



RULEBOOK

1. ABOUT THE EVENT

The EUROPEAN SHOWDOWN (ESD) is an international fitness event that aims to promote the practice of sports through competition by testing the best athletes in each category. The event will take place in Paris (France) on November 10th and 11th 2018.

2. PARTICIPANTS

Any sports practitioner in general will be accepted, as long as they meet the requirements and category.

3. AGE

The athlete must be at least 16 years old to compete.

Any athlete under the age of 18 must be accompanied by his legal representative, who must sign the term of responsibility.

4. MEDICAL WAIVER

All athletes will be required to present their valid medical waiver at check-in, which guarantees that they are fit to perform the exercises without any restrictions.

5. TERM OF RESPONSIBILITY

All athletes should print the Term of Responsibility (from the website www.europeanshowdown.com) and bring it fully completed and signed and present it at the event check-in. In case the athlete is under 18 years old, the Term of Responsibility must be filled out by the legal guardian.

6. LOCATION

6.1. LOCATION - FINAL

FINAL: On-site event

LOCATION: CDFAS

Address: Rue des Bouquinvilles, 95600 - Eaubonne

DATE: November 10 and 11, 2018

6.2 EVENT ENTRY

Entrance at the European Showdown is free, and the athletes' entourage can access an exclusive area along with several brands linked to fitness.



7. CATEGORIES

A. How does the competition work?

A1. ONLINE QUALIFIER:

INDIVIDUAL: ELITE MALE/FEMALE

TEAM: TRIO ELITE MIXED/MALE

A2. **WITHOUT** ONLINE QUALIFIER, direct registration for the FINAL:

INDIVIDUAL:

MASTER 35+ Male/Female

MASTER 40+ Male/Female

RX MALE and FEMALE

TEAM:

RX MIXED/MALE

INTERMEDIATE MIXED/MALE /FEMALE

A3. EXCLUSIVE ONLINE COMPETITION

SCALED

NUMBER OF ATHLETES IN THE FINAL EVENT

7.1. Individual

7.1.1 ELITE

Qualified for the final event:

- 60 Men and 60 Women
- *Chosen from the *ONLINE QUALIFIER*

7.1.2 RX

Qualified for the final event:

- 40 Men and 20 Women
- *direct registration for the finals – *40 FIRST available spots*

7.1.3 SCALED

- ONLINE COMPETITION

7.1.4 MASTER (35-39 Y.O.)

Qualified for the final event:

- 20 Men and 20 Women
- * direct registration for the finals – *20 FIRST available spots*



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7.1.5 MASTER 40+

Qualified for the final event:

- 20 Men and 20 Women
- * direct registration for the finals – 20 *FIRST available spots*

*** Masters Categories (35-39 Y.O or 40+) have to be the required age by the end of the year 2018.**

7.2 TEAM (TRIO)

Team of 3 athletes.

- **MIXED TRIO:** 2 men + 1 woman
- **MALE TRIO**

7.2.1 ELITE TRIO

- **MIXED TRIO:** 40 teams
- **MALE TRIO:** 20 teams

7.2.2 RX

- **MIXED TRIO:** 40 teams
- **MALE TRIO:** 20 teams

7.2.3 TRIO MASTER 35+

- **MIXED TRIO:** 20 teams
- **MALE TRIO:** - 20 teams

7.2.4 TRIO INTERMEDIATE

- **MIXED TRIO:** 40 teams
- **MALE TRIO:** 20 teams

8. CATEGORY STANDARDS

1. TEAM + INDIVIDUAL

- **ELITE**

Aimed at athletes who dominate any gymnastic movement and show consistent movements with external loads.

- **RX**

Aimed at athletes who dominate any gymnastic movement and show consistent movements with lower external loads and adapt more complex movements, in comparison to the Elite Category.



- **INTERMEDIATE**

Aimed at athletes with some physical and technical quality. They shouldn't be capable of competing in the RX category, due to the advanced gymnastics and/or the higher loads.

- Abilities/Skills*:

Pull-up, T2B, C2B, HSPU, Double Unders, Burpee, Box Jump.

*THERE CAN BE A SURPRISE GYMNASTICS ELEMENT IN THE FINAL

- Weights: Moderate

Deadlift 100/70kg

Clean & Jerk 70/50kg

Snatch 50/35kg

Thruster 40/30kg

*These loads are an average

D. MASTER (35-39) – MASTER (40+)

Athletes who present physical and technical quality.

- Abilities/Skills:

Pull-up, T2B, C2B, HSPU, Double Under, Burpee, Box Jump, HS Walking, Muscle up, etc.

- Loads: Moderate

C. SCALED

Aimed at those who are beginners in the sport and still don't dominate all of the skills.

- Abilities/Skills:

Single Under, Air Squat, Push up, Burpee, Box jump, Lunge, K2E, KB swing, Goblet Squat, Wall ball, etc.

- Loads: Light

Deadlift 70/50kg

Clean jerk 50/35kg

Snatch 35/25kg

Thruster 35/25kg

* These loads are an average



9. PRIZES

PRIZES +65 000 €

CATEGORIES

9.1 INDIVIDUAL

9.1.1 INDIVIDUAL ELITE

A. MALE

1st PLACE: 5.000,00

2nd PLACE: 2.000,00

3rd PLACE: 1.000,00

B. FEMALE

1st PLACE: 5.000,00

2nd PLACE: 2.000,00

3rd PLACE: 1.000,00

9.1.2 INDIVIDUAL RX

A. MALE

1st PLACE: 1.000,00

2nd PLACE: SPONSOR KIT

3rd PLACE: SPONSOR KIT

B. FEMALE

1st PLACE: 1.000,00

2nd PLACE: SPONSOR KIT

3rd PLACE: SPONSOR KIT

3. INDIVIDUAL MASTER (35-39)

A. MALE

1st PLACE: 1.000,00

2nd PLACE: SPONSOR KIT

3rd PLACE: SPONSOR KIT

B. FEMALE

1st PLACE: 1.000,00

2nd PLACE: SPONSOR KIT

3rd PLACE: SPONSOR KIT

4. INDIVIDUAL MASTER (40+)



A. MALE

1st PLACE: 1.000,00

2nd PLACE: SPONSOR KIT

3rd PLACE: SPONSOR KIT

B. FEMALE

1st PLACE: 1.000,00

2nd PLACE: SPONSOR KIT

3rd PLACE: SPONSOR KIT

9.2 TEAM –TRIO

9.2.1 TRIO ELITE

A. MIXED TRIO

1st PLACE: 2.500,00

2nd PLACE: SPONSOR KIT

3rd PLACE: SPONSOR KIT

B. MALE TRIO

1st PLACE: 2.500,00

2nd PLACE: SPONSOR KIT

3rd PLACE: SPONSOR KIT

2. TRIO RX

C. MIXED TRIO

1st PLACE: 1.500,00

2nd PLACE: SPONSOR KIT

3rd PLACE: SPONSOR KIT

D. MALE TRIO

1st PLACE: 1.500,00

2nd PLACE: SPONSOR KIT

3rd PLACE: SPONSOR KIT

3. TRIO INTERMEDIATE

A. MISTO

1st PLACE: SPONSOR KIT

2nd PLACE: SPONSOR KIT

3rd PLACE: SPONSOR KIT

B. MALE

1st PLACE: SPONSOR KIT

2nd PLACE: SPONSOR KIT



3rd PLACE: SPONSOR KIT

4. MASTER TRIO 35-39 Y.O.

A. MISTO

1st PLACE: 1.000,00

2nd PLACE: SPONSOR KIT

3rd PLACE: SPONSOR KIT

B. MALE

1st PLACE: 1.000,00

2nd PLACE: SPONSOR KIT

3rd PLACE: SPONSOR KIT

9.3 PRIZES

9.3.1 All athletes from 1st to 3rd place will receive, medals and sponsor kits.

9.3.2 Prize Money will be delivered to athletes within 30 days of the end of the event, in order to receive the prize money, the athlete must present an invoice referring to the prize.

10. REGISTRATION

A. REGISTRATION – ONLINE QUALIFIER: AUGUST 27 to SEPTEMBER 30

COMPETITION/ ONLINE QUALIFIER - From October 1st to 8th

- **SCALED** (only online)

- **ALL ELITE INDIVIDUAL/TEAM**

C. REGISTRATION FOR CATEGORIES WITH DIRECT ADMISSION TO THE FINAL EVENT: AUGUST 27 to SEPTEMBER 30

INDIVIDUAL: RX/MASTER

TEAM: RX/MASTER/INTERMEDIATE

*Registrations up to the date above or as long as there are spots available

REGISTRATION PRICES:

A. ONLINE QUALIFIER: 10 EUROS

For athletes who qualify for the FINAL, ADD A REGISTRATION OF 50 EUROS. At the time of registration, the athlete receives a SPONSOR KIT: 1 SPEED ROPE + 1 LACROSSE BALL + 1 MINI BAND. The SPONSOR KIT can be collected on November 10th at the event check-in.

50 EUROS = REGISTRATION (ACCESS TO FINAL (PARIS) + SPONSOR KIT)

Registrations fees are non-refundable



DIRECT registration for the FINAL (PARIS): 50 EUROS – At the time of registration, the athlete receives a SPONSOR KIT: 1 SPEED ROPE + 1 LACROSSE BALL + 1 MINI BAND. The SPONSOR KIT can be collected on November 10th at the event check-in.

50 EUROS = REGISTRATION + SPONSOR KIT

***TEAM/INDIVIDUAL: RX/MASTER/INTERMEDIATE**

***ELITE: TEAM/INDIVIDUAL**

Registrations fees are non-refundable

B. ONLINE COMPETITION: 10 EUROS

***SCALED**

Registrations fees are non-refundable

11. GENERAL RULES

A. During the online registration, by agreeing with the rulebook and selecting the option presented, the participant accepts all terms and assumes full responsibility for his own participation in the competition, according to the Term of Responsibility (part of the registration). It is the responsibility of the athlete to have sports insurance valid for the event.

B. To participate in any stage of the EUROPEAN SHOWDOWN, all athletes (whether individual or in teams) must agree to all rules of the internal regulations, including acceptance of the risks. Athletes also consent to the use of audiovisual content collected during the Competition for promotional communication of the event.

C. All athletes agree to compete under good sporting behaviour:

- Any violation of sporting conduct that implies disregard for any member of the organization, judge, athlete, spectator and / or sponsor, the athlete will be disqualified and / or expelled from the event.

- Any actions that prevent another athlete from having a fair chance of competition (eg. change of teaming, rejection of follow-up instructions) or interfere with communication between the judge and the athlete (eg. external sound equipment, horns, etc.).

- Athletes will be held responsible for the behaviour of their coaches, sponsors and / or guests. If the behaviour of any of the above members is considered a violation of good sporting conduct, the coach, sponsor, guest, and / or athlete will be subject to the same disciplinary actions.

- The athletes must present themselves according to what the "EUROPEAN SHOWDOWN" delimits. Athletes shall not wear, wear or carry with them any apparatus, team, accessory,



symbol, art, etc., which has not previously been approved by the "EUROPEAN SHOWDOWN" organization, including hats, sports tapes, tape, sunglasses, water bottles, logos, or stickers.

- It is the responsibility of the winners and / or athletes to present valid identification, when requested.

- All information provided, whether in the registration or submission of the videos, scores, times, repetitions or complete rounds, will have to be completely true. Any lack of integrity, or any action that evidences an intention to change the established rules, including lying (for example), will result in the disqualification of the athlete in question.

- Photos and documentation of the event: A MEDIA team will be formed.

- REGISTRATION: ELITE CATEGORY - AUGUST 27 TO SEPTEMBER 30, CATEGORY - RX / INTERMEDIARY / MASTER / SCALED, August 27 until October 28 or until the spots are closed.

- The organization reserves the right to use the email of the registered athlete to send information about the event and to promote content related to the sponsors.

- The organization reserves the right to deliver Wild Cards to 5 athletes in the category ELITE Men and Women, Team Elite Mixed and Team Elite Men

- "Media" coverage will only be allowed after approval of the "EUROPEAN SHOWDOWN" organization.

- The event has the right to use all audiovisual content that involves the registered athlete for promotional purposes, in digital and physical channels.

- The organization reserves the right to change schedules upon 30 days notice.

12. GENERAL REQUIREMENTS

A. All athletes must register through www.europeanshowdown.com or through the application at www.competitorcorner.com

B. Athletes are responsible for submitting true information so that they receive information regarding the competition.

13. SCORING SYSTEM

A. Scoring system – Final

Each event will be assigned a score. The sum of this score will be used for the competition rankings.

Each athlete or team will have a score at the end of each event, according to their performance. The athlete or team that has the most points will be the winner.

B. The scoring system will be as followed:

Ranking	Points	Ranking	Points
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1st	100	18 ^o	51
2nd	95	19 ^o	49
3rd	90	20 ^o	47
4 ^o	85	21st	45
5 ^o	80	22nd	43
6 ^o	75	23rd	41
7 ^o	73	24 ^o	39
8 ^o	71	25 ^o	37
9 ^o	69	26 ^o	35
10 ^o	67	27 ^o	33
11st	65	28 ^o	31
12nd	63	29 ^o	29
13rd	61	30 ^o	27
14 ^o	59	31st	25
15 ^o	57	32nd	23
16 ^o	55	33rd	21
17 ^o	53	34 ^o	19

* From 6th in the rankings to the end, points are added in 2s.



C. As a tiebreaker, the team / athlete with the best result in the events will pass. In case of a tie, the tiebreaker is the athlete / team that has the best position.

Ex: Athlete A, 3rd place = 3pts + 9th place = 9pts, **Total = 12 pts.**

Athlete B, 2nd place = 2pts + 10th place = 10pts, **Total = 12 pts.**

Athlete B, who got a 2nd place finish, will pass. These tiebreaker criteria are for the "Qualifier" and "Final".

13. GENERAL COMPETITION PROCEDURES

A. Events will be communicated at the Event Check-in and / or on social media.

B. The communication of the events will include:

I. Required Movements

II. Initial and final points of movements

III. Techniques not allowed

IV. Required number of repetitions

V. Required Equipment

VI. Weight required

VII. The amount of weight will be presented in kilograms

VII. It is the responsibility of the athlete to check and / or place the amount of weight previously disclosed

IX. Timecap, or number of repetitions / rounds

X. Details on how successfully perform the movement.

C. Any movement that disrespects the above mentioned success points of the movement will be considered invalid.

D. Judges are not allowed to interfere with the athlete's equipment during the event, unless it is detrimental to another athlete's performance, or in the event that they are jeopardizing the safety of any athlete.

E. Judges have the right to tell the athlete to stop the competition if they feel that the athlete is putting their physical integrity at risk.

14. FINAL EVENT RULES

A. Check-in / Registration

The check-in consists of:

Friday (09/11) - TBA – Athlete registration, athlete kit collection.



Saturday (10/11) - Opening of gates for athletes: TBA

Athlete registration, athlete kit collection: TBA

Event opening: TBA

Event closing: TBA

Sunday (11/11) - Opening of gates for athletes: TBA

Event opening: TBA

Event closing: 18:00

* Saturday and Sunday briefing schedule to be defined up to 15 days before the event.

Event announcements will take place the same day, including the movement standards.

Have a good competition!