



CrossFit LICENSED EVENT | 2023

RULEBOOK



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The French Throwdown is an annual CrossFit Licensed competition. It begins with an online qualification phase and ends with a final competition which will take place at the Vélodrome National de Saint-Quentin-en-Yvelines in June 2023.

The rules developed here govern all facets of the competition.

1.01 - ONLINE QUALIFICATION:

Online qualification is the first step to participate in the French Throwdown.

INDIVIDUAL: It includes a series of tests to be carried out according to the deadlines communicated below.

The Wods are published on the official French Throwdown website as well as on Competition Corner every Friday at 8 p.m. (CET). Athletes will have until the following Wednesday at 8 p.m. (CET) to complete the Wods and submit their scores. Once the score submission window closes, athletes will not be able to adjust or resubmit a score for that week's Wods.

TEAMS: The precise start and end dates of the qualifications will be announced on the official French Throwdown website. The Wods will be published on the official French Throwdown website on Friday April 28 at 8 p.m. (CET). Athletes will have up to Sunday May 7 at 8 p.m. (CET) to complete the Wods and submit their scores. Once the score submission window closes, athletes will not be able to adjust or resubmit a score for that week's Wods. The Wods can be done separately, so the athletes will not have to be together for the online qualifications.

1.02 - ONLINE QUALIFICATION - ATHLETES:

Any athlete meeting the age and eligibility criteria can register to participate in the online qualifiers. Any athlete wishing to participate in the qualifications must complete the registration process in time to be eligible to participate in the first Wod. In order to post their score videos, athletes will need to create and use Youtube or Vimeo accounts only.

The French Throwdown reserves the exclusive right to authorize or refuse the participation of any athlete. The FTD also reserves the exclusive right to validate or invalidate the scores of any athlete submitted for the purpose of qualifying for the finals. The FTD will make these entry and scoring decisions to maintain the integrity of the competition, and reserves the exclusive right to invite past winners, guest athletes, teams or others to participate in any stage of the competition. This decision may be made to preserve the tradition and spirit of the FTD or for any other reason at its sole discretion.



1.03 - ONLINE QUALIFICATION - REGISTRATIONS:

Each competing athlete must register online at: competitioncorner.net/events/8980/details.

To successfully complete the registration process, athletes must submit the required fee. All payments are final and no refunds will be allowed for any reason.

1.04 - ONLINE QUALIFICATION - DIVISIONS

The athlete's division should be selected based on their date of birth and gender.

Division choice will be made upon registration. In regards to age groups, the athlete must have the valid age on April 14th, 2023 (first day of qualifying). This will determine the division where the athlete will compete. During the 2023 season, there will be 20 divisions in total for individual competitors, and 4 team divisions:

INDIVIDUALS (Men and women):

- ELITE
- RX
- INTERMEDIATE
- SCALED

AGE RANGE (Men and women):

- Boys and Girls aged 16 to 18 (born on or between 04/14/2005 and 04/14/2007)
- Men and Women 35-39 (born on or between 04/15/83 and 04/14/88)
- Men and Women 40-44 (Born on or between 04/15/78 and 04/14/83)
- Men and Women 45-49 (Born on or between 04/15/73 and 07/14/78)
- Men and Women 50-54 (born on or between 07/15/68 and 07/14/73),
- Men and women 55+ (born after 7/14/68)

TEAM CATEGORIES (2 Male and 2 Female) :

- ELITE
- RX
- INTERMEDIATE
- SCALED



1.05 - ONLINE QUALIFICATION - FORMAT

For all qualifying Wods, the test format will be published by the French Throwdown and communicated uniformly to all athletes online.

The test format will include the following:

- Movement(s) required
- Start and end ranges of the movement(s)
- Required number of repetitions and/or repetition pattern
- Required Equipment
- Amount of weight required (Note: All weights will be released in kilograms. It is the athlete's responsibility to use the correct weight)

If weights in pounds are used, the athlete will need to use appropriate combinations to achieve the correct weight listed in kilograms. Collars or clips should not be counted in the total weight. Unless otherwise specified, 15 kg dumbbells will be considered 35 lbs, and 22.5 kg dumbbells will be considered 50 lbs).

- Time domain or time limit
- Scoring Details - Competitions may determine the winner by the highest point total or lowest point total, or any method or combination of methods selected by the FTD. The point values for the final position will be published before the start of the event
- Filming and submission guidelines, if applicable

At all stages of the French Throwdown competition, it is the athlete's responsibility to respect the test format. This includes performing all required movements to the described standard; count and complete all required repetitions; using the necessary equipment, loads; meet deadlines ; and meet all submission and video standards.

Altering the test format in any way is prohibited and will void an athlete's score. Only the FTD can provide official test scale builds for athletes to perform.

1.06 - ONLINE QUALIFICATION - MOVEMENT CLAUSE

Any violation of the prescribed test format, including movement standards and range of motion, will result in the rep(s) being denied. Therefore, athletes and judges should familiarize themselves with the unusual movement clause.

Any movement deemed uncommon or out of the ordinary, or used to alter, shorten or change the standard of movement, including line of action, can and will be disallowed.



If an athlete is unable to meet the specific range of motion required for a movement, they are not permitted to substitute another movement or use outside tools/assistance to achieve the range of motion.

1.07 - ONLINE QUALIFICATION - SUBMISSION AND VALIDATION OF SCORES

For individual categories, then Scores must be submitted by Wednesday 8:00 p.m. (CET) each week. Any score submission received after 8 p.m. will not be accepted for any reason.

For team categories, scores must be submitted before Sunday May 7, 2023 at 8 p.m. (CET). Any score submission received after 8 p.m. will not be accepted for any reason.

Athletes must have their scores confirmed by uploading a video of their test to the Competition Corner site. If you wish to participate in the final, you must submit a video along with your score. If you do not submit a video, it will be requested and a deadline will be given. If by the deadline the video has not been received or is not viewable the score will be declined.

It is the sole responsibility of the athlete to ensure the timely submission of test results or videos each week. Submissions that are incomplete (missing information such as full score; or containing non-working video links; etc.) will not be accepted. Each week, scores must be submitted according to the dates communicated above.

Note: French Throwdown reserves the right to extend the score submission deadline due to unforeseen circumstances. If the deadline is extended, athletes are allowed to complete or redo the lifts or tests within the new deadline.

Submitted videos may be reviewed by FTD's internal review team.
Keep in mind the top scores in all workouts may be reviewed.

1.08 - ONLINE QUALIFICATION - VIDEO SUBMISSIONS - SCORING PROTOCOL

Each scorecard will contain specific information regarding each workout.
They will also specify video review rules regarding each workout.

There are five possible outcomes that can be applied by the French Throwdown internal review team in judging and scoring the online video



Submissions:

- Good video: Athlete meets required movement standards and the score displayed is correct. The score will be accepted.
- Valid with minor penalty: during the video, the athlete demonstrates the absence of a small number of repetitions that result in a faster time or higher score for a given test. A minor penalty will be applied and a score adjustment will be made to the athlete's final score. If the score is displayed as a time, the total time to complete the test will be adjusted accordingly. *
- Valid with Major Penalty: During the video, the athlete demonstrates a significant number of missed reps that result in faster execution. Top time or score for a given test. In this case, a major penalty will be applied, and the score may be modified by subtracting at least 15% from the total number of repetitions. If the score is displayed as a time, the total time to complete the test will be adjusted accordingly. *
- 0 score: during the video, if the athlete does not pass the required test, an unacceptable large number of repetitions performed are invalid, they are not performing the required work or they are performing the wrong movements, The FTD reserves the right to adjust their score to 0. If the athlete receives a score of 0, the remainder of their score submissions for the competition will remain on the leaderboard.
- Invalid: French Throwdown reserves the right to invalidate a score submission if it is determined that the athlete is acting with malicious intent to manipulate the test to gain an unfair advantage. If an athlete's score is invalidated, all of their scores for the competition will be removed from the leaderboard.

Note: A score adjustment occurs when an athlete's score needs to be changed due to miscounted reps, no reps, or a combination of both.

A score adjustment may stand alone or be applied in conjunction with a result of a Minor or Major penalty as described above.

*French Throwdown will apply time penalties based on moves and/or circumstances on a given teste. Time penalties may vary by move and context, and FTD reserves the right to update time penalties for moves based on the specifics of the overall test, the specificity of the move being performed, or the pace of the move. athlete performing the movement(s). If a penalty results in a time greater than the time cap then, the athlete's score will be adjusted by -1 repetition for every 5 seconds greater than the time cap.



1.09 - ONLINE QUALIFICATION - APPEAL PROCESS FOR VIDEO SUBMISSION

An athlete submitting a video for review will receive an email from French Throwdown if the score posted with the video is changed. The message gives a brief description explaining the reason for the score change.

Any athlete who does not agree with the modification of his score may respond directly to the email sent by the judging team. Upon receipt of notification that their score has been changed. In the email, they should state the test in question, the original score, the modified score, and the reason given for the modified score. They must also provide a brief explanation of why they are appealing the decision.

French Throwdown will review the athlete's appeal and video in question to make a final scoring decision. This decision will be communicated to the athlete by email.

1.10 - ONLINE QUALIFICATION - LEADERBOARD FRENCH THROWDOWN - INDIVIDUAL

The French Throwdown website, in conjunction with Competition Corner, hosts the only official qualifying rankings. Athletes will be ranked in the French Throwdown qualifying rankings based on their performance against other athletes in their division.

During qualifying, athletes are ranked based on their total placing in all events. For example, an athlete with 2nd place, 3rd and 5th place will have 10 points in total ($2+3+5=10$) and will be ranked ahead of an athlete with 1st place, 2nd place and 10th place who would have 13 points ($1 + 2 + 10 = 13$).

Ties in the general classification will be broken by awarding the best position to the athlete who obtained the highest result in a single test. If the athletes remain tied after this first tiebreaker, the process continues until their next highest single result, and so on. Ties will only be broken for one result test. More than one athlete may share the same place in a test, and each will earn the original point value. The athlete with the best performance through several Wods wins this competition.

1.11 - ONLINE QUALIFICATION - LEADERBOARD FRENCH THROWDOWN - TEAMS

The French Throwdown website, in conjunction with Compétition Corner, hosts the only official qualifying rankings. Athletes will be ranked in the French Throwdown qualifying rankings based on their performance against other athletes in their division.



During the qualifications, all the scores of the athletes making up the team are added together to form an overall score. For events involving only one athlete, his score constitutes that of the team. Thus, the teams are ranked according to their total ranking in all events. For example, a team with 2nd place, 3rd and 5th place will have 10 points in total ($2+3+5=10$) and will be ranked ahead of a team with 1st place, 2nd place and 10th place which would have 13 points ($1 + 2 + 10 = 13$).

Ties in the general classification will be broken by awarding the best position to the athlete who obtained the highest result in a single test. If the athletes remain tied after this first tiebreaker, the process continues until their next highest single result, and so on. Ties will only be broken for one test of results. More than one team can share the same spot in a test, and each will earn the original point value. The team with the best performance through several Wods wins this competition.

2.01 - FRENCH THROWDOWN - FINAL

The French Throwdown season will culminate in the final (June 23, 24 and 25, 2023). During the multi-day competition, the best athletes and teams will be judged.

2.02 - FRENCH THROWDOWN - REGISTRATION - INDIVIDUAL

Shortly after qualifying or receiving an invitation to compete at the FTD and before arriving on site, all individual athletes wishing to participate will receive an email with instructions on how to register and pay an individual entry fee of €150.

The email will also provide information on location, date and time of check-in and briefing. Time and date of the start of the competition and all important events of the FTD23 final.

On-site check in will likely happen on thursday 22nd of June in the afternoon.

If an athlete declines their invitation to compete in the FTD, their spot may be replaced by the next eligible athlete on the leaderboard.

If an athlete does not respond to their invitation by the deadline, the FTD Team will consider the athlete declines his invitation.

Athletes who have questions before coming to the FTD can contact frenchthrowdown@crossfitlouvre.com for assistance.



2.03 - FRENCH THROWDOWN - REGISTRATION - TEAMS

Shortly after qualifying or receiving an invitation to compete at the FTD and before arriving on site, the team captain will receive an email with instructions on how to register and pay the registration fee of 500€.

The email will also provide information on location, date and time of check-in and briefing. Time and date of the start of the competition and all important events of the FTD23 final.

On-site check in will likely happen on thursday 22nd of June in the afternoon.

Before the start of the competition, one or more athletes may be replaced for cases of injury or force majeure preventing one or more athletes from competing.

Once the two men and two women have registered on site, no other athletes will be involved during the competition. Only the captain will be able to check in for their entire team. In case the whole team wishes to go to check-in, this will also be allowed.

If a team declines its invitation to participate in the FTD, the team's place will be replaced by the next eligible team on the leaderboard.

Team captains who have questions before heading to the FTD can contact frenchthrowdown@crossfitlouvre.com for assistance.

2.04 - FRENCH THROWDOWN - EVENT ANNOUNCEMENTS

Athletes and teams will participate in several tests - called "WODs" - over several days. The calendar and the Wods will be published shortly before the start of the competition. Test details will be published prior to the start of the test and communicated consistently for all athletes.

2.05 - FRENCH THROWDOWN – CHECK-IN & BRIEFING

Shortly after your confirmation at the French Throwdown, athletes will receive an email with instructions regarding:

- Dates and times of registration and briefing - Likely 22nd of June afternoon
- Place of registration and briefing - At the Vélodrome
- Documents to provide.



2.06 - FRENCH THROWDOWN - LEADERBOARD

Athlete and team performance will be ranked in each test. Points will be awarded based on an athlete's or team's relative ranking (i.e. performance against that of other athletes or teams). These points will be used to rank athletes and teams on the leaderboard.

Ties in the overall standings will be broken by awarding the best position to the athlete/team with the highest result in a single test. If the athletes/teams remain tied after this first tiebreaker, the process continues to the next highest single result, and so on. Links will not be broken for single test results. Multiple athletes/teams can share a test rank, and each will earn the original point value. The athlete/team with the best performance over multiple tests in a competition, wins that competition.

As the FTD competition unfolds, only the highest ranked athletes and teams can be selected to continue the competition if a cut process applies.

2.07 - FRENCH THROWDOWN – APPEAL PROCESS

Here are some elements that can motivate an appeal procedure:

Problems with rep count, incorrect data entry, or malfunctioning equipment.

The following examples are not an exhaustive list:

- Problem on the scorecard or the leaderboard,
- Problem in rep count,
- Problem related to handled loads,
- Problem of signage of the course during the events,
- Malfunction of equipment or instructor that is not the responsibility of the athlete,
- Problem related to a movement, the order of execution of several movements, poor communication with the judge or an action of the latter,
- Action by another athlete or third party that has impacted the athlete's performance.

The following are examples of events or actions that CANNOT trigger an appeal process:

- Decisions and “NO REPS” made by the judge live.

The following examples are NOT an exhaustive list:

- Most of the questions related to the amplitudes of movement necessary for the validation of a repetition,
- The depth of a squat,
- Problems extending the hips, knees or arms,
- The stabilization of a bar or equipment above the head.



Any request for appeal must be made by email to the following address: frenchthrowdown@crossfitlouvre.com with the following subject :

Subject: APPEAL

Appeals **must** be made before the end of the competition day.

Appeals logged at the end of a competition day, as well as certain others of a more complex nature, requiring further investigation, will not be resolved until the following competition day.

Once the appeal has been recorded at the venue of the competition, athletes can provide any supporting documents in their possession by email to the address mentioned above.

2.08 - FRENCH THROWDOWN - INJURY POLICY

Any athlete (individual or team) who is unable to complete a test due to injury or requires medical attention following the completion of a Wod, must receive clearance from medical staff and the head judge or manager on site before returning to competition.

The head judge or on-site Director will have the authority to remove the athlete from competition based on the severity of the injury, the likelihood of further injury.

Individual or team athletes who miss their round due to injury or while undergoing medical treatment or evaluation will be disqualified from competition. If a team cannot enter the field with all of its athletes, it will be withdrawn from the competition. The athlete/team will keep the points already won in competition.

2.09 - FRENCH THROWDOWN - ATHLETES' ENTOURAGE

Each individual athlete and team will be given a 3-day spectator ticket upon check-in.

Only individual or team athletes will be allowed in the warm-up area. Athletes must present the required credentials to enter this area. Athletes will be able to access the warm-up area 30 minutes before their wod call.

All competition areas, including the athlete area, are closed to coaches and non-active staff. Any additional coaches, personal therapy, providers or athlete entourages are considered general admission spectators and will not be permitted access to the warm-up areas or restricted access areas reserved for athletes.



Athlete Rehabilitation Medical Personnel (Care Providers) will be provided by French THROWDOWN to all athletes in a designated restricted area within the Athletes Zone. All athletes using their own personal therapy providers (masseuses, physiotherapists, chiropractors, etc.) must do so only in unrestricted areas.

2.10 - FRENCH THROWDOWN - SPECTATOR PLACES ANNIVERSARY OFFER

As part of its tenth edition, the organization of the FTD23 has offered the possibility to anyone registered for the qualification, to add a 3-day spectator pass valid for the final on June 23, 24 and 25, 2023. This pass is nominative and can only be withdrawn by the athlete who subscribed to it during registration. For this, the athlete will have the choice to withdraw it directly during registration or by going to the official FTD23 ticket office. The athlete must present himself with an identity document.

2.11 - FRENCH THROWDOWN - RULES OF FAIRNESS AND GOOD CONDUCT

All athletes are committed to competing in a sporting manner.

Any unsportsmanlike behavior that could discredit the FTD, the competition, other competitors, or event spectators or sponsors, as determined by the FTD, in the eyes of the public or community, may result in sanction, suspension, disqualification, withdrawal from the event, disqualification from future events or legal action.

The FTD has absolute authority over all decisions including, but not limited to, the disqualification of an athlete, the exclusion of spectator(s), coaches or the dismissal of any participant.

3.01 - FRENCH THROWDOWN - PHOTO AND VIDEO POLICY

Non-professional, non-flash photography and video cameras are permitted at FTD venues/events for personal use only. All cameras (video and fixed) must be hand-held with an interchangeable or telephoto lens no longer than ten (10) centimeters. Monopods, tripods and cameras with telephoto lenses or interchangeable lenses longer than ten (10) centimeters at full lens extension (professional photographic equipment) are not permitted. Spectators, participants, visitors and guests may not distribute, use, reproduce, broadcast, download, transmit, broadcast, link, exploit or license any description, account, images, films, digital recordings, video or audio, in whole or in part, for any commercial purpose without the prior express written consent of the FTD in each instance.



The FTD may, at its discretion, provide credentials necessary to access the media areas at the FTD for the sole and exclusive purpose of editorial and athlete media coverage. All accredited media must be on an editorial assignment or otherwise licensed by the FTD. The time, area and extent of access will be at the sole discretion of the FTD. Credentials and access may be revoked at any time by the FTD with or without cause. FTD reserves the right, in its sole and absolute discretion, to grant or deny any application or request for accreditation and may revoke credentials at any time in its sole discretion, for any reason.

Photographs and videos may not be used for commercial or retail purposes. These images may only be used for promotional purposes with the written permission of the athlete(s) depicted in these images and with a written license agreement from the FTD. Photography is for personal or editorial use only. Any other use is prohibited and strictly enforced.

Drone Policy: The operation or use of any drone, unmanned aircraft/flight system, and remotely controlled or radio controlled aircraft (whether motorized or not) of all types, shapes and sizes (collectively, "Drones") is prohibited at any time on the National Velodrome of Saint-Quentin-en-Yveline.

