

AMRAP Series

Austrian Throwdown

2026 Competition Rulebook

Finals: 21–22 November 2026
Arena Nova, Wiener Neustadt, Austria

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Organized by AMRAP GmbH

Terms and Conditions for the Competition

The Austrian Throwdown (ATD) is an annual functional fitness competition organized by AMRAP GmbH. The competition consists of two stages: the Online Qualifier and the Finals held at Arena Nova, Wiener Neustadt, Austria. This rulebook governs all stages of the competition.

In the following, the term “participant” is used for all genders.

ATD is a fitness competition open to everyone. To take part, terms & conditions must be accepted by all participants. By participating, participants agree to the terms & conditions, privacy policy and waiver.

§ 1 Requirements for Participation

The following requirements must be fulfilled to compete:

- a) Participants must have reached the age of majority under Austrian law at the time of competition. Underage participants must provide a written consent form signed by their parent or legal guardian before commencement. The organizer reserves the right to verify authenticity. Failure to produce valid consent results in disqualification.
- b) Participants must register through the online service provided by Circle21 (C21) at the designated event URL within the registration period.
- c) Participants must accept the terms & conditions, privacy policy and waiver.
- d) Participants must pay the applicable registration fee. All fees include VAT; Circle21 processing fees apply additionally.

Registration Fees

Online Qualifier — Individual: 40€ / 45€ / 50€ (tiered)

Online Qualifier — Team: 80€ / 90€ / 100€ (tiered, per team)

Finals — Individual: 150€ (Elite/Inter/Masters) / 99€ (Scaled)

Finals — Team: 300€ (Elite/Inter/Masters) / 198€ (Scaled)

- e) Participants must agree to possible doping tests without restrictions. The applicable anti-doping code is the World Anti-Doping Code (<https://www.wada-ama.org/en/resources/the-code/world-anti-doping-code>).

§ 2 Divisions

The organizer offers the following divisions:

Division	Spots	Requirements
Elite Female	20	see website for requirements
Elite Male	20	see website for requirements
Intermediate Female	20	see website for requirements

Intermediate Male	20	see website for requirements
Scaled Female	20	see website for requirements
Scaled Male	20	see website for requirements
Master 35+ Female	10	Born 1991 or earlier
Master 35+ Male	10	Born 1991 or earlier
Master 40+ Female	5	Born 1986 or earlier
Master 40+ Male	5	Born 1986 or earlier
Elite Teams M/M	20	see website for requirements
Elite Teams M/F	20	see website for requirements
Elite Teams F/F	10	see website for requirements
Intermediate Teams (all)	20	see website for requirements
Scaled Teams M/M	40	see website for requirements
Scaled Teams M/F	20	see website for requirements
Scaled Teams F/F	20	see website for requirements
Masters Teams 70+ M/M	10	Combined age ≥ 70
Masters Teams 70+ M/F	10	Combined age ≥ 70
Masters Teams 80+ M/M	5	Combined age ≥ 80
Masters Teams 80+ M/F	5	Combined age ≥ 80

Participants must select their division and ensure they meet the eligibility requirements.

The change of division is possible until the first publication of the qualification workouts. After publication, no division change is permitted regardless of reason. A division change requires a new registration.

Multi-Division Qualifier: A participant may compete in more than one division for the qualifier only (separate Circle21 accounts/fees required). Must select single division for finals.

Minimum Registration & Division Changes. If a division has insufficient registrations, the organizer reserves the right to merge that division with a comparable division of the same gender, or to cancel the division entirely. In the event of a cancellation, registered athletes will receive a full refund. In the event of a merger, registrations will be transferred to the merged division and no refund will be issued. The organizer will communicate any such changes as early as possible via the official event channels.

§ 3 Teams

Format: Teams of 2 — Gender combinations: M/M, M/F, F/F and M/M, M/F (Masters Teams)

A team captain sets up the team with team name and team member(s). No inappropriate team names are allowed.

Teammate Substitution: A substitution during the qualifier period is permitted. If a substitution occurs, the team must redo ALL qualifier workouts to ensure scores reflect the final team composition. After the end of the qualifier period, no team member change is permitted for the finals, regardless of reason.

§ 4 Refund & Cancellation Policy

The registration fee for the online qualification and for the final event is non-refundable. No refunds or transfers will be permitted, regardless of reason.

Entry Fee Insurance: The organizer offers optional insurance to cover the entry fee for the finals. Details are available at www.austrianthrowdown.at and during the registration process for the final event.

§ 5 Code of Behavior & Decision of Judges

All participants are expected to maintain the highest standards of sportsmanship and fair play throughout the competition. Unsportsmanlike behavior including but not limited to cheating, use of prohibited substances (doping), instigating conflicts, disturbing or obstructing another athlete, and engaging in discriminatory behavior towards other participants, sponsors or the organizer will be penalized. Penalties may include immediate suspension, disqualification, and/or permanent exclusion from the event.

This applies to any actions or behaviors which could harm the reputation of the event, infringe upon the rights of other parties, or prevent fair and equal participation.

The conduct of coaches, companions, and other persons associated with a participant is subject to the same standards. If a coach or companion engages in unsportsmanlike behavior, verbally or physically assaults judges, organizers, or other participants, or otherwise disrupts the event, the associated participant may be penalized up to and including disqualification.

Decisions of judges and the organizer are binding and final.

§ 6 Online Qualification

- 1) Participants must complete the specified workouts. Descriptions will be provided via official communication channels and will include: prescribed exercises with start/end positions and forbidden techniques, repetition counts or schemes, time limits, and prescribed equipment/weights.

Equipment: Rowing must be done on a Concept2 rowing machine with a PM5 monitor. Bike must be a Concept2 Bike Erg. Weights in kilograms (1 kg = 2.2 lbs).

- 2) It is the participant's responsibility to adhere to the workout format including performing all movements to standard, counting and completing all repetitions, using required equipment and loads, and meeting time requirements.

Registration & Qualifier Periods

Registration opens: 29 January 2026

Registration closes (Individual): 4 July 2026, 23:59 CEST

Registration closes (Teams): 11 July 2026, 23:59 CEST

Qualifier: Qualifier starts 11 June 2026. Submission: 21 days (individual) / 28 days (teams).

Number of qualifier workouts: 3

- 3) Scores must be submitted by the respective deadlines. Late submissions will not be accepted.
- 4) Judge: A judge is highly recommended. The judge should be present during the entire workout and is responsible for ensuring adherence to movement standards, accurate rep counting, and score verification.
- 5) Video: All participants are required to record and submit a video of their workout. The video must clearly display the entirety of the workout and movement standards must be visible.

Video Requirements

- The video must begin with a clear introduction of the athlete and all equipment used in the workout (weights, box height, wall-ball target, etc.). All equipment must be clearly displayed and measured.
- The video must be filmed from an angle that shows the full profile of the athlete to ensure that full range of motion and movement standards are visible.
- The athlete and all relevant equipment must remain in the frame throughout the entire workout. A clearly visible running clock must be displayed at all times (e.g. on a tablet or monitor).
- Videos must not be edited, cut, or spliced in any way. The video must be continuous from start to finish. Cut or edited videos will result in immediate disqualification of the score.
- Videos must be uploaded to a public platform (e.g. YouTube, Vimeo) under public privacy settings. Athletes submit the public link during score submission on Circle21.
- Only the athlete may touch and/or move the equipment during the workout, unless specifically stated otherwise in the workout description.

Video Review & Penalties

The organizer's review team may apply the following outcomes:

- **Good Video:** Standards met, score correct — score accepted.
- **Valid with Penalty:** Standards not fully met — score adjusted to reflect penalty.
- **Zero (0) Score:** Workout not completed as required or wrong movements performed — score set to 0. Other submissions remain on the leaderboard.
- **Invalid:** Malicious intent or manipulation detected — all scores removed from leaderboard.

Score adjustments for miscounted or no-repped reps may be applied independently or in conjunction with the above. Time penalties may vary by movement and context.

Participants may redo and resubmit workouts within the applicable deadline.

- 6) The organizer is not responsible for technical hardware or software malfunctions during recording or submission.

§ 7 Qualification Scoring System

Scoring is based on fastest time, most repetitions, or highest weight. Invalid repetitions are judged as no-reps.

Ranking: fastest time ranks highest; highest reps ranks highest; highest weight ranks highest. For teams, the combined team score applies per the workout-specific scoring standard.

Overall qualifier ranking uses a points system: 1st place = 1 point, 2nd = 2 points, etc. The athlete/team with the lowest total points across all qualifier workouts ranks first.

Submission is based on honor and honesty. Final qualifier results are determined by the organizer.

§ 8 Finals

Location: Austrian Throwdown Finals take place at Arena Nova, Wiener Neustadt, Austria.

Date: 21–22 November 2026

(Scaled divisions compete on one day only but have access on both days.)

Invitation acceptance: Qualified participants have 7 days to accept by logging into their Circle21 profile and paying the finals registration fee.

If a participant does not respond within the acceptance deadline, their spot is forfeited. The organizer may then nominate the next-ranked qualifier.

Workouts: Elite: 6+; Masters/Elite Teams: 5+; Intermediate: 5+; Scaled: 2+ (one day)

Workout details will be communicated in advance via the official event channels.

Check-In

All participants are required to check in at the venue at the times and location communicated by the organizer prior to the event. Failure to check in within the designated window may result in forfeiture of the participant's spot, which may then be offered to a Lucky Loser (see below) or to the next-ranked qualifier.

A participant may authorize a third party to check in on their behalf, provided this is announced to the organizer in advance and the representative presents the participant's original ID or passport. For teams, at least one team member must check in; the remaining team member(s) may be registered by the attending member.

Lucky Loser

If a spot in a division becomes available due to a qualified participant's cancellation, no-show at check-in, or other forfeiture, the organizer may fill that spot through the Lucky Loser process.

Eligibility: Only athletes who have completed the online qualifier in the same division are eligible to register as a Lucky Loser. Athletes who did not participate in the qualifier for the respective division are not eligible.

Registration: The Lucky Loser registration process, including the registration window and method of sign-up, will be communicated via the official event channels in the days leading up to the event. Details will be published as part of the event-specific finals communication.

Allocation: Available spots will be allocated on a first-come, first-served basis according to the order of Lucky Loser registration — not by qualifier ranking. The first registered Lucky Loser in the respective division will be contacted by the organizer once a spot becomes available.

Confirmation: A Lucky Loser who is offered a spot must pay the applicable finals registration fee and complete check-in within the timeframe communicated by the organizer. If the Lucky

Loser does not confirm within the given timeframe, the spot will be offered to the next Lucky Loser on the list.

The organizer reserves the right to verify that the Lucky Loser meets all division requirements before confirming participation. There is no guarantee that a Lucky Loser spot will become available. No claims or rights arise from Lucky Loser registration.

Arena & Competition Area Rules

Photographers, videographers, and camera operators who are not part of the official event media team and who have not received explicit authorization from the organizer are not permitted in the competition area, warm-up zone, or athlete-only areas. The organizer reserves the right to remove unauthorized media personnel from these areas. Athletes, coaches, and spectators must follow all instructions given by event staff regarding access, movement, and behavior within the venue.

§ 9 Finals Scoring

Scoring: Winners are determined by highest sum of points. Scoring follows a 100-point scale for Tier A workouts and 50-point scale for Tier B workouts.

Cut: A specified number of participants advance based on cumulative points. Details published after invitations.

Each workout is judged by an official judge. Athletes must sign the score card or provide digital signature. A signed score card is valid and cannot be contested. The Head Judge may alter scores with sufficient evidence of error.

Tiebreaker: In case of a tie for podium places, the higher-ranked participant is determined by their highest single-workout finish. If still tied, the second-highest finish applies, and so on through all workouts. If a tie persists, the winner is chosen by lottery.

Appeals

Athletes have the right to submit an appeal during the finals by completing the designated digital appeal form. The appeal fee, the time window for submitting appeals after each heat, and the maximum number of appeals per athlete/team will be published together with the workout descriptions for the finals.

Appeals may be submitted for issues including but not limited to: scorecard or leaderboard data errors, counting inconsistencies, loading errors, equipment or monitor failures not caused by the athlete, course marking inconsistencies, and actions by another athlete or person which impeded the participant's progress.

Appeals may NOT be submitted for live judgment calls including but not limited to: range of motion faults, squat depth, extension of hips/knees/arms, and stabilization of lifts or equipment overhead.

If an appeal is upheld, the appeal fee will be refunded and the appeal will not count against the athlete's/team's appeal limit. If an appeal is denied, the fee is forfeited and one appeal is deducted from the limit. The Head Judge has final authority on all appeal rulings.

Video, photo, or other media submitted by the athlete will not automatically constitute grounds for overturning an event judge's decision, but may be considered at the discretion of the Head Judge.

§ 10 Prizes

Elite Individuals (M/F): 1st 3,000€ / 2nd 1,500€ / 3rd 500€. Masters 35+: 1st 300€ / 2nd 150€ / 3rd 50€. Masters 40+: 1st 200€. Elite Teams: 1st 300€ / 2nd 200€ / 3rd 100€ per category (total >2,500€). Intermediate, Scaled & Masters Teams: non-cash prizes.

All prizes are subject to applicable taxes and withholding in accordance with the laws of the jurisdiction in which the event takes place. Prize winners are solely responsible for any tax obligations arising from their prizes.

A prize must be returned to the organizer if the athlete's/team's results are subsequently revised (e.g. due to doping violations, score invalidation, or rule breaches) and the athlete/team is no longer entitled to the prize.

Physical prizes (trophies, non-cash prizes from sponsors) must be collected at the event. If shipping is required after the event, the athlete/team may be subject to shipping charges.

Prizes are non-refundable. An athlete/team may choose not to accept a prize but holds no claim to compensation or refund in return.

§ 11 Rights Granted by You

By participating, you grant the organizer a non-exclusive, transferable, sub-licensable, royalty-free, worldwide license to use, display, modify, reproduce, publish, distribute, and make derivative works of any content you post or make available in connection with the event (including videos, photos, live streams, and other media).

You grant the organizer the right to use your name, likeness, and biographical information in any media for promotional and operational purposes without compensation.

If you transfer videos or images in which other people are visible, you declare that you have obtained their approval (for minors: approval of parent or legal guardian) for publication and distribution, and that their personal rights are not infringed. Violations lead to deletion of content and exclusion from competition.

These rights are granted worldwide and without time limitation.

§ 12 Responsibility & Liability

- 1) Each participant confirms that they are medically fit and capable of participation. Participants should seek medical advice if unsure and must notify the organizer of any medical conditions prior to competition.
- 2) Participants understand that participation involves inherent risks including personal injury, accidents, illness (including death), property loss or damage, and other unforeseen risks.
- 3) Participants are responsible for their personal health, safety, and equipment. Participants should maintain their own insurance covering death, injury, medical expenses, and personal property.
- 4) To the maximum extent permitted by law, the organizer, event partners, and sponsors will not be liable for any injury, loss, claim, damage, or incidental/consequential damages arising from participation.
- 5) Damage caused by a participant to facilities, equipment, or fixtures will be charged to the participant.
- 6) The organizer reserves the right to modify the event for safety or organizational reasons including changes to dates, locations, or workout schedules. In case of cancellation due to force majeure (extreme weather, natural disasters, etc.), the organizer is not liable for resulting losses.

- 7) The organizer is not responsible for loss or damage arising from unauthorized use of personal data by third parties.
- 8) Participants are advised not to bring valuable items. The organizer is not responsible for loss, theft, or damage of personal belongings.
- 9) By accepting these terms, the participant releases the organizer, event partners, and sponsors from all liability regarding personal injury, loss, or damage arising from participation.

§ 13 Transgender Policy

The organizer is committed to ensuring that all athletes have equal access and opportunity to participate in a manner that is fair to all competitors while preserving the integrity of the sport. Transgender athletes are welcome to participate under the following conditions:

Athletes who plan to register in a gender category other than their gender assigned at birth must contact info@austrianthrowdown.at and confirm: their full name, that their gender in everyday life matches their registration gender, and that they have obtained civil documents (e.g. passport or driver's license) reflecting their registration gender.

Athletes who cannot meet the above criteria may provide medical or other satisfactory evidence of self-identification. The organizer will process each request on a case-by-case basis and may request additional documentation.

Any registered athlete may confidentially challenge a gender classification by contacting info@austrianthrowdown.at. The organizer may also conduct reviews on its own initiative. All related documentation is kept strictly confidential on a need-to-know basis. Medical documentation will not be retained after the athlete notifies the organizer of withdrawal from participation.

§ 14 Data Protection

The organizer collects, processes, and stores personal data in accordance with applicable data protection laws (GDPR/DSGVO). By registering, participants consent to the processing of their data for operational, analytical, and event-related communication purposes.

Data may be shared with trusted third parties (e.g. timing/registration platforms, event partners) for these purposes. Full details are available in the Privacy Policy at <https://austrianthrowdown.at/de/datenschutz/>.

During the registration process, participants may be asked to provide separate, optional consents for specific data processing purposes (e.g. receiving communications from event partners or the AMRAP Series network). These consents are voluntary and do not affect the participant's eligibility to compete.

§ 15 Changes to the Rulebook

The organizer may revise this rulebook at any time. Changes will be communicated via the official ATD Instagram, website, and email. In any case where the rulebook, workout descriptions, or other event communication is unclear, the organizer has the final word.

§ 16 Acceptance

By registering for the Austrian Throwdown, the participant confirms having read, understood, and accepted all terms and conditions, the privacy policy, and this competition rulebook. The participant acknowledges that registration constitutes a binding agreement.