



# 6<sup>a</sup> EDITION

## RULEBOOK

**INSIDE THE ISLAND** is a sporting event organized by "A.S.D. Gianni Fitness Favignana," designed to promote athletic activities associated with the CrossFit discipline, featuring a series of multidisciplinary physical challenges.

**BORN FROM THE VISION OF COACH GIUSEPPE GIANNO**, owner of CrossFit Egadi, who possesses over a decade of experience in the realm of functional fitness. His objective is to cultivate a "wild" atmosphere where the unspoiled beauty of the island of Favignana motivates athletes to embrace new challenges and movements, reminiscent of the inaugural "Fittests" from the golden era. The aim is to establish a genuinely international sporting event that champions both physical and mental well-being.

**The event will focus on fostering expression and enhancing human relationships among the island's participants, while also promoting physical and mental well-being and deepening understanding of the discipline.**

## **Sixth Edition of the Competition**

**The sixth edition of the competition will commence with online qualifications set for May.**

**The live final phase is scheduled to occur over three days: October 9, 10, and 11, 2026.**

- **GENERAL ELIGIBILITY AND PARTICIPATION REQUIREMENTS** To be eligible for participation, athletes must:
  - **Be of legal age, or be at least 14 years old with parental consent through a release form.**
  - **Accept the terms and conditions along with all provisions related to the disclaimer, eligibility, assumption of risk, and processing of personal data.**
  - **Be ready to provide, upon the organization's request, one or more valid and legally recognized documents.**
  - **Athletes may register online via the JUDGE-RULES platform.**
  - **Uploading the indemnity and the competitive medical certificate is mandatory.**
  - **No refunds will be issued after the registration fee has been paid, regardless of the reason.**

**BBO PARTY: MEAT SANDWICH AND BEVERAGE included with the ticket!**

- **Included in the registration fee for Friday, October 9th, you will find a voucher in your race kit. This voucher must be presented on Sunday at the conclusion of the event to collect your drink and mega hamburger.**

# CATEGORIES AND SLOTS OPEN FOR LIVE

| Category   | Age Category   | Number of Participants: Men | Number of Participants: Women |
|------------|----------------|-----------------------------|-------------------------------|
| RX         | All age groups | 10                          | 10                            |
| SCALED     | All age groups | 30                          | 30                            |
| EXPERIENCE | All age groups | 40                          | 40                            |
| TEEN       | 14 –17         | 10                          | 5                             |
| MASTER 35+ | 35+            | 10                          | 5                             |
| MASTER 40+ | 40+            | 10                          | 5                             |
| MASTER 45+ | 45+            | 10                          | 5                             |
| MASTER 50+ | 50+            | 10                          | 5                             |
| MASTER 55+ | 55+            | 10                          | 5                             |

**THE TEEN AND MASTER 55+ CATEGORIES WILL ADVANCE DIRECTLY TO THE LIVE PHASE.**  
without remitting the qualification fee

The organizers may adjust the slots prior to the commencement of the live phase to address any deficiencies in the number of athletes.

**1. NOTE!**

**2. In the EXPERIENCE category, registration will not be permitted for COACHES, OWNERS, AND/OR PROPERTIES AND/OR MEMBERS of any discipline associated with CrossFit.**

Weightlifting, Calisthenics, BOX for affiliates and non-affiliates, etc.

**Athletes with Experience in Elite Competitions**

**Athletes who have previously competed in higher categories: Scaled, RX.**

**Athletes who achieved victory in prior editions by securing 1st place.**

**CATEGORY MASTER:**

If the minimum number of participants is not met, the category will be consolidated into a single category:

\*\*\*"MASTER MIXED."\*\*\* This will enable us to unite all Master participants aged 35 and older.

# REGISTRATION FEES AND DATES FOR THE ONLINE QUALIFICATION PHASE

The enrollment registration period is structured as follows:

| Period                | Cost    |
|-----------------------|---------|
| UNTIL APRIL 30, 2026  | 30,00 € |
| FROM MAY 1 TO JULY 20 | 35,00 € |

**ONLINE REGISTRATION FOR THE QUALIFICATION PHASE WILL CLOSE ON JULY 13TH.**

The comprehensive registration system, document management, deadlines, and timelines will be administered via the [www.Judgerules.it](http://www.Judgerules.it) platform.

No refunds will be issued under any circumstances once the registration fee has been paid. Only in the event of cancellation due to an inability to fill a slot does the organization reserve the right to provide a partial refund, excluding Judge Rules and Stripe fees.

# LIVE PHASE REGISTRATION FEES AND SCHEDULES

The athlete will be contacted tomorrow via email, where he will be instructed to proceed with registration for the live phase.

| Period   | Cost     |
|--|----------|
| FROM COMMUNICATION TO THE DEADLINE NOTIFIED BY EMAIL | 115,00 € |

The comprehensive registration system, document management, deadlines, and timelines will be administered via the [www.Judgerules.it](http://www.Judgerules.it) platform.

No refunds will be issued under any circumstances once the registration fee has been paid. Only in the event of cancellation due to an inability to fill a slot does the organization reserve the right to provide a partial refund, excluding Judge Rules and Stripe fees.

In the event of inclement weather that jeopardizes participant safety, the organizer may alter exercises deemed to carry a high risk of injury or fatality. Should catastrophic events, natural disasters, or environmental disruptions occur, the event may be cancelled. The organizer retains the right to establish new dates and/or competition formats, including an online option, to ensure the continuation of the competition.

Discounts and various promotions on return tickets from Porto Tp to Favignana and vice versa will be communicated through Instagram posts.

# TIME LINE WITHIN THE ISLAND 2026

|                     |  |
|---------------------|--|
| OCTOBER 21,<br>2025 | REGISTRATION OPENS FOR THE QUALIFICATION PHASE   |
| APRIL 30            | FINAL DATE FOR REGISTRATION FOR THE DISCOUNTED PRICE ELIGIBILITY   |
| MAY 1ST             | QUALIFYING WORKOUT OUTPUT  |
| JULY 13             | FINAL DATE FOR QUALIFICATION REGISTRATION  |
| MAY 20              | FINAL DATE FOR QUALIFICATION WOD PRESENTATION  |
| AUGUST 10           | ATHLETE COMMUNICATIONS ACTIVE STAGE  |
| AUGUST 24           | LAST DATE TO CONFIRM ATTENDANCE FOR THE LIVE PHASE;<br>AFTER THIS, WE WILL PROCEED WITH THE RANKINGS AND<br>COMMUNICATE VIA EMAIL. |
| 9 -10-11<br>OCTOBER | LIVE PHASE   |

The athlete will be contacted via email and informed to proceed with registration for the live phase.

The comprehensive registration system, document management, deadlines, and timelines will be administered via the [www.Judgerules.it](http://www.Judgerules.it) platform.

# AWARD FUND

## Cash Prizes for the Leading Positions in Each Category Categories Included

- Experience
- Teen
- SCALED
- RX
- MASTER

Cash prizes will be conferred upon the winners of each category. Sponsors will additionally provide awards for second and third place.

# CONDUCT DURING THE EVENT

## INSIDE THE ISLAND Participant Guidelines

Athletes who elect to participate in **INSIDE THE ISLAND** fully acknowledge the stipulations of this regulation, which constitutes an essential component of the registration form. They commit to upholding fair and sportsmanlike conduct. Harassment, disruptions, obstructions, or \*profanity\* will not be tolerated.

**Heated Discussions and Inappropriate Behavior:** Engaging in heated discussions or directing offensive responses toward fellow athletes, organizers, judges, and volunteers is strictly prohibited. Any athlete who exhibits offensive verbal conduct, threats, or violence toward other participants may be disqualified from the event. The decisions rendered by the organizers or judges, represented by the Race Director (Head Judge), are final and non-contestable.

Each participant is required to sign the scorecard to authenticate the judge's score. In the case of a dispute, the participant must promptly appeal to the Head Judge.

A signed scorecard is definitive, and the score assigned by the judge is regarded as conclusive and not open to contestation.

## ACCESS TO THE COMPETITION ARENA

Access to the competition field is restricted to athletes, judges, volunteers, photographers, media representatives, and competition organizers. The warm-up area will be designated solely for "ATHLETES" and one coach per athlete.

# SKILLS REQUIRED

## Preparing Athletes for Performance

For this edition, Rx athletes will be classified as full-skill. For all other categories, the necessary skill tables will be made available on our social media platforms.

It is crucial for each athlete to adequately prepare for the movements.

However, supplementary skills may be necessary to complete the WODs. This information will be conveyed promptly via our social media channels.

Please ensure you follow our pages to remain informed about any changes or additions. Your safety and preparation are our top priorities, and we aim for every participant to enter the competition with confidence and determination. Furthermore, please keep in mind that coaches are available to offer support and guidance on enhancing your skills and optimizing your performance. Train with enthusiasm and recognize that every challenge presents an opportunity for personal and athletic development. Best of luck to all!

**For this edition, a selection of both conventional and unconventional exercises has been made in comparison to other competitions within the "CrossFit" circuit. The objective is to elevate the competitive standard of the challenge, render this competition distinctive, and guarantee maximum enjoyment for all participants.**

## **CONSENT FOR THE USE OF PHOTOGRAPHS AND VIDEOS**

**During the sporting event, photographers and videographers sanctioned by the organization will capture footage to produce audiovisual and promotional content.**

**The participant grants the organization and its representatives permission to capture, publish, process, and disseminate photographs and videos pertaining to all activities associated with the event, both online and offline.**

**The participant grants the organization and its partners the right to utilize, at no cost, any photographic and video material depicting them engaged in activities during the competition, without prior consent and without any claims. By endorsing this Rulebook and registering for the event, both parties acknowledge that this serves as explicit and definitive authorization. Concerning images (photos and videos) captured by photographers and videographers present at the event, the athlete grants permission, free of charge and without temporal limitations, in accordance with Articles 10 and 320 of the Italian Civil Code and Articles 96 and 97 of Law No. 633 of April 22, 1941 (Copyright Law), for the publication and/or dissemination of their images in any format on the event website and associated Facebook, Twitter, Instagram, YouTube pages, or other online platforms, in print, and/or through any other media. Additionally, I consent to the storage of photos and videos in the digital archives of the Company/Entity managing and organizing the event, recognizing that the intent of such publications is solely informational and, where applicable, promotional.**

## **IN THE EVENT OF AN ACCIDENT**

### **Regulations Governing Medical Assistance for Athletes**

**If an athlete necessitates medical attention during the competition, it is imperative to secure medical approval before resuming participation. The authority to determine the exclusion of an injured athlete from the competition rests with the Doctor, Head Judge, or Competition Director.**

# PRIVACY POLICY

**Information on the Processing of Personal Data.** Concerning the processing of personal data, the "European Regulation 2016/679 on the protection of natural persons with respect to the processing of personal data and on the free movement of such data" (hereinafter referred to as GDPR) establishes safeguards for individuals and other entities in relation to the processing of personal data. As the "Data Controller," and in accordance with Article 13 of the GDPR, the event organizer presents the following information:

- **Purpose of processing:** The personal data provided will be utilized solely for purposes directly related to and necessary for the activities outlined in the extended release concerning the use of the image.
- **Data dissemination:** This data may be distributed in various formats, including recorded images or videos, on websites, YouTube, Facebook, Instagram, TikTok, Twitter, in print, and/or through any other communication channels.
- **Data Processing Techniques**
- **The personal data submitted, including images in photographs and videos, will be processed in accordance with relevant legislation and the principles of fairness, legality, transparency, and confidentiality. This data will be processed utilizing computerized tools, paper, and other appropriate media, adhering to the security measures mandated by the GDPR.**
- **Mandatory or Non-Mandatory Consent**
- **Providing your data is optional. Withholding consent will preclude the use of images and/or audiovisual recordings of the data subject for the aforementioned purposes. Should such materials be utilized in error, the data subject may inform the organization, which will ensure their removal.**
- **Communication and Distribution of Data**
- **In accordance with the specified processing purposes, personal data (including images and audiovisual recordings) may be communicated, published, and/or disseminated in any format on the event website, social media platforms, and through other channels, such as local newspapers or magazines. The individual also grants the event organizer the authority to share this data with participating partners and sponsors.**
- **Proprietor and Data Administrators**
- **The data controllers are Giuseppe Gianno at:**
- **A.S.D. GIANNO FITNESS FAVIGNANA**
- **Rights of the concerned party**
- **Consent to the processing of personal data is voluntary.**
- **You may exercise the rights conferred by Articles 15 to 22 and Article 34 of the GDPR at any time. This specifically includes the right to request the deletion, rectification, or integration of your data. To initiate this process, you must submit a written communication to A.S.D. GIANNO FITNESS FAVIGNANA.**

## PERSONAL INFORMATION

The personal data submitted during registration will be retained and may be disclosed for communication purposes. The organization wishes to inform you that, in all instances, the prevailing privacy regulations will be enforced.

**Limitation of Liability and Cancellation** The participant acknowledges awareness of the risks, both anticipated and unanticipated, associated with the sporting activity of the competition and affirms possession of appropriate medical certification in accordance with current health regulations.

The participant assumes complete responsibility for himself/herself and for any damage inflicted upon third parties and/or property as a result of his/her conduct during the competition. Additionally, he/she affirms having thoroughly read and comprehended the contents of these rules, having clearly assessed the significance of each individual point prior to signing.

The participant releases the event organizers from any civil or criminal liability that may arise during the various phases of the competition and all activities associated with the event.

The participant acknowledges that the organization reserves the right to alter the conditions stipulated for the competition and that the event may be canceled due to unforeseen circumstances, force majeure, or factors beyond the organization's control.

Any matters not addressed in these regulations will be promptly assessed, adjudicated, and managed by the A.S.D. GIANNO FITNESS FAVIGNANA organization, if deemed necessary.

*Coach Gianni*

**Registration for the event constitutes automatic acceptance of these rules.**



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