

# RULE

059 classic

4-5 ottobre 2025 - MODENA

# BOOK



# 059 classic

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## PREFACES

This document called "Rulebook" constitutes the contractual relationship between the parties:

- the organizer of the event on (the person who physically organizes the event and has civil, criminal, administrative liability);
- the participant (the person who pays the registration fee and registers for the event);

The rules indicated represent rules of a special nature and are therefore conventionally accepted as derogating from the general rules. Where this document does not contemplate the discipline of a situation, reference is made to the general rules of the legal system.

The competition uses the registered trademark Project Judges (abbreviated PJ). Athletes who have incurred acts referred to in art. 13 of this regulation will not be able to take part in this competition.

By registering for the competition, the parties hereby declare that they accept the content of this document in full and without reservations.

## 1. THE COMPETITION

This is a CrossFit® competition that takes place in Modena, at the Polisportiva Sacca, Via Paltrinieri 80, 41122 Modena on 4-5 October 2025.

The competition is organized by CrossFit Team 059 SSD with headquarters in Via Via Paltrinieri 80, 41122 Modena.

## 2. COMPETITION STRUCTURE

The competition will have two phases:

Online phase: from April 21st, 2025 at 12:00 to May 5, 2025 at 23:00

Live phase: from October 4th to 5th, 2025

Access to the live phase is subject to having passed the online qualifiers and having all the requirements requested by this rulebook.

## 3. TIMELINE

MAIN DATE:

REGISTRATION OPENING: 1st February 2025

REGISTRATION CLOSING: 5th May 2025

The competition is marked by the following phases:

- **Registration Opening:** 1 febbraio 2025
- **Early bird:** from 1st February 2025 to 20th March 2025: 35€ / team. Tax included
- **Regular call:** from 21st March 2025 to 20th April 2025: 60€ / team. Tax included
- **Last call:** from 21st April 2025 to 5th May 2025: 75€ / team. Tax included

Il presente regolamento di gara è stato sviluppato dal titolare del marchio Project Judges® ed è coperto dalle norme relative alle opere di ingegno.  
Ogni utilizzo non consentito sarà perseguito nelle competenti sedi.

- **Registration Closing:** 5th May 2025
- **Live phase qualified announcement:** within 5th September 2025
- **Live phase events release:** from 5th September 2025
- **Timeline competition release:** within 28th September 2025

WORKOUT QUALIFIERS:  
RELEASE  
21st April 2025 at 12:00

DEADLINE  
5th May 2025 at 23:00

Confirmation of the live event will be communicated later and will cost €90 per athlete.

## 4. REQUIREMENTS FOR PARTICIPATION

To be admitted to the competition the athlete must:

- Be of legal age on the date of the competition or be authorized by parents by producing a release letter signed by the parental guardian;
- Accept the regulation together with the rules on liability disclaimer and the processing of personal data;
- Enroll on the platform used for registration to the event in compliance with the indicated terms and pay the registration fee;
- Present the original of the competitive medical certificate at the time of check-in (or email with unique code and pdf of the document issued by the certifying center).
- Choose the belonging category based on the ranking
- Not to have incurred precautionary suspension measures from sporting activity or sanctions of any level of judgment issued by the competent national and international sporting authorities. Failure to notify the competition organization of such situations entails the latter's right to legal protection in any venue.
- The organization will carry out the appropriate checks and possibly exclude the participant, who will not be entitled to any refund.
- Not have incurred a disqualification measure by the organization issued during previous editions or not be among the athletes suspended from competitions on the circuit managed by Project Judges.
- The collection of the competition-pack is limited to the days of check-in. After that it will no longer be possible to collect it.

## 5. REFUND

It will not be possible for any reason, except serious fault of the competition organization, to receive a refund for either the online phase or the live phase.

## 6. COMPETITION RESCHEDULING

If for reasons of safety of the physical health of the participants it is necessary to move the date of the event, the race organization will be responsible for rescheduling the competition at the first available opportunity.

If, however, it is possible to hold the event subjecting it to distancing and quotas of public and athletes, the race organization reserves the right to communicate through media channels the new ways of conducting the competition, none excluded, including the online solution.

These hypotheses are identified by the parties as exceptional events not dependent on the will of the race organizer and are subject to the general rules of the legal system.

## 7. ATHLETES ADMITTED TO THE LIVE PHASE

Slot available:

DIVISIONS

ELITE MMM	14 TEAM	
ELITE MMW	14 TEAM	
REGULAR MMM	28 TEAM	
REGULAR MMW	42 TEAM	
REGULAR WWW	14 TEAM	NO QUALIFIERS
BEGINNER MMM	28 TEAM	
BEGINNER MMW	28 TEAM	
BEGINNER WWW	28 TEAM	
MASTER 120 MMM	14 TEAM	
MASTER 120 MMW	14 TEAM	

### ATTENTION:

If the number of athletes per category does not meet the requirements for the performance of the single heat (50% of the available lanes), the race organization reserves the right to refund the registration or otherwise contact the individual athletes and place them in the closest divisions for weight and skill.

## 8. DIVISIONS - CATEGORIES

The divisions in competition are as follows:

**ELITE:** this is the reference category in competition; all athletes can register in this category. Not only is full possession of the competition skills required, but also the loads of a semifinal or quarterfinal event organized by the reference sports discipline.

**REGULAR:** this is the general reference category, similar to the general category of the open called RX (therefore not to the scaled category).

This category, like the elite category, requires full possession of the skills and loads conformed to those present in the open. On the other hand, there is the possibility of scaling the most complex movements of gymnastics according to what is indicated in the specifically prepared workout cards.

**MASTER:** the division is made up of categories that are accessed by virtue of the age group. To this end, the age that the subject will reach in the year in which the competition takes place is taken into consideration. Ex. I am 34 years old, the competition takes place in May. My birthday is in November. I will have to register as a master 35.

**BEGINNER/EXPERIENCE:** this category is for competition beginners who have not yet mastered the more complex movements of the discipline and who are prohibited by default from using heavy loads or maximum workouts.

## 9. RANKING

At the end of each competition, all the placements in the live phase of the competitions managed by PJ will be processed and the result compared to a membership coefficient relating to the categories described above (obviously excluding the master categories). If the result is higher than the coefficient of a category (e.g. beginner) the athlete will not be able to register for that category but will be forced to register for the higher category.

This processing will be performed for the categories:

beginner, regular, elite.

The results will be communicated to the athletes via social channels (instagram project judges) and via the event registration portal.

## 10. POSSIBILITY TO DESKILL THE MOVEMENT

The regular category will be able to perform specific gymnastic movements of high complexity.

**The possibility of deskill the movement is linked only to the live phase.**

Obviously the score will reflect this choice, resulting lower than those who have performed even just one rep of the required movement.

E.g. I don't have ring muscle ups: I can scale in chest to bar but my score will be lower than those who have performed even just one rep of ring muscle ups.

## 10B. MOVEMENT SCALING IN TEAM WORKOUTS

I componenti di un team sono tenuti ad eseguire con successo almeno una rep del movimento richiesto (nei workout con working minimo). In caso di scalatura del movimento da parte di un solo componente del team, anche gli altri componenti saranno tenuti a scalare il movimento.

## 11. DIVISIONS PARAMETERS

Athletes considered Elite:

- games Athletes;
- semifinal Athletes;
- quarterfinal Athletes;
- athletes present in the ranking of the first 60 open participants;



- athletes whose annual score exceeds the coefficient for belonging in the Regular category.

As a parameter of self-assessment, to be understood as purely indicative, with reference to the Elite category

Elite Senior male, consider:

ELITE SENIOR MASCHILE	ELITE SENIOR FEMMINILE
Fran sub 3'15"	Fran sub 3'15"
Grace sub 3'00"	Grace sub 3'00"
Diane sub 3'20"	Diane sub 3'20"
Karen sub 7'15"	Karen sub 7'15"
Cindy more than 23 rounds	Cindy 20 rounds
Isabel sub 3'00"	Isabel sub i 3'00"
1k row sub 3'45"	1k row sub 4'00"
2k row sub 7'30"	2k row sub 8'00"
Minimum set of ring muscle up unbroken: 7	Minimum set of ring muscle up unbroken: 5
S Minimum set of pull up unbroken: 30	Minimum set of pull up unbroken: 25
Minimum set of handstand push up unbroken: 20	Minimum set of handstand push up unbroken: 15
Ability to manage, within a workout: snatch 80kg clean and jerk 100kg	Ability to manage, within a workout: snatch 55kg clean and jerk 70kg

The following are considered to belong to the men's and women's Regular category: athletes who in the light of an overall evaluation by virtue of the parameters provided above, believe that their performance is not represented by belonging to the elite category, may consequently enroll in the Regular category.



For Team Masters 120 please refer to the Age division MASTER 40

References to the AGE DIVISIONS MALE (MASTER 35, 40, 45, 50):

MASTER 35	MASTER 40	MASTER 45	MASTER 50
Come Elite Senior	Fran sub 4'30" Grace sub 4'00" Diane sub 6'00" Karen sub 8'30" Cindy 20 rounds Isabel sub 4'00" 1k row sub 3'45" 2k row sub 7'30" Minimum set of ring muscle up unbroken: 5 Minimum set of pull up unbroken: 20 Minimum set of handstand push up unbroken: 10 Ability to manage, within a workout: snatch 70kg clean and jerk 85kg	Fran sub 6'00" Grace sub 5'30" Diane sub 7'30" Karen sub 9'30" Cindy more than 15 rounds Isabel sub 5'30" 1k row sub 4'00" 2k row sub 8'00" Minimum set of ring muscle up unbroken: 3 Minimum set of pull up unbroken: 15 Minimum set of handstand push up unbroken: 7 Ability to manage, within a workout: snatch 60kg clean and jerk 75kg	Fran sub 7:30" Grace sub 7'00" Diane sub 9'00" Karen sub 10'30" Cindy 15 rounds 1k row sub 4:00" 2k row sub 8'00" Minimum set of bar muscle up unbroken: 3 Minimum set of di pull up unbroken: 10 Minimum set of handstand push up unbroken: 5 Ability to manage, within a workout: snatch 50kg clean and jerk 70kg

References to the AGE DIVISIONS FEMALE (MASTER 35, 40, 45):

MASTER 35	MASTER 40	MASTER 45
Come Elite Senior	Fran sub 4'45" Grace sub 4'30" Diane sub 6'30" Karen sub 8'30" Cindy 15 rounds Isabel sub 4'30" 1k row sub 4'10" 2k row sub 8'20" Minimum set of ring muscle up unbroken: 3 Minimum set of pull up unbroken: 15 Minimum set of handstand push up unbroken: 10 Ability to manage, within a workout: snatch 45kg clean and jerk 55kg	Fran sub 6'30" Grace sub 6'00" Diane sub 8'00" Karen sub 9'30" More than 12 rounds Isabel sub 6'00" 1k row sub 4'10" 2k row sub 8'20" Minimum set of bar muscle up unbroken: 3 Minimum set of pull up unbroken: 10 Minimum set of handstand push up unbroken: 5 Ability to manage, within a workout: snatch 40 kg clean and jerk 50kg

With reference to the Master 50 female category: loads less than the 45 category.  
With reference to the Master 55 male category: please refer to the Master 50 category table.

#### BEGINNER/EXPERIENCE

The beginner (or experience with the same terminology) category has a specific purpose: to allow those who have recently approached functional fitness to take part in competitions.

This is a category from which all full-skills athletes or those possessing single advanced skills (e.g. handstand walk, ring muscle ups, bar muscle ups etc..) are excluded. No maximum loads or use of weights over 50kg men and 35kg women will be offered in this category.

Therefore, the following will not be allowed to register in this category: coaches or athletes belonging to any other division (elite, regular or master). Athletes who have achieved a podium finish in previous competitions will also not be allowed to enter beginner/experience.

The competition organization reserves the right to disqualify from any stage of the competition any athletes who violate the above.

Also, athletes who have previously opted for categories such as regular will not be able to register beginner/experience as they automatically declared to be full skill.

The competition organization therefore reserves the right to disqualify from any stage of the competition (online qualifiers or live) athletes who violate the above.

For the purpose of registration, an athlete who is ranked in that division at the time of registration is considered an experience/beginner.

In the Final, and only in the letter, more complex movements and higher loads may also be included.

## 12. EXCLUSION CLAUSE IN & OUT COMPETITION

The event qualifies as a sports competition within the meaning of TNA jurisprudence but does not refer to Associated Sports Disciplines or Federations therefore lacks specific statutes or technical regulations. For this reason, the discipline placed to safeguard participation in the competition is in the first instance this document to be understood as the contractual relationship between the parties (race organization and event participant).

The competition organization, the competition director, the head judges, reserve the right to exclude at their sole discretion athletes who violate the above regulations for reasons related to unsportsmanlike behavior in the qualification or live phase of the event.

## 13. PENALTY

The participant, through payment of the registration fee, accepts this document in its entirety. Specifically, the following is highlighted:

a) Alteration of the qualification result through the production of a manipulated video proof or with erroneous content: invalidity of the proof and exclusion from the competition;

- b) Alteration of the qualification to the live phase through specific violations identified in the guidelines of the individual qualification workouts: invalidity of the video proof according to the sanctions provided in the individual documents prepared by the competition organization called brochures;
- c) Physically abusive behavior toward athletes, judges, volunteers, audience: perpetual disqualification from competitions under management at Project Judges (subject to possible civil and criminal actions);
- d) Verbally violent behavior toward judges and volunteers: instant disqualification from competition;
- e) Verbally violent behavior toward the head judge: disqualification for one year from competitions under management by Project Judges.

Therefore, these sanctions do not refer to specific sports sanctions for which double jeopardy with penalty is provided. In the present case, this article is to be understood as an express termination clause pursuant to Art. 1456 of the Civil Code, therefore, the adoption by the athlete of any of the behaviors indicated under (a), (b), (c), (d), and (e) is apt to terminate the contractual relationship as of right.

The participant therefore expressly accepts what is referred to therein.

## ONLINE PHASE

### 14. ATHLETES WHO ACCESS THE LIVE PHASE THROUGH ONLINE QUALIFIERS

The live phase of the event will be accessed by right by all athletes who have passed the selection determined by online qualifiers.

Access to the live phase will take place in the number determined by the slots made available by the organization.

The competition reserves the right to expand access to the finals by extending the slots.

It is the responsibility of the athlete to upload the video link to appropriate platform (YouTube) so as to go and make the generated video link available.

No videos can be accepted after the deadline arranged by the competition organization, so a video link of the correctly performed test must be available on the platform from the outset.

**ATTENTION: THE ONLY EVIDENCE TAKEN INTO ACCOUNT WILL BE THE ONE POSTED ON THE COMPETITION PLATFORM AT THE TIME OF THE CLOSING OF THE UPLOAD DEADLINE.**

The rules for conducting the workouts are indicated in the appropriate brochures produced by the competition organization.

In the event that there are more than one workout qualifiers to be conducted, it is the unquestionable right of the competition organization to select one or more workouts to be corrected. The judging staff will then go to check the selected workout(s) in detail while making sure that the other workouts are loaded correctly and carried out.

Any behavior designed to alter, tamper with, circumvent video evidence will result in disqualification of the athlete.

Offensive, insulting, disrespectful behavior to the role of the judging staff as well as to the competition organization manifested in the video qualifications, on social media, in the qualifying phase or in the live phase will constitute irrevocable disqualification of the athlete.

The athlete is expected to behave respectfully towards both the competition and third parties, and this also involves wearing clothing appropriate to the conduct of the competition (clothing bearing insulting or profane phrases or words is therefore prohibited).

## **14B. TEAM QUALIFIERS**

Team members will have to perform the live selection qualification separately as per individual, and the sum of their results will combine to form the score.

## **15. NON-ACCEPTANCE CLAUSE**

The organization reserves the unchallengeable and unquestionable right to accept or reject an athlete's entry. The race organization also reserves the exclusive right to validate or invalidate an athlete's scores.

## **16. WILD CARD – ACCEPTANCE CLAUSE**

The competition organization reserves in full autonomy and absolute discretion the right to invite Participants and any other athlete whose presence may lend luster and sporting value to the competition. Wild cards as well as free fees are not transferable and are strictly nominal. Slots for access to the live phase will therefore be conditioned by the presence of athletes in possession of direct access to the live phase.

## **17. PARTICIPATION TERMS**

In order to be eligible to participate in the event, the athlete confirms through his/her registration that he/she is aware of and accept with the rules and guidelines outlined in this rulebook.

# **LIVE PHASE**

## **18. STAFF STRUCTURE**

- Judge: responsible for a single lane where the athlete moves;
- Team Leader: responsible for a team of judges, up to 5 lanes with the possibility of overjudging by canceling the judge's call and directly sanctioning the athlete
- Assistant head judge: assists the head judge in managing the competition field. Has responsibility over team leaders and judges;
- Head judge: runs a competition field. Has responsibility for team judges and team leaders as well as the performance of his assistant. May or may not validate a judge's calls and commits the penalties mentioned in item 13;
- Stage manager: is a head judge with specific responsibility for the warm up and pre-staging area. He is responsible for pre-race briefing and decision making on appeal procedures;

- Chief head judge: equated with the head judge has responsibility for the entire judging compartment in its entirety, including final instances on appeal decisions;
- Scoring compartment: are responsible for uploading scores. Access to the scoring compartment is inhibited for athletes. Regular appeal must be raised under which the head judge or stage manager will provide;
- Volunteer compartment: is staff who work voluntarily and free of charge for the success of the event, directed by the Staff Manager or Head Volunteers. They are responsible for setting the floor for individual workouts.

## 19. LIVE EVENT

Confirmation of participation in the event is subordinate to the payment of the admission fee for the live phase; along with the confirmation email the athlete will also receive additional information. The facebook and instagram page of the event and the website are the official communication channels and will provide the further news and information about schedules, possible briefings, timeline, check in, orientation etc..

The race organization reserves the right to change the location or workouts of the live phase according to the needs of the race conduct (e.g. bad weather).

Should a team member be injured, it will be possible to make a replacement with only one athlete who qualified and did NOT pass selection.

## 20. CHECK-IN

Date, place, logistical information will be communicated through the Facebook and instagram page of the event and the related website. Athletes must compulsorily check-in according to the communications that will be provided through the aforementioned channels in the specified manner and time, providing the documentation that will be requested from them.

## 21. LIVE PHASE

The race organization will produce a brochure for each race event. Workouts, standards, flow will be specified within the brochure.

The race organization may also reserve the right not to produce information material related to the workouts but to conduct an on-site briefing. In this case taking part in the briefing is mandatory.

The briefing will be conducted in Italian and English.

At the end of the phase called "warm up," the Stage Manager will be in charge of convening the competition heat and holding the briefing for the field entry. Attendance at the briefing is a necessary condition for entering the race field and raising any complaints.

Failure to attend the pre-competition briefing will result in the athlete or team not receiving a score card and consequently being denied access to the competition floor.

The athlete must take part in all organized events. Failure to participate in an event constitutes exclusion from the competition.

At the time of the call to enter the competition floor, the athlete who does not show up will have no way to make up the event in subsequent heats.

It is made the athlete's responsibility to be on time for the call of his heat by checking the time and responding to the Stage manager's call.

## 22. LIVE PHASE STANDARD

### STANDARD ELITE INDIVIDUAL CATEGORY

All movement skills and loads in line with Semifinal, Quarterfinal standards.

### STANDARD REGULAR CATEGORY AND AGE DIVISION

The Regular category, as specified, is also considered a category from which to apply for all kinds of competition skills taking into consideration that the number of reps, sets, and duration of events will take into account a lower level of fitness. Refer to the elite table to check the terms of comparison and the age division tables for specific categories.

### STANDARD BEGINNER CATEGORY

The standards of movement required for the qualifying and live workouts will be the official Open standards with a specific reference to the "scaled" category (not scaled master).

Therefore, the movements of the exercises will be precisely scaled so that they will be easy to execute for those who have recently approached this discipline.

However, the following will be required:

endurance: single under (during semifinal or final event: double under)

gymnastics: pull up, toes to ring, wall walk, rope climb (in semifinal or final event phase: hspu; chest to bar; toes to bar)

barbell: knowing how to handle within a workout a 60kg/40kg gtoh

accessories: wall ball (9kg/6kg) // dumbbell in sizes from 10kg up to 22.5kg //

kettlebell in sizes from 12kg up to 16kg (in finals up to 24kg).

To be understood as semifinal:

- the wod with cut preceding the last workout (final) of the competition;
- the Sunday morning wod with no cut immediately preceding the final.

To be understood as final:

- the last wod with cut of the competition;
- the last wod even without cut of the competition.

For the semifinal wod (with or without cut) and the final wod, the athlete is subject to the "be prepared for all" rule.

## 23. PRIZES

Cash prizes are provided for the Elite, Regular and Master categories. Prizes will be communicated with appropriate post on social channels.

Cash prizes will be paid between 30 and 90 days after the end of the competition.

The other categories will be awarded with merchandise from our sponsors.

The regulation of prizes is subject to the rules sub d.lgs. 36/22, taxed according to current regulations

## 24. WORKOUT

All divisions will be required to hold 4 workouts plus the final.



The competition organization, depending on the available competition fields, adverse weather conditions, any possible external elements directly affecting the competition, reserves the right to change the number of workouts available to the athletes, introducing, if necessary, an access number to the final.

## 25. LEADERBOARD

Each result achieved in an event will receive a rating that will be reflected in a relative ranking that will determine the final leaderboard. In case there are equal positions the best placement achieved on all workouts will be used. Peers are not considered in relation to the individual workout but only for the final ranking. In case there is a perfect parity even after the evaluation of the best placements, the placement in the final test will be looked at. In the case of a tie in scoring with the event of the final accomplished, the athlete with the best placement in the final will be preferred.

In the case of access to the final where several teams/athletes have equal scores and it is thus to be determined, following the cut heat, which athlete/team is entitled to take part in the final, reference will be made to the best placing in the semifinal event.

## 26. SCORING AND COMPLAINS - TERMS

The result obtained in the individual workout will be validated by the judge. The scoring department is responsible for the scoring.

Any comments on the validation of the workout must be received strictly by the day of the competition on which the workout whose result is being contested took place. In case of a contestation related to the last day of the competition, it will be taken into consideration until the final briefing is presented (15 minutes after the end of the last heat of the competition).

Once the final results are published, no contestation will be accepted.

Should chips be used to record the time of the workout, that measurement will be the one deemed official. The chip will be worn by all athletes on the same part of the body.

## 27. VIDEO PROOF

The only video evidence allowed is that provided directly by the competition organization, where possible, or that produced by the athlete and directly authorized by the head judge or stage manager.

In the latter case, in order for video evidence to be authorized, it must be complete (from start to end of workout) and at a favorable framing (e.g., a shot at such a distance and angle that judging is not possible will be rejected).

If the athlete disputes the decision of the judging body, thus disallowing even a single no rep, the stage manager or head judge will proceed to review the evidence by means of the authorized video proceeding in this case to retrain the evidence from scratch (thus counting from video evidence any additional no rep). In the case of running workouts the judging body has no possible inference. In this case only responsible will be race organization, race director, chip manager.



## 28. COMPLAINS

### APPEAL PROCEDURE FOR CONTESTATIONS:

the athlete may not challenge no reps given for failure to extend elbows or knees or depth of squat; he/she may also not challenge no reps given for failure of the judge to perceive the control of the repetition (e.g., descent from hsw). the athlete in case of challenge of the evaluation by the judge must refer to the head judge in charge of the heat who will refer him/her to the Stage manager or go personally to examine the challenge. If it is intended to contest the evaluation made by a judge, the head judge or Stage manager will request complete video evidence from which the workout can be (by the exclusive and non-disputable decision of the head judge) evaluated in its entirety. In this case, the athlete is aware that the evaluation made by the judge will be reset and his/her workout re-evaluated by the head judge. The judges are in no way responsible for the material. They may, on the other hand, ask the athlete to secure his or her workout lane with respect for both volunteers and other athletes.

## 29. IN CASE OF INJURY

Should an athlete require or need medical assistance during the workout, he or she must obtain medical clearance to continue in the competition. It is the authority of the physician, head judge, or competition director to withdraw an injured athlete from competition. In the event of an injury occurring to a team member, the team may continue the workout only for the part of performing the movements according to the required standard and flow.

## 30. GENERAL CLAUSE ON UNSPORTING BEHAVIOUR

Each athlete agrees to compete sportingly, eschewing any possible unsportsmanlike behavior. He/she also agrees not to engage in offensive or insulting behavior or worse violent actions towards judges, volunteers, other athletes, spectators, sponsors, competition organization both in the qualifying and live phases.

Any behavior in violation of the above commitment will result in disqualification from the competition. Each athlete agrees to carry out the workout without altering its nature and striving for a fair and sporting competition, free from tricks or cheating of any kind. Any behavior deemed or identified as malicious will be punished by disqualification. This listing is merely explanatory in nature and not exhaustive.

Any behavior that violates an express warning from the head judge or event organizer, as well as any attitude that is unsportsmanlike, improper, disrespectful of the roles held and the people involved in the event, or otherwise not in keeping with the competition environment, will be sanctioned by disqualification.

## 31. MOVEMENT DEEMED UNCOMMON

The Athlete is expected to perform the required exercises and movements without altering their prescribed execution. Likewise, the Athlete may not use elements to facilitate the execution of the movements:

e.g., the Athlete may not use elastic weight bands

e.g., the athlete may not use barbell supports or guards (place knee pads to protect the collarbones for example in stoh movements)

In case of violation of such conduct the head judge will remind the athlete to comply, otherwise he will proceed to disqualification.

## 32. ABOUT THE USE OF THE IMAGE

With the approval of this rulebook and the consequent registration the athlete with reference to the images (photos and videos) taken and/or filmed by the photographers and cameramen present at the event authorizes free of charge, without time limits, also in accordance with Articles 10 and 320 cod.civ. and Articles 96 and 97 law 22.4.1941, no. 633, Copyright Law, the publication and/or dissemination in any form of their images on the event's website and on the related facebook page, twitter channel, instagram, youtube or other internet broadcasting platform, in print media and/or in any other broadcasting medium, as well as authorizes the preservation of the photos and videos themselves in the computer archives of the Company/Body that manages and organizes the event and acknowledges that the purpose of such publications are merely informative and possibly promotional.

## 33. CONSENT

The athlete by registering for the event declares under his responsibility:

- to be aware and accept the Event Regulations in full;
- to be fully aware of the nature and physical commitment related to the sporting activity that he/she is going to practice during the Event and of the need to consult in advance with a sports physician or his/her own physician for the purposes of ascertaining good health so as to be able to carry out the competitive activity; to enjoy good health and to have never suffered even occasionally from pathologies and/or physical imperfections such as to make participation in the Event dangerous or harmful to health; to be in possession of a medical certificate of competitive sporting activity (accepted certificates with the wording: CrossFit®/Weightlifting or covering the tests in Table B of the ministerial decree regulating competitive activity) valid, as issued for the purpose of participation in physical-sporting activities organized by sports associations, with 12 months validity; to habitually engage in sports activities;
- to waive the organization of the Event from any civil and criminal liability for which he/she may be responsible and for any injury that may occur to him/her or others during the Event;
- to acknowledge and fully understand that he/she will take part in activities involving the risk of serious injury, including, without limitation, permanent disability and death, which may result not only from his/her own actions, inactivity, or negligence, but also from the actions, inactivity, or negligence of others, the rules of the game or the conditions of the buildings or any equipment

Il presente regolamento di gara è stato sviluppato dal titolare del marchio Project Judges® ed è coperto dalle norme relative alle opere di ingegno.  
Ogni utilizzo non consentito sarà perseguito nelle competenti sedi.

used, and that there may be unknown or not reasonably foreseeable risks to assume all such risks and accept direct responsibility for any damages resulting from such injury, permanent disability or death;

- to waive, to the fullest extent permitted by law, any and all actions for damages for death, personal injury, or property damage that the participant, or any of the representatives, heirs, next of kin, or their assigns, of the same (hereinafter collectively, the "Waiver Subjects") may bring or that may arise in the future to any of the Waiver Subjects, as a result of participation or for other reasons and which may be asserted by any of the Renouncing Subjects against the individual or legal entity organizing the Event, the Event's business partners, sponsors, each of their respective related and affiliated legal entities, the president, vice-president, secretary, owners and technicians, other participants if applicable, other owners and tenants of the buildings used at the Event (hereinafter collectively, "Released Subjects");
- to authorize to provide emergency medical treatment;
- to expressly accept that this RELEASE AND AGREEMENT FOR EXEMPTION FROM LIABILITY AND INDEMNIFICATION shall be interpreted in accordance with Italian law. I also accept exclusively the Italian Jurisdiction and the competence of the Court where the organizer of the event has its registered office in relation to any action that arises from, or is connected to the Event;
- ai sensi degli artt. 1341 e 1342 cod. civ., di conoscere le clausole del presente regolamento e di approvare specificatamente le clausole di cui ai punti 12, 13, 15, 28, e 33.

Registration for the live event is subject to mandatory insurance, the cost of which is included in the registration fee. By accepting this regulation, the applicant requests to be admitted as a member of CrossFit Team 059 SSD and undertakes to respect the rules set out in the bylaws, present on the CrossFit Team 059 company website, the Civil Code and the resolutions of the corporate bodies and to respect the rules set out in the bylaws and regulations, as well as the resolutions of the bodies of the Organization.

### 34. PRIVACY POLICY

- The natural person / legal person organizing the event as listed at the top of this regulation, in the capacity of data controller (hereinafter, for brevity, "Controller"), informs the participants that they will use your personal data (hereinafter, for brevity, referred to as "Personal Data"), indicated in the release, of which this information is an attachment (hereinafter, for brevity, "Release"), in order to
  - A. allow to join every stage of the event;
  - B. fulfill the relevant legal obligations, as provided for by civil, fiscal and accounting regulations, etc. for the purposes of administrative management of the relationship;

- C. disseminate and/or promote the Event to the public using the image of the athletes as per art 30;
- D. promote, by sending emails, future initiatives and/or promotional projects of the Data Controller or other companies associated with it pursuant to and for the purposes of art. 2359;
- E. share email address provided to the organizer with selected partners who offer products or services that may be of interest to you.
- The provision of Personal Data relating to the purposes referred to in the aforementioned points (a) and (b) is necessary. In the event of refusal, therefore, the Data Controller will not be able to allow the athlete to join the Event. The provision of data relating to the purpose under (c) is equally necessary, as the Data Controller has created the Event also in order to disseminate and promote it to the public. The refusal, therefore, would not allow the Data Controller to carry out this activity. By joining the Event, in other words, the participant consent to any media exploitation of the Project.
  - The processing of Personal Data will be carried out using manual, computerized and telematic tools, with logics strictly related to the purposes highlighted above and, in any case, by persons authorized to perform such tasks, appropriately informed of the constraints imposed by Legislative Decree 196/2003, equipped with security measures to guarantee the confidentiality of Personal Data and to avoid undue access to third parties or unauthorized personnel.
  - The Personal Data will not be subject to disclosure and will be communicated exclusively to the data controllers or commercial partners exclusively for the purposes described above.

The person responsible for responding to the rights of the interested party is the legal representative / organizer of the event.

Pursuant to art. 7 of Legislative Decree 196/2003, at any time and free of charge, you have the right to request information regarding the existence of the processing of your and the Participant's Personal Data, to rectify, integrate, update, delete or block them.