

# 2024 RULEBOOK

Friday 5th July - Sunday 7th July 2024, Birmingham NEC Indoor Arena

**STRENGTH**  
**IN**  
**DEPTH**  
**UK CHAMPIONSHIPS**

## OVERVIEW

SiD UK Championships is an annual competition entered via an online qualification process partnered with The French Throwdown. The Live event will host the best Elite, Rx, Intermediate and Scaled Individuals; the best Elite, Rx, Intermediate and Scaled Teams of 4 (MMFF); and the best Masters Athletes (35-39, 40-44, 45-49, 50-54, 55+) and Teens (16-17) from the Qualifiers.

The Online Qualification phase consists of 3 workouts for the Individual Athlete divisions and 4 workouts for the Team Athlete divisions (of which each Team member will complete a variation of all 4 events). All qualifying workouts are released on the official Strength in Depth website ([www.strengthindepth.com](http://www.strengthindepth.com)) and on Competition Corner.

Competition Corner will host the SiD UK Championships leaderboard which will be embedded on the Strength in Depth website. The top qualifying Individuals and Teams as well as 20 Invitational Individuals (10 Males & 10 Females) and 10 Invitational Teams (selected from non-Qualifiers from the CrossFit® Games Semi Finals) will be invited to compete at the SiD UK Championships final in the Elite division.

The SiD UK Championships final is intended for experienced Athletes with high levels of technical competency and the capacity to complete workouts at competitive loadings. The movements, skills and loadings will vary by division - specifically, but not limited to, the Scaled, Intermediate, 55+ Masters and Teens divisions. Full descriptions of the category requirements are listed under 'Division Descriptions'.

## QUALIFIERS

### REGISTRATION

Registration for the SiD UK Championships will open on Friday 15th March at 14:00hrs GMT for all Divisions. Individual registration closes at the submission deadline for all 3 qualifier scores (Elite, RX, Intermediate, Scaled, Masters, Teens) on Tuesday 16th April 14:00hrs BST. All Athletes wishing to participate in the competition (Qualifier series - Final) must have registered and paid for their place prior to the submission deadline.

Team registration closes at the submission deadline for the Team Qualifiers (Elite, RX, Intermediate, Scaled) on Tuesday 7th May 14:00hrs BST. All Athletes wishing to participate in the competition (Qualifier series - Final) must have registered and paid for their Team place prior to the submission deadline. Only elected Team Captains should complete the SiD UK Championships Team registration, only one place needs to be purchased per Team. The member of the Team that

purchases the SiD UK Championships Team place is the elected Team Captain and will therefore manage the Team's administration throughout the Qualifier stages i.e submit Qualifier scores.

Strength in Depth reserves the exclusive right to allow or deny the participation of any Athlete or Team. Strength in Depth also reserves the exclusive right to validate or invalidate any Athlete's scores submitted for the purpose of qualifying for the live Final. Strength in Depth will make such participation and scoring decisions to preserve the integrity of the competition. Strength in Depth reserves the right, in its sole and absolute discretion, to invite past winners, guest Athletes, Teams or others to participate in any stage of the competition.

### INDIVIDUAL ATHLETE ELIGIBILITY

#### Elite, Rx, Intermediate and Scaled

To be eligible to compete in the SiD UK Championships Qualifiers competition an Individual in the Elite, Rx, Intermediate or Scaled divisions must:

- Be registered on Competition Corner;
- Have paid the Qualifier competition entry fee (£20 inc VAT)

N.B. The Elite category will complete the same Qualifier workouts as the Rx division.

#### Masters

To be eligible to compete in the SiD UK Championships Qualifiers competition an Individual in the Masters category must:

- Be registered on Competition Corner;
- Have paid the Qualifier competition entry fee (£20 inc VAT)
- Meet the minimum age for participation in their division

Division breakdown by age: 35 - 39, 40 - 44, 45 - 49, 50 - 54, 55+

The cut off date for each Masters age group is the athlete's age in years on 20/5/2024 athletes will remain in their qualifying age groups for the SiD UK Championships Final. This cut off date is inline with French Throwdown.

## Teens

To be eligible to compete in the SiD UK Championships Qualifiers competition an Individual in the Teens division must:

- Be registered on Competition Corner;
- Have paid the Qualifier competition entry fee (£20 inc VAT)
- Meet the minimum age for participation in their division

Division breakdown by age: 16-17 The cut off date for the Teens age group is the athlete's age in years on 20/5/2024 athletes will remain in their qualifying age groups for the SiD UK Championships Final. This cut off date is inline with French Throwdown.

## TEAM COMPOSITION AND ELIGIBILITY

To be eligible to compete in the SiD UK Championships Qualifiers competition a Team in the Elite, Rx, Intermediate or Scaled divisions must:

- Be comprised of a minimum of 4 Athletes (2 Athletes must be male and 2 must be female);
- Have paid the Qualifier competition entry fee (£80 inc VAT)

Additionally:

- Teams MAY be drawn from multiple sites and as such 'Super Teams' ARE eligible
- Teams are NOT required to come from a Registered CrossFit® Affiliate gym

N.B. The Elite Team category will complete the same Qualifier workouts as the Rx Team division.

All competing Athletes should be at least 18 years old at the time they register to compete within the SiD UK Championships finals. Athletes younger than 18 years old at the time they register to compete within the SiD UK Championships will require the express permission of their parent or guardian -please email [sport@strengthindepth.com](mailto:sport@strengthindepth.com) to submit parent and guardian permissions.

## INVITATIONAL INDIVIDUAL ATHLETES (ELITE DIVISION)

SiD UK Championships 2024 invites 20 Invitational Athletes (10 Males and 10 Females) to compete at the final in the Elite division. The 10 Invitational Athletes will be invited from Athletes that competed at the Semifinals but did not qualify for the CrossFit® Games. Invitational Athletes are not required to participate in the Qualifiers but will be subject to the registration costs associated with the Live Finals.

## Fees

To successfully complete the SiD UK Championships registration process, Athletes must submit the required fee. Registration is GBP £150 inc VAT per Athlete plus any associated costs from Competition Corner or currency conversion fees. All payments are final. No refunds or transfers will be permitted for any reason without the express consent of Strength in Depth.

## INVITATIONAL TEAMS (ELITE DIVISION)

The SiD UK Championships 2024 invites up to 10 Invitational Teams to compete at the final in the Elite division. The 10 Invitational Teams will be invited from Teams that competed at the Semifinals but did not qualify for the CrossFit® Games. Invitational Teams are not required to participate in the Qualifiers but will be subject to the registration costs associated with the Live Finals.

## Fees

To successfully complete the SiD UK Championships registration process, Teams must submit the required fee. Registration is GBP £600 inc VAT per Team plus any associated costs from Competition Corner or currency conversion fees. All payments are final. No refunds or transfers will be permitted for any reason without the express consent of Strength in Depth.

## DIVISION DESCRIPTIONS

**The Teens 16-17 level** will be aligned with the Intermediate division. This division is intended for Teen athletes who completed all of the CrossFit Games Open workouts as Rx and may have progressed to the Quarter or Semi Finals for their age group. They should be proficient in all of the Rx listed movements. Teen athletes may be required to handle odd objects.

The Teen 16-17 tests will be geared toward testing work capacity and skill in known domains. This division tests the full technical capacity of the athletes but may give some consideration to loading and volume where deemed appropriate.

**The Masters 35-39 level** will be aligned with the Rx division. This division is intended for Masters athletes who completed all of the CrossFit Games Open workouts as Rx and potentially went on to compete in the Quarter or Semi Finals for their age group. They should be proficient in all of the Rx listed movements.

The Masters 35-39 tests will be geared toward testing work capacity and skill in both known and unknown domains.

**The Masters 40-44 and 45-49 levels** will be aligned with the Intermediate division. This division is intended for Masters athletes who completed all of the CrossFit Games Open workouts as Rx and may have progressed to the Quarter or Semi Finals for their age group. They should be proficient in all of the Rx listed movements. Masters athletes in these divisions may be required to handle odd objects.

The Masters 40-44 and 45-49 tests will be geared toward testing work capacity and skill in known domains.

**The Masters 50-54 level** will be aligned with the Intermediate division. This division is intended for Masters athletes who completed all of the CrossFit Games Open workouts as Rx and may have progressed to the Quarter or Semi Finals for their age group. They should be proficient in all of the Rx listed movements. Rx athletes may be required to handle odd objects.

The Masters 50-54 tests will be geared toward testing work capacity and skill in known domains. This division tests the full technical capacity of the athletes but may give some consideration to loading and volume where deemed appropriate.

**The Masters 55+ level** will be aligned with the Scaled division. This division is intended for Masters athletes who completed less than half of the Open Workouts as RX and are not competent with all of the Rx listed movements. Masters 55+ will not perform high level gymnastic movements such as muscle ups, handstand push ups or heavier loadings in weightlifting but should be able to perform pull ups. Masters 55+ athletes may be required to handle odd objects or perform scaled versions of higher level gymnastics skills.

The Masters 55+ tests will be geared toward testing work capacity over skill.

**The Scaled level** competition is intended for those who completed less than half of the Open Workouts as RX and are not competent with all of the Rx listed movements. Scaled will not perform high level gymnastic movements such as muscle ups, handstand push ups or heavier loadings in weightlifting but should be able to perform pull ups. Scaled athletes may be required to handle odd objects or perform scaled versions of higher level gymnastics skills.

The Scaled tests will be geared toward testing work capacity over skill.

**The Intermediate level** competition is intended for those who completed all of the CrossFit Games Open workouts as Rx. They should have basic proficiency in all of the Rx listed movements but

potentially at lower volumes. Intermediate athletes may be required to handle odd objects.

The Intermediate tests will be geared toward testing work capacity and skill in known domains. Loading may be reduced for this division.

**The Rx level** competition is intended for those who completed all of the CrossFit Games Open workouts as Rx and potentially went on to compete in the Quarter or Semi Finals. They should be proficient in all of the Rx listed movements.

The Rx tests will be geared toward testing work capacity and skill in both known and unknown domains.

**The Elite level** competition is intended for those who completed all of the CrossFit Games Open workouts as Rx and went on to compete as a high finisher in the Quarter finals, in the Semi Finals or CrossFit Games. They should be highly proficient in all of the Rx listed movements.

The Elite tests will be geared toward testing work capacity and skill in both known and unknown domains.

## **WORKOUT FORMAT AND APPROVED EQUIPMENT/ATTIRE**

For all workouts, the workout format will be released by Strength in Depth and communicated uniformly to all Athletes online. The workout releases for 2024 will be synchronised with the release of workouts from the French Throwdown.

The workout format will include the following:

- Required movement(s)
- Start and end ranges of the movement(s)
- Required number of repetitions and/or repetition scheme
- Required equipment (NOTE: Including but not limited to standard Olympic-style barbells and plates, Concept2 rowers, 20-lb., 14-lb. and 10-lb. medicine balls (or kg equivalents), pull-up bars, gymnastic rings, jump ropes, dumbbells and other equipment commonly found in a CrossFit®-affiliated gym. Strength in Depth will not supply or make available any equipment.)
- Required amount of weight (NOTE: All weights will be released in kilograms. It is the Team's responsibility to use the correct loading. Collars or clips are not to be counted in the total weight.

- Time domain or time limit
- Scoring details – Strength in Depth may determine the winner by highest point total or lowest point total, or any method or combination of methods Strength in Depth selects. Point values for finishing position will be released before the start of the workout.
- Filming and submission guidelines, if any. In all stages of the SiD UK Championships competition, it is the Team's responsibility to adhere to the workout format. This includes performing all required movements to the described standard, counting and completing all required repetitions, using the required equipment and loads, meeting the time requirements, and meeting all submission standards. Modifying the workout format in any way is prohibited and will void the Team's score. Only Strength in Depth may provide official scaled versions of workouts for Athletes to perform. 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. Subject to Strength in Depth's prior approval, belts (not exceeding 4" in height), non-tacky gloves, hand tape, single-ply neoprene joint sleeves and common fitness wear may be allowed during competition. However, no grip assistance or weight support may be derived from any device worn. In general, gear is allowed that improves safety and/or comfort but does not confer advantage. Should the workout call for a pull-up bar to be used, 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.

Athletes should not at any time use gymnastics-style grips to wrap a barbell. For the purpose of avoiding ambiguity in video review any contact of gymnastics grips on a barbell will be considered as contributing to grip and will be scored as a no-rep.

## JUDGING

Judging and validation are required for workout results for all stages of SiD UK Championships. Judges are responsible for enforcing movement and workout standards, and for confirming the Individual Athlete or Team's score. For the qualifying stages, Individual Athletes or Teams must have their scores confirmed and validated under the observation of a Judge, during all workouts. Judges may perform their duties on site by judging and confirming scores to be submitted online for validation.

## 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. Therefore, Athletes and Judges should be familiar with the Uncommon Movement Clause: "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 workout movement can and will be disallowed. It is the responsibility of the Athlete to notify the Judge or Strength in Depth 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, at Strength in Depth'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 a Judge or Strength in Depth PRIOR to the beginning of the competition. Such instances are extremely rare and will be handled on a case-by-case basis.

## SCORE SUBMISSION AND VALIDATION

It is the sole responsibility of the Athletes to ensure the timely and successful submission of workout scores or videos for each Qualifier workout. Individual Athletes and Team Captains must submit their scores by 14:00 BST on the last day of the qualifying period. Submissions that are incomplete (missing information such as the complete score, the Team or Individual's name or the Judge's name, or containing video links that do not work, videos that are unsubmitted, incomplete, amended, filmed from a position that preclude effective judging etc.) will not be accepted.

Note: Strength in Depth reserves the right to extend the score submission deadline due to unforeseen circumstances. If the deadline is extended, Teams are permitted to complete or redo the lifts or workouts within the new timeframe provided. Scores then will be validated by a representative of Strength in Depth.

## VALIDATING AND VIDEO SUBMISSIONS

Individual Athletes' and Teams' only means of submitting a valid score, for each Qualifier workout, is to upload their score for the workout to the SiD UK Championships Competition Corner page. Teams must have their scores confirmed and validated under the observation of a Judge, during all Qualifier workouts. Qualifiers will require online video submissions. Score validation for any online video submission is the sole right of Strength in Depth. The Qualifier videos will be reviewed and scored by representatives of Strength in Depth. As part of this video review process, the Athlete or Team's posted score may be accepted, modified or invalidated. Reasons for modification or invalidation 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 (Note: Due to the visual distortion they create, fisheye lenses are not to be used in the filming of video submissions);

- Violation of the workout format, including movement standards;
- Workout attire that prevents the Judge from determining whether the Athlete is meeting the movement standards; and
- Miscounting repetitions. Video submissions may be invalidated or adjusted without warning and after the close of a workout. Individual Athletes or Teams submitting videos should have someone monitor their movement during the workout to ensure each repetition meets the required standards. Prior to submitting a video, Individual Athletes and Teams should review the video to ensure their reps meet the required standards; that the camera angle, distance and lighting permit the Judge to determine whether the movement standards are being met; and that there are no technical problems with the video itself.

## SCORING PROTOCOL

There are four possible outcomes in the judging and scoring of online video submissions:

- **Good Video:** The Athlete or Team 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 or Team demonstrates 1 to 4 “no reps” that may be removed from the Team’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 or Team demonstrates 5 or more “no reps.” In this case, the score may be modified by subtracting up to 15 percent from the total rep count. If there are multiple instances of violations across a range of different movements, major penalties may be stacked and aggregate to a modification of greater than 15%. If the score is posted in the form of a time, the total time to complete the workout will be adjusted at the discretion of Strength in Depth.
- **Invalid:** Over the course of the video, the Athlete or Team 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 Team’s score will be rejected, and the video will be removed from the Team’s score submission. The Team will have to submit a new video prior to the score submission deadline to receive a score for this workout.

## APPEALS

Appeals, scoring discrepancies or questions about the judging or scoring of online videos will be handled through [sport@strengthindepth.com](mailto:sport@strengthindepth.com). Only the affected Athlete or Team may appeal a result. Coaches or unrelated parties may not appeal on behalf of the affected Athlete or Team and correspondence entered into by such persons will not be considered. Athletes and Teams may not appeal their own performance based on the judging, scoring or performance of another Team. Violation of the judging standards by a Judge may result in disciplinary action against the gym and/or the Judge(s) involved. During the appeals process, meeting submission requirements and deadlines is still the responsibility of the Athlete or Team. PRIOR to the score submission deadline Strength in Depth must be notified at [sport@strengthindepth.com](mailto:sport@strengthindepth.com) of any undetermined rulings or potentially late score submissions. Notifications received after the Qualifier deadline will not be considered.

## VIDEO SUBMISSION APPEALS PROCESS

An Athlete or Team submitting a video for review will receive an email message from Strength in Depth if the score posted with the video is modified. The message will give a brief description explaining the reason for this change in score. Any Athletes or Teams who disagree with their score modification must contact [sport@strengthindepth.com](mailto:sport@strengthindepth.com) 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. Strength in Depth will review the appeal and the video in question in order to render a final scoring decision. This decision will be communicated via email.

## RANKING

The Strength in Depth website will host the official leaderboard. The leaderboard will also be available on Competition Corner and may also be made available to 3rd parties upon request. Athletes and Teams will be ranked on The SiD UK Championships leaderboard based on their performance relative to other Athletes and Teams in their division. Ties on the overall leaderboard 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 tiebreaker criteria are offered at the time of scoring. 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 a competition wins that competition.

## SUBMITTED SCORES

Scores posted by video submission may be validated, invalidated or modified through the assessment of minor or major penalties. Furthermore, scores may be removed at any time at the discretion of Strength in Depth. Common reasons for adjustment and/ or removal of scores include unacceptable movement standards, improper rep counts or a poor-quality video submission. If a registered Athlete or Team fails to submit a score for any reason (e.g., skips a workout, has a workout invalidated, cannot complete the stated minimum score or cannot complete a single repetition), that Athlete or Team will receive a score of "0" for that workout and be ranked below all Athletes and Teams that post a score for that workout. Athletes or Teams receiving a "0" score will maintain an overall rank on SiD UK Championships leaderboard.

# FINALS

## LIVE FINALS

Friday 5th – Sunday 7th July 2024, Birmingham NEC Indoor Arena. The top qualifying Teams and Individuals (+ Invitational Teams and Individuals) will advance to the Live Finals to compete for the title of Champion 2024. Athletes or Teams will only qualify via the prescribed qualification process or by invitation following dropouts (for any cause). Invitations due to dropouts will be extended by a stepwise process of positions offered by back-filling in descending rank from the last confirmed qualifying position. Strength in Depth will not back fill any Athlete or Team who has failed to submit valid scores for any of their qualifying videos. Athletes or Teams invited by this process must adhere to the timeline stipulated in their Invitational email, irrespective of whether the Athlete or Team has read it. Strength in Depth accepts no responsibility for communications unread or undelivered for any cause leading to the accidental failure to accept an Invitational position.

The following divisions will compete in a three day competition from Friday 5th - Sunday 7th July: Female Elite, Male Elite, Female Rx, Male Rx, Team Elite, Team Rx. All remaining divisions will compete in a two day competition from Saturday 6th - Sunday 7th July.

## INVITATIONAL INDIVIDUALS AND TEAMS (ELITES)

Up to 10 Invitational Teams and 20 Individuals (selected from Individuals and Teams that competed at the Semifinals, but did not qualify for the CrossFit® Games) may also advance to the Live Finals, competing on a single unified leaderboard with the qualified Teams.

## REGISTRATION PROCESS INDIVIDUALS, MASTERS AND TEENS

Shortly after qualifying for SiD UK Championships all Athletes who wish to compete in the

Final will receive an email containing instructions on how to register for the Final and pay the registration fee (GBP £150 inc VAT or GBP £100 inc VAT for Teens). The email will also provide a general overview of information with regards to the competition, accommodation options, waiver link, a basic schedule listing the dates and times for check-in and orientation. Athletes who have questions before travelling to the Finals may contact [hello@strengthindepth.com](mailto:hello@strengthindepth.com) for assistance.

***Coaches must purchase a valid 'Coaches Pass' for the weekend, entrance fees do not include a Coaches Pass***

## REGISTRATION PROCESS TEAMS

Shortly after qualifying for SiD UK Championships all Teams who wish to compete in the Final will receive an email containing instructions on how to register for the Final and pay the registration fee (GBP £600 inc VAT). The email will also provide a general overview of information with regards to the competition, accommodation options, waiver link, a basic schedule listing the dates and times for Team check-in and orientation. Teams who have questions before travelling to the Finals may contact [sport@strengthindepth.com](mailto:sport@strengthindepth.com) for assistance.

## FEES

To successfully complete the SiD UK Championships registration process for the live finals, Teams and Athletes must submit the required fee. Finals registration is GBP £600 inc VAT per Team and GBP £150 inc VAT per Individual Athlete (GBP £100 inc VAT for Teens) plus any associated costs from Competition Corner or currency conversion fees.

All payments are final. No refunds or transfers will be permitted for any reason without the express consent of Strength in Depth.

## TEAM COMPOSITION AND ELIGIBILITY

To be eligible to compete in the SiD UK Championships Finals a Team must be:

- registered as a Team on Competition Corner;
- comprised of a minimum of 4 Athletes (2 Athletes must be male and 2 must be female);
- have paid the Live Finals competition entry fee (£600 inc VAT)

Each finals Team must comprise a minimum of 4 Athletes (2 Athletes must be male and 2 must be female). Teams can register a total 2 substitute Athletes at the time of on-site check-in at the final (only to be called on in case of injury - 1 Male and 1 Female) as well as a Coach.

***Coaches must purchase a valid Coaches Pass' for the weekend and substitutes must purchase valid spectator tickets for the weekend.***

To be eligible for selection for the finals, Athletes must have been registered within the Team's roster on Competition Corner at the time of the initial Qualifier registration. If a Team who has qualified for the final are unable to field a full Team from its original roster of 4 Athletes, they may request to add additional Athletes to their Team. The Team must be able to provide evidence that they are unable to field a Team with their original roster and pay a £50 admin fee for any additional Athletes they wish to include.

### **ONSITE CHECK-IN**

The dates, location and travel information for the Finals will be distributed on the Strength in Depth website and/or through email to Athletes and Teams. It is the responsibility of each Individual Athlete and Team Captain to ensure that they and their Teams are aware and meet all required travel and scheduling commitments. This includes, but is not limited to, all non-competition appearances and media commitments. Teams are required to designate a point of contact with Strength in Depth (their Team Captain) at registration and maintain this for the duration of the Finals. Individual Athletes and Team Captains will receive full registration check in details 1-2 weeks prior to the Finals.

### **EVENT ANNOUNCEMENTS**

Individual Athletes and Teams will compete in multiple workouts, over the three competition days (Teens, Intermediate, Scaled and Masters 40-44, 45-49, 50-54 & 55+ will compete over 2 days only). In keeping with the spirit of the Finals, the schedule and workouts will be released shortly before the competition begins. Workout details will be released prior to the start of a workout and transmitted in a consistent manner for all eligible Athletes and Teams.

### **WORKOUT FORMAT AND APPROVED EQUIPMENT/ATTIRE**

For all workouts, the workout format will be released by Strength in Depth and communicated uniformly to all Athletes online. The workout releases for 2024 will likely occur throughout the week of the event (w/c Monday 1st July 2024).

Equipment and attire rulings will be consistent with those in the qualifiers. Athletes should additionally be aware of the following rules for the swim and run events:

**Swim:** Neoprene suits, with or without sleeves, and neoprene shorts are NOT PERMITTED under any circumstances during the swimming events. Athletes choosing to wear such items will be

disqualified from swimming events and will score zero for their individual performance or team. Non-buoyant rash guards may be worn at the sole discretion of the event staff. Athletes should maintain a reasonable expectation that such garments will be prohibited where on-site officials believe that their use may lend advantage to the athlete, irrespective of whether such an advantage is real or merely perceived.

**Run:** There may be a trail run at the SiD UK Championships Live Final. The terrain is irregular and may also be wet. Athletes are strongly advised to wear appropriate trail running shoes for such an event.

### **ONSITE BRIEFING**

Individual Athletes and Teams will be briefed on workouts through scheduled workout briefings. It is the responsibility of each competing Athlete and Team to attend all workout briefings and all events on the competition schedule. Athlete attendance is mandatory for the daily briefings. The time and location of the briefings will be communicated to all Athletes. Athletes who are late to, or absent from, a briefing may lose the right to appeal any decision made during the competition and may also be disqualified from further competition. Demonstration of a workout's movement standards, including the acceptable ranges of motion, or demonstration of unacceptable movements or ranges of motion, is not required. Such demonstration methods will be used at the discretion of the Head Judge and/or onsite Competition Director. Judges will confirm scores and enforce movement standards for each workout. Judges will attend Athlete briefings as well as their own briefings to prepare for each workout. Should any Athlete or Team require a translator for the workout briefing, they will need to speak with the Head Judge on site to receive approval for the translator to be present.

### **LEADERBOARD RANKINGS**

Performances will be ranked in each workout. Points will be assigned according to an Athlete or Team's relative rank (i.e., performance when compared to the performance of other Athletes and Teams). These points will be used to rank the Athletes and Teams on the SiD UK Championships Leaderboard. Ties on the overall leaderboard 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. 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 a competition wins that competition. As the competition unfolds, only the top-ranked Athletes and Teams may be selected to continue in the competition.

## FINAL PRIZE POT

There is a £21,500 prize pot that will be divided amongst all competing divisions. Proposed prize pot split will be announced when the Qualifiers conclude.

## SCORING

Specific scoring formats will be provided when the workout formats are announced and during on-site briefings. Workouts may have time penalties. Failure to complete a workout within the designated time may result in a specified penalty for any portion of the workout not completed or may result in the Athlete or Team not advancing to the next workout, regardless of overall rank. Workouts may have a minimum work requirement in terms of the amount of time, repetitions, weight or rounds to be completed in order to advance. Any such minimums will be announced as part of the workout format. Failure to complete the minimum work requirement may cause the Athlete or Team not to advance in the competition, regardless of overall rank. Workouts may use chip timing (transponders) for official timing. For chip-timed workouts, the chip will be placed on the same area of the body for all Athletes. The official time for each Athlete or Team will be recorded when the transponder reaches the finish mat or crosses the finish line. If an Athlete or Team does not advance to the next workout for any reason (DNF, injury, etc.), the Athlete or Team will be ranked below all competitors or Teams who started that workout and will be disqualified from the competition. Upon request, a suitable replacement may be considered in order to allow a Team to continue to complete workouts, but the Team will not contribute further scores.

## APPEALS

On-site appeals, workout protests or scoring questions will be filed by the Athlete or Team Captain with the Head Judge immediately following the workout or at the earliest possible opportunity. If the workout Head Judge is unavailable, a Competition Director or alternate Head Judge can begin the appeals process. Judgement calls made during a workout are final and are not negotiable or subject to change, modification or appeal. In addition, Teams may not protest discrepancies related to the judging, scoring or performance of another Team.

## APPEALS PROCESS

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

- The Individual Athlete or Team's Captain only (no coaches or other Athletes may be involved) will state the case and request an Appeals Form from the Head Judge for the workout in question.
- If granted the right to appeal, the Individual Athlete or Team Captain will fill out the Appeals Form completely, providing the Individual or Team's name and workout information

(including workout number, heat number and lane number), and a detailed description of the issue in question. As soon as possible and prior to the end of the competition day, the Individual Athlete or Team Captain will return the Appeals Form to the Head Judge.

- The workout Head Judge, the involved Judge(s) and the on-site Competition Director will review the submitted Appeals Form and communicate to complete the fact-finding process for the issue in question. Strength in Depth has final authority on all Athlete workout appeal decisions and may delegate this authority to the Head Judge.
- Video, photos, cell phone media or any other media will not constitute grounds for changing or modifying a decision, score or entry made by a workout Judge but may be requested to assist the fact-finding process.
- It should be noted that where video review is conducted, the Athlete or Team requesting the review acknowledges that the content of the video will be reviewed in full and that the potential exists to have scores modified to either their benefit or detriment.
- Nothing in these procedures concerning workout appeals, scoring discrepancies, workout movement standards or range of motion requirements should be read as a limitation on Strength in Depth's right to run or operate any Strength in Depth supported or sponsored workout as it sees fit in its sole and absolute discretion. The Head Judge and Strength in Depth's decisions are final. This includes the right to remove or disqualify any Team at Strength in Depths sole and absolute discretion.

## INJURY POLICY

Any Athlete or Team who is unable to finish a workout due to injury, or who requires medical attention following the completion of a workout, must receive clearance from the medical staff and Head Judge or on-site Competition Director before returning to competition. The Head Judge or on-site Competition Director 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. Injuries to the head or neck will immediately preclude an Athlete from further participation in the workout. Athletes or Teams who miss their heat for a workout due to injury or while undergoing medical treatment or assessment will be disqualified from the competition. If any Team member is disqualified from competition due to injury, the Team may continue to participate if the Team can replace the injured Athlete with one of their 2 substitute Athletes. The Team composition must remain the same after the substitution ensuring that the Team still has 2 males and 2 females. Teams are limited to one Athlete substitution at the finals, if more than one Athlete substitution is requested due to injury, the Team can continue within the competition, however their Team score will be void and the Team will score maximum penalties in each workout.

## **ATHLETE/TEAM ENTOURAGE**

Every Athlete or Team may take their Team captain/coach into the warm-up area as well as Athlete Area. The Team Captain/Coach must present the required credentials to enter this area. All other competition areas (the competition floor) are off-limits to Team captains/Coaches. Any additional coaches, personal therapy providers or Athlete entourage are considered general admission spectators and will not be allowed to access warm-up areas or restricted Athlete-only areas. Athlete rehabilitative medical staff (soft-tissue care and body-care providers) will be provided by Strength in Depth in a designated space close to the Athlete Area. Any Athletes using their own personal therapy providers (masseuses, physical therapists, chiropractors, etc.) must do so in public areas only.

## **FINALS PRIZES**

Prizes will be awarded to the podium placed Athletes and Teams, 1st place; 2nd place; and 3rd place by division. Additional prizes may be made available by sponsors, suppliers, and vendors. It is the responsibility of the winners of these prizes to organise shipment should it be necessary. All prizes are awarded at the sole discretion of Strength in Depth. Payment of prizes will be made by BACS transfer in one transaction i.e not split amongst 4 competing Athletes. Any bank charges arising from this transfer will be charged to the prize winner. All prizes are awarded at the sole discretion of Strength in Depth.

# **CONDUCT**

## **SPORTSMANSHIP**

All Teams/Athletes agree to compete in a sportsmanlike manner. Unsportsmanlike behaviour, such as arguing with an official or representative of Strength in Depth, taunting, heckling, fighting or any conduct that would bring disrepute upon Strength in Depth, the competition, other competitors, or spectators or workout sponsors, as determined by Strength in Depth, in the eyes of the viewing public or the affiliate community, may be grounds for penalty, suspension, disqualification, removal from the workout, disqualification from future workouts or legal action.

All Teams/Athletes agree to put forth suitable effort in every workout or workout. Deliberately doing less work or performing at a level below what one is capable of (referred to as "sandbagging") in order to gain advantage in another workout or over another Athlete or Team is prohibited. Any Team/Athlete deemed by Strength in Depth to be "sandbagging" may be penalised or disqualified from competition, as Strength in Depth sees fit in its sole discretion. Any action that prevents another Athlete from having a fair opportunity to compete (e.g., abuse or alteration of equipment or refusal to follow instruction) or that interferes with Athlete and Judge

communication (e.g., external noise devices, bull horns, air horns, etc.), or is generally disruptive to the workout, is not allowed. Teams/Athletes will be held accountable for the behaviour of their coaches, Teammates, Team managers, supporters and guests. If the conduct of any member of such a group or groups is deemed by Strength in Depth to be unsportsmanlike or disruptive to the competition, then the coach, Teammate, supporter, guest, and/or Athlete is subject to the same disciplinary actions.

This is not an exhaustive list and is meant as a guide for Teams, Athletes, coaches and other attendees. This is not intended as a limitation on The Strength in Depth's rights to operate SiD UK Championships in any manner it sees fit. Strength in Depth reserves the right to terminate the participation of any Team, Athlete, coach, staff, volunteer, Judge, visitor, guest, supporter, Teammate and/or spectator attending or viewing any sponsored, sanctioned or supported Strength in Depth workout at any time, with no further obligation or duty to such Individual. All information provided, either in registration submissions, video submissions, scores, times, reps or rounds completed, must be the complete truth. A lack of integrity, or any actions that evince an intent to cheat or circumvent the rules or intent of the rules of Strength in Depth, including lying (as one example), will result in disqualification. Strength in Depth has and may delegate to an on-site director the absolute authority on any final ruling, including, without limitation, disqualification of an Athlete, removal of spectators or dismissal of any attendee.

## **ALLEGATIONS OF MISCONDUCT**

An Athlete may contact [sport@strengthindepth.com](mailto:sport@strengthindepth.com) to file an investigation into unfair practices or rule book violations by Athletes, Teams or Judges. Strength in Depth may enter discourse with the complainant in order to initiate the investigation where it is deemed warranted or appropriate. Due to the extreme penalties associated with unsportsmanlike behaviour, the on site staff will require a significant burden of proof to implement action. Hearsay from athletes is not sufficient in its own right to instigate disciplinary action. Video evidence may be used as supporting evidence but must be unequivocal in terms of both action and intent.

# **RIGHTS**

## **COMMERCIAL RIGHTS**

The organiser retains all commercial rights relating to the competition. Strength in Depth will allow Team t-shirt branding and branded Team names. Payment of Qualifier or final entry fee, or any other event ticket, e.g. spectator tickets, does not confer any rights (by implication or otherwise) on you to use, alter, copy, or otherwise deal with any of the symbols, trademarks, logos and/or intellectual property belonging to Strength in Depth. You are not permitted to promote,

market, sell, or distribute products or services without an agreement with Strength in Depth. You shall not bring into the venue or display or distribute (whether for free or not) at the event any sponsorship, promotional or marketing materials. Anyone engaged in unauthorised promotional activity will be asked to leave the venue without compensation.

### **IMAGE RIGHTS**

By attending the event, you give your express consent to your actual or simulated likeness being included within any film, photograph, audio, and/or audiovisual recording to be exploited in any and all media for any purpose at any time throughout the world, the copyright to which shall be owned by the organiser or its contractors without payment or compensation. If you attend an event with your child aged under 18 years you give the foregoing your express consent on their behalf. This includes filming by the police or security staff that may be carried out for the security of customers.

### **TERMS AND CONDITIONS (ALL ATHLETES)**

Strength in Depth is not responsible for any inaccurate entry information, whether caused by website users or any of the equipment or programming associated with or utilised in SiD UK Championships. Strength in Depth assumes no responsibility for any error, omission, interruption, deletion, defect, or delay in operation or transmission of any website related to SiD UK Championships, or for communications line failure, or for theft or destruction, tampering, or unauthorised access to entries, registration, participation, and/or entry information. Strength in Depth is not responsible for any problems or technical, hardware, or software malfunctions of any telephone network or telephone lines, failed, incorrect, inaccurate, incomplete, garbled or delayed electronic communications, whether caused by the sender or by any of the equipment or programming associated with or utilised in SiD UK Championships computer online systems, servers or providers, computer equipment, software, failure of any email, submission or entry to be received by Strength in Depth due to technical problems, human error or traffic congestion, unavailable network connections on the internet or any website, or any combination thereof, including any injury or damage to a participant's or any other person's computer relating to or resulting from participating in SiD UK Championships or downloading any materials related to SiD UK Championships. Strength in Depth may disqualify any Individual it finds to be tampering with the entry, registration or submission process or the operation of SiD UK Championships or the website, or any website related to SiD UK Championships; to be acting in violation of the official rules; or to be acting in an unsportsmanlike or disruptive manner, or with intent to annoy, abuse, threaten or harass any other person. Any use of robotic, macro, automatic, programmed, or other such entry methods will void all such entries by such methods. In the event of a dispute as to entries submitted by multiple users having the same identifying information, Strength in

Depth reserves the right to determine, at its sole discretion, the correct submission in accordance with the rules. If, for any reason, Strength in Depth are not capable of running as planned by reason of infection by computer virus, bugs, worms, tampering, unauthorised intervention, fraud, technical failures, or any other causes beyond the control of Strength in Depth which, in the sole opinion of Strength in Depth, are corrupt or affect the administration, security, fairness, integrity, or proper conduct of SiD UK Championships, Strength in Depth reserves the right to void suspect registrations or submissions and/or to cancel, terminate, modify, or suspend SiD UK Championships and select the winner from among all eligible, non-suspect registrations or submissions received prior to cancellation, termination or suspension. Strength in Depth has no obligation to operate or produce SiD UK Championships (or any part thereof), and there is no obligation to broadcast SiD UK Championships, even if SiD UK Championships takes place. In the event that SiD UK Championships competition is cancelled, Strength in Depth (or any party) has no obligation to award any prizes. All decisions by Strength in Depth concerning eligibility, qualifying for and judging related to SiD UK Championships are final and not subject to challenge or appeal.

Strength in Depth shall own and shall have no obligation to return or maintain any materials submitted as part of the qualification or registration process for SiD UK Championships

***UNDER NO CIRCUMSTANCES WILL STRENGTH IN DEPTH BE RESPONSIBLE OR LIABLE FOR ANY DAMAGES OR LOSSES OF ANY KIND, INCLUDING DIRECT, INDIRECT, INCIDENTAL, CONSEQUENTIAL OR PUNITIVE DAMAGES ARISING OUT OF ACCESS TO AND USE OF THE STRENGTH IN DEPTH WEBSITE OR THE DOWNLOADING FROM AND / OR PRINTING OF MATERIAL DOWNLOADED FROM SAID SITE.***

### **TERMS OF SALE**

We use Competition Corner to process our Team registrants so please note you will be subject to their standard terms of sale. After you make a payment (deposit or full) you will receive an email acknowledging your payment. If you have not received an email from us within 48 hours of making payment, please contact us at [hello@strengthindepth.com](mailto:hello@strengthindepth.com). Entry fees are sold subject to our right to alter or vary the published event programme. We reserve all rights in this regard. Any published start and finish times at the final are estimates only and are subject to change. We are not liable for any change of a published start or finish time. Entry fees are not transferable.

### **REFUND POLICY**

From the moment we begin to organise an event we start to incur costs. The Qualifier fee is spent securing the venue, placing deposits, renting/buying equipment, etc. Consequently, we DO NOT

refund Qualifier fees once a payment (deposit or full) has been made. For those Teams invited to the final there will be an additional entry fee for this two-day event. If, after receiving such fees, we are forced to cancel the final then all these Teams will receive a full refund (less any booking fees). Refunds will only be made to the company or person who made the payment. Arrangements including travel, subsistence, and accommodation in relation to the event which have been arranged by you are made at your own risk and Strength in Depth will not have any liability for any such loss of enjoyment or wasted expenditure.

#### **DATA PROTECTION**

To the extent permitted by law and with your consent, personal information provided by you to Strength in Depth will be used for all purposes reasonably connected with the operations of Strength in Depth and SiD UK Championships, including (but not limited to): providing you with details of forthcoming connected events, offers and services; providing you with updates as to the latest concessions or any changes thereto and information concerning competitions and other promotional activity; supplying you with the goods that you request or in which Strength in Depth reasonably believes you may be interested; conducting market research and establishing customer profiles; and transferring or disclosing the information provided to the Promoter's professional advisors and such other parties as it considers necessary in the administration of its business. Strength in Depth will not use or disclose your personal information other than as set out in these terms & conditions without your prior consent. If you have any queries about this, please contact [sport@strengthindepth.com](mailto:sport@strengthindepth.com). You will be given the opportunity to unsubscribe from any e-mail communications you receive from Strength in Depth by following the unsubscribe link.

#### **LIABILITY**

You agree that Strength in Depth, its servants or agents will not be liable for any loss, injury or damage to any person (including yourself) or property however caused (including by Strength in Depth or its employees or agents): in any circumstances unless due to the negligence of Strength in Depth, its employees or agents; in circumstances where such loss or damage is not a reasonably foreseeable result of any such breach (save for death or personal injury due to the negligence of Strength in Depth, its servants or agents); and/or, to the extent that any increase in any loss or damage results from the breach by you of any of these terms & conditions. For the purposes of these terms & conditions, 'Force Majeure' means any cause beyond the organiser's control including, without limitation, an act of God, war, insurrection, riot, civil disturbances, acts of terrorism, fire, explosion, flood, royal mourning, national mourning, theft of essential equipment, malicious damage, strike, lock out, adverse or extreme weather, third party injunction, national defence requirements, and/or acts or regulations of national or local governments. Strength in Depth will not be liable to you for failure to perform any obligation under these

terms and conditions to the extent that the failure is caused by Force Majeure. You agree that Strength in Depth shall not be liable to you for any indirect or consequential costs, claims, actual or alleged losses howsoever arising out of or in connection with SiD UK Championships and/ or our obligations hereunder including, but not limited to, loss of profits, anticipated profits, savings, business or opportunity, or loss of publicity or loss of reputation, or opportunity to enhance reputation, or loss of contract or other economic or consequential loss arising from the performance (or any failure to perform) these terms & conditions. Strength in Depth will not have any liability to you whatsoever for loss or expenses incurred in connection with SiD UK Championships or any cancellation of the event, including, without limitation, costs of any personal travel, accommodation or hospitality arrangements made relating to the event or the cancellation of the event.

**STRENGTH**  
**IN**  
**DEPTH**  
**UK CHAMPIONSHIPS**