



# **STEELMAN<sup>®</sup>**

## **H12/24 RACE**



## **ATHLETES REGULATION - 2024**

By registering for **STEELMAN H12 - H24 RACE™** 2024, participants declare that they have read and accepted these regulations in their entirety.

Furthermore, for the purposes of Articles 1341 and 1342 of the Civil Code, they declare that they specifically approve points: I, II, III, IV, V, VI of Paragraph 11 regarding discharge of liability and cancellation.

### **What is STEELMAN™?**

**Steelman H24 Race™** is the new Team-based sports competition that tests all the skills of an Athlete. The first to combine Endurance and Maximum Strength, in 8 events with 7+ disciplines; creating a unique mode, a **HYBRID** race in two versions: **H12** or **H24**! Each event is followed by a break where teams can rest, integrate and psychologically prepare for the next event.

**Version - H24 Race™** is an epic challenge, a journey of mixed emotions that will take you beyond your limits! Here, mind and body come together in perfect synergy.

- 9k RUN (together)
- 2k SWIM (together)
- 10k KAYAK (together)
- Sandbag kg STRENGTH (together)
- 42k MTB (together)
- Secret event (relay)
- 42k ROWING (relay)
- HYBRID WOD (relay)

**Version - H12 Race™** was created to bring people like you closer to the world of STEELMAN, in a more sprint, but still incredibly exciting mode!

- 4,5k RUN (together)
- 1k SWIM (together)
- 5k KAYAK (together)
- Sandbag kg STRENGTH (together)
- 21k MTB (together)
- Secret event (relay)
- 21k ROWING (relay)
- HYBRID WOD (relay)

## **1. Requirements for participation**

**To be eligible for STEELMAN H12 - H24 RACE™, Athletes must:**

1. Have reached the age of majority on the date of participation or be authorized by a parent;

2. Agree to the rules and regulations on the discharge of liability and processing of personal data;
3. Register at [www.judgerules.it](http://www.judgerules.it) or [www.steelmanh24race.com](http://www.steelmanh24race.com) and be in good standing with a competitive medical certificate
4. Pay the **basic** registration fee for the **H24** version amounting to: €597 (x 2-person team), or €297 (x 2-person team) for the **H12** version.

**N.b** The registration payment can be refunded until February 10, 2024. After this deadline expires, the slots for the 2025 edition will be frozen.

## **2. Participation in the two versions of the competition is according to the following 2-person Team categories:**

- OPEN Men - Men
- OPEN Men - Woman
- MASTER 70+ Men - Men
- MASTER 70+ Men - Woman
- MASTER 80+ Men - Men
- MASTER 80+ Men - Woman

Categories are declared by the Team Leader Athlete during registration by means of the online portal chosen by the organization specifying in addition:

1. First and last name, gender and age of participants
2. Crossfit Box or Gym of Membership
3. T-Shirt size of participants

**N.b** If at least 50% of the slots of a category are not reached, it will be incorporated into the previous category. Example Master 70+ will move to the Open category.

### **3. Skills present in the H24 version:**

To participate in the **H24** version, it is recommended to know how to deal with the following skills:

- EARTH: Running and Mountain Biking
- WATER: Swimming in open water, leading a two-seater kayak
- CROSS TRAINING: pull-up strict, toes to bar, rope climb, wall walk e sandbag minimo 30/50 kg.

### **4. Skills present in the H12 version:**

To participate in the **H12** version, it is recommended to know how to deal with the following skills:

- EARTH: Running and Mountain Biking
- WATER: Swimming in open water, leading a two-seater kayak
- CROSS TRAINING: pull-up any style (kipping, ecc), toes to bar, rope climb, wall walk e sandbag min 30/50 kg

### **5. Equipment kits**

Each registered Team will receive an equipment kit to face the competition, consisting of:

#### **Team - H24**

- A. 4 Team-sponsored T-shirts with bib number
- B. 1 Two-seater kayak (for exclusive use in the competition)
- C. 2 chip/GPS transponders
- D. 2 sponsored swim caps
- E. 8 packs of Supplements, to ensure each Team gets the right level of hydration and supplementation
- F. 2 customized nylon bags
- G. 4 liters of water per Team
- H. 3 ready-to-eat meal vouchers per Athlete
- I. 2 STEELMAN H24 RACE™ patches

## Team - H12

- A. 2 Team-sponsored T-shirts with bib number
- B. 1 Two-seater kayak (for exclusive use in the competition)
- C. 2 chip/GPS transponders
- D. 2 sponsored swim caps
- E. packs of Supplements, to ensure each Team gets the right level of hydration and supplementation
- F. 2 customized nylon bags
- G. 2 liters of water per Team
- H. 1 ready-to-eat meal vouchers per Athlete
- I. 2 STEELMAN H24 RACE™ patches

**N.B:** each Athlete must self-equip with Mountain Bike/Gravel (with a minimum weight of 9.5kg, including pedals, bindings (optional, water bottle holder, helmet, **mandatory front and rear night lights and tire repair kit**), to face the event 5. Should the Athlete not be able to bring his/her own bike on site, it will be possible to rent it, booking it directly to the organization, under the terms and conditions that it will declare at the end of the registration period.

## 6. Prize money

*If the totality of each category is not reached, the available slots will be reshuffled by the organization.*

Official announcements of the following items will then be sent by email:

- Check in where teams can register and pick up their race kits
- General timeline
- Briefing (event flow and standards allowed)
- Awards ceremony schedule
- Additional communications regarding services offered during the event

The prize money will be divided among the top 3 finishers in each category, for a total of 18 prizes for the **H24** event, while only the 1 finishers in each category in the **H12** event will be awarded.

The prizes will be awarded to the respective winners according to terms and conditions that will be communicated by the organization at the end of the competition (bank transfer, within 7 - 10gg after the end of the competition).

**N.B. The prize pool declared by the organization may change if the category of interest does not reach at least 95 percent of the available slots.**

## **7. Conduct and Standards of Events**

- In the events within the competition field: 4,6,7,8, all Teams in each category will have 1 judge available to follow them to evaluate movements, standards or the established course
- Events: 4,6,8 will be executed through 25-team batteries
- In events: 1,2,3,5,7 all teams will start together (both team members must complete the course)
- Teams that fail to complete the events in the predetermined maximum time will be transported/escorted by the organization to the next check-point/race field so that they can tackle the next event
- Each event will include land or water assets to support participating Teams, including water stations or supplementation when necessary
- The use of earphones for music playback is not allowed
- No mouthpiece is allowed to be used to facilitate the breathing phase during event 2
- Paddles other than those provided during the event 3 may not be used
- You are not allowed to lighten your bicycle after passing the weight test

- It is mandatory to self-equip with a tire repair kit during the event 5 and to be able to independently provide a puncture repair
- Mechanical assistance of bikes by the organization will be available at the racecourse passage according to availability, the organization will not be responsible for any delays due to waiting for access to assistance in case of queues
- In events: 1, 2, 3, 5, 6, and 8 all athletes will wear a timing chip to establish official times for each event
- The organization is not responsible for any errors on the times if the Athlete is not wearing the chip
- In case of loss of the chip, the Athlete will be required to reimburse the organization € 100
- In Event 3, should the kayak or parts of the kayak (e.g. paddles) become damaged, the organization through support boats will provide assistance to the Athletes as quickly as possible
- In the events: 1 and 5 in case the predetermined routes, should be vandalized, the Athletes must compulsorily follow the STAFF "Open Row", which will conduct the event until the end of the event
- The organization will provide medical assistance through No. 2 ambulances for the duration of the event (1 traveling and 1 fixed in the village/base camp)

## **8. Evaluation and Ranking System**

The awarding of event points is based on the fastest time or the maximum number of repetitions or the maximum weight lifted. Any failed or improperly performed repetition, that is, a deviation from the prescribed standard of movement, constitutes a "no rep," that is, an invalid repetition.

The allocation of points for each event is based on the **JR RANGE SCORING SYSTEM** :

- The system divides the ranking into 4 equal brackets by number of Teams

- The score obtained by the Team in the event identifies the ranking among the brackets
- A number of points is associated with each bracket
- 1stBAND: 400 points
- 2ndBAND: 300 points
- 3rdBAND: 200 points
- 4thBAND: 100 points
- The number of points divided by the number of Teams per bracket represents the gap between one position and the next
- The gap between positions decreases as you scroll down the rankings
- first place always gets 1000 points

### Example:

Cat. with 20 Team (20 Team / 4 bands = 5 Team x bands)

- 1°BANDS: 400 points / 5 Team = 80 gap points
- 2°BANDS: 300 points / 5 Team = 60 gap points
- 3°BANDS: 200 points / 5 Team = 40 gap points
- 4°BANDS: 100 points / 5 Team = 20 gap points

JR RANGE SCORING SYSTEM			
EXAMPLE			
1	posizione	=	1000 punti
2	posizione =	1000 - 80 =	920 punti
3	posizione =	920 - 80 =	840 punti
4	posizione =	840 - 80 =	760 punti
5	posizione =	760 - 80 =	680 punti
6	posizione =	680 - 60 =	620 punti
7	posizione =	620 - 60 =	560 punti
8	posizione =	560 - 60 =	500 punti
9	posizione =	500 - 60 =	440 punti
10	posizione =	440 - 60 =	380 punti
11	posizione =	380 - 40 =	340 punti
12	posizione =	340 - 40 =	300 punti
13	posizione =	300 - 40 =	260 punti
14	posizione =	260 - 40 =	220 punti
15	posizione =	220 - 40 =	180 punti
16	posizione =	180 - 20 =	160 punti
17	posizione =	160 - 20 =	140 punti
18	posizione =	140 - 20 =	120 punti
19	posizione =	120 - 20 =	100 punti
20	posizione =	100 - 20 =	80 punti



In the event that a Team does not voluntarily participate in an event or does not complete at least 70% of the event, it will receive a penalty through a point deduction of: -750 points.

In the event that two or more Teams are tied on points, the final placing is automatically determined by the ranking system by counting the sum of the absolute times of each event.

- During all phases of the competition, the performance of the Teams is checked by one or more judges appointed by the organization. The judges evaluate the participants based on the prescribed tests in accordance with the movement criteria and standards indicated before the start of the test and by timing the duration of each event.
- Each Team Leader must sign the scorecard to validate the score assigned by the judge; in case of any dispute, the participant must immediately appeal to the HEAD JUDGE (before signing), who will resolve the dispute together with the head judge; a signed score-card cannot be disputed, and the score assigned by the judge is final and unappealable. Under no circumstances are changes allowed after the close of the ranking, nor are video-supported disputes allowed if the scorecard has been signed.
- Winners are determined on the basis of ranking. Details on how the competition will be conducted are announced the day before the competition in a specific briefing.

## **9. Rules of conduct and decisions of the Judges**

Participants agree to behave in a fair and sporting manner: manipulations and attempts at deception, disruptive or obstructive behavior, violent discussions and offensive comments may be punished by the Organization by exclusion from the competition.

All unsportsmanlike conduct and any possible attitude intended to harm the Organization, participants, Sponsors, spectators, and others present or to prevent other competitors from participating in the competition in a fair and equitable manner are also punishable by penalties on the rankings.

**The decisions of the Organization are final and unappealable.**

## **10. Consent for use of Photos and Videos**

- During the course of the competition, photos and videos are taken by operators authorized by the Organization in order to produce promotional audiovisual material.
- The participant authorizes the Organization and its operators to take, publish, process and transmit such photos and videos on its own and third parties' online and offline channels for all event-related activities.
- The participant grants to the Organization and its partners the free use of photo/video material depicting him/her in any action performed within the competition, without having to give prior permission and without any claim.

## **11. Discharge of Liability and Cancellation**

- i. Participants declare that they are aware of the risks, foreseeable and unforeseeable, associated with the sporting activity of the competition and that they have appropriate competitive medical certification, in accordance with current health regulations.
- ii. Participants assume any and all responsibility regarding their person, for damage caused to others and/or property due to their behavior during the competition.
- iii. Participants declare that they have carefully read and evaluated the contents of these rules and clearly understood the meaning of each point before signing them. They fully

understand and agree with the purposes of these rules established for your safety and that failure to abide by them may place themselves and other participants in dangerous situations.

- iv. Participants declare that they release the Event Organization from any and all liability, civil and criminal, that may arise during the various stages of the competition and during all events related to the event.
- v. Participants agree that the organization may change the planned conditions for the competition and may cancel the event for reasons currently unforeseeable, force majeure, and for reasons beyond its control.
- vi. Participants are aware and agree that under no circumstances and for no reason can the membership fee paid to the organizing Sports Association during registration be refunded, not even partially.

## **12. Processing of personal data**

Processing of personal data through Regulation (EU) 2016/679. Having received information about Art. 13 of the Privacy Code and having taken note of the rights under Art. 7 et seq. , the participants express - to the extent necessary for the purposes prescribed by law - consent to the processing of personal data by the STEELMAN H24 RACE™ event organizer and all partners and providers of computer systems that are used for the purposes of competition registration, ranking formation, publication of results, and for everything related to the event.

## **13. Organization**

STEELMAN H24 RACE™ is a sporting event organized by A.S.D Steelman H24 Race located at 226 Silvestri Street, 00164, Rome (RM) and will take place at the location of Gaeta (LT).

## **14. Updates 2023-2024**

The above regulations may undergo optimizations, before the closing of registration, with the aim of improving the success of the sports event.

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