



ATHLETE GUIDE

LX GAMES
LISBOA



Hello athlete,

Congratulations and welcome to **LX Games 2025!**

Thank you for being part of this adventure with us.

We are sure that, together, we'll make this a very special edition, full of perseverance and achievement, where **the focus will be on you.**

We want to offer you the most complete and enjoyable fitness test possible.

Our main goal is for the more than **400 athletes**, over **100 staff members** (team, judges and volunteers), and **all spectators** to have the best experience possible.

We aim for LX Games to be a moment of **sharing and community** among athletes, affiliates, partners, volunteers and all CrossFit fans.

We want to put **Lisboa** on the map of our community and **leave a mark.**

All of this has been designed to give you the **best competition experience**, with plenty of entertainment and **spectator areas.**

Therefore, please take some time to carefully read the following information so that the event runs smoothly and your experience is excellent.



Check-in and Day 1 of the Competition

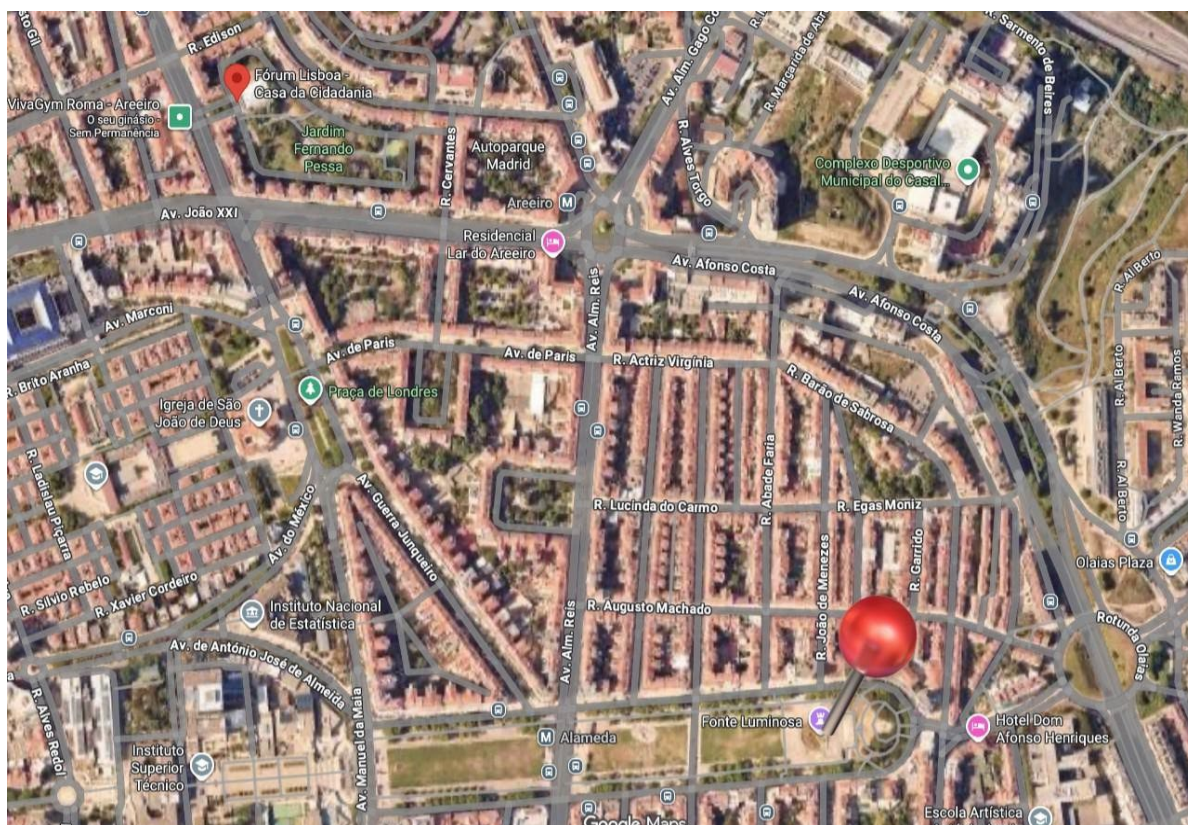
17 October

12:00 – Check-in

17:00 – Competition

Fonte Luminosa

Alameda Dom Afonso Henriques, 1900-221 Lisboa



Attendance is **mandatory** for all individual athletes and at least the team captain.

All athletes must present their **ID card** or **valid identification document**.

The **team captain** may complete the check-in on behalf of the team, but must present a **copy of the valid ID** for each team member. The **general briefing** for the event and the **1st WOD** will take place **at the check-in area at 16:00**. **WOD 1** will be available on our social media **@lxgameslisboa**, in the **app** or on the **Wodbuster Arena website**.



Days 2 and 3 of the Competition

18 and 19 October

08:40 – Start of competition

Complexo Desportivo Municipal do Casal Vistoso

Rua João da Silva 20

1900-271 Lisboa



The **WODs** for Days 2 and 3 will be available on our social media @lxgameslisboa, at www.lxgames.pt, and on the **Wodbuster Arena** app or website (except the final WOD).

The **heats of the day** will be announced on **wodbuster.com** or on the **Wodbuster Arena** app after the previous WOD is completed.



Schedule

Friday

- 08:00 Arrival of staff and vendors
- 12:00 Check-in opens
- 16:00 WOD 1 and event briefings
- 17:00 Check-in closes
- 17:00 Start of competition
- 21:45 End of Day 1

Saturday

- 08:00 Arrival of staff and vendors
- 08:10 Doors open for athletes only
- 08:30 Doors open for spectators
- 08:40 Start of competition
- 20:00 End of Day 2
- 20:30 **Gustavo Cunha Show**

Sunday

- 08:00 Arrival of staff and vendors
- 08:10 Doors open for athletes only
- 08:30 Doors open for spectators
- 08:40 Start of competition
- 18:30 Awards Ceremony

***** Daily schedule subject to change *****



How to Get There

Lisbon Metro

- Metro station: **Alameda** / red line (Check-in and Day 1)
- Metro station: **Areeiro** / green line (Days 2 and 3)

Carris Bus

- Bus: **206 / 208 / 708 / 718 / 49B** (Check-in and Day 1)
- Bus: **49B / 730 / 756 / 793** (Days 2 and 3)

Parking

- Available at **Fonte Luminosa**, paid outdoor **EMEL** parking.
- Available at **Complexo Desportivo Municipal do Casal Vistoso**, free **EMEL** parking during the weekend.

ATHLETE GUIDELINES

Briefing Area

- Briefings will be held in the designated area.
- Access is limited to **accredited athletes, judges, and staff**.
- **Coaches are not allowed** in this area.
- Athletes must **present their credentials** to enter.
- Athletes should use the **warm-up area** according to the schedule available in their athlete zone, in the **Wodbuster Arena app**, or as indicated by the **staff in charge**.
- Any **personal therapists** or **athlete entourages** are considered **general spectators** and will **not** be allowed access to the warm-up or restricted athlete areas.



Warm-up Area

- Only **accredited athletes** are allowed in the warm-up area.
- **Coaches are not allowed** in this area.
- Athletes must **present their credentials** to enter.
- Athletes must use the warm-up area according to their scheduled time in the **Wodbuster Arena app** or as indicated by the **staff in charge**.
- Any **personal therapists** or **team members** are considered **general spectators** and will **not** have access to the warm-up or restricted athlete areas.

Arena

- Athletes will be escorted from the warm-up area to the corrals by a **staff member**.
- Only **accredited athletes** are allowed in the **arena**.
- **Coaches are not allowed** in this area.
- Athletes must **present their credentials** to enter.
- Any **personal therapists, media teams or entourages** are considered **general spectators** and will **not** have access to the arena.

Recovery Zone

- Throughout the weekend, a **dedicated recovery area** will be available for athletes to rest and recover.
- This zone will include a **massage and osteopathy service** (provided by **Compex** and **TEC Physio** teams).
- Only **accredited athletes** are allowed in this area.
- **Coaches are not allowed** in this area.
- Athletes must **present their credentials** to enter.
- Any **personal therapists, media teams or entourages** are considered **general spectators** and will **not** have access to the recovery zone.



JUDGING

Scorecards

- All athletes will receive their **scorecards** in the corrals before each **WOD**.
- The scorecard must be handed to the **assigned judge** immediately upon entering the floor.
- Athletes arriving on the floor **without their scorecard** will **not** receive a score.

Appeals

- Appeals must be submitted through **WODBUSTER ARENA** (in the app → *My competitions* → *Athlete zone* → “*Appeals*”).
- **No appeal** submitted outside of **WODBUSTER ARENA** will be considered. Athletes have **30 minutes** after the publication of each WOD score to submit an appeal (**15 minutes** for the final WOD). After this time, **no appeals** will be accepted.
- The appeal must include a **video or link** showing the **entire WOD**, unedited and uncropped.
- The full WOD will be reviewed, not just the portion in question.
- **False or unfounded appeals**, or those intended to disrupt the process, may lead to **restrictions on future appeals** and a **–25 point penalty** in the overall ranking.

Penalties

10 seconds will be **added** to the total time (**FOR TIME**) or **3 reps deducted** (**AMRAP**) for:

- Starting before the countdown
- Deliberately stepping into side lanes (athletes or their equipment)
- Dropping DB or KB **above waist height**



A **NULL WOD** penalty will apply if an athlete uses **equipment from another lane**. Penalties will be recorded directly by the **judge** on the **scorecard**, and the **Scoring Team** will register them.

The athlete will be informed **before signing**.

Movement Execution

- All reps must be performed **facing the audience**, unless the movement or WOD flow does not allow it (in which case athletes will be briefed beforehand).
- It is **not allowed** to drop equipment **behind the back** after completing a movement, unless required by the WOD (e.g. *slam ball over the shoulder*).
- It is **not allowed** to perform the WOD **barefoot**, unless specified (e.g. *swimming*).
- It is **not allowed** to use **grip-assisting accessories** (tapes, gloves, straps, etc.) except during **gymnastic movements on the rig**.

Athlete/Team Exclusion

Any **verbal or physical aggression** between athletes or towards judges or staff members will result in **immediate disqualification** from the event.

Leaderboard

The **distribution of heats, event schedules, WODs**, and all **results** will be published on **wodbuster.com** and in the **Wodbuster Arena app**.

Ticketing

All **tickets** for the competition and for the **Gustavo Cunha Show** can be purchased at:

- <https://arena.wodbuster.com/entradas.aspx?id=3314>



Tickets purchased online must be **exchanged for an entry wristband** at the **LX Games tent**. Each ticket can only be used **once**.

Depending on availability, additional wristbands may be purchased **on-site** during the event.

Code of Conduct

- All **athletes, sponsors, vendors and spectators** must be accredited and must wear their **official identification wristband** during the event.
- **No animals** are allowed within the competition venues, **except service or assistance animals**.
- **Smoking is prohibited** inside the venue (smoking area is located outside).
- **Children** must always remain **under the supervision** of parents or guardians.
- **Fireworks and any pyrotechnic materials** are strictly prohibited.
- Anyone failing to comply with conduct rules or laws will be **denied access** or **removed** from the venue.
- Anyone exhibiting **aggressive or offensive behaviour** will be asked to correct it, otherwise access will be **denied or revoked**.
- All **athletes, sponsors, exhibitors and spectators** must follow the **instructions of the organisation and volunteers** at all times.



Official Social Media

Instagram: @lxgameslisboa

Hashtags: #lxgameslisboa #lxgames2025

All information in this document is **complementary** to the details provided in the **official competition regulations**.

The **LX Games organisation and staff** wish you an **excellent competition!**