

RULEBOOK

VARNA

THROW

DOWN

2025

CrossFit LICENSED EVENT | 2025 

6-8 JUNE 2025, VARNA, BULGARIA

ORGANIZATION

The Varna Throwdown is an annual CrossFit competition organized by **Crossfit Varna** and consisting of two stages: Online Qualifiers and Finals. The 6th edition will take place on the **6th, 7th and 8th of June 2025 in Varna, Bulgaria** at Primorski Park in an open-air arena. The rules outlined here govern all aspects of the competition.

REQUIREMENTS FOR PARTICIPATION

In order to be admitted to Varna Throwdown every candidate must:

- Accept the rulebook in full, accept the norms concerning the discharge of liability and the privacy policy and the decisions of the Varna Throwdown which are final and binding in all respects.
- Register within the terms communicated on the platform **circle21.app** and pay the participation fee of **35€** (additional 2.90€ platform fee included).
- (If asked) Will be prepared to show valid documents to prove their identity, age and residence.

REGISTRATION

Registrations for the **online qualifiers will open on the 16th of December 2024** and will remain open **until the 16th of February 2025**.

The whole system of registration, payment, qualification and ranking will be provided by the platform **circle21.app**. Our main form of communication will happen through the platform's mobile application.

All athletes must have valid **Crossfit.com** personal accounts as well. Registration fees are non-refundable.

At the end of the online qualifiers the top athletes, based on their performance will advance to the Finals stage of the competition as follows:

COMPETITION CATEGORIES

- **Elite Men** (Top 40 will advance to the finals)
- **Elite Women** (Top 20 will advance to the finals)
- **Advanced Men** (Top 60 will advance to the finals)
- **Advanced Women** (Top 30 will advance to the finals)

- **Scaled Men** (Top 20 will advance to the finals)
- **Scaled Women** (Top 20 will advance to the finals)
- **Masters Men 35-39** (Top 20 will advance to the finals)
- **Masters Women 35-39** (Top 10 will advance to the finals)
- **Masters Men 40-44** (Top 10 will advance to the finals)
- **Masters Women 40-44** (Top 5 will advance to the finals)
- **Masters Men 45+** (Top 10 will advance to the finals)
- **Masters Women 45+** (Top 5 will advance to the finals)

In case a category has less than 10 registrations, Varna Throwdown has the right to cancel that category. In such case, all registered athletes will be refunded or will have the option to change the category if possible.

Information about categories standards and requirements can be found in **circle21.app** event's page.

The Organization reserves the right to additionally extend a limited number of entries for the Finals in any category.

AGE GROUPS

Athletes competing on age group divisions must have been born as follows:

- **MASTERS Men and Women 35-39** (must be 35 years + on or before 06/06/2025)
- **MASTERS Men and Women 40-44** (must be 40 years + on or before 06/06/2025)
- **MASTERS Men and Women 45+** (must be 45 years + on or before 06/06/2025)

ONLINE QUALIFIERS

There will be **two qualification workouts** announced on 17th of February 2025, 10:00 (EET). All athletes must submit their scores by 4th of March 2025, 23:59 (EET).

Athletes can submit their scores and videos as many times as they wish before the deadline. Videos should be uploaded directly into the **circle21.app**, or to a video hosting site like YouTube under public privacy settings.

All videos will be evaluated by the Varna Throwdown Judge Team based on prescribed criteria and standards.

Athletes must follow all the guidelines of each Qualifier provided by Varna Throwdown Team upon the start of the Qualifiers, including the filming angle of the video, the equipment and the loads used for the workout. **The repetitions which don't follow the standards and/or are not clear may be judged as NO REP, that is a non-valid repetition.** The same applies for a missing or miscounted repetitions.

SUBMISSION STANDARDS:

- **Good Video:** The athlete meets the required movement standards and the score posted is correct and will be accepted.
- **Minor Penalty:** If there are assessed one to fifteen NO REPS, the score will be adjusted by one to fifteen repetitions. If it is a timed workout, it will be adjusted according to the following protocol: If an athlete is assessed a no rep on any movement, the athlete's average cycle time for the movement will be calculated and doubled then added as a penalty time.
- **Major Penalty:** If there are assessed more than fifteen NO REPS, the score will be reduced by 15%. If it is a timed workout, it will be adjusted accordingly.
- **Score 0:** If a video shows significant violations of either the video submission standards or the movement standards, The Organization reserves the right to adjust the athlete's score to 0.

It is the sole responsibility of the athlete to ensure the timely submission of their workout result and video. **Submissions that are incomplete or not working will not be accepted.**

No late entries will be accepted.

Athletes must complete all QUALIFIER workouts. If an athlete is missing one or any of the QUALIFIER workouts, he/she will not receive points in the final ranking and will be ranked below athletes who have submitted scores and videos for all workouts.

Registration fees are non-refundable.

SCORING SYSTEM

The score of the workout is based on the fastest time or number of repetitions or load moved. Every incorrect or invalid repetition according to standards will be judged as a NO REP, that is a non-valid repetition.

The assignment of the score for each workout is based on the following principle: the 1st ranked athlete gets 1 point, the 2nd gets 2 points, the 3rd gets 3 points and so on. In case of a tie in a single workout, tied athletes receive the same number of points. The athlete who has the lowest sum of points after all three qualifications will be first in the ranking, the one with the second lowest sum of points will be second etc.

In case one or more athletes end up with the same score in the ranking, the final ranking will be determined considering which athlete won most of the workouts. We will consider which athlete ranked at the 1st place more often. The one with the most 1st place rankings is the winner of the tie. If there is still a tie, we will consider how many times each athlete ranked 2nd to break the tie. The one with the most 2nd place rankings is the winner of the tie. If there is still a tie, then we proceed to 3rd position, 4th etc.

FINALS

The finals will take place at **Primorski Park Varna, Bulgaria on the 6th, 7th and 8th of June 2025**. The top athletes in each division will be invited to the finals of the competition. Invitations will be sent via the **circle21.app** application. Athletes then will have **5 days to accept the invitation** by paying the registration **fee of 80€** (additional 4.70€ platform fee included).

If an athlete cancels or does not accept the invitation within the deadline, the organizers have the right to offer his/her place to the next athlete in the rankings after the qualifying round.

The Organization reserves the right, in its sole and absolute discretion, to invite past winners, guest athletes or other individuals to participate in any stage of the competition. This decision may be made for any reason of the sole discretion of The Organization.

If a registered athlete doesn't show up during the athletes' check-in on Thursday, 5th of June 2025, then his/her spot might be offered to lucky losers. Lucky losers must attend the arena on Thursday, 5th of June during the check-in process and declare their interest to compete. Then they can take the available spots, if any, based on their ranking in the qualifiers by paying the 80€ registration fee on site.

Registration fees are non-refundable.

During all phases, the performance of the athletes will be judged by one or

more judges nominated by The Organization. The judges evaluate the participants based on prescribed criteria and standards.

Every participant must sign the score-card to accept the score assigned by the judge. In a case of complaint, the athlete must immediately appeal to the Competition Director, who will solve the dispute with the Head Judge. A signed score-card is valid and cannot be contested. **Varna Throwdown Judge Team has final authority on all athlete event protest ruling.**

Videos, photos, cell phone footage or any other media will NOT constitute grounds for changing or modifying a decision, score or entry made by an Event Judge. The Varna Throwdown Judge Team may ask for any related media, but its availability may or may not guarantee use or admissibility in the overall decision process.

The assignment of the score for each workout is based on the following principle: the 1st ranked athlete gets 100 points. Every placement below receives fewer and fewer points. In case of a tie in a single workout, tied athletes receive the same number of points. The competitor with the highest overall cumulative points wins the competition overall, the one with the second highest sum of points will be second etc.

Tie breaks in the overall leaderboard will be decided following the same procedure as in the qualifiers. In no case, there will be playoff workouts.

The announcement of the Workouts, including format, movement standards and required range of motion will take place during the athletes' briefing on Thursday, 5th of June on the competition arena right after the on-site check in process.

All athletes will perform Friday, Saturday and Sunday (6th, 7th and 8th of June). There will be a cut before a Final event on Sunday – details will be published after the invitations for the finals.

CODE OF CONDUCT

The participant admits to fair competition. Unsportsmanlike conduct and behaviors, included but not limited to: doping, disputes, rigging and deception attempts, violent discussions and offensive comments or other behavior that can discredit and damage the Organization, the participants, the sponsors, the audience or other people present, actions that prevent the other athletes from having the opportunity to compete in a fair way can be considered matters of

penalty, suspension, disqualification, elimination and/or legal actions.

Decisions of the Organization are final and without appeal.

PRIZES

Elite M/F

1st place – 2000€; 2nd place – 1000€; 3rd place – 750€

Advanced M/F

1st place – 500€; 2nd place – 250€; 3rd place – 150€

Scaled M/F

1st place – 300€; 2nd place – 200€; 3rd place – 100€

Masters 35-39 M

1st place – 800€; 2nd place – 400€; 3rd place – 200€

Masters 35-39 F

1st place – 500€; 2nd place – 250€; 3rd place – 150€

Masters 40-44 M/F

1st place – 500€; 2nd place – 250€; 3rd place – 150€

Masters 45+ M/F

1st place – 500€; 2nd place – 250€; 3rd place – 150€

All prizes are subject to applicable taxes and withholding and the prize winner's compliance with an agreement to Varna Throwdown 's prize affidavit.

All podium winners will receive their prize money via bank transfer, within 30 days of the competition. All podium winners will receive additional gifts from our sponsors and partners.

Varna Throwdown receives the right to increase or decrease the above prizes of the event, without prior notice, if deemed necessary.

CONSENT OF USING PHOTOS AND VIDEOS

During the competition photos and videos will be made by authorized operators of the Organization and the sponsors with the aim of producing promotional audiovisual material. The participant authorizes the organization and its

operators to realize, publish, edit, and transmit photos and videos on online and offline channels, owned or by third parties without any restriction. The participant grants the organization and its partners indefinite free usage of the whole photo/video material that portrays him/her during any action of the competition, without the need for preventive authorization and with no expectation for any sort of compensation.

PRIVACY POLICY

The personal data uploaded for the registration will be saved and could be published for communicative reasons. The organization stated that the information provided will be treated in accordance with the current privacy statements.

WAIVER AND CANCELLATION

The participant declares to be aware of the risk, predictable and unpredictable, connected to the competition and be of possession of suitable medical certification with compliance with the current health legislation.

The participant takes full responsibility regarding themselves, possible injury, and the proper behavior during the competition.

The athlete declares to have carefully read and considered the content of this rulebook and to have clearly understood the meaning of every single part before signing it.

The participant declares to free The Organization of the event and its partners of every liability, civil and criminal, that may arise during the different phases of the competition and/or during all the events related to it.

The participant accepts that The Organization can modify the conditions set for the competition and have the right to cancel the event for unpredictable reasons, for reasons of force majeure, and for reasons that don't depend on its will.

The Organization can revise the Rulebook anytime. Such changes will be posted online and will be communicated to the athletes.

The participant is aware and accepts that in no case and for no reason the registration fees paid to the organization during the registration phase can be refunded, not even partially, nor transferred to other participants.

THE REGISTRATION FOR THE COMPETITION DETERMINES AUTOMATICALLY THE ACCEPTANCE OF THIS RULEBOOK.

