



# **RULEBOOK**

## **TERMS AND CONDITIONS FOR THE COMPETITION**

**In the following the word “participant” is used for both genders.**

### **I. AUSTRIAN CHAMPIONS DAY 2018–Terms and conditions**

Austrian Champions Day (short ACD) is an elite throwdown fitness challenge open to everybody wishing to uphold the challenge. To be allowed to take part the following terms & conditions of the competition have to be accepted. By participating in the ACD you accept the terms & conditions of the challenge, privacy policy and waiver.

**§ 1** Requirements for participation, age classes (1) To be allowed to take part, participants have to fulfill the following requirements :

1. Participant has to be of age or have a letter of agreement signed by a parent or a legal guardian at the beginning of the challenge. The letter of agreement has to be presented upon registration

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2. Participant has to accept the terms & conditions, privacy policy and waiver

3. Participant has to register within the given time for the online qualification on

the website [www.thechampionsday.com](http://www.thechampionsday.com)(online qualifier phase). The participant also needs to pay a one-time registration fee of 14,63€ (incl. 20% VAT)..

4. Participant has to accept a possible doping test with no restrictions. The list of doping substances provided by the NADA is valid:  
<https://www.nada.at/de/medizin/medikamentenabfrage>

(2) The Organizer offers the following age classes:

1. Individual women, 18 – 34 y.o.
2. Individual men, 18 – 34 y.o.
3. Master women, 35 – 44 y.o.
4. Master men, 35 – 44 y.o.
5. Master + women, over 45 y.o.
6. Master + men, over 45 y.o.

(3) Age classes will be defined by deadline 30.06.2018. Classification will be executed by the start of qualifiers 30.06.2018. (e.g. an athlete turns 45 y.o. on the 30.06.2018 – division: Master +).

## **§ 2 Code of behavior during competition, decisions of Judges**

(1) Athlete complies with fair and sportsmanlike behavior at any time during the competition. Unsportsmanlike behavior (like cheating), taking drugs (doping), conflicts, disturbing or rather being a disturbance to another athlete and discrimination against other athletes, sponsors or the organizer will be punished with suspension, disqualification and/or exclusion from ACD. This applies to other actions or behaviors which are aimed to damage the itself, other parties (e.g. spectators) or prevent other parties to take part in ACD in a fair and equal way.

(2) Decisions of both judges and organizer are binding and final.

### § 3 Qualification (online competition)

(1) Athlete has to absolve specified workouts. Descriptions for online competition workouts will be provided online, for finals on final day at venue latest. (2) Descriptions will contain relevant workout criteria, like:

a. prescribed exercises including start and end position. As well as forbidden execution, technique or equipment;

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2. prescribed number of repetitions or repetition scheme and/or time ;

3. prescribed equipment (if necessary). Rowing has to be done on a Concept2 rowing

machine with a PM3 or PM4 or PM5;

d. prescribed weight in kilograms (if necessary). If the athlete uses lbs-weights athlete has to convert in kilograms (1lbs = 0,450 kg). e. time limit

(3) Online qualification consists of 3 workouts. The workouts will be announced on the 30th of June and have to be completed before the 23rd of July 00:00 (CEST). Online competition starts and ends on dates published on [www.thechampionsday.com](http://www.thechampionsday.com). The organizer reserves himself the right to make changes.

(4) A Judge is mandatory (§3, 2) and have to be present the entire workout watching/judging the athlete. If the organizer has a reason to think that submitted scores are incorrect/manipulated he has the right to check the score. Organizer has the right to demand a video for any reason, without needing to specify it. The athlete has 48 hours to submit the video to the organizer after having being asked (countdown starts when the organizer has sent out the email). If the video is not submitted in time, the score will be deleted without any possible recourse.

Video has to show the entire workout and standards have to be visible in a good way. If there are more than 5 "no reps" (reps that are not performed in the way that the standards specified and yet the judge has accepted them as "good") the score will be erased. The athlete will be informed ASAP to have the chance to repeat the workout (if there is still time before the deadline).

In case the organizer has a reason to think that submitted scores are incorrect/manipulated. If the athlete has no video recording of the performed workout, he has the option of redoing the workout, recording the video of this workout and sending it within 48 hours. If the difference between the scores of the 2 workouts is less than 5% the best score will be validated. If the difference is bigger than 5% the worst score will be submitted.

**§ 4 Scoring system** (1) Scoring of each workout of ACD is based on fastest time, most repetitions or highest weight and will be shown on the website. Every incorrect or invalid repetition according to standards will be judged as a no-rep. If the workout is based on fastest time, the ranking will go from fastest to slowest time in which the entire workout is finished. If the workout is based on highest number of repetitions, the ranking goes from highest to lowest number of repetitions. If the workout is based on highest weight, the ranking goes from highest to lowest weight. (2) Ranking follows the following system: athlete who is placed first gets one point, second gets two, third gets three

....103 gets 103 etc. The athlete who has the lowest sum of points after all three qualification workouts is first, the one with the second lowest sum of points is second etc. (3) Every athlete is responsible for upholding the standards. Additionally a judge has to be present during the entire workout for the "Professional" division and is only recommended in the "Scaled" division. The Judge has to verify movement standards, count repetitions and validate the score after the workout. (4) At the finals, judges nominated by the organizer will approve the athletes' performance. (5) Submission of scores in the online competition is based on honor and honesty. On top of that, the organizer has the right to demand videos according to §3, 4. Final result of the online qualification will be determined by the organizer following the rules of ranking mentioned in §4, 2. (6) For the finals,

additional rules mentioned in §6 will apply.

## **§ 5 Finals**

(1) The finals will take place in Salzburg, Messegelände Salzburg, Halle 9, weekend of the 29th September & 30th September 2018.

(2) Athletes who will get an invitation to the finals will have time until August 4th to accept the invitation by logging on to their athlete profile on [www.thechampionsday.com](http://www.thechampionsday.com) and paying the registration fee of 56€ (incl. 20% VAT). If the athlete does not respond within the deadline, his spot will no longer be valid. In this case – and if the athlete does not want or is not able to take part – the organizer has the right to nominate the next athlete of the same gender and age class in line in the ranking. After a second invitation round the organiser holds back the right to forward wildcards to fill open spots.

(3) On finals' days, athletes have to complete several workouts. Location, time and information about the workouts will be communicated latest with the invitation to the finals.

## **§ 6 Scoring of the finals**

(1) Winners will be determined by a process of elimination which is based on the workouts at finals. There will be several qualification rounds, a semi-final and a final round. Details will be published latest after the invitation of final participants. (2) Each workout will be judged by an official judge who will check all criteria regarding workout and ranking. Each athlete and/or his/her coach has to sign the scoring card. A signed scoring card is valid and cannot be contested. Decisions of judges are final and binding (please see §2, 2).

(3) Points will be assigned following the same procedure as in the qualification. The athlete with the best performance will get 1 point, second best will get 2 points etc.. Ranking will consider the sum of points – the athlete with the lowest sum is first, second lowest is second etc..

(4) There will be 2 cuts during the finals. The organizer will announce

them, as well as how many athletes advance to the next round during the finals. (5) In case of a tie between 2 athletes the following procedure will be used:

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1. organizer will consider points from qualification – better placed athlete moves on
2. if the scores are still equal, the older athlete will move on
3. if there is still a tie, athletes have to complete another workout to be defined by the

organizer, better athlete moves on. (6) In case of a tie in the final round among the first three places, the organizer will consider the scores of the finals' days. The athlete who won more workouts will be placed better than the other athlete(s). If there are still equal scores the organizer will consider points from qualification. If this is not possible, the winner will be chosen by lottery.

## **§ 7 Acceptance of publishing and transmission of data/videos / personal rights, third parties and copyright**

(1) To verify scores, the organizer has the right to ask for videos of your workout. Additionally we will produce or we will charge someone with producing videos and photos on the finals' days at the venue. With your participation you accept production, publication, editing and distribution of those videos/photos according to following clauses:

a. You accept that we are allowed to take videos/photos of you at the final days. We are allowed to upload and publish to public those videos/photos and videos you transferred to us on our website and Youtube, run by YouTube, LLC, 901 Cherry Ave., San Bruno, CA 94066, USA („YouTube“). Additionally you accept that we are allowed to hand those videos/photos on to our partners/sponsors (list on our website <http://www.thechampionsday.com>). Partners/sponsors are allowed to upload and publish to public to promote ACD and their support.

2. Your acceptance covers screenshots and cutouts of videos.
3. We are allowed to use photos on our website [www.thechampionsday.com](http://www.thechampionsday.com) and our

facebook page <https://www.facebook.com/AustrianChampionsDay/>. We are allowed to edit, modify and forward photos to our partners/supporters (see bullet point a) . d. You allow us to duplicate and broadcast videos and photos (and parts of them) by using digital storage and retrieval media – regardless technical equipment including all digital or interactive systems (eg CD-ROM, CD-I, e-book and other electronic publishings); e. the right to publish in other ways of duplication and broadcasting of photos, eg in calendars, in particular for digital, photomechanical or similar methods (eg (digital) photocopy); f. the right to archive videos and photos alone or in combination with the work or other works and usage or editing of video and photos in a physical or non-physical way, collect in collections and/or data banks and give access to third parties to videos and photos in any way (eg. online services); g. the right to edit/deform or charge someone to edit/deform videos and photos all or part with using all analog, digital or other methods, in particular the right to change, enhance and combine with other works, determine titles, digitize video or photos, add texts to videos or photos regardless content, add interactive elements, in particular add hyperlinks plus analyze edited version respecting limitation of admitted rights; h. the right to use video and photos for copies, broadcast or other play backs including internet all or part respecting admitted rights for advertisement for publisher or third parties including their products – with or without payment.

(2) If you transfer videos to us in which other persons are visible you declare that you have their approval (underage person approval of parent or legal guardian) for making, publishing and forwarding according to clause 1 and that their personal rights are not offended.

Contravention will lead to deletion and to exclusion from competition. Enforcement of other requirements remain hereof unaffected.

(3) Acceptance is effective worldwide and with no time limit.

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