

**RULEBOOK FOR THE
LOWLANDS THROWDOWN
CLASSIC 2022**

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1 General

The Lowlands Throwdown Classic is an annual competition with its roots in the Benelux (Belgium, Luxembourg and The Netherlands).

The Lowlands Throwdown Classic 2022 season includes an online qualifier and an on-site final event. These events are no part of the CrossFit® Games season.

1.1 Athletes and teams

Any athlete or team meeting Stichting Lowlands Throwdown's (SLT) age and eligibility requirements may register to compete in the events. Any athlete or team wishing to participate in an event must complete the registration process in time to be eligible to compete.

SLT reserves the exclusive right to allow or deny the participation of any athlete or team. SLT also reserves the exclusive right to validate or invalidate any athlete's or team's scores submitted. SLT will make such participation and scoring decisions to preserve the integrity of the competition.

SLT reserves the right, in its sole and absolute discretion, to invite past winners, guest athletes, teams, or others to participate in any stage of the competition. This decision may be made to preserve the traditions and spirit of the competition or for any other reason at the sole discretion of SLT.

Teams and their roster for the qualifier are established at the point of registering for the qualifier. All team members must sign the online waiver. If one or more team members did not sign the waiver, the team is not allowed to enter the competition. Teams will consist of two men and two women who validly register.

The team captain is responsible for submitting the team's scores and the team point of contact for the SLT. The team captain is the person who registered the team.

During the qualifier team members can be substituted until the registration deadline. The team captain is responsible for substituting team members via the Roster page in the competition platform that is available to the team captain.

1.2 Registration

Registration for any event in the The Lowlands Throwdown is subject to each prospective athlete's or team member's affirmative agreement to sign the waiver and comply with the SLT's policies, rules and regulations, as determined by the SLT at its sole and absolute discretion. Athletes or team members under 18 must be accompanied by an adult who has legal custody over the athlete.

Registration is complete if the following conditions are met:

- registration incl. signing of the waiver (see appendix) & agreement to the rules and regulations on the website of the competition platform,
- full payment of the total registration costs, and
- confirmation by mail from/through the competition platform

An athlete may compete in The Lowlands Throwdown Online Qualifier as an individual and as a team member. Both require separate registration. If the athlete qualifies as an individual and as a team member, the athlete must choose to compete as an individual or as a team member at the following event(s). In the following event(s) it is not allowed to participate as an individual and as a team member.

1.3 Registration Fee and the service fees

The full registration fee consists of the competition registration fee and service fees. The service fees are charged by the competition platform and payment processor and subject to the terms and conditions of the competition platform and payment processor. The service fees are non-refundable. The competition registration fees for the qualifier and the final event are specified in the following chapters.

1.4 Refund policy

Before the start of the respective events (qualifier or the final event), an athlete or team captain can request (by email to info@lowlandstrowdown.nl) that his/her (team)registration for that specific event is canceled.

The refund concerns the competition registration fee. The service fees charged by the competition platform and the payment processor are non-refundable.

A request for a refund will usually be processed within 5 business days. If a refund is issued, it generally takes 5-7 business days to complete the transaction. Refunds can't be issued after:

- the workout release date (online event(s)), or
- the check-in date (onsite event(s)).

Refunds within 90 days from the original sign-up date are processed through the competition platform. These refunds can only be sent back to the original payment method used in the initial charge. It is not possible to send these refunds to a different destination (e.g., another card or bank account). Refunds to expired or canceled cards are handled by the credit card issuer and, in most cases, credited to the replacement card. If no replacement exists, the card issuer usually delivers the refund using an alternate method (e.g., check or bank account deposit). For more you should check with your credit card company regarding their processing.

Refunds outside 90 days from the original sign-up date are extremely rare and will be handled on a case-by-case basis. Other conditions, rules and solutions may apply to this group of refunds.

1.5 Drug testing

The Drug Testing Policy applies to all athletes entered into the qualifier and the following events. See section: [drug testing policy](#).

1.6 Competition Corner account

SLT uses Competition Corner as a competition platform. Competition Corner is an American company based in California. By using the platform and signing up for a Competition Corner account, you agree to their terms & condition and privacy statement. These statements can be found at the website of Competition Corner; <https://competitioncorner.net/terms-of-use> and <https://competitioncorner.net/privacy-policy>. Privacy regulations for Competition Corner may be less strict than those in the athlete's or team's country / region.

1.7 Transgender Policy

The SLT Transgender Policy applies to all athletes entered in SLT events.

SLT is, like CrossFit Inc. and following their example, committed to ensuring all athletes have equal access and opportunities to participate in SLT events in a manner that is fair to all competitors while preserving the integrity of the sport. Transgender athletes are welcome to participate in The Lowlands Throwdown in accordance with the requirements set forth below.

1.7.1 Participation in the qualifier

All athletes may select their gender. Athletes who register in a gender category other than the gender assigned to them at birth or different than the gender by which they have identified on SLT's website are representing to SLT that:

- Their gender in their everyday life matches their registration gender, and
- They have obtained civil documents with their registration gender identified (e.g., state ID or driver's license).

Athletes who cannot meet the criteria above may provide medical or other evidence satisfactory to SLT establishing they self-identify as the gender stated in their registration.

Transgender men: Athletes who transition from female to male must satisfy the requirements set forth above.

Transgender women: Athletes who transition from male to female must satisfy the requirements set forth above and meet the following requirements:

1. Athletes must, prior to participating in any online qualifier or accepting an invitation to the Finals, contact (info@lowlandsthrowdown.nl) to receive a Declaration Form to complete, declaring their gender identity is female. That declaration cannot be changed, for any sporting purpose, for a minimum of four years.
2. Athletes must demonstrate their total testosterone level in serum has been below 10 nmol/L for at least 12 months prior to their first CrossFit competition (with the requirement for any longer period to be based on a confidential case-by-case

evaluation by SLT, considering whether 12 months is a sufficient length of time to minimize any advantage in women's competition).

3. The athlete's total testosterone level must remain below 10 nmol/L throughout the period of desired eligibility to compete in the women's divisions.
4. The information provided by the athlete in sections (1)-(3) above will be reviewed by SLT, which shall determine, at its sole discretion, whether the athlete will be allowed to participate as a woman.

1.7.2 Exceptions

As an exception to sections (2) and (3) above, athletes having a serum testosterone level ≥ 10 nmol/L may continue to participate in the women's competition if they satisfactorily demonstrate to SLT that they have a genetic condition that affects the bioavailability of their serum testosterone, such as hyperandrogenism (e.g., PCOS in rare cases), androgen insensitivity syndrome, or 5-alpha reductase deficiency.

For the purpose of events held in 2021, SLT, in its sole discretion, may reduce the 12-month period set forth in section (ii) for particular events.

1.7.3 Therapeutic use exemption required for the use of a banned substance

Any transgender athlete planning to use any banned substance (as defined in the Drugtesting policy of SLT) as part of a medically supervised gender transition must first obtain a Therapeutic Use Exemption as provided in the SLT Drugtesting policy. Nothing in this Transgender Policy will excuse an athlete's failure to strictly comply with the SLT Drug Testing Policy.

1.7.4 Appeal by a transgender athlete

Any transgender athlete whose registration to compete in a particular gender category has been rejected by SLT under section (iv), or otherwise by SLT under this Transgender Athlete Policy, may appeal that decision as follows:

- Athletes shall have 10 business days following receipt of the decision rejecting their gender registration to submit their written petition of appeal explaining why that decision should be overturned.
- Following a review of the athlete's petition of appeal, SLT will, in a timely manner, provide its written decision, including supporting reasons, either denying or granting the appeal.
- Athletes may request a personal hearing by telephone, and it will be at SLT's sole discretion to grant or deny such a request. Athletes may have an advocate or other representative present if they so desire.
- SLT personnel will confer and decide upon the appeal. Any decision made by SLT on the petition of appeal shall be final and not subject to any further appeal.

1.7.5 Confidentiality and consent to sharing confidential information

The legitimate medical and other privacy interests of transgender athletes will be preserved. Any discussion involving the gender identity of an athlete and any documentation supporting a gender transition will be kept confidential on a need-to-know basis, unless the athlete

makes a specific request otherwise. Athletes give their consent to SLT to share confidential information with others as may be reasonably required in the application of this policy or in the application of the transgender policies of other sports organizations in which the athlete is participating. SLT will not retain any medical documentation that may be provided by athletes in accordance with this policy or that is otherwise relevant to their previous status as a SLT competitor after receiving notice from them that they will no longer be participating in SLT events.

1.8 Registration Terms and Conditions

SLT is not responsible for any inaccurate entry information, whether caused by website users or any of the equipment or programming associated with or utilized in the competition. SLT assumes no responsibility for any error, omission, interruption, deletion, defect, or delay in operation or transmission of any website related to the competition, or for communications line failure, or for theft or destruction, tampering, or unauthorized access to entries, registration, participation, and/or entry information. SLT is not responsible for any problems or technical, hardware, or software malfunctions of any telephone network or telephone lines, failed, incorrect, inaccurate, incomplete, garbled, or delayed electronic communications, whether caused by the sender or by any of the equipment or programming associated with or utilized in the competition, computer online systems, servers or providers, computer equipment, software, failure of any email, submission or entry to be received by SLT due to technical problems, human error or traffic congestion, unavailable network connections on the internet or any website, or any combination thereof, including any injury or damage to a participant's or any other person's computer relating to or resulting from participating in the competition or downloading any materials related to the competition.

SLT may disqualify any individual it finds to be tampering with the entry, registration or submission process or the operation of the competition, or the website, or any website related to the competition; to be acting in violation of the official rules; or to be acting in an unsportsmanlike or disruptive manner, or with intent to annoy, abuse, threaten, or harass any other person. Any use of robotic, macro, automatic, programmed, or other such entry methods will void all such entries by such methods. In the event of a dispute as to entries submitted by multiple users having the same identifying information, SLT reserves the right to determine, at its sole discretion, the correct submission in accordance with the rules. See appendix for further details.

If, for any reason, the competition (partially or completely) is not capable of running as planned by reason of infection by computer virus, bugs, worms, tampering, unauthorized intervention, fraud, technical failures, or any other causes beyond the control of SLT, which, in the sole opinion of SLT, are corrupt or affect the administration, security, fairness, integrity, or proper conduct of the competition, SLT reserves the right to void suspect registrations or submissions and/or to cancel, terminate, modify, or suspend the competition. SLT has no obligation to operate or produce the competition (or any part thereof), and there is no obligation to broadcast the competition, even if the competition takes place. In the event that any of the competition's events is canceled, terminated, modified or suspended SLT (or any party) has no obligation to award any prize (money) or to select winners for that event. All decisions by SLT concerning eligibility, qualifying for, and judging related to the competition are final and not subject to challenge or appeal. SLT shall own and shall have no obligation

to return or maintain any materials submitted as part of the qualification or registration process for the competition.

Under no circumstances will SLT be responsible or liable for any damages or losses of any kind, including direct, indirect, incidental consequential or punitive damages arising out of access to and use of the SLT website(s) or the downloading from and and/or printing of material downloaded from said site.

1.9 General leaderboard rules

Athletes and teams in divisions will be ranked on their leaderboards based on their performance in workouts. For each workout released in the qualifier, a scaled version of the prescribed workout may be provided.

Any athlete performing a scaled workout will be ranked on the leaderboard below all other athletes performing the prescribed version of the workout for that division.

Any athlete who fails to submit a score for a workout will be ranked below all athletes who entered a score, whether prescribed or scaled, for that workout.

1.10 Leaderboard Statuses

Athletes, team and scores are registered on the leaderboard. In addition to the regular status of having a score on the leaderboard, the following statuses may appear on the leaderboard.

Regarding scores the following statuses may appear.

- **Did Not Finish (DNF)**
If an athlete or team does not finish a workout and meet the minimum work requirement the DNF status is used. This will notate them as DNF and gives them no score and/or points. They remain in contention to be ranked.
- **Time Cap (CAP)**
When an athlete or team does not finish within the set time limit a CAP is used. This will notate them as CAP on the leaderboard and rank them below anyone that finishes the workout, and rank them amongst anyone else that were time capped based on their completed reps.

Regarding athletes or teams, the following statuses may appear.

- **Withdraws (WD)**
An athlete or team withdraws when they can no longer continue. This will notate the athlete or team as WD on the leaderboard and push them to the bottom of the leaderboard and out of contention to being ranked.
- **Disqualify (DQ)**
An athlete can be disqualified for various reasons. If an athlete is disqualified, this will not remove any points accumulated by this athlete, however it will remove them from their current ranking position and move the rest of the field up by a rank.
- **Cutoff (CUT)**
During the competition, only the top-ranked athletes and teams may be selected to

continue in the competition. Athlete's and team's not advancing will have a CUT notated for the workout(s) they didn't advance to.

2 The Lowlands Throwdown Classic Online Qualifier

The qualifier is a series of three workouts that need to be performed in one calendar day in the prescribed order during the qualifier period. The workouts are released on the official site of the qualifier, the competition platform and via social media.

The qualifying period runs

- from Thursday, January 20, 2022
- until Tuesday, February 22, 2022, 18:00 CET.

The workouts will be released on Wednesday evening (CET), January 19, 2022.

2.1 Registration process

Any athlete and/or team (represented by the team captain) can complete the registration at the competition platform before the registration closes.

The registration closes at the score submission deadline.

Anyone registering after the workouts are released cannot request a refund.

2.2 Divisions

An athlete's competitive division will be assigned based on birthdate and gender. The athlete's age as of Thursday, January 20, 2022, will determine which division the athlete will compete in during the 2022 season.

The qualifier competition has the following divisions:

- RX men and women
 - Benelux men and women (sub-division)
- Scaled men and women
- Teenagers 16-17 men and women (born on or between 21-1-2004 and 20-1-2006)
- Masters 35-39 men and women (born on or between 21-1-1982 and 20-1-1987)
- Masters 40-44 men and women (born on or between 21-1-1977 and 20-1-1982)
- Masters 45-49 men and women (born on or between 21-1-1972 and 20-1-1977)
- Masters 50+ men and women (born on or before 20-1-1972)
- Teams (Rx and Intermediate)
- Adaptive Seated men and women
- Adaptive Standing men and women

Note to the Benelux sub-division:

Selection of the Benelux region in divisions other than RX is possible but does not lead to a qualifiable sub-division. For the following event, athletes and teams will be placed in the division based on their ranking in the qualifier and applicable rules; see chapter 3 Qualification by the online qualifier.

2.3 Open divisions

The RX division and the Scaled division are open divisions. An athlete who falls into an age group (Masters or Teenagers) can choose one of the open divisions. Teenagers can only opt for the open division: Scaled.

2.4 Benelux Sub-division

The men and women in Belgium, Luxembourg and The Netherlands have a special regional division that refers to the origin of the Lowlands Throwdown. Only the Benelux sub-division under the RX division can qualify for the following event.

Athletes who live (official residents) in this region can participate in this subdivision. Errors in choosing the appropriate sub-division may result in the disqualification of an athlete. For any questions concerning sub-division selection, please contact info@lowlandsthrowdown.nl PRIOR to the registration deadline.

This sub-leaderboard is only made up with athletes from this sub-division and can therefore give a different result than the overall leaderboard for a division.

2.5 Age-group divisions: Masters

Athletes of 35 years of age and older who register for the Qualifier will compete in one of the master's divisions, based on their age as of the cutoff dates listed in section: divisions, unless they register in one of the open divisions.

For some masters age divisions, the prescribed workouts may be the same as the prescribed workouts for the individual divisions.

2.6 Age-group divisions: Teenagers

Athletes 16-17 years of age who register for the qualifier will compete in the teenage divisions (Teenagers men and women) based on their age as of the cutoff dates listed in section: divisions, unless they register in the scaled division.

For the teenagers, the prescribed workouts can be the same as the prescribed workouts for the individual divisions.

2.7 Scaled division

The scaled division is an open division in which all individual athletes can enroll. Even if they fall into a different age group on the basis of their age at the reference moment.

An athlete can only qualify for the scaled division in the next event if the athlete in the qualifier is registered in the scaled division. It is not possible to qualify for the scaled division on the next event from another division (RX, Age Groups or Adaptives) in which the workouts were scaled.

This division will only have prescribed workouts. These workouts may be the scaled version of a workout in other divisions.

2.8 Teams division

Teams will consist of two men and two women who validly register.

This division will only have prescribed workouts.

2.9 Adaptive seated division

The Seated division is for all adaptive athletes that perform the majority of their workouts in a seated position. Athletes able to perform exercises standing will not be eligible for the seated division.

Seated athletes will compete in a singular division in the Lowlands Throwdown Online Qualifier. At the conclusion, the top 5 athletes of each gender will qualify to compete in the final event.

Higher & Lower function level athletes will be classified as:

- Higher – Unable to use abdominal muscles or below ie. T-7 -C-1 impaired
- Lower -Access to all or some abdominal, hip flexors ie T-8 to amputee

The Higher athletes will receive % deductions on prescribed weights.

2.10 Adaptive standing division

The Standing division is for all adaptive athletes that perform the majority of their workouts in a standing position.

Standing athletes will compete in a singular division in the Lowlands Throwdown Online Qualifier. At the conclusion, the top 5 athletes of each gender will qualify to compete in the final event.

Single Arm & Single leg athletes will be classified as 1 point of contact on the equipment or floor. These athletes will receive % deductions on prescribed weights.

2.11 Scaled workouts

The prescribed qualifier workouts released for each individual competitive division (i.e., individual men and women, and all age-group divisions) may be accompanied by a scaled version. There are no scaled workouts for the teams division. Athletes unable to perform a workout as prescribed may choose the scaled workout if provided. Athletes may finish the qualifier with any combination of workout variations contributing to their score on the leaderboard.

In every division, an athlete who chooses to perform a scaled workout will be ranked relative to all other athletes performing the scaled version of the workout but below all athletes who performed that workout “as prescribed.” Any athlete who fails to submit a score will be ranked below all athletes who entered a score, whether prescribed or scaled or equipment-free, for that workout.

Athletes are only eligible for advancement to the following event if they complete all workouts in their division as prescribed and meet the minimal work requirement.

2.12 Fees for the qualifier

| Divisions | Full registration fee | Service fee payment processors | Service fee competition platform | Competition registration fee (refundable) |
|------------|-----------------------|--------------------------------|----------------------------------|---|
| Individual | € 22,50 | € 0,95 | € 2,29 | € 19,26 |
| Teams | € 90,00 | € 2,91 | € 4,65 | € 82,44 |

(The above service costs and competition platform fee are based on the stated full registration fee.)

2.13 Qualifier format

Athletes and teams must complete all workouts on the same calendar day and in the prescribed order. Repeating the workouts is permitted, but all workouts need to be completed again and in the prescribed order. It is not allowed to redo one or two workouts solely.

Only scores that are part of one three-workouts attempt, performed in consecutive order (workout1, workout2, workout3) may be submitted online to the competition platform. Submitting results from different attempts is not permitted.

For teams, the qualifier workouts are team workouts with shared workload and not to be performed individually. The team must do the workouts together, at the same time, at the same location. All submitted scores must reflect the same team roster.

2.14 Workout Format and approved equipment/attire

For all qualifier workouts, the workout format will be released by SLT and communicated uniformly to all athletes online.

The workout format will include the following:

- 1 Required movement(s).
- 2 Start and end ranges of the movement(s).
- 3 Required number of repetitions and/or repetition scheme.
- 4 Required equipment (NOTE: Including but not limited to standard Olympic-style barbells and plates, Concept2 rowers, 20-lb/9-kg. and 14-lb/6-kg. medicine balls, pull-up bars, gymnastic rings, jump ropes, dumbbells and other equipment commonly found in a CrossFit®-affiliated gym. SLT will not supply or make available any equipment.)
- 5 Required amount of weight (NOTE: All weights will be released in kilograms. It is the athlete's responsibility to use the correct weight in kilograms. If pound plates are used, the athlete will need to use appropriate combinations of plates to achieve the correct weight in kilograms at least. Collars or clips are not to be counted in the total weight. For the purpose of the competition, 35 lb barbells will be considered to weigh 15 kg, and 45 lb barbells will be considered to weigh 20 kg.)
- 6 Time domain or time limit.
- 7 Scoring details - Competitions may determine the winner by highest point total or lowest point total, or any method or combination of methods SLT selects. Point values for finishing position will be released before the start of the workout.
- 8 Adjustments or scaling by division, if any.
- 9 Filming and submission guidelines, if any.

In all stages of competition, it is the athlete's or team's responsibility to adhere to the workout format. This includes performing all required movements to the described standard, counting and completing all required repetitions, using the required equipment and loads, meeting the time requirements, and meeting all submission and video standards.

Modifying the workout format in any way is prohibited and will void a score. Only SLT may provide official scaled versions of workouts for athletes to perform.

Proper workout attire, including shoes, is required for all events. No attire shall interfere with a judge's ability to determine whether the required movement standards and expectations for range of motion are being met.

Subject to SLT's prior approval, weight belts, non-tacky gloves, hand tape, neoprene joint sleeves, and common fitness wear may be allowed during competition. However, no grip assistance or weight support may be derived from any device worn. In general, gear is allowed that improves safety and/or comfort but does not confer advantage. Should the workout call for a pull-up bar to be used, athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.). It is not allowed to tape the bar AND wear hand protection.

2.15 Score submission

It is the sole responsibility of the athlete and team captain to ensure the timely and successful submission of workout scores and possible videos. Submissions that are incomplete will not be accepted. Entering 0 reps for a workout is equal to not performing the workout. Scores must be submitted by **18:00 CET on Tuesday, February 22, 2022.**

All submitted team scores must reflect the same team roster.

More information on how to submit scores can be found at the help pages of the competition platform. On the help pages go to: All Collections -> I'm an Athlete -> Virtual Competitions -> How do I submit my online score?

(<https://help.competitioncorner.net/en/articles/1083267-how-do-i-submit-my-online-score>)

NOTE: SLT reserves the right to extend the score submission deadline due to unforeseen circumstances.

2.16 Judging

Judging and validation are required to make any workout result official. Judges are responsible for enforcing movement and event standards, and for confirming the athlete's/team's score they judged by validating it in the competition platform.

Both the athlete/team captain and the judge need to sign the scorecard. By co-signing the scorecard, the judge submits to the rules, conditions and regulations of this rulebook including any penalties.

Judges are instructed not to touch competition equipment or move/assist with equipment during a workout unless the equipment will interfere with another athlete's performance or if there is a legitimate safety concern.

It is strongly advised to have a judge who passed The CrossFit® Judges Course.

2.17 Score validation

Athletes and teams must have their scores validated by the judge. It is not allowed to have a score validated by a person other than the judge judging the workout. It is the sole responsibility of the athlete, team captain and judge to ensure the timely and successful validation of workout scores.

More information on how to validate scores can be found at the help pages of the competition platform. On the help pages go to: All Collections -> I'm an Athlete -> Virtual Competitions -> How do I validate an Athlete's score?

(<https://help.competitioncorner.net/en/articles/1083259-how-do-i-validate-an-athlete-s-score>)

Scores in qualifying positions not validated by a judge will not be accepted. It is up to the SLT to determine on a case-by-case basis whether invalidated scores can be resubmitted for the Judge to validate and/or how not validated scores outside qualifying positions are handled.

2.18 Uncommon movement clause/Range of motion exceptions

Any violation of the prescribed workout format, including the movement standards and range of motion, will result in the repetition(s) being disallowed. Therefore, athletes and judges should be familiar with the Uncommon Movement Clause:

Any movement deemed uncommon or out of the ordinary, or used to amend, shorten or change the accepted movement standard or range of motion, including line of action, of any event movement can and will be disallowed.

In addition, athletes and judges should be aware that certain athletes with physical limitations in a specific range of motion may be granted an exception, in SLT's sole discretion, from performing the prescribed range of motion for the workout. This limitation in the range of motion must be due to prior physical limitations or injuries that are obvious and clearly definable by demonstration. Any limitation must be brought to the attention of SLT prior to the beginning of the competition via e-mail at headjudge@lowlandsthrowdown.nl. Such instances are extremely rare and will be handled on a case-by-case basis.

2.19 Requirement: qualifier video kept on file

All athletes who qualify for the following event(s) must have videos of **all** their qualifier workouts and have the videos kept on file. It is not mandatory to submit a video when a score is submitted but one or more videos can be requested by SLT.

Failure to submit a video after it has been requested may result in penalties, invalidation of the score, etc.. Video retrieval can occur for a variety of reasons such as (but not limited to) checking scores, checking video standards, etc. It is up to SLT to determine whether, for which athletes/teams and/or for which cases/situations one or more videos will be requested.

2.20 Video submissions for qualifying athletes/teams

Athletes and teams that qualify for the following event(s) will be asked to provide videos of one, more or all of their workouts. Failure to provide videos upon request may result in the invalidation of an athlete's or team's score(s) for the requested workout(s). Athletes or teams initially ranked outside qualifying spots may be asked to submit videos if they qualify to compete at the following event (backfill process).

The video will be reviewed and verified by the SLT internal review team. As part of this video review process, the athlete's posted score may be accepted, modified, or invalidated.

Reasons for modification or invalidation of a score include, but are not limited to:

1. Failure to follow the video submission guidelines, including recording movements from angles, distances, or with lighting effects that do not allow judges to assess whether the movement standards are being met (NOTE: Due to the visual distortion they create, fisheye lenses are not to be used in the filming of video submissions);
2. Violation of the workout format, including movement standards;
3. Workout attire that prevents the judge from determining whether the athlete is meeting the movement standards; and
4. Miscounting repetitions.

Video submissions may be invalidated or adjusted without warning and after the close of a workout. Athletes submitting videos should have someone monitor their movement during the workout to ensure each repetition meets the required standards. Prior to submitting a video, athletes and teams should review the video to ensure their reps meet the required standards; the camera angle, distance, and lighting permit the judge to determine whether the

movement standards are being met and there are no technical problems with the video itself. Videos that cannot be viewed for any reason are deemed not to have been submitted. It is the responsibility of the athlete or team that videos can be viewed. SLT does not have to contact athletes or teams afterwards to get videos visible.

2.21 Video review process

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

Athletes and teams may qualify to compete at the final event if their score is validated or modified. If a score is modified, the overall qualifier rank will be recalculated with this new score. If the athlete or team remains ranked high enough following this recalculation, the athlete or team may receive an invitation to the online final event.



The submitted video must match the workout of the submitted score. The submitted video must meet the standards as detailed on the scorecard. A particularly important part of these standards is: show at least 5 seconds of the running clock on our website prior to the start of the workout.

If a video is invalidated, the overall rank on the leaderboard will be adjusted to reflect the change of the no-score for that workout.

2.22 Video submissions – scoring protocol

There are four possible outcomes that may be applied by the SLT internal review team in the judging and scoring of online video submissions:

1. Good Video: The athlete meets the required movement standards on all repetitions in the workout, and the score posted is correct. The score will be accepted.
2. Valid with Minor Penalty: Over the course of the video, the athlete demonstrates up to 10 “no reps” that result in a faster time or higher score for a given workout. A minor penalty will be applied, and a score adjustment will be made to the athlete’s final score. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly. * A minor penalty can be applied to more than one movement per workout, resulting in a greater score adjustment.
3. Valid with Major Penalty: Over the course of the video, the athlete demonstrates between 10 and 20 “no reps” that result in a faster time or higher score for a given workout. In this case, a major penalty will be applied, and the score may be modified by subtracting 15 percent from the total rep count. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly. * A major penalty can be applied to more than one movement per workout, resulting in a greater score adjustment.
4. Invalid: Over the course of the video, the athlete fails to complete the workout as required, a significant and unacceptable number (20+) of reps performed are “no reps”, or the video does not contain the criteria listed in the video submission standards. The athlete’s score may be rejected, and the video will be removed from

the website. The athlete will have to submit a new video prior to the score submission deadline to receive a score for this workout.

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

* SLT will apply time penalties based on the movements and/or circumstances in any given workout. Each movement may not have the same time penalty applied to it, and SLT reserves the right to update time penalties for movements based on the specifics of the overall workout, when specific movements appear in a workout, or the pace of the athlete performing the movement(s).

2.23 Video submission appeals process

An athlete or team submitting a video for review will receive an email message from SLT if the score posted with the video is modified. The message will give a brief description explaining the reason for this change in score.

Any athletes or team who disagree with their score modification must contact info@lowlandsthrowdown.nl by return upon receiving notification that their score has been modified. In the email, they must list the workout in question, the original score, the modified score, and the reason given for the score modification. They must also provide a brief explanation for why they are appealing the decision.

SLT will review the athlete's appeal and the video in question in order to render a final scoring decision. This decision will be communicated to the athlete via email.

2.24 Ranking on the leaderboard

The competition platform website will host the only official leaderboard for the qualifier. If an athlete performs a workout and submits a score, the score will appear on the leaderboard after the score submission deadline.

Athletes and teams will be ranked on the Leaderboard based on their performance relative to other athletes and teams in their division. Ties on the overall leaderboard will be broken by awarding the best position to the athlete or team who has the highest result in any single workout. If athletes or teams remain tied after this first tiebreaker, the process continues to their next highest single result, and so forth. Ties will not be broken for single event results. More than one athlete or team can share a workout rank, and each will earn the original point value.

The athlete or team with the top performance across multiple workouts in a competition wins that competition.

In every division, if a registered athlete fails to submit a score for any reason (e.g., skips a workout, has a workout invalidated, cannot complete the stated minimum score or cannot complete a single repetition), that athlete will be ranked below all athletes who post a score

(whether prescribed or scaled) for that workout. Athletes with no score on one or more workouts will maintain an overall rank on the leaderboard.

The leaderboard will not be published until 15 minutes after the score submission deadline. The initially published leaderboard is not directly the official leaderboard. Only after the video review process has been completed, the leaderboard will be finalized.

3 The Lowlands Throwdown Classic Final

The location and date of the final will be announced.

3.1 Qualification by the online qualifier

At the end of the review period after the online qualifier, the online qualifier leaderboard standings for individual athletes and teams will be set.

SLT will invite (by email) the women and men who qualified for the event. If an athlete does not complete the registration process, declines the invite, or does not accept the invite, or does not pay the registration fee, the invite is cancelled and SLT may backfill the position to the next athlete in line for that (sub)division.

The Benelux division is a subdivision of the RX division. Athletes are placed in the Benelux division after the RX division is filled in. An athlete from the Benelux region in a qualifying position for the RX division cannot qualify for the Benelux division. Due to the backfill process, it is possible that an athlete from the Benelux division slides into the RX division. This slid athlete can not opt to remain in the Benelux division.

If a team qualifies and is invited to the final event, the team will advance with the registered team roster from the qualifier. The team can replace an athlete until the competition period starts. The team captain is responsible for substituting team members via the Roster page in the competition platform that is available to the team captain. A maximum of two team members can be replaced.

A person can only register in one division. It is not possible to compete as an individual and as a team member.

The Teams and Intermediate Teams divisions at the final event will be filled from the Teams division of the qualifier. The Teams division is filled first. Subsequently, the Intermediate Teams division is filled. The placement is determined on the basis of article 3.3. Due to the backfill process, it is possible that a team Intermediate Teams division slides into the Teams division. This slid team can not opt to remain in the Intermediate Teams division.

3.2 Other invitations

SLT reserves the right to invite athletes to compete at the final event in any of the divisions. The means by which an athlete can earn one of the bids is up to SLT, in its sole discretion.

Once an athlete receives an invite via a bid, the athlete will have to accept the invite and complete the registration process in order to confirm participation in the event.

3.3 Divisions

From the qualifier, the following numbers of athletes and teams qualify. Unclaimed invitations can be used by SLT.

- RX men and women: 40 male and 40 female athletes.
- Benelux men and women: 40 male and 40 female athletes.
- Scaled men and women: 20 male and 20 female athletes.
- Teenagers 16-17 boys and girls: 20 male and 20 female athletes.
- Masters 35-39 men and women: 30 male and 30 female athletes.
- Masters 40-44 men and women: 30 male and 30 female athletes.
- Masters 45-49 men and women: 30 male and 30 female athletes.
- Masters 50+ men and women: 30 male and 30 female athletes.
- Teams Rx: 20 teams.
- Teams Intermediate: 20 teams
- Adaptive Seated men and women: 5 male and 5 female athletes.
- Adaptive Standing men and women: 5 male and 5 female athletes.

3.4 Registration process

Athletes and teams can register after they receive an email to invite them to register. Registration must be completed before the date corresponded in the email.

3.5 Fees for the final event

| Divisions | Full registration fee | Service fee payment processors | Service fee competition platform | Competition registration fee (refundable) |
|------------|-----------------------|--------------------------------|----------------------------------|---|
| Individual | € 150,00 | € 4,65 | € 6,75 | € 138,60 |
| Teams | € 600,00 | € 17,70 | € 22,50 | € 559 |

(The above service costs and competition platform fee are based on the stated full registration fee.)

3.6 On-site check-in

The dates, location, etc. for the final event will be distributed on the SLT website and/or through email to athletes or team captains. It is the responsibility of each athlete, team and individual team member to meet all required travel and scheduling commitments. This includes, but is not limited to, all non-competition appearances and media commitments. Athletes are required to designate a point of contact with SLT at registration and maintain this for the duration of the final event.

Upon arriving at the final event registration site at the designated date and time, athletes will check in by providing SLT staff with a valid and generally accepted form of identification, such as a driver's license or passport. All athletes from a team MUST check in together. Photo ID

must be provided by all team athletes. Team captains also will confirm the team's four competing athletes at registration.

Once proof of identity has been verified, athletes will receive a packet containing their athlete credential, media interview schedule (if required), most recent schedule, important point of contact information, and a venue map with parking information.

During the registration process, athlete and team coaches MUST be declared. Coaches MUST be on site to register and receive their credential. Only one coach per athlete or team will receive a credential for the entire competition. Coach credentials are not transferable.

3.7 Event announcements

Athletes and teams will compete in multiple workouts, called "events," over multiple days. In keeping with the spirit of the event, the schedule and events will be released shortly before the competition begins. Event details will be released prior to the start of an event and transmitted in a consistent manner for all eligible athletes.

3.8 Workout briefings

Movements and required range of motion standards are communicated ahead of workouts. The manner in which movements and required range of motion standards are communicated will be announced by SLT. This communication may take the form of online media, written documentation or athlete briefing (with or without demonstrations of movement and/or range of motion). The communication may even differ per division. Regardless of the mode of communication, it is the sole responsibility of the athletes and teams to meet the minimum standard requirements at all times.

In the event of an on-site briefing, the following will apply in any case: athletes and teams not present at these briefings may lose the right to protest and may also be disqualified from the competition.

In addition, SLT reserves the right to set additional rules and conditions.

3.9 Athlete seeding

All competing athletes and teams will be seeded going into the competition. Overall competitor seeding at the final event will be determined by athletes' or teams' scores in the qualifying event. During the competition reseeding may take place. For reseeding the ranking of the leaderboard is used.

3.10 Leaderboard rankings

Athlete and team performances will be ranked in each event. Points will be assigned according to an athlete's or team's relative rank (i.e., performance when compared to the performance of other athletes or teams). These points will be used to rank the athletes and teams on the Leaderboard.

Ties on the overall leaderboard will be broken by awarding the best position to the athlete or team with the highest result in any single event. If athletes or teams remain tied after this first tiebreaker, the process continues to their next highest single result, and so forth. Ties will not be broken for single event results. More than one athlete or team can share an event rank, and each will earn the original point value. The athlete or team with the top performance across multiple events in a competition wins that competition.

As the competition unfolds, only the top-ranked athletes and teams may be selected to continue in the competition.

3.11 Scoring

Specific scoring formats will be provided when the event formats are announced and during on-site briefings. For teams, any configuration of men, women, or total number of athletes contributing to the event score may be required.

Events may have time penalties. Failure to complete a workout within the designated time may result in a specified penalty for any portion of the workout not completed, or may result in the athlete or team not advancing to the next workout, regardless of overall rank.

Events may have a minimum work requirement in terms of the amount of time, repetitions, weight, or rounds to be completed in order to advance. Any such minimums will be announced as part of the event format. Failure to complete the minimum work requirement may cause the athlete or team not to advance in the competition, regardless of overall rank.

Events may use chip timers (transponders) or other systems for official timing. For chip-timed events, the chip will be placed on the same area of the body for all athletes.

If an athlete or team does not advance to the next event for any reason (DNF, injury, etc.), the athlete or team will be ranked below all competitors or teams who started that event and will be disqualified/withdrawn from the competition.

3.12 Judging

Judges are responsible for enforcing the movement standards and validating the athlete's and team scores.

Judges are instructed not to touch competition equipment or move equipment during a workout unless the equipment will interfere with another athlete's or team's performance or if there is a legitimate safety concern.

3.13 Appeals and Protests Process

If a scorecard is signed, it is an indication that the score or time has been accepted. Appeals made after the scorecard is signed will be deemed incorrect and will be rejected.

Appeals and event protests may be filed by the athlete (individual divisions) or team captain (team divisions) if they believe an error has been made by an official or staff member which caused a negative effect on their score. All protests, appeals, scoring discrepancies or ruling questions will be filed immediately and before the start of the next workout in their division. Protests, appeals, scoring discrepancies or ruling questions shall be directed to the (Assistant) Head Judge or Competition Director or other designated SLT representative present during the event in question.

The competing individual athlete or team captain (no coaches or other third person allowed) files the protest by notifying the (Assistant) Head Judge, Competition Director or other designated SLT representative present by providing their name, athlete number and reason of protest.

Judgment calls made during an event are final and not negotiable or subject to change, modification, or appeal. In addition, athletes may not protest discrepancies related to the judging, scoring, or performance of another athlete or team.

SLT has final authority on all athlete event appeal decisions and may delegate this authority to the Head Judge, Competition Director and/or any other designated representative.

Video, photos, cell phone media, or any other media will not constitute grounds for changing or modifying a decision, score, or entry made by an event judge.

Nothing in these procedures concerning event appeals, scoring discrepancies, event movement standards, or range of motion requirements should be read as a limitation on SLT's right to run or operate any SLT-supported or sponsored event as it sees fit in its sole and absolute discretion. The Head Judge, Competition Director and SLT's decisions are final. This includes the right to remove or disqualify any team or athlete at SLT's sole and absolute discretion.

3.14 Injury policy

Any athlete or team (member) who is unable to finish an event due to injury, or who requires medical attention following the completion of an event, must receive clearance from the medical staff and Head Judge or Competition Director before returning to competition. The Head Judge, Competition Director or medical staff will have the authority to remove the athlete from the competition based on the severity of the injury, likelihood of further injury, and other factors.

Individual athletes or team members who miss their heat for an event due to injury or while undergoing medical treatment or assessment will be withdrawn from the competition.

If any team member is withdrawn from competition due to injury, the team may continue to participate if the team can potentially meet the minimum work requirements for an event. If the team cannot meet the minimum work requirements for an event without a full roster, then the team may not take the competition floor and it will be withdrawn from the competition.

3.15 Required attire/gear

Proper workout attire, including shoes, is required for all events. No attire shall interfere with a judge's ability to determine whether the required movement standards and expectations for range of motion are being met.

SLT may, in its sole discretion, prohibit athletes from wearing, using or displaying certain apparel, equipment, accessories, symbols, art, graphics 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 athletes enter the competition floor, they may not receive any outside material assistance (water, tape, chalk, gloves, etc.) from spectators or coaches.

3.16 Athlete entourage

One coach per individual athlete or team is allowed in the warm-up area. The coach must present the required credentials to enter this area. All other competition areas, including the Athlete Area, are off-limits to coaches and non-working staff. Any additional coaches, personal therapy providers, or athlete entourages are considered general admission spectators and will not be allowed to access warm-up areas or restricted athlete-only areas.

Athlete rehabilitative medical staff (soft-tissue care and body-care providers) will be provided by SLT to all athletes in a designated restricted-access area in the Athlete Area.

3.17 Cash prizes

Cash prizes will be awarded to the top performers. All cash prizes will be paid in Euros.

- Prizes: to be announced.

Event winners and other compensated athletes may be required to present valid identification to claim prizes. All prizes, whether or not such a prize is cash, are subject to applicable taxes and withholding and prize winner's compliance with and agreement to SLT's prize affidavit. Additional prizes may be presented by partners, sponsors, or select vendors, and all such prizes are also subject to applicable taxes and withholding and compliance with and agreement to SLT's prize affidavit. It is the athlete's sole responsibility to comply with paying any and all applicable taxes in connection with any prizes, whether or not such a prize is cash. Prize money will only be released once drug test results have been confirmed. If an athlete violates the drug policy, including a positive drug test, the athlete will not be eligible for any prize money.

3.18 On-site drug testing

Individual and team athletes can be subject to drug testing at any time during the competition. Athletes selected for drug testing will be notified by Athlete Control personnel. Selected athletes will be escorted to the drug testing area by Athlete Control. Athletes must

follow Athlete Control and collection agent instructions and submit valid samples for drug testing in order to remain eligible to compete.

Athletes selected for drug testing due to order of finish must pass their drug test in order to claim their final placement and prize. See section: drug testing for more details.

4 Drug testing

Registration, participation and qualification for all athletes and team members requires consent to the Dutch National Doping policy 'NATIONAAL DOPINGREGLEMENT' as described at the "Doping Autoriteit" website:

<https://www.dopingautoriteit.nl/juridisch/nationaaldopingreglement>

All athletes and team members are subject to Drug Testing at any time once they have registered to compete, including during the qualifier.

Tips for staying clean can be found on the doping autoriteit website:

<https://www.dopingautoriteit.nl/educatie/nationaal-educatieprogramma-topsport/tips-voor-schone-sport>

SLT may recognize drug policy violations, including positive drug tests, reported by other anti-doping organizations (e.g., US- ADA) from in-competition or out-of-competition testing performed by these agencies on behalf of other sports-governing bodies. Upon learning of a positive test result or other violation, SLT may provisionally suspend an athlete awaiting a final decision by the testing agency or sports-governing body. Once a final decision in the case has been announced by the testing agency or sports-governing body, SLT will, in each case, determine its own sanction for the athlete involved.

5 Changes and final provision

SLT can revise this rulebook at any time. Changes to the rulebook will be communicated (with changes) on our website <https://www.lowlandsthrowdown.nl>.

By registering for one of the events, the registrant now declares to agree with any changes to the rulebook.

In any case where the rulebook, workout descriptions and/or other SLT communication is unclear, incomplete or conflicting, SLT always has the final word.

6 Appendix: Sportsmanship

All athletes agree to compete in a sportsmanlike manner. Unsportsmanlike behavior, such as arguing with an official or representative of Lowlands Throwdown, taunting, heckling, fighting, or participating in any conduct that would bring disrepute upon Lowlands Throwdown, the competition, other competitors, spectators, or event sponsors, as determined by Lowlands Throwdown, in the eyes of the viewing public or the CrossFit® community, may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events, or legal action.

All athletes agree to put forth suitable effort in every workout or event in every stage of competition. Deliberately doing less work or performing at a level below what one is capable of (referred to as “sandbagging”) in order to gain advantage in another workout or over another athlete or team is prohibited. Any athlete deemed by Lowlands Throwdown to be sandbagging may be penalized or disqualified from competition as Lowlands Throwdown sees fit in its sole discretion.

Any action that prevents another athlete from having a fair opportunity to compete (e.g., abuse or alteration of equipment or refusal to follow instructions), that interferes with athlete and judge communication (e.g., external noise devices, bull horns, air horns), or that is generally disruptive to the event is not allowed.

Athletes will be held accountable for the behavior of their coaches, teammates, team managers, supporters, and guests. If the conduct of any member of such a group or groups is deemed by Lowlands Throwdown to be unsportsmanlike or disruptive to the competition, then the coach, teammate, supporter, guest, or athlete is subject to the same disciplinary actions.

This is not an exhaustive list and is meant as a guide for athletes, coaches, and other attendees. This is not intended as a limitation on Lowlands Throwdown’s rights to operate the event(s) in any manner it sees fit. Lowlands Throwdown reserves the right to terminate the participation of any athlete, coach, staff, volunteer, judge, visitor, guest, supporter, teammate and/or spectator attending or viewing any Lowlands Throwdown event at any time, with no further obligation or duty to such individual.

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

Lowlands Throwdown has and may delegate to an on-site director the absolute authority on any final ruling, including, without limitation, disqualification of an athlete, removal of spectator(s), or dismissal of any attendee.

7 Appendix: Waiver

Consent to rulebook and doping regulation

I declare that I agree with the following documents without reservation:

- rulebook
- doping regulations

These documents can be found at: <https://www.lowlandsthrowdown.nl/legal>.

Photography/Video Release

Participants involved in any activities offered and/or initiated by Stichting Lowlands Throwdown may be photographed or videotaped during the event. The registered athlete hereby consents to the use of these photographs and/or videos without compensation, on the Stichting Lowlands Throwdown website or in any editorial, promotional or advertising material produced and/or published by Stichting Lowlands Throwdown and its partners.

Waiver and Release of Liability

Express assumption of risk: I, the registered, am aware that there are risks involved in all aspects of physical training. These risks include, but are not limited to: falls which can result in serious injury or death; injury or death due to negligence on the part of myself, my training partner, or other people around me; injury or death due to improper use or failure of equipment; strains and sprains. I am aware that any of these above mentioned risks may result in serious injury or death to myself and or my partner(s). I willingly assume full responsibility for the risks that I am exposing myself to and accept full responsibility for any injury or death that may result from participation in any activity while at, or under direction of Stichting Lowlands Throwdown.

I acknowledge that I have no physical impairments, injuries, or illnesses that will endanger me or others.

Release: In consideration of the above mentioned risks and hazards and in consideration of the fact that I am willingly and voluntarily participating in the activities offered and/or initiated by Stichting Lowlands Throwdown, I, the undersigned hereby release Stichting Lowlands Throwdown, their principals, agents, employees, and volunteers from any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with my participation in this activity, including those allegedly attributed to the negligent acts or omissions of the above mentioned parties. This agreement shall be binding upon me, my successors, representatives, heirs, executors, assigns, or transferees. If any portion of this agreement is held invalid, I agree that the remainder of the agreement shall remain in full legal force and effect.

If I am signing on behalf of a minor child, I also give full permission for any person connected with Stichting Lowlands Throwdown to administer first aid deemed necessary, and in case of serious illness or injury, I give permission to call for medical and or surgical care for the child and to transport the child to a medical facility deemed necessary for the well being of the child.

Indemnification: The participant/registered recognizes that there is risk involved in the types of activities offered and/or initiated by Stichting Lowlands Throwdown. Therefore the

participant/registered accepts financial responsibility for any injury that the participant/registered may cause either to him/herself or to any other participant due to his/her negligence. Should the above mentioned parties, or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, the participant/registered agrees to reimburse Stichting Lowlands Throwdown for such fees and costs. The participant/registered further agrees to indemnify and hold harmless Stichting Lowlands Throwdown, 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 negligent or intentional act or omission while participating in activities offered and/or initiated by Stichting Lowlands Throwdown, at the qualifier location(s) or final event location or abroad. This includes but is not limited to parks, recreational areas, playgrounds, areas adjacent to main buildings, and/or any area selected for working out by Stichting Lowlands Throwdown.

As registered, I declare: I have read and understood the foregoing assumption of risk, and release of liability and I understand that by signing up for the event it obligates me to indemnify the parties named for any liability for injury or death of any person and damage to property caused by my negligent or intentional act or omission. I understand that by signing up I am waiving valuable legal rights.

8 Appendix: Changes

| Version | Changes | Date |
|---------|---|--------------|
| 1.0 | Initial version | Nov 1, 2021 |
| 1.1 | Update of article 2.17 about score validation qualifier. | Nov 3, 2021 |
| 1.2 | Update of article 3.5 about registration fees final event. | Nov 8, 2021 |
| 1.3 | Update of article 3.3 about number of qualifying athletes and teams for the final event | Nov 21, 2021 |
| 1.4 | Update Qualifying Period Extension. <ul style="list-style-type: none">- Introduction chapter 2: extension qualifier period.- Article 2.15: update score submission deadline. | Jan 14, 2022 |
| 1.5 | Update of article 2.21 about the video review process. | Jan 19, 2022 |