**EFFL 2020 Rules & Guidelines**

1. Registration Fees are:
   1. Rx: 3500
   2. Scaled: 2500
   3. Starters: 2000
2. Registration fees are not refundable under any circumstance
3. Registration fees have to be paid in full before the season starts
4. Team names can’t be changed during the season
5. Teams are allowed unlimited amount of substitutes
6. Teams are allowed only one substitute in males/females divisions and two substitutes in mixed divisions during a single match
7. Teams are no allowed to change teammates during a workout even in case of injuries
8. Teams might not have the opportunity to change the teammates during special workout i.e. monster mashes
9. Athletes can’t join two divisions during the same season
10. Athletes can’t compete with two teams during the same season
11. Teams can only complain about their scores
12. Teams can’t complain about other teams’ scores
13. Teams have to complain to the head judge only
14. Video submissions are not allowed under any circumstance
15. Scores will be cumulative
16. Heats and lanes will not determine the teams scores or standings by the end of the season
17. Workout scores will be announced after each workout where any complaint has to be addressed immediately to be reviewed. If no complaints were received during this period, the scores are final
18. 10 minutes grace period will be given before announcing the podium finishers for any complaints. Once the podium finishers are announced, no complaints will be received or reviewed
19. Any verbal misconduct will be treated as follows:
    1. Verbal warning & 5 point deduction
    2. Workout disqualification
    3. Match disqualification
20. Any physical misconduct will result in immediate match disqualification
21. Any interference from the audience might lead to a penalty for the audience’s team
22. Teams have to be on time for the workout briefing. In case a problem occurred because a team didn’t attend the briefing, it’s solely their fault and no exceptions are going to be made
23. Teams have to be on the competition floor when called upon
24. In case any team missed their heat, EFFL is not obliged to find them another spot and might receive a zero for the workout score
25. EFFL has full rights to all pictures and videos for later marketing usage in the near or far future
26. EFFL media team will be decided upon prior to the season kick off. Anyone interested in joining the media team afterwards will be subject to a 500 EGP fee
27. All media personnel are not allowed to interfere or interact with athletes on competition floor. In case any contact has been made, the person responsible will have to exit the competition floor immediately
28. EFFL will be providing a first aid and emergency kit and an on-site physiotherapist for any injuries that might occur
29. EFFL is not responsible for any competition induced injury and it’s solely the responsibility of the athlete
30. Please keep all your personal belongings within your reach at all times as we will not be responsible for any lost items