

## **The Fēnix Games:**

The Fēnix Games is an international and annual fitness competition. It consists of two phases: the online qualifying phase and the final phase. This manual details all the rules of each phase.

## **QUALIFYING**

### **1.1- Qualifying phase:**

The qualifier is a series of 2 tests, or Wods. Each Wod has 2 weeks (14 calendar days) to be performed. The qualifying Wods will be announced on the official website of The Fēnix Games. All teams must complete each Wod, which will be scored by a judge, and recorded on video so that it can be validated by the organization. Each qualifying Wod will be posted on Mondays at 00:01 on the official site of The Fēnix Games and its social networks.

The Qualifying phase of The Fēnix Games will start on **19/05/2018 to 01/06/2018**  
The following Wods will be published **02/06/2018**.  
The qualifying phase will end **15/06/2018**.

### **1.2-Athletes:**

Any athlete who meets the required age requirements - being 18 years old on the day of the final phase - can register to compete in The Fēnix Games, both as an individual athlete and as part of a team. All athletes must compete in the qualifying phase in order to qualify for the final phase of The Fēnix Games

The organization reserves the right of admission of an athlete, or a team to The Fēnix Games.

The organization reserves itself the right to validate or invalidate any result of an athlete or team in favor of the integrity of the competition.

### **1.3 Registration of qualifying phase:**

Each athlete, individual or member of a team, must register on The Fēnix Games page, or at: <http://www.arena.wodbuster.com>

### **1.4 Qualifying stage –The Fēnix Games user:**

The account created in The Fēnix Games, will serve for future competitions, therefore it will only be necessary to create it once. The athletes will use the account to upload the results, as well as to see the dates of the results' publication. It is the responsibility of each athlete to provide valid and in force information, including ID, date of birth and email account.

If you have questions, please contact us at the following email address:  
[info@thefenixgames.com](mailto:info@thefenixgames.com)

### 1.5 Qualifying phase – Terms, notices and waivers.

As part of the registration process, and for all phases of The Fēnix Games, all athletes must agree without limitation to all norms and rules established in the manual, as well as the assumption of risk and the assignment of rights of image.

### 1.6 Qualifying phase – Rates:

To finalize the registration at The Fēnix Games, each individual athlete must pay 20€. Payments are final. No returns will be made, regardless of the reason/s.  
Scaled teams, free qualifiers.

### 1.7 Teams in the Qualifying phase

Teams will be **mixed** – 4 athletes, formed by 3 males and 1 female.  
The captain of the team must register the team, i.e. the athletes as well as the affiliate box to which they belong.  
Teams that are not part of an affiliated box must notify us in the registration form.  
The captain of the team must make the payment of the whole team's fee: 80€ in total.  
Once the registration and the payments have been made, the team will then be registered.

### 1.8 WODS Qualifying – Format:

For the qualifying phase, the Wods will be published and advertised online for all athletes to see.

The format of the Wods includes:

- Movements.
- Beginning and end of the movement ranks.
- Prohibited techniques, accessories and/or team.
- Adjustments or gradings per category, if there were to be any.
- Required number of repetitions or repetition scheme.
- Required equipment.
- Weights required. (Notes: The weights will be published in kgs. It will be the athlete's responsibility to make the proper conversion). In competitions, The Fēnix Games will consider the bar of 15Kg/35lb and the bar of 20Kg/45lb. Clips or locks of bars will not count in the total of weight.
- Time or time limit.
- Punctuation details.
- The way of scoring the Wod, will be disclosed before the beginning of the exercise.
- Details of the recording, if there were to be any.

In all stages of The Fēnix Games, including the qualifying phase, it is the athletes' responsibility to comply with the Wod format. This includes performing the required movements with the following the appropriate standards, counting and performing all repetitions, using the material or equipment set, weights and set times, as well as the rules for the publication of videos and/or results.

Any modification of the Wod is strictly prohibited, and will imply the immediate annulment of the result.

The Fēnix Games will scale or modify the Wods, adapting them to each category.

### **1.9 Qualifying phase – Judging and validating Wods**

In order to make the results verifiable and transparent the qualifying Wods must be validated by the organization.

All videos will be in the public domain, and may be viewed by whomever wishes.

### **1.10 Qualifying phase – Movement out of the ordinary**

Any violation of the Wods format, as well as the ranks or standards of movement, will be grounds for invalid repetition(s).

### **1.11 Qualifying phase – Publication of results and validation**

It is the responsibility of each athlete/team to publish the results and/or videos each week. Results with incomplete information (lack of any data in the result, team, athlete's or judge's name or video links that do not work) will not be accepted.

### **1.12 Qualifying phase – Validation of the result through the video**

The organization may accept, modify or invalidate a result after the review of the video in the event that:

- It does not follow the video recording guidelines.
- It Violates the Wod format, especially movement standards.
- The recording angle prevents the judge from determining if the athlete is performing the required movement standards.
- There are errors counting repetitions.

The results published by an athlete/team may be invalidated or adjusted without prior notice after the Wod delivery period has been closed.

It is the responsibility of the athlete/team to ensure that the Wods are done and recorded based on the requirements specified by the organization.

It is important to review the video before publishing it and making sure that a judge can observe movement standards, count repetitions and see the required material at all times.

### **1.13 Qualifying phase - Video adjustment protocol**

- Correct video: At all times the athlete will execute all movements according to movement standards in all repetitions, and if the published result is correct. The result will be validated
- Correct with penalty: Depending on the format of the qualifying wod (for time, Amrap with time cap) the penalty will be different. Wod for time each no rep will be 5 sec added to the final time. Amrap each rep not performed correctly, will be subtracted from the total

Invalid: During the course of the Wod, if the athlete does not complete the exercise as prescribed by the organization, or has an unacceptable number of repetitions (15% of "no rep"), the video does not have the criteria of standards provided by the organization. This result will not be accepted, the video deleted from the page of The Fēnix Games, and the athlete / team must publish another video correctly within the deadlines set for the Wod if you want to obtain a valid score.

#### **1.14 Qualifying Phase – Appeals**

Once the results have been published, the athletes will have a deadline to make any appeal: from 18/06/18 to 21/06/18

After that period, no claims will be accepted.

Any appeal in relation to the results or discrepancies in the judged videos, will be treated through: [info@thefenixgames.com](mailto:info@thefenixgames.com)

#### **1.15 Qualifying Stage – Scaled Category and +40**

There will only be 1 qualifier wod, that will be release on **19/05/2018 – 02/06/2018**

Minimum required:

Athletes should be able to move the weights and perform the movements required in the Open scaled and +40 category.

### **FINAL STAGE:**

#### **2. The Fēnix Games Final**

60€ per Athlete for Lloret

95€ per Athlete for Arnold Classic Europe

These Fees include:

Medical insurance for each athlete.

Medical service and ambulance for the weekend.

Transfers if there was any.

Fruit and Nuts in the Athlete's zone throughout the duration of the event.

Water throughout the duration of the event.

Only For Arnold:

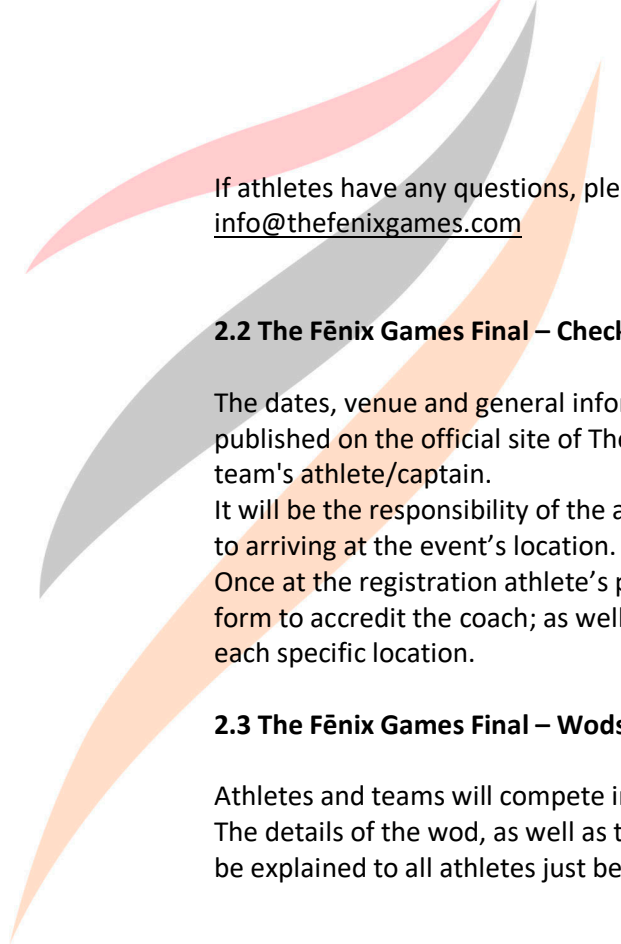
Two passes of 3 days for the Arnold Classic fair, valued at 35€ each.

Training area on Friday at the Stand of The Fēnix Games.

#### **2.1 The Fēnix Games Final – Athletes and team registration**

Once the qualifying phase is over, the qualified athletes will receive information by email: accommodation suggestions, credentials and invitations. The email will also include the schedule, place of registration and information of the places of interest, both of the event, as well as the information that the organization believes to be necessary.

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If athletes have any questions, please contact us at the following email address:  
[info@thefenixgames.com](mailto:info@thefenixgames.com)

## **2.2 The Fēnix Games Final – Check in**

The dates, venue and general information about the final phase of The Fēnix Games will be published on the official site of The Fēnix Games and/or via the confirmation email sent to the team's athlete/captain.

It will be the responsibility of the athlete/team to take care of all the necessary steps related to arriving at the event's location.

Once at the registration athlete's point, each one will receive credentials, a welcome pack, the form to accredit the coach; as well as the calendar and the detailed schedule of the event in each specific location.

## **2.3 The Fēnix Games Final – Wods**

Athletes and teams will compete in multiple Wods, for several days.

The details of the wod, as well as the technical requirements and standards of movement, will be explained to all athletes just before the start of the wod.

## **2.4 The Fēnix Games Final – Briefings**

Athletes and teams will be informed about the Wod to perform according to the descriptors given by the organization. It is the responsibility of the athletes to attend all the Wod's briefings marked in the calendar of the event.

Athletes/teams that arrive late or do not attend one of these briefings, will not be able to complain or file a claim during the who competition and can therefore be disqualified.

Athletes who arrive late or miss two briefings will miss out on the possibility to file a claim for duration of the competition and may be disqualified.

## **2.5 The Fēnix Games Final – Scores**

Specific scoring formats will be explained just before each wod in the pre-wod briefing.

## **2.6 The Fēnix Games Final – Appeals**

Any appeal in relation to results, or discrepancies will be commented by the athlete or captain in the case of a team - no claims of the coach or any other companion will be accepted - to the Head Judge, once the Wod has been finalized, or as soon as possible.

If the Head Judge is not available, the Director of the event, or the Assistant of the Head Judge, will deal with the appeal.

## **2.7 The Fēnix Games Final – Injuries**

Any athlete, individual or competitor of a team, that cannot finish a Wod due to an injury or that requires medical attention, will need a medical form stating that he/she is able to continue to participate and the Head Judge's approval in order to return to the competition. The Head Judge has the power to disqualify an athlete from the competition based on the severity of an injury.

If the member of a team has to stop competing, the rest of the team can continue in the competition as long as they can maintain a minimum rhythm of work in the Wod. If they are not capable, they will be disqualified from the competition.

### The Fênix Games Lloret de Mar

#### TEAMS

##### Elite

1st Qualified: 2000€  
2nd Qualified: 1000€  
3rd Qualified: 750€

##### RX:

1st Qualified: 500€  
2nd Qualified: 250€  
3rd Qualified: Sports Equipment



### The Fênix Games Lloret de Mar: Scaled

1st Qualified: Sports Equipment  
2nd Qualified: Sports Equipment  
3rd Qualified: Sports Equipment

### The Fênix Games: Arnold Classic Europe Barcelona

#### -INDIVIDUAL-

##### Male and Female:

1st Qualified male: 3000€  
2nd Qualified male: 1500€  
3rd Qualified male: 500€

1st Qualified female: 3000€  
2nd Qualified female: 1500€  
3rd Qualified female: 500€

##### Máster +40:

1st Qualified female: 1500€  
2nd Qualified female: 500€  
3rd Qualified female: Sports Equipment



\* All prizes are subject to the application of taxes and legal requirements

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**APPENDIX:**

Sportsmanship:

All athletes commit to play in a sportive manner. Anti-sport behaviour, such as arguing with a judge, staff or member of The Fēnix Games organization, mocking, protesting, fighting or any conduct that tarnishes the image of the sport, brand, competition, other competitors, spectators, sponsors or collaborators can lead to disqualification and banning from future events.

Athletes are committed to perform to the best of their ability in each test.

Doing less work deliberately in order to take advantage will be cause for a penalty or immediate disqualification of the event.

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