



RULEBOOK

TIRANA THROWDOWN 2024

1. EVENT:

Tirana Throwdown 2024 is the first and largest event of this type that takes place in the territory of the Republic of Albania. In its second edition, Tirana Throwdown will be held on April 26-27-28, while respectively on April 26 the opening of the ceremony and the workout briefing will take place, while on April 27 and 28, the competitions will take place divided into 5 workouts in total, including the final event.

2. REGISTRATIONS:

Registration for all participating athletes will open on February 01, 2024 and will be done through the Reventy platform (reventy.com). Registrations will last until April 1, 2024, at 23:59. Also, the organizers of Tirana Throwdown reserve the right to close the registrations even before this deadline, if the maximum number of participating athletes is met.

To be part of the TIRANA THROWDOWN, each athlete must:

- To have reached the age of 18 on the date of the start of the event (**Athletes aged 16-18 can be part of the special category of the competition, only with the express approval of one of the parents**)
- To have paid the fee of 50 euros for participation in the event by April 1 2024.
- To meet the participation standards for each category
- To have signed the Declaration of Release from Responsibility and Privacy Policy.

Registration fees are non-refundable for any reason and registrations are not transferable to any other person for any reason.

3. CATEGORIES:

In Tirana Throwdown, athletes will compete in 10 categories, specifically:

- ELITE FEMALE 20 spots
- ELITE MALE 40 spots
- SCALED FEMALE 60 spots
- SCALED MALE 80 spots
- *MASTER FEMALE 35-39 10 spots
- *MASTER FEMALE 39+ 10 spots
- MASTER MALE 35-39 20 spots
- MASTER MALE 39-44 20 spots
- *MASTER MALE 45+ 10 spots
- *SCALED TEENAGERS 10 spots



*-Registration for these categories will be opened, but if the minimum number of 10 athletes is not met, the athletes who have registered will be moved to other categories.

4. NO-ACCEPTANCE CLAUSE:

The organizers of the event reserve the indisputable and non-appealable right to accept or reject the registration of an athlete if the rules established by them are violated.

5. STANDARDS OF CATEGORIES:

To compete in each of the 5 categories, athletes must meet the main standards that each of these categories has:

ELITE:

WOMEN

Snatch 55 kg
Clean & Jerk 65 kg
Double Dumbbell 15 kg
Double Unders
Chest to Bar Pull Ups
HSPU
Toes to Bar
Rope Climbs

MEN

Snatch 80 kg
Clean & Jerk 100 kg
Double Dumbbell 22.5 kg
Double Unders
Muscle Ups/Ring Muscle Up
HS Walk
Toes to Bar
Rope Climbs

SCALED:

WOMEN/

Snatch 30 kg
Clean & Jerk 45 kg
Deadlift 60 kg
Double Dumbbell 10 kg
Pull Ups
Wall Walks
Toes to Ring

MEN

Snatch 50 kg
Clean & Jerk 65 kg
Deadlift 100 kg
Double Dumbbell 15 kg
Pull Ups
Wall Walks
Toes to Bar/ Toes to Ring



MASTERS:

WOMEN 35-39/ WOMEN 40+

Snatch 30 kg
Clean & Jerk 45 kg
Deadlift 60 kg
Double Dumbbell 10 kg
Pull Ups
Wall Walks
Toes to Ring

MEN 35-39/ MEN 40-44/MEN 45+

Snatch 50 kg
Clean & Jerk 65 kg
Deadlift 100 kg
Double Dumbbell 15 kg
Pull Ups
Wall Walks
Toes to Bar/ Toes to Ring

TEENAGER

WOMEN

Snatch 25 kg
Clean & Jerk 35 kg
Deadlift 50 kg
Double Dumbbell 10 kg
Pull Ups
Wall Walks
Toes to Ring

MEN

Snatch 40 kg
Clean & Jerk 55 kg
Deadlift 80 kg
Double Dumbbell 15 kg
Pull Ups
Wall Walks
Toes to Bar/Toes to Ring

6. CHECK-IN:

All athletes must check-in at the venue of the event, on Friday April 26, 2024, from 18:30-19:30 according to the local time of Albania. The briefing will take place from 19:30-21:30.

At the time of check-in, the athlete must have with him the printed Declaration of Release from Responsibility and Privacy Policy. If he does not have it with him, he is obliged to sign its copy at Check-In.

If an athlete misses check-in, then he will have the last chance to check-in on Saturday, April 27, 2024, between 07:30-08:30 and there will not be a second chance for briefing.

Anyway, a material with the standards of all the workouts will be published and will be accessible to the athletes a few days before the competition.

7. THE EVENTS

The events will be divided into 2 days, in the first day will be 2 workouts and the second day will be 3 workouts, where the last workout will be the final.

The starting time of each battery and the responding heats will be announced to the athletes a few days before the competition. It is the personal responsibility of the athletes to be at the venue of the event at the designated time to start the competition. If they are not there in time for any reason, then **they cannot** compete in another battery at another time.



At the end of the first day of competition, the batteries for the second day will change based on the performance of the athletes and athletes will be notified in advance of the time at which their battery will compete by posting in website and Instagram channel TIRANA THROWDOWN.

At the end of each event, the participating athletes will be scored, where the athlete who came first in a workout will receive 1 penalty point, the athlete who came second will receive 2 penalty points and so on.

At the end of the 4 workouts, the final points will be collected, where the athletes who have received the least penalty points and who are ranked first for each category, will be part of the final Event.

The number of athletes who will part of Final Event for each category will be from 5 to 10 athletes, based on the final number of participants for each category. The exact number will be announced when the registrations close.

The points obtained during the final will be added to the points obtained in the previous 4 stages, where at the end, the winner will be announced.

In the event of a tie between two or more athletes during the event, the following tie policy applies:

First, it will be taken into consideration which athlete is ranked first most often. The one with the most rankings in the first place will be declared the winner. If there is still a tie, it will be examined how many times each athlete has been ranked second, and if there is still a tie, we move on to ranking third, fourth and so on.

If after all these steps, the athletes are tied again, the ranking in the final race will be taken into consideration.

8. RULES OF CONDUCT AND JUDGES' DECISIONS:

The Tirana Throwdown Judge Team has the final authority on all requests and complaints that athletes may have.

The HEAD JUDGE is the figure entrusted with the management of the EVENT and is the subject of reference for any question regarding the Workouts. Judges are trained and skilled in managing any situation during the competition. Each battery shall have its own leader, who may be the HEAD JUDGE or another person designated by him, and has the authority to directly interfere with the judgment of an judge by overturning or affirming a decision of him.

Athletes must agree to behave fairly and by applying the universal principles of fair play: manipulations and attempts to cheat, disturbing or disruptive behavior to the smooth running of the event, violent and insulting comments, or any other behavior intended to offend, hurt or damage the image of the event or the participants in this event will be punished by the Head Judge up to exclusion from the race. They may also be penalized in the classification for all unsportsmanlike conduct and any possible attitude intended to harm the event organizers, participants, sponsors, spectators and others present or to prevent other competitors from participating in the competition in fair and correct way.



The organizers also reserve the right to pursue any possible case for any possible compensation of damages.

9. COMPLAINTS OF ATHLETES

Only athletes have the right to submit a complaint during competitions, within three hours of the end of their battery or the publication of the result of their battery. The formalization of the complaint is done only by filling out the Appeal form at the judges' desk and paying the prescribed fee. Any other form of complaint will not be considered.

The necessary condition for the review of the Complaint is **the completion of the Appeal Form and the payment of a fee of 50 euros**. If the athlete's claim is valid, the amount of 50 euros will be returned to him, and if the claim is not valid, this amount will not be returned.

The HEAD JUDGE reserves the right to reject a request and all his decisions are final, with no right of further appeal.

Tirana Throwdown will not accept any request three hours after the end of the relevant battery.

Videos, photos, phone recordings or any other media will **NOT** constitute a basis for changing or modifying the judge's decision or result. The head judge can only use the footage that will be provided by the organizers of the event. Attendees (spectators, athletes, coaches, etc.) are not allowed to use drones during the event for any reason.

The following are examples of events or actions that an athlete may appeal (counting, data errors or equipment failures) but do not represent an exhaustive list:

- Inconsistency of the data of the result sheet with the final table
- Error in counting correct repetitions (e.g. total number of repetitions)
- Inconsistency or error in uploading results
- Equipment or monitor failure that was not the athlete's responsibility
- Error in directing the sequence of exercises by the judge
- Action by an athlete or other person that impeded his progress

The following are examples of events or actions that an athlete may not appeal, but do not represent an exhaustive list:

- Squats
- Direction of hips, knees and arms
- Stabilizing the weights in the overhead position

Notes:

Some typical moves may qualify for review; for example, rope climb or handstand walk. Due to the extended time required to complete a rep compared to other faster movements (e.g., squat or push press reps), complaints involving a questionable "no rep" can and should be taken into account in these cases.



Actually, athletes cannot file a complaint against another competing athlete. However, gross errors brought to the attention of the judging team may be investigated in the interest of the fair running of the event.

10. ACCESS TO THE FIELD:

Only the athletes, one coach per gym, referees, volunteers and competition organizers have access to the competition field following safety protocols.

Fans can only enter the areas dedicated to sponsors and the central stand, always outside the security perimeter.

Each cameraman or photographer, agreed by the athletes, will have to make a daily payment of 35 euros in order to have full access inside the field to take photos or videos, but always without affecting the course of the competition. The total number of them during an event will be decided by the competition organizers, in function of the smooth running of the event.

The warm-up area, according to the entry rules, can be accessed by athletes in accordance with the protocols, at the times and in the ways established, according to the competition calendar, 20 minutes before the start of the battery in which the athlete participates.

11. DRUG POLICY

Athletes, disqualified from any other competition for use of performance-enhancing drugs are not permitted to participate in the Tirana Throwdown while their ban is in effect.

In addition, Tirana Throwdown has the right to cooperate with international anti-doping organizations if requested. Athletes participating in the event will have to cooperate by participating in drug testing programs, if required. If an athlete avoids, refuses or fails to submit to a drug test, then Tirana Throwdown has the right to exclude him from the event

12. WINNERS PRIZES

Tirana Throwdown will distribute a large number of prizes that go up to the value of 15,000 Euros.

The respective prizes for each category will be published before the start of the event.

If in the ELITE category the number of participants defined in point 3 of this regulation is not met, the winners' prizes for this category will be reduced by 25%.

In such a case, the final prices will be published after the closing of registrations.

13. PRIVACY POLICY:

Regarding the processing of personal data, Tirana Throwdown emphasizes that the athletes' personal data will be processed for purposes strictly related to the event. This data will be subject to dissemination in any form of its own images or videos taken on the website, youtube, facebook, instagram, tik tok, X platform, etc., printed and/or in any other form.



Tirana Throwdown will use the email addresses of registered athletes to send email newsletters only. Mails of registered athletes will not be given to third parties. All athlete mails are kept on the Tirana Throwdown servers for an indefinite time.

14. LAST RULES

Tirana Throwdown is not responsible if the Albanian state or local or international authorities require that the event be postponed or canceled as a result of a Force Majeure event (including, but not limited to, natural disasters, epidemics, etc.). If the Albanian state or competent authorities request that the event not take place for any reason, a new date will be set by Tirana Throwdown at the same or another location. Athletes' participation will be automatically transferred to the new date and both athletes and spectators will not have to pay any additional fees.

Tirana Throwdown is not responsible for any fees that may be incurred by athletes and/or spectators for costs to third parties (including, but not limited to, hotels, airline tickets, cruises, etc.).