

# THE AMSTERDAM THROWDOWN 2023

## RULEBOOK

Registration  
01 August - 17 September

Qualifier  
1 - 17 September

Venue  
De Kromhouthal  
Gedempt Hamerkanaal 231  
Amsterdam

**NOV 25|26**  
**2023**

RULEBOOK

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# PARTICIPANTS

All those who participate in the Amsterdam Throwdown qualifier and the finals agree with the rules and policies stated by the organization of the Amsterdam Throwdown. The Amsterdam 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 Amsterdam Throwdown, the following rules are established and are compulsory for every athlete, participating in the Amsterdam Throwdown qualifier and/or finals.

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:

- the Individuals, and team division, must turn at least 16 in 2023.
- the Masters 35+ division, must turn 35 in 2023.
- the Masters 45+ division, must turn 45 in 2023.
- the Scaled buddy division, must turn at least 14 in 2023.

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 Amsterdam Throwdown.

The Amsterdam 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**

The Amsterdam 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.

The Amsterdam 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. The Amsterdam Throwdown might adjust the scoring after validating the video submission.

## DIVISION

DIVISION	QUALIFIES FOR FINALS
Individual Elite Male	01-36
Individual Elite Female	01-36
Individual RX Male	37-72
Individual RX Female	37-54
Masters 35+ Male	01-10
Masters 35+ Female	01-10
Masters 45+ Male	01-10
Masters 45+ Female	01-10
Scaled buddy MM	01-30
Scaled buddy FF	01-30
Team Elite	01-18
Team RX	19-54

The final for the Scaled buddy FF will take place Saturday November 25th. The final for Scaled buddy MM athletes will take place Sunday November 26th.

## TEAMS

A team must consist of 2 male athletes (16+) and 2 female athletes (16+).

1 substitute is allowed per team in case of injury or sickness, however, the team captain must contact The Amsterdam 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.

All team members need to participate in the online qualifier as individuals. The combined score of all individuals will determine the team's final score.

It is possible for athletes to register for both the individual and team division. If the athlete qualifies for the finals and decides to go as an individual, the team will be disqualified from the main event.

## **ONLINE QUALIFIER**

Registration for The Amsterdam Throwdown is done at [www.theamsterdamthrowdown2023.eventbrite.com](http://www.theamsterdamthrowdown2023.eventbrite.com)

Registration opens on August 1st at 12:00 CET.

Registration closes on September 17th at 21:00 CET.

The online qualifier runs from September 1st until September 17th at 23:00 CET.

All scores and videos must be submitted and validated before September 18th at 12:00 CET.

Three qualifier workouts will be announced. They don't have to be done in 1 day or in any particular order. You can spread them during the qualifier period.

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 (including the scaled division).

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, 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.

The Amsterdam 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. The Amsterdam Throwdown crew 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 The Amsterdam Throwdown.



# SCORING PROTOCOL

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

**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.

**Valid with Minor Penalty:** Over the course of the video, the athlete demonstrates 1 to 10 "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 10 reps. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly.

**Valid with Major Penalty:** Over the course of the video, the athlete demonstrates 11 or more "no-reps." In this case, the score may be modified by subtracting 10 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.

**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” ticket.

- |                      |      |
|----------------------|------|
| • Individual Masters | €125 |
| • Scaled Buddy       | €150 |
| • Team               | €500 |

*incl. VAT. excl Eventbrite fee.*

All athletes will receive a finalist t-shirt and nameplate. A team will receive one team nameplate. Extra nameplates can be ordered at a reduced price.

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

If an athlete registered for both individual and team division, and both qualify for the final event, the athlete will have to choose in what division he/she will compete during the final event. If the athlete chooses for individual, the team will have to withdraw from the competition.

Athletes/Teams will have 48 hours to accept their invitation (purchasing the finalist ticket), if the athlete/team 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.

## **FINALS EVENT CHECK-IN**

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 printout of their confirmation e-mail 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.

Prior to the event, The Amsterdam Throwdown will release a movement standard book that include most of the movements in the final event. All athletes are expected to read through this document prior to the event.

## **FINALS GAME-AREA**

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

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

The Amsterdam 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 the Amsterdam Throwdown or Amsterdam Throwdown staff.

The Amsterdam 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 the Amsterdam 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, The Amsterdam 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 the Amsterdam Throwdown (both photos and film material) is property of the Amsterdam Throwdown.



The Amsterdam 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.

The Amsterdam 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 the Amsterdam Throwdown and which have not received explicit permission from the Amsterdam Throwdown, shall not be permitted between the athletes or on the site of the Amsterdam Throwdown final. The Amsterdam Throwdown is entitled to send these people away.

## **PRIZES**

The prizes are provided by sponsors and organization of the Amsterdam Throwdown.

A prize must be returned to the Amsterdam 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.