



URBAN THROWDOWN 2026

Competition Rulebook

Oct 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**
7. **PRIZES**
8. **WAIVER**
9. **RULEBOOK ACKNOWLEDGEMENT**



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

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 down 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 time 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 time 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 19st of October and will be open for training. Slots will be announced via our Event Instagram Account and Website
- Early Registration will be possible from 11 am to 6:30 pm on Wednesday 21st Thursday 22nd & Friday 23th.
- **NO REGISTRATION WILL BE ALLOWED ON THE DAY OF THE COMPETITION**
- 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
- Registration will be Open from Wednesday 21st to Friday 23rd

Saturday 24th

Athletes Briefing 09:00 am / 09:30 am
Events 1 to 3 9.30 am to 7:00 pm

Sunday 25th

Athletes Briefing: 09:00 am / 09:30 am
Events 4 to 5: 9:30 am to 4 pm
Final: 4:30 pm
Awards: 5:15 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 (Friday 23th 6 pm)
- 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 24th.
- 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.



5. 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 teams in each category 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
- Pre-workout Event also will be used to select the teams invited to perform on the Elite Category. Number of Teams on Elite will be a minimum of 10 but Organization reserves the Right to increase the number before the competition starts

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	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

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



6. 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:

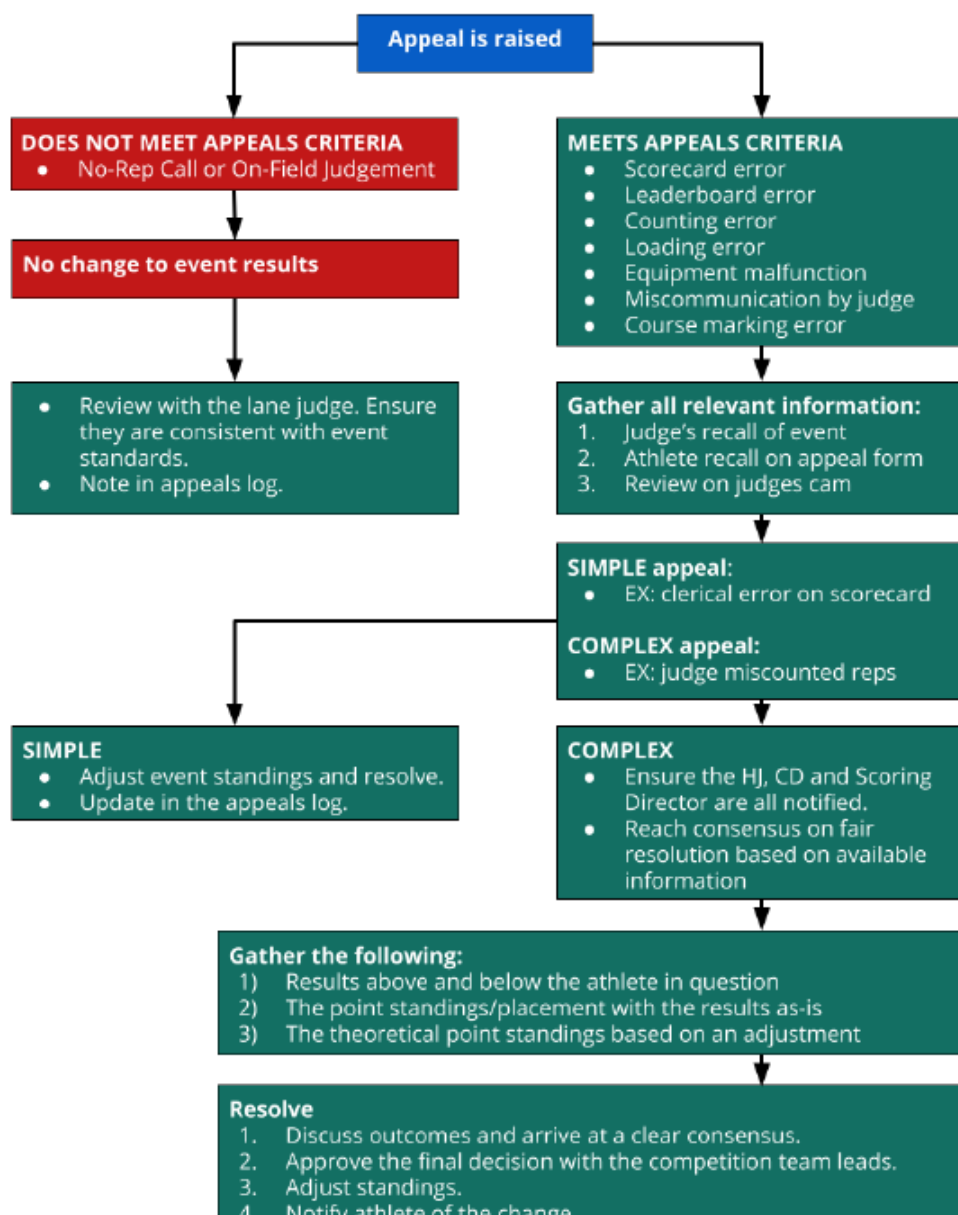
- The Lane Judge will communicate to the Head Judge (HJ) the appeal. If the appeal is approved by the HJ or Competition Director (CD), the athlete will annotate and sign the appeal on the back of the scoring Card and return to the HJ.

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



7.PRIZES

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

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

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

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



8. WAIVER

Urban Throwdown 2026 WAIVER

LIABILITY & REFUND POLICY LIABILITY

DEFINITIONS

For the purposes of this Agreement, "Organisers" refers collectively to S Capital Pte Ltd (UEN: 201134724W), Hub Solutions Pte Ltd, their owners Shu Yuan Ho and Alberto Fernandez Lopez (in their personal capacities), and all their respective agents, affiliates, associates, officers, directors, and employees.

By registering in the event, all participants acknowledge the inherent risk involved when using any type of fitness equipment at and /or in the Urban Throwdown facilities, and in all other sports and training sessions relating therein. Accordingly, as consideration in exchange for being allowed to participate in any exercise, fitness, athletics, porting, and/or other activities at and/or sponsored by the Organisers, the participants agree to the following:

Participants acknowledge and fully understand that they will be engaging in activities that involve risk of serious injury, which may include permanent disability and even death and severe social and economic losses which might result not only from my actions but also from the action, inaction or negligence of others, the use of the facilities and/or equipment, or condition of the premises, or any equipment used, and further that there may be risks not known to me or no reasonably foreseeable. Participants expressly assume all risks of injury, including death, which may occur in connection with my participation in activities at Urban Throwdown event or any associated event.

Participants agree to assume all of the foregoing risks and accept full responsibility for my own damages following such injury, permanent disability, or death.

Participants release, waive, and discharge, and agree not to sue the Organisers (collectively "Releasees") from demands, losses, damages on account of any bodily injury, death or property damage caused or alleged to be caused while or in part by Releasees or any other party's actions, inaction's, or in part by participants' actions.

Participants agree to indemnify, defend, and hold harmless the Organisers from and against any and all claims, demands, causes of action, damages, losses, costs, and expenses (including reasonable legal fees) arising out of or in connection with the Participant's participation in Urban Throwdown 2026, whether caused by the Participant's own actions, inactions, or negligence, or the actions of any third party.

Participants consent to emergency medical care and transportation in order to obtain treatment in the event Urban Throwdown organization deems appropriate. This Release extends to any liability arising out of or in anyway connected with the medical treatment and transportation provided in the event of an emergency.



Participants expressly agree that the terms of the release and indemnity contained herein are intended to be as broad and inclusive as is permitted under the laws of Singapore. This Agreement shall be governed by and construed in accordance with the laws of Singapore, and the parties hereby submit to the exclusive jurisdiction of the Singapore courts. Any provision or portion of this Waiver, Release and Indemnity Agreement found to be invalid by the courts having jurisdiction shall be invalid only with respect to such provision or portion. The offending provision or portion shall be construed and enforced to the same effect as if such offending provision or portion thereof had not been contained herein.

Participants have read the Waiver, Release, and Indemnity Agreement and understand that by registering in the event they have given up substantial rights.

REFUNDS

No Refunds will be granted except for cancelation of event unless this is due to force majeure.

The Organisers are not liable for any cost incurred by the registered participants in the event of cancelation or rescheduling of the event

I, _____ understand my purchase is final and non-refundable for any reason such as but not limited to injury, illness, work conflict, deployment, pregnancy, etc.

I, _____, understand that Urban Throwdown uses Wod.Ai as their registration and scoring platform, by registering, I acknowledge the information provided will be processed through Wod.Ai in accordance with their Privacy Policy and Terms of Use.

IMPORTANT NOTICE: Athletes who have not signed this Waiver will not be permitted to participate in Urban Throwdown 2026. No exceptions will be made.

Full Name (Print): _____

Signature: _____

Date: _____

NRIC / Passport No.: _____



9. RULEBOOK ACKNOWLEDGEMENT

ACKNOWLEDGEMENT OF WAIVER, RELEASE & INDEMNITY AND COMPETITION RULEBOOK

The Urban Throwdown 2026 Waiver, Release & Indemnity Agreement ("the Waiver") forms part of this Competition Rulebook and is included in full in the preceding section.

Before taking part in Urban Throwdown 2026, every athlete must check in at the Athlete Registration Desk unless they have signed the Waiver sent via email (DocHub).

If the Athlete has signed the Waiver, their Team Member will be able to collect the Athlete Pack on their behalf.

Each athlete must sign for themselves; no athlete may sign for another, including a team member. For any athlete under 18 years of age, a parent or legal guardian must also sign.

Organisers: S Capital Pte Ltd (UEN: 201134724W) and Hub Solutions Pte Ltd



