

# THE BUTTERFLY EFFECT



## RULE BOOK

## **FORMAT**

The competition is an online competition that will launch on September 10<sup>th</sup>, 2020. It will consist of 4 workouts over 4 weeks to be announced at 5:00PM AEST on Thursday September 10th and weekly thereafter. Athletes will have six days to complete the workout and submit their scores by Wednesday at 10am AEST the following week.

Every WOD announcement will include a detailed video which will demonstrate the expected movement standard and the overall flow of the workout.

At the completion of the 4 weeks, the top 3 for each division will be declared winners.

The dates of announcement and completion of each WOD are as follow: -

<b>WOD</b>	<b>Announced @ 5pm AEST</b>	<b>Score Submission Deadline @ 10am AEST</b>
1	September 10 <sup>th</sup>	September 16 <sup>th</sup>
2	September 17 <sup>th</sup>	September 23 <sup>rd</sup>
3	September 24 <sup>th</sup>	September 30 <sup>th</sup>
4	October 1 <sup>st</sup>	October 7 <sup>th</sup>

## **DIVISIONS**

The Butterfly Effect is comprised of three divisions: -

- ) Beginners
- ) Intermediate
- ) Rx
- ) Masters

**Once you choose a division, all WODs need to be performed according to those division standards. If a movement comes up that you can't do, you just work up until that movement and that will be your score. All movement standards and weights are listed on the Movement Standard document.**

## **REGISTRATION FEE**

Registration is \$85 per Team of Two. Registration fees are non-refundable.

## **JUDGING**

Each workout has to be judged by an affiliate owner, Level 1 coach or anyone deemed appropriate by the said affiliate owner or Level 1 Coach. Attention has to be paid to proper movement standards. Failure to perform a movement as specified will result in a “no rep” by the judge. To keep the integrity of the competition, it is expected that judges are strict on the movement standards. No “bro reps”!!!

On the rare occasion, should an athlete’s range of motion be hindered by an obvious, prior physical limitation/injury, Butterfly Effect should be notified of this, and an exception may be granted, at our sole discretion.

## **SCORING**

A pdf score sheet will be available for download from the website as soon as the WOD is announced. This should be printed out and available for the team prior to commencement of the WOD.

Scores need to be submitted by 10am AEST on the Wednesday following the announcement. You will have been given a login on registration and this should be used to log the score. Should you be unable to log in to the website for whatever reason, please forward the scorecard to Butterfly Effect and we will ensure the score is entered.

If a score is submitted or sent to Butterfly Effect directly after the deadline, the team will not receive a score for that WOD.

## **VIDEO**

**All workouts MUST be videoed and the video is to be submitted when lodging your score. Scores cannot be lodged without a video.**

We have partnered with WeTime. The app can be downloaded via the app store. Registration is free. Once you have registered, select the Butterfly Effect Competition. On release of each workout, the workout description will appear on the app and will include a library of movement standards to ensure every athlete knows what range of motion is expected. Each workout will automatically have the workout format and time pre set so all you need to do is set up your phone/ipad, click start record and commence the workout.

- ) Athletes must always be fully in the shot of the camera.
- ) The video must be shot from an angle so all exercises can be clearly seen meeting the movement standards.

### **Uploading Videos**

Here are some tips:

- ) Plan ahead, get your videos uploaded early to avoid any unforeseen roadblocks.
- ) You may upload to YouTube, Vimeo, Daily Motion, Google Drive, Dropbox, iCloud, Tencent or Microsoft Drive

- ) Avoid the unknown getting flagged for copyright violations for any background music you may have in your video by using Google Drive, Dropbox or iCloud
- ) If you run into technical issues uploading to the video platform, please contact that platform's support directly. Uploading issues are outside Competition Corner's control.

### **Using YouTube, Vimeo or Daily Motion?**

- ) Be aware if you have music in the background with copyright protection, it may be blocked.
- ) If you are new to YouTube, by default YouTube requires you to request a limit increase to upload a video longer than 15 minutes. To do so, follow the instructions in the link below - <https://support.google.com/youtube/answer/71673?hl=en>
- ) Make sure your video is set for PUBLIC or UNLISTED viewing

All videos will be judged by the Butterfly Effect Judging committee. Penalties will be given where the standards have not been met. Each no rep will constitute a 1 rep deduction or 1 second penalty.

Judging decisions are final and at the full discretion of The Butterfly Effect Judging Committee.

### **LOGGING SCORES**

- ) Click on Submit Score on the website or log in to your Competition Corner account
- ) Enter your score making sure to indicate whether the WOD was performed Scaled or Rx.
- ) Should you choose to re-do the WOD within the allocated time period, and receive a better result, the above steps can be followed to update the score.
- ) If there are any issues entering scores, please contact us at [info@thebutterflyeffectcomp.com](mailto:info@thebutterflyeffectcomp.com).

### **RANKING**

The leaderboard can be found on the website under the menu heading "leaderboard".

It will be divided into divisions and athletes will be ranked in their respective divisions based on their scores in comparison to others in the same age group and division.

Teams can tie in WODS and will be ranked the same position. Should a tie occur at the end of the competition, the athlete who has the best performance across the workouts will rank ahead.

### **PRIZE MONEY**

Prize money is in Australian Dollars

## **WAIVERS AND TERMS**

All athletes must agree to comply with the rules set out in The Rule Book and the General Liability and Release Waiver. Should it be believed that any athlete is not complying with the rules and guidelines, Butterfly Effect reserves the right to disqualify that team. Furthermore, any unsportsmanlike behavior reported, may result in the team being disqualified from the competition. Butterfly Effect is built around fun. Support your competition, perform to the best of your ability, do the work prescribed without trying to take short cuts, respect your coach and judge, but above all HAVE FUN!!!

## **LIABILITY STATEMENT**

Butterfly Effect makes no warranty that your access to or use of the Website or the functions contained on the Website will be uninterrupted or error free, or that the Website or the server which stores and submits content to you via the Website is free of viruses, malicious computer code or other harmful files transmitted on or through the Website.

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