



Qualifier Rulebook

1.– “Battle of Riga 2019” QUALIFIER is a series of two (or three) workouts, with one workout released each week, over two consecutive weeks (workouts may be combined). The Qualifier workouts are released on the official “Battle of Riga” website. Athletes must complete each workout and have their score judged and validated to be ranked on the “Battle of Riga” Leaderboard. The top qualifying individual athletes in Qualifier are invited to Finals that will be held in Riga, Latvia. Each weekly workout will be released on Monday at 00:00 (UTC+2). Athletes will have time until the following Friday at 23:59 (UTC+2) to complete the workout and submit a score. Once the workout closes at, athletes will not be able to adjust or resubmit a score for that workout. Precise start and end dates for the Qualifier will be announced on the “Battle of Riga” website. The 2019 Qualifier will start on Monday, April 22nd, at 00:00 (UTC+2). Subsequent workout will be released on April 29th, at 00:00 (UTC+2). The 2019 Qualifier will close on Friday, May 3rd, at 23:59 (UTC+2).

2. - INDIVIDUAL ATHLETES

Any athlete meeting age and gender requirements may register to compete in the “Battle of Riga 2019”. All athletes must compete in the Qualifier in order to advance to finals. Therefore, any athlete wishing to participate in any stage of the “Battle of Riga” must complete the registration process in time to be eligible to compete in the first Qualifier workout of the season. “Battle of Riga” organizers committee reserves the exclusive right to allow or deny the participation of any athlete. “Battle of Riga” organizer committee also reserves the exclusive right to validate or invalidate any athlete’s scores submitted for the purpose of qualifying for Finals as an individual. “Battle of Riga” organizers committee will make such participation and scoring decisions to preserve the integrity of the competition. “Battle of Riga” organizers committee reserves the right, in its sole and absolute discretion, to invite past winners, guest athletes, wild card invitees participate in any stage of the competition. This decision may be made to preserve the traditions and spirit of the “Battle of Riga” competition or for any other reason at the sole discretion of “Battle of Riga”.

3.- Qualifier REGISTRATION

Every athlete competing, must register online at www.battleofriga.com.

4.- Qualifier REGISTRATION - PROFILE

Each athlete must have a WODBattles.net account in order to compete in the Qualifier. Creating a profile only needs to be done once. Athletes will use the same profile each year. Athletes will use their profile for registering, submitting scores, tracking workout submission and validation deadlines, and reviewing their score submission history. It is the athlete’s sole responsibility to provide current, valid and truthful information in creating their profile, including their date of birth and email address. Any athlete with questions or concerns about creating an profile, should contact info@battleofriga.com. Athletes are not to create duplicate accounts.

Age Requirements - Athletes must be at least 16 years old at the time they create a profile. No athlete under the age of 16 may register to compete. Any athlete younger than 18 years old will be required to provide additional parental consent during the online registration.

5. - Qualifier REGISTRATION - DIVISION SELECTION

An athlete's competitive division will be selected manually by athlete. Please make sure you sign up for your preferred division. There are 6 divisions for individual to choose from:

- Individual Sport Class Men
- Individual Sport Class Women
- Individual Elite Class Men
- Individual Elite Class Women
- Masters Men 35+ (must be at least 35 years old during final event, July 13th & 14th, 2019)
- Masters Men 40+ (must be at least 40 years old during final event, July 13th & 14th, 2019)

6. - Qualifier REGISTRATION - TERMS and WAIVERS

As part of the registration process, and for all stages of the "Battle of Riga", athletes must agree, without limitation, to comply with the rules and guidelines stipulated in the Battle of Riga Rule Book, the Assumption of Risk Waiver, Publicity Release Waiver.

7. - Qualifier REGISTRATION - FEES

To successfully complete the Qualifier registration process, athletes must submit the required fee. There is a 25€ Qualifier registration fee for individual athletes (including Individual, Master's) if signing up before January 31st, 2019 And 35€ if signing up after this date. All payments are final. No refunds or transfers will be permitted.

8. - THE Qualifier - REGISTRATION TERMS AND CONDITIONS (ALL ATHLETES)

Battle of Riga is not responsible for any inaccurate entry information, whether caused by website users or by any of the equipment or programming associated with or utilized in the "Battle of Riga". Organization "Battle of Riga" assumes no responsibility for any error, omission, interruption, deletion, defect, or delay in operation or transmission of any website related to the "Battle of Riga", or for communications line failure, or for theft or destruction, tampering, or unauthorized access to entries, registration, participation and/or entry information. Organization "Battle of Riga" is not responsible for any problems or technical, hardware, or software malfunctions of any telephone network or telephone lines, failed, incorrect, inaccurate, incomplete, garbled or delayed electronic communications whether caused by the sender or by any of the equipment or programming associated with or utilized in the "Battle of Riga", computer online systems, servers or providers, computer equipment, software, failure of any email, submission or entry to be received by Organization "Battle of Riga" due to technical problems, human error or traffic congestion, unavailable network connections on the Internet or any website, or any combination thereof, including any injury or damage to participant's or any other person's computer relating to or resulting from participating in the "Battle of Riga" or downloading any materials related to the "Battle of Riga". Organization "Battle of Riga" reserves the right, at its sole discretion, to disqualify any individual it finds to be tampering with the entry, registration or submission process or the operation of the "Battle of Riga" or the website, or any website related to the "Battle of Riga"; to be acting in violation of the Official Rules; or to be acting in a non-sportsmanlike or disruptive manner, or with intent to annoy, abuse, threaten or harass any other person. Any use of robotic, macro, automatic, programmed, or the like entry methods will void all such entries by such methods. In the event of a dispute as to entries submitted by multiple users having the same identifying information,

Organization “Battle of Riga” reserves the right to determine, at its sole discretion, the correct submission in accordance with the rules. If, for any reason, the “Battle of Riga” are not capable of running as planned by reason of infection by computer virus, bugs, worms, tampering, unauthorized intervention, fraud, technical failures, or any other causes beyond the control of Organization “Battle of Riga”, which, in the sole opinion of Organization “Battle of Riga”, are corrupt or affect the administration, security, fairness, integrity or proper conduct of the Battle of Riga, Organization “Battle of Riga” reserves the right, at its sole discretion, to void suspect registrations or submissions and/or to cancel, terminate, modify or suspend the “Battle of Riga” and select the winner from among all eligible, non-suspect registrations or submissions received prior to cancellation, termination or suspension. Any and all decisions by Organization “Battle of Riga” concerning eligibility, qualifying for and judging related to the “Battle of Riga” is final and not subject to challenge or appeal. Organization “Battle of Riga” shall own and shall have no obligation to return or maintain any materials submitted as part of the qualification or registration process for the “Battle of Riga”.

IN NO EVENT WILL ORGANIZATION “BATTLE OF RIGA” BE RESPONSIBLE OR LIABLE FOR ANY DAMAGES OR LOSSES OF ANY KIND, INCLUDING DIRECT, INDIRECT, INCIDENTAL, CONSEQUENTIAL OR PUNITIVE DAMAGES ARISING OUT OF ACCESS TO AND USE OF THE “BATTLE OF RIGA” WEBSITE OR THE DOWNLOADING FROM AND/OR PRINTING OF MATERIAL DOWNLOADED FROM SAID SITE.

9. - Qualifier WORKOUTS - FORMAT

For all Qualifier workouts, the workout format will be released by “Battle of Riga” and communicated uniformly to all athletes online.

The workout format will include the following:

- Required movements
- Start and end ranges of the movement
- Prohibited technique, accessories and/or equipment, if any
- Adjustments or scaling by division, if any
- Required number of repetitions and/or repetition scheme
- Required equipment
- Required amount of weight (NOTE: All weights will be released in kilograms. It is the athlete’s responsibility to use the correct amount of weight. Collars or clips are not to be counted in the total weight.
- Time domain or time limit
- Scoring details - competitions may determine the winner by highest point total or lowest point total, or any method or combination of methods Battle of Riga selects. Point values for finishing position will be released before the start of the workout.
- Filming and submission guidelines, if any

In all stages of competition, including the Qualifier, it is the athlete’s responsibility to adhere to the workout format. This includes performing all required movements to the described standard, counting and completing all required repetitions, using the required equipment and loads, meeting the required time and meeting all submission standards. Modifying the workout format in any way is prohibited and will void an athlete’s score. Only Organization “Battle of Riga” may provide official scaled versions of workouts for athletes to perform.

10. - Qualifier WORKOUTS – JUDGING

It is an Athletes Responsibility for enforcing movement and workout standards, and for confirming the score by submitting video and score to a WODBattles.net platform. Video and score submission is required to make any “Battle of Riga” workout result official. For the Qualifier competition, judges

at athletes local box may assist their duties to an athlete, but it is athletes responsibility to ensure correctness of score before submitting for online validation. "Battle of Riga" organizer committee also reserves the exclusive right to validate or invalidate any athlete's scores submitted for the purpose of qualifying for Finals as an individual. Complaints from other athlete on subject of score validation will not be accepted at any time.

11. - Qualifier WORKOUTS - UNCOMMON MOVEMENT CLAUSE/RANGE OF MOTION EXCEPTIONS

Any violation of the prescribed workout format, including the movement standards or range of motion, will result in the repetition(s) being disallowed. Therefore, athletes should be familiar with the Uncommon Movement Clause:

"Any movement deemed uncommon, out of the ordinary or used to amend, shorten or change the accepted movement standard or range of motion including line of action of any event movement can and will be disallowed. It is the responsibility of the athlete to notify Organization "Battle of Riga" of any questionable movement before the workout."

In addition, athletes should be aware that certain athletes with physical limitations in a specific range of motion may be granted an exception, in "Battle of Riga's" sole discretion, from performing the prescribed range of motion for the workout. This limitation in the range of motion must be due to prior physical limitations or injuries that are obvious and clearly definable by demonstration. Any limitation must be brought to the attention of a Organization "Battle of Riga" PRIOR to the beginning of the competition. Such instances are extremely rare and will be handled on a case-by-case basis.

12. - Qualifier WORKOUTS - SCORE SUBMISSION AND VALIDATION

It is the sole responsibility of the athlete to ensure the timely and successful submission of their workout scores or videos each week. Submissions that are incomplete (missing information such as the complete score or containing video links that do not work, etc...), will not be accepted. Athletes must have their score confirmed by performing the workout by uploading a video of their workout to the WODBattles.net website. Scores will then be validated either by registered CrossFit judges (for video submissions). For more information on score validation, please contact us at info@battleofriga.com

13. - Qualifier WORKOUTS - VALIDATING VIDEO SUBMISSIONS

The video will be reviewed and scored by registered "Battle of Riga" judges. As part of this video review process, the athlete's posted score may be accepted, modified or invalidated. Reasons for modification or invalidation of a score include, but are not limited to:

- Failure to follow the video submission guidelines exactly
- Violation of the workout format, especially movement standards
- Workout attire which prevents the judge from determining if the athlete is meeting the movement standards
- Miscounting repetitions

Video submissions may be invalidated or adjusted without warning and after the close of a workout. Athletes submitting videos should have someone monitor their movement during the workout to ensure each repetition meets the required standards. Prior to submitting a video, athletes should review the video to ensure their reps meet the required standards, the camera angle permits the judge to determine if the movement standards are being met and there are no technical problems with the video itself.

14. - VIDEO SUBMISSIONS - SCORING PROTOCOL

There are four possible outcomes in the judging and scoring of online video submissions:

- **Good Video:** The athlete meets the required movement standards on all repetitions in the workout and the score they posted is correct. Their score will be accepted.
- **Valid with Minor Penalty:** Over the course of the video, the athlete demonstrates 1 to 4 “no-reps” which may be removed from the athlete’s final score as required. This penalty is used for video submissions where the score needs to be adjusted by fewer than 5 reps. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly.
- **Valid with Major Penalty:** Over the course of the video, the athlete demonstrates 5 or more “no-reps.” In this case, the score may be modified by subtracting 15 percent from the total rep count. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly.
- **Invalid:** Over the course of the video, the athlete fails to complete the workout as required, a significant and unacceptable number of reps performed are “no-reps” or the video does not contain the criteria listed in the video submission standards. The athlete’s score will be rejected and the video will be removed from the WODBattles.net website. The athlete will have to submit a new video prior to the score submission deadline to receive a score for this workout.

15. - Qualifiet WORKOUTS – APPEALS

Appeals, scoring discrepancies or questions about the judging or scoring of online videos will be handled through info@battleofriga.com.

Only the affected athlete(s) may appeal a result. Coaches, team managers, teammates or non-related parties may not appeal on behalf of the affected athlete. Athletes may not appeal performance based on the judging, scoring or performance of another athlete. Judgment calls made during the workout are final and are not negotiable or subject to change or modification. Violation of the standards by a athlete may result in disciplinary action taken against the athlete.

16. – BATTLE OF RIGA LEADERBOARD

The WODBattles.net website will host the only official Leaderboard for the Qualifier. Athletes will be ranked on the Leaderboard based on their performance relative to other athletes in their division. Ties on the overall Leaderboard (either for the Qualifier or Final) will be broken by awarding the best position to the athlete who has the highest result in “tie-breaker” workout. The athlete with the best performance across multiple workouts in a competition wins that competition.

Informed Consent/Assumption of Risk

I agree to participate in physical fitness competition *Battle of Riga 2019 Qualifiers* organized by *Battle of Riga* (Reg. Nr. 40008232167), on 22nd of February till 3rd of May, 2019.

Organization *Battle of Riga* made me fully aware that competition *Battle of Riga 2019* which *Battle of Riga* organize and in which I desire to participate are of a nature and kind that are extremely strenuous and can/may push me to the limits of my physical abilities. I recognise and understand that the competition is not without varying degrees of risk which may include, but are not limited to the following:

*Injury to the musculoskeletal and/or cardio respiratory systems which can result in serious injury or death.

*Injury or death due to negligence on the part of myself, or other people around me.

*Injury or death due to improper use or failure of equipment.

*Injury or death due to a medical condition, whether known or unknown by me.

I willingly assume full responsibility for any and all risks that I am exposing myself to as a result of my participation in *Battle of Riga* organized competition *Battle of Riga 2019* and accept full responsibility for any injury or death that may result from participation in any activity. I hereby certify that I know of no medical problems that would increase my risk of illness and injury as a result of participation in a competition organized by *Battle of Riga*.

Organization *Battle of Riga* informed me that there exists the possibility of adverse physical changes during a competition and I fully understand the same. Organization *Battle of Riga* informed me that these changes could include abnormal blood pressure, fainting, disorder of heart rhythm, stroke, and in very rare instances, heart attack or even death, and I fully understand the same. With my full understanding of the above information, I agree to assume any and all risk associated with my participation in *Battle of Riga* organized competition *Battle of Riga 2019*.

Release of Liability:

In full consideration of the above mentioned risks and hazards and in full consideration of the fact that I am willingly and voluntarily participating in the activities made available by Organization *Battle of Riga* including competition *Battle of Riga 2019* and with my full understanding of all of the above, I hereby waive, release and discharge Organization *Battle of Riga* and its agents, officers, principals and employees and volunteers, of any and all liability, claims, demands, actions or rights of action, or damages of any kind related to, arising from, or in any way connected with, my participation in *Battle of Riga* organized competition *Battle of Riga 2019*, including those allegedly attributed to the negligent acts or omissions of the above mentioned parties. This agreement shall be binding upon me, my successors, representatives, heirs, executors, assigns, or transferees. If any portion of this agreement is held invalid, I agree that the remainder of the agreement shall remain in full legal force and effect.

I recognise that there is risk involved in the types of activities offered by Organization *Battle of Riga*. Therefore, I accept financial responsibility for any injury that I may cause either to myself or any other participant due to my negligence. I further agree to indemnify and hold harmless, to the maximum extent permitted by law, Organization *Battle of Riga*, their principals, agents, employees, and volunteers from liability for the injury or death of any person(s) and damage to property that may result from my negligent or intentional act or omission while participating in activities offered by Organization *Battle of Riga*.

I have fully read and fully understand the foregoing assumption of risk and release of

liability and I understand that by signing it obligates me to indemnify the parties named for any liability for injury or death of any person and damage to property caused by my negligent or intentional act or omission. I understand that by signing this form (signing up for competition) I am waiving valuable legal rights.