

RULEBOOK BEACH THROWDOWN 2023

Index

1.	General info.....	2
1.1	Registration	2
1.2	Registration costs	2
1.3	Refund policy	2
1.4	Competition Corner	2
1.5	Registration terms and conditions	3
1.6	Leaderboard	3
2.	The Beach Throwdown online qualifier	4
2.1	Registration process	4
2.2	Divisions.....	4
2.3	Fees for the qualifier	4
2.4	Qualifier workouts.....	4
2.5	Score submission	4
2.6	Uncommon movement clause / rom exceptions	4
2.7	Qualifier video submission & review process.....	5
2.8	Video review appeal process.....	5
2.9	Ranking on the leaderboard	5
3.	The Beach Throwdown finals	6
3.1	Placing by the online qualifier	6
3.2	Divisions.....	6
3.3	Costs	6
3.4	on-site registration	6
3.5	Workout announcements.....	6
3.6	Workout briefings.....	7
3.7	Finals leaderboard	7
3.8	Appeals and protests	7
3.9	Injury policy	7
3.10	Gear & apparel	7
3.11	Winners and prizes	7
4.	Sportsmanship.....	8
5.	Waiver	8
5.1	Media.....	8
5.2	Release of liability.....	8
5.3	Injury policy for onsite event	9
6.	Changes	10

1. GENERAL INFO

The Beach Throwdown is an annual buddy competition that takes place at the Beach Stadium, The Hague. Each team has to perform the online qualifiers to qualify for the final event.

1.1 REGISTRATION

Each team wanting to participate must register via the competition platform (competition corner) before the closing date of the deadline. Registration is complete if the following conditions are met:

- Registration incl signing of the waiver and agreement to the rules and regulations on the competition platform
- Full payment of the total registration costs, and
- Confirmation by mail from the competition platform

The team captain is responsible for the registration and can still change the division, team name and team members until the deadline of the qualifier.

1.2 REGISTRATION COSTS

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.

1.3 REFUND POLICY

Before the start of the qualifier, an athlete or team captain can request (by email to info@beachthrowdown.com) that the team registration for the qualifiers is cancelled. They will receive a refund of the competition registration fee. The service fees charged by the competition platform and the payment processor are non-refundable. Refunds will be processed through the competition platform and can only be sent back to the original payment method used in the initial charge.

When the qualifier workouts are released, no refunds are provided under any circumstances. This also applies to tickets bought for the finals.

1.4 COMPETITION CORNER

The Beach Throwdown uses a competition platform: Competition Corner. This is an American company based in California. By using the platform and signing up for an account, you agree to their terms and conditions 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.

1.5 REGISTRATION TERMS AND CONDITIONS

The organization 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 organization uses.

The organization may disqualify any participant whose entry, registration or submission process or operation of the competition it can prove was tampered with. The organization may disqualify any participant whose actions violate the official rules.

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 organization, which, in the exclusive judgment of the organization, are detrimental or the administration, security fairness, integrity or the proper conduct of the competition, the organization 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

1.6 LEADERBOARD

Teams will be ranked on the leaderboard based on their performance in workouts. Any athlete who fails to submit a score for a workout will be ranked below all athletes who entered a score for that workout.

2. THE BEACH THROWDOWN ONLINE QUALIFIER

The qualifier will consist of three workouts that need to be performed before the qualifier deadline. These do not need to be performed on the same day or in any order. The workouts are released on the official side of the Beach Throwdown, on the competition platform and via social media.

The qualifier runs from Tuesday May 9th 2023 until Tuesday May 30th 2023 20:00CEST. The workouts will be released on Monday evening (CEST) May 8th 2023.

2.1 REGISTRATION PROCESS

Any athlete can complete the registration at the competition platform before the registration closes. The registration closes at the score submission deadline.

2.2 DIVISIONS

Teams may choose between the Rx and Intermediate division. After registration, the team can still switch to another division up until the deadline of the qualifier.

2.3 FEES FOR THE QUALIFIER

Costs for a qualifier ticket are €35,- excluding service costs of the payment processor and competition platform.

2.4 QUALIFIER WORKOUTS

The qualifier will consist of three workouts that have to be performed as a team. The workouts do not need to be performed on the same day or in any particular order. All submitted scores must reflect the same team roster.

2.5 SCORE SUBMISSION

The team captain is in charge of submitting the scores for all three workouts before the deadline. This contains the scores and video urls.

More information on how to submit 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 submit my online score? (<https://help.competitioncorner.net/en/articles/1083267-how-do-i-submit-my-online-score>)

2.6 UNCOMMON MOVEMENT CLAUSE / ROM EXCEPTIONS

Any violation of the prescribed workout format, including the movement standards and 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 out of the ordinary, or used to amend, shorten or change the accepted movement standard or range of motion, including line of action, of any event movement can and will be disallowed.

In addition, athletes and judges should be aware that certain athletes with physical limitations in a specific range of motion may be granted an exception, in The Beach Throwdowns sole discretion, from performing the prescribed range of motion for the workout. This limitation in the range of motion must be due to prior physical limitations or injuries that are obvious and clearly definable by demonstration. Any limitation must be brought to the attention of The Beach Throwdown prior to the beginning of the competition via e-mail at info@beachthrowdown.com Such instances are extremely rare and will be handled on a case-by-case basis

2.7 QUALIFIER VIDEO SUBMISSION & REVIEW PROCESS

All teams aiming for a spot at the finals must add a working video link when submitting their score. Teams with videos that can't be viewed by the video review team will not be invited to the finals.

Submitted videos will be viewed and the score for the workout can either be accepted, penalized or rejected. Teams can still qualify if their score is penalized. After a penalty, the ranking will be recalculated. If the team remains high enough on the leaderboard, the team may still be invited to the finals.

If the video does not meet the standards, the following sanctions apply:

- Less than 25% no reps throughout the video – For time: 3-5 seconds penalty per no rep rep – For reps: the reps will be deducted from the score.
- More than 25% no reps throughout the video – the athlete's score is reset to 0
- The video does not meet video standards – the athlete's score will be rejected and reset to 0
- Athlete does not show the weight/height/distance etc. – 30 second penalty or 5%
- Deviation from the rules and / or movement standards can lead to a penalty
- For incomplete videos, only the reps that have been shown are assigned

2.8 VIDEO REVIEW APPEAL PROCESS

If a penalty is given to the team, the team captain will receive an email stating the penalty and a short explanation. If the team disagrees, the team captain must contact the head judge within 24 hours to make appeal. This must be done by emailing to info@beachthrowdown.com. The Beach Throwdown will review the appeal and make a new ruling. This decision is final.

2.9 RANKING ON THE LEADERBOARD

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

Teams will be ranked on the Leaderboard based on their performance relative to other teams in their division. The point system on the right will be used for the qualifier. Ties on the overall leaderboard will be broken by awarding the best position to the team who has the highest result in any single workout. If 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 team can share a workout rank, and each will earn the original point value.

The team with the top performance across multiple workouts in a competition wins that competition. In every division, if a registered team 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 team will be ranked below all teams who did post a score for all workouts. Teams with no score on one or more workouts will maintain an overall rank on the leaderboard but will be ranked below all teams who post a score for all workouts.

The leaderboard will not be published until 15 minutes after the score submission deadline. The initially published leaderboard is not directly the official leaderboard. Only after the video review process has been completed, the leaderboard will be finalized.

Rank	Points
1st	1
2nd	2
3rd	3
4th	4
5th	5
6th	6
7th	7
8th	8
9th	9
10th	10
11th	11
12th	12
13th	13
14th	14
15th	15
16th	16
17th	17
18th	18
19th	19
20th	20

3. THE BEACH THROWDOWN FINALS

The Beach Throwdown will be held at The Beach Stadium (strandweg 4, 2586 JW, The Hague, Netherlands) on July 15-16th 2023.

3.1 PLACING BY THE ONLINE QUALIFIER

After the video review process, the online qualifier leaderboard will be made final. This is communicated via our social media and by email to all participating athletes.

The Beach Throwdown will invite the teams who qualified for the final event. This e-mail will be sent via the competition platform to the team captain. The team captain has 48 hours to accept or decline the invite.

If a team does not complete the registration process before the given deadline or declines the invite, the invite is cancelled and the Beach Throwdown may backfill the position to the next team in line for that division. This team will be invited via email to the team captain and has 48 hours to accept or decline their invite.

The qualified team will advance to the finals with the registered team roster from the qualifier. The team can replace one athlete until the finals start. The team captain is responsible for substituting team members via the Roster page in Competition Corner.

3.2 DIVISIONS

From the qualifier, the following number of teams qualify:

- Rx Male/Male teams: 72 teams (36 Alpha and 36 Bravo)
- Rx Female/Female teams: 48 teams (24 Alpha and 24 Bravo)
- Intermediate Male/Male teams: 72 teams (36 Echo and 36 Foxtrot)
- Intermediate Female/Female teams: 48 teams (24 Echo and 24 Foxtrot)

All Rx teams will compete on Saturday and Sunday. All Echo teams will compete on Sunday. All Foxtrot teams will compete on Saturday.

3.3 COSTS

Costs for the finals ticket will be published before the end of the qualifier period.

3.4 ON-SITE REGISTRATION

The date and time for the on-site registration for the finals will be communicated in the Athlete Guide that will be sent out to the team captain a week before the competition.

It's the responsibility of each participant to meet all required travel and scheduling commitments.

Upon arriving at the registration, teams will check in by providing the Beach Throwdown staff a valid identification such as a driver's license or passport. All athletes from a team MUST check in together.

3.5 WORKOUT ANNOUNCEMENTS

Teams will compete in multiple workouts during the weekend. The workouts will not be published beforehand but only during the briefing on the competition days itself.

3.6 WORKOUT BRIEFINGS

During the on-site briefing, the workouts will be released and briefed. After the briefing, all workouts will be released on our social media and a competition platform as well.

All athletes need to be present during the on-site briefing. Teams not present at these briefings lose the right to protest and appeal.

3.7 FINALS LEADERBOARD

Teams will be ranked on the Leaderboard based on their performance relative to other teams in their division. Ties on the overall leaderboard will be broken by comparing the mutual result of both teams. If teams remain tied after this, the team with the highest ranking in any single workout will win. More than one team can share a workout rank, and each will earn the original point value.

The team with the top performance across multiple workouts in a competition wins that competition. In every division, if a registered team 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 team will be ranked below all teams who post a score for that workout.

Teams with no score on one or more workouts will maintain an overall rank on the leaderboard.

For the finals, the point system on the right will be used.

If a team does not advance to the next event for any reason (injury, CUT etc), the team will be ranked below all teams who started that event.

3.8 APPEALS AND PROTESTS

If a scorecard is signed, it is an indication that the score or time is accepted by the team. Appeals made after the scorecard is signed will be deemed incorrect and will be rejected.

Appeals and protests may be filed by the team captain if they believe an error has been made by a staff member of the Beach Throwdown which caused a negative effect on their score. All protests and appeals must be filed immediately and before the start of the next workout in their division. Protests and appeals shall be directed to the Head Judge or other designated Beach Throwdown representative during the event.

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.

3.9 INJURY POLICY

If a team member is injured and cannot continue to compete, the team captain has to withdraw the team from the competition. This has to be stated to the Head Judge.

3.10 GEAR & APPAREL

Proper apparel is required during the competition. No apparel may interfere with a judge's ability to determine whether the movement standards are being met.

3.11 WINNERS AND PRIZES

After all workouts are done, the winners will be crowned on the podium. There is no cash prize money to be awarded. Additional prizes may be presented by partners, sponsors or selected vendors.

Rank	Points
1st	100
2nd	95
3rd	90
4th	85
5th	80
6th	75
7th	73
8th	71
9th	69
10th	67
11th	65
12th	63
13th	61
14th	59
15th	57
16th	55
17th	53
18th	51
19th	49
20th	47
21st	45
22nd	44
23rd	43
24th	42
25th	41
26th	40
27th	39
28th	38
29th	37
30th	36
31st	35
32nd	34
33rd	33
34th	32
35th	31
36th	30

4. SPORTSMANSHIP

All athletes agree to compete in a sportsmanlike manner. Unsportsmanlike behavior, such as arguing with the crew, taunting, heckling, fighting or any other conduct that would bring disrepute upon the competition, may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events or legal action.

Any action that prevents another athlete from having a fair opportunity to compete (e.g., abuse or alteration of equipment or refusal to follow instructions), that interferes with athlete and judge communication (e.g., external noise devices, bull horns, air horns), or that is generally disruptive to the event is not allowed.

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

5. WAIVER

“ I declare that I agree with the Rulebook Beach Throwdown 2023”

5.1 MEDIA

Participants may be photographed or videotaped during the event. The team hereby consents to the use of this media by the Beach Throwdown organization without compensation.

5.2 RELEASE OF LIABILITY

Express assumption of risk: I, the registered, am aware that there are risks involved in all aspects of physical training. These risks include, but are not limited to: falls which can result in serious injury or death; injury or death due to negligence on the part of myself, my training partner, or other people around me; injury or death due to improper use or failure of equipment; strains and sprains. I am aware that any of these above mentioned risks may result in serious injury or death to myself and or my partner(s). I willingly assume full responsibility for the risks that I am exposing myself to and accept full responsibility for any injury or death that may result from participation in any activity while at, or under direction of Beach Throwdown.

I acknowledge that I have no physical impairments, injuries, or illnesses that will endanger me or others.

Release: In consideration of the above mentioned risks and hazards and in consideration of the fact that I am willingly and voluntarily participating in the activities offered and/or initiated by Beach Throwdown, I, the undersigned hereby release Beach Throwdown, their principals, agents, employees, and volunteers from any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are 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 shall be binding upon me, my successors, representatives, heirs, executors, assigns, or transferees. If any portion of this agreement is held invalid, I agree that the remainder of the agreement shall remain in full legal force and effect.

Indemnification: The participant/registered recognizes that there is risk involved in the types of activities offered and/or initiated by Beach Throwdown. Therefore the participant/registered accepts financial responsibility for any injury that the participant/registered may cause either to him/herself or to any other participant due to his/her negligence. Should the above mentioned parties, or anyone

acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, the participant/registered agrees to reimburse Beach Throwdown for such fees and costs. The participant/registered further agrees to indemnify and hold harmless Beach Throwdown, 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 my negligent or intentional act or omission while participating in activities offered and/or initiated by Beach Throwdown, at the qualifier location(s) or final event location or abroad. This includes but is not limited to parks, recreational areas, playgrounds, areas adjacent to main buildings, and/or any area selected for working out by Beach Throwdown.

5.3 INJURY POLICY FOR ONSITE EVENT

In addition to my agreement to the rulebook, I hereby expressly declare that I agree to the Injury Policy in the rulebook. I also give full permission for any person connected with Beach Throwdown to administer first aid deemed necessary, and in case of serious illness or injury, I give permission to call for medical and or surgical care and to transport to a medical facility deemed necessary for my wellbeing. I also declare that in the event of a medical condition, I will contact the medical staff prior to the start of the event to discuss this condition in order not to receive care that would aggravate my condition in the event of an injury or medical care. This information is private and will be known only to the medical staff.

I also give full permission for anonymized administration of my medical data for optimization of medical care.

As registered, I declare: I have read and understood the foregoing assumption of risk, and release of liability and I understand that by signing up for the event it obligates me to indemnify the parties named for any liability for injury or death of any person and damage to property caused by my negligent or intentional act or omission. I understand that by signing up I am waiving valuable legal rights.

6. CHANGES

Version	Changes	Date
1.0	Initial version	March 28, 2023