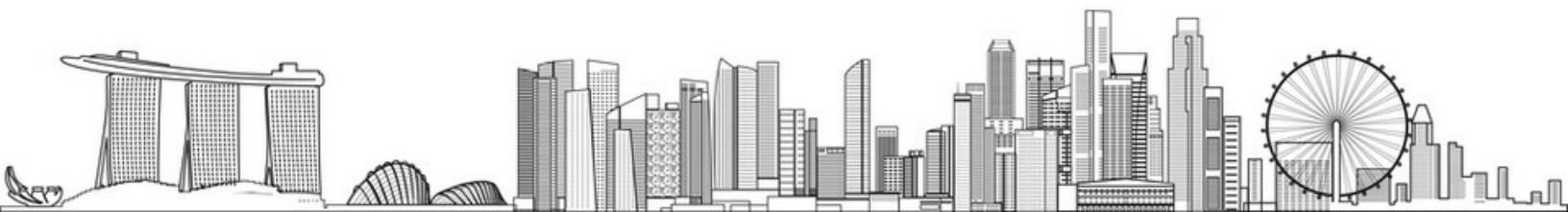


# URBAN THROWDOWN 2026

## Competition Rulebook

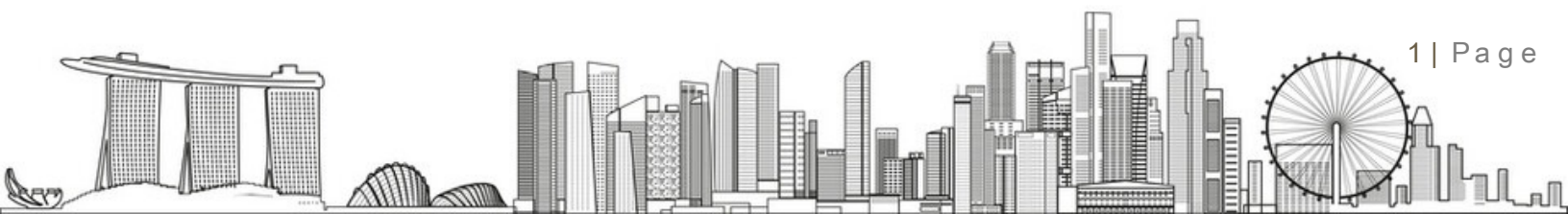
Version 1, July 2<sup>nd</sup>, 2026





## Contents

1. **CROSSFIT LICENSE EVENT**
2. **SAFETY OF ATHLETES**
3. **EVENT LOCATION**
4. **EVENT TIMELINE & REGISTRATION**
5. **WORKOUTS AND COMPETITION STANDARDS**
6. **SCORING APPEAL PROCESS**



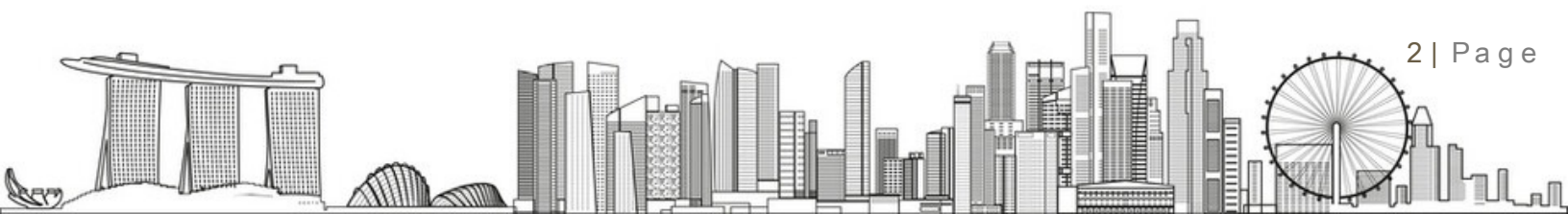


## 1. CROSSFIT LICENSE EVENT

- The Urban Throwdown 2026 is a CrossFit Licensed Event Tier 1, organized in Singapore
- Athletes included on the CrossFit Sanctioned Athlete List at the time of the registration or competition will not be allowed to participate.
- Athletes and spectators are also required to obey by Singapore laws and rules in terms of gatherings, display or signs and flags.

## Fair play & Inclusive Charter

- Urban Throwdown follows the charter of CrossFit to promote a healthy and safe environment for all athletes.
- Everyone is welcome regardless of their race, religion, gender or snatch PR.
- We aspire to organize a professional event where all participants and volunteers have fun.
- As such we encourage to cheer and share your passion respectfully.
- Competition is always welcomed under Fair Play rules.
- Any teams involved in any rule breaking, harassment or discrimination towards any member of the organization, volunteers or other athletes or spectators will be disqualified.
- We also strive to promote a fair and healthy development of sports and as such we adhere to CrossFit antidoping policies. Although we will not be conducting any tests on site, any athlete consuming any unauthorized substance will be disqualified.



## 2.SAFETY OF ATHLETES

- The Safety of Athletes is utmost important criteria for the Urban Throwdown.
- All Workouts have been tested by regular athletes to ensure its adequacy for each division.
- Floor plans have also been designed to minimize the risk of injury or tripping hazard.
- All Equipment has been checked prior to the commencement of each of the events.
- Athletes are encouraged to consult with a medical professional to assess any potential risks arising from the workouts and the weather conditions. Athletes are also encouraged to communicate the organization of any potential risks or previous injuries to help support the athlete and further mitigate any risks.
- There will be a First Aid post with medical professionals on Site during the event.
- Athletes are encouraged to communicate the organization should they detect any potential risk / hazard on the arena or warming area or should they detect any athletes , volunteer experiencing distress.
- Due to the weather conditions in Singapore, with high temperature and humidity, it is highly recommended that all athletes stay well hydrated during the course of the day.
- Athletes shall be mindful that humidity may lead to sweat and condensation so some of the surfaces, equipment or even the rig maybe slippery. Volunteer team will monitor the status of each of the lane, but athletes are encouraged to take additional precautionary measures
- Athletes are also encouraged to train the events outdoors to better simulate the weather conditions.



### 3.EVENT LOCATION

- The Urban Throwdown will be held at Guoco Urban Park on 1 Wallich Street
- The area is located at the ground floor and its fully accessible to general public.
- Nearest MRT station is Tanjong Pagar ( East-West Line )
- There is ample free bike parking at the venue.
- There are multiple paying car parks around the venue including Guoco Tower.

### Toilets & Showers

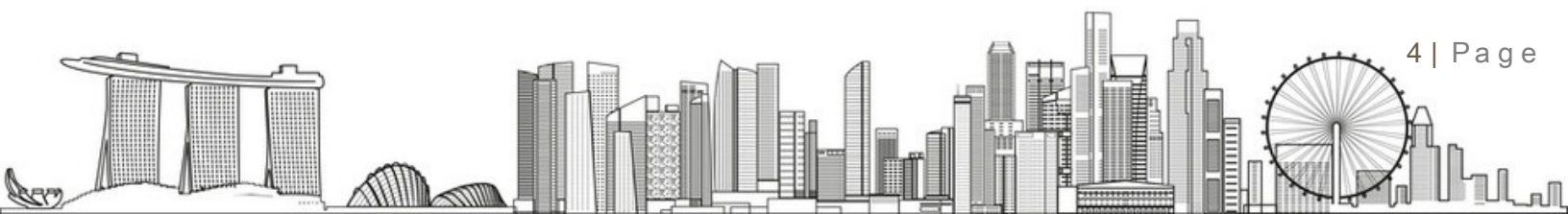
- There are public toilets available at levels B1 and B2 of Guoco Tower in the commercial Area
- CrossFit Urban Edge located @ 12 Bukit Pasoh Road will remain open during the competition hours for those athletes wanted to use the shower facilities or train. The box is located 10 mins walk from the event

### Food & Beverage

- There multiple food and beverage outlets located at Guoco Park Ground Level and Levels B1 And B2 that will remain open during the competition hours.

### Event Conditions

- Event space is Open Air fully sheltered but it may be subject to wind, heat and other weather conditions. Some water may filter done to the competition floor.
- The Urban Throwdown Team does not anticipate any changes or delays due to weather conditions but reserves the right to change the times, the workouts and order of the heats at any team to better guarantee the safety of the athletes and the adequate development of the event.
- Urban Throwdown will not be able to alter the heat compositions at any team not even on the event that any of them will be delayed for any reasons.
- Event will be comprised of a main arena where all 6 events will be held and a warm up area
- During the competition athletes will not have access to practise at any time in the main arena.
- Urban Throwdown will partner with associated gyms for athletes to warm up
- There will be a vendors area and first aid post





## 4. EVENT TIMELINE

- The Event Arena will be erected on Monday 19<sup>st</sup> of October and will be open for training on Thursday 22<sup>nd</sup> 2-5 pm and Friday 23<sup>th</sup> 10 am to 4 pm
- Early Registration will be possible from 10 am to 5:30 pm on Thursday 22<sup>nd</sup> & Friday 23<sup>th</sup>.
- Final Registration of athletes will be between 8:30 am to 9:00 am on Saturday 24<sup>rd</sup>. Teams are encouraged to register on Friday.
- Teams can collect the registration package for other team members as long as those have signed the Waiver in Advance.
- Only teams whose all 4 members have signed the wavier and registered on time will be allowed to compete.

## Competition Timeline

- Final Timeline of the event will be confirmed to the athletes the day before by email alongside with the Heat Schedule
- Below timelines are for orientation only

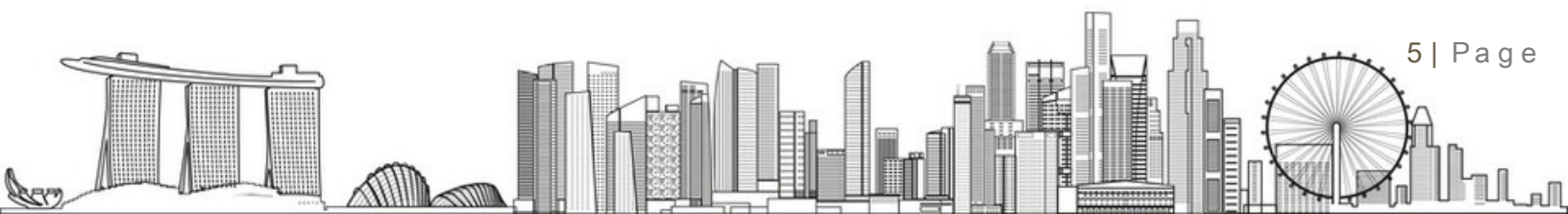
### Saturday 27<sup>rd</sup>

Athletes Briefing 09:00 am / 09:30 am  
Registration 08:30 am / 09:00 am  
Events 1 to 3 10.00 am to 7:50 pm

### Sunday 28<sup>th</sup>

Athletes Briefing: 08:30 am / 09:00 am  
Events 4 to 5: 9:30 am to 4 pm  
Final: 4:30 pm  
Awards: 5:00 pm

These are for orientation only. It is the duty of the athletes to check the official schedule and potential changes on their heat times



## Athletes Substitution Prior to Event Commencement

- Teams are allowed to replace / substitute one or more team members due to injury or unforeseen circumstances up to the end of the registration time ( Saturday 24<sup>th</sup> 9 am )
- New Athletes will have to sign the waiver as well.
- We encourage teams to communicate in advance to the Urban Throwdown team by email any changes to better manage the logistics.
- Urban Throwdown will not entertain changes on T Shirt or other sponsored equipment due to change of athletes.
- Urban Throwdown will also not entertain changes on the heat schedule due to athletes' replacement or any unforeseen circumstances.

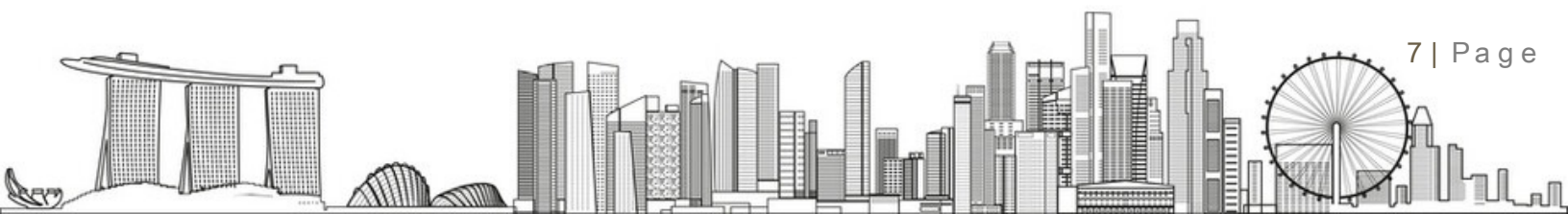
## Athletes Substitution After Event Commencement

- Should the injury or need for replacement arises after the competition has started, the team can find a replacement to complete the rest of the competition but will automatically score zero points in any of the previously completed workouts.
- The change in their score will not alter the score of the other teams which will remain the same.
- For the new athlete to participate he must sign the waiver prior to the commencement of the workout.
- Equally in this circumstances, the Urban Throwdown team will not be able to accommodate any changes on heat times / allocation or changes to the merchandise package.



## HEATS ASSIGNMENT

- Each team will be allocated in a designated heat for each of the workouts.
- The configuration of the heats will be as follows:
- For Day 1, teams will be seed based on the verified results for the Pre-Workout event. Best Team will be placed in the last heat of each workout and the team with the lowest score will be placed in the first heat and so on.
- In the case two teams are tied in score and tie break and their placement can result in two different heats, the team who submitted the score the earliest will be placed first.
- Heat Allocation for Day 1 will be released at least 1 day before the Competition starts.
- For Day 2, allocation will be done based on the provisional leaderboard after event 3 on day 1
- Heat Allocation for Day 2 will be released the latest by 10 pm on October 25<sup>rd</sup>.
- The organization will not entertain any request to change the heat allocation under any circumstances.
- The organization reserves the right to modify the heat schedule should there is any major reason requiring so. The organization will communicate the revised schedule with sufficient notice to the impacted teams
- All teams must proceed to the Waiting Zone at least 15 minutes before the commencement of their heat, where they will be meeting their assigned judge.



## 6. WORKOUTS & COMPETITION STANDARDS

- All workouts will be released before the competition starts by the email the team has registered with.
- Each workout will include a clear description of the sequence of the workout, equipment, weights, measures and standards as well as scoring.
- Teams are encouraged to read the information provided carefully and request clarification prior to the commencement of the event.
- Any changes on the workouts of standards, after they are published will be communicated to all teams via our Instagram account or via email.
- Urban Throwdown will organize a briefing session on each of the two days of the events in the morning, where athletes can also request further clarifications.
- Should the Team perform any particular movement in a way not clearly clarified in the standards, the Head Judge will rule on the validity of the movement. Teams are encouraged to clarify prior to the commencement of their heat any potential deviation, movement standard.
- For the appeals process, please follow section 7.

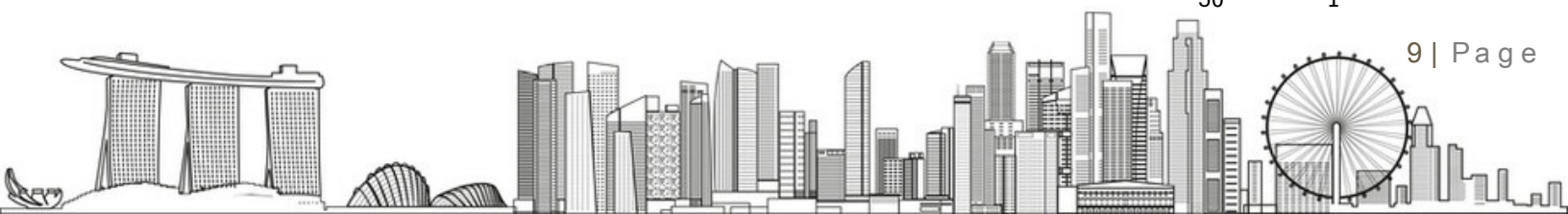




### SCORING

- Scoring system has agreed prior to the competition as per the below table.
- Each Workout has a tiebreaker to ensure a clear distribution of points among teams
- In the event of two or more teams ending with the same score and tie breaker, all teams will be awarded the same points as per the table. For example, if 3 teams tie at second place all 3 teams will be awarded the points corresponding to second place.
- We use Competition Corner to set the scores and produce the Leaderboard. You can check via the site at any time during the event your recorded scores and position.
- Once validated by the Head Judge the scores will be final.
- Pre-workout Event will award 5% of the points
- Event 1A and 1B will award 9.5% of the point each
- Event 2, 3, 4 & 5 will award 19% of the points each
- After the completion of Event 6 the top 3 RX and Scaled and master Scaled teams will be invited to perform an additional event ( Event 6 )
- Event 6 will award 100 points to the winner, 60 to the second place and 30 to the third place.
- Points will be added to the overall score after first 5 events to determine the overall winner of the RX & Scaled division
- In case of teams Tied Up with the same number of points, tie breaker will be the number of wins. In case the tie persist the top score at the pre workout will decide the win

| Rank | Points |
|------|--------|
| 1    | 100    |
| 2    | 90     |
| 3    | 85     |
| 4    | 80     |
| 5    | 75     |
| 6    | 70     |
| 7    | 65     |
| 8    | 60     |
| 9    | 55     |
| 10   | 50     |
| 11   | 45     |
| 12   | 40     |
| 13   | 39     |
| 14   | 38     |
| 15   | 37     |
| 16   | 36     |
| 17   | 35     |
| 18   | 34     |
| 19   | 33     |
| 20   | 31     |
| 21   | 30     |
| 22   | 29     |
| 23   | 28     |
| 24   | 27     |
| 25   | 26     |
| 26   | 25     |
| 27   | 24     |
| 28   | 23     |
| 29   | 22     |
| 30   | 21     |
| 31   | 20     |
| 32   | 19     |
| 33   | 18     |
| 34   | 17     |
| 35   | 16     |
| 36   | 15     |
| 37   | 14     |
| 38   | 13     |
| 39   | 12     |
| 40   | 11     |
| 41   | 10     |
| 42   | 9      |
| 43   | 8      |
| 44   | 7      |
| 45   | 6      |
| 46   | 5      |
| 47   | 4      |
| 48   | 3      |
| 49   | 2      |
| 50   | 1      |





SCORING

RX-ELITE

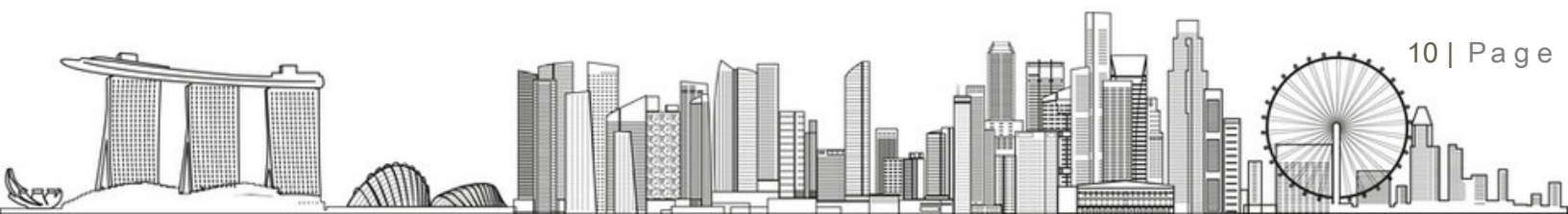
| Rank | Points |
|------|--------|
| 1    | 100    |
| 2    | 90     |
| 3    | 80     |
| 4    | 70     |
| 5    | 60     |
| 6    | 50     |
| 7    | 40     |
| 8    | 30     |
| 9    | 20     |
| 10   | 10     |

SCALED

| Rank | Points |
|------|--------|
| 1    | 100    |
| 2    | 90     |
| 3    | 85     |
| 4    | 80     |
| 5    | 75     |
| 6    | 70     |
| 7    | 65     |
| 8    | 60     |
| 9    | 55     |
| 10   | 50     |
| 11   | 45     |
| 12   | 40     |
| 13   | 39     |
| 14   | 38     |
| 15   | 37     |
| 16   | 36     |
| 17   | 35     |
| 18   | 34     |
| 19   | 33     |
| 20   | 31     |
| 21   | 30     |
| 22   | 29     |
| 23   | 28     |
| 24   | 27     |
| 25   | 26     |

MASTERS & FITNESS

| Rank | Points |
|------|--------|
| 1    | 100    |
| 2    | 90     |
| 3    | 80     |
| 4    | 70     |
| 5    | 60     |
| 6    | 50     |
| 7    | 45     |
| 8    | 40     |
| 9    | 35     |
| 10   | 30     |
| 11   | 25     |
| 12   | 21     |
| 13   | 18     |
| 14   | 15     |
| 15   | 12     |
| 16   | 9      |
| 17   | 7      |
| 18   | 5      |
| 19   | 3      |
| 20   | 1      |



## 7. SCORING APPEAL PROCESS

- The scoring appeal process follows CrossFit rules.
- Appeals on No Reps during the live workout are not allowed.
- Teams cannot raise appeals against any other competing Team.
- At the end of the workout, the Team Captain will be requested to sign the score card and be handed over a paper slip with the recorded score by the assigned judge.
- Should the Team have any comments on the recorded score, the Team Captain can reach out to the Head Judge before the end of the next heat or within 15 minutes of the last heat, should the team be placed in the last one.

### Step 1:

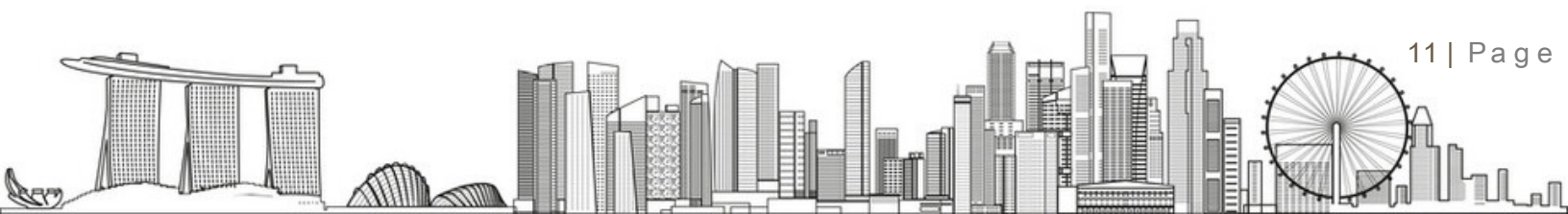
- The competing Team informs the Lane Judge, Head Judge (HJ), or Competition Director (CD) they have an appeal.
- Coaches or any non team member may NOT raise an appeal on their athlete's behalf.

### Step 2:

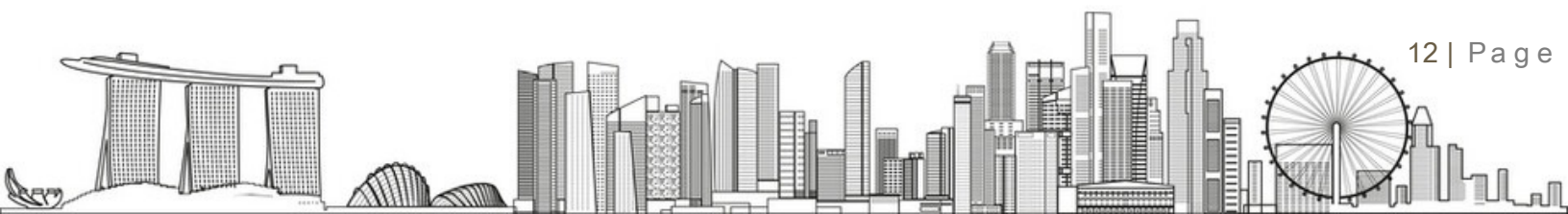
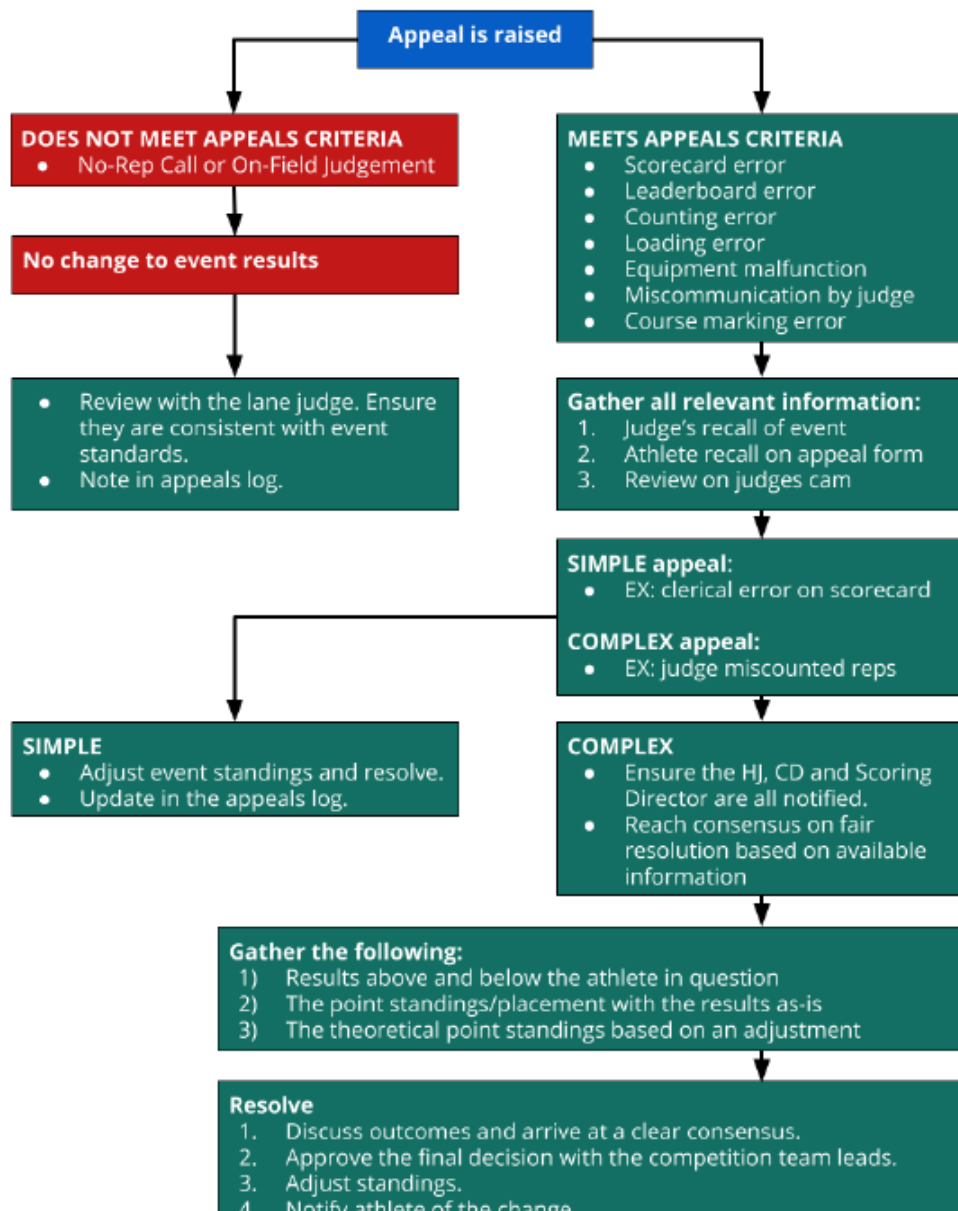
- The Lane Judge will communicate to the Head Judge (HJ) the appeal. If the appeal is approved by the HJ or Competition Director (CD), the athlete will annotate and sign the appeal on the back of the scoring Card and return to the HJ.

### Step 3:

- The HJ will conduct a formal fact-finding process and render a decision by consensus once all available information has been reviewed
- The Head Judge will review the claim with the individual judge and will rule on it before the next event starts. Ruling by the Head Judge will be final and cannot be appealed.
- Head Judge will communicate to the team the ruling. Until the ruling is communicated to the Team the matter will remain Open and the Leaderboard will be deemed provisional.
- Should the Team detect a mistake on the record of the agreed score on the online leaderboard, they will report also to the Head Judge before the commencement of the next event.
- Again, ruling by the Head Judge will be final and cannot be appealed.



## Scoring Appeal Process





## 8. PRICES

- All athletes will receive a complementary set of gifts from the organization and sponsors.
- The Urban Throwdown will not entertain any changes or replacement of items.
- The 3 three teams in all divisions after event 6 will receive a cash price as follows. In the Masters Category only the Winner will receive a price.
- The Urban Throwdown will be in touch with the top 3 teams after the competition to arrange the transfer of the Price money to the Team Captain.
- Additional Prices will be provided by the Sponsors to certain event winners and podium finishers.

|                   |         |
|-------------------|---------|
| Elite Winner      | 2500SGD |
| Elite Runner Up   | 1500SGD |
| Elite Third Place | 1000SGD |

|                |         |
|----------------|---------|
| RX Winner      | 1250SGD |
| RX Runner Up   | 900SGD  |
| RX Third Place | 600SGD  |

|                     |         |
|---------------------|---------|
| Masters Winner      | 1250SGD |
| Masters Runner Up   | 900SGD  |
| Masters Third Place | 600SGD  |

|                    |         |
|--------------------|---------|
| Scaled Winner      | 1000SGD |
| Scaled Runner Up   | 750SGD  |
| Scaled Third Place | 550SGD  |

|                     |        |
|---------------------|--------|
| Fitness Winner      | 750SGD |
| Fitness Runner Up   | 550SGD |
| Fitness Third Place | 300SGD |

