

RuleBook

Each person who chooses to register for the Romanian Showdown competition, confirms by paying the registration fee that he has read and accepted these regulations!

At the same time, he acknowledges and approves by registering, that he gives his consent, as a participant, to take photos and/or videos with his own image.

ARTICLE 1. NAME AND ORGANIZATION

Romanian ShowDown is organized by SC MATHENA SRL (CUI -47826115)

The arena where the competition will take place is made available by the partner Friends Arena Sport Center, located in Timisoara, str. Lacului, no. 1. Through this competition, we first of all want to increase the visibility of functional fitness in the Romanian community and to offer athletes of any age the opportunity to test their physical abilities such as strength, endurance, speed, from the highest level of fitness to the hobby level.

Therefore, the participant declares and signs at the time of picking up the Kit for participation, that he is aware of the risks and dangers that his person may suffer and of the significant psycho-physical stress to which he will be subjected.

The first edition of Romanian ShowDown is scheduled for June 9-11, 2023.

ARTICLE 2. CONDITIONS OF PARTICIPATION IN THE EVENT

To be admitted to the Romanian Showdown, the participant must:

- a) to have reached the age of majority;
- b) read and accept this regulation in its entirety and consent to the processing of personal/confidential data.
- c) register through the Thunder 'W.O.D' application available on the website www.romanianshowdown.com and pay the participation fee:

- Individual - Categoria EXPERIENCE
400Lei - 80€ (Martie) | 450Lei -90€ (Aprilie) | 500Lei - 100€ (Mai)
- Individual - Categoria INTERMEDIATE
400Lei - 80€ (Martie) | 450Lei -90€ (Aprilie) | 500Lei - 100€ (Mai)
- Individual - Categoria RX
400Lei - 80€ (Martie) | 450Lei -90€ (Aprilie) | 500Lei - 100€ (Mai)
- Individual - Master 35-39
400Lei - 80€ (Martie) | 450Lei -90€ (Aprilie) | 500Lei - 100€ (Mai)
- Individual - Master 40 +
400Lei - 80€ (Martie) | 450Lei -90€ (Aprilie) | 500Lei - 100€ (Mai)

d) make sure that he has an appropriate level of physical and mental preparation to practice the activities required by the competition.

e) accepts and respects the national and regional legislation regarding Covid-19 in force during the period provided for the event, including any changes and/or additions.

SECTION 3. **ANTI-COVID HEALTH REGULATIONS**

By registering for the event, the participant accepts and is aware that, due to the Covid-19 pandemic, the Romanian government could issue regulations that may oblige the Organizer to regulate the entry and/or participation in the event of athletes, companions and coaches, under special conditions.

Therefore, the Organizer hereby informs that access to the event venue and the competition itself will take place in compliance with the provisions of the law in force at the time of the competition.

ARTICLE 4. **ANTI-DOPING REGULATION**

By registering for the event, the participant declares:

- a) to know and comply with national and international anti-doping regulations;
- b) to comply with the law no. 376/2000, responsible for the criminal effects arising from the application of article 9 in case of violation of the law, as well as the law; no. 237/2007 of ratification of the International Convention against doping in sports adopted by the General Conference of UNESCO.
- c) to recognize WADA as the national and world authority for the fight against doping.

ARTICLE 5. **CATEGORIES AND STANDARDS**

Romanian Showdown is a competition that consists of several physical tests based on various functional movements performed at high intensity, all to test strength, speed and skills, such as: lifting or moving weights, performing specific movements with body weight or specific devices, overcoming obstacles, execution of circuits or specific distances by running, cycling, rowing, etc. for a long period of time.

The competition features different categories based on skill level, gender and age, which allow participants to compare themselves. By registering for the event, the participant selects the category in which to compete based on the following indicative standards:

Individual - EXPERIENCE Category: You have been practicing this sport for several months or several years and in one training you are able to lift weights (SNATCH) of at least 25/40Kg and bring your knees to your chest from hanging on the bar. However, you still lack some elements to be a fully-competitive athlete. You just want a beautiful, unique experience with your friends!

NO Handstand, NO Muscle up, NO Double unders!

If at the 2023 Open you find yourself in the "Scaled" category, join this category with confidence. The tests will be suitable and challenging for your level.

Individual - INTERMEDIATE category: You like challenges and master all the movements of this sport. You have participated in the beginner category and in other competitions in your gym so far. In a training session, you can lift weights (SNATCH) of at least 40/60Kg and **to do PULL UPS, TOES TO BAR, HSPU and DU.**

You can do all Open 2023 WODs in "RX" format, without adaptations. But you still don't qualify for the quarters, but you're mostly here for fun, so you're welcome to join the "Intermediate" category. **NO Handstand walk, NO Muscle up!**

Individual - Category RX: You are among the representative athletes in your gym and already inspire others with your achievements. In one workout, you can lift weights (SNATCH) of at least 60/80 kg and do Muscle-up, Chest to bar, toes to bar, Handstand Push ups, Handstand Walk and Double Unders. You have already done some local competitions and even nationals. You can complete the entire Open 2023 in RX format, without adaptations, and usually qualify for the Open quarterfinals.

Congratulations ! The RX category is for you!

Individual - Master 35-39 / Individual - Master 40+: like the RX category, you master all the elements and are ready to fight with the best in your age category. In a training you can lift weights and do movements appropriate for your age according to the age group standards of the Open. You have already done some local and even national competitions. You can complete the entire Open 2023 in RX format without adaptations.

Congratulations ! The Masters category is for you.

The Participant declares that he is in possession of the requirements provided by the selected category and is aware that these requirements must be considered minimum; therefore, the participant agrees to face unforeseen tests of any kind, burden and duration throughout the competition. The competition ends with rankings specific to each category.

ARTICLE 6.

Individual - EXPERIENCE Category

- Participants over 18+ years - no other age limit!
- Participants under 18 years of age / (check-in with the identity card, together with the participation agreement, written and signed by the parents + the medical certificate that shows that the participant is fit for physical effort)

Individual - INTERMEDIATE category

- Participants over 18+ years - no other age limit!

Individual - Category RX

- Participants over 18+ years - no other age limit!

Individual - Master 35-39

- The participants who on June 9 are 35 years old, but not yet 40 years old!

Individual - Master 40+

- Only participants who are 40 years old on June 9 - no other age limits!

ARTICLE 7. **CHECK-IN**

To be admitted to the event, all participants must be personally identified by generally recognized and valid identification, such as an ID card or passport. The place, day and time when the identity check will be done will be announced in good time, a few days before the start of the competition.

The participant can access the warm-up area accompanied by his coach or assistant, only at the time indicated in the competition schedule. It is the participant's responsibility to meet all travel and planning commitments necessary to meet the event schedule.

ARTICLE 8. ACCESS TO THE COMPETITION

To register for the Romanian Showdown, you must have a personal account on the Thunder W.O.D. application. , application about which you can read more in the column "how to register" on the website www.romanianshowdown.com; each contestant must register in person using their own account, read the rules in their entirety and accept all terms and conditions.

Registration opens on March 25, 2023 with 360 places allocated without any qualifications, on a first-come, first-served basis, as follows:

Experience M/F (18+)80/60 seats

Intermediate M/F (18+)60/40 seats

Rx M/F (18+)40/20 seats

Masters 35-39 M/F20/10 seats

Masters 40+ M/F20/10 seats

The number of available seats could be varied to meet the actual registration demand for each category. In addition, the organizer reserves the right to combine two or more categories in case the number of entrants is not sufficient to fill all scheduled heats.

SECTION 9. NO QUALIFICATION, NO ELIMINATION

There will be no eliminations during the competition, however each athlete will have to complete all scheduled workouts for their category and must always demonstrate the highest commitment during each workout!

The final ranking will be based on the scores of all practices, and the top three athletes ranked in each category will go on the podium.

ARTICLE 10. DURATION AND SCHEDULE OF THE COMPETITION

The contest has a different duration for each category, as follows:

Experience M/F (18+)2 days (Saturday and Sunday)

Intermediate M/F (18+)3 days (Friday, Saturday and Sunday)

Rx M/F (18+)3 days (Friday, Saturday and Sunday)

Masters 35-39 M/F (18+)3 days (Friday, Saturday and Sunday)

Masters 40+ M/F (18+)3 days (Friday, Saturday and Sunday)

ARTICLE 11. WINNERS AND PRIZES

Only 1-2-3 places will be awarded in each category.

All details about the prizes will be announced after the end of the registrations. There will be prizes

awarded to winners on the spot;

The awarding of prizes can be canceled indefinitely in exceptional cases of unsportsmanlike behavior. In these cases, the organizer reserves the right to disqualify the person in question and cancel the results obtained up to that time.

ARTICLE 12. EVALUATION AND CLASSIFICATION SYSTEM

a) The score of each workout is based on the execution time or the number of repetitions completed or the weight lifted; whatever failed or the movement performed incorrectly constitutes a "no rep", i.e. a repetition that is not valid for scoring purposes.

b) The allocation of points for each training is based on the following principle: the first place gets 1 point, the second place gets 2 points, 3rd place gets 3 points and so on... In the event of a tie in single practice, tied competitors receive the same number of points. At the end of the competition, the contestant with the least amount of points is the first, and so on, the others.

c) If two or more competitors are tied in the overall standings, the final standings will be determined by counting the number of best places in each practice; in case of another tie, the absolute best placement will be evaluated; if not possible in the event of a tie by applying these criteria, the best place will be awarded to the youngest competitor and, in the case of the same age,

the competitor who registered first for the event. In no case will there be direct playoff games.

d) During all stages of the competition, the competitors' performances are checked by one or more referees according to the movement the standards described on the official website of the event and with the criteria communicated by the judges during the competition.

e) At the end of the training, to validate the score awarded by the referee, the participant must sign the score sheet; in case of dissatisfaction, the competitor must dispute the score and immediately appeal to the Competition Director.

f) A signed score sheet cannot be contested later, and the recorded score is final and indisputable.

g) The decisions of the Competition Director and the Organizer are final and indisputable. In case of a judicial procedure, we remind you that the law in force is the law of Romania.

ARTICLE 13. RULES OF CONDUCT

The participant agrees to behave in a fair and sportsmanlike manner. Attempts to cheat, disruptive behavior or violent discussions and offensive comments expressed in any way and by any means, may be punished by the Organizer with exclusion from the competition, up to recourse to legal action.

Any unsportsmanlike behavior and any possible attitude aimed at harming the Organizer, partners, participants, spectators and others present or preventing other competitors from participating in the competition are also punishable by ranking penalties.

ARTICLE 14. CONSENT FOR THE PRODUCTION AND USE OF PHOTOGRAPHS AND FILM

During the event, photos and videos are taken by operators authorized by the Organizer in order to create promotional audiovisual material.

By signing up for Romanian ShowDown, it is understood that these regulations have been read and accepted, the participant expressly authorizes the Organizer and its partners in any capacity to create, process, publish and transmit photos and films (video/audio) regarding their image in the context of the event and the consequent use of all material for purposes related to promotion and documentation, by any means and through any channel or support (digital, analog, paper) online and offline channels, own and third parties without any limitation.

The Participant grants to the Organizer and its partners the authorization for free and indefinite use of all material depicting him in any action taken during the event, without the need to grant prior authorization and without any claim, made without prejudice to the limitation the protection of the dignity and dignity of the person. Authorization is understood to be granted pursuant to Article 8/1996 on copyright and related rights.

SECTION 15. DISCLAIMER AND INDEMNIFICATION

The Participant declares that he has been informed of the special commitment and intense effort to which he will be subjected during the competition and therefore the Participant by registering for the event declares:

- a) accept foreseeable and unforeseeable risks, which are indicated here by way of example and not exhaustively, such as injury and/or death, sprains, falls, fractures, heat and cold strokes, overuse syndrome, risk potential for permanent paralysis and/or death related to the physical activity carried out during the event;
- b) to have undergone or be subjected to the medical checks required by Romanian law for the physical activity indicated in this regulation; assuming full responsibility regarding his psycho-physical conditions, releasing the Organizer, his collaborators and the sponsors of the event from any damage to his person;
- c) to know that the personal items that he will bring with him to the competition area will not be kept and, therefore, he declares exclusively responsible for these, exempting the Organizer, its partners and sponsors, from any civil and criminal liability, not excluded.

The Participant declares that he has carefully read and evaluated the content of these rules and that he clearly understands the meaning of each point before registering; in addition, he fully understands and shares the purposes of these rules established for his safety and that failure to comply with them may put himself and other participants at risk.

The Participant assumes any criminal and/or civil liability regarding his person, for damages caused to others and/or things due to his own behavior during the competition, even if he

registers by entering false personal data. The Participant declares that he exempts the Organizer and its partners from any civil and criminal liability, not excluded, arising from the competition and from all related events for damages to things and/or persons caused by it or derived from it.

ARTICLE 16. SPECIAL PROVISIONS REGARDING SPORTS MEDICAL CERTIFICATION

The organizer of the competition is not subject to the obligation to ask the participant for the sports medical certificate.

However, given the psycho-physical intensity of the tests included in the event, which the participant has already declared to be aware of, the Organizer specifies that it is the responsibility of the participant to undergo appropriate medical controls to protect his health.

Therefore, by entering the competition, the participant assumes full and more extensive responsibility for the damages suffered by his person, in this sense exempting the Organizer, its partners and event sponsors.

ARTICLE 17. SUSPENSION, TERMINATION, CANCELLATION AND MODIFICATIONS

As a result of past years' Covid-19 pandemic circumstances and by virtue of other similar or different unforeseen and currently unforeseeable circumstances situations, for reasons of force majeure and for reasons that do not depend on the will of the Organizer, including the entry into force of any national and/or regional regulations that could prevent the smooth running of the event, by registering for this competition, we consider that the participant accepts the following:

- a) The organizer can suspend the event, postponing it to another date, or cancel it without setting other dates;
- b) The organizer can transfer the event to another location or realize it remotely by appropriate electronic means (online mode);
- c) in case of suspension, postponement, cancellation, transfer, change of format for the reasons stated above, the participant will be responsible for any expenses incurred for travel, food and/or accommodation, therefore non-refundable by the Organizer;
- d) once the payment has been made, the registration fee is not refundable, not even partially;
- e) event registration is strictly personal and non-transferable, therefore, in case of unexpected commitments or injuries, the participant will not be able to transfer his slot to other people.

ARTICLE 18. PERSONAL DATA PROCESSING

Pursuant to the provisions of the law no. 363 of December 28, 2018

regarding the protection of natural persons regarding the processing of personal data, the participant expresses, to the extent necessary for the purposes established by law, consent to

processing of personal data by the event organizer and all partners, sponsors and providers of IT systems that are used for

the purpose of registering the participant, registering for the competition, compiling the list of competitors, conducting the competition, training

ranking, publication of results and for everything related to the event, including sending communications created directly by Organizing.

ARTICLE 19. FINAL PROVISIONS

The organizer reserves the right to modify these regulations at any time to ensure the optimal running of the event. Any changes to services, locations and times related to the competition will be announced via the official event website.