



LEAGUE

RULEBOOK
SEASON 2025 JANUARY - OCTOBER



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RESERVED RIGHTS



LEAGUE STANDARDS

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LEAGUE RULES



LEAGUE STANDARDS

ABOUT THE LEAGUE

This online competition allows athletes to compare their performances across various workouts. The competition includes disciplines such as strength exercises, gymnastics, and endurance. In addition to individual athletes, gyms can also compete against one another.

During registration, athletes choose a gym they wish to represent.

Each gym competes for the title of the best gym, with athletes contributing to their gym's overall score through their performances. Pairs of athletes can form a team, appoint a captain to register them, and both members represent the same gym throughout the competition.

Results of individual workouts, as well as overall rankings for athletes and gyms, can be found on our website.

KATEGORIE

MEN ELITE
MEN ADVANCED
MEN SPORT
MEN MASTERS 35+

WOMEN ELITE
WOMEN ADVANCED
WOMEN SPORT
WOMEN MASTERS 35+

MIX ADVANCED
MIX SPORT

RULES

Each month, on the 1st day, a new workout will be published on the website <https://wodcomp.app/> events. Your task is to record yourself performing the workout and submit it for review by the 25th day of the month. Every month, participants compete for prize money or valuable rewards from our partners. The results of the workout also count towards the overall annual leaderboard, where you can compete for the grand prize. If you wish, you can withdraw from the competition at any time.

It's simple: join in, compete for amazing prizes, and fight for your place at the top!

Recommendation: Pay attention to proper technique during exercises. If you're unsure, consult your coach.

Disclaimer: The organizer is not responsible for any injuries sustained while performing the workout. Each participant is fully responsible for their own health and safety.

REGISTRATION

Monthly Fee (January - October 2025): 180 CZK

Annual Fee (January - October 2025): 1500 CZK

Upon registration, each athlete selects their category. Please choose a category appropriate to your performance and skill level. Our team will review videos monthly and may reassign athletes who stand out to a higher category.

Each athlete also designates their home gym during registration, which they will represent and earn points for in the gym leaderboard. The selected gym cannot be changed during the season. If your gym is not listed, please contact WODCOMP support, who will add it to the list and link it to your profile.

If you join late and miss some workouts, you can still record and submit them retroactively within 30 days of registration. There is a 100 CZK fee for each late submission. Late-submitted workouts will not count towards the monthly competition for prizes but will still contribute to the overall leaderboard, giving you a chance to compete for the grand prize.

Example: If you join the league in March, you can still record and submit workouts from January and February. You have 30 days from the date of registration to do this. This approach allows you to catch up on missed workouts and improve your overall score.

For each missed workout submitted late, you must pay two fees:

The standard monthly fee of 180 CZK for each month where a workout was not completed (e.g., January and February).

The late submission fee of 100 CZK for each workout submitted after the deadline.

Workouts submitted after the deadline will not be counted in the monthly competition for prizes but will still contribute to the overall leaderboard. This ensures you can still earn points and compete for the grand prize at the end of the season, even if you start late.



WORKOUTS

The competition includes a total of 10 workouts. Each workout will be released on the 1st day of the month on the <https://wodcomp.app/events> platform and the Xleague website.

A dedicated rulebook will be created for each workout, providing detailed rules and standards to ensure fair scoring for all participants.

VIDEO RECORDING GUIDELINES

At the beginning of the video, the athlete must introduce themselves, announce their category, and state the workout number (WOD). This ensures the video is properly identified and assigned to the respective competition.

All equipment required for completing the workout must be clearly visible throughout the recording. This allows for the verification of proper execution and adherence to the rules. Additionally, the athlete must remain on camera for the entire duration of the workout; leaving the frame will result in the video being considered invalid.

Videos must be uploaded to YouTube as public, and the video link must be submitted through the athlete's account in the wodcomp.cz system. The submission deadline is always the 25th day of the calendar month for which the workout is created, no later than 23:59:59. After this deadline, the workout will be locked, and video submissions will no longer be accepted.

Compliance with these rules is essential for the validity of your result and inclusion in the scoring. The recommended video resolution is at least 720p to ensure that all movements are clearly visible.

PRIZES

Every Month:

Prize Money: 21,000 CZK

Top Gyms: Share equipment worth 200,000 CZK

Title: Absolute League Champion

Lucky Athlete: Selected every month



ATHLETE PRIZES

Prizes will be awarded once the minimum of 12 active athletes/teams per category in the monthly WOD is reached. Prize money will only be paid out to athletes who complete the workout within the current calendar month (not retroactively after submitting results later).

Prize Money for Athletes (available in all categories):

Prizes will be awarded once the category reaches 12 participants.

1st Place: 1000 CZK individuals / 2000 CZK team

2nd Place: 500 CZK individuals / 1000 CZK team

3rd Place: 250 CZK individuals / 500 CZK team

End-of-Year Title: At the end of the season, an absolute champion will be announced, receiving the grand prize.

Elite Category

Commemorative medal and diploma

Traveling trophy engraved with the athlete's name

Free entry to Winter Classic 2025

Prizes from partners worth 50,000 CZK

Other Categories

Commemorative medal and diploma

Free entry to Winter Classic 2025

Prizes from partners worth 100,000 CZK



GYM PRIZES

Gym Leaderboard:

Gyms collect points through their athletes' performances. The gym with the most points wins the competition and earns the title of League Champion.

Gyms will share equipment prizes worth **200,000 CZK** based on the following rankings:

1st Place: Equipment worth 100,000 CZK (Eleiko men's and women's bar, two Concept2 machines of choice).

2nd Place: Equipment worth 65,000 CZK (Eleiko men's and women's bar, one Concept2 machine of choice).

3rd Place: Equipment worth 35,000 CZK (Eleiko men's and women's bar).

LUCKY ATHLETE

The Lucky Athlete is a unique bonus feature that gives every participant, regardless of their ranking, a chance to win additional rewards.

Monthly Selection: After the video submission deadline (25th day), one athlete is randomly selected from those who submitted their workout video on time.

Eligibility: Athletes must submit their video within the set deadline. Videos must comply with all rulebook requirements.

Exclusive Rewards:

Lucky Athlete rewards may include: Merchandise, Gift vouchers from partners, Free registration for future events, Other surprises.

Transparency: The selection process is conducted using a random generator to ensure fairness.

The Lucky Athlete feature adds excitement to the competition, giving all participants the opportunity to be rewarded not only for their performance but also for their active participation.

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Each monthly workout comes with its own rulebook detailing the standards for each exercise. Please ensure you carefully review the rules before starting.

LEADERBOARD

A comprehensive results table will be maintained throughout the competition on our website XLeague.pro and within the WODCOMP registration system. The leaderboard is updated monthly after the challenge is completed. Additionally, an overall leaderboard for individual gyms will be maintained.

SCORING AND AVALUTION

All submitted videos will be reviewed by the experienced X League team. After the evaluation, the results will be recorded in the specific workout's table and subsequently added to the overall leaderboard. The leaderboard is published on the last day of each month.

GYM SCORING

Each athlete who specifies their home gym during registration competes on behalf of that gym, earning points based on their placement. Only the top 10 athletes in each category earn points for their gym: 1st place 10 points, 10th place: 1 point. The organizer reserves the right to increase the scoring system in categories with more than 50 athletes. Any changes will be communicated to all athletes via the website, email, and Instagram.

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TECHNICAL
SUPPORT?



LEAGUE STANDARDS

TECHNICAL SUPPORT

WODCOMP support - **Erik** - erik@pacholik.dev

XLEAGUE.pro - **Majkl** - majkl@bcross.cz

XLEAGUE.pro - **Lešťa** - lesta23@bcross.cz

If you're unsure about anything, feel free to contact us or visit the FAQ section on our website, where you'll find answers to frequently asked questions.

