

# SOUTHERN WARRIORS

Qatar Edition 2023

# RULEBOOK

## SOUTHERN WARRIORS 10th QATAR EDITION 2023

### 1. THE COMPETITION: SOUTHERN WARRIORS

It is a competition (in short SW), that takes place in DOHA , QATAR , on 23th, 24th, 25th of November 2023 in Doha, organized by Company T23 located at Port Arabia 22 I- Croisette, the Pearl, Qatar incorporated C.R no.=8766 TWENTY THREE FITNESS WLL

The competition splits in two moments: one online qualification phase that, when passed, allow the access to the second phase, the live event that takes place in DOHA

### 2. PARTICIPATION REQUIREMENTS

The candidate that want to be admitted to Southern Warriors must:

- To be of age at the date of the competition or to be authorized by parents, that must sign the specific disclaimer;
- Accept the rulebook, the liability release waiver and the Privacy policy module;
- Subscribe at <https://competitioncorner.net/> or [www.southernwarriors.it](http://www.southernwarriors.it) by the prescribed deadline and pay the registration fee, after receiving the qualification confirmation. The fee includes competition admission and competition kit
- Choose the preferred category between: **Experience - Regular - Elite- Age group Division -Regular Team - Elite Team**
- Age group divisions will be assigned automatically by registration system based on birth date. Specifically, everyone will be classified in the age category based on his age at the 23th of November 2023
- The online qualification ranking must be considered temporary until every athlete that has been invited to the finals will confirm his participation. In case one or more of the invited athletes renounce their spot in the finals, the organization will proceed to the repechage and will send out new invitations. Therefore, some of the athletes initially excluded could be invited later and placed in their respective division;
- To not have received any precautionary suspension measures from sporting activities or sanctioning measures of any degree of judgment issued by competent national and international sports authorities. Hiding to the organization those kind of situation entails the right of the latter to protect themselves legally;

- The organization will make appropriate verifications and eventually exclude the participant from the competition without any reimbursement.
- It will never be possible to have a reimbursement for the participation fee after both the payment for qualification and for the final are made.
- To not have received a ban from competing issued by the organization during the previous Southern Warriors editions or to not being part of the Project Judges competitions ban-lists.

- QUALIFIER PAYMENT – INDIVIDUAL CATEGORIES

- \$ 20 from 3/20 to 4/3
- \$ 40 from 4/4 to 05/21
- \$ 49 from 5/26 to 06/05

- QUALIFIER PAYMENT – TEAM CATEGORIES

- \$50 from 3/20 to 4/3
- \$80 from 4/4 to 05/21
- \$100 from 5/26 to 06/05

- ❖ LIVE PHASE PAYMENT – INDIVIDUAL CATEGORIES:

- \$ 149

- ❖ LIVE PHASE PAYMENT – TEAM CATEGORY

- \$ 449

### 3. DIVISIONS – CATEGORIES

#### DIVISIONS:

The competition organization believes that the differentiation on the basis of certain skills has no longer reason to exist for the categories RX, Master (35,40,45), Junior, Scaled. The introduction and formalization in the Italian competitions of the Experience category, comparable to the Scaled category of the CF Open, to which skill variations are applied, forces us to take a conscious position in relation to the other two categories: RX and Scaled. These can no longer be distinguished depending on the skills but rather by the fitness level of the individual athletes. From this year therefore the categories will be identified with the following nomenclature:

- a) Elite
- b) Age group Division
- c) Regular
- d) Experience
- e) Team

#### MOVEMENT DESKILLING CHOICE

**PAY ATTENTION:** This does not mean that an athlete missing one skill can't compete. He/She will be able anyways deskilling the movement according to the competition standards.

Obviously his/her score will reflect this choice, resulting in a lower score than whom have performed even only one rep of the originally prescribed movement

E.g. I'm not able to perform bar muscle ups: I will be able to scale the movement with chest to bar, but my score will be lower than whom have performed even only one rep of bar muscle up.

## DIVISIONS CLASSIFICATION PARAMETERS:

### **ELITE:**

Will be considered an Elite athlete:

who have already participated in other competitions in the aforementioned category, those who practice the discipline of functional training since several years and have a level of fitness that allows the mastery in a profitable manner in the discipline of weightlifting and gymnastics (muscle up, handstand pushup, handstand walk). This category is by definition full skill.

As a self-assessment parameter, **to be intended as purely indicative**, with reference to the category

### **Elite Senior men consider:**

Fran under 3':15"

Grace under 3':00"

Diane under 3':20"

Karen under 7':15"

Cindy more than 23 rounds

Isabel under 3':00"

1 k rower under 3':45"

2 k rower under 7':30"

Minimum set of unbroken ring muscle up: 7

Minimum set of unbroken pull up: 30

Minimum set of unbroken handstand push: 20

Ability to manage in a WOD:

80Kg Snatch

100Kg Clean and Jerk

**Elite Senior women consider:**

Fran under 3':15''

Grace under 3':00''

Diane under 3':20''

Karen under 7':15''

Cindy 20 rounds

Isabel under 3':00''

1 k rower under 4':00''

2 k rower under 8':00''

Minimum set of unbroken ring muscle up: 5

Minimum set of unbroken pull up: 25

Minimum set of unbroken handstand push: 15

Ability to manage in a WOD:

50Kg Snatch

70Kg Clean and Jerk

**Will be considered belonging to the Regular Senior men and female:**

The athletes that, after a comprehensive evaluation of the aforementioned parameters, consider that their performance is not belonging to the first division, can enroll in the second division, called Regular, knowing that, as already expressed, the category once called Scaled, compared to the national and European reality, today cannot be considered an expression of a category de-skilled but of a category with a lower fitness level than the first division.

The first, second and third places of the last edition in the Southern Warriors experience category will not have access to the Regular category, but will have to enroll in the Elite category.

**Reference to the AGE GROUP DIVISIONS for MALES (MASTER 30, 35, 40, 45, 50):**

<p><b>MASTER 35</b> Same as Elite Senior</p>	<p><b>MASTER 40</b> Fran under 4':30" Grace under 4':00" Diane under 6':00" Karen under 8':30" Cindy 20 rounds Isabel under 4':00" 1k rower under 3':45" 2 k rower under 7':30" Minimum set of unbroken ring muscle up: 5 Minimum set of unbroken pull up: 20 Minimum set of unbroken handstand push: 10  Ability to manage in a WOD: 70Kg Snatch 85Kg Clean and Jerk</p>	<p><b>MASTER 45</b> Fran under 6':00" Grace under 5':30" Diane under 7':30" Karen under 9':30" Cindy more than 15 rounds Isabel under 5':30" 1k rower under 4':00" 2 k rower under 8':00" Minimum set of unbroken ring muscle up: 3 Minimum set of unbroken pull up: 15 Minimum set of unbroken handstand push: 7  Ability to manage in a WOD: 60Kg Snatch 75Kg Clean and Jerk</p>	<p><b>MASTER 50</b> Fran under 7':30" Grace under 7':00" Diane under 9'00" Karen under 10':30" Cindy 15 rounds  1k rower under 4':00" 2 k rower under 8':00" Minimum set of unbroken ring muscle up: 3 Minimum set of unbroken pull up: 10 Minimum set of unbroken handstand push: 5  Ability to manage in a WOD: 50Kg Snatch 70Kg Clean and Jerk</p>
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**Reference to the AGE GROUP DIVISIONS for WOMEN (MASTER 30, 35, 40, 45, 50):**

<p><b>MASTER 30</b> Same as Elite Senior</p>	<p><b>MASTER 35</b></p>	<p><b>MASTER 40</b> Fran under 4':45" Grace under 4':30" Diane under 6':30" Karen under 8':30" Cindy 15 rounds Isabel under 4':30"</p>	<p><b>MASTER 45</b> Fran under 6':30" Grace under 6':00" Diane under 8':00" Karen under 9':30" Cindy more than 12 rounds Isabel under 6':00"</p>
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		1k rower under 4':10" 2 k rower under 8':20" Minimum set of unbroken ring muscle up: 3 Minimum set of unbroken pull up: 15 Minimum set of unbroken handstand push: 10  Ability to manage in a WOD: 45Kg Snatch 55Kg Clean and Jerk	1k rower under 4':10" 2 k rower under 8':20" Minimum set of unbroken ring muscle up: 3 Minimum set of unbroken pull up: 10 Minimum set of unbroken handstand push: 5  Ability to manage in a WOD: 40Kg Snatch 50Kg Clean and Jerk
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Weight and movement variations for the 50+ age division female are lower than 45 division according to the other competitions around the world. for the live event, the athletes will have got the possibility to scale the movement according to the technical standards written on the workout schedule.

**Will be considered belonging to the Regular category**

The athletes that, after a comprehensive evaluation of the aforementioned parameters, consider that their performance is not belonging to the first division, can enroll in the second division, called Regular, knowing that, as already expressed, the category once called Scaled, compared to the national and European reality, today cannot be considered an expression of a category de-skilled but of a category with a lower fitness level than the first division.

**Will be considered Experience athlete:**

All those who have never participated to the final phase of a national or international Competition in the Scaled or RX (or synonyms) category. For the Scaled category, all the competitions whose access is NOT subordinated by a qualification, but simply with the purchase of the ticket for the final phase and in which the Experience category (or synonym) was not included are excluded from this parameter. For the



aforementioned competitions, the staff will assess the level of such events and of the athlete, possibly contacting directly the coach or the owner of the box where the athlete trains regularly. ALL athletes who have participated in national and international competitions for the aforementioned category are admitted to the Experience category, with the exception of the PODIUM. This category is not open to those who aspire to cash prizes but aims to allow, even to those who have recently approached the discipline of functional training, to be able to find a prestigious stage where they can have fun and test themselves. It is therefore the category for those who want to test their limit and enter in the world of competitions from the front door.

**Exclusion clause:**

The staff of the Southern Warriors, the competition director, the head judges, reserve the right to exclude at their unquestionable judgment those athletes who violate the aforementioned regulation.

In order to be able to verify compliance with the regulation, the organizing committee reserves the right to contact the coaches and / or box owners of the qualified men, women, to verify that there is no violation of the provisions contained therein, asking for a formal commitment to it. Should the competition organization become aware, in any way, that the athlete passed to the live phase could not compete in the experience category due to a violation of the above rule, they will be immediately disqualified regardless of the stage currently in progress (qualifier or live) with consequent repechage, where possible, of the first available athlete in waiting list.

Should the athlete register as an "independent" and then qualify, the race organization reserves the right to verify compliance with the above clause and in case of non-compliance will proceed to immediate disqualification in the form described above.

#### 4. ONLINE QUALIFICATION

FOR THE Experience - Regular - Elite- Age group Division -Regular Team - Elite Team

The competition allows the access to the live event to all the athletes that pass the qualification phase. The workout will be accompanied by a video and an informative PDF brochure explaining movement standards, weights and variations.

**Qualifier wod release date:**

*5 th June 2023*

The deadline for the score submission it is mandatorily the 19<sup>TH</sup> of june 10:00 pm CET

#### 5. RANKING OF ATHLETES WHO ACCESS THE LIVE

FIRST DIVISION ELITE MAN- MIDDLE EAST -

ELITE CATEGORY	AVAILABLE SLOT
SENIOR M	20
SENIOR W	10

AGE GROUP DIVISION	MIDDLE EAST
<b>MASTER CATEGORY M</b>	<b>AVAILABLE SLOT</b>
<b>MASTER 30</b>	5 (The organization committee reserves the right to change the admission numbers depending on actual subscriptions)
<b>MASTER 35</b>	5 (The organization committee reserves the right to change the admission numbers depending on actual subscriptions)
<b>MASTER 40</b>	5 (The organization committee reserves the right to change the admission numbers depending on actual subscriptions)
<b>MASTER 45</b>	5 (The organization committee reserves the right to change the admission numbers depending on actual subscriptions)
<b>MASTER 50 +</b>	3 (The organization committee reserves the right to change the admission numbers depending on actual subscriptions)
<b>MASTER CATEGORY W</b>	<b>AVAILABLE SLOT</b>
<b>MASTER 30</b>	5 (The organization committee reserves the right to change the admission numbers depending on actual subscriptions)
<b>MASTER 35</b>	5 (The organization committee reserves the right to change the admission numbers depending on actual subscriptions)
<b>MASTER 40</b>	5 (The organization committee reserves the right to change the admission numbers depending on actual subscriptions)
<b>MASTER 45</b>	5 (The organization committee reserves the right to change the admission numbers depending on actual subscriptions)
<b>MASTER 50 +</b>	3 (The organization committee reserves the right to change the admission numbers depending on actual subscriptions)

SECONDA DIVISIONE REGULAR

MIDDLE EAST

REGULAR CATEGORY	AVAILABLE SLOT
<b>MAN (NO AGE DIVISION)</b>	40
<b>WOMAN (NO AGE DIVISION)</b>	10

EXPERIENCE DIVISION

MIDDLE EAST

EXPERIENCE CATEGORY	AVAILABLE SLOT
<b>MAN (NO AGE DIVISION)</b>	20
<b>WOMAN (NO AGE DIVISION)</b>	20

MIDDLE EAST

TEAM ELITE CATEGORY	AVAILABLE SLOT
<b>M + M + W+ W</b>	3

MIDDLE EAST

TEAM REGULAR CATEGORY	AVAILABLE SLOT
<b>M + M + W+ W</b>	3

FIRST DIVISION ELITE MAN ALL OVER THE WORLD

ELITE CATEGORY	AVAILABLE SLOT
<b>SENIOR M</b>	20
<b>SENIOR W</b>	10

AGE GROUP DIVISION

ALL OVER THE WORLD

MASTER CATEGORY	AVAILABLE SLOT
<b>MASTER 30</b>	5 (The organization committee reserves the right to change the admission numbers depending on actual subscriptions)
<b>MASTER 35</b>	5 (The organization committee reserves the right to change the admission numbers depending on actual subscriptions)
<b>MASTER 40</b>	5 (The organization committee reserves the right to change the admission numbers depending on actual subscriptions)
<b>MASTER 45</b>	5 (The organization committee reserves the right to change the admission numbers depending on actual subscriptions)

<b>MASTER 50 +</b>	7 (The organization committee reserves the right to change the admission numbers depending on actual subscriptions)
<b>MASTER CATEGORY W</b>	<b>AVAILABLE SLOT</b>
<b>MASTER 30</b>	5 (The organization committee reserves the right to change the admission numbers depending on actual subscriptions)
<b>MASTER 35</b>	5 (The organization committee reserves the right to change the admission numbers depending on actual subscriptions)
<b>MASTER 40</b>	5 (The organization committee reserves the right to change the admission numbers depending on actual subscriptions)
<b>MASTER 45</b>	5 (The organization committee reserves the right to change the admission numbers depending on actual subscriptions)
<b>MASTER 50 +</b>	7 (The organization committee reserves the right to change the admission numbers depending on actual subscriptions)

SECONDA DIVISIONE REGULAR

ALL OVER THE WORLD

<b>REGULAR CATEGORY</b>	<b>AVAILABLE SLOT</b>
<b>MAN (NO AGE DIVISION)</b>	20
<b>WOMAN (NO AGE DIVISION)</b>	10

EXPERIENCE DIVISION

ALL OVER THE WORLD

EXPERIENCE CATEGORY	AVAILABLE SLOT
<b>MAN (NO AGE DIVISION)</b>	10
<b>WOMAN (NO AGE DIVISION)</b>	10

ALL OVER THE WORLD

TEAM ELITE CATEGORY	AVAILABLE SLOT
<b>M + M + W+ W</b>	7

ALL OVER THE WORLD

TEAM REGULAR CATEGORY	AVAILABLE SLOT
<b>M + M + W+ W</b>	7

❖ **AGE DIVISIONS**

- Senior 17-34 years (Elite)
- Master 30 30-34 years (Age Group)
- Master 35 35-39 years (Age Group)
- Master 40 40-44 years (Age Group)
- Master 45 45-49 years (Age Group)
- Master 50 50 years +(Age Group)
- REGULAR NO AGE ( 17 + )
- EXPERIENCE NO AGE ( 17 + )
- TEAM ELITE NO AGE ( 17 + )
- TEAM REGULAR NO AGE ( 17 + )

**6. NON-ACCEPTANCE CLAUSE**

The organization reserves the unquestionable and irrevocable right to accept or refuse the registration of an athlete. The organization also reserves the exclusive right to validate or invalidate the scores of an athlete

**7. WILD CARD – ACCEPTANCE CLAUSE**

The organization reserves in full autonomy and absolute discretion the right to invite the winners of the last edition, the best 4 qualified to the Open of any nation (with specific reference to the man and women senior divisions) and every other athlete whose presence can give visibility and sporting value to the competition.

ELITE INDIVIDUAL - AGE GROUP	Wild card
SENIOR	5 wild card men + 5 wild card women
AGE GROUP DIVISION	
MASTER 30	First place from the previous year +1
MASTER 35	First place from the previous year +1
MASTER 40	First place from the previous year +1
MASTER 45	First place from the previous year +1
MASTER 50	First place from the previous year +1



We specify that in the case an athlete, winner of the past edition, this year should be landed in another age division, he/she is not entitled to the wild card but is entitled to the free fee (he/she therefore does not need to pay the registration neither to the qualifier nor to the live stage if he/she has passed the qualifiers, so he/she will still be required to perform the qualifier wod)

TEAM CATEGORY	Wild card
ELITE	1
REGULAR	1

The wild cards as well as the free fees are not transferable and are strictly nominal.

In case of the team, the wild card access is guaranteed even if one of the team members changes though.

## **8. FROM ONLINE QUALIFIER TO LIVE COMPETITION**

Athletes that will pass the qualifier selection will be part of the live event.

The SW Organization will choose one or more qualifier wods to select the athletes.

It's own athlete responsibility upload the link video to the competition platform <https://competitioncorner.net/>

The link videos must be uploaded by the end of the deadline. Videos after the deadline time will be not accepted.

All the standars and rules of the qualifier workouts will be communicated with pdf material that could be download from the SW website, Instagram and competition platform <https://competitioncorner.net/>.

The organization could be decide to exam only 1 workout or more.

## 9. STANDARD FOR THE LIVE PHASE

### STANDARD 1<sup>st</sup> CATEGORY ELITE INDIVIDUAL

Standards required:

- All the movement skills and loads/weights in line with the standards of the European competitions

### STANDARD 2<sup>nd</sup> CATEGORY REGULAR INDIVIDUAL

Standards required:

The Regular category, as specified, is also considered a category to which we may require any type of competition skill considering that the number of reps, sets, and wod duration will be adjusted to a lower level of fitness. Therefore, considering the following values as belonging to the Elite category:

- Fran under 3':15"
- Grace under 3':00"
- Diane under 3'20"
- Karen under 7':15"
- Cindy more than 23 rounds
- Isabel under 3':00"
- 1 k rower under 3':45"
- 2 k rower under 7':30"
- Minimum set of unbroken ring muscle up: 7
- Minimum set of unbroken pull up: 30
- Minimum set of unbroken handstand push: 20

Ability to manage in a WOD:

- 70 Kg Snatch
- 90 Kg Clean and Jerk

Reference for the Regular category:

the reference parameters referring to the elite category should be considered indicative. Therefore, an athlete whom, in an overall assessment, in the light

of the above parameters, believes that his performance is not belonging to the first division, can enroll in the second division, called Regular, knowing that, as already expressed, the category once called Scaled, compared to the national and European reality, today cannot be considered an expression of a category de-skilled but of a category with a lower fitness level than the first division.

**IMPORTANT: if an athlete does not possess an advanced skill (ring muscle up / handstand walk) he can still perform the workout through the corresponding scaled exercise prepared by the organization. His score will therefore be lower than whom performed at least a single rep in the exercise initially planned.**

- Refer to the explained standards

## **STANDARD CATEGORY EXPERIENCE INDIVIDUAL**

The movement standards required for qualifier and live workouts will be the Open official ones with particular reference to the "scaled" category (not scaled master).

Therefore, the movements of the exercises will be precisely scaled to be easy to perform for those who have recently approached this discipline. Pull ups, knee raises, single unders will be required and knowing how to workout with a 50kg / 30kg GTOH. For the final phase there is no rule concerning the skills that can be requested.

## 10. PRIZES

The delivery of prizes will take place within 90 days from the end of the competition, the data to send the prizes must be provided within 30 days from the day of receipt of the email sent by the organization, after this date the winner will forfeit the right to collect the prize. From the amount will be deducted the taxation provided for by the laws of the Italian tax authorities.

### CASH PRIZE IN DOLLARS

<b>ELITE SENIOR</b>	<b>1^ MEN</b>	<b>15000</b>
	<b>2^ MEN</b>	<b>7500</b>
	<b>3^ MEN</b>	<b>3750</b>
	<b>4^ MEN</b>	<b>1800</b>
	<b>5^ MEN</b>	<b>1000</b>
	<b>6^ MEN</b>	<b>1000</b>
	<b>7^ MEN</b>	<b>1000</b>
	<b>8^ MEN</b>	<b>1000</b>
	<b>9^ MEN</b>	<b>1000</b>
	<b>10^ MEN</b>	<b>1000</b>
<b>ELITE SENIOR</b>	<b>1^ WOMEN</b>	<b>15000</b>
	<b>2^ WOMEN</b>	<b>7500</b>
	<b>3^ WOMEN</b>	<b>3750</b>
	<b>4^ WOMEN</b>	<b>1800</b>
	<b>5^ WOMEN</b>	<b>1000</b>
	<b>6^ WOMEN</b>	<b>1000</b>
	<b>7^ WOMEN</b>	<b>1000</b>
	<b>8^ WOMEN</b>	<b>1000</b>
	<b>9^ WOMEN</b>	<b>1000</b>
	<b>10^ WOMEN</b>	<b>1000</b>
<b>AGE GROUP</b>		
<b>MASTER 30</b>	<b>1^ MEN</b>	<b>1000</b>
<b>MASTER 30</b>	<b>2^ MEN</b>	<b>500</b>
<b>MASTER 30</b>	<b>3^ MEN</b>	<b>250</b>

MASTER 30	4^ MEN	100
MASTER 30	5^ MEN	100
MASTER 30	6^ MEN	100
MASTER 30	7^ MEN	100
MASTER 30	8^ MEN	100
MASTER 30	9^ MEN	100
MASTER 30	10^ MEN	100
MASTER 30	1^ WOMEN	1000
MASTER 30	2^ WOMEN	500
MASTER 30	3^ WOMEN	250
MASTER 30	4^ WOMEN	100
MASTER 30	5^ WOMEN	100
MASTER 30	6^ WOMEN	100
MASTER 30	7^ WOMEN	100
MASTER 30	8^ WOMEN	100
MASTER 30	9^ WOMEN	100
MASTER 30	10^ WOMEN	100
MASTER 35	1^ MEN	1000
MASTER 35	2^ MEN	500
MASTER 35	3^ MEN	250
MASTER 35	4^ MEN	100
MASTER 35	5^ MEN	100
MASTER 35	6^ MEN	100
MASTER 35	7^ MEN	100
MASTER 35	8^ MEN	100
MASTER 35	9^ MEN	100
MASTER 35	10^ MEN	100
MASTER 35	1^ WOMEN	1000
MASTER 35	2^ WOMEN	500
MASTER 35	3^ WOMEN	250
MASTER 35	4^ WOMEN	100
MASTER 35	5^ WOMEN	100
MASTER 35	6^ WOMEN	100
MASTER 35	7^ WOMEN	100
MASTER 35	8^ WOMEN	100
MASTER 35	9^ WOMEN	100
MASTER 35	10^ WOMEN	100

<b>MASTER 40</b>	<b>1^ MEN</b>	<b>1000</b>
<b>MASTER 40</b>	<b>2^ MEN</b>	<b>500</b>
<b>MASTER 40</b>	<b>3^ MEN</b>	<b>250</b>
<b>MASTER 40</b>	<b>4^ MEN</b>	<b>100</b>
<b>MASTER 40</b>	<b>5^ MEN</b>	<b>100</b>
<b>MASTER 40</b>	<b>6^ MEN</b>	<b>100</b>
<b>MASTER 40</b>	<b>7^ MEN</b>	<b>100</b>
<b>MASTER 40</b>	<b>8^ MEN</b>	<b>100</b>
<b>MASTER 40</b>	<b>9^ MEN</b>	<b>100</b>
<b>MASTER 40</b>	<b>10^ MEN</b>	<b>100</b>
<b>MASTER 40</b>	<b>1^ WOMEN</b>	<b>1000</b>
<b>MASTER 40</b>	<b>2^ WOMEN</b>	<b>500</b>
<b>MASTER 40</b>	<b>3^ WOMEN</b>	<b>250</b>
<b>MASTER 40</b>	<b>4^ WOMEN</b>	<b>100</b>
<b>MASTER 40</b>	<b>5^ WOMEN</b>	<b>100</b>
<b>MASTER 40</b>	<b>6^ WOMEN</b>	<b>100</b>
<b>MASTER 40</b>	<b>7^ WOMEN</b>	<b>100</b>
<b>MASTER 40</b>	<b>8^ WOMEN</b>	<b>100</b>
<b>MASTER 40</b>	<b>9^ WOMEN</b>	<b>100</b>
<b>MASTER 40</b>	<b>10^ WOMEN</b>	<b>100</b>
<b>MASTER 45</b>	<b>1^ MEN</b>	<b>1000</b>
<b>MASTER 45</b>	<b>2^ MEN</b>	<b>500</b>
<b>MASTER 45</b>	<b>3^ MEN</b>	<b>250</b>
<b>MASTER 45</b>	<b>4^ MEN</b>	<b>100</b>
<b>MASTER 45</b>	<b>5^ MEN</b>	<b>100</b>
<b>MASTER 45</b>	<b>6^ MEN</b>	<b>100</b>
<b>MASTER 45</b>	<b>7^ MEN</b>	<b>100</b>
<b>MASTER 45</b>	<b>8^ MEN</b>	<b>100</b>
<b>MASTER 45</b>	<b>9^ MEN</b>	<b>100</b>
<b>MASTER 45</b>	<b>10^ MEN</b>	<b>100</b>
<b>MASTER 45</b>	<b>1^ WOMEN</b>	<b>1000</b>
<b>MASTER 45</b>	<b>2^ WOMEN</b>	<b>500</b>
<b>MASTER 45</b>	<b>3^ WOMEN</b>	<b>250</b>
<b>MASTER 45</b>	<b>4^ WOMEN</b>	<b>100</b>

MASTER 45	5^ WOMEN	100
MASTER 45	6^ WOMEN	100
MASTER 45	7^ WOMEN	100
MASTER 45	8^ WOMEN	100
MASTER 45	9^ WOMEN	100
MASTER 45	10^ WOMEN	100
MASTER 50	1^ MEN	1000
MASTER 50	2^ MEN	500
MASTER 50	3^ MEN	250
MASTER 50	4^ MEN	100
MASTER 50	5^ MEN	100
MASTER 50	6^ MEN	100
MASTER 50	7^ MEN	100
MASTER 50	8^ MEN	100
MASTER 50	9^ MEN	100
MASTER 50	10^ MEN	100
MASTER 50	1^ WOMEN	1000
MASTER 50	2^ WOMEN	500
MASTER 50	3^ WOMEN	250
MASTER 50	4^ WOMEN	100
MASTER 50	5^ WOMEN	100
MASTER 50	6^ WOMEN	100
MASTER 50	7^ WOMEN	100
MASTER 50	8^ WOMEN	100
MASTER 50	9^ WOMEN	100
MASTER 50	10^ WOMEN	100
<b>TEAM ELITE</b>	1^	10000
	2^	6000
	3^	3000
	4^	1000
	5^	1000
	6^	1000
	7^	1000
	8^	1000
	9^	1000
	10^	1000

<b>TEAM REGULAR</b>	1^	5000
	2^	3000
	3^	2000
	4^	400
	5^	400
	6^	400
	7^	400
	8^	400
	9^	400
	10^	400
<b>INDIVIDUAL</b>		
<b>EXPERIENCE</b>	1^ MEN	500
	2^ MEN	250
	3^ MEN	100
	4^ MEN	100
	5^ MEN	100
	6^ MEN	100
	7^ MEN	100
	8^ MEN	100
	9^ MEN	100
	10^ MEN	100
<b>INDIVIDUAL</b>		
<b>EXPERIENCE</b>	1^ WOMEN	500
	2^ WOMEN	250
	3^ WOMEN	100
	4^ WOMEN	100
	5^ WOMEN	100
	6^ WOMEN	100
	7^ WOMEN	100
	8^ WOMEN	100
	9^ WOMEN	100
	10^ WOMEN	100
<b>INDIVIDUAL</b>		
<b>REGULAR</b>	1^ MEN	750
	2^ MEN	500
	3^ MEN	250
	4^ MEN	100
	5^ MEN	100



	<b>6^ MEN</b>	<b>100</b>
	<b>7^ MEN</b>	<b>100</b>
	<b>8^ MEN</b>	<b>100</b>
	<b>9^ MEN</b>	<b>100</b>
	<b>10^ MEN</b>	<b>100</b>
<b>INDIVIDUAL</b>		
<b>REGULAR</b>	<b>1^ WOMEN</b>	<b>750</b>
	<b>2^ WOMEN</b>	<b>500</b>
	<b>3^ WOMEN</b>	<b>250</b>
	<b>4^ WOMEN</b>	<b>100</b>
	<b>5^ WOMEN</b>	<b>100</b>
	<b>6^ WOMEN</b>	<b>100</b>
	<b>7^ WOMEN</b>	<b>100</b>
	<b>8^ WOMEN</b>	<b>100</b>
	<b>9^ WOMEN</b>	<b>100</b>
	<b>10^ WOMEN</b>	<b>100</b>

## **11. SUBSCRIPTION TERMS:**

in order to participate to the event, the athlete confirms through the subscription that he/she is completely and entirely in agreement with the rules and guidelines illustrated in this rulebook.

## **12. GENERAL RULES ON THE QUALIFICATION WORKOUT**

The workout (in the technical sheet attached to the video) includes:

- Required movements
- Performance points of each individual movement (the athlete must know the performance points of each movement called "bottom and top position")
- Required number of repetitions and their sequence
- Equipment required, the equipment must be standard (kg for barbell and plate, Concept rower, or equivalent considered instruments for which can be requested a technical sheet, at the solely discretion of the organization. In case of weights in pounds, they must be converted into kg with the approximation by excess or defect depending on whether the weight exceeds or not 0.5 in the measurement)
- Time available
- Scoring method
- Movement variations
- Guidelines on videotaping

Changing the qualifier workout is strictly forbidden and constitutes invalidation of the entire video evidence.

Therefore, changing the movement standards or changing the range of motion of an exercise is strictly prohibited. Hence, any movement considered uncommon, out of the ordinary or used to shorten or modify the prescribed movement will be sanctioned. It is the only and exclusive responsibility of the athlete to inform the organization or the head judge of a functional limitation. The organization or the HJ reserve the right to request any further documentation as a proof, that the athlete is forced to provide.

### **13. INSERTION OF THE SCORE**

It is the responsibility of the athlete to ensure to insert the score in the time defined by the workout delivery deadline. Any incomplete insertion will not be considered. The competition organization reserves the right to change the delivery deadline.

### **14. VALIDATION OF THE VIDEOS**

The results of the workouts will be supervised according to the 2023 judge course method:

- Good Video: the video is free of penalties
- Valid With Minor Penalty: from 1 to 9 no rep. These will be counted in the scoring subtracting them to the pursued result. If the score is determined by the time of execution this will be increased by the value of the imposed no rep.
- Valid With Major Penalty: more than, or 10 no rep. The score will be penalized by 15% of the value inserted by the athlete.
- Invalid: the athlete didn't perform the workout according to the prescriptions indicated or scored an unacceptable number of no rep, or the video cannot be evaluated due to incorrect or partial framing.

The judgment performed by the judgment body is not appealable.

### **15. LIVE EVENT**

The competition requires that the athletes who successfully qualified according to the previously indicated number can access the live phase.

The athletes will receive an email that will inform them of their admission to the live phase. They will then have to confirm their presence or not before the deadline indicated by the competition organization. In case of missing confirmation, the competition organization will proceed automatically to the repechage of the next qualified athlete.

The confirmation of participation to the event must be accompanied by payment of the admission fee for the live phase

Together with the confirmation email, the athlete will also receive further information. The Facebook page of the event and the website will provide further news and information about schedules, possible briefings, timeline, check in, orientation etc..

## **16. CHECK-IN**

Date, location, logistics information will be circulated through the Facebook page of the event and the related website. The athletes must necessarily check-in according to the communications that will be provided through the aforementioned channels in the modes and times indicated, providing the documentation that will be requested.

## **17. LIVE PHASE WORKOUT**

The organization will produce a brochure for each competition wod. Inside it there will be specified wod, standard, flow for each workout.

The organization may also reserve the right not to produce informative material related to the workouts, but to carry out a briefing directly on the spot. In this case, taking part to the briefing is mandatory.

The briefing will be held in English language.

outfit rules : all athletes will be told what to wear during the competition.

More information will be available and sent in the PDF of the workouts

## **18. LEADERBOARD**

Every score obtained in a workout will receive a relative rank that will determine the final leaderboard. In case of a tie, the best placement in all the workouts will be used as a reference. Ties will not be considered in relation to the single workout but only for the final ranking.

## **19. SCORING**

The score obtained in each single workout will be validated by a judge. Possible complaints regarding the evaluation of the workout must be submitted by the end of the day in which the workout has been performed, with the relative questioned score. In case of protest during the last day of the event, it will be taken into consideration until the publish of the final rankings.

In case time-tracking chips will be used during the workout, that measure will be considered official. The chip will be put on each athlete on the same side of the body.

The only video evidence allowed is the one provided by the organization of the event, where possible.

## **20. IN CASE OF INJURIES**

In case an athlete requires or needs medical support during the workout, they will be able to continue competing only with the permission of the doctor. It is within the doctor's, the head judge's and the event director authority to remove an injured athlete from the competition. If the injury happens to a team member, the team will be able to continue the workout only for the part of execution of the movements according to the required standard and flow.

## **21. GENERAL CLAUSE REGARDING UNSPORTING BEHAVIOUR**

Every athlete agrees to compete with sportsmanship, avoiding every possible unsporting behaviour. They agree to not offend or use violence towards judges, volunteers, other athletes, spectators, sponsors. Any behaviour that violates this agreement will determine the ban from the competition. Every athlete commits to perform the workout without altering its nature and commits to competing fairly, without tricks or fraud of any kind. Every behaviour identified as violating the agreement will be punished with the ban. This listing is merely explanatory and not thorough. Every conduct violating a warning given by the head judge or by the event organization regarding the correct conduct, appropriate to the environment of the event and to the respect of the people involved, will be punished with the ban.

## **22. IN CASE OF SANITARY EMERGENCY:**

Due to Covid-19 spread, two different scenarios can be considered:

- a) If sanitary legislation, authorized the event, it will take place on the days at point 1
- b) If sanitary legislation, should arrange any restrictions, or if it should prohibit the entire event, organization reserves in full autonomy and absolute discretion the right to move the event to another location, even changing the manner in which the entire event will be conducted.

## **23. SANITARY EMERGENCY / POSTPONEMENT**

In case of sanitary emergency, organization will postpone the entire event. If any other restriction will be imposed, the organization will publish via social media pages and any other form, which procedures are taking place

## 24. DISCLAIMER FOR IMAGE USE

By agreeing to this rulebook and the following registration to the event that will be recognised by both parts to be a declared and conclusive authorization, the athlete, referring to pictures (photos and videos) recorded and/or taken by photographers or cameramen at the event, authorizes free of charges, without time limits, broadcasting in any form of their images on the event's website and relative Facebook page, Twitter account, Instagram page, YouTube channel or any other broadcasting platform using the Internet, on paper and/or on any other mean of diffusion. The athlete also authorizes the preservation of the videos and pictures in the event's organization's archives and acknowledges that the purposes of those publications are merely informative and possibly promotional.

Non-professional, non-flash photography and video cameras are permitted at SW venues/events for personal use only.

All cameras (video and still) must be hand-held with an interchangeable or telephoto lens no longer than five (5) inches in length. Monopods, tripods, and cameras with telephoto or interchangeable lenses greater than five (5) inches at full lens extension (professional photography equipment) are not permitted.

Spectators, attendees, visitors, and guests may not distribute, use, reproduce, stream, upload, transmit, broadcast, link, exploit or license any description, account, images, pictures, film, digital, video, or audio recording, in whole or in part, for any commercial purpose without the prior express written consent of SW in each instance. b. SW may, at their discretion, provide credentials necessary to gain access to media areas at SW for the sole and exclusive purpose of editorial coverage and athlete media relations.

All credentialed media must be on editorial assignment or be otherwise authorized by SW. Time, area, and scope of access will be at the sole discretion of SW.

Credential(s) and access may be revoked at any time by SW with or without cause.

SW reserves the right, in its sole and absolute discretion, to grant or deny any application or request for a credential and may revoke credentials at any time in its sole discretion, for any reason. c. Still images:

Still images may not be used for any commercial or retail purposes whatsoever, and may only be used for promotional purposes upon written permission of the athlete(s) depicted in such images and with a written license agreement from SW. Photography is for personal or editorial use only.

Any other use such as, but not limited to, commercial and promotional use, is prohibited and strictly enforced. d. Video Footage: Video footage may not be used for commercial or retail

purposes whatsoever and may be only used for promotional purposes upon written consent of the athlete(s) involved and with a written license agreement by SW. e. Drone Policy:

The operation or use of any drones, unmanned aircraft/flying systems, and remotely-controlled or radio-controlled flying machines (whether or not motorized) of all types, shapes, and sizes (collectively, “drones”) at any time on the property of Qatar University is prohibited under all circumstances except pursuant to the terms and conditions of written permission from SW.

This policy applies to all individuals, persons, companies, and business entities and includes, but is not necessarily limited to, promoters, brand partners,, athletes, tenants, renters, patrons, visitors, and guests.

Permission to stay or remain on SW property may, at the discretion of SW, be revoked for any person[s] in violation of this policy.

Additionally, it is illegal without proper licensing, so any individuals found in violation will be subject to potential legal action.

## **CONSENSUS**

I declare under my responsibility the following:

- to fully agree with the Rules of the Event;
- to fully acknowledge the nature and the physical effort required by the physical activity I will have to perform during the event. Also, to consult ahead of time a sports physician to verify the good health condition and preparedness to compete;
- to be in appropriate health condition and never have suffered (even occasionally) from pathologies and/or physical imperfections that can endanger my health by participating to the event;
- to play sport regularly;
- to relieve the event organization from any civil and criminal liability for which would make me responsible, for any injury may result to my person and others as a result of the Event;
- to acknowledge and fully understand that I will take part to activities that entail the risk of severe injuries, included, without limitations, permanent disability and death, as well as social and financial loss, which may originate not only from my own actions, inactivities or negligence, but also from other’s

actions, inactivities or negligence, also from the rules of the event, or buildings and equipment conditions and there might be risks unknown to me or not reasonably foreseeable;

- taking all the risks mentioned above and to accept the direct responsibility for any damage originated by said injuries, permanent disabilities or death;
- to renounce, within the limits bindingly provided by the law, to any request of compensation for damages of death, personal lesion, or material damage and that either I, or any of my heirs, close relatives or representatives (shown below as “Renouncing Subjects”) may carry out or that can originate in the future to any of the Renouncing Subjects as a consequence of my participation or any other reason, that can be aimed by anyone to Company T23 and event’s business partners, sponsors, any of the legal entity correlated and affiliated, the president, the vice-president, the secretary, the owners and the techs, other participants (if applicable), other owners and conductors of the buildings used during the event (shown below as “Freed Subjects”);
- to free and relieve any Freed Subject of any loss, responsibility, damage, or cost that they might suffer as a result of my participation to the event or as a consequence of any cause in any way related to my participation, even if originated by the Freed Subjects’ negligence or by other causes within the limits bindingly provided by the law;
- to authorize the Freed Subjects to provide me emergency medical treatment;
- I deliberately agree that this **DISCLAIMER AND WAIVER OF LIABILITY AND COMPENSATION** is as broad and inclusive as the Italian Law allows, and that if any part of the agreement is believed to be not valid, it is accepted that the remaining of the rules will be considered fully valid and effective;



## 25. PRIVACY POLICY

T23 data processors (here below referred to as "Owner"), informs that will use your personal data (here below, called "Personal Data"), indicated in the release, in which the present disclosure It is attached (here below referred to as "release"), in order to (i) enable you to adhere to each phase of the Project; (ii) comply with legal obligations relating to my participation in the Project, as provided by civil legislation, fiscal and accounting, etc. for the administrative management of the relationship; (iii) promote and / or promote the public the Project; (iv) to promote, by sending e-mail, future initiatives and / or promotional projects of the owner or of other companies related to it pursuant to Art. 2359.

The provision of personal information related to the purposes set out in those points (i) and (ii) is mandatory. In case of refusal, therefore, the owner can not enable you to join the project. The provision of data relating to the purposes specified in point (iii) in the same way, is also mandatory because the owner has made the project to spread and promote it to the public. His refusal, therefore, do not allow the conduct of such activities to the Owner. By joining the project, in other words, you, agree to any media exploitation of the Project.

The purpose of paragraph (iv) is discretionary; with reference to the purposes specified in point (i), if you decide to not subscribe this agreement, it will be not informed of the initiatives and projects organized by T23 other companies related to it in accordance with and to article. 2359.

The Personal Data will be processed within the Company both on paper and by electronic and computerized means, and strictly used for reasons connected to the actual purposes, in any case, from individuals authorized to such tasks, appropriately aware of the constraints imposed by Legislative Decree no. 196/2003, with security measures to ensure the confidentiality of personal information and to avoid the improper access to third parties or unauthorized persons.

The Personal Data will not be subject to diffusion and will be released only to T23 or business partners exclusively for the purposes described above.

The responsible for replying is Mrs. Veronica Cagliani

According to Article 7 of Legislative Decree 196/2003, at any time and for free, you have the right to request information about the existence of the processing of your Personal Information and the Participant, to correct, complete, update, or delete to obtain the block.

To exercise these rights, write to Mrs. Veronica Cagliani

Regarding the treatment of personal data: the art. 13 of Regulation (EU) 679/2016, concerning the protection of natural persons with regard to the processing of Personal Data and free sharing of them (hereinafter "GDPR"), requires to protect the persons and the other subjects in respect of the personal data treatment. As the "owner" of the data, pursuant Art. 13 of the GDPR, therefore, the organization of the Event is stating the following:

- **The purposes of Personal Data Processing**

The Data provided, including photos and videos, will be processed by the Data Controller strictly for the purposes listed in the abovementioned "DISCLAIMER FOR USE OF IMAGE". These data may be propagated in every form of image or video via website, YouTube, Facebook, Instagram, Twitter, on printer paper and/or on any other channel.

- **How we process your data:**

The personal data given, hereby including the image or video portrait, will be subject to treatment

in pursuance of the actual law, correctness, transparency and privacy principles. Those data will be treated both digitally, on paper and on any other suitable way, according to the GDPR.

- **Mandatory or optional nature of providing Data – Consequences of the possible refusal:**

The provision of data is optional; consequently, without your express consent, we will not use your images and/or videos for the abovementioned purposes. In case of wrongful usage, the involved subject may ask the organization to remove those.

- **Data recipients and transfer of data:**

In order to process your request in compliance with the purposes listed, your Data (image and videos) may be communicated, published and/or circulated in any way on the Event website, on social networks and on any other information channel (printed paper or local daily newspapers). The subject authorizes the organization to communicate the aforementioned data to partners and event sponsors.

- **Owner and responsible for processing the data:**

The responsible for processing the data is Mrs. Veronica Cagliani **Data Subjects' Rights:**

The acceptance of the Privacy Policy is optional. We remind you that, at any time, by contacting the Data Controller, you may withdraw your consent to the processing of your Data exercising all the rights available in articles from 15 to 22 and art. 34 of the

GDPR, in details the deletion, correction or integration of the Data, via a written communication to be sent to

- **Time limits for storing the Data:**

Collected data (photos, videos, etc.) will be stored in the digital archives of the Event organizing company and the purpose of those publications are merely informative/promotional.

**Consent request:**

Having read the information above,

**I agree**

to the processing of personal data to promote, by sending e-mail services offered by T23 and future initiatives and / or projects of the Association;

**I agree**

promote, by sending e-mail, services of other companies related to Company T23 in accordance with and to article. 2359

**I agree**

**DISCLAIMER FOR USE IMAGE**

Performing the registration at The Southern Warriors on the web-site, the participant declares as follow:

As participant of the Project Southern Warriors organized by Company T23

**I AUTHORIZE**

Company T23, to use - just for the promo - advertising Event - my image, as pictured during the event itself, in whole or in part, individually or together with other material, including without limitation , text, photographs or images, free of charge and without restriction to temporal, territorial or relating to the method of use, frequency of use, or the means of communication chosen.

Consent request: Having read the above information:

**I agree**