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## FOREWORD

This document, called the "Rulebook," constitutes the contractual relationship between the parties:

- ⌚ The Event Organizer (responsible for organizing the event and bearing civil, criminal, and administrative responsibility).
- ⌚ The Participant (the individual who registers for the event by paying the registration fee).

The rules stated here are of a special nature and are conventionally accepted as exceptions to general norms. Where this document does not address a situation, general legal norms will apply. Athletes involved in actions outlined in Article 13 of this regulation will not be allowed to participate in this competition. By registering for the competition, the parties declare their unconditional and full acceptance of this document's content.

## 1. THE COMPETITION

This is a CrossFit® competition held in Verona at 4 Flamingos CrossFit, located at Via della Vittoria 78, 37057, Raldon (VR) on May 31 and June 1, 2025.

The event is organized by WanderTeen ASD and FLG Fitness SSDaRL, with headquarters at the same address.

## 2. STRUCTURE OF THE COMPETITION

The competition consists of two phases:

- ⌚ Online Phase - From December 23, 2024, to February 24, 2025.
- ⌚ Live Phase - From May 31, 2025, to June 1, 2025.

Access to the Live Phase requires successful qualification through the online phase and meeting all the requirements outlined in this Rulebook.



### 3. EVENT TIMELINE

REGISTRATION OPENING – December 16, 2024

REGISTRATION DEADLINE – February 24, 2025

QUALIFICATION COST – 20€ per athlete

LIVE PHASE COST – 80€ per athlete (confirmed after qualification)

Detailed Timeline:

December 16, 2024	Registration Opens
December 23, 2024	Release of Qualification Workout 25.1 Release of Qualification Workout 25.2
February 24, 2025	Deadline for submission of Qualification Workouts. Registration Closes
By April 6, 2025	Qualified athletes for the Live Phase are announced
From May 19, 2025	Live Phase workout details released
By May 25, 2025	Live Event timeline published

### 4. REQUIREMENTS OF PARTICIPATION

- A. The event will mainly take place at 4 FLAMINGOS CROSSFIT, located at Via della Vittoria, 78, 37057, Raldon, Verona, Italy.
- B. This Rulebook applies to the entire event venue and governs the relationship between the Participant and the Organizer. By registering and checking in on-site, the Participant enters into a contract with the Organizer for the event and gains the right to participate in the event.
- C. The Participant must be capable of performing the exercises and activities independently. By registering, the Participant confirms that they meet the necessary fitness and health requirements to perform and complete the proposed activities and, if in doubt, have consulted a doctor regarding their condition. During the event days, the Participant will engage in the proposed activities only if they are in good health and have adequate physical preparation, stopping immediately if signs of weakness and/or discomfort arise.
- D. Participation with the knowledge of having a physical or psychological condition requiring special care and/or medical assistance is not permitted. No special assistance is provided. Medical and/or specialized assistance for participants is only allowed upon prior discussion during the registration process.
- E. Any medical treatment and/or transportation to the hospital, as well as any hospital treatments, will be the responsibility of the Participant. It is the Participant's responsibility to ensure they have coverage through any applicable federal insurance and, if necessary, personal insurance.
- F. The Participant acknowledges the rights and duties outlined in this Rulebook, as well as the rules that will be explained during the event. The Terms & Conditions, along with the conduct rules, will be clarified to the Participant during Check-In and the event's opening Briefing.



Furthermore, to be admitted to the competition, the athlete must:

- G. Be of legal age on the date of participation in the competition or be authorized by their parents by submitting a signed Parental Release;
- H. Accept the rules along with the liability waiver and the personal data processing policy;
- I. Register on the platform used for event registration in accordance with the specified terms;
- J. Pay the registration fee;
- K. Present the original medical certificate for competitive sports (or an e-mail with a unique identification code and a PDF of the document issued by the certifying body) at check-in;
- L. Choose the appropriate category based on their ranking placement;
- M. Not have been subject to any precautionary suspension from sports activities or disciplinary measures of any level issued by national or international sports authorities. Failing to disclose such situations to the Organizer grants them the right to take legal action in any forum;
- N. The organization will carry out appropriate checks and may exclude the participant, who will not be entitled to any refund;
- O. Not have been disqualified by the organization during previous editions or be part of the list of athletes suspended from competitions in the circuit managed by the organizer;
- P. The collection of the race pack is limited to check-in days. After that, it will no longer be possible to collect it.

## **5. PARKING AND STAY ON SITE**

- A. Parking is only allowed in the designated areas around 4 FLAMINGOS CROSSFIT and only during participant check-in and check-out periods. Extended parking must be arranged with the Organizer.
- B. The premises must be kept clean and treated with care; waste must be collected and disposed of in the designated recycling areas.
- C. Camping with tents, caravans, and/or RVs is not allowed, nor is the lighting of open flames.
- D. Emergency exits and evacuation routes must remain clear at all times throughout the day.

## **6. ENTRY AND EVENT ADMISSION CONTROL**

- A. Access to the event is only permitted with a valid registration, a completed and signed release form, along with a valid ID. By completing and signing the release form, the Participant agrees to the entirety of this Rulebook.
- B. Children and teenagers aged between 0 and 15 years can only enter the event if accompanied by a guardian or a responsible person for their care or a designated coach. The accompanying person must be an adult in a position of responsibility, either permanent or temporary, in full agreement with the child's or teenager's legal guardian. Minors aged 16 or older may access the event if accompanied or with written consent from a legal guardian and/or educational representative. The responsible person accompanying minors must have a written copy of the guardianship responsibility and must present, upon request, their valid ID and a copy of the ID of the person they are accompanying.



- C. The Organizer reserves the right to deny the Participant access to the event for important reasons, such as:
- ⌚ Transporting prohibited items and/or substances;
  - ⌚ Clear signs of intoxication or drug use;
  - ⌚ Homophobic, sexist, racist, and/or violent behavior;
  - ⌚ Behavior that jeopardizes the safety of minors.
- D. In the case of any of the above conditions, or of similar significance, the Participant and/or their accompanying person will be immediately removed from the event, and no refund will be provided.

## **7. PROHIBITED ITEMS AND SUBSTANCES**

The following items and substances are prohibited in any area of the event:

- ⌚ Weapons of any kind (including axes, hatchets, saws, and similar items);
- ⌚ Pyrotechnic devices;
- ⌚ Laser pointers;
- ⌚ Audio equipment;
- ⌚ Compressors, generators, power generators;
- ⌚ Torches and flares;
- ⌚ Explosives;
- ⌚ Sirens, air horns, megaphones;
- ⌚ Flags, signs, stickers, and anti-constitutional prints;
- ⌚ Commercial, political, and religious items;
- ⌚ Any dangerous objects;
- ⌚ Narcotic substances and illegal drugs;
- ⌚ Drones;
- ⌚ Glass bottles;
- ⌚ Photography, audio, and video recording equipment not previously authorized by the Organizer.

The transportation of one or more of these items will result in their confiscation and, if necessary, removal from the event. In such cases, no refund will be provided.

## **8. CODE OF CONDUCT AND AUDIO-VIDEO RECORDING**

The following rules of conduct are enforced by the Organizer and must be followed by everyone present at the event venues.

- ⌚ Visitors and participants must refrain from the following behaviors and actions:
- ⌚ Transporting prohibited items;
- ⌚ Exercising physical violence against participants, visitors, Organizer staff, and/or third parties;
- ⌚ Throwing objects at participants, visitors, Organizer staff, and/or third parties;
- ⌚ Urinating and/or defecating outside the designated restrooms;
- ⌚ Initiating commercial negotiations, carrying promotional materials, starting marketing campaigns, and/or promotional activities without permission from the Organizer. This



restriction includes any form of promotional material: posters, merchandise, flyers, coupons, and similar items. This restriction applies throughout all event venues;

- ⌚ Entering areas that are not accessible to participants and visitors; climbing scaffolding, beams, and structures not intended for such use.

In case of any of the above conditions, or situations of similar significance, the Participant and/or Visitor will be immediately removed from the event, and no refund will be provided. Furthermore, in the case of criminal behavior, law enforcement will be notified, and a formal report will be made to the relevant authorities.

## **9. CANCELLATION, WITHDRAWAL FROM THE EVENT; PROGRAM CHANGES**

- A. If the event is canceled, there will be no right to a refund for either the Online Phase or the Live Phase.
- B. If weather conditions or other circumstances endanger the life and/or safety of participants and/or staff, some activities may be postponed, temporarily interrupted, and/or canceled. In this case, or if activities are canceled for other reasons beyond the Organizer's control, such as events and/or natural disasters or decisions imposed by the competent authorities, no refund or compensation requests will be accepted.
- C. These conditions apply in cases where the event is canceled due to uncontrollable causes by the Organizer, such as: events and/or natural disasters, war, epidemics, revolutions, strikes, tornadoes, downpours, extreme heat, fires, lightning strikes, explosions, implosions, vandalism, impositions or orders from authorities and/or government, or any cause of similar magnitude.
- D. In the event of changes and/or cancellations of the event's programs, activities, or content, the Participant has no right to file complaints against the Organizer as long as the meaning and purpose of the event are still preserved. Delays or changes to programs, activities, and content must be accepted by the Participant. The Organizer will immediately communicate any changes to make the organization of the event as smooth as possible for participants.
- E. If, due to one or more of the conditions previously listed, the Organizer must reduce the number of participants, the Organizer will promptly inform the directly affected individuals.
- F. If the event is canceled after it has already started, participants have no right to complaints or refunds.
- G. If the event's date needs to be rescheduled for the health and safety of participants, the Organizer will ensure that the competition is rescheduled at the earliest opportunity.
- H. If the event can still take place but with distancing measures and crowd and athlete limits, the Organizer reserves the right to announce the new format of the competition through media channels, including the option of an online version.

These scenarios are identified by both parties as exceptional events beyond the control of the event organizer and are subject to the general legal framework





## **10. PROTECTION AND SAFETY OF MINORS**

- A. All laws and measures for the protection of minors in public apply to the event.
- B. Children and teenagers aged between 0 and 15 years may enter the event only if accompanied by a guardian or a responsible person for their care or a designated coach. The accompanying person must be an adult in a responsible position, either permanent or temporary, fully in agreement with the child's or teenager's legal guardian. Minors aged 16 or older may access the event if accompanied or with written consent from a legal guardian and/or educational representative. The responsible person accompanying minors must have a written copy of the guardianship responsibility and must present, upon request, their valid ID and a copy of the ID of the person they are accompanying.

In the event of behaviors and/or actions that violate or jeopardize the safety of minors, the Participant and/or their accompanying person will be immediately removed from the event, and no refund will be provided.

## **11. LIMITED LIABILITY AND INDEMNITY CLAUSE**

- A. The Organizer, staff, and its representatives are fully responsible for the success of the event and its content. Therefore, they commit to maintaining a high standard of quality for all activities and content directly managed by the Organizer.
- B. The limited liability of the Organizer, staff, and its representatives applies in the following cases:
- C. In cases of negligence, the Organizer is only responsible in case of breach of contractual obligations that prevent the proper execution and compliance with the contract. The extent of liability for such negligence is limited to the foreseeable damage at the time of the contract's conclusion and to the typical circumstances anticipated. This limitation of liability also applies to the staff and representatives of the Organizer.
- D. The Organizer assumes no responsibility for health consequences resulting from the Participant not having a sufficient level of fitness and health at the time of check-in to fully participate in the event, or from having an infection, illness, or injury.
- E. The Organizer assumes no responsibility if the Participant does not seek immediate assistance and/or medical help if they feel unwell and/or injured during the event.
- F. During the use of the venue and spaces at the event location, participants must follow and respect the safety rules and/or instructions from the staff. The Organizer assumes no responsibility if the Participant violates these rules.
- G. The Organizer assumes no responsibility if clause 6.A of this Rulebook is not respected due to false statements, missing information, or incomplete documents.



## 12. BEHAVIOUR RULES

Our rules for the safety of Participants, Visitors, and Staff:

- A. Golden Rule - Health Comes First! If the Participant feels they are not in optimal physical condition, they may choose not to participate in the training. If signs of overload appear, the Participant is encouraged to stop. Participants should be realistic about their abilities to avoid putting themselves or others at risk of injury. Overestimating oneself can significantly increase the risk of serious injury, such as fractures, paralysis, or even death, from a violent fall.
- B. Injury - If the Participant requires or needs medical assistance during the Workout, they must obtain clearance from a doctor in order to continue in the competition. It is within the authority of the doctor, the Head Judge, or the competition director to remove an injured athlete from the competition.
- C. Breaks - There will be designated times and spaces for breaks and personal activities; Participants are asked to respect these times and spaces.
- D. Appropriate Clothing - The Participant is required to wear appropriate protective gear. Clothing should be free from zippers, belts, rings, chains, and ropes. Jewelry and piercings should not be worn or must be designed in a way that does not interfere or present a risk of being torn. Any auxiliary devices for sight or hearing must be removed or designed in a way that does not interfere or present a risk of being torn.
- E. Health Restrictions - If the Participant suffers from spinal, cardiac issues, or has restrictions like asthma or diabetes, they must consult their general practitioner or specialist to ensure they are fit to participate in the event. Participation under the influence of drugs or alcohol is prohibited.
- F. Unsportsmanlike Behavior - The Participant agrees to compete in a sporting manner, avoiding any unsportsmanlike behavior. They also agree not to engage in offensive, insulting, or violent actions toward judges, volunteers, other athletes, spectators, sponsors, or the Organizer during both the qualification phase and the Live Phase. Any behavior violating this commitment will result in disqualification. Each athlete agrees to perform the Workout without altering its nature and to engage in fair and honest competition, free from tricks or deception of any kind. Any conduct identified as malicious will be penalized with disqualification. This list is non-exhaustive, and any behavior that violates a direct warning from the Head Judge or Organizer regarding sportsmanship, respect for the role, and respect for the people involved in the event will result in disqualification.
- G. Movement Deemed Uncommon - The Participant must perform the exercises and movements as prescribed, without altering their execution. Additionally, the athlete may not use items to facilitate the execution of movements:
  - ⌚ For example, the athlete cannot use weightlifting bands.
  - ⌚ For example, the athlete cannot use supports or protections for the barbell (such as knee sleeves to protect the collar during movements like Shoulder to Overhead).
 If such conduct is violated, the Head Judge will instruct the athlete to conform to the prescribed rules; failure to comply will result in disqualification.
- H. Merchandise and Items - Any merchandise or items given to the Participant during the event are the responsibility of the Participant, not the Organizer.

### 13. ATHLETES ELIGIBLE FOR THE LIVE COMPETITION

Available Slots:

DIVISION	MALE	FEMALE
UNDER 21 ÉLITE	8	8
UNDER 21 REGULAR	8	8
17 - 18 ÉLITE	8	8
17 - 18 REGULAR	8	8
15 - 16 ÉLITE	8	8
15 - 16 REGULAR	8	8
UNDER 14 ÉLITE	8	8
UNDER 14 REGULAR	8	8

#### ATTENTION - Minimum Participation Requirements

In the event that the number of athletes in any specific category does not meet the required number to proceed with a Heat (50% of the available lanes), the Organizer reserves the right to offer a refund for the registration or, alternatively, contact individual athletes to place them in the closest divisions based on weight and skill level.

### 14. DIVISIONS - CATEGORIES

The competition features the following divisions:

- A. Élite - This is the main competitive category and serves as the benchmark division for the event. All athletes can register for this category.
  - ⌚ Athletes entering the Élite category are required to possess not only full competition skills but also meet the load requirements comparable to those in Semifinals or Quarterfinals of the sport's governing body.
  - ⌚ This category is intended for athletes with advanced skill levels, capable of performing high-intensity movements with significant loads.
- B. Regular - The Regular category corresponds to the general level for athletes, comparable to the "RX" category in the Open (but not to the "Scaled" category).
  - ⌚ Like the Élite category, athletes in the Regular division are expected to possess the full set of skills and meet the load requirements similar to those found in the Open competitions.
  - ⌚ However, the Regular category offers the flexibility to scale down certain complex movements in gymnastics, based on specific Workout Sheets that will be provided. This allows athletes of varying levels to participate, adjusting the difficulty of certain exercises without compromising the competitive aspect of the event.
  - ⌚

Both categories will follow the rules set by the event organizers, but the scaling options in the Regular division allow for greater inclusivity, while the Élite division remains for those with the highest level of fitness and skill.



## **15. POSSIBILITY TO DESKILL THE MOVEMENT**

The Regular category will have the option to deskill specific high-complexity gymnastics movements.

The possibility to deskill the movement is available only during the Live Phase.

Of course, the score will reflect this choice, resulting in a lower score compared to those who performed even a single rep of the required movement.

For example, if the athlete is unable to perform Ring Muscle Ups, they may scale to Chest To Bar pull-ups, but their score will be lower than someone who has performed even a single rep of Ring Muscle Ups.



## 16. PARAMETERS FOR MALE DIVISION ELIGIBILITY

AGE	Male Under 21		Male 17 - 18		Male 15 - 16		Male Under 14	
SKILL	Élite	Regular	Élite	Regular	Élite	Regular	Élite	Regular
Pull Up	✓	✓	✓	✓	✓	✓	✓	✓
Chest To Bar	✓	✓	✓	✓	✓	✗	✓	✗
Bar Muscle Up	✓	✗	✓	✗	✓	✗	✓	✗
Ring Muscle Up	✓	✗	✓	✗	✗	✗	✗	✗
Knee To Chest	✓	✓	✓	✓	✓	✓	✓	✓
Leg Raises	✓	✓	✓	✓	✓	✓	✓	✓
Toes To Ring	✓	✓	✓	✓	✓	✓	✓	✓
Toes To Bar	✓	✗	✓	✗	✓	✗	✓	✗
Rope Climb	✓	✓	✓	✓	✓	✗	✓	✗
Handstand Push Up	Flat	AbMat	Flat	Abmat	Flat	Abmat	Abmat	Abmat
Handstand Walk	✓	✗	✓	✗	✓	✗	✓	✗
Pistol Squat	✓	✗	✓	✗	✓	✗	✓	✗
Single Unders	✓	✓	✓	✓	✓	✓	✓	✓
Crossover Single Unders	✓	✓	✓	✓	✓	✗	✓	✗
Double Unders	✓	✓	✓	✓	✓	✗	✓	✗
Gestione Clean in Workout	90kg	70kg	80kg	60kg	70kg	50kg	45kg	30kg
Gestione Snatch in Workout	70kg	50kg	60kg	40kg	50kg	35kg	35kg	20kg
1000m Row	< 03:45	> 03:45	< 03:50	> 03:50	< 03:55	> 03:55	< 04:00	> 04:00
2000m Row	< 07:30	> 07:30	< 07:40	> 07:40	< 07:50	> 07:50	< 08:00	> 08:00



## PARAMETERS FOR FEMALE DIVISION ELIGIBILITY

AGE	Female Under 21		Female 17 - 18		Female 15 - 16		Female Under 14	
SKILL	Élite	Regular	Élite	Regular	Élite	Regular	Élite	Regular
Pull Up	✓	✓	✓	✓	✓	✓	✓	✓
Chest To Bar	✓	✓	✓	✓	✓	✗	✓	✗
Bar Muscle Up	✓	✗	✓	✗	✓	✗	✗	✗
Ring Muscle Up	✓	✗	✓	✗	✗	✗	✗	✗
Knee To Chest	✓	✓	✓	✓	✓	✓	✓	✓
Leg Raises	✓	✓	✓	✓	✓	✗	✓	✗
Toes To Ring	✓	✓	✓	✓	✓	✗	✓	✗
Toes To Bar	✓	✗	✓	✗	✓	✗	✓	✗
Rope Climb	✓	✓	✓	✓	✓	✗	✓	✗
Handstand Push Up	Flat	AbMat	Flat	Abmat	Abmat	Abmat	Abmat	Abmat
Handstand Walk	✓	✗	✓	✗	✓	✗	✓	✗
Pistol Squat	✓	✗	✓	✗	✓	✗	✓	✗
Single Unders	✓	✓	✓	✓	✓	✓	✓	✓
Crossover Single Unders	✓	✓	✓	✓	✓	✗	✓	✗
Double Unders	✓	✓	✓	✓	✓	✗	✓	✗
Gestione Clean in Workout	65kg	55kg	55kg	45kg	45kg	35kg	35kg	25kg
Gestione Snatch in Workout	50kg	40kg	40kg	30kg	35kg	25kg	25kg	15kg
1000m Row	< 04:00	> 04:00	< 04:05	> 04:05	< 04:10	> 04:15	< 04:20	> 04:20
2000m Row	< 08:00	> 08:00	< 08:10	> 08:10	< 08:20	> 08:30	< 08:40	> 08:40



The age bracket is calculated based on the age the athlete will have during the Live Phase; therefore, the cutoff will be calculated from midnight on the first day of the Live Phase.

The parameters outlined should be considered for self-assessment by the athlete. If during the qualification phase, an athlete is found to belong to a category lower than the one they chose, the organization reserves the right to move the athlete to a more appropriate category. In this case, the athlete will no longer be able to register in the previously chosen category but will be forced to register in the higher category. This process will be applied to all categories. The results will be communicated to the athletes through official social media channels (Instagram) and via the event registration portal.

## **17. CLAUSE OF DISQUALIFICATION FROM THE COMPETITION**

The event qualifies as a sports competition according to the jurisprudence of the TNA (National Sports Tribunal), but it does not refer to any affiliated sports disciplines or federations, therefore it lacks specific statutes or technical regulations. For this reason, the primary discipline governing participation in the competition is this document, which should be considered a contractual agreement between the parties (Organizer and event participant).

The Organizer, the competition director, and the Head Judges reserve the right to exclude, at their sole discretion, those athletes who violate the above regulations for reasons related to unsportsmanlike behavior during the qualification phase or the live phase of the event.

## **18. SANCTIONS**

By paying the registration fee, the participant agrees to this document in its entirety. Specifically, the following is highlighted:

- A. Alteration of the qualification result through the submission of a manipulated or incorrect video: invalidation of the video and exclusion from the competition.
- B. Alteration of qualification for the Live Phase through specific violations outlined in the guidelines for each qualification Workout: invalidation of the video according to the penalties specified in the documents provided by the Organizer, called brochures.
- C. Physically violent behavior towards athletes, judges, volunteers, or the public: permanent disqualification from events promoted by the Organizer (without prejudice to any civil or criminal actions).
- D. Verbally violent behavior towards judges and volunteers: immediate disqualification from the competition.
- E. Verbally violent behavior towards the Head Judge: disqualification for one year from events managed by the organization.
- F. The above sanctions represent an expression of the principle of contract termination between the competition and the participant and do not refer to specific sports sanctions for which a two-tier appeal process with a panel is provided. In this case, the behavior outlined in the previous points constitutes behavior that interrupts the contractual relationship.
- G. The participant therefore expressly accepts the conditions outlined above.



## ONLINE PHASE

### **19. ATHLETES WHO QUALIFY FOR THE LIVE PHASE VIA ONLINE QUALIFICATIONS**

Athletes who pass the selection determined by the online qualifications will be entitled to access the Live Phase of the event. Access to the Live Phase will be granted according to the number of slots made available by the competition.

The competition reserves the right to extend access to the final by increasing the available slots. It is the athlete's responsibility to upload the video link to the designated platform (YouTube) to make the generated video link available.

Videos uploaded after the deadline set by the Organizer will not be accepted; therefore, the video link for the properly performed workout must be available on the platform right away.

ATTENTION: THE ONLY CONSIDERED VIDEO WILL BE THE ONE PUBLISHED ON THE COMPETITION PLATFORM AT THE TIME OF THE CLOSURE OF THE UPLOAD DEADLINE.

The rules for the execution of the workouts are outlined in the specific brochures produced by the Organizer. If there are multiple workouts to perform, the Organizer has the sole and final discretion to choose one or more workouts to be corrected.

The judging panel will then verify the selected workout(s) in detail, while also ensuring that the other workouts were uploaded correctly and performed as required.

Any attempt to alter, tamper with, or bypass the video proofs will result in the athlete's disqualification. Offensive, insulting, or disrespectful behavior toward the judging panel or the Organizer, manifested in video qualifications, on social media, during the qualification phase, or in the Live Phase, will result in the athlete's irreversible disqualification.

The athlete is expected to maintain respectful behavior toward the competition and third parties, which includes wearing appropriate clothing for the competition (clothing with offensive or blasphemous words or phrases is strictly prohibited).

### **20. NON-ACCEPTANCE CLAUSE**

The Organizer reserves the unquestionable and final right to accept or reject an athlete's registration. The Organizer also reserves the exclusive right to validate or invalidate an athlete's scores.

### **21. WILD CARD – ACCEPTANCE CLAUSE**

The Organizer reserves the full autonomy and absolute discretion to invite participants and any other athletes whose presence may add prestige and sports value to the competition. Wild Cards and Free Fees are non-transferable and strictly nominal. The slots for access to the Live





Phase will therefore be conditioned by the presence of athletes who have direct access to the Live Phase.

## **22. TERMS OF PARTICIPATION**

In order to participate in the event, the athlete confirms through their registration that they fully and completely agree with the rules and guidelines outlined in this Rulebook.

## LIVE PHASE

### 23. STAFF STRUCTURE

- ⌚ Judge – Responsible for a single lane where the athlete moves.
- ⌚ Team Leader – Responsible for a team of Judges. Oversees up to five lanes and has the ability to overrule a Judge's call and directly penalize the athlete.
- ⌚ Assistant Head Judge – Assists the Head Judge in managing the competition field. Responsible for Team Leaders and Judges.
- ⌚ Head Judge – Directs a competition field. Responsible for the team of Judges and Team Leaders, as well as the actions of their Assistant. Can validate or invalidate a Judge's calls and impose sanctions as described in point 13.
- ⌚ Stage Manager – An Head Judge with specific responsibility for the Warm-Up Area and pre-staging. In charge of the pre-competition briefing and decisions regarding appeal procedures.
- ⌚ Chief Head Judge – Equivalent to the competition director, responsible for the entire judging team, including final decisions on appeals.
- ⌚ Scoring Team – Responsible for uploading the scores. Access to the Scoring Team is restricted for athletes. A formal appeal must be made, after which the Head Judge or Stage Manager will act.
- ⌚ Volunteers – Volunteers who work freely and without compensation for the success of the event, managed by the Staff Manager or Head Volunteers. Their tasks include setting up the floor for individual workouts.

### 24. LIVE EVENT

The confirmation of participation in the event must be accompanied by the payment of the admission fee to the Live Phase. Along with the confirmation email, the athlete will also receive further information. The event's official communication channels are its Facebook and Instagram pages, as well as the website, which will provide additional news and information regarding schedules, briefings, timelines, check-ins, orientation, etc. The Organizer reserves the right to modify the location or the workouts of the Live Phase depending on the needs of the competition (e.g., bad weather).

### 25. CHECK-IN

The date, location, and logistical information will be communicated through the event's Facebook and Instagram pages, as well as the related website. Athletes must mandatory complete the check-in according to the instructions and timelines provided through the aforementioned channels, submitting the required documentation.



## **26. LIVE PHASE**

The Organizer will produce a brochure for each competition workout. The brochure will specify the workout, standards, and flow for each workout.

The Organizer may also reserve the right not to produce informational material related to the workouts but instead hold an in-person briefing. In this case, attending the briefing is mandatory. The briefing will be conducted in both Italian and English.

At the end of the "Warm Up" phase, the Stage Manager will be responsible for calling the competition heat and conducting the briefing for entering the competition floor. Participation in the briefing is a necessary condition for being allowed access to the competition floor and for raising any complaints.

Failure to attend the pre-competition briefing will result in the athlete or team not receiving their score, and consequently, they will be unable to access the competition floor.

The athlete must attend all organized events. Failure to participate in a workout will result in exclusion from the competition.

At the time of the call to enter the competition floor, an athlete who does not present themselves will not be able to make up for the workout in subsequent heats.

It is the athlete's responsibility to be punctual for the call to their heat by checking the schedule and responding to the Stage Manager's call.

## **27. LIVE PHASE STANDARDS**

The movements required in the Live Phase are the same as those required for each category during the Online Phase, as previously indicated in section 10.

## **28. PRIZES**

Cash prizes are available for athletes over 18 years of age, while others will receive a voucher or merchandise of equal value. The nature, quantity, and quality of the prizes will be communicated through a dedicated post at the end of the qualification phase. Cash prizes will be paid between 30 and 90 days after the competition ends.

The regulation of prizes is subject to the provisions under Legislative Decree 36/22.

## **29. WORKOUTS**

All divisions will be required to complete 5 workouts plus the final. The Organizer, based on the available competition fields, adverse weather conditions, or any other external factors that directly affect the competition, reserves the right to modify the number of workouts available to athletes, potentially introducing an access limit to the final.



### **30. LEADERBOARD**

Each result achieved in a Workout will receive a score, which will be recorded in a corresponding ranking that will determine the final leaderboard. In the case of tied positions, the best placement achieved across all Workouts will be used to break the tie. Ties are not considered in relation to a single Workout but only for the final ranking. If there is a perfect tie even after evaluating the best placements, the placement in the final test will be considered. In the event of a tie in the scoring of the final Workout, the athlete with the best placement in the final will be preferred.

In the case of access to the final where multiple teams/athletes have tied scores, and it is necessary to determine, after the Heat cut, which athlete/team is eligible to participate in the final, the best placement achieved in the Semifinal Workout will be used to decide.

### **31. SCORING AND CONTESTATIONS - TERMS**

The result achieved in a single Workout will be validated by the judge. The Scoring Department is responsible for the scoring.

Any observations regarding the validation of the Workout must be submitted no later than the day of the competition in which the contested Workout result occurred. In case of contestation regarding the last day of competition, it will be considered until the Briefing for the final is presented (15 minutes after the end of the last Heat of the competition).

Once the final rankings are published, contestations will no longer be accepted.

If chips are used to record the time of the Workout, that measurement will be considered official.

The chip will be worn by all athletes in the same part of the body.

### **32. VIDEO EVIDENCE**

The only accepted video proof is the one provided directly by the Organizer, where possible, or the one directly authorized by the Head Judge or Stage Manager and produced by the athlete.

In the latter case, for the video proof to be authorized, it must be complete (from the beginning to the end of the Workout) and filmed from a favorable angle (e.g., a shot from a distance and angle that does not make judgment impossible will be rejected).

If the athlete contests the decision of the judging panel, thereby disputing even a single "No Rep," the Stage Manager or Head Judge will review the proof through the authorized video, proceeding with a requalification of the proof from the beginning (therefore considering any additional "No Rep" from the video).

In the case of running Workouts, the judging panel has no possible interference. In this case, the only responsible parties will be the Organizer, the competition director, and the chip controller.

### **33. DISPUTES**

The athlete may not contest the "No Rep" calls given for failure to fully extend the elbows or knees, or for squat depth. Similarly, the athlete cannot contest "No Rep" calls due to the judge's failure to perceive the completion of a repetition (e.g., descent from Handstand Walk).

In the case of a dispute regarding the judge's evaluation, the athlete must address the Head Judge responsible for the Heat, who will direct the athlete to the Stage Manager or personally examine the dispute. If the athlete intends to contest the evaluation made by a Judge, the Head Judge or Stage Manager will request a complete video proof from which (with the exclusive and final decision of the Head Judge) the Workout can be evaluated in its entirety. In this case, the athlete is aware that the evaluation made by the Judge will be nullified, and their Workout will be reassessed by the Head Judge.

Judges are in no way responsible for the equipment. However, they may ask the athlete to secure their working Lane in respect of both the volunteers and other athletes.

### **34. IMAGE RIGHTS, DATA COLLECTION AND PROCESSING**

By approving this Rulebook and subsequently registering for the event, which both parties agree to be an express and conclusive authorization, the athlete grants, free of charge and without time limits, under Articles 10 and 320 of the Civil Code and Articles 96 and 97 of Law No. 633/1941 (Copyright Law), the publication and/or dissemination in any form of their images (photos and videos) taken or recorded by the photographers and cameramen present at the event. This includes dissemination on the event's website, Facebook page, Twitter, Instagram, YouTube, or any other internet platform, in print media and/or any other means of dissemination. The athlete also authorizes the storage of the photos and videos in the archives of the organization managing and organizing the event and acknowledges that the purpose of such publications is solely for informational and possibly promotional purposes. By approving this Rulebook and registering for the event, the athlete also grants permission for the use of their images (photos and videos) by the event's commercial partners, as selected by the organizer.

Additionally:

- A. The personal data provided by the Participants during registration will be stored and used for statistical analysis and fiscal and payment operations. The use of data is based on the Participants' request and is necessary to execute the participation contract.
- B. The personal data will be kept as long as necessary to ensure the fulfillment of the contract.
- C. The Organizer uses and publishes the participants' names, surnames, year of birth, nationality, gender, sports club affiliation, starting number, and results (placement and times, if necessary) to display the participant list and results across multimedia channels most appropriate for promoting the event. The data may also be shared with third parties for the purpose of event promotion and the creation of a historical record and database.
- D. The data is collected, processed, and stored in connection with the production of photo, audio, and video material to promote the event.

### **35. CONSENT, LEGISLATION AND CONCLUSION**

By registering for the event, the athlete declares under their responsibility:

- A. To fully accept the Event Rules;
- B. To acknowledge that Italian law is exclusively applicable, excluding the UN market laws;
- C. To accept that if one or more provisions of this Rulebook are or become invalid, it will not affect the validity of the remaining provisions;
- D. That the jurisdiction for all disputes regarding and/or arising from this Rulebook is the office of 4 FLAMINGOS CROSSFIT at the time the contract is concluded;
- E. To be fully aware that the use of personal data is based on the request of the Participants and is necessary to execute the participation contract;
- F. To be fully aware of the physical nature and commitment required by the sport involved in the Event and the need to consult a sports doctor or their own physician to ensure good health and capability to engage in the competition. The athlete certifies they are in good health, have never suffered from physical conditions or diseases that could make participation dangerous or harmful to their health, and hold a valid medical certificate for competitive sports activities (certificates accepted include Weightlifting or others that refer to the tests listed in Table B of the Ministerial Decree regulating competitive sports activities), valid for 12 months. The athlete regularly participates in physical activities. For non-Italian athletes, a competitive sports certificate is not required, but a self-certification provided by the organization and completed by the athlete is needed;
- G. To release the event organizer from any civil and criminal liability for any injuries or accidents that may occur to themselves or others as a result of their participation in the Event.
- H. To fully recognize and understand that participation in these activities involves the risk of severe injury, including but not limited to permanent disability and death, as well as social and economic losses, which may result not only from one's own actions, inactions, or negligence but also from the actions, inactions, or negligence of others, from the rules of the game, from the conditions of the venue or from any equipment used, and that there may be unknown or unforeseeable risks; to accept all such risks and assume full responsibility for any damage resulting from such injuries, permanent disability, or death.
- I. To waive, to the extent provided by law, any right to seek damages for death, personal injury, or property damage that the participant, or any of their representatives, heirs, close relatives, or assignees (collectively, the "Waiving Parties") may exercise or that may arise in the future for any of the Waiving Parties as a consequence of participation or for any other reason, and to not hold any of the Waiving Parties responsible for claims against the person or entity organizing the event, the commercial partners of the event, the sponsors, the related and affiliated legal entities, the president, vice president, secretary, owners, technicians, other participants if applicable, or the other owners and operators of the venue used during the event (collectively referred to as "Released Parties");
- J. To authorize the provision of emergency medical treatment;
- K. To expressly accept that this WAIVER AND RELEASE AGREEMENT shall be interpreted according to Italian law. I also accept the exclusive jurisdiction of the Italian courts and the competence of the court where the event organizer is legally based for any actions arising from or related to the event;
- L. Pursuant to Article 1341 of the Italian Civil Code, I specifically approve the clauses regarding "Liability Waiver," "Acknowledgment," "Assumption of Responsibility," "Waiver of



Compensation," "Release," "Applicable Law and Competent Court" as outlined in this statement;

- M. Registration for the live event is subject to mandatory insurance, the cost of which is included in the registration fee. By accepting this regulation, the applicant requests to be admitted as a member of FLG Fitness SSDaRL and agrees to adhere to the provisions set out in the association's statute, available on the FLG Fitness SSDaRL website, the Civil Code, and the decisions of the governing bodies, and to comply with the rules outlined by the association's statute and regulations, as well as the resolutions of the governing bodies of the Entity.



### **36. PRIVACY NOTICE**

- A. The individual/legal entity organizing the event, as identified at the beginning of this regulation, acting as the data controller (hereinafter referred to as the "Controller"), informs you that your personal data (hereinafter referred to as "Personal Data"), as indicated in the Waiver, to which this notice is an attachment (hereinafter referred to as the "Waiver"), will be used for the following purposes:
- B. To allow you to participate in all stages of the event;
- C. To fulfill legal obligations, as required by civil, tax, and accounting regulations, for the administrative management of the relationship;
- D. To disseminate and/or promote the Event to the public using the image of the athletes as per Article 34;
- E. To promote future initiatives and/or promotional projects of the Controller or other companies affiliated with it, pursuant to and for the purposes of Article 2359;
- F. To share your e-mail address with selected partners who offer products or services that might be of interest to you.
- G. Providing Personal Data for the purposes described in points (a) and (b) is necessary. If you refuse, the Controller will not be able to allow you to participate in the Event. Providing the data for the purpose outlined in point (c) is also necessary, as the Controller organized the Event to promote it to the public. Therefore, refusal would prevent the Controller from conducting such promotional activities. By participating in the Event, in other words, you consent to any media exploitation of the Project.
- H. The processing of Personal Data will be carried out using manual, computer, and telematic tools, following logic strictly related to the above-mentioned purposes, and by subjects authorized to carry out these tasks, properly informed of the constraints imposed by Legislative Decree 196/2003. They will also be equipped with security measures to ensure the confidentiality of Personal Data and to prevent unauthorized access by third parties or unauthorized personnel.
- I. Personal Data will not be subject to dissemination and will only be communicated to the data controllers or commercial partners for the purposes described above.

The person responsible for addressing the rights of the data subject is the legal representative/organizer of the event.

Pursuant to Article 7 of Legislative Decree 196/2003, at any time and free of charge, you have the right to request information about the existence of the processing of your Personal Data and the Participant's Data, to rectify, integrate, update, delete, or block them.

J.