



Promofit Games (11st edition)

The Promofit Games XI Rulebook is a document that guides the entire competition.

1. The Competition

- A. It is a competition that occurs side-by-side with the Promofitness Conventions
- B. In this edition there will exist the following groups:
 - i. Individual Male;
 - ii. Individual Female;
 - iii. Master Male;
 - iv. Master Female;
 - v. Mixed Teams (Male and Female);
- C. The competition will occur in two distinct Phases:
 - i. Qualification;
 - ii. Finals.

2. Groups

- A. Male/Female Individual:
 - i. Minimum age: 18 years old (on the Finals date);
 - ii. Minimum athletes per group: 60/30;
 - iii. Athletes passing to the finals per group: 48/16.
- B. Master Male/Female
 - o Minimum age: 35 years old (on the Finals date);
 - o Minimum athletes per group: 20/10;
 - o Athletes passing to the finals per group: 16/8.
- C. Mixed Teams:
 - i. Minimum age: 18 years old (on the Finals date);
 - ii. Minimum athletes per group: 4 (2 athletes male + 2 athletes female);
 - iii. Maximum athletes per group: 10 (5 athletes male + 5 athletes female);
 - iv. Minimum teams: 24;
 - v. Number of teams passing to the Finals: 16.

Note: The athletes can change their registration to another Age group in case of his/her Group don't have the sufficient number of athletes.

3. Competition Phases

- A. **Qualification:** three qualification challenges in two weeks: from September 19th to September 26th of 2017;

- B. **Finals:** October 21th and 22th (Saturday and Sunday) – Center of Sports Almada City (Lisbon); schedule to be designated soon.

4. Registrations

- A. The registration fee is:
- a) Deadline: September 26th 2017.
 - b) 20€ per athlete
 - c) 22,50€ the registration for one team;
 - d) There is no refund of the registration fee.
- B. The athlete registration must be done through the Promofit Games website <http://promofitgames.com>, with the following information:
- i. Full name;
 - ii. Birth Date;
 - iii. Age group (individual or Master)
 - iv. Proof of payment in the amount of € 20.
 - v. Email and contacts
- C. Team registration must be made by the Team leader, after the individual registration of all elements, together with the following information:
- I. Team Name
 - ii. First and last name of each athlete that compose the team;
 - iii. Citizen's card number of each athlete making up the team;
 - iv. Proof of payment in the amount of € 22.50.

5. Qualification System

This point only refers to how the qualification will take place.

- A. All athletes participate in the qualification individually, being able to be part of a team.
B. Each team can have a maximum of 10 registered athletes (5 Men and 5 Women).

After submitting and evaluating the scores, individually, the selection will be made in the following order:

1. First, the list with the Individual Classification will be published (see point 10):
 - A. The 48/16 male / female Individuals best ranked in the General table pass to the finals;
 - B. Classified athletes in the Individual category may refuse their place in this category to enter into the remaining categories (Teams or Masters);
 - C. If athletes opt for other categories their place is occupied by the next athlete in the classification list.
2. Subsequent and after confirmation of the verified athletes in the individual classes, the lists with the Master Classification will be announced (see point 10):
 - A. The 16/8 male / female Master best ranked athletes in the General table pass to the finals.

B. Classified athletes in the Master category may refuse their place in this category in order to enter into the remaining categories (Individual or Teams);

C. If athletes opt for other categories their place is occupied by the next athlete in the classification list.

3. Finally, once the Individual and Masters classifications have been defined, the lists with the Team Classification (see point 10) will be announced:

A. The top 16 teams are finalized;

B. The scoring table for teams comes through the sum of points of the 2 best male athletes and 2 best female athletes entered by the team;

C. Athletes who have chosen to compete in the Individual tier are automatically excluded from scoring for the team;

D. The athletes scores come from the individual overall leaderboard.

E. Each team must have to take the top 4 athletes to the final phase (2 Men + 2 Women).

F. Teams with 5 elements are permitted provided they comply with the parameters of item E above.

6. Final Phase (teams)

- In each challenge, each team can only present 4 athletes;
- For teams that have more than 4 athletes, they can replace athletes between WODS;
- If a WOD is more than 1 challenge, the team cannot replace athletes.

7. Clearance

A. Men's Individuals: the 48 best athletes classified in the Qualifying Phase will be determined for the Final Phase;

B. Women's Individuals: the 16 best athletes classified in the Qualifying Phase will be determined for the Final Phase;

C. Men's Masters: the 16 best athletes classified in the Qualifying Phase will be determined for the Final Phase;

D. Women's Masters: the 8 best athletes classified in the Qualification Phase will be determined for the Final Phase;

E. Teams: the 16 best teams qualified in the Qualifying Round will be qualified for the Final Phase.

8. Equipment

- Equipment not allowed:
 - i. Wrist Straps;
 - ii. Strength Suit/Shirt (Powerlifting);
 - iii. Knees Wraps (Powerlifting).
 - iv. All accessories whose goal is to provide competitive advantage in the execution of movements and not only the safety of the athlete.
 - v. All equipment not mentioned offering doubts should be authorized by the organization.

9. Results Submission and Validation (Qualification)

- A. Every Qualification challenge will be presented on Monday, September 18th after 12:00;
- B. Each athlete/team should submit the on-line links for all the videos and the challenge's results until 23:59 of Tuesday, September 26th through the platform on the website <http://www.promofitgames.com>;
- C. The athlete can be evaluated through the challenge from the sent video or evaluated by coach CF-L1 (The coach's name should appear as the name displayed on the CrossFit coaches directory).
- D. The video link must contain the following information:
 - i. Athlete's First and Last Name or name of the team;
 - ii. Challenge's Number;
 - iii. Evaluator's Name.
 - iv. Example of challenge 1: *JohnDoe_Challenge1_JohnMike*.
- E. The video should be placed as "unlisted" so that it is not accessible to search on youtube;
- F. The results reported by CF-L1 will be posted as definitive and inspected randomly. In these cases it is always mandatory the publication of the video for resolving complaints. Sending results without the publication of the video will be considered nulled.
- G. If it is requested proof video to an athlete and that proof is not sent, or it has not been published within the valid period for the respective challenge validation, it will be subject to the cancellation of the submitted results.
- H. The tiebreaker criteria will be the best rankings in the respective WOD's and then the best results.

10. Communication of Results (Qualification Phase)

1 - The results of the Individual Level will be announced on a provisional basis on 4 October 2017 (Wednesday) from 12 hours and definitively until 48 hours later on 6 October 2017 (Friday) ;

Qualified individual athletes must confirm their presence by email (info@promofitgames.com) by 23:59 on October 9 (Monday).

2 - The results, on a provisional basis, of the Masters Level will be announced on October 10, starting at 12 hours;

Qualified athletes in the Master class must confirm their presence by email (info@promofitgames.com) until 23:59 on October 11 (Friday).

3 - Results will be announced, on a provisional basis, of the Teams Squad, on 12 October from 12 hours;

The leader of each of the teams cleared, must confirm the presence of the same by email (info@promofitgames.com) until 23:59 on October 13 (Wednesday).

11. Results (Final Phase)

- A. In the Finals of the event, each athlete will be judged by at least one judge appointed by the organization.
- B. The result of a challenge by the judge will be delivered to the secretariat for further validation; the judge's decision is final and should be respected by all athletes.
- C. It is the athlete's responsibility to confirm the result at the end of the challenge and sign the challenge sheet. If declined this right, the Head Judge will assume this role.
- D. The posted ratings are provisional and likely to be corrected.

12. Judging and Results Submission

A. Qualification:

- i. The submission of video proof by each athlete or team is mandatory, through the respective platform in the official competition of the outcome of the challenge and respective video link site for later viewing and validation by the organization;
- ii. The organization reserves the right of changing the result of an athlete or team if confirmation that the result submitted doesn't correspond to the real performance of the athlete.

B. Final Phase:

- i. In the Final Phase of the Promofit Games, each athlete/team will be judged by at least one judge;
- ii. The result of any challenge will be delivered by the respective judge to the staff members for validation; the decision of the judge is unquestionable and should be respected by all athletes/teams.

13. Protests

- A. Qualification: after the leaderboard is released, the athlete can submit a protest, through the official email of the competition, about the final result of his/her own performance in the next 24 hours.
- B. Final: in case the athlete does not agree with the result, he/she can make a protest to the staff exposing the problem. It will cost a 25€ fee to make the protest and in case the athlete's protest is correct, the fee is returned.

14. Leaderboard

- A. Qualification: a league table during the Qualification Round will be divided according to the existing levels, challenges undertaken and the overall rating.
- B. Finals: the league table during the Final Phase will be divided according to the existing levels, challenges undertaken and the overall rating. The rating of the challenge will be published as soon as possible after the completion of each challenge. After performing a challenge, the athlete / team must confirm the result through a signature in the test report.
 - b1. Cut-Off: there will be cuts in the leaderboards.

15. Prize Money

Individual Male:

1st place: € 400
2nd Place: € 200
3rd Place: € 100

Individual Female:

1st place: € 400
2nd Place: € 200
3rd Place: € 100

Master Male:

1st place: € 200

Master Female:

1st place: € 200

Teams:

1st place: € 400
2nd Place: € 200
3rd Place: € 100

The winners will also receive a medal of recognition on the 11th edition of Promofit Games.

The payment of the monetary awards implies the delivery of a tax document by the respective winner, as an Isolated Act or "Green Receipt" and is subject to the payment of the taxes in force.

16. Athletes behavior and other subjects

- A. Every athlete must perform the Qualification Phase;
- B. There are five Wildcards and the organization reserves the right to deliver to whom considers appropriate;
- C. The organization reserves the right to change the schedule of the challenges;
- D. Every athlete must register until the limit dates;
- E. In case of qualification to the Final Phase, the athlete must confirm the participation when requested by the organization;
- F. On the two days of the Finals, all athletes must attend the secretariat to confirm its presence;
- G. All athletes must be present at the briefings (schedule to be designated);
- H. In every Final challenge, the athlete will be called to the Warm Up area; in case of not being present, the athlete will not be able to compete;
- I. Bad behavior (insults and/or aggression to another athlete, judge or any member of staff) will lead to the disqualification of the athlete;
- J. Wearing gear that is not allowed will lead to the disqualification of the athlete;
- K. Every athlete must show a good sport conduct, fulfilling with all rules and movement standards of the challenges and show respect for all members of staff and athletes.