



## **DONOR GAMES OPEN RULES**

### **The Grace Workout 2021**

#### **Workout Rules:**

To be considered for the podium and cash prizes, all competitors in the Grace Workout 2021 Open must adhere to the following rules for the Grace Workout:

- Athletes will perform weightlifting moves with a barbell. Men will lift 135 lbs. and women will lift 95 lbs.
- Power cleans or full cleans are acceptable. You may re-set after the clean, or catch the bar in the rack position for the clean and push straight into the jerk without pausing.
- Competitors should begin with a power clean followed by a push or split jerk. After completing the jerk, competitors are allowed to drop the weight, but if the weight bounces, it must rest before beginning the next repetition.
- Athletes must complete the full 30 clean and jerks in 15 minutes or less in order to qualify for the podium.

#### **Competition Rules:**

Registered athletes agree to and will comply with the following rules related to the Donor Games Open competition format.

##### **1. Eligibility**

- a. All athletes must be 18 years or older as of the start date of the sample workout window for the competition.
- b. All athletes must agree to the Donor Games Consent Agreement and adhere to the Workout Rules and Competition Rules herein.
- c. Athletes are strongly advised to submit a sample workout video at any time during the sample workout window: from **November 2** through **November 9, 2021**.
  - i. Athletes who do not submit a sample workout video run a higher risk of having their full workout video rejected by the judges for issues with form.

- d. Athletes must submit their full workout video at any time during the competition window: from **November 10** through **November 17, 2021 at 11:59 EST**.
- e. Athletes may submit more than one workout video to improve their standings on the leaderboard. Competitors may submit no more than ONE (1) video within any 24-hour period.
- f. Athletes must be willing to accept prize winnings via ACH payment from the National Kidney Registry. Failure to provide ACH payment information within three (3) weeks of official prize-winning notification from the Donor Games will result in forfeiture of cash prize. All prize winnings will be dispersed within 3 weeks of provision of athlete's ACH information to the NKR.

## **2. Judging**

- a. Judges will pay close attention to exercise form to ensure every movement conforms to the Workout Rules and video instructions for the Open workout. Failure to perform a movement or exercise according to the guidelines could result in disqualification.
- b. Judges may reject an athlete's workout video due to: (a) improper form; (b) failure to complete the workout; (c) copyright infringements; or (d) any other issues that arise in review of the workout.
  - i. If a workout video is rejected, the competitor is allowed to submit a new competition workout video at any time during the competition window.
  - ii. If no new video is submitted before the extended deadline, the competitor is disqualified.

## **3. Leaderboard**

- a. All workout videos submitted for the Open will be uploaded to YouTube and included on the competition leaderboard.
  - i. Sample videos submitted by 4 pm will be available to the public by 12 pm on the following day (subject to judges' approval).
  - ii. Workout videos submitted by 4 pm will be available to the public by 8 am on the following day (subject to judges' approval).
  - iii. Judges' decisions are final as they relate to official time, weight, reps for each athlete's workout.