

## 1. SPTH GAMES

**a.** The Spanish Throwdown (SPTH) are some fitness games, which aims to promote the values of sport, respect for others and fair play. SPTH is an annual worldwide competition to determine who are the fitness athletes, these consist of two phases: Phase online and onsite phase.

## 2. GENERAL RULES

**a.** The athlete SPTH (either individually or as part of a team) must accept all rules and policies, including, without limitation, risk taking and authorization of image.

**b.** Unsportsmanlike conduct, such as arguing with a judge or representative of SPTH, jeers, heckling or any (conduct) considered that may cause discredit to SPTH or other competitors, spectators or sponsors of the event, can be grounds for suspension, disqualification from the event or future issues as well as legal action.

**c.** Athletes will be held accountable for the behavior of their coaches, teammates, team leaders, supporters and guests. If the behavior of any member of such a group or groups is considered by SPTH as unsportsmanlike or disruptive to the competition, the athlete being subject to point 2b.

**d.** This allowed non-professional photography and video without flash, all the pictures during the event are SPTH membership.

## 3. GENERAL REQUIREMENTS FOR PARTICIPATION

**a.** Anyone who is able to perform the required training, you can try to register to compete as an athlete (individually or as a team). This register is subject to affirmative agreement of each athlete, to comply with the policies, rules and regulations SPTH written in this regulation.

**b.** All athletes must qualify for attendance. However, SPTH will invite the winners (1M / 1F) of the Spanish Challenger, as well as the possibility to invite winning teams / athletes of past editions of the SPTH.

**c.** SPTH has the right to change the conditions of classification in the face-to-face phase of their respective championships, challenges or activities, either increasing or decreasing the number of classified in the respective categories, until the day after the classification date, due to any matter (computer error, organization needs, security or external causes). Aproximately there will be 64 rx athletes,(40M / 24F), 16 teams (2M / 1F), 40 scaled (24M / 16F),24 master"+35"(16M/8F)and 8 master+40.

For the Spanish Weightlifting Face to Face event parallel to the SPTH, there will be 24 (16M / 8F). As well as our challenge challenger of December 31 will be invited approximately between (18M / 8F), depending on the organizational needs.

In case of the Spanish Challenger, about 26 athletes (18m/8f) will be invited (challenged) depending on the needs of the competition.

**d.** All athletes qualified who don't confirm its assistance in time or mode, will lose the right to September's final phase, taking its position the first athlete non qualified in his category, doing it as many times as needed.

**e.** All athletes must register and complete "Athlete Profile". The "Athlete profile" will be the main conduit for the athlete to receive the relevant notifications SPTH and is the sole responsibility of the athlete to provide accurate information, including an email address.

**f.** Athletes must be at least 14 years old at the time of creating an account on the website SPTH to register online and compete. If athletes are under 18 years of age must provide parental consent for additional online registration.

**g.** There are 2 divisions for individual competitors and a division for equipment, including possible new divisions along the classification, until one day after the final list of qualifiers.

**h.** The results of the online WODs will be reviewed when the deadline for submission of the last WOD online video ends. That is why the results are provisional, until it becomes definitive list of finalists qualified for the present phase, may be variations in the scores. The resolution of the final date or list will be published on the web SPTH or their networks.

**i.** It is the responsibility of the athlete to review the classification during the videos review period by judges, this is because classification presents changes during this phase that can vary the position of the athlete.

**j.** Everyone Selected for present phase will receive an email with a new password, this email must to be confirmed or declined if unable to attend, the confirmation is realized buying a ticket for a symbolic price set (approx. 10 €) that is entirely intended to the athlete (athlete insurance , horse riding, etc.).

## 4. ELIGIBILITY TEAM

**a.** The teams are composed of three athletes, (2) Men (1) Women who validly recorded, may be different box or different country (Online WODs must to be recorded together).

## 5. REGISTRATION DATA

**a.** Registration fees are as follows:

Individual register 15€

Team recgister (2M y 1F) 45€

**b.** All payments are final. No refunds or transfers, regardless of the reason (injury, illness, change of working hours or category, etc.) are permitted.

**c.** SPTH. is not responsible for inaccurate entry information, whether caused by users or by any equipment or programming associated SPTH programs.

**d.** SPTH, reserves the right to void suspect entries or presentations and / or cancel, terminate, modify or suspend SPTH.

**e.** In any case SPTH, you will be responsible for any damage or loss of items during the event.

**f.** When registering, you give consent for SPTH, to use your personal data automate and exclusively for sports related, promotional or commercial purposes. According to what is established in Organic Law 15/1999 of December 13, Protection of Personal Data, the participant has the right to amend or cancel completely. To do this, you must apply in writing to SPTH. C / Ronda de Valdecarrizo, 11, office 19, 28760 Madrid, registered authorize expressly and without limit advertising using photos, videos and any other photographic or audiovisual material which may include, without expecting any reward for this concept.

**g.** The championship has all licenses and permits, as well as their liability insurance for public sporting events, the athlete will have an accident insurance during the event.

## 6. PROCEDURES standard competition.

**a.** SPTH winner determined by most points, if choice of position or street during the competition, the athlete takes precedence over points lead. As to the classification in case of a tie of points, break the tie position last wod, so on to the playoff athletes. Some wods may have time penalties or elimination for the next WOD. There may be wods direct qualification for the next phase of the championship, regardless of position, climbing positions. It will be released under the SPTH championship format in the registry. In case of tie in the partner pack by number of total participants of the spth, the box that most athletes have enrolled in the category Rx, then teams, then master, and finally scaled will win the prize.

**b.** If an athlete does not advance to the next workout for any reason (disqualification, injury, disqualification, etc.) it may be rated the athlete is below.

**c.** Physical limitations in range of motion for temporary physical defect or injury, must show the judges and the execution of any questionable or unusual movement.

**d.** Once an athlete enters the surface of the competition, they can not receive any outside help materials (water, tape, chalk, etc.) of spectators or coaches.

**e.** In case of staff absence, of the finalists for the final ceremony and climb the podium This athlete will lose the right to the delivery of cash prizes and pack the established brands. Having only right to trophy.

## 7. PROCEDURES Face to Face (Weightlifting competition)

**a.** Sinclair points will be used to classify positions, so that athletes must show their bodyweight and perform a series of movements or combinations of these in a given time. (Eg. 2RM snatch, snatch clear and jerk, etc ...)

**b.** After two eliminatory rounds four athletes qualify for the semifinals. The final will be a face to face between the two best athletes with best marks according to the Sinclair formula.