

THE CRUSADER SERIES ONLINE QUALIFIER WORKOUTS

SCORE SUBMISSION AND VALIDATION

Filming and submission guidelines, in all stages of competition, including the Online Qualifier 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 required time and meeting all submission standards. Modifying the workout format in any way is prohibited and will void an athlete's score.

We encourage athletes to use the WodProof app and record all video's on the app. The WodProof app will have all of the Crusader Series Individual workouts available on their online workout section under "qualifiers".

If an athlete does not wish to use the WodProof app then a clear representation of a clock should be visible in the athletes video at all times.

The qualifiers do not have to be completed in order but all 3 workouts for part 1 must be completed within the submission deadline. After 2 days rest and an updated leaderboard, then we will repeat the same scenario with part 2.

It is the responsibility of the athlete to have appropriate recording and submission of their video and score prior to the deadline. Scores and videos are to be entered on Competition Corner via their athlete login. Any incorrect video submission or submission to the leaderboard after the deadline will be deemed invalid and will not be accepted.

The video will be reviewed and scored by the Crusader Series team. As part of this video review process, the athlete's posted score may be accepted, modified or invalidated. Reasons for modification or invalidation of a score include, but are not limited to:

- Failure to follow the video submission guidelines exactly
- Violation of the workout format, especially movement standards
- Workout attire which prevents the judge from determining if the athlete is meeting the movement standards
- Miscounting repetitions. Video submissions may be invalidated or adjusted without warning and after the close of the Online Qualifier.

The Crusader Series team may request a video for review. Athletes must upload the requested workout and have sent to the email komihana@64fitness.com within 48hours from the time of the request.

Athletes submitting videos should have someone monitor their movement during the workout to ensure each repetition meets the required standards. Prior to submitting a video, athletes should review the video to ensure their reps meet the required standards, the camera angle permits the judge to determine if the movement standards are being met and there are no technical problems with the video itself.

Athletes are required to submit their scores for each block within the allocated timeframe. All Part 1 (the first block) scores must be submitted by 8:00pm NZST on the 22nd September. All Part 2 (the second block) scores must be submitted by 8:00pm NZST on the 29th September. The only exception is in the instance an exemption is granted prior to the closure of submission.

Late submissions will not be accepted. Please take it upon yourself to be punctual in this process. We would hate to see an athlete miss out on an opportunity because they were unprepared. Set alarms as reminders if needed.

ONLINE QUALIFIER WORKOUTS – VIDEO SUBMISSIONS – SCORING PROTOCOL

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

Good Video: The athlete meets the required movement standards on all repetitions in the workout and the score they posted is correct. Their score will be accepted.

Valid with Minor Penalty: Over the course of the video, the athlete demonstrates 1 to 4 “no-reps” which may be removed from the athlete’s final score as required. This penalty is used for video submissions where the score needs to be adjusted by fewer than 5 reps. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly.

Valid with Major Penalty: Over the course of the video, the athlete demonstrates 5 or more “no-reps.” In this case, the score may be modified by subtracting 15 percent from the total rep count. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly.

Invalid: Over the course of the video, the athlete fails to complete the workout as required, a significant and unacceptable number of reps performed are “no-reps” or the video does not contain the criteria listed in the video submission standards then the athlete’s score will be rejected. The athlete will have to submit a new video prior to the score submission deadline to receive a score for this workout.

ONLINE QUALIFIER WORKOUTS – APPEALS

Only the affected athlete(s) may appeal a result. Coaches, team managers, teammates or non-related parties may not appeal on behalf of the affected athlete. Athletes may not appeal their own performance based on the judging, scoring or performance of another athlete. Judgment calls made during the workout are final and are non-negotiable or subject to change or modification.

Violation of the judging standards by an individual may see that individual or submitted score being disqualified. All appeals should be made via the contact page on our website - www.thecrusadersseries.com

In this submission, the athlete should list the workout in question, their original score, the modified score and the reason given for the score modification. The athlete will also provide a brief explanation for why they are appealing the decision.