

FUNCTIONAL FITNESS FESTIVAL

GERMAN

**THROW**

**DOWN**

2025

**2026 COMPETITION  
RULEBOOK**

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# The German Throwdown

The German Throwdown is an annual global competition consisting of two stages: the Qualifier and the Final. This rulebook governs all stages of the German Throwdown competition.

If athletes have any questions, concerns, or issues in general, they should contact [info@germanthrowdown.de](mailto:info@germanthrowdown.de).

For questions regarding Circle21, athletes should contact [contact@circle21.app](mailto:contact@circle21.app).

## Terms and Conditions for the Competition

**In the text, the term "participant" is used to refer to individuals of all genders.**

The German Throwdown (shortened as GTD) is an elite fitness competition that is open to everyone. In order to participate, all participants must accept the terms and conditions. By taking part in the GTD, participants agree to the terms and conditions, privacy policy, and waiver.

## § 1 REQUIREMENTS FOR PARTICIPATION

- 1) Participants must meet the following criteria in order to compete:
  - a. Participants must have reached the age of majority under German law at the time of the competition. For participants who are underage according to German law, they must provide a written consent form signed by their parent or legal guardian before the commencement of the competition. The form must clearly express the parent or guardian's agreement to the underage participant's involvement in the competition. The organizer reserves the right to verify the authenticity of the consent form. Failure to produce valid consent will result in disqualification.

- b. Participants must register for the online qualification by providing all required information and consenting to these terms & conditions, privacy policy and waiver.
- c. Participants are required to register through the online service provided by Circle21 (C21) at the designated event URL.
- d. Participants are also required to pay a registration fee, all of which include VAT, with the exception of Circle21 fees.

**Registration Fees:**

- 31,90€/36,90€/41,90€ for Individual Athletes
- 63,80€/73,80€/83,80€ for Teams

The exact amount depends on the available spots per quota.

Participants must also agree to possible doping tests without restrictions.  
The World Anti-Doping Code can be found here:

<https://www.wada-ama.org/en/resources/the-code/world-anti-doping-code>

## § 2 DIVISIONS

1) The organizer offers the following divisions:

- Elite Female (open age)
- Elite Male (open age)
- Intermediate Female (open age)
- Intermediate Male (open age)
- Scaled Male (open age)
- Scaled Female (open age)
- Master Female 35+ (born on or before 7.11.1991)
- Master Male 35+ (born on or before 7.11.1991)
- Master Female 40+ (born on or before 7.11.1986)

- Master Male 40+ (born on or before 7.11.1986)
- Elite Teams of 2 (M/M, M/F, F/F) (open age)
- Intermediate Teams of 2 (M/M, M/F, F/F) (open age)
- Scaled Teams of 2 (M/M, M/F, F/F) (open age)
- Masters 70+ Teams of 2 (M/M, M/F) \*
- Masters 80+ Teams of 2 (M/M, M/F) \*\*

\* The total age of all Team Members on 7.11.2026 must be 70 or older

\*\* The total age of all Team Members on 7.11.2026 must be 80 or older

- 2) Participants must select the division they wish to compete in and ensure they **meet the eligibility requirements for that division.**

GTD Elite Division - what you should be able to do:

- 120/80 kg Clean & Jerk (1RM)
- 100/70 kg Snatch (1RM)
- Familiarity with all standard Rx gymnastics movements  
(e.g.: BMU, RMU, Handstand Walk, strict HSPU)

GTD Intermediate Division (you're not eligible if you're meeting 1 of those 5 points)

1. No participation in the GTD 2025 Elite Division
2. No participation in the other Elite Division Finals in the past 2 years (Indi & Team)
3. No qualification for the CrossFit Semifinals in the past 3 years
4. No Crossfit Open Top 1500 in the past 2 years (worldwide)
5. Athletes must not meet the minimum requirements for the Elite Division

GTD Scaled (You are a Scaled Athlete, if you can meet (but NOT overshoot) these conditions) :

Push-ups

Pull-ups (singles)  
Leg raises  
Single unders  
Wall-ball shots (6 / 4 kg)  
All dumbbell movements (15 / 10 kg)  
All kettlebell movements (16 / 12 kg)  
Snatch (35 / 25 kg)  
Clean & Jerk (50 / 35 kg)  
Deadlift (70 / 45 kg)

- To compete in the Intermediate Division, athletes must not meet the minimum requirements for the Elite Division, for Scaled Athletes must meet the announced requirements for Scaled Division.
- To evaluate the eligibility of all participants, we will evaluate all available media and we reserve the right to exclude individuals and team if there is clear evidence that our guidelines are not met, even certain lifts are not available.

Example: If we see someone T&G Power Snatching 90kg we assume this athlete will be able to Snatch 100kg

Please note: A participant may compete in more than one division for the qualifier round only. For example, a Master category athlete can compete in the Elite division or an individual participant can compete in a team division for the qualifying stage. This, however, would require multiple accounts on Circle21. Each registration triggers a separate payment of the registration fee. In the event of qualifying in more than one division, a participant must select a single division to compete in for the final event.

- 3) A team will consist of two athletes. A team captain will set up the team with the team name and the specific team member. No inappropriate team names are allowed. In case of injury a teammate can be substituted. If a substitution

throughout the qualifier period is necessary, teams may redo ALL qualifier workouts to ensure that the entered scores are achieved with the final set of team members. After the end of the qualifier period, NO team member change is allowed for the final event.

## § 3 CODE OF BEHAVIOR DURING COMPETITION, DECISION OF JUDGES

- 1) All participants are expected to maintain the highest standards of sportsmanship and fair play throughout the duration of the competition. Any form of unsportsmanlike behavior, including but not limited to, cheating, use of prohibited substances (doping), instigating conflicts, disturbing or obstructing another athlete, and engaging in discriminatory or racist behavior towards other participants, sponsors, or the organizer, will be severely penalized. Penalties may include immediate suspension, disqualification, and/or permanent exclusion from the GTD. This also applies to any actions or behaviors which could potentially harm the reputation of GTD, infringe upon the rights of other parties involved, or prevent other parties from participating in GTD in a fair and equal manner.
- 2) Decisions of judges and the organizer are binding and final.

## § 4 QUALIFICATION (ONLINE COMPETITION)

- 1) Participants are required to complete the specified workouts as part of the qualification process. Detailed descriptions of each workout for the online competition will be provided via the official GTD communication channels. These descriptions will outline all necessary information to correctly perform the workout, including but not limited to, the exercises involved, their start and end positions, forbidden execution techniques or equipment, repetition counts

or schemes, time requirements and any necessary equipment or weight specifications. It remains the participant's responsibility to strictly adhere to these workout formats throughout all stages of the competition, including the qualification stage. 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.

2) Descriptions will contain relevant workout criteria, like:

- Prescribed exercises including start and end position. As well as forbidden execution, technique or equipment.
- Prescribed number of repetitions or repetition scheme and/or time.
- Prescribed equipment (if necessary). Rowing has to be done on a Concept2 rowing machine with a PM5 monitor. Bike has to be a Concept2 Bike Erg.
- Prescribed weight in kilograms (if necessary). If the athlete uses lbs-weights the athlete has to convert in kilograms (1 kg = 2,2 lbs).
- Time limit

In all stages of competition, it is the athlete'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.

3) Registration dates:

- Individual registration starts January 29th and lasts until July 4th 23:59h CEST
- Team registration starts January 29th and lasts until July 11th 23:59h CEST

4) Online qualification for Individual and Teams consists of three workouts.

All workouts will be released at the beginning of the qualifier period.

Online competition starts and ends on dates published on Circle21.

The organizer reserves the right to make changes.

- 5) Scores must be submitted by the respective deadlines specified for each workout. Submissions must be made latest on **the last evening at 23:59 (CEST)**. Any results submitted after this deadline will not be accepted, and only scores submitted correctly and within the specified time will be considered valid. It is the participant's responsibility to ensure that their scores are submitted in a timely and accurate manner.
- 6) A judge is highly recommended. Judges must uphold the standards and must be present during the entire workout watching/judging the participant.
- 7) Participants in all divisions are required to record and submit a video of their workouts for verification purposes. The video must clearly display the entirety of the workout and movement standards.
- 8) There are four possible outcomes that may be applied by the GTD internal review team in the judging and scoring of online video submissions:
  - Good Video: The athlete meets the required movement standards and the score posted is correct. The score will be accepted.
  - Valid With Penalty: The athlete did NOT meet the required standards and the score posted has been adjusted to reflect the penalty.
  - Zero (0) Score: Over the course of the video, if the athlete fails to complete the workout as required, or they complete the wrong movements, GTD reserves the right to adjust their score to 0. If the athlete receives a 0 score, the rest of their score submissions for the competition will remain on the leaderboard.
  - Invalid: GTD reserves the right to invalidate a score submission if it is determined that the athlete is acting with malicious intent to manipulate the workout to gain an unfair advantage. If an athlete's score is invalidated, all of their scores for the competition will be removed from the leaderboard.

Note: A score adjustment occurs when an athlete's score needs to be modified based on miscounted reps, no reps, or a combination of the two. A score adjustment may stand alone or be applied in conjunction

with a result from a penalty as described above. GTD will apply time penalties based on the movements and/or circumstances in any given workout. Time penalties may vary by movement and context, and GTD reserves the right to update time penalties for movements based on the specifics of the overall workout.

Participants have the right to redo and resubmit their workouts in compliance with the standards. However, participants must ensure that the submission meets the relevant deadline.

- 9) GTD will not be held responsible for any issues or technical hardware or software malfunctions that may occur during the recording or submission of the video. It is the participant's responsibility to ensure that the video is recorded accurately and submitted correctly.
- 10) The following numbers of athletes (including wildcards) will be invited to the finals after qualification:
  - 20 Elite Male and 20 Elite Female
  - 20 Intermediate Male and 20 Intermediate Female
  - 20 Scaled Male and 20 Scaled Female
  - 10 Master 35 Male and 10 Master 35 Female
  - 5 Master 40 Male and 5 Master 40 Female
  - 20 Elite Teams M/M, F/M, F/F each
  - 20 Intermediate Teams M/M, F/M, F/F each
  - 40 Scaled Teams M/M, F/M, F/F each
  - 10 Masters 70+ Teams M/M, F/M each
  - 5 Masters 80+ Teams M/M, F/M each

The organizing committee may additionally extend a limited number of wildcard entries. These entries allow athletes to bypass the qualification process and receive a direct invitation to the finals. The decision to grant wildcard entries is at the sole discretion of the organizing committee.

## § 5 QUALIFICATION SCORING SYSTEM

- 1) Scoring of each workout of GTD is based on fastest time, most repetitions or highest weight and will be shown on the website. Every incorrect or invalid repetition according to standards will be judged as a norep.
- 2) If the workout is based on fastest time, the ranking will go from fastest to slowest time in which the entire workout is finished. If the workout is based on the highest number of repetitions, the ranking goes from highest to lowest number of repetitions. If the workout is based on highest weight, the ranking goes from highest to lowest weight.
- 3) For individuals, it will simply be their score. For teams, it will be the sum of the scores. The team captain has to make sure that the scores are entered correctly (Circle21 will add scores according to the workout standards) and the video links are valid and viewable for the competition judges.
- 4) Ranking follows the following system: The participant who is placed first gets one point, second gets two points, third gets three points, ..., 103<sup>rd</sup> gets 103 points etc. The athlete who has the lowest sum of points after all three qualification workouts is first, the one with the second lowest sum of points is second etc.
- 5) The participant is obligated to submit their scores through the platform, adhering strictly to the outlined standards of performance for each workout. A judge should also be present during the execution of the entire workout. This judge is responsible for ensuring that the participant adheres to the movement standards, counting the repetitions accurately, and verifying the submitted score post-workout.
- 6) Submission of scores in the online competition is based on honor and honesty. Final results of the online qualification will be determined by the organizer following the rules of ranking.

## § 6 FINALS

- 1) The finals will take place at Airport Tempelhof, Berlin, Germany on the weekend of the 7th till 8th of November 2026.
- 2) Participants who will get an invitation to the finals will have 7 days to accept the invitation by logging on to their athlete profile on <https://www.circle21.app/> and paying the registration fee of 189,90€ for Elite, Masters & Intermediates and 339,90€ for Teams. The registration fee for Individual Scaled is 99,90€ and for Scaled Teams 189,90€. If the participant does not respond within the deadline, his spot will no longer be valid. In this case – and if the athlete does not want or is not able to take part – the organizer has the right to nominate the next participant of the division.

(All prices include VAT. Please note that Circle21 will add a processing fee.)

- 3) Participants must name a valid CrossFit ID (CFID) to their name during registration.
- 4) On finals' days, participants must complete several workouts. Location, time and information about the workouts will be communicated latest on-site of the finals.
- 5) The Scaled Divisions will only compete on one day. The actual day will depend on the division and will be announced in advance. The registration as Scaled Athlete allows an entrance to the competition on BOTH days.

## § 7 SCORING OF THE FINALS

- 1) Winners will be determined by highest sum of points.
- 2) Scoring follows a 100-point scale for tier A workouts and a 50-point scale for tier B workouts.
- 3) There will be a cut during the weekend. A specified number of participants will advance to the next workout, depending on the sum of their points. Details will be published latest after the invitation of final participants.
- 4) Each workout will be judged by an official judge who will check all criteria regarding workout and ranking. Each athlete must sign the score card or give a digital signage on a judging device. A signed score card is valid and cannot be contested. The Organizer reserves the right that the Head Judges may

alter the score if there is sufficient evidence of a mistake in the original score. Decisions of judges are final and binding.

- 5) In case of a tie for the first three places, the higher ranked participant will be determined by their highest finish in one workout. If this still results in a tie, the higher ranked participant will be determined by their second highest finish in one workout. If this still results in a tie, the higher ranked participant will be determined by their third highest finish in one workout. This will continue until as often as there are workouts. If there is still a tie after this process the winner will be chosen by lottery.

## § 8 RIGHTS GRANTED BY YOU

By participating in this event, you hereby agree to grant the Organizer a non-exclusive, transferable, sub-licensable, royalty-free, and worldwide license to use, display, modify, reproduce, publish, list information regarding, translate, distribute, syndicate, publicly perform, publicly display, make derivative works of, or otherwise use any content that you post on or through our services related to the event. This includes but is not limited to videos, photos, live streams and any other media, whether that content is posted or made available for posting.

In addition, you grant the Organizer the right to use your name, likeness and any biographical information in any and all media for any purpose, including without limitation, promotional purposes and other related ventures. You also waive any rights to compensation or any claim to royalties related to this event.

The rights you grant to the Organizer in this agreement are perpetual and worldwide, meaning that they will continue even if you stop using our services. You also grant the Organizer the right to use your content for future events or any other events that they may organize.

You agree that the Organizer can store, use, and share your data, such as your name, email address, and other information you provide during the event for operational, analytical, or marketing purposes. The Organizer may also share your data with trusted third parties for these purposes. However, all such usage and sharing will be in accordance with our Privacy Policy.

## § 9 RESPONSIBILITY AND LIABILITY

- 1) Each participant confirms that they are medically fit and capable of participation in all activities associated with the GTD. Participants should seek medical advice if unsure and must notify the GTD event organizers of any medical conditions prior to commencing competition.
- 2) Participants understand that participation in the GTD involves certain inherent risks and dangers, including, but not limited to, the risk of personal injuries, accidents or illnesses, including death, property loss or damage, and other unforeseen risks.
- 3) Participants are responsible for their personal health and safety and for the care of their equipment. Participants should have their own insurance policies that cover death, injury, medical expenses, and damage to or loss of personal belongings.
- 4) To the maximum extent permitted by law, the organizers, event partners, and sponsors will not be liable for any injury, loss, claim, damage, or any incidental or consequential damages of any kind, whether based in contract, tort or otherwise, which arises out of or is any way connected with the participation in the GTD.
- 5) If a participant causes any damage to the facilities, equipment, fixtures and fittings at the event, the participant will be liable for the cost of replacement or repair.
- 6) The organizers reserve the right to modify the GTD for safety or organizational reasons, which includes the change of dates, locations, or workout schedules. In the event of cancellation due to uncontrollable factors like extreme weather conditions or natural disasters, the organizers are not liable for any loss, damage, or expense caused by such cancellations.

- 7) The organizers, event partners, and sponsors are not responsible for any loss or damage arising from the unauthorized use of personal data by third parties, or for any indirect losses resulting from third party actions, to the extent permitted by law.
- 8) It is recommended that participants do not bring valuable items to the event. The organizers, event partners, and sponsors will not be responsible for any loss, theft or damage of a participant's belongings.
- 9) By agreeing to these terms and conditions, the participant discharges the organizers, event partners, and sponsors from all liability in regard to personal injury, loss or damage arising from participation in the GTD.