MAYHEM × FRENCH THROWDOWN OFFICIAL ONLINE COMPETITION RULEBOOK 2026

English version

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1. COMPETITION OVERVIEW

1.1 Overview

The **Mayhem × French Throwdown Online Competition** is an international online CrossFit competition jointly organized by **Mayhem Athlete** and the **French Throwdown**.

The competition is designed to bring together the worldwide CrossFit community through a series of workouts programmed by the Mayhem programming team, providing an accessible, competitive, and fair experience for athletes of all levels.

Whether you are an experienced competitor or taking part in your first online competition, you are welcome to participate, provided you meet the eligibility requirements outlined in this Rulebook.

Athletes compete within their respective divisions and are ranked on an official worldwide leaderboard.

1.2 Competition Objectives

The competition aims to:

- Provide an international online competition accessible to athletes of all levels.
- Promote integrity, fairness, and sportsmanship.
- Showcase high-quality programming developed by Mayhem Athlete.
- Allow athletes to compare their performance against competitors from around the world.
- Strengthen and unite the global CrossFit community.

1.3 Organization

The event is organized by:

French Throwdown

in collaboration with

Mayhem Athlete

The official competition platform is **Competition Corner**.

All official communications regarding the competition will be published through:

- Competition Corner
- The Official Competition Website
- Instagram
- Official Competition Emails

Information published through any other source should not be considered official.

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2. COMPETITION SCHEDULE

The following schedule is provisional and subject to change.

Stage	Date
Registration Opens	To Be Announced
Early Bird Registration Ends	To Be Announced
Workout 1 Released	October 8, 2026
Workout 1 Submission Deadline	October 13, 2026
Workouts 2 & 3 Released	October 14, 2026
Workouts 2 & 3 Submission Deadline	October 20, 2026
Video Review Period	October 21–26, 2026
Official Leaderboard Published	To Be Announced
Winners Announced	To Be Announced

The Organizers reserve the right to amend this schedule in the event of unforeseen circumstances. Any changes will be communicated through the official competition channels.

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3. ATHLETE ELIGIBILITY

Participation is open to any athlete who:

- Is at least **16 years of age** on the first day of the competition.
- Is physically capable of participating in high-intensity exercise.
- Accepts all terms and conditions outlined in this Rulebook.
- Completes the registration process before the registration deadline.

Each athlete is solely responsible for ensuring they are medically fit to participate.

The Organizers strongly recommend consulting a healthcare professional before participating in the competition.

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4. COMPETITION DIVISIONS

The competition features two individual divisions.

Elite

Designed for athletes who regularly compete at the highest levels of the sport, including athletes with experience at the **CrossFit Semifinals**, whether **in person or online**.

Video submission is **mandatory** for all workouts.

Open

The Open division is accessible to all athletes.

Workout movements and prescribed loads will be adapted to allow the widest possible participation while maintaining the competitive spirit of the event.

Separate leaderboards will be maintained for **Men** and **Women** in each division.

The Organizers reserve the right to reassign an athlete to another division if their selected division is deemed clearly inappropriate.

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5. REGISTRATION

Registration is available exclusively through **Competition Corner**.

An athlete's registration will only be considered valid upon:

- Payment of the registration fee;
- Completion of the official registration form;
- Acceptance of this Official Rulebook.

Registration fees are **non-refundable** under any circumstances.

No division changes will be permitted after the registration deadline unless expressly approved by the Organizers.

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6. COMPETITION FORMAT

6.1 Competition Format

The competition is conducted entirely online.

Athletes will complete **three (3) workouts** programmed by the **Mayhem Athlete Programming Team**.

Each workout must be completed and submitted within the official score submission window communicated by the Organizers.

Scores submitted after the submission deadline will **not** be accepted under any circumstances.

6.2 Workout Releases

Workouts will be released according to the official competition schedule.

Each workout release will include:

- The complete workout description;
- Official movement standards;
- Prescribed loads;
- Required equipment;
- Scoring method;
- Tie-break procedures, where applicable;
- Video submission requirements.

Only the standards published by the Organizers shall be considered official.

6.3 Equipment

Each athlete is responsible for ensuring that all equipment used during the competition complies with the official standards.

All equipment must meet the specifications published with each workout.

The Organizers reserve the right to request proof or demonstration of any equipment used during the competition.

The use of non-compliant equipment may result in a penalty or the invalidation of the athlete's score.

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7. SCORE SUBMISSION

All scores must be submitted through **Competition Corner** before the official submission deadline for each workout.

Late submissions will not be accepted under any circumstances.

Athletes are responsible for submitting accurate scores.

Any scoring errors remain the sole responsibility of the athlete.

The Organizers reserve the right to correct any score that is clearly inaccurate or submitted in error.

7.1 Video Submission

Depending on the competition division, video submission may be:

- Mandatory;
- Requested by the Organizers;
- Required only for the highest-ranked athletes;
- Requested at random for validation purposes.

All athletes must retain their original workout videos until the official leaderboard has been finalized.

The Organizers may request a workout video up to **72 hours** after the score submission deadline.

Failure to provide the requested video within the specified timeframe may result in the invalidation of the athlete's score.

7.2 Athlete Responsibility

Each athlete is solely responsible for:

- Submitting an accurate score;
- Providing a clear and reviewable workout video when required;
- Meeting all submission deadlines;
- Using equipment that complies with the official standards.

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8. SCORE VALIDATION

All submitted scores are subject to review and validation.

The Organizers reserve the right to review any submitted score to ensure the fairness and integrity of the competition.

Scores may be validated based on:

- The submitted workout video;
- Information provided by the judge;
- Data submitted through Competition Corner.

8.1 Review Outcomes

Following the review of a submitted score, the Organizers may issue one of the following decisions.

Valid Score

The score complies with all competition standards.

No changes will be made.

Adjusted Score

Movement standard violations, counting errors, or other minor discrepancies have been identified.

The athlete's score will be adjusted accordingly.

Penalty

A penalty may be applied for, but is not limited to:

- Incomplete repetitions;
- Failure to meet movement standards;
- Use of non-compliant equipment;
- Failure to follow the prescribed workout format.

Score Invalidated

A score may be invalidated in situations including, but not limited to:

- Performing the incorrect workout;
- Submitting an unusable or incomplete video;
- Failing to provide a requested video;
- Intentionally concealing or misrepresenting equipment;
- Significant violations of movement standards.

Disqualification

An athlete may be disqualified for, but not limited to:

- Fraudulent conduct;
- Video manipulation or falsification;
- Equipment tampering;
- Submission of false scores;
- Unsportsmanlike conduct;
- Any attempt to gain an unfair competitive advantage.

A disqualification will result in the removal of **all** of the athlete's scores from the competition leaderboard.

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9. LEADERBOARD

The official competition leaderboard will be hosted exclusively on **Competition Corner**.

Each workout awards points based on an athlete's finishing position within their division.

Rank	**Points**
1st	1
2nd	2
3rd	3
4th	4
...	...

The athlete with the **lowest cumulative point total** after all three workouts will be declared the winner of their division.

9.1 Tie-Break Procedures

If two or more athletes are tied in the overall standings, ties will be resolved using the following criteria, in order:

1. Best individual workout finish.
2. Second-best individual workout finish.
3. Third-best individual workout finish.
4. Best official tie-break time from the final workout.

If a tie still remains after applying all tie-break criteria, the Organizers reserve the right to declare the athletes tied.

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10. PENALTIES

The following table outlines the standard penalties that may be applied during the competition.

Violation	Consequence
Incomplete movement	Score adjustment
Incorrect prescribed load	Score adjustment or score invalidation
Non-compliant equipment	Score invalidation
Camera angle preventing proper judging	Score invalidation

Failure to provide a requested video	Score invalidation
False declaration or inaccurate information	Disqualification
Cheating or fraudulent conduct	Disqualification
Unsportsmanlike conduct	Disqualification

All review decisions are made in the interest of ensuring a fair and equitable competition.

The Organizers reserve the right to adjust any penalty based on the severity and nature of the violation.

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11. APPEALS

11.1 Score Appeals

An athlete may request a review of their score **only if it has been adjusted or invalidated by the Organizers**.

Appeals must be submitted by email to the official competition address within **48 hours** of receiving the notification.

Each appeal must include:

- Athlete's full name;
- Competition division;
- Workout concerned;
- A clear explanation of the appeal.

Incomplete or unsupported appeals may be rejected without further review.

11.2 Final Decision

The Review Team will re-evaluate the submitted information and, where applicable, the workout video.

Following the review, the Organizers will communicate their final decision directly to the athlete.

All decisions made by the Organizers are final and binding. No further appeals will be accepted.

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12. PRIZES

Prize details will be announced before registration opens.

Depending on the competition division, prizes may include:

- Products or equipment provided by official partners;
- Invitations to **Mayhem Classic**, **French Throwdown** events;

Unless otherwise specified, prizes are **non-transferable**, **non-exchangeable**, and **cannot be redeemed for cash**.

The Organizers reserve the right to modify the prize structure or prize pool at any time due to unforeseen circumstances or partner availability.

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13. CODE OF CONDUCT

All participants are expected to uphold the values of sport, integrity, and the global CrossFit community throughout the competition.

The following behaviors are strictly prohibited:

- Any form of cheating or fraudulent conduct;
- Falsification of scores, workout videos, or competition information;
- Knowingly using non-compliant equipment;
- Abusive, threatening, discriminatory, or offensive behavior;
- Harassment of judges, volunteers, partners, staff members, or fellow competitors;

- Any conduct that may damage the reputation or integrity of the competition.

The Organizers reserve the right to impose sanctions, including permanent disqualification from the competition.

13.1 Fair Play

All athletes are responsible for:

- Accurately counting their repetitions;
- Performing all movements according to the official standards;
- Using the prescribed equipment;
- Respecting the decisions of the judging and review teams.

Competitive performance must never come at the expense of fairness, honesty, or the integrity of the competition.

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14. MEDIA RELEASE

By registering for the competition, each participant grants **French Throwdown** and **Mayhem Athlete** the right to use, without additional compensation:

- Their name;
- Their likeness;
- Photographs;
- Videos;
- Competition results;

for promotional, marketing, communication, and event-related purposes.

This authorization applies to all forms of media, worldwide, for the duration permitted by applicable law.

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15. LIABILITY WAIVER

Each participant acknowledges that they take part in the competition entirely at their own risk.

The Organizers shall not be held liable for:

- Personal injury;
- Accidents;
- Medical conditions;
- Damage to personal property;
- Internet or network interruptions;
- Equipment failure;
- Force majeure or circumstances beyond the Organizers' reasonable control.

Each athlete is solely responsible for ensuring that they are medically fit to participate in high-intensity physical activity.

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16. RULEBOOK AMENDMENTS

The Organizers reserve the right to amend this Rulebook at any time if necessary to preserve the fairness, safety, or proper administration of the competition.

Any amendments will be published through the official competition communication channels and shall become effective immediately upon publication.

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17. ACCEPTANCE OF THE RULEBOOK

By completing the registration process, each participant confirms that they have:

- Read this Official Rulebook;
- Understood all competition rules and requirements;
- Accepted the conditions of participation;
- Agreed to comply with all decisions made by the Organizers.

Registration constitutes full and unconditional acceptance of this Rulebook.

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18. CONTACT INFORMATION

For any questions regarding the competition, please contact:

French Throwdown

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🌐 **www.frenchthrowdown.com**

📱 **Instagram:** @frenchthrowdown