



## CONDITIONS OF PARTICIPATION and REGULATION by XFITTEST

Document updated on **22/04/2019**

### ATTENTION:

**For a better personal organization, please read this document.**

The XFITTEST Competition Regulation is a guiding document of the entire competition.

- **DATE:** 5th, 6th and 7th of July 2019
- **LOCATION:** Praça da Água, Parque do Sorraia, Coruche
- **COMPETITION FORMAT:** 2-person teams, mixed and same gender: Male pair, Female pair or mixed pair
- **CATEGORIES:** Competitors and Performance.  
The Competitors category will have online qualifiers - 2 WODs - with submission of results and videos.  
The Performance category has direct registration in the final phase, in Coruche.
- **AGE GROUPS:** Elite and Masters.  
**Elite:** as of age 16. Athletes aged 16 and 17 may only register with authorization from the legal tutor. The document will be sent together with the registration confirmation email and must be returned duly completed and signed together with a copy of the identity documentation. There is no maximum age for participation in this age group.  
**Masters:** Athletes aged 35 or over. For a pair to enroll in this age group all athletes must be 35 years or older.
- **VACANCIES:**  
**Competitors Category:** Unlimited vacancies in the first phase of registration. The online qualifiers will determine the pairs that will go to the final phase in Coruche. They will qualify as follows:
  - 8 Elite mixed pairs
  - 8 Elite female pairs
  - 8 Elite male pairs
  - 8 Master mixed pairs
  - 8 Masters female pairs
  - 8 Masters male pairs

**Performance Category:** limited to 192 pairs (among all formats and age groups).



- **REGISTRATION VALUES:**

- A) **Competitors Category**

The payment is made in two parts, depending on the qualification or not, for the final stage.

1st payment, made at the time of registration:

- Until January 27<sup>th</sup>: 15€
- From January 28<sup>th</sup> to March 31<sup>st</sup>: 20€
- From April 1<sup>st</sup> to April 28<sup>th</sup>: 25€

➔ If the pair qualifies to the final phase, each element will make a 2nd payment, in the single value of € 20.

Thus, the total value of the registration for an athlete who reaches the final phase of the Competitors category will be:

- 35€, for those who made the 1<sup>st</sup> payment until January 27<sup>th</sup>
- 40€, for those who made the 1<sup>st</sup> payment between January 28<sup>th</sup> and March 31<sup>st</sup>
- 45€, for those who made the 1<sup>st</sup> payment between April 1<sup>st</sup> and April 28<sup>th</sup>

➔ If the pair does not qualify but still wishes to participate in XFITTEST, you can enter in the Performance category, by paying for each of its elements the remainder of the value:

- 12.5€, for those who made the 1<sup>st</sup> payment until January 27<sup>th</sup> - for a total registration fee of € 27.5
- 12.5€, for those who made the 1<sup>st</sup> payment between January 28<sup>th</sup> and March 31<sup>st</sup> - for a total registration fee of € 32.5
- 15€, for those who made the 1<sup>st</sup> payment between April 1<sup>st</sup> and April 28<sup>th</sup> - for a total registration fee of € 40

- B) **Performance Category**

Single payment, worth:

- Until January 27<sup>th</sup>: 27.5€
- From January 28<sup>th</sup> to March 31<sup>st</sup>: 32.5€
- From April 1<sup>st</sup> to April 28<sup>th</sup>: 40€

- **ONLINE QUALIFIERS:**

- 29th of April: **disclosure** of the 2 WODs that the pairs will have to perform;

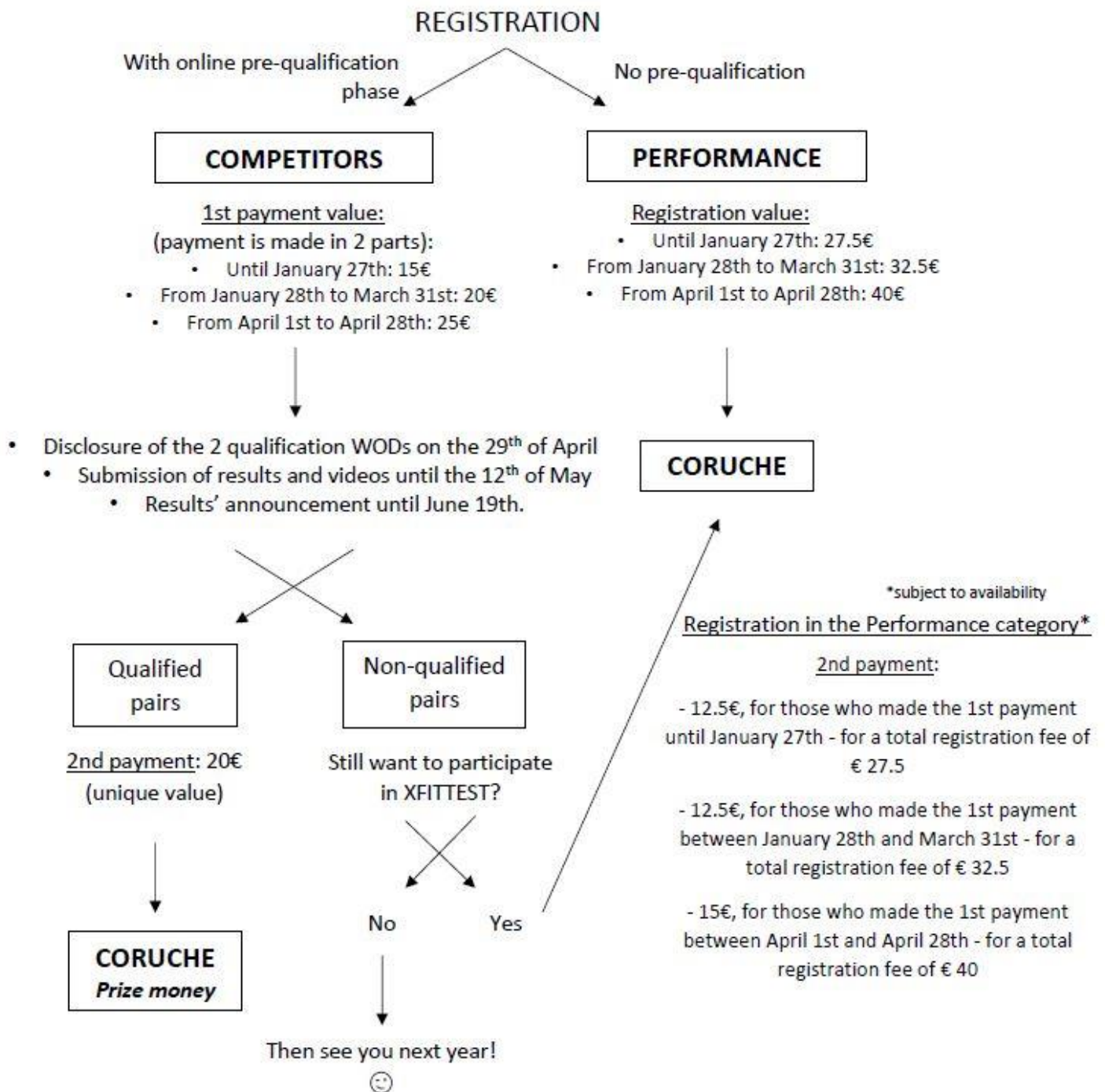
- **Submission** of results and videos: from April 30<sup>th</sup> to May 12<sup>th</sup>:

- The qualification is individual;
    - All the athletes registered for the team will have to perform and submit results for the qualifier WODs, ie., if the team has registered 3 athletes all 3 must submit scores (in this case the team's final score will be calculated from the top 2 individual scores);
    - The submission will be done through a submission form that will be available in our website. The video should be uploaded to an online platform (p.ex. youtube) and the video link will be included in the submission form.

- **Results' announcement** until June 19<sup>th</sup>.



**IN SUMMARY:**





## FAQ's

- **WHERE DO I REGISTER?**

By completing the form with the requested data through the website or at:  
<http://bit.ly/inscricaoxfittest2019>

- **HOW DO I KNOW I AM REGISTERED?**

You receive the confirmation in your email, as well as the payment instructions.

- **HOW DO I PAY THE ONLINE REGISTRATION?**

You will receive in your e-mail the IBAN to which you must make the bank transfer in order to finalize your registration. You will receive, after sending proof of payment, confirmation of completion of registration by email.

- **IS THERE A MINIMUM AND MAXIMUM AGE TO PARTICIPATE IN THE EVENT?**

Yes. The minimum age is 16 years and the maximum age is 80 on the day of the competition.

- **WHAT TO DO IN CASE OF TECHNICAL DIFFICULTY WHILE REGISTERING?**

Contact us by email [xfittest@upstream-portugal.pt](mailto:xfittest@upstream-portugal.pt) or by mobile phone 934273702 (Tiago Fernandes).

- **CAN THE REGISTRATIONS BE TRANSMISSIBLE?**

No.

- **ARE THE REGISTRATION FEES REFUNDABLE?**

No.

- **WHAT DO I NEED FOR CHECK-IN ON THE FIRST DAY?**

Citizen Card / Identity Card or Passport.

- **CAN I PARK IN THE PREMISES OF THE EVENT?**

Yes and it's free.

- **WILL MEDICAL ASSISTANCE / FIRST AID MEASURES BE AVAILABLE IN THE EVENT?**

Yes. There will be a Paramedics team on site.

- **DO I HAVE INSURANCE?**

Yes. The organization contracts the mandatory insurance by law to carry out this type of event. The insurance premium is included in the registration fee.

- **IS PUBLIC ENTRY PERMITTED?**

Yes, public is allowed in a reserved and marked area on the spot. Admission is free.

- **ARE THERE ANY SANITARY FACILITIES ON THE EVENT LOCATION?**

Yes, for men and ladies, with showers.





## OTHER INFORMATIONS

### 1. The competition:

- There will be cut-offs in the classification throughout the days of competition.

### 2. Pairs:

- Number of athletes per team: minimum 2, maximum 3.

For female pairs and male pairs all athletes must be of the same gender, F/F/F or M/M/M.

For mixed pairs the following combinations are accepted: M/F, M/F/F, M/F/M.

In the case of 3-elements teams, for each WOD the team chooses which two elements will participate in the WOD. For the mixed pairs, there must always participate a man and a woman per WOD. There can be no exchange of athletes within the same WOD or in WODs that have part A and B.

### 3. Equipment:

- It is not allowed:
  - Wrist Straps;
  - Powerlifting suits;
  - Knees Wraps (*Powerlifting*).

All the accessories that aim to offer competitive advantage in the execution of the exercises must be authorized by the organization.

### 4. Results:

- In the Final Phase of the competition, each pair will be judged by at least one judge appointed by the organization;
- The result of a challenge will be delivered by the judge to the secretariat for later validation;
- The decision of the judge is sovereign by what must be respected by all the athletes;
- It is the responsibility of the athletes to confirm the result at the end of the challenge and at least one of the elements should sign the score card. If this right is declined, the Head Judge will assume this role;
- The posted classifications will be provisional and can be corrected;

### 5. Protests

- In case the athlete/pair does not agree with the defined result and/or conduct of the athlete/team/judge, a protest can be made to the responsible of the organization. This protest will cost € 25 and will be refunded if the athlete is right in the protest presented.

### 6. Leaderboard:

- The leaderboard will be divided according to the events and the general classification, for each category. The overall and event leaderboard will be posted as soon as possible after the challenges end.

### 7. Prizes:

- For the Competitors category, there will be a prize money of, approximately, 4000€.
- Other prizes of different orders will be awarded to be announced in a timely manner and in a separate table.
- All prizes are subject to applicable taxes and withholding.



## 8. Athlete conduct and others:

- The organization reserves the right to change the time of the events;
- Minimum number of registered pairs: 20 ELITE mixed pairs; 20 ELITE female pairs; 20 ELITE male pairs; 15 MASTERS mixed pairs; 10 MASTERS female pairs; 15 MASTERS male pairs;  
If the minimum number of teams is not verified, the pairs will be given the option to participate in another age group or the value of the inscriptions will be returned;
- In the event of bad weather (outdoor event) or other force majeure, there will be a first postponement of the event for a date to be defined at that time. If these conditions are maintained, then there will be no second delay and the value of the inscriptions will be refunded;
- All athletes must register for the competition until the stipulated deadlines;
- During the three days of the event, all athletes must attend the secretariat to confirm their presence, at a time to be defined;
- All athletes must attend the events' briefings (times to be designated);
- In the Final Phase of the competition, the pairs will be called, next to the lounge area, to compete; in case the team does not appear when called, it will not be able to carry out that event;
- Bad behavior (insult and / or aggression to another athlete, judge and / or volunteer) will lead to disqualification of the athlete or team;
- The use of material not allowed will lead to disqualification of the athlete or team;
- All athletes should show good sporting behavior, complying with the rules and standards of movement of the challenges and respect for all members of the organization and athletes.

## 9. Organizer:

- Upstream Valorização Território, LDA
- Head Office  
Living Lab Cova da Beira, Loja 6-1º  
Rua dos Três Lagares  
6230-421 Fundão PORTUGAL

[www.upstream-portugal.pt](http://www.upstream-portugal.pt)

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