

COMPETITION RULES

This holiday season, compete for your club.

WHAT IS THE GOLDEN LEAGUE?

It's not just about you. It's about your club.

If you train at Brooklyn Fitboxing this holiday season, you're already competing.

After five editions, the league returns reinvented. The Golden League is the new chapter: the same prestige, taken to another level. Every club in the network takes part, competing over 10 weeks for 7 champion belts endorsed by the World Boxing Council (WBC).

Here, it's not the club that performs best on any given day that wins. The winner is the club that's the most consistent, the most committed, with the most collective energy, and with the most dedicated fitboxers. Every time you train, every person you bring in, every milestone you surpass... it all counts toward your club's score.

HOW THE COMPETITION UNFOLDS

The league has 3 phases

It's not a sprint—it's a climb toward the winner's belt. Phases 1 and 2 last 12 days; Phase 3 lasts 6 days. Competition takes place only during the second week of each challenge, from Monday through Saturday.

PHASE 1 GROUP STAGE

Weeks 1–4
12 days of competition
Round-robin within groups



PHASE 2 QUALIFIERS

Weeks 5–8
12 days of competition
Round-robin in groups



PHASE 3 FINALS

Weeks 9–10
6 days of competition
Single-elimination
bracket

GROUP STAGE

We divide the clubs into territories/geographic areas.

Group 1
1st
2
3
4
5th
6th
7th

Group 2
1st
2nd
3rd
4th
5th
6th
7th

...
...

Group 32
1st
2nd
3rd
4th
5th
6th
7th

> 1st place in each group: **LEGEND CATEGORY**

> 2nd in each group: **TITAN CATEGORY**

> 3rd in each group: **ICON CATEGORY**

> 4th in each group: **MASTER CATEGORY**

> 5th in each group: **WARRIOR CATEGORY**

> 6th in each group: **RIVAL CATEGORY**

> 7th in each group: **CONTENDER CATEGORY**

QUALIFIER ROUND

Zoom in on each category. We've divided them into 4 groups of 8.

LEGEND — 4 groups of 8 clubs

Group 1
1st
2
3
4
5th
6th
7th
8th

Group 2
1st
2nd
3rd
4th
5th
6th
7th
8th

Group 3
1st
2nd
3rd
4th
5th
6th
7th
8th

Group 4
1st
2nd
3rd
4th
5th
6th
7th
8th

The top 4 teams from each group qualify for The Finals.

A total of 16 clubs per category.



The 3 phases explained

PHASE 1 GROUP

What happens in this phase?

Clubs are divided by HQ into 32 geographic groups of 7 to 10 clubs. Over the course of 12 days, all clubs in each group compete against one another—in a round-robin format.

At the end, each club's position within its group (1st, 2nd, 3rd...) determines the division in which it will compete for the remainder of the league.

Award to be earned in this phase: **Group Leader**

PHASE 2 QUALIFIERS

What happens in this phase?

Now each club competes against clubs in the same category. Within each category, we'll divide them into 4 groups of 8 clubs. The top 4 from each group advance to the finals.

The scoring system is identical to Phase 1. The difference is that the opponents are more evenly matched: everyone starts from the same position after the first phase.

Award to be earned in this phase: **Category Leader**

PHASE 3 FINALS

What happens in this phase?

The 16 clubs that finished first in their respective categories advance to the knockout stage (the top four from each group). Matchups are determined by ranking: first vs. last, second vs. second-to-last.

When are the matches held? Round of 16 on Monday, Quarterfinals on Tuesday, and Semifinals on Wednesday. There is a break on Thursday and Friday, and the Final is on Saturday. The winning club claims the belt for its category.

Prize: WBC Belt — 7 belts for the 7 champions (this is a physical belt that will be sent to the club so it can display it and enjoy it with its Fitboxers)

CATEGORIES

In which category does your club compete?

Your standing at the end of Phase 1 determines which category you'll be in for the rest of the league. There are 7 categories, each with its own WBC belt, organized into two families:

MYTHIC FAMILY Categories I, II, and III		COMBAT FAMILY Categories IV, V, VI, and VII	
I • LEGEND Immortal		IV • MASTER Mastery	
II • TITAN Primordial Power		V • WARRIOR Fighting Spirit	
III • ICON Icon		VI • RIVAL The Challenger	

VII • CONTENDER

The one who enters the fray

SCORING SYSTEM

How Your Club Scores Each Day

Each day, clubs are ranked based **on the average Energy of all the fitboxers who trained that day**. It's not the biggest club that wins—it's the one with the highest average Energy.

Global Pass: it doesn't matter where you train. If you do it at another club in the network, your Energy still adds to your home club.

Ranking System — How It Works

In a group of 7 clubs, the top club of the day gets 7 points, the second gets 6, and so on until the last one, which gets 1. You're not competing against a number—you're competing against the other clubs in your group that day.

1st 7 pts	2nd 6 pts	3rd 5 pts	4th 4 pts	5th 3 pts	6th 2 pts	7th 1 pt
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Energy: What It's Made Of

Energy is your individual score for each session, but we don't just look at your bag score. It's calculated by adding up four components; the points for each one will appear in your app.

SENSORS

Workout points recorded by your sensor during the class.

SOCIAL

Work out with others and bring new people to the club.

IMPROVEMENT

Beat your personal bests in Synchro and Power.

CONSISTENCY

Be consistent week after week and come back after an absence.

Competition Day Rules

- ! **Minimum of 15 Fitboxers.** If your club has fewer than 15 people training that day, it will be ranked last for the day.
- + **Who counts?** Members, clients, newcomers, and affiliates. Anyone training that day counts.
- + **Global Pass.** If you train at another club in the network, your Energy still counts toward your home club.
- = **Rank-based scoring.** You're not competing against absolute numbers, but against the relative position of the clubs in your group on that day.
- / **Tiebreaker.** If two clubs are tied on points, the one with the higher aggregate Consistency score that day wins.

AWARDS AND RECOGNITION

What can you win?

There are individual awards for Fitboxers and for clubs. It's not all about the final belt. Updates on what's happening will be posted daily on the Golden League website.

For the fitboxer

Phase MVP	The fitboxer with the most Energy points throughout the entire phase within their group or category. Awarded at the end of each phase.
Digital Photo Frame	If your club wins the belt, you'll get something too: an exclusive digital photo frame from the champion club.

For the Club

Weekly Champion	The club with the most points over the 6 days of competition. Awarded each week of competition.
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	Group Leader	32 clubs recognized at the end of Phase 1. Proves that you led your geographic group.
	Category Leader	7 clubs recognized at the end of Phase 2. One for each category.
	WBC Physical Belt	The ultimate prize. The champion club in each category receives a physical belt endorsed by the World Boxing Council. Only 7 clubs in the entire network can hold it.