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OFFICIAL 2024 TYR WZA

# GAUNTLET ATHLETE HANDBOOK

## **WELCOME TO THE 2024 TYR WODAPALOOZA MIAMI FITNESS FESTIVAL!**

You're about to take on the Gauntlet, presented by the US Army! A 60-minute battle through multiple stations. Each station provides different styles of workout and an exciting challenge.

Whether this is your first year in Miami or your 12th, we look forward to an exceptional weekend **celebrating fitness, community & life.**

This document guides you through the logistics of the competition, before, during, and post-event. This document is live and will be updated, including a guide at the end to identify additions and adjustments. Please familiarize yourself with this doc, and refer to it if you have questions.

You also may address questions to the Athlete Relations Team at the Gauntlet Stage. They'll be able to provide an answer or direct you accordingly. For schedule and heat updates, please download the official Wodapalooza iOS & Android app. Due to unforeseen circumstances (weather, etc.), please be flexible, as the schedule is subject to change.

You're competing in one of the world's largest fitness celebrations. From the thousands that took part in the online qualifier, only a select few receive the experience to throw down on an international competition stage. We encourage you to act with integrity, treat your fellow competitors and all event staff with respect, and finally, share your journey with our community. Your stories inspire us all and we are excited to have you join us!

Good luck with your final preparations, and we look forward to seeing you in Miami!

Sincerely,

*Team TYR WZA*

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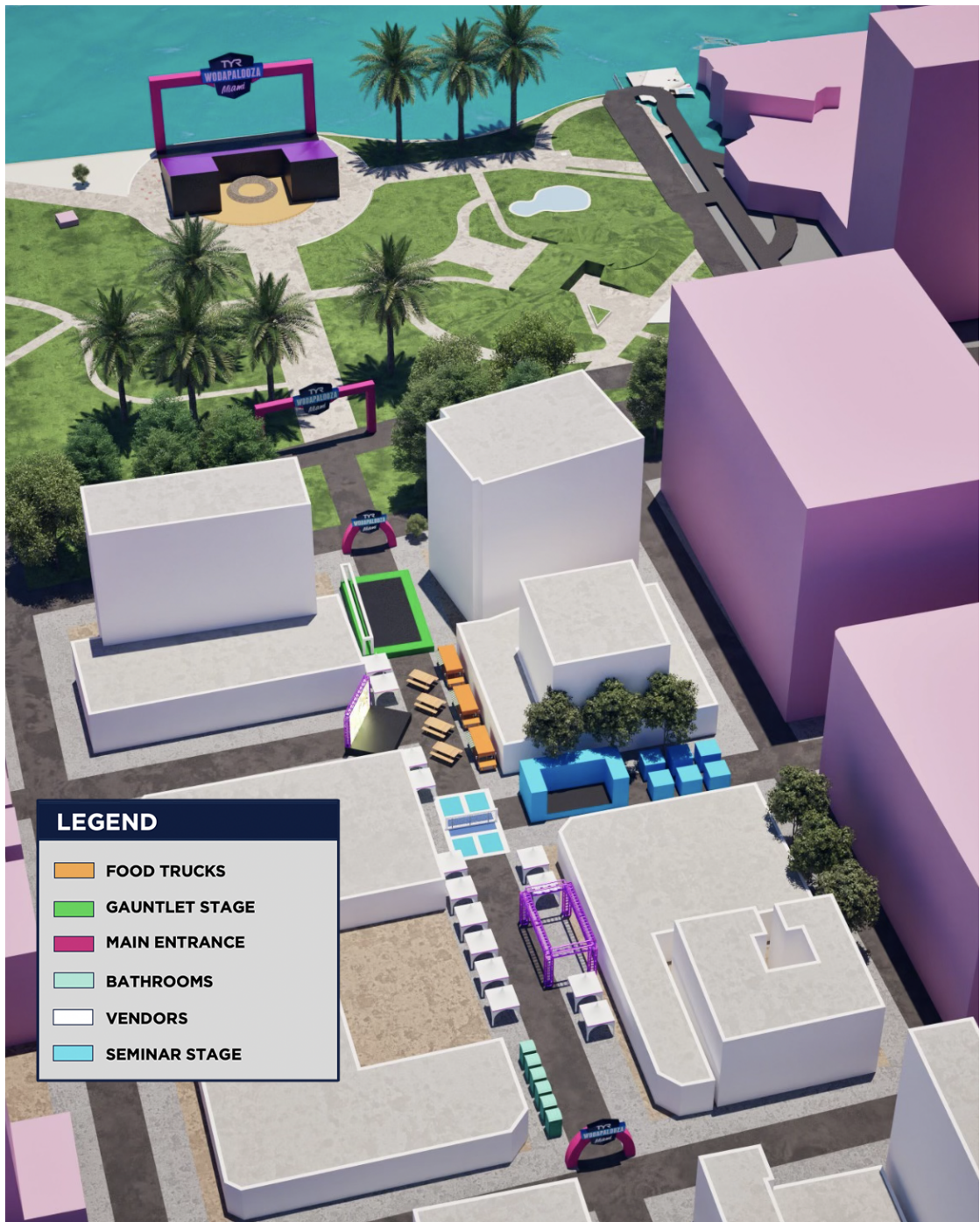
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# WZA ATHLETE RULEBOOK

[VIEW THE OFFICIAL RULEBOOK](#)

## VENUE MAP



## **ATHLETE REGISTRATION**

Gauntlet athletes will compete from Thursday, January 11th, 2024 through Saturday, January 13th, 2024. Round 1 of the Gauntlet competition will take place Thursday and Friday. If an athlete qualifies for the finals, the athlete will compete on Saturday. Whether an athlete competes once or twice (qualifies for finals), you will need to register for your competition heat at the Gauntlet Stage registration tent.

Gauntlet Registration will be located directly next to the Gauntlet Stage. To register at your respective check-in time:

- **All athletes must come in person to present a valid government-issued ID. You may not send another person in your place.**
- **Athletes may not register more than 90 minutes in advance of their competition heat.**

## **GAUNTLET STAGE EXPANSION**

During competition days, all athletes will have access to the Gauntlet Stage Expansion. New to 2024, the Gauntlet will have its very own stage and village on Flagler Street, across from Bayfront Park. Athletes will enjoy the following amenities:

### **ENTRANCE**

- Athletes should enter through the Expansion entrance. There are no credentials required for Gauntlet athletes or spectators.

### **GAUNTLET REGISTRATION TENT**

- If you have specific questions or concerns, visit the Athlete Relations team [here](#)!

### **WORKOUT CHECK-IN**

- Please check in at the Gauntlet Registration Tent within 90 minutes of your heat time. The staff inside this tent will help you with any questions about heats, lanes, times, etc
- The Athlete Relations team will be unable to answer questions about workouts or movement standards. You will have an opportunity to ask questions during your briefings.

### **ATHLETE WARM-UP**

- Will open one (1) hour before the start of the competition day and close down once the final heat of the day takes the stage.
- Warm-up is located right next to the Gauntlet Registration Tent and the Gauntlet Stage.

### **RESTROOMS**

- Bathrooms will be located throughout the Expansion.

### **MEDICAL TEAM**

- The Medical Team will be available to you on the Gauntlet Stage. Look for the red medical shirts if you need assistance!

## TRANSPORTATION OVERVIEW

### PARK ADDRESS

Bayfront Park | 301 Biscayne Blvd. Miami, FL 33132

\*\*Expansion is located on Flagler Street, across from Bayfront Park

Public Transit directions from Miami International Airport:

- Metrorail to the Government Center Station
- Transfer to the Metromover, take the Inner Loop to the Bayfront Park station Metrorail:
- Riders must use an EASY Card/Ticket to pay by tapping it on the station fare gates.  
EASY Cards/Tickets can be purchased in advance at all Metrorail stations or [online here](#).

### PARKING

Parking near Bayfront Park is extremely limited and mostly metered. Parking is available at:

- Bayside Marketplace, which is next door to the park at the outdoor mall.
- Meters, which are located on the median on Biscayne Boulevard.
- InterContinental Miami Hotel: meters & valet. Next door to the venue.
- Parking garages can be found near the park.
- You may also take the Metro Rail and Metro Mover to avoid traffic. This will allow you to park further away at a station and take the Metro to the “Bayfront Park” station.
- We also recommend Uber or Lyft to travel to and from the park each day.
- [CLICK FOR THE MIAMI PARKING AUTHORITY WEBSITE](#)

### LODGING

We have partnered with multiple nearby hotels to provide you with accommodations that are of varying value, and all easily accessible to the venue.

**BOOK YOUR MIAMI HOTEL**

## CREDENTIALS

### GAUNTLET ATHLETE CREDENTIALS

Gauntlet athletes will not need any sort of credential to enter the Expansion, the Gauntlet Registration Tent, or the warm-up area. Once you check in at the Gauntlet Registration Tent, you will be granted access to the warm-up area and stage corralling zone.

If Gauntlet athletes are interested in purchasing a spectator pass for Bayfront Park, [please click here](#). This includes all competition that occurs on Bayside, Tina Hills, and Flagler stages. Thursday, January 11th is free to all, and Friday through Sunday requires a spectator pass.

### COACH ACCESS

Coaches may access the Expansion with their Gauntlet athlete. There is no credential needed. Due to limited space, we ask the coaches to remain outside of the Gauntlet warm-up area.

## ATHLETE COMMUNICATION CHANNELS

Our primary source of updates & communication on-site will be through the app, SIGNAL. If you have questions during the weekend, visit us at the Gauntlet Registration Tent. We're happy to assist!

- Before the competition, you will receive an invitation to join an athlete-specific SIGNAL channel. This SIGNAL channel will be updated with significant information, competition updates, schedule updates, & weather updates that occur over the weekend.
- Please download the app first, then accept the invitation to join the channel.
- If you have any issues with downloading the app or accepting the invite, [please email us](#).

Before the competition, all communication will be sent via email. Make sure you are subscribed to our emails. Join our Facebook group, [WZA Athlete Community](#), for general discussions!

## WEEKEND SCHEDULE OVERVIEW

Find the general competition schedule below. This schedule is subject to change. Updates to this schedule can be found on:

- SIGNAL Athlete Channel (primary)
- [The Official TYR Wodapalooza website](#)
- Social media outlets listed at the bottom of this guide
- TYR Wodapalooza Miami 2024 iOS & Android app

### SCHEDULE OVERVIEW

DATE	EVENT	TIME	LOCATION
THURS JAN 11	START OF GAUNTLET COMPETITION	8:00AM	GAUNTLET STAGE
	START OF BAYFRONT COMPETITION	9:30AM	FLAGLER STAGE
	END OF GAUNTLET COMPETITION DAY	6:00PM	GAUNTLET STAGE
	END OF BAYFRONT COMPETITION DAY	7:30PM	FLAGLER STAGE
FRI JAN 12	START OF COMPETITION	8:00AM	ALL STAGES
	END OF GAUNTLET COMPETITION	6:00PM	GAUNTLET STAGE
	ELITE INDIVIDUAL CLOSING CEREMONY	8:15PM	FLAGLER STAGE
SAT JAN 13	START OF COMPETITION	8:00AM	ALL STAGES
	GAUNTLET FINALS	8:00 - 10:00AM	GAUNTLET STAGE
	END OF BAYFRONT COMPETITION	8:00 PM	FLAGLER STAGE
SUN JAN 14	START OF BAYFRONT COMPETITION	8:00AM	ALL STAGES
	END OF BAYFRONT COMPETITION	7:15 PM	ALL STAGES
	CLOSING CEREMONY	7:00PM	FLAGLER STAGE

*\*All times are in Eastern Standard Time*

## ATHLETE HEAT SCHEDULE

Athlete workout schedules will be emailed before the start of the competition. If a Gauntlet athlete qualifies for the finals on Saturday, January 13th, the workout schedule will be published, and heats will recalibrate by the end of the day on Friday, January 12th.

Check out the heat schedule & live leaderboard [here](#).

## WORKOUTS

Workouts will be released before the start of the competition and published via social media and on our website. Workouts and the workout release schedule are subject to change if there are extenuating circumstances and/or unsafe environmental conditions.

## WORKOUT RELEASE SCHEDULE

Gauntlet workouts will be released the week of January 1st, 2024.

## NUMBER OF WORKOUTS & SCORES

Gauntlet athletes can expect between four (4) and six (6) workouts in one (1) hour. If an athlete qualifies for the finals, it will be the same format, but different workouts.

## ATHLETE BRIEFINGS

### GAUNTLET DIVISIONS

Virtual Briefing: All Divisions: Saturday, January 6th at 12:00pm ET → [JOIN HERE](#)

*\* All Virtual Briefings will be held via Microsoft Teams. Ensure you have Teams downloaded on your device before your division's briefing to avoid missing important information at the beginning. Teams can be found for both IOS & Android.*

## ATHLETE WORKOUT CHECK-IN FLOW

To maintain our schedule, our Athlete Liaisons volunteer team will work diligently to get you onto the competition floor on time. To assist your Athlete Liaisons in this process, we ask that you closely follow the timeline as you prepare for each workout:

- **90 - 15 minutes** before the start of heat: Athletes registering and entering the warm-up area
- **25 - 15 minutes** before the start of heat: Athletes Check-in for Heat & corralled
- **15 - 7 minutes** before the start of heat: Athletes briefed by Assistant Head Judge
- **2 minutes** before the start of heat: Athletes are escorted to the competition floor & straight to the start mat. Athletes may not leave the start mat until 3-2-1-Go is announced.
- **1 minute** before the start of heat: Athletes on their starting mat in position.



## SCORING PROTOCOL & APPEALS

### ALL EVENTS (EXCEPT THE FINAL)

At the end of a workout, all athletes **MUST** sign their scorecard and should ensure their scorecard has a score/time recorded by the judge. Signing does not mean you agree to your score, it acknowledges that you have a score in the system. Only then, if desired, may you appeal.

Official times are electronically recorded by each judge's stopwatch. Floor cameras will serve as backup and validation in the event of an appeal. Judgment calls made during a workout will stand pending an official score appeal application. Athletes or coaches will be the only people who can file an appeal.

**New in 2024:** We will be utilizing a two-appeal rule for all athletes:

- Athletes will start the competition with one (1) appeal. If an athlete qualifies for the finals, they will have one (1) appeal available as well.
- Following each heat, athletes have the option to appeal.
- If after investigation the appeal is granted, the athlete will retain their appeal count. If after investigation the appeal is denied, the athlete will lose one appeal from their appeal count.
- If an athlete exhausts their appeal count, they will not be allowed to make any other appeals over the remainder of the competition.
- Missing mandatory competition responsibilities such as athlete registration or event briefings may result in a loss of an appeal at the Head Judge's discretion.
- Appeal of another athlete's score will not affect your appeals count.
- The athlete or coach must file the appeal digitally at the web link below.
- The appeals resolution team will review the facts presented and make a ruling.
- The athlete will be notified of this ruling via email.

**Except for the final events for each division, all appeals **MUST** be filed online within 60 minutes of your score being published. Our Appeals Resolution Team will handle scoring appeals.**

- Appeals about score administrative entry or error must be completed by the end of the competition day in which the workout occurred.
- To file an appeal, you must be logged in to your athlete account in Competition Corner.
  - Select the drop-down menu in the upper right corner of the event and select Appeal.
  - Utilize the article [HERE](#) for more assistance.

### APPEALS PROCESS EXCEPTIONS

The only exception to the appeals process above will be for the final heats of each division; on Gauntlet Stage competing Saturday for the finals.

These specific final workout appeals must be handled at the competition stage. All appeals must be handled with the Head Judge, at the stage, within 15 minutes post-heat.



Use this QR code to start your appeals process. These will also be located in the Gauntlet Registration Tent. Our Appeals Resolution Team will reach out via email to contact you. All scoring issues and appeals must be handled through the online system. Appeals will not be handled by head judges, assistant judges, volunteer judges, or the Athlete Relations Team. Please do not email [compete@thewodapalooza.com](mailto:compete@thewodapalooza.com) regarding appeals as our Scoring team will be unable to see those messages.

## **ATHLETE WITHDRAWAL DURING COMPETITION**

In the event an athlete becomes ill, injured, or otherwise unable to continue and must withdraw from the competition, that athlete, a member of that athlete's team, or the athlete's coach must communicate on-site with our Athlete Relations Team at Athlete HQ.

**New in 2024:** If a scenario occurs where an athlete suffers an injury resulting in Medical Team interaction and/or extrication from the field of play, we've outlined a uniform and concise response to promote the overall well-being and safety of all athletes.

1. There must be an injury with a high index of suspicion for severity and/or significant mechanism of injury.
2. The athlete must be able to demonstrate the ability to continue competition maintaining all standards with ROM for any upcoming movement (in this workout or future) as indicated in the rulebook such that any further completion would present a significant danger to the athlete's overall health and wellbeing.
3. Upon discussion of all facts and details of ROM testing, a unanimous decision will be made by the Competition Director, Head Judge, and Director of the Medical Team on whether or not to remove the Athlete from the competition.

## **BAG CARRY, FOOD & BEVERAGE POLICY**

All bags and coolers will be checked by security. No weapons of any type will be allowed in the venue, under any circumstances. Anything perceived as a weapon will be reported to the authorities, and you will be denied entry into the venue.

Athletes may bring their own food and hydration. Bring foods that do not need to be warmed, as microwaves will not be available. If you choose to enter Bayfront Park with a spectator pass, coolers or bags of food/beverage will not be accepted through the Main Entrances.

Please be respectful and understand you can bring food and beverages for yourself only, as outside food and drink are not permitted for spectators. WZA Staff reserves the right to deny entry to any athlete or volunteer based on this information.

**NO ALCOHOL MAY BE BROUGHT INTO BAYFRONT PARK. NO EXCEPTIONS.**

## CLOSING CEREMONIES

We are happy to have the opportunity to celebrate all of our top athletes at the end of an amazing Gauntlet competition! All athletes finishing in a podium-placing position will be asked to stay after the finals to attend the podium ceremony.

- **GAUNTLET AWARDS**

- Saturday, January 13th directly following the last heat of the Gauntlet Finals

## WZA APP

TYR WZA Miami will have an official phone app available on Android & iOS devices. Download it onto your phone, as important information regarding schedule, event delays, and updates will be published via push notifications. You can also find the event schedule, workouts, leaderboard, heats, and map. The app will be released closer to the event dates.



## ADDENDUM