

# 2026 Far East Throwdown Rulebook ver.1.4

## CONTENTS

<b>1 – Overview.....</b>	<b>2</b>
<b>2 – Online Qualifiers.....</b>	<b>2</b>
2.1 – General.....	2
2.2 – Eligibility.....	3
2.3 – Registration Process – FEC.....	3
2.4 – Registration Process – FEL.....	3
2.5 – Selecting a Competition Roster – FEC Teams.....	4
2.6 – Coaches.....	4
2.7 – Judging.....	4
2.8 – Uncommon Movement clause/range of motion exceptions.....	5
2.9 – Score / Video Submission and Validation.....	5
2.10 – Scoring Protocol.....	6
2.11 – Event Format.....	7
2.12 – Scoring Format.....	8
2.13 – Leaderboard Finalization.....	8
2.14 – Appeal.....	8
2.15 – Athletes Qualifying for Far East Throwdown Finals in Multiple Divisions.....	9
2.16 – Cash Prizes.....	9
<b>3 – The Far East Throwdown Finals.....</b>	<b>10</b>
3.1 – Advancement.....	10
3.2 – Invitation Process.....	10
3.3 – Registration.....	11
3.4 – Team Roster Declaration.....	12
3.5 – On-site registration (Check-in).....	12
3.6 – Coaches.....	12
3.7 – Event Details and On-site Briefing.....	13
3.8 – Leaderboard Rankings.....	13
3.9 – Scoring.....	14
3.9.1 – Minimum Work Requirement.....	14
3.10 – Appeals.....	14
3.11 – Appeal Process.....	16
3.12 – Injury Policy.....	16
3.13 – Drug Testing.....	17
3.14 – Cancellation Policy.....	17
3.15 – Advancement.....	18
3.16 – Cash Prizes.....	18
<b>4 Equipment Policy.....</b>	<b>19</b>

<b>5 Appendix A: Sportsmanship.....</b>	<b>19</b>
<b>6 Appendix B : Allegations of Misconduct.....</b>	<b>21</b>
<b>7 Appendix C : Virtual Competition Guidelines.....</b>	<b>21</b>

*Far East Throwdown reserves the right to modify and update the contents of this rulebook at any time as needed. In such cases, any changes made will be announced through official channels.*

# 1 – Overview

The 2026 Far East Throwdown consists of two event series: the Far East Classic (FEC) and the Far East Legacy(FEL).

- The **Far East Classic(FEC)** serves as an official Semifinal event for the purpose of qualifying athletes to the 2026 CrossFit Games. Divisions are as follows.
  - Individual Division
    - Men
    - Women
  - Team Division
- The **Far East Legacy(FEL)** functions as the Age Group(Masters) competition, showcasing athletes across designated age divisions. FEL does not award a qualification spot to the CrossFit Games. Divisions are as follows.
  - Men
    - 35-39
    - 40-49
    - 50+
  - Women
    - 35-39
    - 40-49
    - 50+

The Far East Classic (FEC) and the Far East Legacy (FEL) will each conduct their Online Qualifiers separately. However, the final events for both series will be held concurrently as a single event under the Far East Throwdown Finals.

## 2 – Online Qualifiers

### 2.1 – General

Competition periods are as follows.

- **FEC**
  - Individual Division: Feb. 2 - 11, 2026 (GMT+9)
  - Team Division: Feb. 2 - 11, 2026 (GMT+9)
- **FEL**
  - All Divisions: Jan. 15 - 24, 2026 (GMT+9)

Athletes in the events will complete a series of workouts over the course of several days and submit scores and/or videos online for each workout.

Far East Throwdown will provide score submission instructions and event details leading up to and throughout the competition.

## 2.2 – Eligibility

There are no eligibility restrictions to participate in the Online Qualifiers. However, all participating athletes must acknowledge and comply with the following requirements.

### FEC

- Individual Division  
From the top 25% of the FEC Online Qualifier leaderboard, the top 30 men and top 30 women will receive an invitation to the Finals, provided that they are officially ranked within the top 2,000 of 2026 CrossFit Quarterfinals.
- Team Division  
The top 20 teams will receive an invitation to the Finals, provided that the teams are officially registered in the 2026 CrossFit Open.

### FEL

- 35-39 (Athletes born between 1987 and 1991)  
The top 15 men and top 15 women will receive an invitation to the Finals.
- 40-49 (Athletes born between 1977 and 1986)  
The top 15 men and top 15 women will receive an invitation to the Finals.
- 50+ (Athletes born in or before 1976)  
The top 5 men and top 5 women will receive an invitation to the Finals.
- The number of Finals qualification slots for all FEL divisions is subject to change at the discretion of the Competition Team.
- **Age Verification**  
All athletes must provide an **official government-issued photo ID** that clearly displays their full name and date of birth.  
Acceptable forms of identification include, but are not limited to:
  - Passport
  - National ID card
  - Driver's license
- Failure to submit valid age-verifying identification may result in disqualification or removal from the competition.

## 2.3 – Registration Process – FEC

Any eligible athlete or team wishing to participate must pay the registration fee at the official website then finish registering via Competition Corner for the Online Qualifiers before they can submit a score.

- Registration period
  - TBA
- Registration fee
  - TBA

*Note: Entry ticket purchases may close earlier than the actual registration deadline due to procedural considerations. In such cases, the closing date for ticket purchases will be announced through official channels.*

## 2.4 – Registration Process – FEL

Any athlete wishing to participate must pay the registration fee at the official website then finish registering via Competition Corner for the Online Qualifiers before they can submit a score.

- Registration period: TBA
- Registration fee: TBA

*Note: Entry ticket purchases may close earlier than the actual registration deadline due to procedural considerations. In such cases, the closing date for ticket purchases will be announced through official channels.*

## 2.5 – Selecting a Competition Roster – FEC Teams

During the registration process for Online Qualifiers via Competition Corner, teams will need to declare their Team roster. A Team roster will consist of:

Two (2) men.

Two (2) women.

Alternate athletes — one male and one female — may be registered per team. These alternates must also be officially registered for the Open to be eligible for recognition or participation at any stage of competition.

Athletes in the individual divisions of FEC or FEL are eligible to be a member of a Team roster. Athletes can participate in all the divisions of FEC and FEL during the Online Qualifiers. However, this is not permitted for the Finals.

*Note: As per 2.14, Athletes who qualify for more than one division must choose only one division to compete in for the Finals as competing in multiple divisions is not allowed.*

## 2.6 – Coaches

Only one coach per athlete or team will receive a credential for the entire competition. Each athlete or team may designate one coach, whose information must be submitted at the time of registration for the Online Qualifier. The designated coach will remain the official coach through the Final. A coach change is permitted only once during the entire competition season.

## 2.7 – Judging

Athletes and teams submitting scores are encouraged to use a CrossFit registered judge (an individual who has passed the 2026 Judges Course) for each workout.

## 2.8 – Uncommon Movement clause/range of motion exceptions

Any failure to follow the prescribed workout format, including movement standards and range of motion, will result in the affected repetition(s) being invalidated. To avoid this, both athletes and judges must be well-acquainted with the Uncommon Movement Clause:

- Movements that are considered unusual, out of the ordinary, or that alter, shorten, or modify the required movement standards or range of motion—including the movement's line of action—will not be accepted.
- If an athlete cannot meet the required range of motion for a movement, they may not replace it with a different movement or use external tools or assistance to achieve the range of motion.

Athletes with physical limitations affecting their range of motion should contact [athletesupport@fareastthrowdown.com](mailto:athletesupport@fareastthrowdown.com) for assistance prior to the competition.

## 2.9 – Score / Video Submission and Validation

All participating athletes and teams must submit videos of all workout performances.

Scores and videos must be submitted by the given deadlines . Any score submission received after the deadline will not be accepted under any circumstances.

Athletes must have their scores confirmed by submitting the links of their video via Competition Corner. All videos submitted for review must adhere to the video submission guidelines provided.

It is the sole responsibility of the athlete to ensure the timely and successful submission of workout scores and videos. Submissions that are incomplete — such as missing scores, incorrect scores, or non-functional video links, etc. — will not be accepted.

Video reviews will be performed by the Far East Throwdown internal review team. As part of this video review process, the athlete's posted score may be accepted, modified, or invalidated.

Reasons for modification of a score include but are not limited to:

- Non-compliance with video submission guidelines: Issues such as improper camera angles, distances, or lighting that prevent judges from verifying movement standards. (*Note: Fisheye lenses are strictly prohibited as they distort the view.*)
- Obstructions in the video: The athlete is partially or fully blocked by equipment, such as a pull-up rig, or other obstacles.
- Workout format violations: Deviating from prescribed movement standards or workout protocols.
- Inappropriate workout attire: Clothing that obstructs the judge's ability to confirm the athlete is meeting movement standards.
- Repetition counting errors: Miscalculated reps that affect the score.

Video submissions may be invalidated or adjusted without warning during and after the close of the competition. 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:

- All repetitions adhere to the movement standards.
- The camera angle, distance, and lighting clearly allow judges to assess whether the standards are met.
- There are no technical issues with the video itself.

At any time during the Online Qualifiers, Far East Throwdown may request additional videos from any athlete or team. Athletes will have 24 hours to provide any requested videos. Failure to provide videos as required will result in a score of “0” for the requested workout(s). The leaderboard will then be adjusted accordingly.

*Note: Far East Throwdown reserves the right to extend the score submission deadline due to unforeseen circumstances. If the deadline is extended, athletes are permitted to complete or redo the lifts or workouts within the new time frame provided.*

## 2.10 – Scoring Protocol

There are five possible outcomes that may be applied by the Far East Throwdown 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 Minor Penalty:** Over the course of the video, the athlete demonstrates a small number of no reps that result in a faster time or higher score for a given workout. A minor penalty will be applied, and a score adjustment will be made to the athlete's final score. 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 a significant number of no reps that result in a faster time or higher score for a given workout. In this case, a major penalty will be applied, and the score may be adjusted accordingly.
- **0 Score:** Over the course of the video, if the athlete fails to complete the workout as required, a significant and unacceptable number of reps performed are no reps, they do not complete the required work, or they complete the wrong movements, Far East Throwdown reserves the right to adjust their score to 0. In cases where only a portion of the event scores are submitted and the remaining scores are missing, any unsubmitted scores may be assigned a score of 0. This decision is at the sole discretion of Far East Throwdown and may vary depending on the competition circumstances. If the athlete receives a 0 Score, the rest of their score submissions for the competition will remain on the leaderboard.
- **Invalid:** Far East Throwdown 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 minor or major penalty as described above.*

## 2.11 – Event Format

For all the divisions of both FEC and FEL, all the workouts will be released on the first day of the competition. There will be two competition windows during which athletes are to submit scores and videos.

The dates will be announced when registration opens.

The exact number of workouts that will need to be performed within each window will be released once the competition begins.

The team event format will be programmed for two men and two women. The only requirement is that teams must complete the workouts together.

## 2.12 – Scoring Format

Each athlete and team will start with the same rank and then have scores tabulated from the Online Qualifiers to determine their final rank leading up to Far East Throwdown Finals.

For each workout, points will be awarded based on the rank of each athlete, with 1st place receiving 1 point, 2nd place receiving 2 points, and so on. The athlete with the lowest total points at the end of the competition will be declared the winner.

If an athlete or a team fails to post a valid score in a Online Qualifiers workout for any reason, that athlete or team will receive a score of "0" for that workout.

Ties on the overall leaderboard for the Online Qualifiers will be broken by awarding the best position to the athlete or team with the highest result in any single Online Qualifiers workout. If athletes or teams remain tied after the first tiebreaker, the process continues to their next-highest single result, and so forth. Ties will not be broken for single workout results. More than one athlete or team can share a workout result, and each will earn the original point value.

## 2.13 – Leaderboard Finalization

Leaderboards will not be set until after the video review process is complete. Only after this time will athletes know if they are advancing to the next stage of competition. Far East Throwdown will make an announcement when each leaderboard is final.

The leaderboards will be set no later than a week after the competition.

The number of individual athletes and teams to qualify for the next stage of competition will receive emails regarding the next steps.

## 2.14 – Appeal

All appeals, scoring discrepancies, and questions regarding the judging or scoring of online videos must be submitted through Competition Corner. Any submissions made through other means will be disregarded automatically.

An athlete or team submitting a video for review will receive an email message if the score posted with the video is modified.

Any athlete or team that disagrees with their score modification must contact Far East Throwdown through Competition Corner within the given time frame. In the appeal, they must list:

- Workout in question.
- Original score submitted.
- Modified score.
- A brief explanation for why they are appealing.

Far East Throwdown will not be able to assist if any of the information above is missing. Far East Throwdown will review the appeal and the video in question to render a final scoring decision. This decision will be communicated to the athlete through Competition Corner.

Only the affected athlete may appeal a result. Coaches or unrelated parties may not appeal on behalf of the affected athlete. Athletes may not raise an appeal against another athlete based on their judging, scoring, or performance.

During the appeals process, meeting submission requirements and deadlines is still the responsibility of the athlete. Far East Throwdown must be notified at [athletesupport@fareastthrowdown.com](mailto:athletesupport@fareastthrowdown.com) of any undetermined rulings or potentially late score submissions prior to the score submission deadline. Notifications received past the score submission deadline will not be considered.

## 2.15 – Athletes Qualifying for Far East Throwdown Finals in Multiple Divisions

Athletes may participate in all Online Qualifiers, including the FEC Individual, FEC Team, and FEL divisions. However, at the Finals, athletes can not compete in multiple divisions. They must compete in only one event series — either the FEC or the FEL. If an athlete qualifies for both the Individual and Team divisions within the FEC, they must choose one division to compete in at the Finals.

## 2.16 – Cash Prizes

To ensure administrative efficiency and fairness, any athlete who has won prize money during the Qualifier and registers for the Finals will receive their payout **only after the conclusion of the Finals**. This is subject to change depending on the overall status and progress of the competition.

If an athlete or team from the Finals is subject to drug testing, any prize money earned from the Online Qualifier will be paid only after the drug testing results have been confirmed.

# 3 – The Far East Throwdown Finals

The date and location for the Finals are as follows.

- Date: May 1 - 3, 2026 (GMT+9)
  - April 30 is the official on-site registration date a.k.a **check-in**. The competition starts on May 1.
- Location: BEXCO, Busan, Republic of Korea

## 3.1 – Advancement

### Far East Classic

- Individual Division
  - From the top 25% of the FEC Online Qualifier leaderboard, the top 30 men and top 30 women will receive an invitation to the Finals, provided that they are officially ranked within the top 1,000 of 2026 CrossFit Quarterfinals.
  - Top individual finishers(first in Male division and first in Female division) from the Finals will advance to compete at the CrossFit Games.
- Team Division

- From the top 25% of the FEC Online Qualifier leaderboard, the top 20 teams will receive an invitation to the Finals, provided that the teams are officially registered in the 2026 CrossFit Open.
- The top finisher(first in Team division) from the Finals will advance to compete at the CrossFit Games.

### **Far East Legacy**

- 35~39 Division
  - TBA
- 40~49 Division
  - TBA
- 50+ Division
  - TBA
- FEL does not award a qualification spot to the CrossFit Games.

## **3.2 – Invitation Process**

### **FEC**

- **Individuals**
  - The video review process from the Online Qualifiers will be completed by a week after the competition ends. At the end of this review period, the final leaderboard standings for individual athletes will be set and the invitation process for the Finals will begin. The Finals invitations will be emailed to the top men and women in the Online Qualifiers.
  - As part of the invitation process, athletes may be required to submit proof of citizenship with a form of ID. Far East Throwdown will request this proof. Individual athletes will be contacted with additional information via email.
  - The Finals will host up to **30 men and 30 women**.
- **Teams**
  - The video review process is to be completed by a week after the competition ends.. At the end of this review period, the final leaderboard standings for teams will be set and the invitation process for the Finals will begin. The Finals invitations will be emailed to the captain of top teams.
  - The Finals will host up to **20 teams**.

### **FEL**

- All divisions

- The video review process from the Online Qualifiers will be completed by a week after the competition ends. At the end of this review period, the final leaderboard standings for individual athletes will be set and the invitation process for the Finals will begin. The Finals invitations will be emailed to the top men and women in the Online Qualifiers.
- As part of the invitation process, athletes may be required to submit proof of citizenship with a form of ID. Far East Throwdown will request this proof. Individual athletes will be contacted with additional information via email.
- Refer to 3.1 for the number of athletes that will be invited.

Athletes who have qualified to the Finals in multiple divisions should review section 2.14.

### 3.3 – Registration

Athletes and teams must accept their invitations to the Finals by the designated date, or forfeit their spot. By this deadline, athletes qualifying in both the individual and team divisions must also declare whether they will compete as an individual or as a member of a team.

As part of the invitation process, athletes and teams will receive an email containing relevant information such as the registration fee and instructions on how to register for the Finals. Each athlete's or team's name will be listed on the leaderboard once they have successfully completed the registration process.

If a significant number of invited teams(FEC) or athletes(FEL) choose not to compete, Far East Throwdown may, at its sole discretion, invite additional athletes/teams based on the order of their finish during the Online Qualifiers.

### 3.4 – Team Roster Declaration

The Team Roster must remain the same as the one submitted for the Online Qualifiers, and the involvement of any other athlete, in any way or for any reason, is not allowed.

Teams with alternate athletes must designate their competing roster (2 men and 2 women) at the time of on-site check-in. All other athletes not listed on the official competition roster will not be permitted to participate in any events or enter the athlete-only area during the Finals.

### 3.5 – On-site registration (Check-in)

**April 30** is the official on-site registration date.

It is the responsibility of each athlete and team to meet all required travel and scheduling commitments. Athletes are required to designate a point of contact with Far East Throwdown at registration on-site (Hereafter referred to as 'check-in') and maintain this for the duration of the competition.

Upon arriving at the check-in site at the designated date and time, athletes will check in by providing event staff with a valid and generally accepted form of identification, such as a driver's license or passport. All athletes from a team must register on-site together. Photo ID must be provided by all team athletes.

If there are any additional questions regarding on-site registration(check-in), athletes should contact the organizer directly.

### 3.6 – Coaches

Only one coach per athlete or team will receive a credential for the entire competition. Each athlete or team may designate one coach, whose information must be submitted at the time of registration for the Online Qualifier. The designated coach will remain the official coach through the Final. A coach change is permitted only once during the entire competition season.

Coaches must be on site to check in and receive their credentials. Coaches must present a valid form of ID at check-in.

Coach credentials are non-transferable.

Coaches must be 18 years or older.

Changing coaches or registering a coach during on-site check-in will not be permitted.

Coaches with credentials will have access to the athlete-only area and can watch the competition from the designated spectator area.

### 3.7 – Event Details and On-site Briefing

Event releases for all divisions of Individuals and Teams will begin two weeks prior to the competition.

All participating athletes will be required to attend every on-site briefings during the competition to include topics such as:

- Competition rules and expectations.
- Venue orientation and introduction to key event staff.
- Specific movement standards and required range of motion.

Athletes who withdraw are ineligible to attend any subsequent athlete briefings starting the following day.

If there are any questions regarding event details, athletes should contact the organizer directly.

### 3.8 – Leaderboard Rankings

Individual athlete and team performances will be ranked in each test.

Ties on each Final's overall leaderboard will be broken by awarding the best position to the athlete or team who has the highest result in any single test. If athletes or teams remain tied after this first tiebreaker, the process continues to their next-highest single result, and so forth. Ties will not be broken for single test results. More than one athlete or team can share a test rank, and each will earn the original point value. The athlete or team with the top performance across multiple tests in a competition wins the competition.

### 3.9 – Scoring

For each workout, points will be awarded based on the rank of each athlete, with 1st place receiving 1 point, 2nd place receiving 2 points, and so on. The athlete with the lowest total points at the end of the competition will be declared the winner.

Tests may have time penalties. Failure to complete a test in the designated time may result in a specified penalty for any portion of the test not completed, or may result in the athlete or team not advancing to the next test, regardless of overall rank.

Official timing for tests may utilize timers or stopwatches, with the potential use of timing chips based on specific requirements or circumstances.

During competition, if an athlete or team does not advance to the next test for any reason (DNF, injury, etc.), the athlete or team will be withdrawn from competition. The athlete or team will retain all points they have earned in competition up to the point of withdrawal and will be ranked accordingly.

### 3.9.1 – Minimum Work Requirement

Tests may have a minimum work requirement in terms of the amount of time, repetitions, weight, or rounds to be completed in order to advance. Any such minimums will be announced as part of the test format. Failure to complete the minimum work requirement will **result in a score of “0” for the workout.**

If there is no minimum work requirement for a test, athletes are expected to continue attempting to complete each test for the duration of their heat. This means they are actively attempting to complete the specific movements of the test as it is written until the time cap expires. Athletes who are unwilling or unable due to injury to continue attempting to complete each test within the time cap may be removed from competition. This does not apply to athletes who have reached failure and are taking extended recovery time in an attempt to finish.

## 3.10 – Appeals

Athletes or team captains should file on-site appeals, test protests, or scoring questions with the Appeals Manager immediately following the event or at the earliest possible opportunity. Coaches are welcome to be involved with the appeals process but only after the completion of the event and in conjunction with the athlete.

Athletes are welcome to bring all concerns to the Appeals Manager, who will help them determine if a situation is up for appeal. It is likely that judgment calls made during an event are final and not negotiable or subject to change, modification, or appeal. In addition, athletes may not protest discrepancies related to the judging, scoring, or performance of another athlete or team.

An athlete or team CANNOT appeal live judgment calls and no reps by the judge. Common examples include but are not limited to:

- Most range of motion faults (end ranges of rep), such as:
- Depth of a squat.
- Extension of hips, knees, or arms.
- Stabilization of a lift or equipment overhead.

Examples of events or actions an athlete or team CAN appeal include:

- Scorecard or leaderboard data inconsistencies or errors.
- Counting inconsistencies or errors (i.e., the total number of repetitions completed was incorrect).
- Loading inconsistencies or errors.
- Course markings or directional inconsistencies or errors.



- Equipment or monitor failure that was not the responsibility of the athlete.
- Miscommunication by a judge regarding movement standards or event order or direction.
- Action of another athlete or person that impeded the athlete's progress.

Two-appeal rule:

- Athletes/teams will start the competition with two appeals.
- Following each test, athletes/teams have the option to appeal (see eligible list above).
- If after investigation the appeal is granted, the athlete/team will retain their appeal count.
- If after investigation the appeal is denied, the athlete/team will lose one appeal from their appeal count.
- If an athlete/team exhausts their appeal count, they will not be allowed to make any other appeals over the remainder of the competition.
- Missing mandatory competition responsibilities such as athlete registration or test briefings may result in a loss of an appeal at the leadership of Far East Throwdown's discretion.

### 3.11 – Appeal Process

For all on-site appeals, event protests, or scoring questions, the following process will be used:

- The competing athlete or team captain will state the case and request an Appeals Form from the Appeals Manager.
- If the issue is eligible for an appeal (see section 3.10), the athlete or team captain will fill out the Appeals Form.
- As soon as possible and prior to the end of the competition day, the athlete or team captain will return the Appeals Form to the Appeals Manager.
- The Head Judge, the involved judge(s), and/or the on-site competition director will review the submitted Appeals Form and complete the fact-finding process for the issue in question.
- When a decision has been reached, the athlete/team will be contacted with the results of the appeal via email.

Appeals should be considered pending until the athlete or team has been contacted with a result.

Video, 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.

**No media of any kind is permitted during the appeals process.**

The Head Judge and the Competition Director's decisions are final. This includes the right to remove or disqualify any team or athlete at the organizer's sole and absolute discretion.

### 3.12 – Injury Policy

- **Medical Clearance**

In the event of an injury, any athlete unable to complete a test or requiring medical attention after a test must obtain clearance from both the Medical Staff and the leadership of the Far East Throwdown before resuming competition.

The leadership retains the authority to remove an athlete from the competition at any time based on the severity of the injury, inability to complete a test, risk of further harm, or other relevant factors.

- **Missed Heat**

Individual athletes or teams that miss their assigned heat due to injury or while undergoing medical treatment or assessment will be **disqualified** from the competition.

- **Team Participation**

If a team is unable to compete with a full roster, the team will be removed from the competition.

- **Retention of Points**

Disqualified athletes or teams will retain the points they have earned up to the point of withdrawal and will be ranked accordingly.

### 3.13 – Drug Testing

Far East Throwdown will adhere to the 2026 CrossFit Games drug testing policy.

Drug testing is mandatory for all individual athletes and teams to qualify for the CrossFit Games or claim prizes. Failure to comply with instructions from the Far East Throwdown or its designated collection agents at any stage of the drug-testing process may result in disqualification, forfeiture of prizes, and ineligibility for future competitions.

Athletes who violate the Drug-Testing Policy are subject to sanctions. These sanctions may be applied to the entire team if a team athlete violates the Drug-Testing Policy. Sanctions will be imposed at the sole discretion of Far East

Throwdown based on the circumstances present in each case. A standard sanction is four (4) years.

Possible sanctions include, but are not limited to, any combination of the following:

- Disqualification from the competition and loss of results.
- Loss of results from previous competitions.
- Forfeiture or required return of any prizes, awards, or money.
- Suspension from participating in future Far East Throwdown events. The length of this suspension will be determined by Far East Throwdown on a case-by-case basis, up to and including a lifetime ban from all Far East Throwdown events.

### 3.14 – Cancellation Policy

Far East Throwdown may elect to change the date and location of the in-person event so that it may remain a live competition. Any format, date, or location changes will be communicated via the official channels as well as emailed directly to the athletes impacted by the change. If an alternate competition format is not viable for any reason, CrossFit retains the right to determine Games qualifiers by any other method deemed appropriate.

If for any reason an athlete is unable to travel to the competition location, Far East Throwdown will evaluate the circumstances and may refund the registration fee. Far East Throwdown will request relevant documentation from the athlete. If the athlete fails to provide the requested documents within the specified deadline, no refund will be issued.

Any athlete with potential travel issues should contact Far East Throwdown immediately at [athletesupport@fareastthrowdown.com](mailto:athletesupport@fareastthrowdown.com).

In the event that the competition is canceled, Far East Throwdown has no obligation to award any prize money. Should the competition be modified, Far East throwdown reserves the right to adjust the invitation process, including updating the athletes and/or teams invited to compete. This may include backfilling and/or limiting the number of athletes and/or teams eligible to compete. Far East Throwdown may also modify the number of divisions that will be competing. All decisions by Far East Throwdown concerning eligibility and qualifying to the competition are final and not subject to challenge or appeal. Far East Throwdown shall own and will have no obligation to return or maintain any materials submitted as part of the qualification process for the competition.

### 3.15 – Advancement

At the conclusion of the competition weekend, **the top man, the top woman, and the top team** of FEC will advance to the CrossFit Games to compete.

In the event that a qualifying athlete or team already holds a Games invitation, or declines to accept, the invitation will **pass to the next eligible athlete or team** in the standings.

### 3.16 – Cash Prizes

Cash prizes will be awarded to the top athletes and teams as follows.

#### FEC

- Top overall finish – Individual athletes (men and women):
  - First place - TBA
  - Second place - TBA
  - Third place - TBA
- Top overall finish – Teams (prize per team)
  - First place - TBA
  - Second place - TBA
  - Third place - TBA

#### FEL

- Top overall finish – All Divisions (men and women):
  - TBA

All cash prizes are paid in U.S. dollars and will be awarded after all administrative procedures (including the report of 3.13) are completed following the event.

Event winners and other compensated athletes may be required to present valid personal information including identification and bank transaction information to claim prizes **on-site**. If the requested information is not provided within the given period of time, the **cash prize will not be awarded**.

**Prize payments are contingent upon completion of drug testing results, which may take up to two (2) months or longer.**

## 4 Equipment Policy

Not limited to below. Far East Throwdown will adhere to the current year's CrossFit Games season rules.

- Athletes may cover their hands and fingers in tape, gymnastics grips, or gloves for the purpose of protecting their hands from tearing
- Tape worn on the fingers and thumbs must not protrude in front of the fingertips.
- Gloves/Grips may be made of any material but must maintain a consistent thickness.
- Grips may be any length.
- Gloves/Grips may only be used during movements where the athlete is required to hang from a piece of equipment (Examples: pull-up bar, rings, climbing rope, pegboard)
- The following are not allowed:
  - Wrapping gymnastics grips around a pull-up bar or rings and back onto/under themselves
  - Coating the Gloves/Grips with any substance other than chalk
  - Gloves/Grips with a sewn fold or dowel
  - Lifting straps or lifting hooks

## 5 Appendix A: Sportsmanship

All athletes competing in the Far East Throwdown (the “Event”) agree to the following standards of conduct:

- **Sportsmanship and Respect**
  - Athletes must compete in a fair and sportsmanlike manner.
  - Unsportsmanlike behavior (e.g., arguing with officials, taunting, heckling, fighting, or other conduct damaging to the Event or its reputation) may result in penalties, disqualification, or removal from the Event and future events.
- **Ethical Standards**
  - Conduct all interactions, including registration and competition, with honesty and fairness.
  - Respect fellow athletes, coaches, and volunteers, fostering an environment free of discrimination and harassment.
  - Ensure all submitted information (e.g., scores, times, reps) is truthful and accurate.
- **Effort and Integrity**
  - Athletes must put forth genuine effort in every workout or test. Sandbagging (deliberately underperforming for strategic advantage) is prohibited and may result in penalties or disqualification.
- **Fair Play**

- Actions preventing others from competing fairly (e.g., altering equipment, refusing instructions) or disrupting communication between athletes and judges are strictly prohibited.
- External noise devices (e.g., bull horns, air horns) or any behavior deemed disruptive will not be tolerated.
- **Accountability for Supporters**
  - Athletes are responsible for the behavior of their coaches, teammates, supporters, and guests. Unsportsmanlike conduct by any associated individual may result in disciplinary actions against the athlete.
- **Event Authority**
  - The Far East Throwdown reserves the right to remove any athlete, coach, supporter, or guest at its sole discretion without further obligation.
  - On-site directors have absolute authority over rulings, including athlete disqualification or attendee removal.
- **Integrity in Competition**
  - Cheating, dishonesty, or any actions intended to circumvent the rules will result in immediate disqualification.

This code is a guide and does not limit the Far East Throwdown's authority to manage the Event as deemed necessary. By participating, athletes agree to uphold these standards to maintain the integrity and reputation of the competition.

## 6 Appendix B : Allegations of Misconduct

An athlete may contact [athletesupport@fareastthrowdown.com](mailto:athletesupport@fareastthrowdown.com) to file an investigation into unfair practices or Rulebook violations by athletes, teams, or judges.

## 7 Appendix C : Virtual Competition Guidelines

### Setup Considerations

- Be sure the athlete has adequate space to safely complete all movements. Clear the area of all extra equipment, people, or other obstructions.
- Equipment used in the vicinity of permanent structures such as pull-up rigs, gymnastics rings, climbing ropes, and handstand push-up stations must be placed a minimum of 5 feet apart.
- Unless otherwise stated, athletes may not receive assistance with their equipment.

### Video Submission Requirements

Violating any of the following requirements may result in a 0 score.

Athletes must:

- Show any required weights used are accurate and correct.
- Follow the correct rep scheme or order of movements.
- Ensure correct measurements of any part of the setup are shown clearly.
- Ensure submitted videos are unedited and not altered in any way.
- If provided, athletes must use the camera placement identified in the floor plan.

## **Penalties**

General:

- Missing or skipping repetitions may result in the athlete's score being adjusted to the last correctly completed rep before the missed/skipped rep.
- A significant number of no reps (specific to each workout/test) will result in a Major Penalty.
- If an athlete is assessed a minor penalty (see section 1.8), the athlete's average cycle time for the no-repped movement will be calculated and doubled, then added as penalty time (for each no rep). Workouts that are scored by total repetitions completed will simply have the reps deducted from the athlete's score.
- False starts or starting in the wrong position will result in a time or rep penalty.
- If any penalty results in an adjusted time greater than the time cap, reps will be removed from the athlete's final score.
- Video Submission Best Practices:
  - The camera should capture a  $\frac{3}{4}$  view of the athlete during all movements.
  - Place the camera at least 3' (90 cm) off the ground. Avoid placing the camera low to the ground.
  - A clock or timer that counts up from 0 should be visible throughout the test.
  - Videos shot with a fisheye (or similar) lens or any effects may be rejected.
  - Make sure lighting or glare does not obstruct the view of the athlete, equipment, or workout area.
  - Ensure the judge does not obstruct the view of the athlete.
  - When possible, always execute the movements facing the camera.
  - Athletes should watch their videos before submitting.

## **Weight Conversions**

The following weight conversions apply to all online competitions. Please note, this list is not exhaustive and may not include all weights used during the competition. Any weights not listed here will be detailed in the movement standards and scorecard description documents.

### **Barbell Conversions**

<b>Pounds (LB)</b>	<b>Kilograms (KG)</b>
------------------------	---------------------------

35 lb.	15 kg
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45 lb.	20 kg
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### **Medicine Ball Conversions**

<b>Pounds (LB)</b>	<b>Kilograms (KG)</b>
------------------------	---------------------------

10 lb	4 kg
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14 lb.	6 kg
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20 lb.	9 kg
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### **Kettlebell Conversions**

<b>Pounds (LB)</b>	<b>Kilograms (KG)</b>
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26 lb.	12 kg
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35 lb.	16 kg
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53 lb.	24 kg
--------	-------

70 lb.	32 kg
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### **Dumbbell Conversions**

<b>Pounds (LB)</b>	<b>Kilograms (KG)</b>
------------------------	---------------------------

10 lb.	5 kg
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<b>20 lb.</b>	<b>10 kg</b>
<b>35 lb.</b>	<b>15 kg</b>
<b>50 lb.</b>	<b>22.5 kg</b>
<b>70 lb.</b>	<b>32.5 kg</b>

#### **Barbell conversions**

<b>Pounds (LB)</b>	<b>Kilograms (KG)</b>
------------------------	---------------------------

<b>55 lb.</b>	<b>25 kg</b>
<b>65 lb.</b>	<b>29 kg</b>
<b>75 lb.</b>	<b>34 kg</b>
<b>85 lb.</b>	<b>38 kg</b>
<b>95 lb.</b>	<b>43 kg</b>
<b>100 lb.</b>	<b>45 kg</b>
<b>105 lb.</b>	<b>47 kg</b>
<b>115 lb.</b>	<b>52 kg</b>
<b>125 lb.</b>	<b>56 kg</b>
<b>135 lb.</b>	<b>61 kg</b>
<b>145 lb.</b>	<b>66 kg</b>
<b>155 lb.</b>	<b>70 kg</b>
<b>165 lb.</b>	<b>75 kg</b>
<b>175 lb.</b>	<b>79 kg</b>
<b>185 lb.</b>	<b>83 kg</b>
<b>195 lb.</b>	<b>88 kg</b>

<b>205 lb.</b>	<b>93 kg</b>
<b>215 lb.</b>	<b>98 kg</b>
<b>225 lb.</b>	<b>102 kg</b>
<b>275 lb.</b>	<b>125 kg</b>
<b>315 lb.</b>	<b>143 kg</b>