

THE CUB GAMES



RULE BOOK

FORMAT

The competition is an online competition that will launch on February 16th 2023. It will consist of 4 workouts over 4 weeks to be announced at 5:00PM AEST on Thursday February 16th and weekly thereafter. Athletes will have five days to complete the workout and submit their scores by Wednesday at 10am AEST the following week.

Every event 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	February 16 th	February 22 nd
2	February 23 rd	March 1 st
3	March 2 nd	March 8 th
4	March 9 th	March 15 th

DIVISIONS

The Cub Games is comprised of scaled and Rx categories across three age divisions: -

Fox Cub – (7-9 years as at March 2023)

Bear Cub – (10-12 years as at March 2023)

Lion Cub – (13-15 years as at March 2023)

There may be some exceptions to the divisions should an athlete demonstrate a higher level of ability over their normal age division and need to be challenged. This will be at the discretion of the athletes coach and the directors of the Cub Games.

Once you choose a division, all events 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

The registration is AUD\$49 + admin fee per athlete. Registration fees are non-refundable.

REGISTRATION

Registering for The Cub Games 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/cub-games>
- 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 or CrossFit Kids certified trainer or anyone deemed appropriate by the said affiliate owner, Level 1 or CrossFit Kids certified trainer. Attention has to be paid to correct 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.

If it is not felt that the athlete can perform the movement properly, a scaled option can be used.

On the rare occasion, should an athlete's range of motion be hindered by an obvious, prior physical limitation/injury, The Cub Games 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 event is announced. This should be printed out and available for the athlete prior to commencement of the event.

Scores need to be submitted via wetime by 10am AEST on the Wednesday following the announcement.

If a score is submitted or sent to The Cub Games directly after the deadline, the athlete will not receive a score for that event.

VIDEO

If you believe you will be in the top 5, your workout must be videoed. Should your score rank you in the top 5 in your division and no video is uploaded, your score will not be accepted.

It is therefore advised that all workouts be videoed and the video is to be submitted when lodging your score.

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 “Cub Games”
- Once the upload is finished press “Copy Link” and return to the Cub Games 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.

The top 5 videos will be judged by the Cub Games 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 Cub Games Judging Committee.

Before you start recording

- If you're using a phone, set it to airplane mode, turn off any alarms to avoid unwanted interruptions during filming.
- Ensure your filming device has enough battery life and memory to film the entire WOD.

The content

- Announce your name, division, and workout.
- All equipment used must be shown (per event details).
- A timer must be in sight at all times (tip: if gym timer not available use a tablet.)
- Make sure the athlete is visible at all times and the video is set up at an angle so all exercises can be clearly seen to be meeting the movement standards.

Uploading

- **Plan ahead**, get your videos uploaded early to avoid any unforeseen roadblocks.
- You may upload to YouTube, Vimeo, Daily Motion, Dropbox, 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 Cub Games 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 Cub Games Judging Committee.

LODGING SCORES

1. Click on Submit Score on the website or log in to your Wettime app account
2. Once you have completed the workout, select the video you want to upload, tap on the "Link" icon and press "Start"
3. From the video link screen select "Cub Games"
4. Once the upload is finished press "Copy Link" and return to the Cub Games profile.
5. 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.
6. 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.

RANKING

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

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

Athletes can tie in events 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. Should this not declare an obvious winner, points will be awarded for each rank as follows: -

1st	100
2nd	95
3rd	90
4th	88
5th	86
6th	84
7th	82
8th	80
9th	78
10th	76
11th	74
12th	73
13th	72
14th	71
15th	70
16th	69
17th	68
18th	67
19th	66
20th	65
21st	64

Each Workouts points allocations will be added to find an overall winner. The athlete/s with the highest number of points wins. In the case of two athletes/team finishing on the same number of points, a count back will occur and the athlete with the highest overall finish place in an individual workout will win.

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, The Cub Games reserves the right to disqualify that athlete. Furthermore, any unsportsmanlike behavior reported, may result in the athlete being disqualified from the competition. The Cub Games 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

The Cub Games 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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