



**GRANITE
GAMES**

THROWDOWN

2019-20 RULEBOOK

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1. THE GRANITE GAMES

- a. The Granite Games was forged with the goal of celebrating the competitive spirit of athletes of all levels and creating a festival atmosphere that unites fitness enthusiasts from all genres of sports.

2. GENERAL RULES

- a. To participate in any stage of the Granite Games, every athlete (whether competing individually or as part of a team, each "Athlete") must agree to any and all Rules and Policies, including, without limitation, the Assumption of Risk, and Publicity Release, all of which are incorporated herein by reference, and to the decisions of the Granite Games, which are final and binding in all respects.
- b. All Athletes are required to have completed and abide by the appropriate waivers and documentation as outlined by the Granite Games, paid and validly registered for entry, and completed an online and/or on-site check-in process.
- c. The Granite Games prohibits athletes from using any performance enhancing, illegal substances. If it is found that an Athlete is under the influence or use of such substances, the Granite Games reserves the right to disqualify the Athlete from the competition and / or revoke any prizes earned while under the influence or during the use of such substances.
- d. All Athletes agree to compete in a sportsmanlike manner.
 - i. Unsportsmanlike behavior, such as arguing with an official or representative of the Granite Games, taunting, heckling, fighting or any conduct which would bring disrepute upon the Granite Games, the competition, other competitors, or spectators or event sponsors, as determined by the Granite Games, in the eyes of the viewing public or the community, may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events or legal action.
 - ii. Any action that prevents another athlete from having a fair opportunity to compete (e.g., abuse or alteration of equipment, refusal to follow instruction) or that interferes with Athlete and Event Judge Communication (e.g., external noise devices, bull horns, air horns, etc.), or is generally disruptive to the Event, is not allowed.
 - iii. The Granite Games prohibits athletes from using any performance enhancing, illegal substances. If it is found that an athlete is under the influence or use of such substances The

Granite Games reserves the rights to disqualify the Athlete and/or team from the competition and/or revoke any prizes earned while under the influence or during the use of such substances. The CrossFit Games Drug Testing Policy applies to all athletes entered into all Granite Games competitions.

- iv. This is not an exhaustive list and is meant as a guide to the Athlete, coaches and other attendees. This is not intended as a limitation on The Granite Games' rights to operate The Granite Games in any manner it sees fit. The Granite Games, reserves the right to terminate any Athlete, coach, staff, volunteer, judge, visitor, guest, supporter, teammate and/or spectator participating in, attending or viewing any sponsored, sanctioned or supported Granite Games Event at any time, with no further obligation or duty to such individual.
- v. The Granite Games, has, and may, delegate to an Onsite Director, the absolute authority on any final ruling including, without limitation, disqualification of an athlete, removal of spectator(s) or dismissal of any attendee.
- vi. A lack of integrity, or any actions that evince an intent to cheat or circumvent the Rules or intent of the Rules of the Granite Games, including lying (as one example)—will result in disqualification.

3. PARTICIPATION REQUIREMENTS

- a. Subject to Granite Games' age restrictions and other requirements, anyone who is able to perform the workouts as prescribed may attempt to register to compete as an Athlete. Such registration is subject to each prospective Athlete's affirmative agreement to comply with the Granite Games' policies, rules and regulations, as determined by the Granite Games, in its sole and absolute discretion.
- b. The Granite Games reserves the right, in its sole and absolute discretion, to invite past winners, guest athletes, teams or others, to participate in any stage of competition. This decision may be made to preserve the traditions and spirit of the Granite Games or for any other reason at the sole discretion of the Granite Games.
- c. All Athletes must validly and truthfully register online on the Granite Games platform and it is the Athlete's sole responsibility to provide current, valid and truthful information, including email address.
- d. Athletes must be at least 14 years old on the day of the Granite Games Event. If Athletes are younger than 18 years old, they must provide additional parental consent during the online registration. If an Athlete participates in a Granite Games Throwdown or were to qualify and wishes to compete at the Granite Games Championship, a parent or guardian must be onsite.

4. GRANITE GAMES THROWDOWN EVENTS

1. General Rules
 - a. To participate in any stage of the Granite Games, every Athlete (whether competing individually or as part of a team, each "Athlete") must agree to any and all Rules and Policies, including, without limitation, the Assumption of Risk, and Publicity Release, all of which are incorporated herein by reference, and to the decisions of the Granite Games, which are final and binding in all respects.
 - b. All Athletes are required to have completed and abide by the appropriate waivers and documentation as outlined by the Granite Games, paid and validly registered for entry, completed an online and/or on-site check-in process, and must be wearing official event identification and/or credentials where specified.
 - c. The Granite Games prohibits Athletes from using any performance-enhancing, illegal substance. If it is found that an Athlete is under the influence or use of such substances, the Granite Games reserves the right to disqualify the Athlete from the

competition and/or revoke any prizes earned while under the influence or during the use of such substances.

- d. All Athletes agree to compete in a sportsmanlike manner.
 - a. Unsportsmanlike behavior, such as arguing with an official or representative of the Granite Games, taunting, heckling, fighting or any conduct which would bring disrepute upon the Granite Games, the competition, other competitors, or spectators or event sponsors, as determined by the Granite Games, in the eyes of the viewing public or the community, may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events or legal action.
 - b. Any action that prevents another Athlete from having a fair opportunity to compete (e.g., abuse or alteration of equipment, refusal to follow instruction) or that interferes with Athlete and Event Judge Communication (e.g., external noise devices, bull horns, air horns, etc.), or is generally disruptive to the Event, is not allowed.
 - c. The Granite Games prohibits Athletes from using any performance-enhancing, illegal substance. If it is found that an Athlete is under the influence or use of such substances, the Granite Games reserves the right to disqualify the Athlete from the competition and/or revoke any prizes earned while under the influence or during the use of such substances.
 - d. This is not an exhaustive list and is meant as a guide to Athletes, Coaches and other attendees. This is not intended as a limitation on the Granite Games' rights to operate the Granite Games in any manner it sees fit. The Granite Games reserves the right to terminate any athlete, coach, staff, volunteer, judge, visitor, guest, supporter, teammate and/or spectator participating in, attending or viewing any sponsored, sanctioned or supported Granite Games Event at any time, with no further obligation or duty to such individual.
 - e. The Granite Games has, and may, delegate to an Onsite Director the absolute authority on any final ruling, including, without limitation, disqualification of an athlete, removal of spectator(s) or dismissal of any attendee.
 - f. 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 the Granite Games, including lying (as one example)—will result in disqualification.
2. Registration Process
 - a. Athlete registration for the Granite Games Throwdowns will go live on various dates throughout the year. These will be announced and documented at www.thegranitegames.com.
 - b. Subject to Granite Games' age restrictions and other requirements, anyone who is able to perform the workouts as prescribed may attempt to register to compete as an athlete. Such registration is subject to each prospective athlete's affirmative agreement to comply with the Granite Games' policies, rules and regulations, as determined by the Granite Games, in its sole and absolute discretion.
 - c. Athletes must be at least 14 years old on the date of the Granite Games Throwdown. If athletes are younger than 18 years old, they must provide additional parental consent during the online registration. If an athlete participates in a Granite Games Throwdown, a parent or guardian must be onsite.

- d. All registrations are handled by each individual host. It is up to their sole discretion whether refunds or transfers will be permitted.
 - e. The team captain must validly and truthfully register all athletes online at www.thegranitegames.com and it is the athlete's sole responsibility to provide current, valid and truthful information, including email address.
3. Leaderboard
- a. Each Throwdown location has a stand-alone leaderboard for their respective events.
 - b. It is the sole responsibility of the Throwdown host to manage and update their leaderboard and verify that all scores are accurate.
 - c. Each Throwdown will also have a global leaderboard that is an accumulation of all local host leaderboards.
 - d. The top 20 ranked teams per division (Scaled Female, Intermediate Female, Scaled Male, Intermediate Male) after the Fall Throwdown on the global leaderboard will automatically qualify to compete at the 2020 Granite Games Championship in their respective divisions.
 - e. The top 10 ranked teams per division (Scaled Female, Intermediate Female, Scaled Male, Intermediate Male) after the Winter and Spring Throwdowns on the global leaderboard will automatically qualify to compete at the 2020 Granite Games Championship in their respective divisions.
 - f. The top 20 ranked teams per division (Scaled Female, Intermediate Female, Scaled Male, Intermediate Male) on the global leaderboard at the Season end will automatically qualify to compete at the 2020 Granite Games Championship in their respective divisions.
 - g. Teams must accept their invitation by their respective deadlines. If not accepted by the deadline the team forfeits their invitation to compete. Invitations can not be transferred to other teams.
 - h. Teams that qualify for the Granite Games Championship may choose to compete in the same division they competed in during the Throwdown or may compete in the next division (i.e. Scaled may move to Intermediate, Intermediate may move to Rx).
4. Competition Procedure
- a. For the Granite Games Throwdowns, the Workout Format will be released by the Granite Games and communicated uniformly to all athletes online and/or onsite at athlete briefings.
 - b. Workout Format will include the following:
 - i. Required movements:
 - 1. Starting and ending ranges of the movement
 - 2. Prohibited technique, accessories and/or equipment, if any
 - 3. Adjustments by Division, if any
 - ii. Required number of repetitions and/or repetition scheme
 - iii. Required equipment
 - iv. Required amount of weight
 - 1. All weights will be released in pounds
 - 2. It is the Athlete's sole responsibility to use at least the exact poundage (i.e., if using kilogram plates, the athlete will need to use appropriate combinations of plates to achieve the correct poundage).

3. For the purpose of The Granite Games competitions, 15 kg weightlifting bars will be considered to be 35 pounds, and 20 kg bars will be considered to be 45 pounds.
- v. Time domain or time limit
- vi. Scoring details
- c. Scoring format will be announced before the start of competition.
 - i. The team with the best performance over multiple workouts in a competition wins and/or advances.
 - ii. The winner is determined by lowest point total. Point values for each finishing position will be released before the start of the workout.
 - iii. 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 are still tied, the process continues to their next highest single result, and so forth. In the result that teams are still tied after the process laid out, the third and final tie break will be the final event. Ties will not be broken for single event results. More than one athlete or team can share an event result and all will earn the original point value.
- d. Judging and/or validation are mandated during Granite Games Throwdown competitions and required to make any Granite Games workout results at these levels official.
 - i. All potential Event Judges are highly encouraged to complete the CrossFit Games Judges Course, available online, and are encouraged to have a CrossFit Level One Certificate or previous judging experience.
 - ii. Judges are responsible for enforcing the movement standards and validating the athlete or team's score.
 - iii. Any infraction to the Movement Standards or Range of Motion will result in loss of the repetition(s).
 1. 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 Event Movement, can and will be disallowed. It is the responsibility of the athlete to notify their Judge or the Granite Games of any questionable movement before the workout.
 2. Physical limitations in Range of Motion from prior physical defects or temporary/permanent injuries that are obvious and clearly definable by demonstration and are brought to the attention of a Judge or the Granite Games prior to the beginning of the competition may be granted an exception at the sole discretion of the Granite Games. These cases are very rare, and will be handled on a case-by-case basis.
 - iv. Judges are required to watch all Judges' Briefings videos provided by The Granite Games.
 - v. Judges are instructed not to touch competition equipment or move equipment during a workout unless the equipment will interfere with another athlete's performance or if there is a legitimate safety concern.
 - vi. Non-compliance with a Judge's instructions, bickering with or questioning of a Judge or Event Staff, attempting to show up or publicly embarrass any Judge, Event staff, Granite Games, Event sponsors, spectators, other athletes

or venue operator or owners, as determined by The Granite Games (Including Event staff), in its sole and absolute discretion, may result in penalty or disqualification of the athlete from an Event and/or future Events.

- vii. Event Judges and Onsite Directors have the authority to stop or suspend an athlete at any point in competition if he/she feels that athlete is at risk of serious injury to himself/herself or others.
 - viii. Judgment calls made during the workout are final and are not negotiable or subject to change or modification.
 - e. The athlete is responsible for making sure they perform the workout as prescribed, including performing all the required movements to the described standard, counting and completing all of the required reps, using the required equipment and loads, meeting the required time and meeting all submission requirements.
 - f. Proper attire is required at all Events.
 - i. No attire shall interfere with Event Judging and the ability to see the Event Movement Standard or Range of Motion.
 - ii. Subject to Granite Game's prior approval, non-branded belts, non-tacky gloves, hand tape, 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.
 - iii. Once an athlete enters the competition surface, they may not receive any outside material assistance (water, tape, chalk, jumping rope etc.) from spectators or coaches.
5. Appeals Process
- a. All appeals, scoring discrepancies, or questions about the submission of scores should be done immediately following the event in question.
 - i. All appeals must be made on the same day as the competitive event.
 - ii. No appeals will be accepted after completion of that competition day.
 - b. Only affected athletes or members of the team may appeal a result. Non-related parties may not appeal on behalf of another.
 - c. Athletes may not appeal their own performance based on the judging, scoring or performance of another athlete or team.
 - d. Onsite Appeals, Event Protests, Scoring Discrepancies or Ruling Questions will be immediately filed with the Event Head Judge or Event Director on the floor following the Event in question.
 - i. Signing your individual or team score sheet indicates you are agreeing to your score and time for the event. Appeals made after a score sheet is signed will be deemed invalid and rejected.
 - ii. Athletes may not protest discrepancies related to the judging, scoring or performance of another athlete or team.
 - iii. All parties involved will have the opportunity to present the known facts at the next most convenient time.
 - iv. For all Onsite Appeals, Event Protests, Scoring Discrepancies or Ruling Questions the following process will be used:
 - 1. The competing athlete files the protest to the Event Head Judge of the competition Event in question by relating their name, team name, division, and reason for protest.

2. The Event Head Judge, athlete/team and that athlete/team's Event Judge or Judges during the competition Event in question will all communicate to fact find and define the issue in protest.
3. All information will then be presented to the Event Director or their assigned designee for a final ruling.
- v. Judgment calls made during the workout are final and are not negotiable or subject to change or modification.
- vi. The Granite Games has final authority on all Athlete Event Protest rulings, and may designate this authority to the Onsite Director.
- vii. iVideo, photos, cell phone media or any other media will not constitute grounds for changing or modifying a decision, score or entry made by an Event Judge. The Onsite Director, Competition Director, or their designee may ask for any related media, but its availability may or may not guarantee use or admissibility in the overall decision process.
- viii. Nothing in these rules including Event Protests, Scoring Discrepancies and Event Movement Standards, Range of Motion and Judging Applications should be read as a limitation on The Granite Games' right to run or operate The Granite Games Events as it sees fit in its sole and absolute discretion.
- ix. The Director of Judging and The Granite Games Throwdown's decision is final. This includes the right to remove or disqualify any team or athlete at The Granite Games' sole and absolute discretion.
- x. The Granite Games staff have final authority on all appeal or protest rulings.

5. GRANITE GAMES THROWDOWN SEASON

1. Leaderboard

- a. Each Throwdown event (Fall, Winter, Spring) will have a stand-alone Global Leaderboard that is an accumulation of all local host leaderboards.
- b. Each Throwdown event will be made up of 4 workouts/scores.
- c. Each workout/score will contribute to a teams' overall season points.
- d. The top 150 scores for each workout from each global Throwdown event will receive season points. These points scale from 500-1 within the Top 150. You can see the full points breakdown below.

Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points
1	500	16	322	31	226	46	174	61	130	76	100	91	70	106	45	121	30	136	15
2	485	17	314	32	222	47	171	62	128	77	98	92	68	107	44	122	29	137	14
3	470	18	306	33	218	48	168	63	126	78	96	93	66	108	43	123	28	138	13
4	455	19	298	34	214	49	165	64	124	79	94	94	64	109	42	124	27	139	12
5	440	20	290	35	210	50	162	65	122	80	92	95	62	110	41	125	26	140	11
6	428	21	284	36	206	51	159	66	120	81	90	96	60	111	40	126	25	141	10
7	416	22	278	37	202	52	156	67	118	82	88	97	58	112	39	127	24	142	9
8	404	23	272	38	198	53	153	68	116	83	86	98	56	113	38	128	23	143	8
9	392	24	266	39	195	54	150	69	114	84	84	99	54	114	37	129	22	144	7
10	380	25	260	40	192	55	147	70	112	85	82	100	52	115	36	130	21	145	6
11	370	26	254	41	189	56	144	71	110	86	80	101	50	116	35	131	20	146	5
12	360	27	248	42	186	57	141	72	108	87	78	102	49	117	34	132	19	147	4
13	350	28	242	43	183	58	138	73	106	88	76	103	48	118	33	133	18	148	3
14	340	29	236	44	180	59	135	74	104	89	74	104	47	119	32	134	17	149	2
15	330	30	230	45	177	60	132	75	102	90	72	105	46	120	31	135	16	150	1

- e. Following the Granite Games Spring Throwdown, a final season leaderboard will be published. From these results, the top 20 ranked teams per division (Scaled Female, Intermediate Female, Scaled Male, Intermediate Male) on the global leaderboard at the Season end will automatically qualify to compete at the 2020 Granite Games Championship in their respective divisions.
- 2. Team Roster
 - a. Team captains will be given a unique code at the time of registration for their first Throwdown event (with the exception of the Fall event. These codes will be distributed at a time to be determined shortly following event). These codes must be utilized at the time of registration for each Throwdown event in order for the team points to accumulate for the season.
 - b. Teams may sub athletes from event to event, however at least 1 team member must remain within the original team in order for the code to be active and points to accumulate.
- 3. Invitation Process
 - a. Teams must accept their invitation by their respective deadlines. If not accepted by the deadline the team forfeits their invitation to compete. Invitations can not be transferred to other teams.
 - b. Teams that qualify for the Granite Games Championship may choose to compete in the same division they competed in during the Throwdown or may compete in the next division (i.e. Scaled may move to Intermediate, Intermediate may move to Rx).
 - c. More specific information will be communicated to qualifying teams in the coming months. If there are any questions, please email compete@granite-games.com.