



RULEBOOK

FALL SERIES Yamamoto Nutrition®

THROWDOWN 2023

CrossFit® Licensed Event

1 THE COMPETITION: FALL SERIES THROWDOWN

Fall Series is a Competition (hereinafter FSTD23), which takes place annually in Italy. This year, the host venue will be Pala Desio, located in Largo Atleti Azzurri D'Italia, 20832 Desio (MB).

FSTD23, organized by King Owl Training S.S.D.R.L., Via Per Cantu' 18 22060 Cucciago (Como) (here and after KOT ssdrl), will take place on **Friday 15th, Saturday 16th, Sunday 17th December 2023**.

The competition is divided in two parts: an online qualifying phase that, once passed, will allow access to the second phase of the competition, the live event that will take place in Desio (MB).

2 LIVE EVENT

Following the SARS-CoV-2 virus pandemic called COVID-19, the feasibility of the Live Event is linked to the Health and Safety ordinances and restrictions that will be effective at the time of the Event itself.

Not being able to know them beforehand, today we foresee 3 possible scenarios that for convenience and clarity we will call:

GREEN scenario - the situation in which the restrictions are such that the event can take place safely and openly on 15-16-17 December 2023,

YELLOW scenario – the situation where restrictions will force the event to be postponed, in any case no later than the first quarter 2024

RED scenario - the situation in which it will not be possible to perform the live event safely in open doors

Depending on the Scenario that will occur, the following **OPERATIONS** will be performed:

2.1 GREEN OPERATIONS

The competition provides that athletes who have qualified according to the number indicated in point 4 can enter the live phase.

The athletes will receive an email informing them of their admission to the live phase. They will then have at their disposal the deadline indicated by the competition's organization to confirm or not their presence. In the absence of confirmation, the next qualified athlete will be automatically given the chance to join the competition.

The confirmation of participation to the event must be accompanied by the payment of the admission fee to the live phase.



Together with the confirmation email the athlete will also receive further information. The social pages of the event and the website will then provide further news and information about updates, briefings, timeline, check-in, orientation, etc..

The organization reserves the right to change the location or the workout of the live phase according to the needs of the race (e.g. bad weather).

2.2 **YELLOW OPERATIONS**

In the event that the organization is not given the opportunity to carry out an open-door live phase in all safety on the dates set for reasons of force majeure such as, for example, decree-laws and related restrictions, the organization will reserve the right to modify and postpone the event to the immediate following months.

2.3 **RED OPERATIONS**

If it is not possible for the reasons mentioned above to carry out the live event at a further date the Organization reserves the right to cancel the Live phase guaranteeing the refund of the live fee, excluding managing costs.

3 **REQUIREMENTS FOR PARTICIPATION IN THE LIVE PHASE**

To be admitted to CrossFit® LICENSED Fall Series Throwdown 2023 the athlete must:

- Have reached the age of adulthood on the date of participation in the competition or be authorized by his parents by producing a release form signed by the parental responsible.
- Accept the regulation together with the rules on discharge of liability and processing of personal data.
- Finalize your account on the official website <https://games.crossfit.com/> to get your CrossFit® ID
- Use the registration platform www.judgerules.it within the terms indicated therein and pay the registration fee, subject to confirmation of qualification, of **€90.00** which includes admission to the competition plus the competition kit.
- Fulfil all the required formalities (e.g. production of the medical certificate as indicated on www.judgerules.it).
- The online qualification ranking is to be considered provisional until all athletes invited to the final stages have confirmed their participation. In case one or more invited athletes give
- up their place in the finals, new invitations according to the qualifying results will be sent. Therefore, some athletes initially excluded may be invited later.
- Not to be subject to precautionary suspension from sporting activity or to sanctions at any level of judgment issued by the competent national and international sporting authorities. To avoid such situations the organization reserves the right to protect itself in every venue. The organization will make the appropriate checks and possibly exclude the participant, who will not be entitled to any refund.
- Once the registration fee has been paid both for the qualifications and for the access to the final it will not be possible to receive a refund except for point 2.3.



4 CATEGORIES AND AVAILABLE SLOTS

Participation in the competition takes place according to the following Divisions:

INDIVIDUAL

M/F

Élite: 60/30

Under 21: 10/5

Master 35-39: 20/10

Master 40-44: 20/10

Master 45-49: 10/10

Master 50+: 5/5

Intermediate: 60/40

Experience: 55/50

TEAMS

(M+M+F)

Élite: 20

Master 110+: 20

Intermediate: 30

Experience: 30

The participant will be classified in the Division of the correct age in relation to the age reached at the time of the competition (as of December 15th, 2023).



5 ONLINE QUALIFIERS

The competition gives access to the live phase to athletes who have passed the qualifying phase. This part consists of two workouts (three results) that the athlete is called to perform.

The reference standard of the individual exercises is the one available on the workout sheets published together with the wod and videos.

5.1 WOD ANNOUNCEMENTS & DEADLINES:

- **Wod 23.1** will be published on the 18th of September at 10:00
 - o deadline is the 24th of September at 24:00
- the deadline to register for the competition is the 24th of September at 24:00
- **Wod 23.2 & 23.3** will be published on the 25th of September at 10:00
 - o deadline è the 4th of October at 24:00

No videos will be accepted after the respective deadlines.

Videos can only be uploaded on youtube or equivalent platform, videos sent to facebook page or other social or computer system belonging to the competition will not be considered.

5.2 REGISTRATION COSTS FOR THE QUALIFIERS

To be admitted to the competition you must pass the online qualifications and register no later than 25 September 2022 at 24:00 on the reference platform www.judgerules.it. The cost for the online qualifiers are:

EARLY BIRD:	€50	from July 1st to July 31st
REGULAR:	€55	from August 1st to August 31st
LAST CALL:	€65	from September 1st to September 24th

6 NON ACCEPTANCE CLAUSE

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

7 WILD CARD – ACCEPTANCE CARD

The organization reserves the right, in full autonomy and absolute discretion, to invite the winners of the last edition or any other athlete whose presence may give prestige and sporting value to the competition.

8 TERMS OF ADHESION:

In order to be able to participate to the event, the athlete confirms through his registration that he fully and completely agrees with the rules and guidelines set out in this Rulebook.



9 GENERAL RULES REGARDING QUALIFICATION WORKOUTS

The workouts (in the data sheet attached to the videos) include:

- Required movements
- Performance points of each movement (the athlete must know the performance points of each movement called "bottom and top position") · Required number of repetitions and their sequence · The equipment used must be standard:
 - Barbell and discs in kg (If weights in pounds are used, the accepted tolerance in conversion is 0.5 kg in excess or in defect).
 - Concept Rower (equivalent instruments can be subject to request from the organization of the product's illustrative data sheet)
- Available time
- Scoring method
- Movement variations
- Video Recording Guidelines

Modifying the qualification workout is strictly forbidden and constitutes invalidation of the entire video evidence.

Therefore, changing the motion standard or changing the range of motion of an exercise is absolutely forbidden. Therefore, any movement considered uncommon, out of the ordinary or used to shorten or modify the prescribed movement will be sanctioned. It is the sole and exclusive responsibility of the athlete to inform the race organization or the head judge of a functional limitation. The organization reserves the right to request any documentary evidence that the athlete must provide.

10 SCORE SUBMISSION

It is the sole responsibility of the athlete to make sure to enter the score in the time defined by the workout delivery deadline. Any incomplete entries cannot be considered. The organization reserves the right to change the delivery deadline.

11 VIDEO VALIDATION

The results of the workouts will be corrected according to the method present in the Judge Course 2022:

Good Video: the video is free of penalties

Valid With Minor Penalty: 1 to 4 no rep are found these will be counted in the scoring subtracting them from the pursued result. If the score is determined by the execution time this will be increased by the value of the no rep given.

Valid With Major Penalty: 5 to more no rep. The score will then be penalized by 15% of the value entered.

Invalid: the athlete has not performed the workout according to the indicated prescriptions or has totaled an unacceptable number of no rep, or the video cannot be evaluated due to the framing.

The judgment ordered by the judging body is not appealable.



12 NON ACCEPTANCE CLAUSE

The organization reserves the unquestionable and unappealable right to accept or reject the registration of an athlete if it does not comply with the directives expressed in this rulebook.

13 CHECK-IN

Date, location, logistical information will be communicated through the Social pages of the event and the website. Athletes are required to check-in according to the communications that will be provided through these channels in the manner and time indicated, providing the documentation that will be requested.

14 LIVE THROWDOWN STANDARDS

Since 2019, CrossFit® LICENSED Fall Series Throwdown has changed the formal approach to categories. The organization believes that the differentiation based on certain skills no longer has reason to exist within the elite, master (35,40,45), under 21, intermediate categories. The introduction and formalization in Italian competitions of the experience category, comparable to the scaled category of the open, forces to take a conscious position in relation to the other two categories: elite and intermediate. These can no longer be distinguished by skill but rather by the level of fitness of individual athletes.

Therefore, athletes who have already taken part in other competitions in the elite category are considered elite, those who have been practicing the discipline of functional training for several years and have a level of fitness that allows you to master the discipline of weightlifting and gymnastics movements (muscle up, handstand push up, handstand walk) are also considered elites.

14.1 ELITE CATEGORY

The ELITE category is required to perform:

- Ring muscle up
- Bar muscle up
- Clean and Jerk 1.3 x BW
- Snatch 1 x BW
- OHS 1 x BW
- Handstand push up
- 1000 m. Row: 3'30" / 4'10

14.2 INTERMEDIATE CATEGORY

to the INTERMEDIATE category:

- Clean and Jerk 1.2x bodyweight
- Snatch 0.75x bodyweight
- OHS 0.75x bodyweight
- Chest to bar Pull-ups
- Ring o bar muscle up
- Toes to bar
- Double Unders
- Handstand walk



14.3 MASTERS CATEGORY

The master categories will follow the application of their own standards with reference, depending on the division they belong to, to the ELITE or INTERMEDIATE division.

14.4 EXPERIENCE CATEGORY

The EXPERIENCE category, like the previous ones, refers to a fitness level, which specifically represents the base of the pyramid, the average user, the inexperienced athlete. The Experience category includes ALL individuals who have not participated in the final phase of National and International events in the Scaled, Intermediate, Elite (or synonyms) categories...

The Experience category also includes beginners or novice athletes who have tried their hand at local events.

The Staff of Fall Series reserves the right, together with its collaborators, to evaluate the level of the event and of the athlete himself, informing himself at the organization of the Competition in question and/or the coach of the Box where the athlete trains more regularly, trusting in the collaboration of all.

For the final workout the athlete, of any division, must expect every possible skill.

14.5 THE FINAL

FOR THE WORKOUT OF THE FINAL THE ATHLETE, OF ANY DIVISION, MUST EXPECT EVERY POSSIBLE SKILL.

15 IN CASE OF INJURY

Should an athlete require or need medical assistance during the workout, he must obtain medical clearance from his doctor to continue the competition. It is the authority of the doctor or the organization to remove an injured athlete from the competition. In the event of an injury to a team member, the team may only continue the workout for the part of the movement according to the required standard and flow.

16 FINAL PHASE AND PRIZES

(excluding the scenario described in point 2.3) The Final Phase of The Fall Series Throwdown takes place on 3 days where the athletes will have to face each other in different workouts, until reaching the semifinal, which will be followed by the selection of the athletes who will have access to the WOD of the final. The number of WODs may vary according to competition needs and will be communicated widely before the live phase.

16.1 CASH PRIZE

The organisation reserves the right to determine the categories and positions for which a prize money will be awarded, also in accordance with point 2.3.

17 SCORING SYSTEM AND LEADERBOARD

The scoring system will follow the application method used by www.judgerules.it

In the event of a tie, the rule 4.8 from the Games Rulebook will be applied (looking at the best position achieved by the athlete with respect to the best result in each single event). If the 4.8 rule does not determine the winner, the youngest athlete will be awarded the win and, in the case of an equal age, the athlete who



entered the competition first (date and time of registration) will be the winner. In no case are direct playoff matches scheduled.

18 WOD VALIDATION

During all phases of the competition the athletes' performances are verified by one or more judges appointed by the organization. The judges evaluate the participants on the basis of the prescribed trials in accordance with the criteria and standards of movement indicated before the beginning of the trial.

Each participant must sign the score card to validate the score assigned by the judge; in the event of disputes, the participant must immediately appeal to the Competition Director (Head Judge).

A signed scorecard cannot be challenged, and the score assigned by the judge is definitive and unappealable. In no case are variations allowed after the closing of the leaderboard or at the end of every single day of the competition.

19 RULES OF CONDUCT AND THE JUDGES' DECISIONS

The competition director or head judge is the person responsible for directing the event and is the reference subject for any question concerning the wods. The judges are structured in teams delegated to a team leader who has the authority to intervene directly on the calls of a single judge canceling or validating a movement.

The participant agrees to behave in a fair and sportslike manner: manipulations and attempts at deception, disturbing or obstructive behavior, violent discussions and offensive comments, or any other behavior designed to offend, abuse or harm the image of Fall Series Throwdown or of the organization and of the volunteers involved in it will be punished by the competition director with the exclusion from the competition of the author of the sanctioned conduct. Fall Series LTD reserves the right to act in the competent legal offices for any damage recovery.

All unsportsmanlike conduct and any possible attitude aimed at damaging the organization, the participants, the sponsors, the spectators and others present or preventing other competitors from participating in the competition in a fair and correct manner are also punishable by penalties on the classification. The decisions of the organization or the race director are final and cannot be appealed.

20 ACCESS TO THE COMPETITION FLOOR

Only the athlete, the judges, the volunteers and the organization have access to the competition field. The Warmup area, according to the published access rules, can be attended in the prescribed times and behavior, also by coaches.

21 ACCEPTANCE

By finalizing the registration on the portal judgerules.it it is understood that the processing of data as described in the information in the next point is accepted.



22 PERSONAL DATA TREATMENT INFORMATION

In compliance with the provisions of EU Reg. 2016/679 (European Regulation for the protection of personal data) (hereinafter "GDPR" or "EU Reg. 2016/679"), we provide you with the necessary information regarding the processing of your personal data collected during the Event as better detailed in the release above. This information is provided pursuant to art. 13 of EU Reg. 2016/679 (hereinafter "Information").

22.1 TREATMENT SUBJECTS

Data controller, pursuant to Articles. 4 and 24. of EU Reg. 2016/679, King Owl Training S.S.D.R.L. with registered office in Via Cantu' 18, Cucciago, in the person of the CEO pro tempore, (hereinafter jointly "Owner" or "Company").

22.2 TYPE OF DATA PROCESSED

Personal data means any information relating to a data subject, in particular with reference to an identifier such as a name, an identification number, location data, an online identifier or to one or more factors specific to the physical, physiological, genetic, mental, economic, cultural or social identity of that data subject. art. 4, c. 1, n. 1 GDPR.

We inform you, pursuant to EU Regulation 2016/679, that the personal data you provide or otherwise acquired by the Data Controller in compliance with the laws in force, may be processed, in compliance with the aforementioned legislation and confidentiality obligations. The processing of such data will be governed by this Policy.

The processing of personal data shall mean: "any operation or set of operations which is performed on personal data or on sets of personal data, whether or not by automated means, such as collection, recording, organisation, structuring, storage, adaptation or alteration, retrieval, consultation, use, disclosure by transmission, dissemination or otherwise making available, comparison or interconnection, limitation, erasure or destruction".

The data subject must mean: "identified or identifiable natural person".

22.3 NATURE OF THE PROVISION AND REFUSAL

The provision of data for the purposes referred to in point 4. Letter a) is optional. Failing that, you will still be able to participate in the Event, but you will not be framed by the means of shooting and your image / voice will not be disseminated.

22.4 PURPOSE AND LEGAL BASIS OF THE PROCESSING

The personal data concerning you, name: name, surname, your voice and your image and any other personal data that you may share during the Event, will be processed by the Data Controller and / or by subjects specifically authorized and appointed by the latter, pursuant to the provisions of the following paragraphs, mainly by electronic and telematic methods, for the following purposes:

- a) realization of the communication campaign and promotion of the Initiative and the Event, through the filming and / or photographing and / or recordings and communication of the videos / photos / audio and / or video recordings (hereinafter "Materials") produced.
- b) dissemination of Materials
- c) Transfer of data to third parties, connected and connected for any reason and reason



- d) Execution of obligations under laws, regulations and legislation, national and / or community, as well as provisions issued by authorities legitimated by law or by supervisory and control bodies.

For the purposes referred to in letters a), b) and c) the processing will be carried out pursuant to Article 6 letter a) of the GDPR. For the purposes referred to in letter d) the processing will be carried out pursuant to Article 6 letter c) and f) of the GDPR.

22.5 RECIPIENTS OR CATEGORIES OF RECIPIENTS OF THE DATA

Your data will be disclosed to third parties only with your express consent, except in cases where communication is mandatory by law or is necessary for the purposes provided for by law.

The personal data acquired by the Data Controller may be communicated to various recipients who will process the data as independent data controllers (Article 24 of EU Reg. 2016/679) and / or as data processors and / or as natural persons acting under the authority of the Data Controllers and / or the Data Processor (Article 29 of EU Reg. 2016/679), for the purposes indicated above.

The data may have access to, among others:

- subjects that provide services for the management of the information system, communication networks and any platforms involved in the dissemination of the Materials (including e-mail, websites, social networks and platforms for the use of video on demand and / or live and communication platforms);
- third parties to whom the Materials will be transferred;
- service providers, national and international television broadcasters, consultants, to the other companies of the group and to anyone who is necessary to communicate the data for the achievement of the purposes indicated above;
- competent authorities for the fulfillment of legal obligations and / or provisions of public bodies, upon request.

In the event that your data are processed by other subjects as data processors pursuant to art. 4 and 28 of EU Reg. 2016/679, we will prepare all the appropriate protections pursuant to applicable legislation.

You can consult the list of data processors, constantly updated, at the headquarters of the Data Controller

22.6 PLACE OF PROCESSING OF COLLECTED DATA AND TRANSFER OUTSIDE THE EU

The processing and storage in computer and telematic archives may take place at the operational headquarters of the Data Controller, in any other place where the parties involved in the processing are located, or wherever the subjects that provide data hosting services are located.

Personal data will not be processed outside the EU Area (EEA).

22.7 PERIOD OF STORAGE OF PERSONAL DATA

When we need to collect your personal data, we make sure that it is as accurate and up-to-date as possible.

In relation to the specific purposes referred to in this Information, the data will be kept until the end of the communication and promotion of the Initiative and the Event, without prejudice to any further period required by law for administrative purposes, management of any complaints and disputes. We inform you that the Materials published and disseminated on internal and possibly external channels owned by the Company, will be deleted upon your request.



22.8 YOUR RIGHTS

You can assert your rights as expressed in articles 15, 16, 17, 18, 19, 20, 21, 22 of EU Reg. 2016/679, by contacting the Data Controller by writing to the e-mail address: **media@fallseriesstd.com**. You have the right, at any time, to ask the Data Controller for access to your personal data, rectification, cancellation of the same, limitation of processing. In addition, you have the right to object, at any time, to the processing of your data, as well as to the portability of your data. Without prejudice to any other administrative and judicial appeal, if you believe that the processing of data concerning you violates the provisions of EU Reg. 2016/679, pursuant to art. 15 letter f) of this Regulation, you have the right to lodge a complaint with the Guarantor for the Protection of Personal Data, as supervisory authority, based in Piazza Venezia n. 11 (00187) Rome, following the procedures and indications available on the website www.garanteprivacy.it, or to take the appropriate judicial offices and, with reference to art. 6, co. 1, letter a) and art. 9, co. 2, letter a) of EU Reg. 2016/679, has the right to revoke the consent given at any time, where applicable and required. In the event of a request for data portability, the Data Controller will provide you with the personal data concerning you in a structured, commonly used and readable format, by automatic device, without prejudice to paragraphs 3 and 4 of art. 20 of EU Reg. 2016/679.