

2025 ITALIAN SHOWDOWN RULEBOOK

PREMISE

This premise is to be considered an integral part of the rulebook set out here, together with Annex 1 relating to the privacy policy. Registration for the Italian Showdown can only take place if the participant declares to have read, approved and signed this rulebook consisting of 5 pages in addition to Annex 1, in substantial and full acceptance of the same and if he declares to know and accept the anti-doping code by NADO Italia (national anti-doping organization), by WADA (World Antidoping Agency) and by CrossFit LLC (Drug Testing Program). A necessary condition for registering is also represented by the consent due from the participant to the production of photos and/or videos of his own image.

ARTICLE 1. NAME AND ORGANIZATION

The Italian Showdown is a Licensed CrossFit® Event organized by Just Better (VAT IT03929370124) in partnership with Italian Exhibition Group (VAT IT00139440408) within the event RiminiWellness at the Rimini Expo Center, located in Via Emilia 155, 47921 Rimini (RN). The event is aimed at testing the athletes' abilities in carrying out physical tests indicated by way of example in the Art.5 of this rulebook. Therefore, the participant declares to be aware of the risks and dangers that his person may suffer and of the important psycho-physical stress to which he will be subjected. The X edition is scheduled from 30 May to 1 June 2024.

ARTICLE 2. CONDITIONS FOR ADMISSION TO THE EVENT

In order to be admitted to the Italian Showdown, the participant must:

- a) having reached the age of majority;
- b) read and accept by electronic signature this rulebook in its entirety, including the rules on the discharge of responsibility, on the processing of personal data and privacy information, and accept the anti-doping code (www.nadoitalia.it) and the Drug Testing Program by CrossFit LLC (<https://games.crossfit.com/drug-policy>) which are considered herein as fully referred to;
- c) no disciplinary proceedings or measures of precautionary suspension, disqualification, inhibition by the Italian sports justice bodies or by CrossFit LLC (Sanctioned Athlete List) must be against the participant;
- d) make sure that he has suitable psycho-physical conditions to practice the activities required by the competition through the appropriate medical checks, considering the important commitment at the musculoskeletal and cardiovascular level;
- e) accept and comply with the national and regional legislation relating to Covid-19 in force during the period provided for the event, including any changes and/or additions;
- f) have a current account on www.crossfit.com and provide the CFID at the time of registration or subsequently;
- g) register through the platform available on the event website (www.italianshowdown.com) and pay the registration fee of € 99,00 per person, net of online payment service fees.

ARTICLE 3. ANTI-COVID HEALTH REGULATIONS

By registering for the event, the participant accepts and is aware that, due to the Covid-19 pandemic, the Italian Government could issue regulations that will force the Organizer to regulate entry and/or participation in the event in the comparisons of athletes, accompanying persons and coaches under special conditions.

Therefore, the Organizer hereby informs that access to the place of the event and the competition itself will take place in compliance with the provisions of the law in force at the time of the competition.

ARTICLE 4. ANTI-DOPING REGULATION

By registering for the event, the participant declares:

- a) to know and comply with national and international anti-doping regulations;
- b) to respect the law n.376/2000, aware of the penal effects deriving from the application of article 9 in case of violation of the law, and the law n.237/2007 ratifying the international convention against doping in sport adopted by the General Conference of UNESCO and which established NADO Italia;
- c) to recognize NADO Italia and WADA as the national and world authority for the fight against doping, for which the World Anti-Doping Code of which NADO Italia is a signatory is applied;
- d) to accept the provisions contained in the anti-doping code adopted by NADO Italia, implementing the WADA World Anti-Doping Code and related international standards;
- e) to accept the provisions contained in the Drug Testing Program adopted by CrossFit LLC.

ARTICLE 5. ABILITY LEVELS AND DIVISIONS

The Italian Showdown is a Community competition open to all fitness enthusiasts of any age and ability level, consisting of multiple physical tests based on CrossFit® to test strength, speed and skills, such as: lifting or moving loads, performing specific bodyweight or apparatus movements, overcoming obstacles, traveling circuits or specific distances by running, cycling, rowing, etc. The competition features three ability divisions, for males and females, based on fitness level, which allow participants to compare themselves with their peers. By registering for the event, the participant selects the division in which to compete based on the following indicative requirements:

- **Level 1 - Beginner Division:** the participant has little or no competition experience but wishes to compete to test themselves. He is not yet familiar with all the skills, performs scaled workouts and is able to manage more repetitions with the following loads:

- Deadlift: 60/45Kg
- Clean and Jerk: 50/35Kg
- Snatch: 40/25Kg
- Dumbbells: 15/10Kg

For this division the competition will be based on scaled versions of standard movements and the workouts will be aimed at measuring work capacity with reduced loads and volumes but always at high intensity. SKILLS NOT REQUIRED: Pistol, Toes to bar, Pull up, Chest to bar, Bar Muscle up, Ring Muscle up, Rope Climb, Handstand Push up, Handstand Walk, Double Under.

- **Level 2 - Intermediate Division:** the participant already has some experience of competitions and wishes to compete to overcome their limits. He is familiar with almost all skills, often performs Rx workouts and is able to manage multiple repetitions with the following loads:

- Deadlift: 80/60Kg
- Clean and Jerk: 60/45Kg
- Snatch: 50/35Kg
- Dumbbells: 22,5/15Kg

For this division the competition will be based on standard movements and the workouts will be aimed at measuring work capacity and main skills, possibly with reduced loads. SKILLS NOT REQUIRED: Pistol, Bar Muscle up, Ring Muscle up, Handstand Walk.

- **Level 3 - Rx Division:** the participant already has competition experience and can compete against complete athletes. He is familiar with all the skills, always performs Rx workouts and is able to manage multiple repetitions with the following loads:

- Deadlift: 100/75Kg
- Clean and Jerk: 80/60Kg
- Snatch: 60/45Kg
- Dumbbells: 22,5/15Kg

For this division the competition will be based on advanced movements and the workouts will be aimed at measuring work capacity, skills and strength in any domain. ALL SKILLS REQUIRED

The participant declares to be in possession of the requirements foreseen by the selected division and is aware of the fact that these requirements are to be considered as minimum; therefore, the participant agrees to face unforeseen tests of any kind, load and duration, throughout the competition. The competition ends with specific rankings for each category.

ARTICLE 6. AGE GROUPS

Within each individual division there are 7 age groups, from 18 to 60 years and over, to which the participant is automatically assigned based on the year of birth declared in the registration form; so, for the purposes of age group ranking, the age reached during the year 2025 must be considered, regardless of the day and month of birth and the date of the event:

Age ranges in all individual divisions

- from 18 to 34 years
- from 35 to 39 years
- from 40 to 44 years
- from 45 to 49 years
- from 50 to 54 years
- from 55 to 59 years
- from 60 years and over

Each athlete will be ranked both in the overall leaderboard of their division and in the specific ranking of their age group relating to the selected ability division. This way, athletes can compare themselves to their peers both at skill level and in age group. Regardless of age group, only the top three finishers at the division level advance to the podium and prizes; additionally, the winners of each age group will be named "Age Group Champion." There are no age groups for the teams but only skill divisions.

ARTICLE 7. ACCESS TO THE COMPETITION AND WILDCARDS

In order to register for the Italian Showdown it is necessary to have a personal account on the platform available on the official website of the event (www.italianshowdown.com) complete with all personal data; each competitor must register personally using his own account, read the rulebook in its entirety and accept all the terms and conditions by digital signature.

Registration opens 1 January 2025 on a first-registered first-admitted basis (no qualification) and remains open until all available slots are assigned or until the deadline of 27 April 2025.

The number of available slots is indicated on the official website and can be varied to satisfy the actual request for participation in the various divisions. Furthermore, the Organization reserves the right to invite athletes for sporting merit (wildcard) according to the criteria indicated on the official website, and to add or eliminate divisions in the event that the number of participants is not sufficient to fill the expected heats.

ARTICLE 8. CHECK-IN

In order to be admitted to the event, all participants must be identified in person through a generally recognized and valid identification document, such as an identity card or passport. The identity check takes place at the entrance of the warm-up area or in any case before entering the competition field: the participant must show up at the entrance of the warm-up area at the time indicated in the heats schedule. The participant can access the warm-up area accompanied by his coach or assistant, only at the time indicated in the competition schedule. It is responsibility of the participant to meet all travel and planning commitments required to meet the event program.

ARTICLE 9. NO QUALIFICATION, NO ELIMINATION

There will be no eliminations or cuts during the competition. Each athlete can perform all or just some of the workouts scheduled for his division but must always demonstrate maximum commitment and sporting behavior during each workout, under penalty of disqualification. The final ranking will be based on the scores of all the scheduled workouts and the top three athletes ranked in each division will go on the podium.

ARTICLE 10. DURATION AND PROGRAM OF THE COMPETITION

The competition has a different duration for each division as follows:

Team Competition

- Beginner, Intermediate, Rx Divisions: 1 day – Friday: 1 event with 3 workouts

Individual Competition

- Beginner Division: 2 days – Saturday: 1 event with 3 workouts + Sunday: 1 event with 2 workouts
- Intermediate Division: 3 days – Friday: 1 event with 1 workout + Saturday: 1 event with 2 workouts + Sunday: 1 event with 2 workouts
- Rx Division: 3 days – Friday: 1 event with 1 workout + Saturday: 1 event with 2 workouts + Sunday: 1 event with 2 workouts

All workouts will be programmed so that they can be performed within a single daily event for each division, with a short break in between or consecutively. Each athlete will be busy only in the morning or only in the afternoon.

The team competition takes place entirely over the course of a single day and is based on the *tag-team* format: throughout the workouts, the team members must alternate by taking turns through a hand touch to complete 3 workouts within the time allowed.

ARTICLE 11. WINNERS AND PRIZES

Regardless of the age group they belong to, the top 3 athletes ranked in each division by skill level access the podium and receive the 1st, 2nd and 3rd finisher medal; furthermore, only for the Rx division there will be cash prizes; finally, the winners of each age group will be named "Age Group Champion". All the details about prizes will be announced during the awards ceremony. Prizes will be given to the winners within 90 days of the end of the event; all prizes may be subject to taxation. The awarding of prizes may be suspended indefinitely or canceled in the event of disciplinary proceedings or measures of suspension, disqualification or cancellation of the result.

ARTICLE 12. SYSTEM OF EVALUATION AND RANKING

- a) The score of each workout is based on the execution time or the number of repetitions completed or the weight lifted; any failed or incorrectly performed movement constitutes a "no rep", ie a repetition that is not valid for scoring purposes.
- b) The assignment of points for each workout is based on the following principle: the 1st ranked receives 1 point, the 2nd ranked receives 2 points, the 3rd ranked receives 3 points and so on... In case of a tie in the single workout, tied competitors receive the same number of points. At the end of the competition, the competitor who scores the lowest sum of points is first and so on, the others.
- c) In the event that two or more competitors are on equal points in the general leaderboard, the final placement will be determined by counting the number of best places in each workout; in the event of a further tie, the absolute best placement will be evaluated; if it is not possible to resolve the tie by applying these criteria, the best placement will be assigned to the youngest competitor and, in the case of the same age, to the competitor who registered first for the event. In no case there will be any direct playoff matches.

- d) During all stages of the competition, the competitors' performances are verified by one or more judges in accordance with the movement standards described on the official website of the event and with the criteria communicated by the judges during the competition.
- e) At the end of the workout, to validate the score assigned by the judge, the participant must sign the scorecard; in the event of disputes, the competitor must reject the score card and immediately appeal to the Director of the Competition.
- f) A signed score card cannot be subsequently contested and the recorded score is final and unappealable.
- g) The decisions of the Director of the Competition and the Organizer are final and unappealable.

ARTICLE 13. RULES OF CONDUCT

The participant agrees to behave in a fair and sporting manner. Manipulation and attempts at deception, disturbing or hindering behaviors, violent discussions and offensive comments expressed in any way and on any means, may be punished by the Organizer with exclusion from the competition, up to recourse to legal action.

All unsportsmanlike conduct and any possible attitude aimed at damaging the Organizer, partners, participants, spectators and others present or preventing other competitors from participating in the competition in a fair and correct manner are also punishable by penalties on the ranking.

ARTICLE 14. CONSENT TO THE PRODUCTION AND USE OF PHOTOS AND FILMS

During the event, photos and videos are made by operators authorized by the Organizer in order to produce promotional audiovisual material. By signing this rulebook, the participant expressly authorizes the Organizer and its partners in any capacity to create, process, publish and transmit photos and films (video/audio) regarding their image in the context of the event and the consequent use of all material for purposes related to promotion and documentation, by any means and through any channel or support (digital, analog, paper) on online and offline channels, own and third parties without any limitation.

The participant grants the Organizer and its partners the authorization for the free and indefinite use of all the material that portrays him in any action taken during the event, without having to give prior authorization and without anything to claim, done without prejudice to the limitation of the protection of the dignity and dignity of the person. The authorization is understood to be granted pursuant to article 10 of the civil code of articles 96 and 97 of law no.633/1941 on copyright.

ARTICLE 15. DECLARATION OF LIABILITY AND INDEMNITY

The participant declares to have been informed of the particular and high commitment to which the muscular, cardiac and vascular districts are subjected during the competition, and therefore the participant by registering for the event declares:

- a) to accept the foreseeable and unpredictable risks, which are indicated here by way of example and not exhaustively, such as injuries and/or death, sprains, falls, fractures, heat and cold strokes, excessive use syndrome, potential risk of paralysis permanent and/or death connected to the physical activity carried out during the event;
- b) to have undergone or to undergo the medical checks required by Italian law for the physical activity indicated in these regulations, assuming all responsibility with regard to his psycho-physical conditions, relieving the Organizer and his collaborators, the sponsors and CrossFit LLC from any damage to his person;
- c) to know, that the personal items he will bring with him into the competition space will not be kept, and therefore, he declares himself solely responsible for them.

The participant declares to have carefully read and evaluated the content of this rulebook and to have clearly understood the meaning of each single point before signing it; furthermore, he fully understands and shares the aims of these rules established for his safety and that failure to comply with them can put himself and the other participants in danger.

The participant assumes any and all criminal and/or civil liability regarding his person, for damage caused to others and/or things due to his own behavior during the competition, even in the event that he registers by entering false personal data.

The participant declares to relieve the Organizer and his collaborators, the sponsors and CrossFit LLC from any and all civil and criminal liability, none excluded, deriving from the competition and from all related events for damage to things and/or people caused by him or derived from him.

ARTICLE 16. SPECIAL PROVISIONS REGARDING SPORTS MEDICAL CERTIFICATION

Pursuant to the Ministerial Health Decree of 24 April 2013 and subsequent additions, in relation to the matter of medical-sports certification, the Organizer of the Italian Showdown is not subject to the obligation to ask the participant for the medical-sports certificate.

However, considering the psycho-physical intensity of the tests included in the event, that the participant has already declared to know, and the high musculo-skeletal and cardiovascular effort required, the Organizer specifies that it is the participant's responsibility to undergo to appropriate medical checks to protect his health.

Therefore, by registering for the competition, the participant assumes all and more extensive responsibility for damages suffered by his person, in this sense relieving the Organizer and his collaborators, the sponsors and CrossFit LLC.

ARTICLE 17. SUSPENSION, POSTPONEMENT, CANCELLATION AND MODIFICATIONS

Following the pandemic circumstance relating to Covid-19, and by virtue of other similar or different unforeseen and currently unforeseeable situations, for reasons of force majeure and for reasons that do not depend on the will of the Organizer, including the entry into force of possible national and/or regional regulations that could hinder the smooth running of the event, by signing this rulebook the participant accepts that:

- a) the Organizer can suspend the event, postponing it to another date, or cancel it without setting other dates;
- b) the Organizer can transfer the event to another location or have it carried out remotely through suitable electronic means (online mode);
- c) in the event of suspension, postponement, cancellation, transfer, modification of the format for the reasons set out above, the participant will be responsible for any expenses incurred for travel, food and/or accommodation, therefore not reimbursable by the Organizer;
- d) once made the payment indicated in Art.2 lett.c) of this rulebook, the fee paid during registration is not refundable, not even partially;
- e) the registration for the event is strictly personal and non-transferable, therefore in the event of unexpected commitments or injuries, the participant will not be able to transfer his/her slot to other people.

ARTICLE 18. PROCESSING OF PERSONAL DATA

Pursuant to the combined provisions of Article 13 of Legislative Decree No.196/2013, having acknowledged the rights referred to in Articles 7 et seq. and of the GDPR EU Reg. 2016/679, the participant expresses, as far as is necessary for the purposes established by law, the consent to the processing of personal data by the organizer of the event and all partners, sponsors and suppliers of computer systems that are used for the purpose of registering the participant, registering for the competition, formulating the list of competitors, running the competition, forming the ranking, publishing the results and for everything related to the event, including the sending of communications created directly by the Organizer. The participant also gives consent for the aforementioned purposes so that the Organizer can share the data with the insurance company and with the partners of the event.

ARTICLE 19. EXCLUSIVE COURT OF COMPETENCE

Pursuant to art. 28 c.p.c. (Italian civil procedure code), the participant agrees with the Organizer of the event to establish the Court of Varese (Italy) as the exclusive competent court for the arising of any disputes.

ARTICLE 20. FINAL PROVISIONS

The Organizer reserves the right to modify this rulebook at any time in order to ensure optimal performance of the event. Any changes to services, venues and times relating to the competition will be announced via the official website of the event.

Pursuant to and for the purposes of articles 1341 and 1342 of the Italian Civil Code the participant, by registering for the 2025 Italian Showdown, signs the following articles of the rulebook for express acceptance and approval:

- ARTICLE 2. CONDITIONS FOR ADMISSION TO THE EVENT
- ARTICLE 14. CONSENT TO THE PRODUCTION AND USE OF PHOTOS AND FILMS
- ARTICLE 15. DECLARATION OF LIABILITY AND INDEMNITY
- ARTICLE 16. SPECIAL PROVISIONS REGARDING SPORTS MEDICAL CERTIFICATION
- ARTICLE 17. SUSPENSION, POSTPONEMENT, CANCELLATION AND MODIFICATIONS
- ARTICLE 18. PROCESSING OF PERSONAL DATA
- ARTICLE 19. EXCLUSIVE COURT OF COMPETENCE
- ARTICLE 20. FINAL PROVISIONS
- ANNEX 1. PRIVACY POLICY

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Data controller and categories of data processed

Participation in the event involves the processing of the participant's personal data such as: personal data and images shot through photos and movies. Data relating to the health of the person concerned may also be processed (data on pathologies obtainable from medical certificates or declared directly by the person concerned, or for Covid-19), where strictly necessary for the purposes of registration and participation in the event. In such cases, the consent of the interested party is required for participation in the event and failure to perform the same prevents the completion of the registration. The data controller is the Organizer: Just Better (www.justbetter.it).

Purposes and conditions of the processing

The use of the personal data indicated above is inherent in the sporting and public nature of the event, in its organizational needs and in the provision of services provided to the participant. The Organizer uses and processes the data, also through its technical and service partners and the companies connected to it, for the following purposes: registration for the competition, formulation of the list of competitors, conduct of the race, formation of the ranking, publication of results and everything related to the organization and promotion of the event, including sending communications to participants.

In addition to the aforementioned purposes, the Organizer uses the data for the necessary sharing needs with the insurance company and with the partners of the event.

The prerequisites for processing are therefore constituted by the organization and carrying out of the sporting event, by the registration of the participants, by the consent of the interested party, by the pursuit of the legitimate interest of the Organizer and its commercial partners and by any other fulfillment imposed by law or to protect the participant's right to life.

The Organizer again draws the attention of the participant so that it is undisputed that during the course of the event videos and photographs will be taken, given the provisions of Article 14 of the Regulations and for the purposes described in detail. The authorization to shoot one's image in the context of the event is a necessary requirement to participate in the event itself: therefore, the failure to authorize the use of one's image for the aforementioned purposes, as required by Article 14 of the Rulebook, implies the impossibility of registering for the event.

Communication and dissemination of data

The Organizer informs the participant that the event is also organized and managed through its own operators, technical-IT managers, telematic platforms and with the support of sponsors. Some of these services may require or require the registration of the interested party on the partner's platform or in any case processing carried out by the partner as an independent data controller; in such cases, the interested party is invited to carefully read the privacy information provided by the partner. The interested party can know the list of partners and sponsors at any time by writing to the Organizer.

In consideration of the public nature and purpose of the event, the participant also acknowledges and accepts that the data relating to their image, their results or their position in real time, can be made publicly accessible by dissemination on the Organizer's channels, sponsors and service partners of the event and / or communicated to third parties for reporting, documentation and promotion purposes.

Consent for the use of the image

With the specific and free consent of the interested party, the Organizer may take advantage of the footage that includes his image for the promotion of the event and other events organized by the Organizer.

Processing for marketing purposes

By registering for the event, the participant makes his e-mail address available to the Organizer, which can be used by the Organizer without the prior consent of the participant, to send him communications relating to the event, upcoming events or in any case relating to the products of the sponsors of the event itself. The Organizer has the right to send communications from sponsors to the participant's e-mail address, without the prior consent of the registered competitor.

Data retention and data processors

The participant's data will be stored in the Organizer's computer archives and protected by appropriate security measures in line with the provisions of Article 32 of EU Regulation 2016/679. The data will be kept for the time necessary in relation to the purposes for which they were collected and possibly for a further period of time if the retention of the data is necessary for the protection of a right of the Organizer or a third party.

Transfer of data outside the EU

In the case of international data transfers starting from the European Economic Area (EEA), where the European Commission has recognized that a country not belonging to the EEA is able to guarantee an adequate level of data protection, the data of the interested party may be transferred on that basis. For transfers to countries not belonging to the EEA whose level of protection has not been recognized by the European Commission, the Organizer will rely on an exemption applicable to the specific situation or will implement one of the following measures to ensure the protection of your data: contractual clauses standards approved by the European Commission; binding corporate rules, where applicable. To obtain a copy of these measures or details on where they are available, you can send a written request as indicated in the following article.

Rights of the interested party

At any time, the participant may exercise, pursuant to articles 15-22 of EU Regulation 2016/679, the right to:

- obtain information in relation to the processing of personal data and a copy of such data;
- obtain information about the purposes of the processing, the categories of personal data, the recipients or categories of recipients to whom the personal data have been or will be communicated and, when possible, the retention period;
- obtain the cancellation or correction of data;
- obtain the limitation of data processing without these being deleted;
- obtain data portability, i.e. receive them from the data controller in a structured format, commonly used and readable by an automatic device, and transmit them to another data controller without hindrance;
- oppose the processing of data unless there are compelling reasons why the Organizer's interest prevails over its rights (this is the case, for example, where the processing is necessary to defend a right of the Organizer in court);
- oppose an automated decision-making process relating to natural persons, including profiling;
- ask the data controller to access personal data and to correct or cancel them or limit their processing or to oppose their processing, in addition to the right to data portability;
- withdraw the consent at any time without prejudice to the lawfulness of the processing based on the consent given prior to the revocation;
- lodge a complaint with the supervisory authority for the protection of personal data.

The participant can exercise his rights with a written request to be sent to the e-mail address: privacy@justbetter.it