

BELGIAN TROWDOWN 2019 – FAQ & CLARIFICATIONS

Dear Athletes, based on the questions we received for our early birds, please find here the answers to your questions and further clarifications or reminders.

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Headjudges

CAN WE USE A SPOTTER TO LOAD MY BAR

No, using a spotter is not allowed. The athlete is responsible for loading or de-loading the bar. Judges are not allowed to help.

This keeps the exercise fair for athletes that do not have a spotter available.

CAN I USE 2 BARS?

During a qualifier, you can use 1 bar per movement. The bar can be pre-loaded with the assigned weight.

If a qualifier has multiple movements which each require a different weight, than 2 bars can be used.

For example in Qualifier 1, you can use a separate bar for the thrusters and a separate bar for ground to overhead.

All materials used need to remain visible at all times!

WHAT SHOULD I DO IF I ONLY HAVE 1 BAR AVAILABLE?

If only 1 bar is available, then the athlete is responsible for loading the bar for the second movement.

WE ARE ENROLLING AS A TEAM. HOW SHOULD WE DIVIDE THE WEIGHTS?

Each team member must perform each Qualifier individually. The repetitions cannot be divided between team members!

The team score is the sum of individual scores.

WHAT WEIGHTS SHOULD WE USE FOR MASTER 45+?

Each category must use the assigned weights. If for example 45+ is not explicitly mentioned, look to the 40+ category, this includes the 45+ range.

VIDEO SUBMISSION GUIDELINES

Prior to starting, film the pull-up bar, plates and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. You, your judge and a clock or timer with the running workout time should be clearly visible throughout the entire workout. The athlete and the judge have to introduce themselves and clearly mention their name and/or team name and box. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

VIDEO REVIEW GUIDELINES

All submitted videos of the Qualifier WODs may be reviewed by a Video Judge for quality and compliance purposes. 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 posted is correct. The score will be accepted.
- **Valid With Minor Penalty:** Over the course of the video, the athlete demonstrates 1 to 4 “no reps” that may be removed from the athlete’s final score as required. This penalty is used for video submissions for which 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 CrossFit Games website. The athlete will have to submit a new video prior to the score submission deadline to receive a score for this workout.

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 repetition(s) being disallowed.

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 qualifier movement can and will be disallowed. It is the responsibility of the athlete to notify the judge of any questionable movement before the workout.

In addition, athletes and judges should be aware that certain athletes with physical limitations in a specific range of motion may be granted an exception, in BTD'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 BTD's Headjudges PRIOR to the beginning of the competition. Such instances are extremely rare and will be handled on a case-by-case basis.