



WOD2WIN RULE BOOK

- UPDATED: APRIL 13, 2021

The WOD2WIN is owned and operated by or on behalf of Archon Combine Limited. WOD2WIN was created with the concept in mind to provide you with innovative, unique workouts based on our methodology of scoring so that anyone in any gym, anywhere in the world has a chance to compete. Through inclusivity, creativity, and positivity we create impactful experiences that produce joy, unity in diversity, and elicit celebration whilst creating a community of data-driven athletes who want to get better, but also want to have fun while they're doing it.

Changes in policies, regulations, requirements and standards may be made at any time without advance notice. The ultimate responsibility for knowing WOD2WIN requirements and regulations rests on the athlete competing. For the latest, up-to-date information please refer to the WOD2WIN rulebook.

GENERAL RULES

1. To participate in any stage of WOD2WIN, each and every athlete must agree to any and all Rules and Policies, including, without limitation, the Assumption of Risk, and Publicity Release, all of which are incorporated herein by reference, and to the decisions of WOD2WIN, which are final and binding in all respects.
2. All Athletes are required to have completed and abide by the appropriate waivers and documentation as outlined by WOD2WIN, paid and validly registered for entry.
3. WOD2WIN prohibits athletes from using any performance enhancing, illegal substances. If it is found that an athlete is under the influence or use of such substances during any stage of competition, WOD2WIN reserves the right to disqualify the athlete from the competition and/or



revoke any prizes earned while under the influence or during the use of such substances.

4. It is the sole responsibility of the winners and/or compensated Athletes to present valid identification when requested, and to comply with paying any and all applicable taxes in connection with any prizes, whether or not such prize is cash. All prizes are subject to applicable taxes and withholding and prize winner's compliance with, and agreement to, WOD2WIN's prize affidavit.

All information provided, either in registration submissions, video submissions, scores, must be the complete truth. A lack of integrity, or any actions that evidence an intent to cheat or circumvent the Rules or intent of the Rules of WOD2WIN, including lying (as one example)—will result in disqualification.

WOD2WIN PARTICIPATION REQUIREMENTS, REFUNDS, & TRANSFERS

5. Subject to WOD2WIN's age restrictions and other requirements, anyone that is able to perform the workouts as prescribed may attempt to register to compete as an Athlete. Such registration is subject to each prospective Athlete's affirmative agreement to comply with WOD2WIN's policies, rules and regulations, as determined by WOD2WIN, in its sole and absolute discretion.
6. All registrations are final. No refunds or transfers will be permitted, regardless of reason (injury, illness, change in work schedule, deployment, pregnancy, etc.)
7. No athlete may transfer or substitute their spot for any reason.
8. WOD2WIN reserves the right, in its sole and absolute discretion, to invite past winners, guest athletes, teams or others, to participate in any stage of competition. This decision may be made to preserve the traditions and spirit of WOD2WIN or for any other reason at the sole discretion of WOD2WIN.



9. All Athletes must validly and truthfully register online at wod2win.com and any corresponding digital registration platforms.

10. It is the Athlete's sole responsibility to provide current, valid and truthful information, including email address.

AGE REQUIRMENT

11. Athletes are younger than 18 years old, are not permitted to enter the competition.

REGISTRATION FEE'S

12. Once an athlete is invited via open registration; the athlete will need to pay our registration fees via wod2win.com and complete your registration via team aretas, which includes. All registration and service fees are due at the time of registration. No exceptions will be made.

Registration fee options for WOD2WIN are as follows:

- Competition only - 1-month = £10
- Competition only - Monthly Subscription = £8.50
- Competition only - Annual Subscription = £96

- Competition + Programming - 1-month = £30
- Competition + Programming - Monthly Subscription = £25.50
- Competition + Programming - Annual Subscription = £288

- Programming bolt on - 1-month = £20
- Programming bolt on - Monthly Subscription = £17

ADDITIONAL GUIDELINES AND NOTES

13. WOD2WIN is not responsible for any inaccurate entry information, whether caused by website users or by any of the equipment or programming associated with or utilised. WOD2WIN assumes no responsibility for any error, omission, interruption, deletion, defect, or delay in operation or transmission of any website related to WOD2WIN,



or for communications line failure, or for theft or destruction, tampering, or unauthorised access to entries, registration, participation and/or entry information. WOD2WIN is not responsible for any problems or technical, hardware, or software malfunctions of any telephone network or telephone lines, failed, incorrect, inaccurate, incomplete, garbled or delayed electronic communications whether caused by the sender or by any of the equipment or programming associated with or utilised in WOD2WIN, computer online systems, servers or providers, computer equipment, software, failure of any email, submission or entry to be received by WOD2WIN due to technical problems, human error or traffic congestion, unavailable network connections on the Internet or any website, or any combination thereof, including any injury or damage to the participant's or any other person's computer relating to or resulting from participating in WOD2WIN or downloading any materials related to WOD2WIN.

14. WOD2WIN reserves the right, at its sole discretion, to disqualify any individual it finds to be tampering with the entry, registration or submission process or the operation of WOD2WIN or the website, or any website related to WOD2WIN; to be acting in violation of the Official Rules; or to be acting in an unsportsmanlike or disruptive manner, or with intent to annoy, abuse, threaten or harass any other person. Any use of robotic, macro, automatic, programmed, or the like, entry methods will void all such entries by such methods. In the event of a dispute as to entries submitted by multiple users having the same identifying information, WOD2WIN reserves the right to determine, in its sole discretion, the correct submission in accordance with the rules.
15. If, for any reason, WOD2WIN is not capable of running as planned by reason of infection by computer virus, bugs, worms, tampering, unauthorised intervention, fraud, technical failures, or any other causes beyond the control of WOD2WIN, which, in the sole opinion of WOD2WIN, are corrupt or affect the administration, security, fairness, integrity or proper conduct of WOD2WIN, they reserve the right, at its sole discretion, to void suspect registrations or submissions and/or to cancel, terminate, modify or suspend WOD2WIN and select the winner from among all eligible, non-suspect registrations or submissions



received prior to cancellation, termination or suspension. WOD2WIN has no obligation to operate or produce WOD2WIN (or any part thereof). In the event that WOD2WIN are cancelled, WOD2WIN (or any party) has no obligation to award any prize money. Any and all decisions by WOD2WIN concerning eligibility, qualifying for and judging related to WOD2WIN is final and not subject to challenge or appeal. WOD2WIN shall own and shall have no obligation to return or maintain any materials submitted as part of the qualification or registration process for WOD2WIN.

STANDARD COMPETITION PROCEDURES

16. A series of workouts that will be released on the official WOD2WIN and Team Aretas websites

Workout Format will include the following:

- An Archon criteria video to ensure athlete movements are valid
- Prohibited technique, accessories and/or equipment, if any
- Required number of repetitions and/or repetition scheme
- Required equipment
- Required amount of weight (in kilograms) – based on a % of your rep max
- Time cap
- Archon Combine pin number – To generate your workout score
- Scoring details
- Filming and submission guidelines, if any

17. The Athlete with the best performance over multiple workouts in a competition wins.

a. Competitions may determine the winner by highest point total or lowest point total, or any method or combination of methods WOD2WIN selects. Point values for each finishing position will be released before the start of the workout.

b. Ties on the overall Leaderboard will be broken via a random draw.



c. Some workouts may have time-caps. Failure to complete a workout in the designated time will result in a 0 score as the workout was not completed in the timeframe required.

18. Athletes may complete the workouts for the Online Competition as many times as they desire and submit their scores on time as announced on the website.
19. Judges are not mandated during the Online Competition, however if your overall scores places you in the top performing level of athletes OR you have been selected as a prize winner for participation, you will be asked to submit a video of one and/or multiple qualifying workouts to verify the score. WOD2WIN highly recommends athletes have a coach or judge validate their score prior to submission to ensure that movement standards for that event are upheld and if an athlete feels they may make the top, to video all of their workouts in preparation for having to submit one for validation.
 - a. All potential Judges are required to complete the Level 4 Archon Fitness Profiling Course, available online (<https://archon-app.com/academy/>) and must hold a Level 3 regulated qualification aligned to industry standards in sport, health or fitness coaching [or equivalent]
 - b. Judges are responsible for enforcing the movement standards and validating the Athlete's score
 - c. "Judges" describes the person validating the Athlete's movement standards and online score submission.
 - d. All video submissions will be judged and validated by WOD2WIN's judging team.
 - e. Any infraction to the Movement Standards or Range of Motion will result in the Athlete's attempt deemed invalid.
20. Uncommon Movement Clause: Any movement deemed uncommon, out of the ordinary or used to amend, shorten or change the accepted Movement Standard can and will be disallowed. It is the responsibility of



the Athlete to notify WOD2WIN of any questionable movement before the submitting their workout video.

21. Physical limitations in Range of Motion from prior physical defects or temporary or permanent injuries that are obvious and clearly definable by demonstration and are brought to the attention of WOD2WIN prior to the beginning of the competition may be granted an exception at the sole discretion of WOD2WINs' sole discretion. These cases are very rare, and will be handled on a case-by-case basis.
22. Judgment calls made during the workout are final and are not negotiable or subject to change or modification.
23. WOD2WIN reserves the right to request video validation of any score submission they deem necessary.
24. The Athlete is responsible for making sure they perform the workout as prescribed, including performing all the required movements to the described standard, counting and completing all of the required reps, using the required equipment and loads, meeting the required time and meeting all submission requirements.
25. Once the workout closes, an Athlete will not be able to submit any score for that workout
26. It is the sole responsibility of the Athlete to ensure the timely and successful submission of their workout each month
27. Proper attire is required when completing all workouts. No attire shall interfere with Event Judging and the ability to see the Event Movement Standard.
28. Subject to WOD2WIN prior approval, non-branded belts, non-tacky gloves, hand tape, neoprene joint sleeves and common fitness wear may be allowed during competition. However, no grip assistance or weight support may be derived from any device worn. In general, gear is



allowed that improves safety and/or comfort, but does not confer advantage.

29. Invalidation of any online scoring submission is the sole right of WOD2WIN.

Reasons for invalidation include, but are not limited to:

- Violation of the movement standards
- Violation of the workout format
- Miscounting repetitions

30. The Team Aretas website will host the only official Leaderboard for the Online Challenge.

31. Each Athlete may submit their official score for the event multiple times until the close of score submission; the entered score will appear on the Leaderboard once submitted. Furthermore, scores may be adjusted and removed at any time at the discretion of WOD2WIN.

32. Common reasons for adjustment and/or removal of scores include unacceptable movement standards, improper rep counts or poor quality of video submission.

Video Submission Guidelines for submitting videos for validation

33. Create a YouTube (<http://www.youtube.com/yt/about/getting-started.html>) or Vimeo (<https://vimeo.com/join>) account. Use only these two methods of video submission.

34. Use any video recording device you want to capture your workout, but you are responsible for the video quality (i.e., if we cannot verify the movements, your video may be rejected).

35. Before the workout begins:

- The athlete must identify themselves by their full name



- The athlete must verify that the prescribed weights are being used by showing on the video the weights/bars to be used.
- Where target or equipment measurements are involved, the athlete must verify the prescribed height / distance by showing the measurement on video.
- The athlete must be positioned during the workout so that the athlete's completion of each movement as prescribed by the movement and workout standards may be verified.
- Clocks / Time Required workouts. If there is a "judge" or other person in the frame who clearly indicates "Go," a time clock in the frame is optional. If there is no "judge" or other person in the frame, or if the video does not have an audio component that allows the judge reviewing the video to determine when the athlete has been told to "go," a clock in the frame is mandatory. Use of the wetime app (<https://wetime.io/wetime-app>) can be utilised for workout filming purposes.
- All video submissions must be one continuous shot, from the introduction of the athlete, verification of weights/measurements through the completion of the workout.
- Any editing of the video footage will lead to the video being deemed as invalid and the athlete's workout score for that submission will not be accepted.
- When uploading your video to YouTube or Vimeo, title your video with the workout number, and your name. Enter the workout and your score in the description.
- Once you have successfully uploaded your video, follow the instructions for submitting a video link into our scoring system on Team Aretas.
- Video submissions and scores may be Validated, Invalidated, or amended after review from WOD2WIN Judging Team.
- Athletes submitting videos are advised to have someone strictly watching their movement to ensure each repetition meets standards, and that the camera captures the movement clearly.



COMPETITION APPEAL PROCESS

36. Appeals made during the Online Competition should be addressed in a time and date stamped documented email including all facts sent to WOD2WIN staff at wod2win@archon-app.com. The competing Athlete must immediately notify WOD2WIN about the result in question by relating their name and reason for protest. Please note, inquiries will be answered in the order they are received.
37. No other parties may appeal on behalf of another
38. Athletes may not appeal their own performance based on the judging, scoring or performance of another Athlete.
39. Meeting submission requirements and deadlines is the responsibility of the Athlete
40. All undetermined rulings, late or potentially late submissions must be communicated to WOD2WIN staff at wod2win@archon-app.com immediately, time and date stamped, in a documented email.

PARTICIPANT WAIVER

41. By registering to partake in a WOD2WIN competition you acknowledge that this athletic competition is a test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to: actions of other people including, but not limited to, participants, coaches, producers of the event; lack of hydration, weather, and/or other natural conditions. I hereby assume all of the risks of participating in this event.
42. By registering to partake in a WOD2WIN competition you certify that you are physically fit, have sufficiently trained for participation in this



event and have not been advised otherwise by a qualified medical person.

43. By registering to partake in a WOD2WIN competition you hereby take action for yourself, executors, administrators, heirs, next of kin, successors, and assigns as follows:

- a. Waive, release, and discharge from any and all liability for my death, disability personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me from this competition, THE FOLLOWING ENTITIES OR PERSONS: Archon Combine Limited and their directors, officers, employees, volunteers, representatives and agents, the event sponsors and event volunteers,
- b. Indemnify and hold harmless all entities or persons mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of my actions during this event.

44. This AWRL shall be construed broadly to provide a release and waiver to the maximum extent permissible under the applicable law.

USE OF PUBLIC FORUMS AND INNAPROPRIATE CONTENT

45. WOD2WIN offers and maintains certain discussion boards, user forums and other places where the WOD2WIN community can post questions and share information, ideas, workouts, comments or advice. You agree that you will not upload or transmit any User Content of any type to any Public Forums of this Site (including, without limitation, message boards, blogs, vlogs, bulletin boards, list serves, wiki's or other open forums made available through our Site) (a "Public Forum") that infringe or violate any rights of any party.



46. By submitting any User Content to the Public Forums, you agree that such User Content is non-confidential for all purposes. If you use a Public Forum on this Site, you are solely responsible for your own communications, the consequences of posting those communications, and your reliance on any communications found on our Site.
47. WOD2WIN and any party involved in creating, producing, delivering or maintaining the website and all social media accounts are not responsible for the consequences of any communications in the Public Forums. We expressly disclaim responsibility for and liabilities resulting from, any information or communications from and between users of the Public Forums. In cases where you feel threatened or believe someone else is in danger, you should contact your local law enforcement agency and WOD2WIN immediately.