



DONOR GAMES OPEN RULES

3-Rep Max Deadlift

Workout Rules:

To be considered for the podium and cash prizes, all competitors in the 3-Rep Max Deadlift 2022 Open must adhere to the following rules for the 3-Rep Max Deadlift:

- All three (3) reps must be completed within 10 seconds.
- Weight must touch the ground after each repetition.
- Athlete cannot rest on the bottom or top of the repetition.
- Athlete may not bounce the weight and use that momentum generated to assist on their next lift.
- Athlete must stand up straight at the end of each repetition.
- A straight bar may be used as an alternative to a trap bar.
- Athlete may not regrip the bar once they begin the challenge.
- Straps are not allowed.
- Gloves and weight belt are encouraged.

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 close of registration 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 **February 9** through **February 15, 2022**.
 - 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 **February 16** through **February 23, 2022 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.