

RULEBOOK AQUILAGAMES 2023

Naming conventions in this document

AG: Aquilagames

FINALS: The FINALS of the Aquilagames

THE EVENT: The QUALIFIER and/or FINALS

ATHLETE: The athlete competing in the Qualifier or the Finals

AFFILIATE: A CrossFit® 'box' or gym

CHANGES

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CHAPTER 1. THE AQUILAGAMES

1. The FINALS are on the 9th & 10th of September 2023.

CHAPTER 2. GENERAL RULES, TERMS AND CONDITIONS

1. To participate in any stage of the AG, every ATHLETE must agree to any and all Rules and Policies, including, without limitation, the Assumption of Risk, Publicity Release and Drug Testing Policy, all of which are incorporated herein by reference, and to the decisions of the AG organization which are final and binding in all respects.
2. All ATHLETES are required to have completed and abide by the appropriate waivers and documentation as outlined by the AG, paid and validly registered for entry, and on-site (FINALS) check in process, and must be wearing official event identification and/or credentials where specified at the FINALS.
3. ATHLETES and volunteers accepting the Rules and Policies agree to receive competition information and newsletters by email. Opting-out is possible by sending an email to info@theaquilagames.be or using the provided unsubscribe link in the email.

4. All ATHLETES agree to compete in a sportsmanlike manner.
 - i. Unsportsmanlike behaviour, such as arguing with an official or representative of the AG, taunting, heckling, fighting or any conduct which would bring disrepute upon the AG, the competition, other competitors, or spectators or event sponsors, as determined by the AG in the eyes of the viewing public or the community, may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events or legal action.
 - ii. Any action that prevents another ATHLETE from having a fair opportunity to compete (e.g., abuse or alteration of equipment, refusal to follow instruction) or that interferes with ATHLETE and Event Judge communication (e.g., external noise devices, bull horns, air horns, etc.), or is generally disruptive to the Event, is not allowed.
 - iii. ATHLETES will be held accountable for the behaviour of their coaches, supporters and guests. If the conduct of any member of such group or groups is deemed by the AG to be unsportsmanlike or disruptive to the competition, then the coach, supporter, guest, and/or ATHLETE is subject to the same disciplinary actions as stated in Section 4.i.
 - iv. This is not an exhaustive list and is meant as a guide to the ATHLETE, Coaches and other attendees. This is not intended as a limitation on the AG's rights to operate the competition in any manner it sees fit. The AG reserves the right to terminate any ATHLETE, Coach, Staff, Volunteer, Judge, Visitor, Guest, Supporter and/or Spectator participating in, attending or viewing any sponsored, or supported Event at any time, with no further obligation or duty to such individual.
 - v. AG may disqualify any individual it finds to be tampering with the entry, registration or submission process or the operation of THE EVENT or the website, or any website related to THE EVENT; to be acting in violation of the official rules; or to be acting in an unsportsmanlike or disruptive manner, or with intent to annoy, abuse, threaten, or harass any other person. Any use of robotic, macro, automatic, programmed, or other such 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, AG reserves the right to determine, at its sole discretion, the correct submission in accordance with the rules.
5. It is the sole responsibility of the winners and/or compensated ATHLETES to present valid identification when requested.
6. All information provided, either in registration submissions, scores, times, reps or rounds completed, must be the complete truth. A lack of integrity, or any actions that evince an intent to cheat or circumvent the Rules or intent of the Rules of the AG, including lying (as one example)—will result in disqualification.
7. All times, deadlines etc. mentioned in our communications are in Central European (Summer) Time.

8. AG is not responsible for any inaccurate entry information, whether caused by website users or any of the equipment or programming associated with or utilized in THE EVENT. AG assumes no responsibility for any error, omission, interruption, deletion, defect, or delay in operation or transmission of any website related to THE EVENT, or for communications line failure, or for theft or destruction, tampering, or unauthorized access to entries, registration, participation, and/or entry information. AG 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 EVENT, computer online systems, servers or providers, computer equipment, software, failure of any email, submission or entry to be received by AG 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 a participant's or any other person's computer relating to or resulting from participating in THE EVENT or downloading any materials related to THE EVENT.
9. If, for any reason, THE EVENT is 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 AG, which, in the sole opinion of AG, are corrupt or affect the administration, security, fairness, integrity, or proper conduct of THE EVENT, AG reserves the right to void suspect registrations or submissions and/or to cancel, terminate, modify, or suspend THE EVENT and select the winner from among all eligible, non-suspect registrations or submissions received prior to cancellation, termination, or suspension. AG has no obligation to operate or produce THE EVENT (or any part thereof), and there is no obligation to broadcast THE EVENT, even if THE EVENT take place.
10. In the event that THE EVENT competition is canceled, AG (or any party) has no obligation to award any prize money.
11. All decisions by AG concerning eligibility, qualifying for, and judging related to THE EVENT are final and not subject to challenge or appeal. AG shall own and shall have no obligation to return or maintain any materials submitted as part of the qualification or registration process for THE EVENT.
12. Under no circumstances will AG 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 AG website (of sites being used) or the downloading from and/or printing of material downloaded from said site(s).
13. Image Rights: by participating in THE EVENT, the ATHLETE gives express consent to actual or simulated likeness being included within any film, photograph, audio, and/or audiovisual recording to be exploited in any and all media for any purpose at any time throughout the world, the copyright to which shall be owned by the AG or its contractors without payment or compensation. If a parent attends THE EVENT with his/her child aged under 18 years, the parent gives the foregoing express consent on their behalf.

14. Terms of sale: the AG uses OUMACTIVE to process ATHLETES. The standard terms of sale of OUMACTIVE apply to all ATHLETES. After a payment is made (deposit or full) an e-mail acknowledging the payment is sent. If you have not received an email from us within 48 hours of making payment, please contact us at info@theaquilagames.be. Entry fees are sold subject to the AG right to alter or vary the published event programme. The AG reserves all rights in this regard. Any published start and finish times at THE EVENT are estimates only and are subject to change. The AG is not liable for any change of a published start or finish time. Entry fees are not transferable.

CHAPTER 3. PARTICIPATION REQUIREMENTS

1. Subject to the AG's age restrictions and other requirements, anyone that is able to perform the workouts as prescribed (Scaled, Intermediate Rx, or any Masters category) may attempt to register to compete as an ATHLETE in the AG. Such registration is subject to each prospective ATHLETE's affirmative agreement to comply with the AG's policies, rules and regulations, as determined by the AG at its sole and absolute discretion. ATHLETES under 18 must be accompanied by an adult who has legal custody over the ATHLETE.
2. The AG reserves the right, at its sole and absolute discretion, to invite past winners, guest ATHLETES or others, to participate in any stage of competition. This decision may be made to preserve the traditions and spirit of the AG or for any other reason at the sole discretion of the AG.
3. All ATHLETES must validly and truthfully register online at OUMACTIVE. Upon registration the ATHLETE agrees and consents without reservation to processing of personal data by OUMACTIVE. It is the ATHLETE's sole responsibility to provide current, valid and truthful information, including email address, full (real) name and date of birth.
4. Registration of an ATHLETE for THE EVENT is only valid if the registration and service fee is paid in full before the registration deadline.
5. The registration and service fee are published on www.theaquilagames.be and <https://oumactive.com/competition/the-aquilagames2023>.
6. There are 10 individual divisions and 5 team divisions for competition. There are no other recognized divisions beyond those listed.
 - Rx women
 - Rx men
 - Intermediate women
 - Intermediate men
 - Scaled women
 - Scaled men
 - Masters Rx women 35-44
 - Masters Rx men 35-44
 - Masters Rx women 45+
 - Masters Rx men 45+

- Mixed Teams Scaled
 - Mixed Teams Intermediate
 - Mixed Teams RX
 - Mixed Teams Masters 70+
 - Mixed Teams Masters 90+
7. The ATHLETE's age as of the year of the event will determine for which divisions you are eligible to subscribe.
 8. For individuals and teams, there are age divisions (masters) and open divisions (Rx, Scaled).
 9. For each division ATHLETES can buy a spot for the FINALS.
 10. In the TEAMS division, a TEAM must consist of one male and one female athlete. It is not allowed to have two male or two female athletes in one team.
 11. There are no separate scaled divisions for the Masters categories.
ATHLETES who want to do the scaled variant can enter the Scaled division.
 12. A Masters ATHLETE can subscribe to their Master division based on their age, **or** can subscribe for the Scaled/Intermediate/RX division. Subscribing to both is not allowed.
 13. If an ATHLETE or TEAM wants to change the division, the ATHLETE must contact AG by email at info@theaquilagames.be at least 24 hours before the registration deadline to have his/her division changed. Changes are only possible if a free spot is available in the new category.
 14. After a change has been requested it is not possible to revert the change; after the athlete has been transferred to another division, it is no longer possible to qualify in the original division.

CHAPTER 4. REGISTRATION DETAILS

1. Participation in THE EVENT is subject to payment of a registration fee. All payments are FINAL. No refunds or transfers will be permitted, regardless of reason (injury, illness, change in work schedule, deployment, etc.). With the exception of illness or injury of the ATHLETE or close family member after submission of written proof by a recognized physician.
2. Registration, participation and qualification for all ATHLETES requires consent to the Belgian Doping policy 'NATIONAAL DOPINGREGLEMENT'.
3. All ATHLETES can be subjected to Drug Testing at any time once they have registered to compete, including during the QUALIFIER.

4. AG may recognize drug policy violations, including positive drug tests, reported by other anti-doping organizations (e.g., US- ADA) from in-competition or out-of-competition testing performed by these agencies on behalf of other sports-governing bodies. Upon learning of a positive test result or other violation, AG may provisionally suspend an athlete awaiting a final decision by the testing agency or sports-governing body. Once a final decision in the case has been announced by the testing agency or sports-governing body, AG will, in each case, determine its own sanction for the athlete involved.
5. An athlete may compete in the FINALS as an individual and as a team member. Both require separate registration.

CHAPTER 5. STANDARD COMPETITION PROCEDURES

1. For the FINALS the Workout Format will be released by the AG and communicated uniformly to all ATHLETES online and/or on site.
2. A scoring format will be announced before the start of competition.
3. Any infraction to the Movement Standards or Range of Motion will result in loss of the repetition(s).
 - i. 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
 - ii. Physical limitations in Range of Motion from prior physical defects or temporary or permanent injuries that are obvious and clearly definable by demonstration and are brought to the attention of the AG Head judge or the **prior** to the beginning of the competition may be granted an exception at the AG's sole discretion. (ATHLETES competing at the FINALS must email info@theaquilagames.be 24 hours before the registration deadline) These cases are very rare and will be handled on a case-by-case basis.
4. The ATHLETES are responsible for making sure they perform the workout as prescribed, including performing all the required movements to the described standard. A designated judge will confirm the counting and completion of all the required reps, using the required equipment and loads, meeting the required time.
5. **Proper attire** is required at all Events.
 - a) No attire shall interfere with Event Judging and/or the ability to see the Event Movement Standard or Range of Motion.
 - b) Subject to the AG's **prior approval**, belts, non-tacky gloves, hand tape, neoprene joint sleeves and common fitness wear may be allowed during competition. However, no grip assistance or weight support may be derived from any device worn. In general, gear is allowed that improves safety and/or comfort but does not confer advantage. The following is allowed:
 - Chalk/magnesium (will be provided at the FINALS)
 - Coach tape.

- Wrist straps (for support of the joint, NOT for grip assistance. You know the difference!)
 - Support belts.
 - Hand protection.
 - Sleeves.
- c) It is not allowed to use both hand protection and taped bar.

6. Once an ATHLETE enters the competition floor, they may not receive any outside material assistance (water, tape, chalk, etc.) from spectators or coaches.

CHAPTER 6. QUALIFICATION SCHEDULE FOR THE FINALS

1. The number of ATHLETES per division (for each male and female category) at the FINALS is as follows.

Division	FINALS
Individual Rx	30 (20 male - 10 female)
Individual Intermediate	60 (30 male - 30 female)
Individual Scaled	20 (10 male - 10 female)
Individual Masters 35-44	20 (10 male - 10 female)
Individual Master 45+	20 (10 male - 10 female)
Mixed Team Scaled	20
Mixed Team Intermediate	40
Mixed Team RX	24
Mixed Team Masters 70+	10
Mixed Team Masters 90+	10

2. If an ATHLETE or TEAM can not compete on the FINALS, they can sell the ticket to another ATHLETE or TEAM. Any changes have to be emailed to info@theaquilagames.be max 24h before the start of the FINALS. In a TEAM, the members of the TEAM can be switched until 24h before the start of the FINALS.
3. If a ticket is cancelled or the ATHLETE/TEAM withdraws within 2 weeks before the start of the FINALS, the AG may choose to discontinue inviting new ATHLETES.

CHAPTER 7. SPECIFIC RULES FOR THE FINALS

1. When purchasing an ticket for the final, ATHLETES have to pay their ticket for the final. The registration fee plus service fee are published on our website.
2. ATHLETES have to complete multiple workouts over one day. Details will be released prior to the start of any workout and will be consistent for all eligible ATHLETES at the time of release. The ATHLETE that stands atop the Leaderboard at the end of the competition will be determined the winner.
3. ATHLETE area and times
 - a) All ATHLETES are required to stay within, or in the surrounding parts of the athlete area 15 minutes prior to the start of their heat to collect their scoring card, be assigned a judge and stand-by.
 - b) Only ATHLETES will be allowed within the athlete area and changing rooms. No coaches, moms, etc.
4. ATHLETES are required to attend all athlete briefings for rules and details of the workouts.

Disqualification/withdrawal

5. ATHLETES who are late, or absent from required briefings, athlete staging, heat starts or any other communicated mandatory time schedules will result in a DNS (Did Not Show) and will lead to disqualification from the competition.
6. An ATHLETE can withdraw from the competition.
7. For scoring purposes disqualifications and withdrawals are treated equally. The ATHLETE is dropped to the bottom of the leaderboard and is out of the competition.
8. The AG has the right to disqualify or withdraw an ATHLETE from the competition for medical reasons or unsportsmanlike behavior, or any other justified reason. No objection can be made to the AG's decision.

Judging

9. Judges are responsible for enforcing the movement standards and validating the ATHLETE's score.
10. Judges are instructed not to touch competition equipment or move equipment during a workout unless the equipment will interfere with another ATHLETE's performance or if there is a legitimate safety concern.

11. Non-compliance with a Judge's instructions, bickering with or questioning of a Judge or Event Staff, attempting to show up or publicly embarrass any Judge, Event staff, AFFILIATE owners and staff, Event sponsors, Spectators, other ATHLETES or venue operator or owners, as determined by the AG, (Including Event staff), at its sole and absolute discretion, may result in penalty or disqualification of the ATHLETE from an Event and/or future Events. This includes derogatory comments from an ATHLETE's Coach, representative, supporters, guests or entourage.
12. Event Judges and On-site AG Staff and AFFILIATE owners during the FINALS, have the authority to stop or suspend an ATHLETE at any point in competition if he or she feels that the ATHLETE is at risk of serious injury to himself/herself or others.

Scoring

13. ATHLETES will be ranked after each workout.
14. DNF - If an ATHLETE is unable to complete the minimum work requirement, the result is a DNF (Did Not Finish). That ATHLETE will be ranked below all others and gets zero points for the workout.
15. If an ATHLETE is unable to complete a workout within a time cap, the number of completed reps is the tiebreaker.
16. If a work out is for time, the work out is completed when the ATHLETE stands up straight on the finish mat.
17. A tie breaker during the workout can determine the placement. If athletes have the same amount of points, the tie breaker will decide the placement.

Appeals and protests

18. Appeals and event protests may be filed if the ATHLETE believes an error has been made by an official or staff member which caused a negative effect on their score. All ATHLETE event protests, appeals, scoring discrepancies or ruling questions will be filed immediately and before the start of the next workout in their division. Protests, appeals, scoring discrepancies or ruling questions shall be directed to the Assistant Head Judge present during the event in question.
19. The competing ATHLETE (no coaches or other ATHLETES allowed) files the protest by notifying the Head Judge present by providing their name, ATHLETE number and reason of protest. The Head Judge has final authority on all ATHLETE event protest rulings.

Prizes

22. Prizes are subject to applicable taxes and withholding and compliance with, and agreement to, the AG's prize affidavit, whether or not such prize is cash.
23. If an ATHLETE violates the drug policy, including a positive drug test, the ATHLETE will not be eligible for any prize (money).

CHAPTER 12. CHANGES

1. The Aquilagames organisation can revise this rulebook anytime. Changes to the rulebook will be communicated (with changes) on our website www.theaquilagames.be
2. In any case where the rulebook, workout descriptions or other AG communication is unclear, the AG always has the final word.

REMEMBER:

1. BE NICE
2. SHOW RESPECT
3. HAVE FUN