

BUTTERFLY EFFECT

ONLINE 2021



RULE BOOK

FORMAT

The online competition that will launch on November 4th, 2021. It will consist of 4 workouts over 4 weeks to be announced at 5:00PM AEST on Thursday November 4th 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: -

WOD	Announced @ 5pm AEST	Score Submission Deadline @ 10am AEST
1	November 4 th	November 10 th
2	November 11 th	November 17 th
3	November 18 th	November 24 th
4	November 25 th	December 1 st

DIVISIONS

The Butterfly Effect is comprised of four 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.

FEE

PLEASE NOTE THAT WETIME CHARGES IN US\$

Early Bird Registration is \$AUD85 (US\$62) per Team of Two. Once the early bird registration lapses registration fees will increase to \$AUD90 (US\$66) for the team of 2 or \$45 (\$US33) for the individual lockdown division athletes. Registration fees are non-refundable.

REGISTRATION

Registering for The Butterfly Effect on WeTime could not be easier!

- Use the link below to go to the competition profile and then click on the Registration button.
<https://wetime.io/competitions/butterfly-effect>
- After payment you'll receive two emails: one confirming your registration was successful and the second one with an invoice for the transaction.
- Once the workouts are released go to the competition profile on the app and use the preset timers to record your attempts.
- When you are ready, go to the leaderboard tab and submit your score + the YouTube link with your video.
- You can update your score submission and video link at anytime while scores are accepted.

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. Your video must be included with your score entry. Details on how to submit both are detailed in the section below.

If a score is submitted or sent to Butterfly Effect directly after the deadline, the team will not receive a score for that WOD. If there are any issues entering scores, please contact us at info@thebutterflyeffectcomp.com.

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

- There is no need to upload videos to Youtube anymore as WeTime have upgraded their video functionality.
- Once the event is recorded, select the video you want to upload, tap on the “Link” icon and press “Start”
- From the video link screen select “Butterfly Effect”
- Once the upload is finished press “Copy Link” and return to the Butterfly Effect profile.
- Select the leaderboard tab (the one in the middle), open the appropriate leaderboard, enter your score and press “Add video” to add the video link.
- If you have any questions you can reach out to the team at Wetime at team@wefit.co.

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.

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.

Use of the Website is at your own risk. Subject to the Terms, you assume full responsibility and risk of loss resulting from your downloading, use of, or access to the Content or other material on or through the Website