



RULEBOOK

2026 SWISS THROWDOWN
TEAM / INDIVIDUAL EDITION

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1. General

The Swiss Throwdown (hereinafter referred to as STDT) Rulebook defines the rules and regulations for the entire competition, including the online qualifier and the finals.

By registering, all athletes and teams agree to comply with the rules outlined in this document.

The purpose of this Rulebook is to:

- Provide clear guidance throughout registration, qualification, and finals
- Ensure fairness, transparency, and competitive integrity
- Maintain athlete safety and event quality
- Define movement standards and judging principles
- Prevent and penalize actions that create unfair advantage

Swiss Throwdown 2026 is built on the principle:

Enter Open – Leave Proud.

The qualifier is open to all athletes willing to test their fitness. Advancement to the finals must be earned through performance.

2. Participating

Any athlete or team that meets the age and registration requirements stated in these regulations may register to participate. Any athlete or team wishing to participate in both the online qualification and finals must complete the registration process in time to participate.

STDT reserves the exclusive right to allow or refuse the participation of any athlete and/or team. STDT also reserves the exclusive right to validate, penalize or invalidate scores. STDT will make such decisions on participation and scores to preserve the integrity of the competition.

Schedules for qualification will be set at the time of registration. All participants must sign the online waiver. If one of the participants has not signed the waiver, the athlete or team cannot participate in both the online qualification and the finals.

For team divisions, each team must consist of either M/M or F/F athletes. Each team must designate a team captain. He or she will be responsible for registration, submitting all scores, and acting as the main point of contact with the organization.

Team members can be replaced until the registration deadline. The team captain is responsible for this and must provide the following via email to (info@swissthrowdown.ch):

- The name of the team
- The name of the athlete to be replaced
- The name and email of the replacement athlete

NOTE: The team name cannot be changed.

3. Registration - General Rules

Registration is only possible if both participants of the team agree to abide by the rules and standards written in these regulations. All participants must be at least 18 years of age. Registration is complete when the following conditions are met:

- Registration (including signing the waiver) and agreement on the rules and standards;
- Full payment of the registration fee with confirmation from the competition platform.

4. Registration - Costs

The full entry fee consists of the entry fee and the service fee. The service fees are charged by the competition platform and payment processor and are subject to their terms and conditions. These fees are further specified in these rule

5. Registration - Refund Policy - STDT

Upon qualification, no refund is provided under any circumstances from STDT. If the final cannot take place, the organization offers 3 options:

The organizers will try to schedule a new date. The participant accepts reassignment to this new date.
The athlete cannot register for any reason on the rescheduled date but can participate in one of our other competitions. STDT will compensate the athlete with a voucher for this. The participant is obliged to send us a written (email) request for this to the organization.
If the final is canceled in its entirety, each participant has the right to request a refund of his registration fee. The participant is obliged to send us a written (email) request for this to STDT**.

**In case of force majeure, the obligations of all parties shall be suspended. Force majeure occurs when the performance of the agreement is prevented (in whole or in part) by circumstances beyond the control of all parties and circumstances at the organization such as staffing, transport and venue problems (including the default of the supplier(s)), an epi- or pandemic and government-imposed rules and regulations.

The refund relates to the registration cost for the final. Service fees charged by the competition platform and payment processor will not be refunded.

All refunds within ninety (90) days of the original entry date will be processed through the competition platform. These refunds can only be transferred via the original payment method used by the participant. It is not possible to send this refund to another destination (e.g. another payment card or bank account number).

6. Refund Guarantee – Competition Platform

This section outlines the terms and conditions for requesting a refund for event registration on the Circle21 platform. Our refund guarantee is designed to provide athletes with peace of mind in case they are unable to attend due to specific unforeseen circumstances.

Refunds are granted only if the athlete has purchased a refund guarantee at the time of event registration checkout and meets one of the following conditions:

- Injury or medical emergency (verified by a medical certificate)
- Unforeseen travel issues (e.g., flight cancellations)
- Significant personal emergencies, such as family emergencies, unforeseen work commitments (verified by employer), or other exceptional circumstances at the event organizer's reasonable discretion

Refund requests must be submitted at least 7 days prior to the event, excluding travel disruptions.

- For travel disruptions, refund requests must be submitted within 3 days after the event.
- Late submissions may not be eligible for a refund. If we are unable to process your refund within the specified timeframes, we will notify you and provide an updated timeline.

To process a refund, the athlete must provide:

- A valid medical certificate for injuries or medical emergencies
- Proof of travel disruption, if applicable
- Documentation of significant personal emergencies (e.g., family emergencies)
- Employer verification of unforeseen work commitments
- Any other relevant supporting documents

Refunds will not be granted in the following cases:

- Change of mind
- Failure to meet participation requirements
- Lack of transportation availability
- Events caused by the athlete's own negligence
- Event cancellation or changes in date/location
- Disqualification from the event

If an event is affected by force majeure (e.g., natural disasters, public health emergencies, government-imposed restrictions), we will attempt to reschedule. If rescheduling is not possible, athletes will be offered a full refund of the ticket price, excluding the refund guarantee fee. Refund guarantee purchases are final. However, if you wish to cancel your refund guarantee within 24 hours of purchase, you may do so by contacting contact@circle21.app.

Complete the Refund Request Form

1. Submit the form along with the required documents
 2. The request will be reviewed within 7-10 business days
 3. Approved refunds will be processed within 5 business days after approval
- For any questions regarding the refund policy, please contact contact@circle21.app

7. Registration – Circle21 Account

STDT uses the competition platform Circle21 (hereafter referred to as the "competition platform"). Each athlete and/or team must create a personal account on this platform.

If you are unsure how to do this, ask someone who already has an account or get in contact with the competition platform: contact@circle21.app

Circle21 is a company based in the United Kingdom. By using this platform and creating an account, you agree to their terms and conditions as well as their privacy policy. You can find these documents on their website:

https://circle21.events/termsOfUse?utm_source=chatgpt.com

https://circle21.events/privacyPolicy?utm_source=chatgpt.com

8. Registration - Liability in case of problems

STDT is not responsible for any problems (whatever they may be) in the registration process, regardless of whether they are caused by the users of the website or by the competition platform STDT uses.

STDT may disqualify any participant whose entry, registration or submission process or operation of the competition it can prove was tampered with. STDT may disqualify any participant whose actions violate the official rules.

If for any reason, the competition cannot proceed (in whole or in part) as planned due to a computer virus, bugs, worm-ware, manipulation, unauthorized intervention, fraud, technical failures or other causes beyond the control of STDT, which, in the exclusive judgment of the organization, are detrimental or the administration, security fairness, integrity or the proper conduct of the competition, STDT reserves the right to declare suspicious entries invalid, and/or cancel, terminate, modify or suspend the competition and will not be obliged to award any prizes or designate winners for this competition.

9. Registration - General Classification

Athletes and teams will be ranked in the overall ranking of their respective division based on test performance.

10. Registration – Stats

Related to the score:

- Did Not Finish (DNF): if an athlete or team does not finish a test and does not meet the minimum test requirements, they are given the 'DNF' status and does not give them a score and/or points. Athletes and teams can still qualify for a place in the overall ranking.
- Time Cap (CAP): if an athlete or team does not finish within the time limit, they will be given 'CAP' status. This will note them as 'CAP' on the overall standings and rank them among everyone who completed the test within the time limit and based on their completed rehearsals.

Regarding athletes and teams:

- Withdraws (WD): an athlete or team withdraws from the competition, giving them 'WD' status. This will push the athlete or team to the last place in the overall ranking. Athletes or teams can no longer qualify for a place in the standings.
- Disqualify (DQ): an athlete or team may be disqualified, giving them 'DQ' status in the overall standings. This does not remove any points but does change the current position in the ranking and moves the rest of the field up one rank.
- Cutoff (CUT): during the competition, only the best-ranked athletes and teams can be selected to continue in the competition. Athletes and teams that do not advance are given the status 'CUT' for this test in which they did not advance.

11. Qualifiers - Timetable

The online qualifier will take place from:

June 19 – July 13, 2026

All deadlines will be communicated via official channels (competition platform, instagram).

12. Qualifiers - Workouts

The online qualifiers are performed individually (including for team divisions) and consist of a number of workouts specified in advance by STDT for all divisions.

Workouts, flow and standards will always be announced the same week of the official kick-off of the qualifiers via following official STDT channels:

- Relevant website(s)
- Relevant competition platform
- Relevant social media channel(s)
- Relevant email(s)

13. Qualifiers - Registration Process

Any indy/team (represented by a team captain) may complete registration on the competition platform before the close of registration. Registration closes on the deadline for submission of scores.

14. Qualifiers - Divisions

An athlete's age category will be assigned based on date of birth and gender. The age of the athlete on the date of the final determines which age category the athlete may compete in.

The online qualification has the following divisions and age rules:

- RX M/M (18+)
- RX F/F (18+)
- INTERMEDIATE M/M (18+)
- INTERMEDIATE F/F (18+)
- REGULAR M/M (18+)
- REGULAR F/F (18+)
- RX Men (18+)
- RX Women (18+)
- Masters Men RX (35+)
- Masters Men Intermediate (35+)
- Masters Women RX (35+)
- Masters Women Intermediate (35+)
- Masters Men RX (40+)
- Masters Men Intermediate (40+)
- Masters Women RX (40+)
- Masters Women Intermediate (40+)

15. Qualifiers - Fees

The registration fee for the Qualifiers is:

- Individuals: 40 CHF
- Teams: 60 CHF

Additionally, platform service fees charged by the competition platform will apply. These fees are non-refundable and are subject to the platform's terms and conditions.

16. Qualifiers - Available Format

Athletes must complete all prescribed workouts before the deadline. Each participant is free to take as many attempts as he or she wishes.

17. Qualifiers - Available Format - Approved equipment/apparel

The workouts will be released and communicated through uniform (online) means and will include the following information:

- The workout with times, weights, distances and parts;
- The equipment you will need;
- The workout flow;
- The relevant movement standards;
- Special rules/exceptions (if any);
- Scorecard;
- Floor plan (if any).

At all stages of this competition, it is the responsibility of the team to adhere to the test schedule. This includes performing all required movements to the standard described, counting and completing all required repetitions, using the required equipment and weights, meeting the required time requirements and complying with all submission and video standards.

Changing the test schedule in any way is NOT allowed.

Proper training apparel, including shoes, is required for all parts. No clothing may prevent a judge in his ability to determine whether the required rules and standards are met. Subject to prior permission from STDT, hip belts, non-sticky gloves, hand tape, neoprene joint sleeves and ordinary fitness clothing may be allowed during competition. However, no form of grip or weight support may be derived from the equipment worn. In general, equipment that

increases safety and/or comfort but does not provide an advantage is allowed (e.g. if a horizontal bar must be used during a test, athletes may wrap tape around the bar OR wear hand protection (gym grips, gloves, etc...)). It is forbidden to wrap tape around the bar AND wear hand protection).

18. Qualifiers - Score Submission

It is the responsibility of the athlete (for individual divisions) or the team captain (for team divisions) to ensure timely and successful submission of workout scores and videos. Entries that are incomplete will not be accepted. Entering zero (0) rehearsals is equivalent to not completing the test.

Scores must be submitted before the date and time to be determined by STDT, which will be communicated through known channels:

- Relevant website(s)
- Relevant social media channel(s)
- Relevant email(s)

NOTE: STDT reserves the right to extend the score submission date due to unforeseen circumstances.

19. Qualifiers - Movement Standards, unusual movements and exceptions

Any violation of the prescribed workout format, including movement standards will result in the repetition being rejected (no-rep). Therefore, athletes and judges should be familiar with the 'unusual movement clause' (any movement that is unusual or deemed unusual, or used to alter, shorten or change the accepted movement standard or range of movement, including the line of action, of a test movement can and will be disapproved).

In addition, athletes and judges should be aware that certain athletes with physical limitations and a specific movement range may be granted an exception, at the discretion of STDT. This limitation in range of motion must be due to a previous physical limitation or injury that is clearly demonstrable (in any form).

Any restriction must be brought to the attention of STDT via e-mail addressed to STDT before the start of the competition. Such cases are exceptional and will be considered on a case-by-case basis.

20. Qualifiers - Video submission

All teams must upload a video of each workout on the competition platform. The competition platform is set to give you no other choice. No video = no score upload (system will give an error message).

Videos that cannot be viewed by the review team for any reason will be deemed not to have been submitted. It is the responsibility of the team that the videos can be viewed. STDT will NOT contact athletes and teams to get videos visible.

More than once, we note that a link is uploaded that has nothing to do with the workout. If STDT detects this, the team is immediately disqualified and receives a red flag in all our competitions.

The videos will be viewed and verified by the review team. As part of this video verification process, the score obtained by the athlete may be accepted, modified or invalidated. Reasons for modification or invalidation of a score include, but are not limited to:

- Failure to provide the required video;
- Videos inaccessible to the review team due to a variety of reasons;
- Failure to follow the rules and standards for submitting videos;
- Not following the rules and standards of the workout(s);
- Failure to follow the rules written in these regulations.

Video submissions may be invalidated or modified without warning and after a workout has been completed. Athletes are best to have someone (judge) monitor their movements to ensure each repetition meets the required rules and movement standards. Before submitting a video, athletes and teams should watch the video to ensure that their repetitions meet the required rules and movement standards and that the score and, if applicable, tiebreaker times are correct.

21. Qualifiers - Video assessment process

Submitted videos will be randomly reviewed and the score(s) and requested workout(s) validated, modified or invalidated.

Athletes and teams can qualify to compete in the finals if their score is validated or changed. If a score is changed, the overall qualification ranking will be recalculated with this new score. If the team remains ranked high enough after this recalculation, the team can obtain an invitation to the final.

If a score is changed, the team will be informed via an email why the score was changed or declared invalid.

The submitted video must match the test of the submitted score.

If a video is declared invalid, the overall qualification ranking will be adjusted according to the change of the no-score for that workout.

22. Qualifiers - Scoring and penalties

Each event includes multiple team workout items.

Workouts may be scored according to the time taken to complete the workout, the total number of repetitions completed in a given time, the heaviest load completed, the distance covered, or a combination of above elements.

The scoring of certain test items may result in deductions for not completing a mandatory part of the task.

- Valid : The athlete meets the required movement standards on all repetitions in the test and the listed score is correct. The score will be accepted.
- Valid with minor penalty : Throughout the video, the athlete demonstrates up to 10 « no-reps » that result in a faster time or a higher score for a given test. A small penalty will be applied to the listed score. If the score is stated in the form of a time, the total time to complete the test will be adjusted accordingly. A minor penalty may be applied to more than one (1) movement per test resulting in a larger score adjustment.
- Valid with major penalty : Throughout the video, the athlete demonstrates between 10 and 20 'no-reps' that result in a faster time or a higher score for a given test. A severe penalty will be applied to the listed score by deducting 15% of the total reps. If the score is given in the form of a time, the total time to complete the test will be adjusted accordingly. A heavy penalty may be applied to more than one (1) movement per test resulting in a larger score adjustment.
- Invalid : Throughout the video, the athlete fails to complete the test as required, demonstrates a significant or unacceptably high number (20+) of « no-reps » or the video does not contain the criteria listed in the video submission standards. The score will be rejected.

NOTE: A score adjustment occurs when an athlete's or team's score needs to be adjusted based on miscounted 'reps', 'no-reps', or a combination of the two. A score adjustment can stand alone or be applied in combination with a result of a minor or major penalty as described above.

23. Qualifiers - Video submission standards

The video submission standards (wherever mentioned) are a part of the Rulebook.

Basic rules are as follows:

- Tell us your name, which event and division you are in;
- Zoom in/focus on those weights (barbell, dumbbell, kettlebell, plates, etc...), distance (shuttle run, handstand walk, etc...) and time/distance/calories on those screens so we can give you full credit;
- Videos must be uncut and unedited to accurately display the performance;
- A clock or timer must be visible throughout the workout;
- Shoot the video so ALL exercises can be clearly meeting the movement standards;
- Videos shoot with fisheye or similar lens will be rejected;

24. Qualifiers - Overall ranking

The competition platform website will host the only official rankings for this online qualification. If a team does a workout and submits a score, the score will appear in the overall ranking after the deadline for submitting the score.

Teams are ranked on the overall rankings based on their performance against other teams from the same group. Equal positions on the overall ranking are broken up by awarding the best position to the team with the highest result in a single test. If teams are still tied after this first tiebreaker, the process continues with their highest individual result, and so on.

Ties are not broken for results in individual events. More than one team can share an equal score and ranking, and each will keep the original score.

The overall ranking will not be published until 24 hours after the score submission deadline. The overall ranking published initially is not the official ranking. Only after the video review process is completed will the overall ranking be finalized.

25. Finals- Timetable

The date of the final as well as the venue will be determined in advance by the STDT. Dates and location will be announced well in advanced as schedules as heats and tests in the same week of the finals via following official STDT channels:

- Relevant website(s)
- Relevant social media channel(s)
- Relevant email(s)
- Athlete script

26. Finals- Placement throughout online qualification

At the end of the review process of the online qualification, the ranking of the athletes and teams on the online qualification rankings will be determined. STDT will invite (by email) the teams who have qualified for the finals. If a team does not complete the registration process, declines the invitation, does not accept the invitation, does not pay the registration fee, the invitation will be canceled and STDT may refill the position with the next athlete in line for that age category.

If a team is invited to the final, the team will continue with the registered team as in the online qualification. The team can replace an athlete until one (1) week before the finals. The team captain is responsible for replacing team members by sending STDT a request by email. This email should clearly state:

- The name of the team;
- The name of the athlete to be replaced;
- The name and email of the replacement athlete;
- The team's name can't be changed.

NOTE: You can only do this once!

27. Finals- Divisions

All ranked teams are placed in their respective division as taken over from the qualification registration.

28. Finals- Registration process

Teams can register after receiving an email inviting them to register. Registration must be completed by the date specified in the email.

29. Finals- Costs

The Finals ticket price is CHF 60 per athlete per day.

The total cost depends on the competition format:

- Teams (2 days of competition): 240 CHF per team (120 CHF per athlete)
- Masters (2 days of competition): 120 CHF per athlete
- Individuals (3 days of competition): 180 CHF per athlete

These fees cover participation in the event and access to all necessary competition areas. Additional service fees from the competition platform may apply. Tickets are non-refundable and must be paid in full upon registration.

30. Finals- On-site check-in

The date, location, etc... for the final will be disseminated on the STDTs website and/or via email addressed to the team captain and/or via social media channels.

It is the responsibility of each participant to fulfill all required travel and planning obligations (should there be any).

Upon arrival at the place of final registration on the specified date and time, athletes must present themselves to the STDT staff with a valid and generally accepted proof of identity, such as a driving license or passport. We allow team registration by 1 athlete in function of the team.

31. Finals - Technical briefing

Workout components, times, tiebreaks, workout flow & special regulations will be communicated before the event starts. This communication may take the form of online media, written documentation or a live technical briefing (with or without demonstration of movements and/or range of motion). Regardless of the method of communication, it is the sole responsibility of the teams to know the movement standards at all times and meet the minimum standard requirements.

In the event of an on-site technical briefing, it will consist of the following parts:

- Components of the workout;
- Test flow;
- Movement standards;
- Special regulations;
- Q&A

32. Finals - Placing overall ranking

All participating teams will be assigned a place in the overall standings at the start of the event. During the course of this event, teams may reposition themselves in the overall ranking which will be determined by their score per workout.

A tie will be broken by awarding the best position to the team with the highest result in a section of a test. If athletes or teams are still tied after this first tiebreaker, the process continues with their next highest individual result, and so on.

Ties are not broken for results in one (1) part. More than one (1) athlete or team can share a test ranking and each will earn the original points.

All teams will be subjected to a number of workouts determined and communicated by STDT after which the winner of the competition will be announced.

33. Finals - Scoring

Specific scoring formats will be provided when the workouts are announced. For teams, any composition of men, women or the total number of athletes contributing to the competition score may be required.

Workouts may have penalty times. Failure to complete a workout within the specified time may result in a specific penalty for each part of the workout that was not completed.

Workouts may have a minimum work requirement in terms of the amount of time, repetitions, weight or rounds. Such minimums will be announced as part of the format of the workout.

If a team does not advance to the next part of a test for any reason (DNF, injury, etc...), the team will be ranked lower than all participants or teams who started and finished this part of the test.

34. Finals - Appeals

Appeals are allowed in the following situations:

- There is a difference between the athlete's or team's score on the scorecard and the score on the competition platform
- The performance of an athlete or team was disrupted by the actions of another athlete, judge, or staff member
- Malfunctioning test equipment
- Other situations that relate to the athlete's or team's own performance and do not involve an appeal on whether a repetition met the required movement standard

Appeals are only permitted in specific situations and must follow the procedures outlined below. Judging decisions regarding movement standards (no-reps) are final and cannot be appealed.

All appeals must be submitted after the signing of the scorecard. Once a scorecard has been signed, results are considered final unless an official appeal is submitted. Appeals must be submitted through the official competition platform and are subject to a fee of CHF 10.

If an appeal is upheld and results in a score correction, the fee will be refunded. If the appeal is denied, the fee will not be refunded.

Only the athlete or team concerned may submit an appeal. Appeals regarding the performance of other competitors are not permitted.

Appeals may be submitted in cases of score discrepancies, equipment malfunction, or external interference affecting performance. The review of any appeal, including the use of video footage, is at the sole discretion of the head judge. If reviewed, the performance may be assessed in its entirety, and any confirmed scoring error may result in an adjustment of the score.

The use of external video footage, including footage from spectators or third parties, is not permitted. Only official competition footage, if available, may be considered.

Appeals regarding a specific workout must be submitted before the athlete or team starts the next workout. If the appeal concerns the final workout of the event, it must be submitted within four (4) hours after the last heat has completed that workout.

The decision of the head judge is final.

35. Finals - Injury policy

Any team (member) who is unable to complete a part due to injury, or who requires medical attention after completing a workout, must obtain permission from the medical staff and the head judge before returning to competition. The head judge or medical staff have the authority to withdraw the team (member) from competition based on the severity of the injury, the likelihood of further injury and other factors.

Teams (members) who miss their round for any event due to injury or while undergoing medical treatment or assessment will be withdrawn from the competition.

If a team member is withdrawn from the competition due to injury, the team may continue to participate if the team can potentially meet the minimum work requirements of a section. If the team cannot meet the minimum requirements without a full work schedule, the team may not participate and will be withdrawn from the competition.

36. Finals - Required apparel/equipment

Proper apparel, including footwear, is required for all components. No attire may interfere with a judge's ability to determine whether the required movement standards and expectations for movement range are met.

STDT may, at its discretion, prohibit athletes from wearing, using or displaying certain clothing, equipment, accessories, symbols, art, images or other items, including but not limited to headgear, clothing, tape, sunglasses, water bottles, stickers, logos and body or head tattoos or art (temporary or permanent).

Once teams enter the competition floor, they must not receive any outside assistance (water, tape, chalk, gloves, ect...) from spectators or coaches.

37. Finals - Coaching of athletes

The competition zone, including the athlete- and warmup zone, are prohibited for coaches and spectators. Coaches, therapists or other non-staff related persons are considered limited access spectators and are not allowed to access the competition zone in its entirety.

Coaches have to buy a spectator ticket.

Medical personnel for rehabilitation of athletes (soft tissue and body care providers) may be provided by STDT to all athletes in a designated zone with restricted access in the athletes' zone.

38. Finals - Winners

After everyone has completed all workouts, the winners per division of the event will be declared based on the overall ranking.

39. Anti-doping policy

Keep the sport clean. There is a zero tolerance policy!

40. Amendments and final clauses

STDT may revise these regulations at any time. Changes to the regulations will be communicated (with amendments) via STDT official channels.

By registering, the participant declares to agree with the content of these rules and its possible amendments. In all cases where the STDT rules, workouts and/or other communications are unclear, incomplete or contradictory, STDT will always have the final say.

41. Annex: Sportsmanship

All athletes / teams agree to participate in the competition in a sporting manner. Unsportsmanlike behavior such as arguing with a judge, staff member, taunting, interrupting, fighting, or participating in any behavior that brings the organization, the competition, other participants, spectators, or event sponsors into disrepute, as determined by STDT, in the eyes of the public or the community, may be grounds for punishment, suspension, disqualification or legal action.

All teams agree to make appropriate efforts in every workout and at every stage of the event. Teams (members) are prohibited from 'sandbagging' (someone underperforming in an event) to gain an advantage in another workout or over another athlete or team. Any team (member) deemed by the organization to be engaging in 'sandbagging' may be penalized or disqualified by the organization at its discretion.

Any action that prevents another athlete from having a fair chance to compete (e.g. misuse or change of equipment or refusal to follow instructions), that interferes with communication between the athlete and the judge (e.g. external sound equipment, bull horns, air horns, etc...), or is generally disruptive to the event is prohibited.

Athletes are held responsible for the behavior of their coach, teammates, team managers, supporters and guests. If the behavior of a member of such a group or groups is deemed by the organization to be unsportsmanlike or disruptive to the competition, the coach, teammate, supporter, guest or athlete is subject to the same disciplinary measures.

This is not an exhaustive list and is intended as a guide for athletes, coaches and other attendees. This is not intended to restrict the right of the organization to organize the event in any way it sees fit. The organization reserves the right to terminate the participation of any athlete, coach, staff, volunteer, judge, visitor, guest, supporter, teammate and/or spectator attending or watching the event at any time, without further obligation to that person.

All information provided, whether in registration, video, scores, times, reps or completed rounds, must be the complete truth. A lack of integrity, or any action that shows intent to cheat or circumvent the rules or intent of the rules of the competition, including lying (as an example), will result in disqualification.

The organization has and may delegate absolute authority over any final ruling, including, but not limited to, disqualification of an athlete, removal of spectator(s), or dismissal of an attendee.

42. Annex: Waiver statement

Assent to these competition rules.

«I declare that I agree without reservation to the following documents:»

- Competition Rules
- Rulebook in general

Data Protection & Privacy Policy

By registering for the competition, participants agree to the collection and processing of their personal data for event-related purposes.

Photography & Video Disclaimer

Participants may be photographed or videotaped during the event. By registering, participants consent to the use of these photographs and/or videos without compensation, on the organization's website, social media channels, and other editorial, promotional, or advertising materials produced and/or published by the organization and its partners.

Email & Data Sharing

Participants also consent to their email addresses being shared with event partners for communication regarding event-related updates, promotions, and special offers. Email addresses will not be sold or shared beyond the organization's trusted partners.

Waiver and release of liability

Explicit acceptance of risk:

« I, the Registrant, am aware that there are risks associated with all aspects of physical testing. These risks include, but are not limited to: falls that may result in serious injury or death; injury or death due to negligence by myself, my training partner, or other people around me; injury or death due to improper use or failure of equipment; strains or sprains. I am aware that any of the above risks may result in serious injury or death to myself and or my partner(s). I accept full responsibility for the risks to which I expose myself and accept full responsibility for any injury or death that may result from participation in any activity during, or under the direction of, the organization. I acknowledge and confirm that I have no physical limitations, injuries or illnesses that may endanger me or others »

Waiver

« In consideration of the above mentioned risks and dangers and in consideration of the fact that I willingly and voluntarily participate in the activities offered by the organization, I, the undersigned hereby release the organization, their principals, agents, employees and volunteers from any and all liability, claims, demands, actions or rights of action, relating to, arising out of, or

in any way connected with my participation in this activity, including those allegedly attributed to the negligent acts or omissions of the above named parties. This agreement is binding on me, my successors, representatives, heirs, executors, assigns or assigns. If any part of this agreement is declared invalid, I agree that the rest of the agreement shall remain in full force and effect »

Indemnification

The participant/registered acknowledges that there are risks prohibited in the types of activities offered and/or initiated by the organization. Therefore, the participant/registrar accepts financial responsibility for any injury the participant/registrar may cause to himself/herself or another participant through his/her negligence.

The participant/registered further agrees to indemnify and hold harmless the organization, their principals, agents, employees and volunteers from liability for the injury or death of any person(s) and damage to property that may result from my negligence or intentional act or omission while participating in activities offered and/or integrated by the organization, at the qualifying venue(s), or the final event venue or abroad. This includes but is not limited to parks, recreational areas, playgrounds, areas adjacent to main buildings, and/or any area selected for the test by the organization (e.g. swimming pool, etc...).

As registered, I declare

« I have read and understand the foregoing and I understand that my registration for the event obliges me to indemnify the named parties against all liability for injury or death to any person and damage to property caused by my negligence or willful act or omission. I understand that by registering I waive my legal rights»