



RULEBOOK ENGLISH

Liege Throwdown 2022

Welcome

Welcome to the fifth edition of the Liege Throwdown, one of the most important event in the fitness competition calendar.

Contents

Welcome	2
Registrations	3
Categories	3
Qualifiers	4
Scoring	4
Finals	6

Registrations

The registrations start on the 15 november 2021

EARLY BIRD : Enjoy a discount of -33% per athlete until the 31 december 2021 at 23:59.

/ Individuals

Registration fee : 25 € (+ platform fees)

The individuals registration ends on the 09 february 2022 at 23:59.

/ Teams

Registration fee : 50 € (+ platform fees)

The teams registration ends on the 20 february 2022 at 23:59

Your registration is non refundable, except if the category is canceled.

Categories

Elite/Intermediate Female & Male

Scaled Female & Male

Master plus de 35 years old Female & Male (35 years old as of the 31/12/2022)

Master plus de 40 years old Female & Male (40 years old as of the 31/12/2022)

Team of two athletes Female (F+F)

Team of two athletes Male (H+H)

Team of two athletes Male & Female (H+F)

Follow the link to find the categories' standards :

www.liegethrowdown.be/categories

The organisation may cancel a category if the number of participants is not at least 1,5 times higher than the number of athletes at the finales. If a category happens to be canceled the athlete concerned may switch to another category or ask for a refund of the registration fees.

Qualifiers

/ Individuals

31 january at 10:00 ►► 09 february at 23:59

Workouts publication : 31 january at 10:00

/ Teams

11 february at 10:00 ►► 20 february at 23:59

Workouts publication : 11 february at 10:00

The scores have to be submitted on the platform "**Competition Corner**" via the link received at your registration.

You may planned the workouts as you wish.

Scoring

/ Individuals

Each athlete must submit its scores with a video link of the performance for each workout.

The scores must be submitted before the 09 february at 23:59.

/ Teams

Each team must submit its scores with a video link of the performance for each workout.

The scores must be submitted before the 21 february at 23:59.

Depending of the workout, two videos may be asked.

The members of the team can be from different box affiliation.

Scores not submitted at the deadline will receive a score of « 0 ».

Video Link

In order to qualify for the finals, you must provide a video of your performance for each workout.

The title of your video should be the athlete's or team name and the workout number

Introduce yourself at the beginning or end of the video, additionally you must also record the materials used. The athlete and materials used should be visible at all time .

The video quality should be higher than 240p.

Make sure that the video link is not set as "private". You are responsible of your videos.

The video review starts directly after the qualifiers.

▶ **Your video is good**

the movement standards are respected

▶ **Your video is partially good**

1 to 5 reps do not respect the movement standards, your score will be modified to reflect 1 to 5 incorrect reps or seconds depending on the workout. The review team will adjust your score accordingly.

▶ **Your video is bad**

More than 6 reps do not respect the movement standards, your score will receive a 15% penalty on your final score. For timed workouts the team will adjust the score accordingly.

▶ **Your video is invalid**

The video is not viewable, the camera setting does not allow to judge the movements correctly, or the workout requirements have been modified. Will result in a score of « 0 ».

Finals

The following best athletes will be invited to the finals on the 03, 04, 05 june:

20 * Elite Female (3 days)

-> athlete ranked 1st to 20th from the category Elite/Intermediate Female

20 * Intermediate Female (2 days)

-> athlete ranked 21st to 40th from the category Elite/Intermediate Female

30 * Elite Male (3 days)

-> athlete ranked 1st to 30th from the category Elite/Intermediate Male

20 * Intermediate Male (2 days)

-> athlete ranked 31st to 50th from the category Elite/Intermediate Male

10 * Scaled Male (1 day)

10 * Scaled Female (1 day)

10 * Master Male 35+ (2 days)

10 * Master Female 35+ (2 days)

10 * Master Male 40+ (2 days)

10 * Master Female 40+ (1 day)

20 Team Female-Female (3 days)

20 * Team Male-Male (3 days)

20 * Team Male-Female (2 days)



La Fraineuse

- ° A complex of 27 hectares
- ° A idyllic place surrounded by nature
- ° 2 sport complex
- ° 2 swimming pools
- ° An athletic track
- ° Woods nearby
- ° The residence Olympic, with restaurant an luxury rooms
- ° Accommodation center with restaurant and cabins

Scoring finals

- ▶ Please sign each scorecard from the judge, which will be used to submit your score for the workout.
- ▶ Be careful to check your scorecards correctly, once signed you will not be able to claim any errors from the judge
- ▶ Your score will not be modified even if you provide with a photo, video or comment from a spectator indicating a judging error.
- ▶ Any external elements that may influence your performance during a workout, such as weather condition, material dysfunction or human mistakes, will not be taken into account for a score modification.

Rules

- ▶ Every athlete must bring an official identity document (either an ID card, passport, driving licence or any identity document from the police or city), otherwise the athlete or team may not enter the finals.
- ▶ Volunteers/judges/helpers at the competition are volunteers, please respect anyone at the competition. Any non-respectful behavior reported to the HEAD STAFF, may result by the exclusion from the workout zone or even the venue.
- ▶ When registering, the athlete acknowledges and agrees to the general rules described in this document.

MOSA LIVE EVENTS ASBL

N° d'entreprise : 848.852.740

Siège social : Sur la Carrière 58, 4600 Richelle

CONTACTS

Danny GERMAIN

Président

info@liegethrowdown.be

+32476616827

Charles GERMAIN

Vice-président

charles.germain@liegethrowdown.be

+32478658773

Pierre GERMAIN

Vice-président

pierre.germain@liegethrowdown.be

+32478497794



www.liegethrowdown.be