

COMPETITION RULEBOOK



THE BATTLE OF THE LION 2025

The Battle of the Lion (short BOTL) is an annual worldwide competition. It consists of two stages of competition: the qualifier stage and the final stage. The following rules govern all stages of the BOTL competition.

Any athlete with questions, concerns or problems in general should contact battleofthelion@gmail.com.

Any athlete with questions regarding Circle21 (short CC) should contact support@circle21.com.

Terms and Conditions for the Competition

In the following the word “participant” is used for both genders.

The BOTL is an elite fitness competition open to everybody. To take part, terms and conditions have to be accepted by all participants. By participating in the BOTL, the terms and conditions, privacy policy and waiver are accepted by the participant.

§ 1 REQUIREMENTS FOR PARTICIPATION

Following requirements have to be fulfilled by every participant to be allowed to compete:

Participant must be 18 years of age in Germany or have a letter of agreement signed by a parent or a legal guardian at the beginning of the competition.

Participant must accept the terms and conditions, privacy policy and waiver.

Participant must register within the given timeframe for the online qualification using the online registration service of CC which also upholds the official leaderboard.

The participant needs to pay a registration fee (all fees incl. VAT excl. CC fees).

Qualification Fees:

The Teens division is free of any qualification fees.

Early Bird Fee::

25,00€ Elite, Masters

49,00€ Team Intermediate, Team Scaled

99,00€ Team Elite

Normal Fee:

32,90€ Elite, Masters, Teens

64,90€ Team Intermediate, Team Scaled

129,90€ Team Elite

(Other discount campaigns and raffles are possible.)

Fees for the Final:

Elite: 149,00€

Master: 129,00€

Teens (all divisions): 79,00€

Team Intermediate: 239,00€

Team Scaled: 169,00€

Team Elite: 429,00€

§ 2 DIVISIONS

The organiser offers the following divisions:

Elite M/F

Masters 40+ M/F (1976 - 1985)

Masters 50+ M/F (1975+)

Teens 12-14 M/F (2011 - 2013)

Teens 15-17 M/F (2008 - 2010)

Team Elite M/M/F/F

Team Intermediate M/M F/F M/F

Team Scaled M/M F/F M/F

Participants must choose the division for himself and must make sure that he meets the requirements.

The age in the Age Groups is determined by the birth year!

§ 3 CODE OF BEHAVIOUR DURING COMPETITION, DECISION OF JUDGES

The participant complies with fair and sportsmanlike behaviour at any time during the competition. Unsportsmanlike behaviour (like cheating), taking drugs (doping), conflicts, disturbing or rather being a disturbance to another athlete and discrimination or racism against other participants, sponsors or the organiser will be punished with suspension, disqualification and/or exclusion from the BOTL. This applies to other actions or behaviours, which could be interpreted as harmful to the BOTL itself, other parties or prevent other parties to take part in the BOTL in a fair and equal way.

Decisions of judges and organiser are binding and final.

Participants must accept a possible doping test with no restrictions. The world anti-doping code can be found here: <https://www.wada-ama.org/en/resources/the-code/world-anti-doping-code>

§ 4 QUALIFICATION (ONLINE COMPETITION)

Participants have to complete specified workouts. Descriptions for the online competition workouts will be provided online.

Descriptions will contain relevant workout criteria, like:

Prescribed exercises including start and end position, as well as forbidden execution, technique or equipment.

Prescribed number of repetitions or repetition scheme and/or time.

Prescribed equipment (if necessary). Rowing has to be done on a Concept2 Rower machine with a PM3 or PM4 or PM5 monitor.

Prescribed weight in kilograms (if necessary). If a participant uses lbs-weights, then he has to apply the rule $1 \text{ kg} = 2,2 \text{ lbs}$ for his lbs-weight.

Time limit

In all stages of the competition, it is the participant's responsibility to adhere to the workout format. This includes performing all required movements to the described standard, counting and completing all required repetitions, using the required equipment and loads, meeting the time requirements, and meeting all submission standards.

3) Registration dates:

Individual registration starts December 01 and lasts until February 09 23:59h CEST.

4) Online qualification for Individual consists of three qualification weeks/ events.

Event 1 will be announced on February 03 and the score must be entered before 23:59h CEST of February 09.

Event 2 will be announced on February 10 and the score must be entered before 23:59h CEST of February 16.

Event 3 will be announced on February 17 and the score must be entered before 23:59h CEST of February 23.

Online competition starts and ends on dates published on Competition Corner. The organiser has the right to make changes.

Results submitted after the deadline will not be accepted. Only valid and correctly submitted scores will be accepted.

A video is required for participants in any division besides the teen 12-14 year old division. The video has to show the entire workout and athlete the whole time. The standards have to be visible in a good way.

If there are one to five bad repetitions, the score will be adjusted by one to five repetitions. If it is a timed workout, it will be adjusted accordingly to the time the participant would have needed for the repetition(s).

If there are more than five bad repetitions, the score will be reduced by 15%. If it is a timed workout, it will be adjusted accordingly.

If the video shows lacks majorly, the score will be disqualified.

The participant will have the chance to redo and submit the workout again, however the participant must make sure of the respective submission deadline for the workout.

The submitted videos will be checked by a judge deployed by the organiser. The judge has to verify movement standards, count repetitions and validate the score after the workout.

BOTL is not responsible for any problems or technical hardware or software malfunctions. The number of athletes (including wildcards) will be determined by number of athletes signed up in each division.

The organiser will have the right to award wildcards to some athletes. Getting a wildcard means that the athlete doesn't have to go through the qualification, they will get an invitation to the finals without completing the qualifier events.

§ 5 QUALIFICATION SCORING SYSTEM

The scoring of each event of BOTL is based on fastest time, most repetitions or highest weight and will be shown on the website. Every incorrect or invalid repetition according to standards will be judged as a no-rep.

If the workout is based on fastest time, the ranking will go from fastest to slowest time in which the entire workout is finished. If the workout is based on highest number of repetitions, the ranking goes from highest to lowest number of repetitions. If the workout is based on highest weight, the ranking goes from highest to lowest weight.

Ranking follows the following system: Participant who is placed first gets one point, second gets two points, third gets three points, ..., 103rd gets 103 points etc. The athlete who has the lowest sum of points after all three qualification workouts is first, the one with the second lowest sum of points is second, and so on.

Every participant is responsible for upholding the standards.

Submission of scores in the online competition is based on honour and honesty. Final result of the online qualification will be determined by the organiser following the rules of ranking.

§ 6 FINALS

The finals will take place in Osnabrück, Germany, on the weekend of June 06 to July 08 2025. The exact dates for each division will be announced after the qualification phase is over.

Participants who will get an invitation to the finals will have three days to accept the invitation by logging in to their athlete profile on CC and paying the registration fee (see §1). If the participant does not respond within the deadline, his spot will no longer be valid. In this case – and if the athlete does not want or is not able to take part – the organiser has the right to nominate the next participant of the division according to the placement in the leaderboard.

(All prices include VAT. Please note that Circle21 will add a processing fee.)

On finals' days, participants must complete several workouts. Location, time and information about the workouts will be communicated latest on-site of the finals.

§ 7 SCORING OF THE FINALS

Winners will be determined by highest sum of points.

Scoring follows a 100-point scale for tier A workouts and a 50-point scale for tier B workouts.

A cut during the weekend is possible. After a cut, a specified number of participants will advance to the next workout, depending on the sum of their points. Details will be published latest after the invitation of final participants.

Each workout will be judged by an official judge who will check all criteria regarding workout and ranking. Each athlete must sign the score card. A signed score card is valid and cannot be contested. The organiser reserves the right that the head judge may alter

the score if there is sufficient evidence of a mistake in the original score. Decisions of judges are final and binding.

In case of a tie for the first three places, the higher ranked participant will be determined by their highest finish in one workout. If this still results in a tie, the higher ranked participant will be determined by their second highest finish in one workout. If this still results in a tie, the higher ranked participant will be determined by their third highest finish in one workout. This will continue until as often as there are workouts. If there is still a tie after this process the winner will be chosen by lottery.

§ 8 SAFETY

By participating I assure:

that I am healthy and capable of doing all movements safely.
that I can perform all movements without harming others.

§ 9 ACCEPTANCE OF PUBLISHING AND TRANSMISSION OF DATA, VIDEOS, PERSONAL RIGHTS, THRID PARTIES AND COPYRIGHT

To verify scores, the organiser has the right to ask for videos of the participants' workout. With your participation you accept production, publication, editing and distribution of videos/photos according to following clauses. You accept that:

We are allowed to take videos, photos and other media of you at the final days. We are allowed to upload and publish this content and videos you transferred to us on our website, social media platforms and YouTube, run by YouTube, LLC, 901 Cherry Ave., San Bruno, CA 94066, USA („YouTube“). You accept that we are allowed to hand this content on to our partners and sponsors. Partners and sponsors are allowed to upload and publish to public to promote BOTL and their support.

We are allowed to use photos on our media platforms.

We allow us to duplicate and broadcast videos and photos by using digital storage and retrieval media – regardless technical equipment including all digital or interactive systems (e.g. CD-ROM, CD-I, e-book and other electronic publishing's)

We have the right to publish in other ways of duplication and broadcasting of photos, e.g. in calendars, in particular for digital, photomechanical or similar methods (e.g. digital photocopy).

We have the right to archive videos and photos alone or in combination with the work or other works and usage or editing of video and photos in a physical or non- physical way, collect in collections and/or data banks and give access to third parties to videos and photos in any way (e.g. online services).

We have the right to edit/deform or charge someone to edit/deform videos and photos all or part with using all analog, digital or other methods, in particular the right to change, enhance and combine with other works, determine titles, digitise video or photos, add texts to videos or photos regardless content, add interactive elements, in particular add hyperlinks plus analyse edited version respecting limitation of admitted rights;

We have the right to use video and photos for copies, broadcast or other play backs including internet all or part respecting admitted rights for advertisement for publisher or third parties including their products – with or without payment.

If you transfer videos to us in which other persons are visible, you declare that you have their approval (underage person approval of parent or legal guardian) for making, publishing and forwarding and that their personal rights are not offended.

Contravention will lead to deletion and to exclusion from competition. Enforcement of

other requirements remain thereof unaffected.
Acceptance is effective worldwide and with no time limit.

§ 10 REFUND POLICY

Ticket purchases are final and non-refundable.