



RULEBOOK

FALL SERIES ITALIAN THROWDOWN 2025

CROSSFIT LICENSED EVENT

1 – THE FALL SERIES THROWDOWN COMPETITION

This is a Competition (hereinafter FSTD25), which takes place annually in Italy. This year the host venue will be the Pala FitLine Desio located in Largo Atleti Azzurri D'Italia, 20832 Desio (MB).

FSTD25, organized by King Owl Training S.S.D.R.L., via Cantù 18, 22060 Cucciago (CO) (hereinafter KOT ssrdl), will take place on Friday 12, Saturday 13 and Sunday 14 December 2025.

The competition is marked by two moments: an online qualification phase, which, once passed, will allow access to the second phase of the competition, the live event that will take place in Desio (MB).

2 – REQUIREMENTS FOR PARTICIPATION IN THE LIVE PHASE

To be admitted to the CrossFit LICENCED Fall Series Italian Throwdown 2025, the athlete must:

- have reached the age of majority on the date of participation in the competition or be authorized by their parents by producing a waiver signed by their parent.
- Accept the regulations together with the rules on the exemption of liability and the processing of personal data.
- Finalize the account on the official [website](https://games.crossfit.com/) <https://games.crossfit.com/> obtain your CrossFit ID.
- Use the www.judgerules.it registration platform within the deadlines indicated there and pay the registration fee, subject to confirmation of qualification, of 110 euros (excluding taxes) which includes admission to the competition plus the race pack.
- Fulfill all the required obligations (e.g. exhibition of the competitive medical certificate as indicated on www.judgerules.it)



- The online qualifier ranking will be considered provisional until all athletes invited to the finals have confirmed their participation. In the event that one or more invited athletes renounce their place in the final, the repechage will be carried out and new invitations will be sent. Therefore, some athletes initially excluded may be fished out at a later time.- Not have incurred precautionary measures of suspension of sporting activity or sanctioning measures of any level of judgment issued by the competent national and international sports authorities. Concealing such situations from the race organization entails the right for the latter to legally protect himself in any venue.
- The organization will carry out the appropriate checks and possibly exclude the participant, who will not be entitled to any refund.
- After paying the registration fee for both qualifications and access to the final, it will not be possible to receive a refund.

3 – DIVISIONS AND SLOTS AVAILABLE

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

INDIVIDUAL

EXPERIENCE: 60 men + 50 women
INTERMEDIATE: 50 men + 30 women
RX: 40 men
ELITE: 40 men + 20 women

/AGE GROUPS /

THE CROWN UNDER 23: 30 men + 30 women*

MASTERS 35-39: 20 men + 10 women
MASTERS 40-44: 20 men + 10 women
MASTERS 45-49: 10 men + 10 women
MASTERS 50+:10 men

***The Crown U23 category will not have to take the online qualification phase but will go directly to the live broadcast, following a different registration method than the rest of the categories.**



Registration procedures will be announced soon on the official channels of Fall Series, Italian Throwdown and The Crown.

OPDET online only: 10 men + 10 women

TEAMS

M+M+F

EXPERIENCE: 20

INTERMEDIATE: 20

MASTERS 110+: 10

ELITE: 10

M+M+M

EXPERIENCE: 25

INTERMEDIATE: 25

MASTERS 120+:10

The participant will be classified in the correct age group considering the age reached at the time of the competition (referring to December 12, 2025).

Team Master 110+ : the sum of the ages of the team members must be at least 110 years.

Team Master 120+: the sum of the ages of the team members must be at least 120 years.

4 – ONLINE QUALIFICATIONS

The competition allows access to the live phase to athletes who have passed the qualifications. This part consists of carrying out two workouts (three results) that the athlete is called upon to perform.

The gold standard for individual exercises is found in the training sheets published together with the WODs and videos.



4.1 ANNOUNCEMENT AND DEADLINE

WOD 25.1 will be published on September 15 at 10:00 CEST

The deadline is September 22 at 23:59 CEST

WOD 25.2+3 will be published on September 23 at 10:00 CEST

The deadline is September 30 at 23:59 CEST

Qualifying videos will not be accepted after the stated deadlines. Videos can only be uploaded to YouTube or equivalent platform, videos submitted to Instagram, Facebook or other social or IT system belonging to the competition will not be considered.

4.2 REGISTRATION FEES FOR QUALIFICATION

To be admitted to the competition, it is necessary to pass the online qualifications and register no later than the deadline indicated on the reference platform www.judgerules.it at the price of:

FLASH SALE: €30 (+ tax) from June 16th to June 30th

Registration range with registration limit, respectively for the first 400 individuals and the first 120 teams (€90).

EARLY BIRD: €45 (+ tax) from July 1st to July 31st

REGULAR: €55 (+ tax) from August 1st to September 14th

LAST CALL: €65 (+ tax) from September 15th to September 22nd

For the team, the cost is given by the sum of the three shares. It will be possible to make a double registration, each separate (individual + team in their respective categories) to double the chances of qualification. In the event of qualification in both categories, the athlete will be able to freely choose which of the two to participate in. If the choice falls on the individual competition, the team can request the replacement with an athlete with the same level of physical fitness who participated in the FSTD25 team or individual qualifications without passing the selection for the direct match.

OPDET always 20€ (+ tax)



5 – TEAM COMPOSITION AND SUBSTITUTIONS

Before the announcement of 25.1, teams have the free right to make changes of team – teammates. Once 25.1 is announced, you will no longer be able to make changes. In the event of injury or indisposition of one or more teammates, during the qualification phase, justified by the necessary documentation, it will be possible to replace the member with another athlete regularly registered for the competition and clearly with the same level of physical fitness.

In the event of injury or indisposition of one or more teammates, in the phase following the qualifications and before the live performance, justified by the necessary documentation, it will be possible to replace the member with another athlete who has participated in the qualifications, in the respective team or individual category, but who has not passed the live phase. Alternatively, in the event of an accident or indisposition of one or more teammates, the remaining teammates have the possibility of commuting their registration to the individual category of reference.

6 – WILD CARD – ACCEPTANCE CLAUSE

The organization of the race reserves the right to invite any athlete whose presence can give prestige and sporting value to the competition in full autonomy and absolute discretion.

7 – DEADLINE FOR PARTICIPATION

In order to participate in the event, the athlete confirms with his registration that he or she fully and entirely agrees with the rules and guidelines illustrated in these Regulations.

8 – GENERAL RULES ON QUALIFICATION TRAINING

The training sessions (in the technical sheet attached to the videos) include:

- movements required
- execution points of each individual movement
- number of repetitions required and their sequence
- the equipment used must be standard
- time available



- scoring method
- movement variations
- registration

guidelines videoModification of the qualifying training is strictly prohibited and constitutes a disabling of the entire video test. The organization or the Referee Director reserves the right to request any documentary evidence that the athlete must provide.

9 – ENTERING THE SCORE

It is the sole responsibility of the athlete to make sure that the score is entered within the time frame defined by the training deadline. Any incomplete entries cannot be taken into consideration. The race organization reserves the right to change the delivery deadline.

10 – VALIDATION OF THE VIDEO

The results of the training sessions will be corrected according to the method present in the 2025 Judges Course:

- Good Video: the video is free from sanctions
- Valid with Minor Penalty: from 1 to 4 there are no repetitions, these will be calculated in the score by subtracting them from the result pursued. If the score is determined by the execution time, this will be increased by the value of the no reps imposed.
- Valid with greater penalties: 5 or more no repetitions are found. The score will therefore be penalized by 15% of the value entered.
- Invalid: the athlete has not filmed or performed the training correctly, has totaled an unacceptable number of no reps, or the video is not assessable due to the framing.

The race organization also reserves the exclusive right to validate or invalidate an athlete's scores.

11 – NON-ACCEPTANCE CLAUSE

The organization reserves the unquestionable and unappealable right to



accept or refuse the registration of an athlete. The race organization also reserves the exclusive right to validate or invalidate an athlete's scores.

12 – CHECK-IN

Date, place, logistical information will be communicated through the social pages of the event and its website. Athletes will have to check-in online according to the communications that will be provided through the aforementioned channels with the modalities. Within the indicated timeframe, providing the documentation that will be requested from them.

13 – STANDARD

Since 2019, CrossFit LICENSED Fall Series Italian Throwdown, has changed the formal approach to competition categories. The organization of the race believes that differentiation based on certain abilities no longer has any reason to exist within the elite, master (35, 40,45), under 21, intermediate and, from this edition, also the RX category (relating only to the male gender).

These can no longer be distinguished based on skills rather than the fitness level of individual athletes. So:

ELITE: The elite category is suitable for exceptional athletes who can reach the highest levels. This level requires the ability to move high loads, to have absolute mastery of technical gestures and all skills. Participating in this category means competing with the best, sharing the stage with the international elite and experiencing the passion of competition at the highest level.

RX: The RX category was introduced to bridge the disparities between existing categories and allow athletes to fall into the correct categories based on their actual fitness level. Therefore, an RX athlete is definitely full skill but of a lower level than an elite and higher than an intermediate. To compete in the Rx category it is essential to have previous experience in national and non-high-level competitions, possibly even with some



podium placements.

INTERMEDIATE: The intermediate category refers to an advanced level of fitness, both in terms of skills and loads. The fitness level is suitable for all those who tend to follow training in RX format and perhaps participated in the quarterfinals of the Open.

EXPERIENCE: the category refers to a level of physical fitness, which specifically represents the base of the competitive pyramid of CrossFit. All athletes who have not participated in the final of national and international events in the Regular, Intermediate, Elite (or synonymous) categories are part of the EXPERIENCE category. Beginner or novice athletes who have tried their hand at local events are also part of the Experience category. In the qualification phase, skills such as pull ups, toes to bar and the ability to move the following loads may be required: Dumbbell @22.5/15kg
Snatch @40/30kg

Clean and Jerk @50/35kg More advanced skills such as hspu, double unders, chest to bar, bar mu and higher loads will also be required in the final phase.

MASTER CATEGORIES: the master categories (35,40,45,50+) will follow the application of standards with reference, depending on the division to which they belong, to the ELITE, RX or INTERMEDIATE division.

The participant will be classified in the correct age group considering the age reached at the time of the race, referring to December 12, 2025.

UNDER 23 THE CROWN: @theprogrm and Fall Series join forces for the most exciting CrossFit experience for the next generation. The Crown was created by @johnchristiansingleton, to fill a gap in the CrossFit® landscape. It is not about spectacle. It is about substance. Teenage athletes often train alone, without the opportunity to compare themselves with other peers. We are here to change that. The Crown creates space for connection and competition, because we believe that relationships, shared experience, and community fuel long-term growth. No qualifications, direct access to live. The category refers to an advanced level of



fitness, with athletes of full ability and with the ability to move high loads. The maximum age of athletes must be 22 years old with reference to the day of the race, December 12, 2025.

OPDET (Ordinary People Doing Extraordinary Things): a category introduced for the first time in the last edition, it was created with the intention of involving all participants in CrossFit box lessons, even beginners; therefore, the mastery of any skill is not required and the loads will be appropriate to the level of physical fitness. The goal is to let everyone experience the magic of Sport and make them live the competitive experience within the walls of their boxes. OPDET is a competition that takes place exclusively ONLINE, both in the qualifying and final phases.

14 – FINAL

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

15 – IN CASE OF INJURY OR INDISPOSITION

15.1 PRE LIVE: if an athlete registered for a qualified team is not willing to participate in the live phase, the team may request the replacement of the teammate. The substitute teacher must, as a minimum requirement, have participated in the FSTD25 qualifications in an equal or lower category, including the individual.

15.2 DURING THE LIVE BROADCAST: if an athlete requests or needs medical assistance during training, in order to continue in the competition he must obtain medical clearance. It is the right of the doctor, or the organization of the event, to remove an injured athlete from the competition. In the event of an injury to a team member, the team will only be able to continue training for the part of performing the movements according to the required standard and flow.

16 – FINAL STAGES AND PRIZE MONEY



16.1 FINALS

The Final Phase of the CrossFit LICENCED Fall Series Italian Throwdown takes place over 3 days where the athletes will have to face each other in different training sessions, until they reach the semi-finals, 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 in relation to the needs of the race and will be widely communicated before the live phase.

16.2 PRIZE MONEY The organization reserves the right to establish the categories and positions for which a cash prize will be donated.

17 – EVALUATION AND RANKING SYSTEM

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

In the event of a tie, the rule of the Games of the Regulations will be applied (looking at the best position obtained by the athlete compared to the best result in each individual event). In the event that the system does not determine the winner, the youngest athlete will be examined and, if of the same age, the athlete who first registered for the race (date and time of registration). Under no circumstances are there direct clashes in the play-offs.

18 – WOD VALIDATION

During all phases of the competition, the athletes' performance is verified by one or more judges appointed by the organization. The judges evaluate the participants on the basis of the prescribed tests in accordance with the criteria and standards of movement indicated before the start of the test. Each participant will have to sign the score-card to validate the score assigned by the judge; in the event of a dispute, the participant must appeal the Review Manager.

19 – DISPUTES

Any dispute must be submitted no later than 30 minutes after the end of the heat in question. Any dispute must be accompanied by clear video evidence of the



disputed athlete during training.

The video subject to the dispute will be fully evaluated by the Head of Review, who is the only one who can modify or validate the penalties assigned on the race course.

If the dispute concerns the performance of an opposing athlete, in addition to the one mentioned above, it will be mandatory to appear with the other party for a confrontation. In the event that the opposing athlete voluntarily admits the refereeing error, the score can also be corrected without video.

Each complaint must be presented verbally with sports education and ethics, in order to ensure a serene sporting environment from the beginning to the end of the same, both by the athlete and his companions. If this does not happen, the challenge will be automatically rejected.

20 – RULES OF CONDUCT

The participant undertakes to behave in a loyal and sporting manner.

Manipulation, attempts at deception, disruptive behavior, various discussions, offensive comments or any other behavior aimed at: offending or damaging the image of Fall Series TD, the organization, the judges and volunteers involved; will be punished by the match director with the exclusion from the competition of the author of the sanctioned conduct. The organization reserves the right to take action in the competent legal forums for any compensation for damages.

21 – ACCESS TO THE COMPETITION FIELD

Only the athlete, the judges, the volunteers and the race organization have access to the competition field following the safety protocols. The warm-up area, according to the published access rules and always in compliance with the protocols, can be manned at the times and in the prescribed ways, even by coaches.

22 – CONSENT

By completing your registration on the www.judgerules.it portal, you are deemed to have accepted the processing of your data as described in the information in the following point.



23 – INFORMATION ON THE PROCESSING OF PERSONAL DATA

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 information above. This information is provided pursuant to art. 13 of EU Reg. 2016/679 (hereinafter "Information").

23.1 DATA SUBJECTSThe data subject to the processing of data, pursuant to articles 4 and 24. Pursuant to EU Reg. 2016/679, King Owl Training SSDRL with registered office in Via Cantù 18, Cucciago, in the person of the CEO pro tempore, (hereinafter jointly referred to as the "Data Controller" or the "Company").

23.2 TYPE OF DATA PROCESSED

Personal data any information relating to a data subject, in particular 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 the data subject – see Article 4, paragraph 1, no. 1 GDPR. We inform you, pursuant to EU Regulation 2016/679, that the personal data provided by you or otherwise acquired by the Data Controller in compliance with the provisions of current legislation, may be processed, in compliance with the aforementioned legislation and confidentiality obligations. Processing of personal data means: "any operation or set of operations, which is carried out 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, alignment or combination, restriction, erasure or destruction. Data subject means: "identified or identifiable natural person".

23.3 NATURE OF PROVISION AND REFUSALThe provision of data for the purposes referred to in point 4, Lett. A) is optional. Otherwise, he will still be able to participate in the Event, but he will not be framed by the playing media and his FSTD25 Rulebook ENG of 08/06/2025



image/voice will not be disseminated.

23.4 PURPOSE AND LEGAL BASIS OF THE PROCESSINGThe personal data concerning you, name, surname, voice and 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 means, for the following purposes: a) realization of the communication and promotion campaign of the Initiative and the Event, through the filming and/or photographs and/or recordings and the communication of videos/photos/audio and/or video recordings (hereinafter "Materials") produced.b) dissemination of the Materials c) transfer of data to third parties, connected and connected for any reason whatsoever) execution of obligations provided for by law, by national and/or EU regulations and legislation, as well as by provisions issued by authorities legitimated to do so 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 art. 6 lit. a) of the GDPR. For the purposes referred to in letter d), the processing will be carried out pursuant to art. 6 letters c) and f) of the GDPR.

23.5 RECIPIENTS OR CATEGORIES OF RECIPIENTS OF DATAThe data will be communicated 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 to the extent of independent data controllers (art. 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 (art. 29 of EU Reg. 2016/679), for the purposes indicated above.

The data may be accessed, among others: - subjects who provide services for the management of the information system, communication networks and any platforms involved in the dissemination of the Materials (including e-mails, websites, social networks and platforms for the use of on-demand and/or live ideas and communication platforms);- third parties to whom the Materials will be transferred;- service providers, national and international television broadcasters,



consultants, other companies of the Group and anyone who needs to communicate data to achieve the purposes indicated above;- competent authorities for the fulfilment of legal obligations and/or provisions of public bodies, upon request. In the event that your data are processed by other parties as data processors pursuant to art. 4 and 8 of EU Reg. 2016/679, we will provide all the appropriate protections under the applicable legislation. It is possible to consult the list of data processors, constantly updated, at the headquarters of the Data Controller.

23.6 PLACE AND PROCESSING OF THE DATA COLLECTED AND TRANSFER OUTSIDE THE EUThe processing and storage in computer and telematic archives may take place at the operational offices of the Data Controller, in any other place where the subjects involved in the processing are located, or wherever the subjects who provide the data hosting services are located. Your personal data will not be processed outside the EU Area (EEA).

23.7 PERSONAL DATA RETENTION PERIODWhen we need to collect your personal data, we will ensure that it is as accurate and up-to-date as possible. In relation to the specific purposes referred to in this Policy, the data will be stored until the end of the communication and promotion of the Initiative and the Event, without prejudice to any further period provided for by law for administrative purposes, for the management of any complaints and disputes. We inform you that the Materials published and disseminated on the internal and possibly external channels owned by the Company will be deleted at your request.

23.8 YOUR RIGHTSThe right to 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, erasure 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 remedy, if you believe that the processing of your data violates the provisions of EU Reg. 2016/679, pursuant to art. 15 letter f) of these Regulations, has the right to lodge a complaint with the Guarantor for the Protection of Personal Data, in its capacity as supervisory authority, with registered office in Piazza Venezia n. 11 (00187)



Rome, following the procedures and indications available on the [www.garanteprivacy.it website](http://www.garanteprivacy.it), or to appeal to the appropriate judicial offices and, with reference to art. 6, co.1, letter a) and art. 9, paragraph 2, letter a) of EU Reg. 2016/670, 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 machine-readable format, without prejudice to the provisions of paragraphs 3 and 4 of art. 20 of EU Reg. 2016/679.