



COMPETITION BLUEPRINT

The Down Under Championship is a CrossFit® licensed event that takes place in Wollongong annually. The competition is designed to bring local and international talent together to showcase their fitness and be in the running to be crowned the Down Under Champion(s).

The Down Under Championship begins with an online competition that is designed to find the fittest athletes in each category. Athletes will then earn their invite to compete at the Down Under Championship final in Wollongong, New South Wales.

These rules govern all aspects of the Down Under Championship competition.

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DOWN UNDER CHAMPIONSHIP QUALIFIER (DUCQ)

1.01 - THE DUCQ

The DUCQ is the first stage of the Down Under Championship (DUC). It includes a series of workouts that will be released in one batch. Athletes and teams will have five days to complete and submit their results. The DUCQ workouts are released on the official DUC website (<https://www.downunderchampionship.com/>). Athletes are required to video their performances and have a judge enforce the standards of the DUCQ workouts. The top qualifying athletes and teams from each division will qualify to compete at the DUC final in Wollongong.

There will be two weeks of online qualifiers; one for Masters, Futures and Intermediate divisions and the other for Elite Individuals and Elite Teams. Each set of workouts will be released on Monday at 5 am Australian Eastern Standard Time (AEST). Athletes will have until the following Monday at 8 pm (AEST) to complete the workouts and submit their scores. Once the score submission window closes at 8 pm (AEST) on Monday, athletes cannot adjust or resubmit a score.

The 2024 DUCQ will commence at 5 am (AEST) on Monday, July 22, for Masters, Futures and Intermediate Team athletes. For Elite Individuals, Elite Pairs and RX Pairs, the DUCQ will commence at 5 am (AEST) on Monday, August 12. The 2024 DUCQ will close at 8 pm (AEST) on Monday, July 29, for Masters, Futures and Intermediate Team athletes. For Elite Individuals and Elite Teams, the 2024 DUCQ will close at 8 pm (AEST) on Monday, August 19.

1.02 - ATHLETES

Any athlete meeting the DUC age and eligibility requirements may register to compete in the DUCQ. Any athlete wishing to participate in the DUCQ must complete the registration process in time to be eligible to compete. DUC reserves the exclusive right to allow or deny the participation of any athlete. DUC also reserves the exclusive right to validate or invalidate any athlete's scores submitted for the purpose of qualifying for the DUC Final. DUC will make such participation and scoring decisions to preserve the integrity of the competition. DUC reserves the exclusive right to invite past winners, guest athletes, teams, or others to participate in any stage of the competition. This decision may be made to preserve the tradition and excitement of the DUC Final or for any other reason at the sole discretion of DUC.

1.03 - DRUG TESTING

The DUC is a CrossFit® licensed event and will be following the [CrossFit Games Drug Testing Policy](#). The drug testing policy applies to all athletes entered in DUC events, including the DUCQ.

1.04 - DUCQ REGISTRATION

Every competing athlete must register online at <https://www.downunderchampionship.com/>. The DUCQ registration is \$40 AUD for individual athletes and \$120 AUD for teams worldwide*. All payments are final.

No refunds or transfers will be permitted for any reason.

*Registration fee may vary depending on the country where the athlete resides.

Each athlete will be directed to Competition Corner to create an account and register for the DUCQ. Athletes will use their account for registering, submitting scores, tracking workout submissions and validation deadlines. It is the athlete's sole responsibility to provide current, valid, and truthful information when creating an account, including date of birth, gender (see the Transgender Policy section), and email address. Any athlete with questions or concerns about creating an account should contact team@downunderchampionship.com. Athletes should not create duplicate accounts. Age requirements - Athletes must be at least 15 years old at the time they create an account on the Competition Corner website and must be 16 years old as of October 18, 2024.

1.05 - DUCQ TERMS AND WAIVERS

As part of the registration process and for all facets of the DUC, athletes must agree, without limitation, to comply with the rules and guidelines stipulated in the DUC Rulebook, the Assumption of Risk Waiver, Publicity Release Waiver, and the DUC Drug Testing Policy. All competitors are subject to drug testing at any time. The athlete's agreement to abide by the rules and requirements of the Drug Testing Policy remains in force until Monday, October 21, 2024.

1.06 - DUCQ TRANSGENDER POLICY

The DUC is a CrossFit® licensed event and will be following the [CrossFit Games Transgender Policy](#) (page 33). The CrossFit Transgender Policy applies to all athletes entered in DUC events, including the DUCQ.

1.07 - DUCQ REGISTRATION - DIVISIONS

An athlete's division will be selected based on one or more of the following criteria during registration.

- Their athletic ability.
- Their birthdate.
- Their gender.

The athlete's age as of October 18, 2024, will determine which division the athlete will compete in during the 2024 DUC events. There are six total divisions for individual competitors, and there are three divisions for teams:

ELITE INDIVIDUALS:

- **Men and Women**

FUTURES:

- **Male and Female 16-19** (Born on or between 21/10/2004 and 18/10/2008)

MASTERS:

- **Men and Women 35-40** (Born on or between 21/10/1983 and 18/10/1989)

- **Men and Women 41-47** (Born on or between 21/10/1976 and 18/10/1983)
- **Men and Women 48-54** (Born on or between 21/10/1969 and 18/10/1976)
- **Men and Women 55+** (Born on or before 18/10/1969)

ELITE PAIRS:

- **Male team of 2 and Female team of 2**

RX PAIRS:

- **Male team of 2 and Female team of 2**

INTERMEDIATE TEAMS:

- **Male team of 3 and Female team of 3**

1.08 – TEAMS/ PAIRS IN THE DUCQ

Athletes may only compete for one team. However, athletes are eligible to compete in other divisions (Masters, Futures & Elite Individual) for the DUCQ. If they choose to compete in multiple divisions, they must register for that given division and complete all the required workouts and submit videos.

If athletes qualify for multiple divisions, they must choose one division to compete in for the DUC final in Wollongong.

1.09 - DUCQ TEAM/ PAIRS REGISTRATION

The athlete who registers the team will be designated as the team manager for the competition season. Team managers will create a team, pay the registration fee, and will be responsible for entering all other team member's details correctly.

1.10 – TEAM/ PAIRS REQUIREMENTS

- Each athlete must be registered on the team roster.
- Each athlete can complete the DUCQ workouts individually and in different locations.
- The team manager must submit all workout scores for each athlete in the DUCQ.
- The team manager must submit video links of all performances in the DUCQ.
- Teams may substitute one athlete but must ensure two of the original three team members remain on the team roster for the entire season.

**1.11 - THE DUCQ REGISTRATION TERMS AND CONDITIONS (ALL ATHLETES)
ASSUMPTION OF RISK/WAIVER OF LIABILITY**

1. Consideration for Waiving Liability. In consideration for the opportunity to attend, participate in, compete in or volunteer at the Down Under Championship (DUC) an event under the Functional Sports Network Pty Ltd company, and any related activities, use of any equipment, tests, promotional events, training, seminars, workouts, exercise, entertainment, demonstrations, instruction, ceremonies and exhibitions, whether conducted, owned, leased, organised, operated, managed, supported, sanctioned or sponsored by or on behalf of CrossFit, Inc., and/or DUC, any of their respective officers, directors, agents, assistants, contractors, volunteers, staff, representatives, guests and employees, as well as coaches, instructors, judges, trainers, owners, lessors, lessees or sponsors, exhibitors, vendors, spectators, media and medical personnel present at the DUC (collectively, the "Released Parties"), or any other venue, location or equipment used in or with any part of the DUC, with or without supervision and whether such activities take place

at or near the venue, travelling to or from the venue or otherwise, and for other good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, by signing below and agreeing to this Agreement, I (sometimes referred to herein as "Participant"), for myself, my heirs, executors, next of kin, successors in interest, guardians, legal representatives, assigns and administrators, agree as follows:

2. Inherent and Additional Risks. I agree and acknowledge that participating in the DUC may involve inherent danger and risk, that the risk of injury from the DUC is significant, that the functional fitness can be unpredictable, and that such risks and dangers include, without limitation, the danger and risk of (i) PHYSICAL INJURY AND/OR DEATH; (ii) falling, jumping, landing, misdirected equipment, colliding with staff, guests, media personnel and spectators; (iii) minor injuries, such as scratches, bruises and sprains; (iv) major injuries, such as joint and back injuries, broken bones, dislocated shoulders, concussions, rhabdomyolysis, musculoskeletal injuries, cardiovascular injuries, cardiovascular trauma, heart attack, stroke, and injury to my foetus (if pregnant); (v) catastrophic injuries, such as brain injury and paralysis; and (vi) property damage. With respect to any Participant acting as a volunteer for the DUC or venue, the activities at the DUC may also include, without limitation, (a) assisting with, preparing for or tearing down a venue; (b) participating in the administration, monitoring or governance of an event or activity; (c) competing in, assisting participants and/or their families in preparing and training for an event or activity; (d) teaching or instruction, equipment preparation or maintenance; (e) directing traffic and people; (f) performing administrative tasks, and/or (g) participating in any other duties or uses of the venue. I also understand that the use of alcohol and/or drugs may increase or exacerbate these risks and dangers. I understand and agree that neither my actions, nor the actions of any other person, can necessarily be controlled, and that my safety and health cannot be guaranteed while participating in or observing the DUC and related activities or visiting the venue. By signing this Agreement, I freely accept and fully assume responsibility for all such dangers and risks and the possibility of personal injury, death, property damage or loss resulting therefrom. I acknowledge and understand that the description of the risks and dangers listed above is not complete and that participating in the DUC involves additional risks and dangers, which may include, without limitation, encounters with motor vehicles and equipment, limited access to and/or delay of medical attention, mental distress from participation, and negligence of others. I understand that there are risks involved in the decision-making and conduct of the DUC and/or CrossFit, Inc. employees and volunteers involved with the DUC, including, but not limited to, the risk that a coach, instructor, staff or volunteer may misjudge a participant's abilities, conditioning, or mental, emotional or physical condition, misjudge weather, terrain, facilities, equipment, location, or misjudge some other aspect of the DUC that may make a certain portion of any DUC inappropriate for Participant.

3. Duties of Participant and Representation as to Physical Condition. I agree to, or if I, as the Participant, am under the age of 18, Adult agrees to read and, if necessary, explain to me, all posted signs and warnings. I must maintain control at all times while participating in the DUC. I am responsible for reading, understanding and complying with all signage, including, without limitation, instructions for the use of the venue. I acknowledge that I have the physical dexterity and knowledge to safely engage in the DUC and use the venue. I acknowledge and agree that I am solely

responsible for evaluating my physical fitness, mental fitness, technical skills and experience in order to assess my suitability to engage in the DUC.

4. Consent to Medical Treatment. In connection with any injury that I may sustain or illness or other medical conditions that I may experience during my presence at the DUC or the venue or otherwise while engaging directly or indirectly in the DUC, I authorise and consent to receive any emergency first aid, medication, medical and/or surgical treatment deemed necessary by the attending personnel and/or the DUC employees and agents. I acknowledge that the Released Parties are under no obligation to provide such medical treatment or services, and the Released Parties do not warrant or make any representation concerning the adequacy or continuation of such medical services, nor can the Released Parties be deemed responsible or held liable for any claims arising out of the provision of such medical services or the failure to provide or to continue to provide such medical services. I further authorise the attending personnel and/or the DUC employees or agents to execute on my behalf any permission forms, consents or other appropriate documents relating to medical attention and to act on my behalf if not able or immediately available to do so and the same is urgent as determined in their sole discretion.

I ACKNOWLEDGE AND AGREE THAT EMERGENCY ASSISTANCE AND/OR TREATMENT MAY BE RENDERED BY PERSONS WITH TRAINING OR EXPERIENCE WHICH MAY NOT BE ADEQUATE FOR CERTAIN MEDICAL SITUATIONS AND/OR THE INJURIES SUSTAINED BY ME, WHICH INJURIES MAY BE COMPOUNDED BY NEGLIGENT FIRST AID OR EMERGENCY RESPONSE OF THE RELEASED PARTIES OR OTHER INDIVIDUALS OR MEDICAL OR EMERGENCY PERSONNEL AND WAIVE ANY CLAIM IN RESPECT THEREOF IN ACCORDANCE WITH SECTION 6 BELOW.

I expressly acknowledge that if the DUC and venue are located some distance from medical facilities, that such distance may exacerbate any injury or condition sustained by me. I shall be responsible for all costs associated with such medical care and related transportation.

5. Assumption of Risks. Understanding, acknowledging and agreeing to all the risks and hazards involved with the DUC, I freely and voluntarily choose to participate in the DUC, travel to, enter and use the venue, and I HEREBY VOLUNTARILY AND EXPRESSLY AGREE TO ACCEPT AND ASSUME ALL RISK OF LOSS, DAMAGES, THEFT, INJURY OR DEATH THAT MAY OCCUR TO ME OR MY PROPERTY AS A RESULT OF OR INCIDENT TO MY PARTICIPATION IN THE DUC OR FROM ANY PRIZES THAT MAY BE AWARDED TO ME IN CONNECTION WITH THE DUC, INCLUDING THE RISK I MAY BE INJURED BY THE ACTIONS, OMISSIONS, REPRESENTATIONS OR NEGLIGENCE OF THE RELEASED PARTIES, OTHER PARTICIPANTS OR THIRD PARTIES WHILE PARTICIPATING IN THE DUC OR VISITING, TRAVELLING TO OR FROM OR USING OR VISITING THE VENUE. I understand and agree that by agreeing to this Agreement, I am assuming full responsibility for any and all risk of death, serious personal injury, temporary or permanent disability, or property loss and/or damage suffered by me or my property in connection with the DUC whether or not described in this Agreement, known or unknown, inherent or otherwise, or while visiting, travelling to or using the venue. I understand and agree that this Agreement will be binding on me, my spouse (or registered domestic partner), my guardians, the

executors or administrators of my estate, my heirs, my personal representatives, my assigns, my successors in interest, my children, and any guardian ad litem for said children (collectively, the "Releasors"). I accept full and complete responsibility for the safety of myself, any guests, observers or other individuals who I have invited to the Venue, and the property we have brought to the Venue, and I assume the risk of damage, theft, loss or injury caused by others to me, my guests and our property. I also accept full and complete responsibility for the consequences of taking unreasonable risks while participating in the DUC or using the venue, including, without limitation, attempting activities that I am not qualified to perform safely, causing any other participants/spectators an unreasonable risk of harm, or failing to follow correct safety procedures when using the venue and participating in the DUC.

6. Liability Release and Waiver of Claims. On behalf of myself and the Releasors and in consideration for being allowed to participate in the DUC and/or use of the venue, I HEREBY WAIVE, RELEASE AND FOREVER DISCHARGE ANY AND ALL CLAIMS OR CAUSES OF ACTION, NOW KNOWN OR HEREAFTER KNOWN IN ANY JURISDICTION THROUGHOUT THE WORLD, AGAINST THE RELEASED PARTIES, INCLUDING, WITHOUT LIMITATION, ANY BODILY INJURY OR DISABILITY, ILLNESS OR DISEASE, ACCIDENT, DEATH, FINANCIAL LOSS, PROPERTY LOSS, DAMAGE, DESTRUCTION, DELAY, INCONVENIENCE OR OTHER HARM OF WHATEVER NATURE THAT MAY BE DIRECTLY OR INDIRECTLY RELATED TO, ARISING FROM OR SUSTAINED FROM PARTICIPATION IN THE DUC AND/OR TRAVEL TO OR FROM OR VISIT TO OR USE OF THE VENUE OR ACTIVITIES RELATED THERETO, NEGLIGENT FIRST AID OR EMERGENCY RESPONSE OF THE RELEASED PARTIES OR OTHER NEGLIGENT ACT OR OMISSION OR BREACH OF ANY EXPRESS OR IMPLIED WARRANTY OF ANY RELEASED PARTIES OR OTHERWISE, provided that nothing in this Section 6 shall be deemed to release any Released Party from liability arising from their own wilful or intentional injury to me or my property.

7. Indemnification. I SHALL INDEMNIFY, DEFEND AND HOLD HARMLESS THE RELEASED PARTIES, JOINTLY AND SEVERALLY, FROM AND AGAINST ANY AND ALL CLAIMS, ACTIONS, DEMANDS, RIGHTS, LOSSES, COSTS, DAMAGES, EXPENSES, SETTLEMENTS, JUDGMENTS, CAUSES OF ACTION AND LIABILITIES OF ANY KIND WHATSOEVER, WHETHER FORESEEN OR UNFORESEEN, INCLUDING ATTORNEYS' FEES, IN LAW OR IN EQUITY, ARISING OUT OF OR RESULTING FROM ANY CLAIM RELATED TO MY PARTICIPATION IN THE CROSSFIT EVENT, INCLUDING WITHOUT LIMITATION, MY BREACH OF THIS AGREEMENT OR THE DUC RULES AND POLICIES, ANY INDIVIDUAL I INVITE TO THE DUC OR VENUE OR ANY OTHER THIRD PARTY CLAIM RELATED TO THE DUC.

8. This agreement and any rights, duties and obligations as between the Parties to this agreement shall be governed by and interpreted solely in accordance with the laws of NSW Australia and no other jurisdiction; and

9. Any litigation involving the third parties to this agreement shall be brought solely within the exclusive jurisdiction of the Courts of NSW.

In entering into this Agreement, I am not relying on any oral or written representations or statements made by CrossFit, Inc., or DUC with respect to the

safety of athletic activities other than what is set forth in this agreement.

I CONFIRM THAT I AM EIGHTEEN (18) YEARS OLD OR AM THE PARENT AND HAVE READ AND UNDERSTOOD THIS AGREEMENT PRIOR TO SIGNING IT, AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS, ASSIGNS AND REPRESENTATIVES MAY HAVE AGAINST CROSSFIT, INC AND DUC.

1.12 - DUCQ WORKOUTS - FORMAT

For all DUCQ workouts, the format will be released by DUC and communicated uniformly to all athletes online.

The workouts will include the following:

- Required movement(s)
- Start and end ranges of the movement(s)
- Required number of reps and/or rep scheme
- Required layout, if any
- Required equipment
- Required amount of weight (NOTE: All weights will be released in kilograms. It is the athlete's responsibility to use the correct weight. If pound plates are used, the athlete will need to use appropriate combinations of plates to achieve the correct kilograms. Collars or clips are not to be counted in the total weight. For the purpose of DUC competitions, unless otherwise noted, 15kg barbells will be considered to weigh 35lb, and 20kg barbells will be considered to weigh 45lb).
- 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 DUC selects. Point values for finishing positions will be released before the start of the event.
- Adjustments or scaling by division, if any
- Filming and submission guidelines

In the DUCQ 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 reps; using the required equipment, loads, and floor layouts; meeting the time requirements; and meeting all submission and video standards.

Modifying the workout format in any way is not allowed and will void an athlete's score. Only DUC may provide official versions of workouts for athletes to perform.

1.13 - DUCQ WORKOUTS - JUDGING

Judging is required to make any DUCQ workout result official. Judges are responsible for enforcing movement and workout standards, and for confirming the athlete's score. For the DUCQ competition, judges may perform their duties at any location by judging and confirming scores. To develop, refine, or refresh judging skills prior to the DUCQ, judges are encouraged to complete the CrossFit Games Judges Course, available online [here](#).

1.14 - DUCQ UNCOMMON MOVEMENT CLAUSE/ RANGE OF MOTION EXCEPTIONS

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

Any movement deemed uncommon or 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 movement can and will be disallowed. If an athlete is unable to meet the specific range of motion required for a movement, they are not permitted to substitute another movement or utilize outside tools/assistance to reach the range of motion. Any athlete who has questions about the range of motion due to a physical limitation should contact team@downunderchampionship.com for more assistance before the submission due date.

1.15 - DUCQ WORKOUTS - SCORE SUBMISSION AND VALIDATION

Scores must be submitted by 8 pm (AEST) on Monday, July 29, for Masters, Futures and Intermediate Teams. For Elite Individuals, Elite Pairs and RX Pairs, scores must be submitted 8 pm (AEST) on Monday, August 19. Any score submission received after the deadlines will not be accepted for any reason.

Athletes must have their scores confirmed by uploading a video of their workouts to the Competition Corner website.

It is the sole responsibility of the athlete to ensure the timely and successful submission of workout scores and videos. Submissions that are incomplete (missing information such as the complete score or containing video links that do not work; etc.) will not be accepted.

Note: DUC reserves the right to extend the score submission deadline due to unforeseen circumstances. If the deadline is extended, athletes are permitted to complete or redo the workouts within the new time frame provided.

Video submissions will be reviewed by the DUC internal review team.

1.16 - DUCQ WORKOUTS - VALIDATING VIDEO SUBMISSIONS

Score validation for any video submission is the sole right of DUC. The video may be reviewed and scored by the DUC internal review team. As part of this video review process, the athlete's posted score may be accepted, modified, or invalidated. **See section 1.17 for more information on the possible outcomes of a video submission.**

Reasons for modification of a score include but are not limited to:

- Failure to follow the video submission guidelines, including recording movements from angles, distances, or with lighting effects that do not allow judges to assess whether the movement standards are being met.
- The athlete in the video is blocked by a pull-up rig or other obstruction.
- Violation of the workout format, including movement standards.
- Workout attire that prevents the judge from determining whether the athlete is meeting the movement standards.

Video submissions may be invalidated or adjusted without warning and after the close of the DUCQ. Athletes submitting videos should have someone monitor their movement during the workout to ensure each rep 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, distance, and lighting permit the judge to determine whether the movement standards are being met; and there are no technical problems with the video itself.

1.17 - DUCQ WORKOUTS - VIDEO SUBMISSIONS - SCORING PROTOCOL

There are five possible outcomes that may be applied by the DUC internal review team in the judging and scoring of online video submissions.

- **Good Video:** The athlete meets the required movement standards and the score posted is correct. The score will be accepted.
- **Valid With Minor Penalty:** Over the course of the video, the athlete demonstrates a small number of no reps that result in a faster time or higher score for a given test. A minor penalty will be applied, and a score adjustment will be made to the athlete's final score. 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 a significant number of no reps that result in a faster time or higher score for a given workout. In this case, a major penalty will be applied, and the score may be modified by subtracting at least 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.
- **0 Score:** Over the course of the video, if the athlete fails to complete the test as required, a significant and unacceptable number of reps performed are no reps, they do not complete the required work, or they complete the wrong movements, DUC reserves the right to adjust their score to 0. If the athlete receives a 0 score, the rest of their score submissions for the competition will remain on the leader board.
- **Invalid:** DUC reserves the right to invalidate a score submission if it is determined that the athlete is acting with malicious intent to manipulate the workout to gain an unfair advantage. If an athlete's score is invalidated, all their scores for the competition will be removed from the leader board.

Note: A score adjustment occurs when an athlete's score needs to be modified based on miscounted reps, no reps, or a combination of the two. A score adjustment may stand alone or be applied in conjunction with a result from a minor or major penalty as described above.

1.18 - DUCQ WORKOUTS - VIDEO SUBMISSION APPEALS PROCESS

An athlete submitting a video for review will receive an email message from DUC if the score posted with the video is modified. The message will give a brief description explaining the reason for the change in score.

Any athlete who disagrees with their score modification must contact

headjudge@downunderchampionship.com within 24 hours upon receiving notification that their score has been modified. In the email, they must list the workout in question, the original score, the modified score, and the reason given for the score modification. They must also provide a brief explanation for why they are appealing the decision.

DUC will review the athlete's appeal and the video in question to render a final scoring decision. This decision will be communicated to the athlete via email.

1.19 - DUCQ SCORING FORMAT

Ties on the overall leader board for the DUCQ will be broken by awarding the best position to the athlete or team with the highest result in any single DUCQ workout. If athletes or teams remain tied after the first tiebreaker, the process continues to their next highest single result, and so forth. Ties will not be broken for single workout results. More than one athlete or team can share a workout result, and each will earn the original point value. During the DUCQ, athletes are ranked on the leader board based on their total placement in all workouts. For example, an athlete with 2nd place, 3rd place, and 5th place finishes will have 10 total points (2+3+5=10) and be ranked ahead of an athlete with 1st place, 2nd place, and 10th place finishes who would have 13 points (1+2+10=13).

1.20 - DUCQ LEADER BOARD FINALISATION

Leader boards will not be set until after the video review process is complete. Only after this time will athletes know if they are advancing to the next stage of competition.

The leader board will be set no later than Monday, August 12, for Masters, Futures and Intermediate Teams and Monday, August 26, for Elite Individuals, Elite Pairs and RX Pairs.

The number of individual athletes and teams to qualify for the next stage of the competition will be listed in the Finals section of the DUC Rulebook.

DOWN UNDER CHAMPIONSHIP FINAL

2.01 - DUC FINALS INVITATION PROCESS - ELIGIBLE ATHLETES

At the end of the video review period, the final leader board standings will be set, and the invitation process for the DUC Final will begin. Invitations will be emailed to the top men, women and teams in each division.

By division, athletes will receive an invitation to the DUC Final in the following manner:

- **Futures:** Top 8 males and females
- **Masters:** Top 8 males and females in each age group
- **Intermediate Teams:** Top 16 male and female teams
- **Elite Teams:** Top 20 male and female teams
- **Elite Individuals:** Top 20 males and females

Athletes who have qualified in multiple divisions should review section 1.08.

2.02 - DUC FINALS INVITATION PROCESS - INVITATIONS AND REGISTRATION

Athletes and teams must accept their invitation to the DUC Final by 8 pm (AEST) on Wednesday, August 28, or forfeit their spot. By this deadline, athletes qualifying in both the individual and team divisions must also declare whether they will compete as an individual or as a member of a team.

As part of the invitation process, athletes will receive an email containing instructions on how to register for the DUC Final and pay the \$225 AUD registration fee for individuals and \$630 AUD for teams. Each athlete's name or team name will be listed on the leader board for the DUC Final once they have successfully completed the registration process.

For invited athletes or teams that choose not to compete, DUC may invite additional athletes or teams based on the order of their finish during the DUCQ.

2.03 - DUC FINALS INVITATION PROCESS - BYPASS THE DUCQ

Athletes with the ability to bypass the online qualifier are outlined below.

- Top 3 Elite Individuals from the 2023 Torian Pro.
- CrossFit Games athletes, past and present.
- Past DUC Elite Individual Champions.

All athletes who wish to be considered for bypass must complete the [expression of interest registration](#) before August 26.

Each invited athlete or team will need to complete the registration process by the deadline which will be communicated when the invitation is sent. Failure to register by the deadline will result in the spot being forfeited. All invited athletes and teams are responsible for the cost of registration and all other costs incurred, such as travel and accommodation.

2.04 - DUC FINALS - ON-SITE CHECK-IN

The dates, location, and travel information for the DUC Final will be available on the [DUC website](#) and/or via email to the athletes. It is the responsibility of each athlete and team to meet all required travel and scheduling commitments.

Upon arriving at the registration site at the designated date and time, athletes will check-in by providing event staff with a valid and generally accepted form of identification, such as a driver's license or passport. All athletes from a team must check-in together. Photo ID must be provided by all team athletes (**two of the original three team members must form the team**).

Each athlete or team will receive one coach's credential for the entire competition. Coach credentials are non-transferable. Coaches must be 18 years or older.

If there are any additional questions regarding onsite check-in, athletes should contact team@downunderchampionship.com for more assistance.

2.05 - DUC FINALS - EVENT DETAILS & BRIEFINGS

All workouts will be released to the public by Monday, October 14. All participating athletes and team captains will be required to complete an online assessment prior to check-in. This is to show that they understand and have read all the workout descriptions and movement standards.

All participating athletes have the option to attend an onsite Q&A on Thursday, October 17 to discuss topics such as:

- Competition rules and expectations.
- Venue orientation and introduction to key event staff.
- Specific movement standards and required range of motion.

2.06 - DUC FINALS – LEADER BOARD RANKINGS

Individual athlete and team performances will be ranked in each workout. Points will be assigned based on an athlete's or team's relative ranks (i.e., their rank when compared to the performance of other athletes and teams). These points will be used to rank the athletes and teams on the leader board.

Ties on each overall leader board will be broken by awarding the best position to the athlete or team who has the highest result in any single workout. If athletes or teams remain tied after this first tiebreaker, the process continues to their next highest single result, and so forth. Ties will not be broken for single workout results unless there is a specific tiebreaker. More than one athlete or team can share a workout rank, and each will earn the original point value. The athlete or team with the top performance across multiple workouts in the competition wins the competition.

2.07 - DUC FINALS - SCORING

Specific scoring formats will be provided when the workout details are announced.

Workouts may have a minimum work requirement in terms of the amount of time, reps, weight, or rounds to be completed in order to advance.

Any such minimums will be announced as part of the workout description. Failure to complete the minimum work requirement may cause the athlete or team not to advance in the competition, regardless of their overall rank.

During the competition, if an athlete or team does not advance to the next workout for any reason (DNF, injury, etc.), the athlete or team will be withdrawn from the competition. The athlete or team will retain the points they have earned in the competition to the point of withdrawal and will be ranked accordingly.

2.08 - DUC FINALS - APPEALS

Athletes or team captains should file onsite appeals, workout protests, or scoring questions with the Head Judge or Athlete Control Lead immediately after the workout or at the earliest possible opportunity. Coaches are welcome to be involved with the appeals process but only after the completion of the workout and in conjunction with the athlete.

Judgement calls made during a workout are NOT appealable. Athletes may report discrepancies related to the judging, scoring, or performance of another athlete or team.

See below for some common examples an athlete or team can appeal:

- Scorecard or leader board data inconsistencies or errors.
- Counting inconsistencies or errors (the total number of reps completed was incorrect).
- Loading inconsistencies or errors.
- Course markings or directional inconsistencies or errors.
- Equipment or monitor failure that was not the responsibility of athlete.
- Miscommunication by a judge regarding movement standards, or event order or direction.
- Action of another athlete or person that impeded the athlete's progress.

Two appeal rules:

- Athletes and teams will start the competition with two appeals.
- Following each workout, athletes and teams have the option to appeal.
- If the appeal is granted, the athlete or team will retain their appeal count.
- If the appeal is denied, the athlete or team will lose one appeal from their appeal count.
- If an athlete or team exhausts their appeal count, they will not be allowed to make any other appeals over the remainder of the competition.
- Missing mandatory competition responsibilities such as athlete registration or failure to complete the online briefing assessment may result in a loss of an appeal at the Competition Directors discretion.

2.09 - DUC FINALS - APPEALS PROCESS

For all appeals, workout protests, or scoring questions the following process will be used:

- The competing athlete or team captain will state the case and request an Appeals Form from the Head Judge, or the Appeals lead.
- The athlete or team captain will fill out the Appeals Form.
- The athlete or team captain will return the Appeals Form to the Head Judge or the Appeals Lead in a timely manner.
- The Head Judge, the involved judge(s), and/or the onsite Competition Director will review the submitted Appeals Form and complete the investigative process for the issue in question.
- When a decision has been made the athlete or team will be notified with the result of the appeal via email or in person.

Appeals should be considered pending until the athlete or team has been contacted with a resolution.

2.10 - DUC FINALS - INJURY POLICY

Any athlete who is unable to finish a workout due to injury or requires medical attention following the workout must receive clearance from the medical staff before returning to the competition. The Medical Lead will have the authority to remove the

athlete from the competition based on the severity of the injury, likelihood of further injury, and other factors.

Individual or team athletes who miss their heat due to injury or while undergoing medical treatment or assessment will be disqualified from the competition. If a team cannot take the field with a full roster, they will be removed from the competition. The athlete or team will retain the points they earned in the competition.

2.11 - DUC FINALS - DRUG TESTING

Athletes will be subject to drug testing at any time during the competition. Athletes selected for drug testing will be notified by Athlete Control personnel. Selected athletes will be escorted to the drug testing area by Athlete Control. Athletes must follow Athlete Control and collection agent instructions and submit valid samples for drug testing to remain eligible to compete.

Athletes selected for drug testing due to order of finish must pass their drug test to claim their final placement and prize.

EQUIPMENT

3.01 - GENERAL

Proper workout attire including shoes is required for all workouts. No attire shall interfere with a judge's ability to determine whether the required movement standards and expectations for range of motion are being met. No attire shall be worn with the intent to shorten or reduce the range of motion of any movement.

Subject to DUC's prior approval, chalk, weight belts, non-tacky gloves, gymnastics wraps, hand tape, neoprene joint sleeves, and common fitness wear may be allowed during competition. In general, support gear that improves safety and/ or comfort is allowed. Should the workout call for a pull-up bar, athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar and wear hand protection.

Unless otherwise stated, athletes may not receive assistance moving or placing equipment during any workout. Athletes who receive outside assistance to manage or place equipment during the workout may face penalty or disqualification.

3.02 - SPECIFIC ATTIRE REQUIREMENTS

There are specific attire requirements set forth by DUC that all athletes are required to follow during competition. Failure to abide by these requirements may result in a warning, point deduction, or disqualification.

Shoes:

- Athletes must wear sport footwear while competing; slippers, socks, and open-toed shoes are not permitted. An exception may be made for swimming workouts or other specific workouts.
- No part of any shoe's underside, or sole, shall be higher than 5 cm.
- Shoes cannot be altered from their original manufactured state to increase the sole's height.

Weightlifting belt:

- The main body of the belt shall be made of non-stretch materials.
- The maximum belt width is to be 13 cm, while the maximum belt thickness is 13 mm along the main length.

Knee and elbow support:

Sleeves worn on the knees and/ or elbows must conform to the following specifications:

- The sleeves must be constructed entirely of a single ply of neoprene or synthetic rubber or predominantly of a single ply of neoprene or synthetic rubber plus a non-supportive single layer of fabric over the neoprene.
- The entire construction of the sleeves may not be such as to provide any appreciable support or rebound to the lifter's knees.
- The sleeves may not be worn in a manner that provides appreciable rebound.
- Knee and elbow sleeves shall not have any additional strapping, velcro, drawstrings, padding, or similar supportive devices in or on them.
- Knee and elbow sleeves shall be of a maximum thickness of 7 mm and a maximum length of 30 cm.
- Only one sleeve is permitted per knee and per elbow.
- Knee and elbow wraps of any kind are not permitted.

Wrist wraps:

- Wrist wraps shall not exceed 1 meter in length and 8 cm in width.
- Any sleeves and Velcro patches/ tabs for securing must be incorporated within the lengths listed above.
- Standard sweatbands of any width may be worn if they do not provide support.

Hand protection:

- Athletes may cover their hands and fingers in tape, gymnastics grips, or gloves for the purpose of protecting their hands from tearing, but these resources may not be used in a manner that provides additional grip assistance (wrapping gymnastics grips around a pull-up bar or barbell).
- The gripping surface of the hand may not be tacky or sticky.
- Gymnastics grips shall be made of a material that maintains a consistent thickness.
- The grips cannot contain a dowel and the grip cannot be sewn into a fold.
- Lifting straps or lifting hooks are not permitted.
- Tape worn on the fingers and thumb must not protrude in front of the fingertips.

Adhesives and lubricants:

- The use of chalk (magnesium carbonate) is permitted on the body and attire. Any other adhesive products that would be used in place of chalk are prohibited. This includes but is not limited to resin, rosin, sandpaper, tacky, liquid chalk, liquid adhesives, and waxes.
- The use of oil, grease, baby powder, talcum, waxes, cream, or other lubricants on the body or personal attire is not allowed if it may come in contact with any competition equipment. For example, no lubricants can be present on the thighs while weightlifting. If lubricants are used for the purpose to reduce chafing, for example inside the shoes or underwear, then such lubrication is permitted.

- The use of any form of adhesive or lubricant on the footwear is forbidden. This applies to any built-in adhesive such as sandpaper. Athletes may not add tape or cloth to the heels of their shoes for handstand push-ups.

Supportive suits:

- Lifting suits that provide support and are often known as “equipped powerlifting suits” may not be used.
- Any garment consisting of rubberized or similar stretch material shall not be worn under the clothing if its intent is to provide support or bounce.

Electronic devices:

- Music players and headphones may not be worn.
- Devices such as mobile phones, tablets, or other portable media devices may not be brought to the competition floor.
- Watches, WHOOP straps, and heart-rate monitors are allowed.