



# **RULEBOOK EMT 2026**

# EMT2026 RULEBOOK

To participate in any stage of European Masters Throwdown, every competitor must agree to any and all Rules and Policies, including, without limitation, the Assumption of Risk, Publicity Release, Waiver & Consent form, all of which are incorporated herein by reference, and to the decisions of the EMT2026 which are final and binding in all respects. The Individual Online Qualifiers for the European Masters Throwdown will consist of a series of workouts that will be released on the official EMT website (<http://www.europeanmastersthrowdown.com>). All individual competitors need to perform their online qualifiers at a location of their choice and submit their videos online. All videos will be examined by EMT Judge Team.

## Registration

The registration for the event opens on 10nd March and closes at 7.00 PM on 1st June. No late entries will be accepted. Registration fees are non-refundable for no reason. Registrations are non-transferable for no reason.

- The early bird registration fee until 150 Athletes is € 35 and includes treatment costs in both categories.
- 151-300 Athlete registration fee is € 40 and includes treatment costs in both categories too.
- 301-450 Athlete registration fee is €45 and includes treatment costs in both categories too.
- 451- Athlete registration fee is € 50 and includes treatment costs in both categories too.

All personal information must be entered for each competitor separately. Please ensure the correct contact email address and gym manager email address as that will be our main form of communication! The qualifier able to change from one category to another when workouts have been released, before submit scores.



## Competition Categories

Competitors will compete in following categories:

- Male & Female 30-34 (must be 30 years on 2026)
  - Male & Female 35-39 (must be 35 years on 2026)
  - Male & Female 40-44 (must be 40 years on 2026)
  - Male & Female 45-49 (must be 45 years on 2026)
  - Male & Female 50-54 (must be 50 years on 2026)
  - Male & Female 55-59 (must be 55 years on 2026)
  - Male & Female 60-64 (must be 60 years on 2026)
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- Scaled Male & Female 30-34 (must be 30 years on 2026)
  - Scaled Male & Female 35-39 (must be 35 years on 2026)
  - Scaled Male & Female 40-44 (must be 40 years on 2026)
  - Scaled Male & Female 45-49 (must be 45 years on 2026)

### Only online competition

- Scaled Male & Female 50-54 (must be 50 years on 2026)
- Scaled Male & Female 55-59 (must be 55 years on 2026)
- Scaled Male & Female 60-64 (must be 60 years on 2026)
- After registration categories spots should grow up.

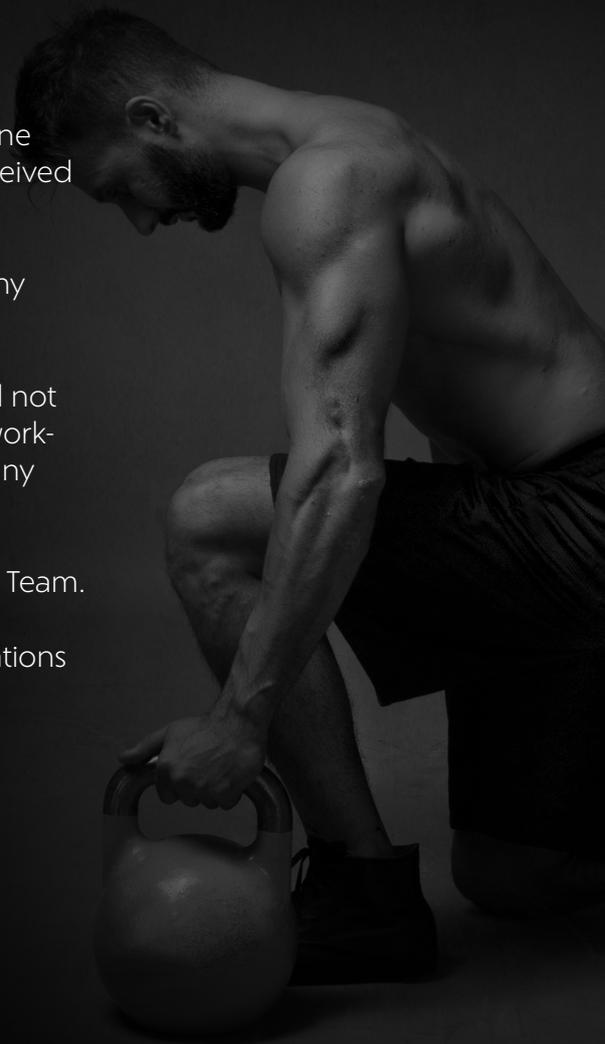
### Dates

- Registrations for both individual online qualifiers will open on 10nd of March 2026 at 7 PM and will remain open until 1st of June 2026, 7 PM. No late entries will be accepted.
  - Like it was in the previous year, you'll have 2 weeks to accomplish the WODs in this year's competition too.
  - After the qualification you can get into the EMT and we will announce the winner of the scaled competition when the qualification is finished (over 50).
  - Important: Like the practice of previous year, the EMT2026 WODs must be recorded and uploaded by everyone!
  - We look all the videos of the WODs for those who are in the lead!
  - Once the deadline of the workouts is over, a competitor will not be able to adjust, submit or re-submit any score for these workouts.
  - The 264 best individual competitors will be invited in Budapest, Hungary for the finals on 18-20 of September 2026.
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- All competitors in both individual RX and Scaled will compete in all 2 days of the final.



## Qualifiers

- All individual competitors need to perform their online qualifiers at a location of their choice and submit their videos online. We look at all the videos of the WODs for those who are in the lead! Videos have to be uploaded to a video hosting site like YouTube under public privacy settings. The public link to that video is then submitted with their score. Be careful, all videos must have public privacy settings!
- Competitors must follow all the guidelines of each Qualifier Video provided by EMT Team, including the filming angle of the video. The repetitions and/or exercises and/or workouts which don't follow the standards and/or are not clear may be judged as NO REP.
- It is the sole responsibility of the competitors to ensure the timely and successful submission of their workouts. Submissions that are incomplete or not working will not be accepted. Late scores are not allowed.
- If a competitor is having technical problems submitting a score, he/she must email **info@europeanmastersthrowdown.com** before the deadline with his/her name, score, and the video link. Any emails received after the deadline will not be considered.
- Competitors can complete and submit the workouts as many times as they wish until the deadline!
- Once the deadline of the workouts is over, a competitor will not be able to adjust, submit or re-submit any score for these workouts. • EMT Judge Team has the right to approve or reject any video submitted by any competitor without warning.
- The final validation of all scores will be done by EMT Judge Team.
- Registration fees are non-refundable for no reason. Registrations are non-transferable for no reason.



# Movement standards

## Weightlifting RX

- If you want to compete Rx category (30+, 35+, 40+), you might want to know or even accomplish at least the following values:
- Deadlift 10RM: For men: 120-140 kg For women: 80-100 kg
- Get over 80/50 kilograms above your head
- Do not worry at least 5 of your own body weight clean
- You have to work confidently with a 32/24 kg kettlebell even on overhead
- The exercises are the same for two age groups (35+-40+ RX, 45+-50+ RX, etc.)
- Weights easier cca 10-15% in the next age groups (45+, 50+), and other 10-15% the last three ages (55+, 60+)

## Weightlifting Scaled

- If you want to compete Scaled category (30+, 35+, 40+), you might want to know or even accomplish at least the following values:
- Deadlift 10RM: For men: 90-110 kg For women: 60-80 kg
- Get over 60/35 kilograms above your head
- Do not worry at least 5 of 75% percent of your own body weight clean
- You have to work confidently with a 24/16 kg kettlebell even on overhead
- Weights easier cca 10-15% in 45+

## Gymnastic skills

The scaling of gymnastic tasks (pull, etc.) is appropriate to the practice of previous years.

## Pull up standards:

- male 30+, 35+, 40+ chest to bar
- 45+, 50+ chin over the bar
- 55+ chin over the bar
- 60+ jumping pull up
- female 35+, 40+ chest to bar
- 45+, 50+ chin over the bar
- 55+, 60+ jumping pull up



## Wall ball

- on the qualification the 55+ to 60+ RX female, 45+ to 60+ Scaled female use 5 kg wb, on the event use 6 kg

## Muscle up, ring muscle up

- available on semi final or final only in RX. Female only 30+ to 50+, the older divisions C2B or Jumping BMU

## HSPU

- RX categories only, 30+, 35+, 40+ must do deficit, or strict too, 45+, 50+ normal and strict, 55+, 60+ normal

## Rope climb

- RX male 30+ to 50+, and female 30+, 35+, 40+ should compete without feet

## Pistol

- all the divisions until 60 age must to do it in RX

## Handstand walk

- should compete RX male and female 30+ to 50+and strict, 55+ to 60+ normal

## Scoring

European Masters Throwdown website will host the only official Leaderboard for both online qualifiers and Finals. In the finals of EMT 2026, all competitors begin the event with zero (0) penalty points.

## Advancement

- At the end of the individual online qualifiers a total of 264 competitors will be advanced to the finals.
- Qualified competitors will have until TBA to declare whether they accept their place and purchase their competitor ticket to compete in the finals. If the competitor does not declare and purchase within this time, his/her place at the finals will be offered up to the next competitor in the ranking.
- Wild cards will be handed over to 264 Athletes.



## Finals

European Masters Throwdown finals will run on 18-20 September 2026. All individual competitors RX and Scaled will compete in all two days, Saturday 19th and Sunday 20th of September 2026. If an individual competitor cancels its participation in the finals, EMT has the right to offer the spot to another competitor.

All competitors must check-in at the venue on Friday 18th of September 2026 between 16-19 PM! We split the registration into two parts and after each registration we hold a one-one WOD briefing.

16-17.30 SCALED 30-45+, RX 55-60+

17.30-19 RX 30-50+

Competitor can't miss the check-in.

Registration fees are non-refundable for no reason.

Registrations are non-transferable for no reason.

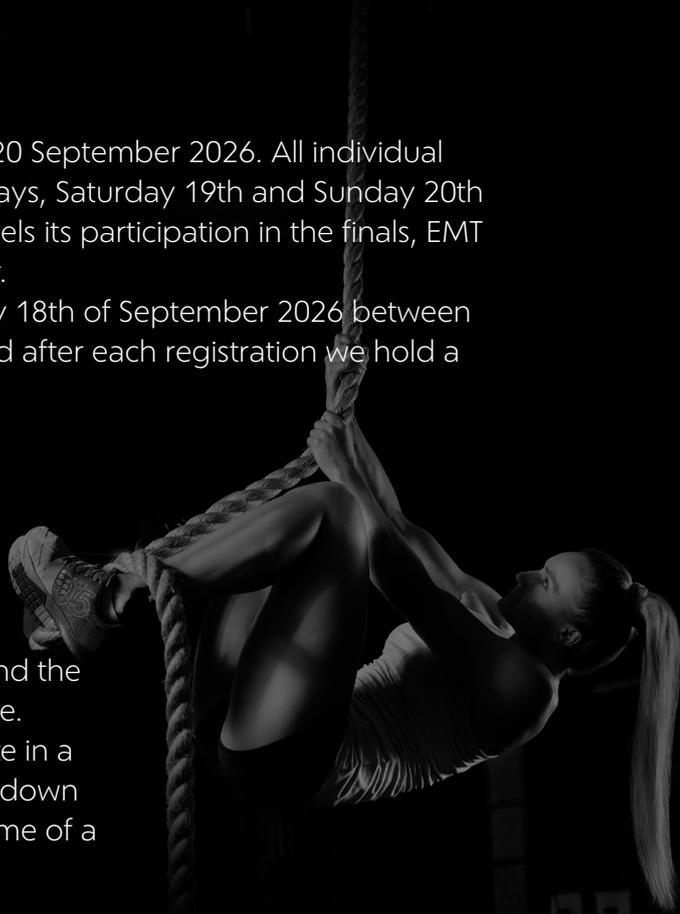
It is the sole responsibility of the competitors to attend the arena(s) and/or their lane in time in order to compete.

If they don't, for any reason, then they can't compete in a different Heat and/or time. European Masters Throwdown reserves the right to change the heat/competition time of a competitor if it deems it necessary.

At the end of each day of the finals, the heats will change based on the individual competitors' performance and they will be published at <https://facewod.eu>. The EMT Judge Team has final authority on all Competitor Event Protest rulings. Only athletes have the right to submit an Inquiry during the finals and only after paying first an Inquiry Fee of 80 euros. If the Inquiry concerns an incorrect recording of the result or an incorrect measurement of repetitions, then no Inquiry Fee is required. The Head Judge Coordinator reserves the right to decide on the type of the Inquiry and all his/her decisions are final, without further dispute.

Videos, photos, cell phone media or any other media will NOT constitute grounds for changing or modifying a decision, score or entry made by an Event Judge. The EMT Judge Team may ask for any related media, but its availability may or may not guarantee use or admissibility in the overall decision process.

Nothing in these rules including Event Protests, Scoring Discrepancies and Event Movement Standards, Range of Motion Judging applications should be read as a limitation on European Masters Throwdown right to run or operate any European Masters Throwdown's supported, sanctioned or sponsored Event as it sees fit in its sole and absolute discretion and the European Masters Throwdown Judge Team and The European Masters Throwdown say is final. This includes the right to remove or disqualify any Competitor at the European Masters Throwdown sole and absolute discretion, and he/she will not be allowed to ask for a refund or compensation.



## Tiebreaking policy

In case of a tie between two or more competitors during the event, the following tie-breaking policy applies:

- Step 1: European Masters Throwdown first considers which competitor won most of the workouts. The one with the most workouts won, is the winner of the tie. If there is still a tie between the competitors, then we proceed to Step 2.
- Step 2: European Masters Throwdown examines which competitor ranked at 1st place more often. The one with the most 1st place rankings, is the winner of the tie. If there is still a tie, then we proceed to Step 3.
- Step 3: European Masters Throwdown examines how many times each competitor ranked 2nd to break the tie. The one with the most 2nd place rankings, is the winner of the tie. If there is still a tie, then we proceed to 3rd position, 4th etc.

## Prizes

A minimum total cash prize of 11.000 euros will be awarded to the winners of European Masters Throwdown 2026! In addition to this, more than 5.000 euros will be given in sponsors' gifts. All the cash prizes, we pay in cash at the awards ceremony



## Prizes specifically:

### RX event

- 30+ Men 1st place: 700 2nd place: 300 3rd place: 100 Euros
- 30+ Women 1st place: 700 2nd place: 300 3rd place: 100 Euros
- 35+ Men 1st place:700 2nd place: 300 3rd place: 100 Euros
- 35+ Women 1st place: 700 2nd place: 300 3rd place: 100 Euros
- 40+ Men 1st place: 700 2nd place: 300 3rd place: 100 Euros
- 40+ Women 1st place: 700 2nd place: 300 3rd place: 100 Euros
- 45+ Men 1st place: 500 2nd place: 150 3rd place: Gifts
- 45+ Women 1st place: 500 2nd place: 150 3rd place: Gifts
- 50+ Men 1st place: 500 2nd place: 150 3rd place: Gifts
- 50+ Women 1st place: 500 2nd place: 150 3rd place: Gifts
- 55+ Men 1st place: 400 2nd place: 100 3rd place: Gifts
- 55+ Women 1st place: 400 2nd place: 100 3rd place: Gifts
- 60+ Men 1st place: 300 2nd place: 100 3rd place: Gifts
- 60+ Women 1st place: 300 2nd place: 100 3rd place: Gifts

### Scaled event

- 35+ Men 1st place: Gifts 2nd place: Gifts 3rd place: Gifts
- 35+ Women 1st place: Gifts 2nd place: Gifts 3rd place: Gifts
- 35+ Men 1st place: Gifts 2nd place: Gifts 3rd place: Gifts
- 35+ Women 1st place: Gifts 2nd place: Gifts 3rd place: Gifts
- 40+ Men 1st place: Gifts 2nd place: Gifts 3rd place: Gifts
- 40+ Women 1st place: Gifts 2nd place: Gifts 3rd place: Gifts
- 45+ Men 1st place: Gifts 2nd place: Gifts 3rd place: Gifts
- 45+ Women 1st place: Gifts 2nd place: Gifts 3rd place: Gifts

Additional prizes may be presented by partners, sponsors or selected vendors and all such prizes are subject to applicable taxes and withholding and compliance with an agreement to European Masters Throwdown's prize affidavit. All physical prizes must be collected by the winning competitor at the event. If prizes need to be shipped after the event, the competitor may be subject to charges for shipping.

## Privacy Policy

European Masters Throwdown uses the registered competitors' mails in order to send email newsletters only. Mails of the registered competitors will not be given to third parties. All competitors' mails are kept on the servers of European Masters Throwdown indefinitely. Competitors may at any time unsubscribe from the newsletters by clicking the "Unsubscribe" button at the bottom of any Newsletter sent to them by European Masters Throwdown or by sending an unsubscribe email to [info@europeanmastersthrowdown.com](mailto:info@europeanmastersthrowdown.com).

