



LA BATTAGLIA DI MILANO RULEBOOK 2019

Event Date:

Saturday 28 - Sunday 29 September 2019

Event Place:

Centro Sportivo Vismara, Via dei Missaglia 117 - 20142 Milano (MI) - Italy

Categories:

Rxd M/W - Scaled M/W - Master M/W 35+ Master M/W 40+ Master M/W 45+ Master 50+ M/W – Master 55+ M/W – Master 60+ M/W - Teen 15/17 M/W

Online Qualifier:

Online qualifier run from 03/06/2019 to 16/06/2019.

There will be 2 qualifier workout released on:

Wod 1: 03/06/2019 at 11.00 a.m. CET

Wod 2: 10/06/2019 at 11.00 a.m. CET

Submission Score:

The scores of qualifier workouts should be posted on Competition Corner at the end of each workout. Without the video link athletes are not able to complete the submission score process.

Submission score deadline is:

Wod 1: within 16.00 CET of 09/06/2019

Wod 2: within 16.00 CET of 16/06/2019

Access to Final Event:

At the end of video review process, the qualified athletes will be contact by email, to get the invitation on the final event.

There will be 304 available spots for the Final Event:

RX: 48M - 32W

MASTER 35+: 16M - 16W

MASTER 40+: 16M - 16W

MASTER 45+: 16M - 8W

MASTER 50+: 16M - 8W

MASTER 55+: 8M

MASTER 60+: 8M

SCALED: 48M - 32W

TEEN 15-17: 8M - 8W

Master Category:

Master 35+ must be 35 years old from 01/01/2019 to 31/12/2019

Master 40+ must be 40 years old from 01/01/2019 to 31/12/2019

Master 45+ must be 45 years old from 01/01/2019 to 31/12/2019

Master 50+ must be 50 years old from 01/01/2019 to 31/12/2019

Master 55+ must be 55 years old from 01/01/2019 to 31/12/2019

Master 60+ must be 60 years old from 01/01/2019 to 31/12/2019

Videos:

Videos must be uploaded on common broadcasting platforms (youtube, vimeo, ecc..).

Qualified athletes must send only the link related to the qualifier workout.

Athletes Registration:

Athletes registration will be online.

Athletes briefing will be on 27 September 2019 at 19.30.

STANDARDS

Scaled / Teen

MEN:

Movements NOT request

Gymnastic

Ring Muscle ups

Hand Stand Walk

WOMEN:

Movements NOT request

Bar Muscle ups

Ring Muscle ups

C2B

Hand Stand Push ups (**ATTENTION - HSPU are NOT requested ONLY for the qualification phase. The Athletes that will be qualified for the final event must COMPULSORY able to perform DU**)

Hand Stand Walk

MASTER 50+

MEN

Movements NOT request:

Ring Muscle Ups Unders (**ATTENTION – Ring MU are NOT requested ONLY for the qualification phase. The Athletes that will be qualified for the final event must COMPULSORY able to perform Ring MU**)

Handstand Walk

MASTER 45+/50+

WOMEN

Movements NOT request

Ring Muscle Ups

Bar Muscle Ups

Handstand Walk

RX/MASTER 35+/MASTER 40+/MASTER 45+ MEN: All skills are requested.

Cash prizes: 15.000 Euro