STEELMAN®
H12/24 RACE

RULEBOOK 2027

STEELMAN®
H12/24 RACE

STEELMAN H12/24 RACE™ 2027 COMPETITION REGULATIONS - INDEX:

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STEELMAN®
H12/24 RACE

Art.1 / Introduction to Steelman H12/24 Race™

P 1.1 **What is STEELMAN H12/24 RACE™?**

STEELMAN H12/24 RACE™ is an innovative format that combines endurance and maximum strength in 8 events spanning 7+ disciplines. It introduces a unique hybrid competition available in two versions: H12 or H24.

P 1.2 **Purpose of the Competition Rules**

The goal is to ensure a fair-play competition environment, emphasizing athletes' skills and competencies without imposing unjustified limitations. Simultaneously, the rules aim to penalize those seeking unfair advantages, ensuring a fair and transparent competition for all participants.

P. 1.3 **Competition Officials**

- Supervisor: Appointed by STEELMAN to coordinate the race.
- Direction: Appointed by STEELMAN to manage athlete check-ins and provide general race information.
- Media Director: Appointed by STEELMAN to oversee media activities during the race.
- Media: Appointed by STEELMAN under the Media Director’s supervision to capture photo/video materials during the race.
- Head Staff - E.: Appointed by STEELMAN to direct outdoor events on land/asphalt: running and cycling.
- Head Staff - W.: Appointed by STEELMAN to direct outdoor events on water: swimming and kayaking.
- Staff: Appointed by STEELMAN and directed by Head Staff E./W., to monitor standards, coordinate logistics, and enforce rules during outdoor events.
- Head Judge: Appointed by STEELMAN to oversee on-site events: strength, secret event, rowing, and hybrid WOD.
- Judge: Appointed by STEELMAN under the Head Judge’s supervision to monitor standards and enforce rules during on-site events.
- Head Scoring: Appointed by STEELMAN to manage scoring and leaderboard creation.

P 1.4 **Intellectual Property**
The STEELMAN H12/24 RACE™ event is the exclusive property of Steelman Group S.r.l., which holds all associated rights, including organization, exploitation (commercial or otherwise), transmission, and reproduction. These rights encompass any digital media content, such as images, audio, or video, related to the event or venue, regardless of recording device ownership. All personal data provided by athletes and spectators for event participation, as well as data generated during the event (e.g., race results), are exclusively owned by Steelman Group S.r.l.

P 1.5 **Disclosures**
Race rules may vary based on location, in compliance with authorization requirements, applicable laws, local ordinances, and course characteristics.
Upon completing registration, athletes will receive periodic updates regarding instructions and services available during the competition.

Art.2 / Athlete Participation Requirements and Conduct

P. 2.1 Requirements

- Be of legal age or authorized by a parent/legal guardian.
- Accept the rules, liability waiver, and personal data handling terms.
- Hold a **valid competitive sports medical certificate** during the race.
- Register through the official portal and pay the participation fee.
- Athletes are encouraged to obtain private insurance coverage for potential injuries or accidents during the event. The organization declines any liability beyond the specified participation terms.

P 2.2 **Athlete Conduct**
Each athlete must adhere to the following:

- Maintain sportsmanship.
- Ensure their own safety and that of others.

- Familiarize themselves with, understand, and follow competition rules, event-specific instructions, and briefing guidelines.
- Adhere to traffic regulations and obey instructions from race organizers.
- Show respect and courtesy to all event personnel, volunteers, spectators, and other athletes.
- Follow local laws and ordinances, avoiding political, religious, or propagandistic demonstrations, under penalty of disqualification.
- Avoid offensive language.
- Inform the Head Judges or Head Staff immediately if withdrawing. Failure to report may result in temporary suspension or permanent exclusion from future events.
- Compete without external assistance, except that provided by the race organization or other athletes. Unauthorized assistance results in a penalty of +5 points in the overall ranking.
- Dispose of waste or equipment only in designated areas. Intentional or negligent littering results in a penalty of +5 points or disqualification.
- Refrain from gaining unfair advantages using vehicles or other external objects, under penalty of disqualification.
- Avoid using devices that could distract from the surrounding environment. Such use results in disqualification.
- Follow the prescribed course; deviations without returning to the exit point result in disqualification.
- Refrain from exhibitionism or public nudity at any time during the event, under penalty of disqualification.
- Attend pre-event briefings and clarify doubts with the organization. The organization is not liable if an athlete makes navigational errors or executes movements incorrectly.

P 2.3 **Physical Requirements**
Participation is recommended for athletes capable of completing the following challenges:

- **Land**: Running, mountain biking.
- **Water**: Open-water swimming, two-person kayak paddling.
- **Cross Training**: Exercises such as strict pull-ups, kipping pull-ups, toes-to-bar, sandbag carries, wall ball (6/9 kg), dumbbell exercises, lunges and rope climb ecc.

Art.3 / Race Categories

P 3.1 **Race Categories**
Participation is in teams of 2 or individual, divided into the following categories:

H12 TEAM 60 slots:

- OPEN (m-m; m-w; w;w)
- MASTER 70+ (m-m; m-w; w;w)
- MASTER 80+ (m-m; m-w)
- MASTER 90+ (m-m; m-w)

H12 INDIVIDUAL 60 slots:

- OPEN (m; w)
- MASTER 35+/ 40+/45+/50+ (m; w)

H24 TEAM 60 slots:

- OPEN (m-m; m-w; w;w)
- MASTER 70+ (m-m; m-w; w;w)
- MASTER 80+ (m-m; m-w)
- MASTER 90+ (m-m; m-w)
- ADAPTIVE (m-a; w-a)

H24 INDIVIDUAL 60 slots:

- OPEN (m; w)
- MASTER 35+/ 40+/45+/50+ (m; w)

MASTER 70+: the combined age must be between 70 and 79
MASTER 80+: the combined age must be between 80 and 89
MASTER 90+: the combined age must be equal to or greater than 90

For all Master categories, the combined age is calculated based on the year of birth. Athletes who register in a category different from their eligible one will be reassigned to the correct category.

P 3.2 **Registrations**

During the registration phase, the Organization does not set a minimum or maximum number of participants for each subcategory, leaving competitors free to choose their category of participation. The right to a refund is valid for 14 days from the date of purchase.

The slot limit is defined exclusively at the **main category** level.

For example, the **H12 Open** category has a maximum of 60 Teams in total; within this main category, participants may freely choose among the available subcategories (e.g. M-M; M-W; W-W), without further numerical restrictions. Athletes may register individually (in the case of Teams) and then add their teammate no later than March 28th, 2026.

This system is designed to optimize slot allocation and avoid situations where places reserved for specific subcategories remain unfilled.

P 3.3 **Minimum number per category**

After 90 days from the start of the registration phase, subcategories with fewer than 4 slots will be merged into the previous subcategory.

(e.g. H24 M80+ M-W with 3 slots will be merged into subcategory H24 M70+ M-W).

P 3.4 **Equipment kit included**

Upon registration, each team will receive the following equipment kit:

- Kayak + paddles (to be used exclusively during the event)
- Supplement pack
- GPS transponders
- Swim caps
- T-shirt
- Nylon bags
- Thermal blankets
- Energy drink
- Temporary tattoos
- Official keychains
- Official patches
- Forged medals (at the end of the race)
- Sticker and bib kit
- Additional items depending on present Partners

Art. 4 / Chronological Development

P 4.1 **Race Format**
The competition, regardless of its duration and race format, consists of 8 events alternated with rest periods, during which Athletes may recover, change, and prepare for the next event.

Throughout the entire competition, Athletes will be accompanied by Judges and Staff members, whose role is to ensure their safety and compliance with the established standards.

P 4.2 **Event Order** *to be completed together

H12 TEAM

1. RUN 4.5 km / time cap 30’ - Rest 35' *to be completed together
2. SWIM 1 km / time cap 30’ - Rest 35' *to be completed together
3. KAYAK 5 km / time cap 65’ - Rest 40' *to be completed together
4. STRENGTH / time cap 3:30” - Rest 35' *to be completed as a relay
5. MTB 21 km / 78’ (cut al 2° giro) - Rest 50' *to be completed together
6. SECRET / time cap x - Rest 35' *to be completed as a relay
7. ROW 21,100 m / time cap 105’ - Rest 40' *to be completed as a relay
8. HYBRID WOD / time cap 12’ - FORGED *to be completed as a relay

H12 INDIVIDUAL

1. RUN 4.5 km / time cap 30’ - Rest 35'
2. SWIM 1 km / time cap 30’ - Rest 40'
3. KAYAK 5 km / time cap 65’ - Rest 45'
4. STRENGTH / time cap 3:30” - Rest 50'
5. MTB 21 km / 78’ (cut al 2° giro) - Rest 55'
6. SECRET / time cap x - Rest 45'
7. ROW 10,050 m / time cap 55’ - Rest 45'
8. HYBRID WOD / time cap 12’ - FORGED

H24 TEAM

1. RUN 9 km / time cap 60’ - Rest 40' *to be completed together
2. SWIM 2 km / time cap 60’ - Rest 40' *to be completed together
3. KAYAK 10 km / time cap 140’ - Rest 80' *to be completed together
4. STRENGTH / time cap 4’ - Rest 85' *to be completed as a relay
5. MTB 42 km / time cap 156’ (cut al 5° giro 130’) - Rest 120' *to be completed together
6. SECRET / time cap x - Rest 90’ *to be completed as a relay
7. ROW 42.195 m / time cap 200’ - Rest 90' *to be completed as a relay
8. HYBRID WOD / time cap 18’ - FORGED *to be completed as a relay

P 4.3 **Start Order**
The main categories have different start times, as follows:

- H12 OPEN – Friday, May 22, 07:00 AM
- H12 MASTER – Friday, May 22, 09:00 AM
- H12 INDIVIDUAL – Friday, May 22, 11:20 AM
- H24 OPEN – Saturday, May 23, 07:00 AM
- H24 MASTER + ADAPTIVE – Saturday, May 23, 10:35 AM

If an Athlete does not complete an event for any reason, they will be placed in the last position for that event, but may continue with the competition.

Art. 5 / Standards for Outdoor Events

P 5.1 **Standards: Running, Mountain Biking, Swimming, and Kayaking**

- The entire route will be marked and staffed to guide and monitor athletes.
- Both team members must complete the course.
- Teams that fail to complete events within the designated time limit will be escorted by the organization to the next checkpoint.
- Each event will include support stations, such as water or supplements if necessary.
- The use of electronic devices is prohibited, except those approved by the organization for tracking and safety purposes.

Mountain Bike Requirements

- Athletes may use their own MTB (Gravel bikes not allowed), provided they meet the minimum weight of 9.5 kg, including: Pedals, bottle cage, and tires with a minimum width of 1.90”/48mm.
- Furthermore, each athlete (even in the case of renting an MTB through the organization) must be independently equipped with: Front and rear light kit, along with a CE-approved helmet in compliance with the Highway Code, for both race versions: H12 and H24. It is also recommended to carry a puncture repair kit (e.g., spare inner tube, pump, and tire levers).
- For athletes who will use their own MTB, there will be areas available for Self-Setup, as the Steelman mechanic setup service is exclusive to athletes who have rented a bike through the organization.
- Bikes may not be lightened after the weight check; violations will result in disqualification.
- The absence of a helmet and/or front and rear light kit at the start of the MTB event will result in the athlete being stopped and assigned a penalty equal to the total minutes of the event’s time cap, plus an additional +5 points penalty.
- Mechanical assistance for bikes is only available at the event site. The organization is not responsible for delays due to waiting times.

Timing and Tracking

- Athletes must wear the chip/transponder provided at check-in throughout all events in order to record official times.
- The organization is not responsible for timing errors if the athlete does not wear the chip/transponder.
- Lost chips/transponders must be reimbursed to the organization at €100.

Course Deviations

- In case of vandalism affecting the course, athletes must follow the "Lead Staff" to complete the event.

Medical Assistance

- Medical support will be available with two ambulances (one mobile and one stationed at the event site).

Swimming

- Snorkels are not allowed for breathing assistance during the swimming event.
- Athletes must bring their own support buoy for swimming events. Failure to do so will result in a stop and a penalty equal to the event's time cap, plus an additional +5 points penalty.

Kayaking

- Athletes may use personal paddles instead of those provided.
- In the kayaking event, each athlete must handle the provided equipment with care and caution. The organization is not responsible for any damage or breakage to the equipment caused by improper handling or unavoidable collisions during the race. In the event that the kayak or parts of it (e.g., paddles) are damaged, the athlete is required to reimburse the organization €50.00 (per paddle) and €550.00 (per kayak).
- In case of emergencies, support boats will provide assistance, and replacement equipment if available.

Penalties and Support in Swimming and Kayaking

- Support boats and vessels will be available for emergencies during swimming and kayaking events. Receiving assistance will result in a penalty of +5 points in the overall ranking.

Art. 6 / Standards for On-Site Events

P 6.1 **Standards for On-Site Events: 4, 6, 7, and 8**

- Before each event, the Head Judges will hold a briefing to inform athletes about the movements and standards to be performed.
- Athletes are required to attend the pre-event briefing to avoid misunderstandings during the test.
- For on-site events 4, 6, 7, and 8, each team will be assigned a Judge who will follow them to evaluate their movements, standards, and/or the set course.
- All events, including those performed on the competition field, will be timed using the chips that Athletes are required to wear, in order to ensure accurate, real-time results and to avoid disputes or human errors.
  It is the Athlete's responsibility to correctly wear the chip during each event; otherwise, the result will be recorded as N.A. (not available), and the Athlete will be placed in the last position of the ranking for the event in question.

Rowing

- The organization uses certified software to display live race positions on the big screen during Event 7, connecting all rowing machines via LAN cables.
- Athletes may stop the entire event only within the first 3 minutes of the race by promptly notifying the Head Judge if they experience any issues with their rowing machine.
- If the issue cannot be resolved by the organization through a software reset, all rowing machines will be disconnected from the LAN cables, and the Judges will manually set the event distance, allowing the race to continue independently.
- In this case, upon completing the distance, athletes must raise their hand to have their official time recorded by the Judges.

Art. 7 / Penalties and Disqualification

P 7.1 **Evaluation and Penalties**

- Failure to comply with the rules will result in disqualification.
- Teams that fail to complete even a single event are not eligible for podium placement in their category (1st place).

- If Judges or Staff detect any unfair advantage gained by an athlete or a dangerous situation caused intentionally or negligently, they may impose a penalty of +5 points points in the overall ranking or disqualify the athlete, even if the violation is not explicitly stated in the rules.
- In the event of failing to complete at least 70% of a test, the penalty consists of assigning the entire event's time cap, plus an additional +5 points penalty.
- During the competition, team performance is evaluated by one or more Judges or Staff appointed by the organization. Judges assess participants based on prescribed tests and standards of movements indicated prior to the test.
- In case of disputes, athletes must immediately appeal to the Head Judge (before signing the scorecard). The Head Judge will resolve the issue. Once a scorecard is signed, it cannot be contested, and the score becomes final and unappealable.
- No changes are allowed after the rankings are finalized, and video evidence cannot be used to challenge scores if the scorecard is signed.

Conduct and Violations

- Winners are determined based on their ranking position. Details about event procedures are communicated during a general briefing the day before.
- Participants are expected to behave fairly and respectfully. Any attempt at manipulation, cheating, obstructive behavior, violent arguments, or offensive comments can result in exclusion from the competition.
- Athletes may face penalties or disqualification for actions that harm the organization, participants, sponsors, spectators, or unfairly impede other competitors.
- **The use of doping substances (per the WADA list) is strictly prohibited and will result in a 5-year ban from the STEELMAN H12/24 RACE™ circuit. Random doping tests may be conducted.**
- The organization's decisions are final and unappealable.

Art. 8 / Scoring and Ranking System

P 8.1 **Scoring System**

- No points will be awarded based on repetitions: each event will be timed with a chip. Rankings will be available in real time, with no processing delays.
- **Ranking by placement:** each event generates a ranking; for example, if you finish second you earn 2 points, if you finish fifth you earn 5 points. At the end, the winner will be the Athlete with the lowest total score.
- In addition, an overall absolute race time will also be calculated, obtained by summing the times of all 8 individual events.

P 8.2 **Tiebreaker**

In the event that two or more Teams finish with the same number of points, the final placement will be automatically determined by the ranking system based on the overall cumulative time of all events.

Art. 9 / Prize Pool

P 9.1 **General Information**

Official communications regarding the following will be sent via email:

- Check-in details, where teams can register and collect their race kits.
- General timeline.
- Briefing schedules.
- Awards ceremony schedule.
- Additional information regarding services offered during the event.

P 9.2 **Prize Pool**

- The prize pool will be distributed among the top finishers in each category for the **H12** & **H24** event.
- Winners in each category (H12 and H24) will also receive a 50% discount coupon for registration in the next edition of the race.
- The second-place finishers in the H12 and H24 categories, up to and including the M70+ W-W category, will receive one free slot for the next edition (transferable/sellable). All other second-place and third-place finishers will receive a coupon worth between €100.00 and €400.00 (transferable/sellable), which can be used for purchasing merchandise or a slot for the next edition (365 days value).
- Prizes will be awarded to the respective winners according to terms and methods communicated by the organization at the end of the competition (bank transfer within 7-10 days after the competition).
- The declared prize pool may be adjusted.

Art. 10 / Personal Data Processing

P 10.1 **Use of Personal Data**
Personal data will be processed in compliance with Regulation (EU) 2016/679. After being informed pursuant to Art. 13 of the Privacy Code and acknowledging the rights provided under Articles 7 et seq., participants consent—within the scope permitted by law—to the processing of their personal data by the organizer of the STEELMAN H12/24 RACE™ event and all partner entities and IT system providers. This includes purposes related to

event registration, ranking formation, result publication, and all other event-related activities.

P 10.2 **Consent to Use of Photos and Videos**

During the competition, photos and videos are taken by operators authorized by the organization to produce promotional and commercial audiovisual materials.

- During the competition, photos and videos will be taken by authorized operators appointed by the Organization for the purpose of creating promotional and commercial audiovisual material.
- The participant authorizes the Organization and its operators to capture, publish, edit, and transmit such photos and videos on online and offline channels, both owned and third-party, for all activities related to the event.
- The participant grants the Organization and its partners the free use of photo/video material that depicts them in any action performed during the competition, without the need for prior authorization and without any claim for compensation.

P 10.3 **Liability Waiver and Event Cancellation**

- Participants acknowledge the foreseeable and unforeseeable risks associated with the sporting activities of the competition and confirm that they hold valid competitive medical certification in compliance with current health regulations.
- Participants accept full responsibility for their actions, including any damage caused to others and/or property during the competition.
- Participants declare that they have read, understood, and accepted the regulations in full before signing. They understand and agree with the purpose of these rules designed for their safety and acknowledge that failure to comply could endanger themselves and others.
- Participants release the event organizer from all civil and criminal liability that may arise during any phase of the competition or related events.
- Participants accept that the organization may modify competition conditions or cancel the event due to unforeseen circumstances, force majeure, or reasons beyond its control.
- Participants are aware and accept that under no circumstances and for no reason will the registration fee paid at the time of enrollment be refunded, even partially.

Art. 11 / Regulation Updates

P 11.1 **Updates**

This regulation may undergo revisions before the registration deadline to optimize the success of the sporting event.