



THE FITNESS LEAGUE 2023

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COMPETITION RULEBOOK EN

*When one makes a Revolution, one cannot mark time;
one must always go forward – or go back.*

Rich Froning

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I. General Organization

THE FITNESS LEAGUE is a fitness championship, offering TEAMS the opportunity to compete through 4 seasonal matches (EDITION).



WINTER EDITION



Centre Sportif de Blocry
Louvain-la-Neuve



04&05 /02/2023



SPRING EDITION



Sart Tilman
Liège



03&04 /06/2023



SUMMER EDITION



Zeedijk
Zeebrugge



16&17 /09/2023



AUTUMN EDITION



TopsportHal Vlaanderen
Gent



18&19 /11/2023

At the end of each EDITION, a table will determine the ranking of the TEAMS and a podium will reward the best TEAMS.

We will also publish a general ranking on the website of THE FITNESS LEAGUE (www.thefitnessleague.be).

After the AUTUMN EDITION, a podium will reward the best TEAMS of the general ranking of THE FITNESS LEAGUE 2023.

It is allowed for TEAMS to only participate to one or several EDITIONS. If a TEAM does not participate to an EDITION, the number of General Ranking points attributed for this EDITION will be the number of registered teams +1. Along the year, loyal TEAMS to The Fitness League will be rewarded.



2. Teams

1. Each TEAM will be made by 2 athletes MALE + 2 athletes FEMALE
2. Each TEAM represents a CrossFit box, a fitness center, a programming, or a sponsor. It registers as follows:



Examples:

- ✓ CrossFit Da Vinci RX
 - ✓ CrossFit Wavre MASTERS
 - ✓ CrossFit Hasselt SCALED
3. One of the 4 athletes in the TEAM is the Captain. The Captain is administratively responsible for the TEAM.
 4. The athletes of the TEAM are selected by the Captain.
 5. The composition of each TEAM may vary for each EDITION.
 6. If a Captain has to pass over his/her role, he/she should warn the organization by email at info@thefitnessleague.be.
 7. There can be no replacement during an EDITION!

3. Categories & Standards

It is possible to register your TEAM in one of the following categories:

RX	INTER/MASTER	SCALED	BEGINNER
WEIGHTLIFTING	WEIGHTLIFTING	WEIGHTLIFTING	WEIGHTLIFTING
Snatch 80/55Kg C&j 100/70Kg - - -	Snatch 60/35Kg C&j 75/55Kg - - -	Snatch 40/25Kg C&j 55/35Kg - - -	Snatch 20/15Kg - Push press 20/15Kg Thruster 20/15Kg Deadlift 40/30Kg
GYMNASTIC	GYMNASTIC	GYMNASTIC	GYMNASTIC
- Toes-to-bar - Pull-up Chest-to-bar Muscle-up bar Muscle-up ring* Rope climb Handstand Walk 2,5m	- Toes-to-bar - Pull-up Chest-to-bar* Muscle-up bar** - Rope climb* Handstand Walk* 2,5m	Leg raises Toes-to-bar* Ring row Pull-up* - - - -	Knee raises - Ring row - - - -
OTHER SKILLS	OTHER SKILLS	OTHER SKILLS	OTHER SKILLS
Double-under Box jump - -	Double-under Box jump - -	Single-under Box step - -	Single-under Box step Push-up on box Air squat

* 2 athletes / 4

** 1 athlete / 4

For the MASTER category, the sum of the ages of all participants must be 140 years or more.

4. Teams Registration

1. The registration is open to each person willing to participate with his TEAM at THE FITNESS LEAGUE.
2. The web links allowing to register for each EDITION will be published on the website of THE FITNESS LEAGUE.
3. During the registration the Captain will have to mention the name of the athletes composing the TEAM.
4. Changes in the TEAM composition between the registration and the event must be noticed by email at info@thefitnessleague.be.
5. The Captains commits to participate to the 4 EDITIONS.

5. Captain

1. The Captain is responsible for the selection and registration of the athletes of his TEAM.
2. The Captain will sign all the scorecards.
3. The Captain is responsible of the naming board.
4. In case of any objection, only the Captain is allowed to communicate with the HEAD JUDGE.
5. The Captain must pay the registration at least 30 days before the beginning of the EVENT.
6. If the Captain wishes to transfer his title, he can do it via an official document. He has to request the document by email at info@thefitnessleague.be, at least 30 days before the beginning of the next EDITION.



6. Rankings & Rewards

At the end of **each EDITION**:

- ✓ A ranking will be established for this EDITION.
- ✓ A podium will reward the best TEAMS of each category.

For the **RX, Masters, Intermediate & Scaled** categories:

- ✓ The first team will receive a free ticket to join the next edition*.
- ✓ The second team will receive a 50% discount code to join the next edition*.
- ✓ The third team will receive a 33% discount code to join the next edition*.

In **RX** category:

- ✓ The first team will receive a prize money of 1000€
- ✓ The second team will receive a prize money of 750€
- ✓ The third team will receive a prize money of 500€

In **all** categories:

- ✓ The teams on the podium will receive gifts and packages from our partners.

For **the champions** of THE FITNESS LEAGUE season 2023:

- ✓ A **GENERAL RANKING** will be established for the championship.
- ✓ A podium will reward the best TEAMS of the season 2023 of THE FITNESS LEAGUE.

In **RX** category:

- ✓ The first team will receive a prize money of 1000€
- ✓ The second team will receive a prize money of 750€
- ✓ The third team will receive a prize money of 500€

In **MASTERS** category:

- ✓ The top 5 receive 25% for the 2024 Winter Edition

In **INTERMEDIATE** category:

- ✓ The top 10 receive 25% for the 2024 Winter Edition, in RX category.

In **SCALED** category:

- ✓ The top 10 receive 25% for the 2024 Winter Edition, in INTERMEDIATE category.

In **all** categories:

- ✓ The teams on the podium will receive gifts and packages from our partners.

* except for the Autumn Edition – Edition tickets & discounts are not valid for the 2024 championship.

7. Workouts

- ✓ There will be 4 WORKOUTS by EDITION to determine the fittest TEAMS.
- ✓ The WORKOUTS and the planning will be announced in the week before each EDITION.
- ✓ The WORKOUTS will be judged by our internal independent judging team.
- ✓ The leaderboard will be kept online on Competition Corner.


8. Fair-Play & Respect

1. THE FITNESS LEAGUE is a competition celebrating the positive values of sport as respect, health, courage and diversity.
2. The TEAMS respect the rules and standards of the different EDITIONs in the spirit and the values of sport.
3. During each EDITION the TEAMS agree to observe the basic notion of respect to the entire community.
4. The Captains are responsible for the behavior of each athlete.
5. In case of non-respect of the sport values against their opponents, the judges or the volunteers, the organization reserves the right to disqualify a TEAM. The TEAM could be disqualified for a workout, an EDITION, or the entire competition depending on the facts.

9. Documents

1. The Rulebook: it must be signed by the Captain and sent by mail at THE FITNESS LEAGUE (info@thefitnessleague.be).
2. By signing the Rulebook all the athletes of the TEAM accept the general conditions on the website of THE FITNESS LEAGUE (www.thefitnessleague.be).
3. Captain transfer document: to request by email at THE FITNESS LEAGUE.
4. Hosting box document: if you as a box owner want to host an edition of THE FITNESS LEAGUE, please request by email at THE FITNESS LEAGUE.

10. Signatures

<p>For the TEAM</p> <p>.....</p> <p>Captain</p>	<p>For THE FITNESS LEAGUE</p> <p>Jonathan Meinguet & Vincent Rampelbergs Event Directors</p> 
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