. This data will be processed using both computer tools and paper media and any other suitable support, in compliance with the security measures provided by the GDPR.
- Obligation or not of consent: The provision of data is optional. Lack of consent will not allow the use of images and/or audiovisual recordings of the data subject for the purposes indicated above. In case these are mistakenly used, the data subject can communicate it to the organization, which will proceed to remove them.
- Communication and dissemination of data: To the extent relevant to the purposes of processing indicated, personal data (images and audiovisual recordings) may be subject to communication, publication, and/or dissemination in any form on the event's website, on social networks, and on any other means of distribution (local newspapers or dailies). The data subject also authorizes the organization of the event to communicate said data to partners and sponsors present at the event.
- Data Controller and Data Processors: The data controllers are A.S. Gallipoli Throwdown with registered office in Casarano, via Vecchia Matino 62.
- Data subject's rights: Consenting to the processing of personal data is optional. At any time, it is possible to exercise all the rights indicated in Articles 15 to 22 and Article 34 of the GDPR, especially deletion, correction, or integration of data, with a written communication to be sent to A.S. Gallipoli Throwdown with registered office in Casarano, via Vecchia Matino 62.



PERIOD OF STORAGE:

The collected data (photos, videos, etc.) will be stored in the computer archives of the organizing company, and the purposes of such publications are purely informative/promotional. Any matter not addressed in this regulation will be, when deemed necessary, addressed, judged, and managed by the Organization in due course.

IMAGE RELEASE FOR USE By signing up for the Gallipoli Throwdown through the event's website, the participant declares the following: as a participant in the Gallipoli Throwdown project organized by A.S. Gallipoli Throwdown with registered office in Casarano, via Vecchia Matino 62

WHERE

A.S. Gallipoli Throwdown has organized the sports event called Gallipoli Throwdown:

- that during the event, photos and videos will be taken for the promotion of the event itself;
- that for the purpose of promoting the event and products, AS Gallipoli Throwdown intends to use the image of the undersigned portrayed in photographic representations, audio and video content, or other forms of reproduction, which will be produced (collectively defined as the "Image"), through:
 1. website and social network channels;
 2. website www.gallipolithrowdown.com;
 3. Facebook, Twitter, and Instagram pages and any other social network, on any other advertising material in paper or electronic format

I AUTHORIZE

AS Gallipoli Throwdown to use - limited to the promotional advertising activity of the event - my image, as portrayed during the event itself, in whole or in part, individually or together with other material, including, for example, texts, photographs, or images, free of charge and without any limitation of a temporal, territorial nature, or relating to the chosen method of use, frequency of use, or means of dissemination. I give my consent.