



## Carthage Throwdown Rules and Guidelines

The Carthage Throwdown is an annual functional fitness competition. It begins with an online qualification phase and culminates in a final competition held in Tunisia on 4, 5 and 6 of October 2024. The rules outlined here govern all aspects of the competition.

### 1. ONLINE QUALIFICATION

The online qualification is the first step to participate in the Carthage Throwdown.

### 2. INDIVIDUAL + TEAMS

It includes a series of tests to be completed within the deadlines communicated below. The WODs are published on the CIRCLE21 application and on the Carthage Throwdown Instagram page. Athletes will have until 31/07 to complete the WODs and submit their scores. Once the score submission window closes, athletes will not be able to adjust or resubmit a score for the WODs.

### 3. ONLINE QUALIFICATION – ATHLETES

Any athlete meeting the age and eligibility criteria can register to participate in the online qualifications. Any athlete wishing to participate in the qualifications must complete the registration process in time to be eligible. To post their score videos, athletes must create and use CIRCLE21 accounts only. Carthage Throwdown reserves the exclusive right to permit or deny any athlete's participation. Carthage Throwdown also reserves the exclusive right to validate or invalidate any athlete's scores submitted to qualify for the final. This participation and scoring decisions will be made to preserve the competition's integrity. Carthage Throwdown reserves the exclusive right to invite past winners, invited athletes, teams, or others to participate at any stage of the competition.



This decision can be made to preserve the tradition and spirit of the Carthage Throwdown or for any other reason at its sole discretion.

#### **4. ONLINE QUALIFICATION – REGISTRATION**

Each competing athlete must register online at: (<https://portal.circle21.app/event?competitionId=5afbb126-806f-40c0-8b6e-c97668506b95>). To successfully complete the registration process, athletes must submit the required fees. All payments are final, and no refunds will be authorized for any reason.

#### **5. ONLINE QUALIFICATION – DIVISIONS**

The athlete's division must be selected based on their birth date and gender. For athletes, the age on October 4, 2024 (the first day of the final) will determine the division in which the athlete will compete. During the 2024 season, there will be a total of 8 divisions for individual competitors and 2 divisions for teams:

#### **6. INDIVIDUALS (Men and Women):**

- ELITES/RX
- MASTERS RX/INTERMEDIATE
- INTERMEDIATE/SCALED

#### **7. TEAMS:**

- RX (3 MALES)
- INTERMEDIATE (2 MALES 1 FEMALE)

#### **8. ONLINE QUALIFICATION – FORMAT**

For all qualification WODs, the test format will be published by Carthage Throwdown and uniformly communicated to all athletes online. The test format will include the following elements:

- Required movement(s)
- Start and end ranges of the movement(s)
- Required number of repetitions and/or repetition scheme
- Required equipment
- Required weight amount (Note: all weights will be released in kilograms. It is the athlete's responsibility to use the correct weight. If pounds are used, the athlete must use appropriate combinations to obtain the correct weight in kilograms. Collars or clips should not be counted in the total weight unless otherwise stated).
- Time domain or time cap



- Scoring details (competitions can determine the winner by the highest total points, the lowest total points, or any method or combination of methods selected by Carthage Throwdown. Point values for the final position will be published before the event starts).
- Filming and submission guidelines, if applicable.

At all stages of the Carthage Throwdown competition, it is the athlete's responsibility to adhere to the test format. This includes performing all required movements to the described standard, counting and completing all required repetitions, using necessary equipment and loads, meeting time limits, and complying with all submission and video standards. Modifying the test format in any way is prohibited and will nullify an athlete's score. Only Carthage Throwdown can provide officially scaled versions of the tests for athletes to perform.

### **9. ONLINE QUALIFICATION – MOVEMENT CLAUSE**

Any violation of the prescribed test format, including movement standards and range of motion, will result in refused repetitions. Therefore, athletes and judges must familiarize themselves with the unusual movement clause. Any movement deemed unusual or out of the ordinary, or used to modify, shorten, or change the movement standard, including the line of action, may and will be refused. If an athlete cannot meet the specific range of motion required for a movement, they are not permitted to substitute another movement or use tools/external assistance to achieve the range of motion.

### **10. ONLINE QUALIFICATION – SCORE SUBMISSION AND VALIDATION**

For individual and team categories, scores must be submitted before 31/07. Any score submission received after this date will not be accepted for any reason. Athletes must confirm their scores by uploading a video of their test on the CIRCLE21 site or application. If you wish to participate in the final, you must submit a video with your score. If you do not submit a video, it will be requested, and a deadline will be given. If the video is not received or is not viewable before the deadline, the score will be refused. It is the athlete's sole responsibility to ensure the timely submission of test results or videos. Submissions that are incomplete (missing information such as the full score or containing non-working video links, etc.) will not be accepted. Scores must be submitted according to the dates communicated above. Note: Carthage Throwdown reserves the right to extend the score submission deadline due to unforeseen circumstances. If the deadline is extended, athletes are allowed to complete or redo the lifts or tests within the newly provided time frame. Submitted videos may be reviewed by the Carthage Throwdown internal review team. Note that the top scores of all workouts may be reviewed.

### **11. ONLINE QUALIFICATION – VIDEO SUBMISSIONS – SCORING PROTOCOL**

Each scorecard includes all the specific video submission and scoring rules. There are five possible results that can be applied by the Carthage Throwdown internal review team in judging and scoring online video submissions:



- **Good Video**: The athlete meets the required movement standards, and the displayed score is correct. The score will be accepted.
- **Valid with Minor Penalty**: During the video, the athlete demonstrates a small number of missed repetitions, resulting in a faster time or higher score for a given test. A minor penalty will be applied, and the score will be adjusted to the athlete's final score. If the score is displayed as a time, the total time to complete the test will be adjusted accordingly.
- **Valid with Major Penalty**: During the video, the athlete demonstrates a significant number of missed repetitions, resulting in a faster time or higher score for a given test. In this case, a major penalty will be applied, and the score may be modified by subtracting at least 15% of the total number of repetitions. If the score is displayed as a time, the total time to complete the test will be adjusted accordingly.
- **0 Score**: During the video, if the athlete fails the required test, a significant and unacceptable number of repetitions performed are not valid, they do not perform the required work, or they perform the wrong movements, Carthage Throwdown reserves the right to adjust their score to 0. If the athlete receives a score of 0, the rest of their score submissions for the competition will remain on the leaderboard.
- **Invalid**: Carthage Throwdown reserves the right to invalidate a score submission if it is determined that the athlete acted with malicious intent to manipulate the test for an unfair advantage. If an athlete's score is invalidated, all 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 due to miscounted repetitions, missed repetitions, or a combination of both. A score adjustment can be standalone or applied in conjunction with a minor or major penalty result, as described above. Carthage Throwdown will apply time penalties based on the movements and/or circumstances during a given test. Time penalties may vary depending on the movement and context, and Carthage Throwdown reserves the right to update time penalties for movements based on the overall test specifics, the movement's specifics, or the athlete's pace in performing the movement(s). If a penalty results in a time exceeding the time cap, then the athlete's score will be adjusted to -1 repetition for every 5 seconds over the time cap.

## **12. MOVEMENT AND SCORING STANDARDS**

### **24.1 (INDIV ELITES & RX, TEAM RX, MASTERS RX)**

In 2 minutes 30 seconds, the athlete must complete:

- 15 calories on the rower for men / 12 calories on the rower for women
- 12 Burpees over bar
- Max thrusters during the remaining time



After this, the athlete takes a 30-second rest and then repeats for 4 rounds. The score will be the cumulative number of repetitions in each round.

Example:

- Round 1: 15 + 12 + 20 thrusters = 47

- Round 2: 15 + 12 + 18 thrusters = 45

- Round 3: 15 + 12 + 15 thrusters = 42

- Round 4: 15 + 12 + 17 thrusters = 44

Total score will be the sum of repetitions from the 4 rounds (47 + 45 + 42 + 44 = 178 reps).

**\*\*Rower\*\***: This movement must be performed on a CONCEPT 2 rower.

**\*\*Burpees over bar\*\***: Burpees must be performed parallel to the bar. The athlete must jump over the bar, and stepping over is not allowed. If the athlete touches the bar while jumping, it is a no-rep.

**\*\*Thruster\*\***: The first repetition starts with the bar on the ground. The athlete must move the bar to their shoulders using any technique into the front rack position, then perform a front squat and a press. The press must be a continuous movement from the squat to the overhead position. A squat clean is allowed if it meets the squat standards (hips below knees). In the final position, knees, hips, and arms must be fully extended, with the bar overhead, aligned with the body, and held stable and controlled.

#### **24.1 (INDIV INTER & SCALED, TEAM INTER, MASTERS INTER)**

In 2 minutes 30 seconds, the athlete must complete:

- 7 Shuttle runs
- 9 Burpees over bar
- Max thrusters during the remaining time

After this, the athlete takes a 30-second rest and then repeats for 4 rounds. The score will be the cumulative number of repetitions in each round.

Example:

- Round 1: 7 + 9 + 20 thrusters = 36
- Round 2: 7 + 9 + 18 thrusters = 34
- Round 3: 7 + 9 + 15 thrusters = 31



- Round 4: 7 + 9 + 17 thrusters = 33

Total score will be the sum of repetitions from the 4 rounds (36 + 34 + 31 + 33 = 134 reps).

**Shuttle run:** 50 ft / 15 meters counts as 1 repetition. The distance must be split into two parts, so marking 25 ft / 7.5 meters is mandatory. A round trip counts as one repetition. The athlete must touch the ground at each turn.

**Burpees over bar:** Burpees must be performed parallel to the bar. The athlete must jump over the bar, and stepping over is not allowed. If the athlete touches the bar while jumping, it is a no-rep.

**Thruster:** The first repetition starts with the bar on the ground. The athlete must move the bar to their shoulders using any technique into the front rack position, then perform a front squat and a press. The press must be a continuous movement from the squat to the overhead position. A squat clean is allowed if it meets the squat standards (hips below knees). In the final position, knees, hips, and arms must be fully extended, with the bar overhead, aligned with the body, and held stable and controlled.

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## 24.2 (INDIV ELITES & RX, TEAM RX, MASTERS RX)

**Part A** (From 0 to 10 minutes):

- 2 rounds of:
  - 20 Box jump overs (30/24 in)
  - 20 Toes-to-bar
  - 15 Box jump overs (30/24 in)
  - 15 Chest-to-bar pull-ups
  - 10 Box jump overs (30/24 in)
  - 10 Bar muscle-ups

**Part B** (From 10 to 15 minutes):

- 1 RM Elyssa's Complex (1 Hang clean + 2 Front squats + 1 Jerk)

This WOD has two scores:

1. **Score for Part A:** The time taken to complete the WOD or the number of repetitions completed within the 10-minute window.
2. **Score for Part B:** The maximum weight lifted in the complex mentioned above in KG.

**Box jump over:** Start on one side of the box, take off with both feet, and finish on the other side of the box.

**Toes-to-bar:** The exercise starts hanging with arms fully extended. Legs should go clearly behind the line of the bar on each repetition. At the bottom position, arms and hips should



be extended; at the top position, both toes or feet must touch the bar at the same time. It is prohibited to touch with the sole of the feet.

**Chest-to-bar pull-ups:** Each repetition starts with arms fully extended without feet touching the ground. At the top position, the chest must touch the pull-up bar below the collarbone. Any technique is allowed with the previous criteria.

**Bar muscle-up:** The athlete must start each repetition hanging from the bar with arms fully extended, then must move to a position above the bar with arms fully extended.

#### **Elyssa's Complex:**

- **Hang clean:** Starts with hips, knees, and elbows fully extended. The official starting zone is between the hips and knees.
- **Front squat:** The bar must be in the front rack position. During the squat, the athlete must break parallel and then stand up until knees, hips, and shoulders are aligned.
- **Jerk:** Move the bar from the front rack position overhead. The final position of this movement is with arms fully locked out and aligned with the hips and knees. Any technique is allowed.

*Note:* The complex must be done UNBROKEN.

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## **24.2 (INDIV INTER & SCALED, TEAM INTER, MASTERS INTER)**

### **Part A (From 0 to 8 minutes):**

- 30 Box jump overs (24/20 in)
- 30 Sit-ups
- 20 Box jump overs (24/20 in)
- 20 Toes-to-bar
- 10 Box jump overs (24/20 in)
- 10 Pull-ups

### **Part B (From 8 to 13 minutes):**

- 1 RM Deadlift
- 1 RM Back squat

**Score for Part A:** The time taken to complete the WOD or the number of repetitions completed within the 8-minute window. **Score for Part B:** Total weight lifted in the two movements (Deadlift + Back squat).

In Part B, the athlete can start with any exercise, but once they move to the second exercise, they cannot go back to the first exercise.



**Box jump over:** Start on one side of the box, take off with both feet, and finish on the other side of the box.

**Toes-to-bar:** The exercise starts hanging with arms fully extended. Legs should go clearly behind the line of the bar on each repetition. At the bottom position, arms and hips should be extended; at the top position, both toes or feet must touch the bar at the same time. It is prohibited to touch with the sole of the feet.

**Sit-ups:** The athlete starts lying on the ground with feet in a butterfly position. They must touch the ground with both hands behind their head and then touch their feet with both hands, ensuring that the shoulders pass the hips.

**Pull-ups:** The arms must be fully extended at the bottom, with the athlete's feet off the ground. Pronated, supinated, or mixed grips are allowed. The repetition is credited when the chin passes above the bar.

**Deadlift:** Each repetition starts with the weights on the ground. The athlete should pull the bar up, with the finishing position being fully extended knees, hips, and arms, with shoulders behind the bar. Hands must be outside the knees. The weight must not bounce off the ground; the bar must touch the ground each time.

**Back squat:** For the squat, the hip crease must be clearly below the top of the knee at the bottom position. Press up to reach a fully extended position (knees, hips, and shoulders aligned).

For any other questions, please email us: [contact@carthagethrowdown.com](mailto:contact@carthagethrowdown.com) , Good Luck 😊

