



# APHRODITE GAMES 2020

## EUROPEAN OPEN AIR FITNESS COMPETITION BY THE SEA

Aphrodite Games is an annual functional fitness event as part of the Geraklion Sports Festival based in the panoramic Old Harbour of Limassol, Cyprus.

Aphrodite Games consists of two stages of competition: **The Qualifiers** and **the Finals**.

**Registration Opens:** January 10 - March 2

**Qualifiers:** February 28 - March 11

The 1st qualifier will be announced on February 28, and submit the scores until March 2.

2nd and 3rd qualifiers will be announced on March 6, and submit the scores until March 11.

**Finals:** To be announced later

The following number of athletes (including Wildcards) will compete at Aphrodite Games 2020 finals in May:

- Elite Men: **40**
- Elite Women: **32**
- Elite Teams (2 Male + 2 Female): **16**
- Masters Men 35-39: **16**
- Masters Women 35-39: **8**
- Masters Men 40-44: **16**
- Masters Women 40-44: **8**
- Masters Men 45+: **8**
- Masters Women 45+: **8**
- Juniors Boys 18-21: **16**
- Juniors Girls 18-21: **8**
- Intermediate Men: **40**
- Intermediate Women: **32**
- Intermediate Teams (2 Male + 1 Female): **24**

The organizer will give some wildcards to some athletes. Getting a Wildcard means that the athlete doesn't have to go through the qualification, they will get an invitation to the finals without qualifying.

### Categories details

#### Elite

Athletes in this category do functional fitness for several years. They are able to complete high skilled gymnastics movements and lift heavy weights.

They constantly seek to test their limits.

#### Intermediate

Athletes in this category do functional fitness on a regular basis not less than 9 months. They already have a competition experience and able to perform workouts with following movements/weights:

- Pull Ups and Toes to Bar
- Thrusters and Overhead Squats 50/35
- Clean and Jerks at 70/45
- Box Jumps 60/50
- Rope Climbs
- Double Unders

#### Juniors 18-21

Athletes in this category do functional fitness on a regular basis not less than 12 months. They already have a lot of competition experience and are able to perform workouts with high skilled gymnastics movements and moderate weights:

- Muscle Ups
- C2B Pull Ups
- Handstand Push Ups
- Handstand Walking
- Snatch 60/40
- Clean & Jerk 80/50

#### Masters 35-39 and 40-44

Athletes in these categories will face almost the same workouts as the Elite athletes. They need to be prepared for heavy lifting and high skilled gymnastics movements.

#### Masters 45+

Athletes in these categories will face almost the same workouts as the Elite athletes. However, the weights will be moderate, and some gymnastics movements will be scaled.

# Terms and Conditions for the Competition

Any athlete meeting age and eligibility requirements may register to compete in the Aphrodite Games.

To participate in Aphrodite Games athletes must accept the terms & conditions, privacy policy and waiver.

Athletes must register within the given timeframe for the online qualification using the online registration service of Competition Corner. The URL of the online Qualifier stage of Aphrodite Games is:

<https://competitioncorner.net/events/3327>

The participant needs to pay a registration fee:

- Elite, Masters, Intermediate **€30**
- Juniors **€15**
- Elite Teams **€120**
- Intermediate Teams **€240** (no Qualification, first 24 registered teams will be invited directly into Final in Limassol, Cyprus).

Early Birds Registration Fee **-15%** starting from 10th to 19th of January 2020.

All registrations are final. No refunds or transfers will be permitted, regardless of reason.

## Online Qualification

Athletes will be invited to make 3 workouts which will be announced on social media and on the website of the Aphrodite Games: <https://aphroditegames.org>

The athletes have to film themselves doing the workouts. Videos must be uploaded to platforms like YouTube or Vimeo. The video links are then submitted on Competition Corner. To be valid, videos must include the athlete's name (or team name), equipment and the charges used to reach their score (time/rep). All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer with the running workout time should be clearly visible throughout the entire workout.

It is the athlete's responsibility to place the camera in a good angle so that judges can validate the movements and evaluate the standards.

Results submitted after the deadline will not be accepted. Only valid and correctly submitted scores will be accepted.

## Scoring

The videos will be judged according to the following evaluation:

**Good:** no "bad repetition" or "bad repetitions"

**Valid – minor penalty:** 1 to 4 bad repetitions. This consists of subtracting 1 to 4 repetitions of the score

**Valid – major penalty:** more than 5 bad repetitions. This results in the subtraction of 15% of the total repetitions

**Invalid:** you do not respect the movement standards, the camera is misplaced, the WOD is poorly done, erroneous counting of the repetitions, etc. Your score will not be valid in this case and will be 0.

The video review process will be completed no later than March 20, 2020. Only at the end of this review period will the final Qualifier leaderboard standings be set. Once the leaderboard is set the best athletes of the Qualifiers will receive an email to register for the Finals. They will have 5 days to confirm their participation on Competition Corner:

<https://competitioncorner.net/events/3293>

After these 5 days, it will no longer be possible to register and places will be open for the following athletes in the Qualifiers' ranking until all places are fulfilled.

