



COMPETITION RULE BOOK



The CrossFit Games Competition Rule Book is the intended benchmark for the CrossFit Games and all CrossFit Inc. supported, sanctioned or sponsored competitions (individually an “Event” and collectively, the “Events”).

1. THE CROSSFIT GAMES

- a. The CrossFit Games are an annual worldwide competition to determine the Fittest on Earth™.
- b. The season consists of three stages of competition, beginning with the CrossFit Games Open, then the CrossFit Games Regionals, and concluding with the CrossFit Games.
- c. The season-long competition will be collectively referred to herein as “the CrossFit Games.” The first stage will be referred to as the “Open;” the second stage will be referred to as the “Regionals;” and the final stage will be referred to as the “Games.”

2. GENERAL RULES

- a. To participate in any stage of the CrossFit Games, every athlete (whether competing individually or as part of a team, each an “Athlete”) must agree to any and all Rules and Policies, including, without limitation, the Assumption of Risk, Publicity Release and Drug Testing Policy, all of which are incorporated herein by reference, and to the decisions of CrossFit, Inc., which are final and binding in all respects.
- b. All Athletes are required to have completed and abide by the appropriate waivers and documentation as outlined by CrossFit, Inc. or the local event, paid and validly registered for entry, completed an online and/or on-site check in process, and must be wearing official event identification and/or credentials where specified.
- c. **Photography and Footage.** Non-professional, non-flash photography and video cameras are permitted at the CrossFit Games venues/ events for personal use only. All cameras (video and still) must be hand held with interchangeable or telephoto lens no longer than 5 inches in length. Monopods, tripods, and cameras with telephoto or interchangeable lenses greater than 5 inches in length (professional photography equipment) are not permitted. Spectators, attendees, visitors and guests may not distribute, use, reproduce, stream, upload, transmit, broadcast, link, exploit or license any description, account, images, pictures, film, digital, video or audio recording, in whole or in part, for any commercial purpose without the prior express written consent of CrossFit, Inc. in each instance.
 - i. CrossFit, Inc. may provide credential(s) necessary to gain access to media areas at the CrossFit Games for the sole and exclusive purpose of editorial coverage and athlete media relations. All credentialed media must be on editorial assignment or be otherwise authorized by CrossFit. Time, area, and scope of access will be at the sole discretion of CrossFit. Credential(s) and access may be revoked at any time by CrossFit with or without cause. CrossFit, Inc. reserves the right in its sole and absolute discretion to grant or deny any application or request for a credential and may revoke credentials at any time in its sole discretion, for any reason or no reason.
 - ii. **Still Images:** Still images may not be used for any commercial or retail purposes whatsoever, and may only be used for promotional purposes upon written permission of the athlete(s) depicted in such image(s) and with a written license agreement from CrossFit, Inc. **Photography is for personal or editorial use only.** Any other use, including but not limited to commercial and promotional use, is expressly prohibited and strictly enforced.
 - iii. **Footage:** Footage may not be used for any commercial or retail purposes whatsoever, and may only be used for promotional purposes upon written permission of the athlete(s) depicted in such image(s) and with a written license agreement from CrossFit, Inc. **All footage clips made available online or uploaded onto websites shall not exceed 15 seconds in length** and in no event shall any individual clip, however used, distributed, published or displayed, exceed 15 seconds in length.
- d. All Athletes agree to compete in a sportsmanlike manner.
 - i. Unsportsmanlike behavior, such as arguing with an official or representative of CrossFit, Inc., taunting, heckling, fighting or any conduct which would bring disrepute upon CrossFit, the competition, other competitors, or spectators or event sponsors, as determined by CrossFit, Inc., in the eyes of the viewing public or the CrossFit community, may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events or legal action.
 - ii. Any action that prevents another Athlete from having a fair opportunity to compete (e.g., abuse or alteration of equipment, refusal to follow instruction) or that interferes with Athlete and Event Judge communication (e.g., external noise devices, bull horns, air horns, etc.), or is generally disruptive to the Event, is not allowed.
 - iii. Athletes will be held accountable for the behavior of their coaches, teammates, Team managers, supporters and guests. If the conduct of any member of such group or groups is deemed by CrossFit, Inc., to be unsportsmanlike or disruptive to the competition, then the coach, teammate, supporter, guest, and/or Athlete is subject to the same disciplinary actions as stated in Section 2.d.i.
 - iv. This is not an exhaustive list and is meant as a guide to the Athlete, Coaches and other attendees. This is not intended as a limitation on CrossFit, Inc.’s rights to operate the CrossFit Games in any manner it sees fit. CrossFit, Inc., reserves the right to terminate any Athlete, Coach, Staff, Volunteer, Judge, visitor, guest, supporter, teammate and/or Spectator participating in, attending or viewing any sponsored, sanctioned or supported CrossFit Event at any time, with no further obligation or duty to such individual.



- v. CrossFit, Inc., has, and may, delegate to an On-site Director, the absolute authority on any final ruling including, without limitation, disqualification of an Athlete, removal of Spectator(s) or dismissal of any attendee.
- vi. Athletes must comply with CrossFit's uniform requirements and only official competition apparel, or apparel or items expressly pre-approved by CrossFit, Inc., shall be permitted. Athletes shall not wear, use or display any apparel, equipment, accessories, symbols, art, graphics or other items not expressly approved in advance by CrossFit, Inc., including, without limitation, headwear, apparel, tape, sunglasses, water bottles, stickers, logos and body or head tattoos, or art (temporary or permanent).
- e. It is the sole responsibility of the winners and/or compensated Athletes to present valid identification when requested, and to comply with paying any and all applicable taxes in connection with any prizes, whether or not such prize is cash. All prizes are subject to applicable taxes and withholding and prize winner's compliance with, and agreement to, CrossFit, Inc.'s prize affidavit.
- f. All information provided, either in registration submissions, video submissions, scores, times, reps or rounds completed, must be the complete truth. A lack of integrity, or any actions that evince an intent to cheat or circumvent the Rules or intent of the Rules of the CrossFit Games, including lying (as one example)—will result in disqualification.

3. PARTICIPATION REQUIREMENTS

- a. Subject to CrossFit's age restrictions and other requirements, anyone that is able to perform the workouts as prescribed may attempt to register to compete as an Athlete (individually or as part of a validly registered team ("Team")) in The CrossFit Games. Such registration is subject to each prospective Athlete's affirmative agreement to comply with CrossFit, Inc.'s policies, rules and regulations, as determined by CrossFit, Inc., in its sole and absolute discretion.
- b. All Athletes must compete in the Open in order to advance to Regionals or the Games, or to contribute to a Team. However, CrossFit, Inc. reserves the right, in its sole and absolute discretion, to invite past winners, guest athletes, Teams or others, to participate in any stage of competition. This decision may be made to preserve the traditions and spirit of the CrossFit Games or for any other reason at the sole discretion of CrossFit, Inc.
- c. All Athletes must validly and truthfully register online at games.crossfit.com and complete an online "Athlete Profile." The "Athlete Profile" page will be the primary conduit for the Athlete to receive notifications relevant to competition and it is the Athlete's sole responsibility to provide current, valid and truthful information, including email address.
- d. Athletes must be at least 14 years old at the time they create an account on the Games website to register online and compete. If Athletes are younger than 18 years old, they must provide additional parental consent during the online registration, as required by CrossFit.
- e. There are 13 divisions for individual competitors and one division for Teams. There are no other recognized divisions beyond those listed.
 - i. Individual Men and Women
 - ii. Masters Men and Women 40-44 (Born on or between 7/15/69 and 7/14/74)
 - iii. Masters Men and Women 45-49 (Born on or between 7/15/64 and 7/14/69)
 - iv. Masters Men and Women 50-54 (Born on or between 7/15/59 and 7/14/64)
 - v. Masters Men and Women 55-59 (Born on or between 7/15/54 and 7/14/59)
 - vi. Masters Men and Women 60+ (Born on or before 7/14/54)
 - vii. Teams
- f. Certain stages or divisions of The CrossFit Games have residency requirements. These requirements are NOT based on country of origin, passport held, or nationality, but solely on where the Athlete is currently living at the commencement of the first Open workout. For the vast majority of Athletes, their region will coincide with where they live, work and train on a daily basis. Athletes cannot switch Regions during the season. A map of the Regions can be found at: http://media.crossfit.com/games/pdf/CFG2013_RegionsMapGeneral.pdf.
 - i. All athletes are required to affirm the address where they currently live during online registration prior to the close of the first Open workout. This address will determine the Region to which an Athlete is assigned for the ENTIRE competitive season (including Regionals and Games).
 - ii. Athletes will be required to prove residency in the form of a valid and generally accepted form of identification (such as a valid driver's license displaying the proper address or a current utility bill displaying the Athlete's name and proper address) to complete on-site check-in at Regionals and the Games.

THERE ARE CERTAIN CIRCUMSTANCES WHERE DETERMINING A COMPETITIVE REGION MAY BE PROBLEMATIC. THE GUIDELINES BELOW ADDRESS THE MORE COMMON EXAMPLES:

- iii. Military personnel (active duty and reserve in all branches) will compete in the Region of their Permanent Duty Station/Permanent Change of Station (PCS) as listed on their current orders. The Region will be validated by the address where the service member lives and receives mail. Personnel will compete in this Region regardless of Temporary Duty Assignments (TDY) and/or deployment at, or after the commencement of the Open. See Section 3.h-o. for additional requirements for competing on a Team.



- iv. College students will compete in the Region where they are attending school. Therefore, college students will register online using the address where they live (whether on campus or off campus) while attending classes. School breaks or travel during the Open will not change the Qualifying Region for advancement. See Section 3.h-o for additional requirements for competing on a Team.
- v. Frequent travelers will compete in the Region where they currently make their home. This is the dwelling to which they regularly return following said travel; where they live when not “on the road.” See Section 3.h-o for additional requirements for competing on a Team.
- g. Masters will compete against all other international Athletes in their division for the opportunity to advance to the next level of competition. Following the Open, the top 200 Masters Athletes in each division will be invited to submit scores and/or videos of four additional workouts.
 - i. The additional workouts will be released on Thursday, April 17th, 2014, at 17:00 Pacific Time. Masters will have until Monday, April 21st, 2014, at 17:00 Pacific Time, to submit their scores and/or videos from these workouts.
 - ii. Masters Athletes submitting scores must use a registered judge for each workout and have their performance validated by a validly licensed CrossFit Affiliate gym in good standing. In addition, all four workouts need to be videotaped as Masters may be asked to submit 1 to 3 of these videos for review. Alternatively, Masters may elect to submit videos of the four workouts online following the same video submission guidelines from the Open.
 - iii. If required, the submitted video or videos will be reviewed by Regional Directors and Competition Directors. They will review the video(s) and either validate or invalidate each submission. The Directors will have one week to review video submissions and make their determination.
 - iv. Masters Athletes will have 5 scores tabulated in order to determine their ranking in this competition: 4 scores from the additional workouts and one score based on their finish in the Open. Only after the Directors have ruled on the requested videos will the final Masters Leaderboard be set. If required, the submitted video(s) must be **validated** for the Masters Athlete to receive an invitation to the Games. The top 20 Masters Athletes in each division will be invited to compete in the CrossFit Games.
- h. Teams will consist of at least three (3) men and three (3) women who validly register and train primarily at the same gym (defined as the same physical location) starting no later than January 1 of the current competition season. Athletes may only compete for one Team during each CrossFit Games season.
 - i. The intent of the Team competition is to determine the fittest gym. Therefore, the Athletes who represent each Team must train primarily at that gym for the duration of the competitive season. CrossFit requires that the majority of a Team member’s training days and workouts take place at the Team gym starting January 1. In accordance with this rule, creating an “all-star” Team, or any Team, consisting of Athletes primarily training at different gyms is not acceptable.
 - j. Compliance with Section 3.i will be determined by each Athlete’s and each Team’s adherence to the “**More Than Half Rule.**” The “More Than Half Rule” states that Team Athletes must train at the designated Team location more than half of their training days per week, AND must train at the Team facility more sessions than any other location. Therefore, the “More Than Half Rule” requires:
 - i. At least four (4) training days must be completed at the Team gym if the Athlete trains six (6) or seven (7) days a week.
 - ii. At least three (3) training days must be completed at the Team gym if the Athlete trains four (4) or five (5) days a week.
 - k. The “More than Half Rule” is evaluated on a weekly basis to ensure Athletes are training consistently at their Team location. Athletes **CAN-NOT** take the sum of all of their workouts for the entire season and then demonstrate that, over the course of the season, they performed more than half of their training days at the Team gym and more sessions at this location than anywhere else. Reasonable exceptions for temporary travel are permitted, but must be documented along with ordinary training.
 - l. If there is any ambiguity about whether any member of a Team meets the requirements (such as an Athlete who formerly trained at another gym, or who lives suspiciously far from the Team gym), CrossFit, Inc. may require the Athlete to produce documentation proving they have indeed met the above Team requirements.
 - i. The Athlete should be prepared to provide a detailed Training Log outlining dates and times of workouts at the Team location. This Training log should be accompanied by photographic evidence to support the Athlete’s Log. For example, an Athlete might use date and time-stamped “selfie” photos (including an identifying feature of the gym) for every training session they attend at the Team gym. The Athlete could email these photos to their own email account and store them in a dedicated folder to be retrieved if necessary.
 - ii. If the Athlete cannot prove they meet all requirements as requested by CrossFit, Inc., the Team and individual Athlete may be subject to disqualification.
 - m. More than one Team may come from a gym, as long as all members of the Team consistently train at that physical location in accordance with the above requirements. Team members may not switch between Teams.
 - n. Being a trainer at a gym does not automatically qualify an Athlete to compete for one of their Teams. The trainer must personally and consistently workout at the same physical location as the Team in accordance with the above requirements.
 - o. The Licensee of Record (LOR) for an Affiliate may not compete on any Team except those from their Affiliate. Affiliate owners may not change their Licensee of Record in order to compete for a different team.



- i. If an Affiliate Licensee of Record operates a CrossFit Kids ONLY Affiliate, with no adult members or classes, AND the LOR does not train at this affiliate, then the LOR may compete for another Team, assuming they meet all the Team requirements stipulated above.
- ii. If an Affiliate opens after January 1 but before the commencement of the first Open workout, this Affiliate's LOR may not compete for another Team. Conversely, if an Athlete becomes the LOR for a new Affiliate after the commencement of the first Open workout, this Athlete may remain on their current Team. The Athlete in this example will switch to their Affiliate Team for the following Games season.
- iii. For gyms with multiple locations, EACH location must register its own Team. Teams may not include Athletes who personally workout more at other locations (as stipulated above) even if the other locations share a name, owner, membership plan or programming.

4. TEAM REGISTRATION PROCEDURES

- a. Team managers must first register as an individual Athlete, and then select the Affiliate they train at. Then, they must register a Team, and select any Athlete from their home Affiliate who is not competing for another team to join the Team. Athletes may also request to join the Team. If a Team manager does not train at an Affiliate, they may select "unaffiliated," and select from the list of "unaffiliated" Athletes. "Unaffiliated" Teams must train at the same physical location and meet the same requirements as all other Teams.
- b. Athletes must be listed and registered on their Team roster prior to the close of the first Open workout in order to compete for that Team during the Open, Regionals or Games. Athletes may not compete for any other Team during the course of the season, even if another Team from their gym qualifies to compete at the next stage(s).
- c. **IT IS THE RESPONSIBILITY OF THE TEAM MANAGER TO ENSURE THE TEAM IS USING ONLY ELIGIBLE ATHLETES.** There will be no warnings issued. If a Team uses an ineligible Athlete, the Team will be disqualified from competition and, subject to the discretion of CrossFit, Inc., some or all of the Athletes on the Team may be prohibited from competing as individuals in later stages of the season or future seasons or Events.

5. REGISTRATION DETAILS

- a. Registration prices are listed below. All payments are final. No refunds or transfers will be permitted, regardless of reason (injury, illness, change in work schedule, deployment, etc.)
 - i. **Open Individual Registration** - US\$20 for U.S., Canada, Australia and Europe, US\$10 for rest of world
 - ii. **Open Team Registration** - US\$20
 - iii. **Regional Individual** - US\$200
 - iv. **Regional Team** - US\$400
 - v. **Games Master** - US\$200
 - vi. **Games Team** - US\$500
- b. Registration, participation and qualification for all Athletes requires consent to CrossFit's **Drug Testing Policy**. All Athletes are subject to Drug Testing at any time once they have registered to compete, including during the Open. The Drug Testing policy is outlined at http://media.crossfit.com/games/pdf/2014CrossFitGames_DrugTestingProgram_140104.pdf.
- c. CrossFit, Inc. is not responsible for any inaccurate entry information, whether caused by website users or by any of the equipment or programming associated with or utilized in the CrossFit Games. CrossFit, Inc. assumes no responsibility for any error, omission, interruption, deletion, defect, or delay in operation or transmission of any website related to the CrossFit Games, or for communications line failure, or for theft or destruction, tampering, or unauthorized access to entries, registration, participation and/or entry information. CrossFit, Inc. is not responsible for any problems or technical, hardware, or software malfunctions of any telephone network or telephone lines, failed, incorrect, inaccurate, incomplete, garbled or delayed electronic communications whether caused by the sender or by any of the equipment or programming associated with or utilized in the CrossFit Games, computer online systems, servers or providers, computer equipment, software, failure of any email, submission or entry to be received by CrossFit, Inc. due to technical problems, human error or traffic congestion, unavailable network connections on the Internet or any website, or any combination thereof, including any injury or damage to participant's or any other person's computer relating to or resulting from participating in the CrossFit Games or downloading any materials related to the CrossFit Games.
- d. CrossFit, Inc. reserves the right, at its sole discretion, to disqualify any individual it finds to be tampering with the entry, registration or submission process or the operation of the CrossFit Games or the website, or any website related to the CrossFit Games; to be acting in violation of the Official Rules; or to be acting in a non-sportsmanlike or disruptive manner, or with intent to annoy, abuse, threaten or harass any other person. Any use of robotic, macro, automatic, programmed, or the like, entry methods will void all such entries by such methods. In the event of a dispute as to entries submitted by multiple users having the same identifying information, CrossFit, Inc. reserves the right to determine, in its sole discretion, the correct submission in accordance with the rules.
- e. If, for any reason, the CrossFit Games are not capable of running as planned by reason of infection by computer virus, bugs, worms, tampering, unauthorized intervention, fraud, technical failures, or any other causes beyond the control of CrossFit, Inc., which, in the



sole opinion of CrossFit, Inc., are corrupt or affect the administration, security, fairness, integrity or proper conduct of the CrossFit Games, CrossFit, Inc. reserves the right, at its sole discretion, to void suspect registrations or submissions and/or to cancel, terminate, modify or suspend the CrossFit Games and select the winner from among all eligible, non-suspect registrations or submissions received prior to cancellation, termination or suspension. CrossFit, Inc. has no obligation to operate or produce the CrossFit Games (or any part thereof) and there is no obligation to broadcast the CrossFit Games, even if the CrossFit Games takes place. In the event that the CrossFit Games are cancelled, CrossFit, Inc. (or any party) has no obligation to award any prize money. Any and all decisions by CrossFit, Inc. concerning eligibility, qualifying for and judging related to the CrossFit Games is final and not subject to challenge or appeal. CrossFit, Inc. shall own and shall have no obligation to return or maintain any materials submitted as part of the qualification or registration process for the CrossFit Games.

IN NO EVENT WILL CROSSFIT, INC. BE RESPONSIBLE OR LIABLE FOR ANY DAMAGES OR LOSSES OF ANY KIND, INCLUDING DIRECT, INDIRECT, INCIDENTAL, CONSEQUENTIAL OR PUNITIVE DAMAGES ARISING OUT OF ACCESS TO AND USE OF THE CROSSFIT GAMES WEB SITE OR THE DOWNLOADING FROM AND/OR PRINTING OF MATERIAL DOWNLOADED FROM SAID SITE.

6. STANDARD COMPETITION PROCEDURES

- a. For all CrossFit Games Competitions and Qualifying Events, the Workout Format will be released by CrossFit, Inc. and communicated uniformly to all Athletes online and/or on site.
- b. Workout Format will include the following:
 - i. Required movements:
 - a. Starting and ending ranges of the movement
 - b. Prohibited technique, accessories and/or equipment, if any
 - c. Adjustments by Division, if any
 - ii. Required number of repetitions and/or repetition scheme
 - iii. Required equipment
 - iv. Required amount of weight
 - a. All weights will be released in pounds
 - b. It is the Athlete's sole responsibility to use **at least** the exact poundage (i.e., if using kilogram plates, the Athlete will need to use appropriate combinations of plates to achieve the correct poundage).
 - c. For the purpose of CrossFit competitions, 15 kg weightlifting bars will be considered to be 35 pounds, and 20 kg bars will be considered to be 45 pounds.
 - v. Time domain or time limit
 - vi. Scoring details
 - vii. Filming and submission guidelines, if any
- c. Scoring format will be announced before the start of competition.
 - i. The Athlete or Team with the best performance over multiple workouts in a competition wins and/or advances.
 - ii. Competitions may determine the winner by highest point total (e.g., 2011 Games) or lowest point total (e.g., 2011 Open), or any method or combination of methods CrossFit selects. Point values for each finishing position will be released before the start of the workout.
 - iii. Ties on the overall Leaderboard will be broken by awarding the best position to the Athlete or Team who has the highest result in any single workout. If Athletes or Teams are still tied, the process continues to their next highest single result, and so forth. Ties will not be broken for single event results. More than one Athlete or Team can share an event result and all will earn the original point value.
 - iv. Some workouts may have time penalties. Failure to complete a workout in the designated time may result in a specified penalty for any portion of the workout not completed, or may result in the Athlete or Team not advancing to the next workout, regardless of overall rank.
 - v. Some workouts may have a minimum amount of time, repetitions, weight or rounds required in order to advance. Any such minimums will be announced as part of the Workout Format. Failure to reach a minimum will cause the Athlete to not advance in the competition.
 - vi. If an Athlete does not advance to the next workout for any reason (DNF, injury, disqualification, etc.), they will be ranked below all competitors who started that workout and are not eligible to advance to the next stage of competition.
 - vii. Scaling or modifying the workout is prohibited and will cause the Athlete to not advance.



- d. Judging and/or Validation are mandated and required to make any CrossFit Games workout result official. All potential Event Judges are required to complete the CrossFit Games Judges Course, available online (a link will be provided when the course is available), and to validate Open workouts as prerequisites for being a Regional or Games Judge.
 - i. Judges are responsible for enforcing the movement standards and validating the Athlete or Team's score.
 - ii. Regional Judges must complete CrossFit's online Judges Course, and validate workouts during the Open. The number of Open performances a Judge validates (on site and video submissions) will be one of many criteria used in the selection of Judges for Regional or Games assignments.
 - iii. "Judges" are inclusive of Event Judges and, in the case of the Open competition, describes the person validating the Athlete's movement standards and online score submission.
 - iv. Any infraction to the Movement Standards or Range of Motion will result in loss of the repetition(s).
 - a. **Uncommon Movement Clause:** Any movement deemed uncommon, out of the ordinary or used to amend, shorten or change the accepted Movement Standard or Range of Motion including line of action of any Event Movement can and will be disallowed. It is the responsibility of the Athlete to notify their Judge or CrossFit, Inc. of any questionable movement **before** the workout.
 - b. Physical limitations in Range of Motion from prior physical defects or temporary or permanent injuries that are obvious and clearly definable by demonstration and are brought to the attention of a Judge or CrossFit, Inc. **prior** to the beginning of the competition may be granted an exception in CrossFit, Inc.'s sole discretion. These cases are very rare, and will be handled on a case-by-case basis.
 - v. Judges are instructed not to touch competition equipment or move equipment during a workout unless the equipment will interfere with another Athlete's performance or if there is a legitimate safety concern.
 - vi. Non-compliance with a Judge's instructions, bickering with or questioning of a Judge or Event Staff, attempting to show up or publicly embarrass any Judge, Event staff, CrossFit, Event sponsors, spectators, other Athletes or venue operator or owners, as determined by CrossFit, Inc. (including Event staff), in its sole and absolute discretion, may result in penalty or disqualification of the Athlete from an Event and/or future Events. This includes derogatory comments from an Athlete's Coach, representative, teammate(s), supporters, guests or entourage.
 - vii. Event Judges and On-site Directors have the authority to stop or suspend an Athlete at any point in competition if he or she feels that Athlete is at risk of serious injury to himself/herself or others.
- e. The Athlete is responsible for making sure they perform the workout as prescribed, including performing all the required movements to the described standard, counting and completing all of the required reps, using the required equipment and loads, meeting the required time and meeting all submission requirements.
- f. Proper attire is required at all Events.
 - i. No attire shall interfere with Event Judging and the ability to see the Event Movement Standard or Range of Motion.
 - ii. Subject to CrossFit, Inc.'s **prior approval**, non-branded belts, non-tacky gloves, hand tape, neoprene joint sleeves and common fitness wear may be allowed during competition. However, no grip assistance or weight support may be derived from any device worn. In general, gear is allowed that improves safety and/or comfort, but does not confer advantage.
 - iii. Proper attire may include official uniforms or apparel, depending on the stage of competition.
- g. Once an Athlete enters the competition surface, they may not receive any outside material assistance (water, tape, chalk, etc.) from spectators or coaches.
- h. Some workouts may use chip timing (transponders) for official timing. For chip-timed events, the chip will be placed in the same area of the body for all Athletes. The official time for each Athlete will be recorded when the transponder crosses through the finish line.

7. OPEN RULES

- a. The Open is a series of workouts that will be released on the official CrossFit Games website (<http://games.crossfit.com>). Athletes must complete and have each workout validated to be ranked on the final overall CrossFit Games Leaderboard. The top qualifying individual Athletes and Teams in each Region will be invited to Regionals.
- b. The Open will consist of five (5) workouts over five (5) consecutive weeks, with one workout being released during each of the five (5) weeks. Precise start and end dates for the Open will be announced on the CrossFit Games website.
 - i. Each workout for that week will be released on Thursday at 17:00 Pacific Time.* Athletes will have until Monday at 17:00 Pacific Time, to validly complete the workout and submit their results. (*Pacific Time will be GMT -8, but will switch to GMT -7 should daylight saving time occur during the Open.)
 - ii. Once the workout closes at 17:00 Pacific Time on Monday, an Athlete will not be able to adjust or re-submit any score for that workout.



- c. Athletes must have their score validated either by performing the workout at a validly licensed CrossFit Affiliate gym in good standing under the observation of a Judge, or by uploading a video of their workout to the CrossFit Games website.
 - i. It is the sole responsibility of the Athlete to ensure the timely and successful submission of their workout each week. Submissions that are incomplete (missing scores, name of Affiliate, name of Judge or containing video links which do not work, etc.), will not be accepted.
 - ii. Only valid CrossFit Affiliates in good standing (as determined by CrossFit, Inc.) have the ability to officially validate non-video scores. To opt-in to validate scores, Affiliate Managers must pass the online Judges Course, commit to upholding the standards and ethics of the CrossFit Games and assert that they have the equipment, facility and Judges to administer the workout.
 - iii. It is the responsibility of the Athlete to find a CrossFit Affiliate where they can perform the workout and have it validated. Affiliates are not required to host the Open and may have fees or special rules for the use of their facility. It is strongly advised that Athletes contact the Affiliate prior to showing up to perform an Open workout.
 - iv. If no CrossFit Affiliate is available, the only alternative is to submit a video of the workout.
- d. Invalidation of any online scoring submission is the sole right of CrossFit, Inc. Reasons for invalidation include, but are not limited to:
 - i. Failure to follow the video submission guidelines **exactly**
 - ii. Violation of the movement standards
 - iii. Violation of the workout format
 - iv. Miscounting repetitions
- e. Video submissions may be invalidated or adjusted without warning and after the close of the workout. Athletes submitting videos are advised to have someone strictly watching their movement to ensure each repetition meets standards, and that the camera captures the movement clearly. Penalties may be assessed due to an Athlete not meeting the movement standard or due to improper camera angles that do not permit the Judge to determine if the standard is being met.
- f. There are four possible outcomes in the judging of video submissions:
 - i. **Good**
 - ii. **Valid-Minor Penalty** (results in subtracting one (1) to four (4) reps from score as needed; used for video submissions where the score needs to be adjusted by fewer than five (5) reps.)
 - iii. **Valid-Major Penalty** (results in subtracting 15 percent of total reps; used for video submissions where five (5) or more reps are bad.)
 - iv. **Invalid** (workout is rejected resulting in no score for the athlete and the possible removal of the video from the Games website)
- g. Any Athlete who is attempting to qualify for Regionals shall use a registered Judge (that is, an Affiliate Manager or a registered Judge who passed the online course) during their workout. If no registered Judge is available, the Athlete is required to submit a video. Furthermore, any Athlete who thinks they may qualify for Regionals shall have all of their Open workouts videotaped and kept on file. At least one video will be reviewed by CrossFit Games staff prior to sending out Regional invitations.
- h. Violation of the judging standards by a CrossFit Affiliate may result in disciplinary action taken against such CrossFit Affiliate and/or the registered Judges involved.
- i. All Open appeals, scoring discrepancies, or questions about the submission of scores will be immediately addressed in a time and date stamped documented email to the Affiliate where the workout was performed. If unavailable, or the appeal is made concerning a video submission, immediately forward all facts to support@crossfitgames.com.
 - i. Only affected Athletes or members of the Team may appeal a result. Coaches, Team managers, or non-related parties may not appeal on behalf of another.
 - ii. Athletes may not appeal their own performance based on the judging, scoring or performance of another Athlete or Team.
 - iii. For all inquiries during the Open, the following process will be used:
 - a. The competing Athlete immediately notifies the Affiliate owner or Judge about the result in question by relating their name and reason for protest. If unavailable, the Athlete immediately contacts support@crossfitgames.com.
 - b. The Affiliate owner, Athlete and the Judge all communicate to fact find and define the issue in protest.
 - c. All information will then be presented to the Affiliate owner or their designee for a final ruling before the Athlete leaves the facility. If contacting support@crossfitgames.com, the result will be answered in the order it is received.
 - d. Meeting submission requirements and deadlines is the responsibility of the Athlete.
 - e. All undetermined rulings, late or potentially late submissions must be communicated to support@crossfitgames.com immediately, time and date stamped, in a documented email.
 - iv. Judgment calls made during the workout are final and are not negotiable or subject to change or modification.



- v. CrossFit, Inc. has final authority on all appeal or protest rulings, and may designate this authority to the on-site Affiliate owner.
- j. The CrossFit Games website will host the only official Leaderboard for the Open.
 - i. If an Athlete performs a workout at an Affiliate, the score will appear on the Leaderboard after it has been validated.
 - ii. If an Athlete elects to use video submission for score validation, the entered score will appear on the Leaderboard with the video linked to the score upon submission. Scores posted by video submission may be Validated, Invalidated, or amended through the assessment of a Minor or Major Penalty (see Section 7.f.i-iv). Furthermore, scores may be removed at any time at the discretion of CrossFit, Inc. Common reasons for adjustment and/or removal of scores include unacceptable movement standards, improper rep counts or poor quality of video submission.
 - iii. Video submissions ranked in the top 150 in each division (based on the Leaderboard as of 17:00 Pacific Time on Saturday) are guaranteed to be reviewed by no later than 17:00 Pacific Time on Sunday.
 - iv. If an Athlete skips a workout, has a workout invalidated or cannot complete the stated minimum score, they will not be listed on the Open Leaderboard in subsequent workouts.
 - v. Team scores will appear once there have been three male and three female scores posted for the Team.
 - a. Team score will be the aggregate of the best three male and best three female performances (eg: time, weight, or reps) for that particular workout.
 - b. If a Team member skips a workout or cannot complete the minimum score, they cannot contribute to the Team score for the following Open workouts. If they contributed to previous Team scores, those scores will remain valid.
- k. At the end of the Open, the top 60 men and top 60 women in each Region will be required to submit a complete video of one of the Open Events. This Event will be selected by CrossFit, Inc. after the close of final Open event. The required video will be verified by CrossFit Games staff prior to sending out Regional invitations for individuals and Teams.
 - i. The selected Athletes will have one week to submit their video. The video may be the original video captured during the Open, or the Athlete may repeat the designated workout and submit video of this performance. In either case, the video submission deadline must be met. All video submissions must adhere to the requirements listed in Section 7.d-e. Specific submission guidelines will be clearly communicated to the designated Athletes via e-mail.
 - ii. Submitted videos will be reviewed by Regional Directors and Competition Directors. They will review the video and either validate or invalidate the submission. The Directors will have one week to review video submissions and make their determination. Only after the Directors have ruled on these videos will the final Leaderboard standings be set.
 - iii. The video must be **validated** for the Athlete to receive an invitation for Regionals.
 - iv. If a video is **invalidated**, the individual Athlete's overall placement on the Leaderboard will be adjusted to reflect the removal of their score for that workout. The Athlete's score for this workout will also not contribute to their Team's score in this Event, resulting in a recalculation of that Team's final placement on the Leaderboard. (**Note:** If this Athlete is a member of a Team ranked in the top 35 on the Leaderboard, validation of this video submission will be required for that Team to receive an invitation to Regionals).
- l. At the end of this week-long video review period, the final Leaderboard standings will be determined. The top 48 men, top 48 women and top 30 Teams in each Region will be invited to compete in their respective Regional competition. Athletes and Teams have 72 hours to accept the invitation or give up their spot. Within this time frame, eligible Athletes must declare whether they will compete as an Individual or Team; they must choose one or the other. Upon completion of the invitation process, final Regional rosters will be announced on the CrossFit Games website.
 - i. If a significant amount of invited Athletes choose not to compete as Individuals, CrossFit, Inc. may, at its sole discretion, invite additional Athletes in order of their Open finish.
 - ii. Teams may select four (4) men and four (4) women to their Regional roster.
 - a. Only Team members who competed for that Team during the Open are eligible for selection.
 - b. A Team member is required to have entered at least one valid score during the Open. That score is not required to have contributed to the Team score.
 - c. During the Regionals, only three (3) men and three (3) women will be checked-in on-site and permitted to compete. Alternates will not be involved in any way in the registration process or competition at Regionals. The extra man and woman may be used as an alternate should one of the other Team members be unexpectedly injured or forced to withdraw **PRIOR** to arriving at the Regional competition.
- m. A cash prize of US\$2,014.00 will be awarded for the top male and female score worldwide in each Open Event (weekly). In order to claim this prize, Athletes must record the workout and submit the video to CrossFit, Inc., even if the workout was completed at an Affiliate with a registered Judge. (**Note:** Top Athletes are advised to record and retain video of all of their Open performances should these be required by CrossFit, Inc.) All prizes are subject to applicable taxes and withholding and prize winner's compliance with and agreement to CrossFit, Inc.'s prize affidavit.



- n. Affiliates will be rewarded for member participation in the Open. Any Affiliate that has 50 members validly register to be part of the Affiliate Team for the Open by 17:00 Pacific Time on the first Monday of Open competition will have access to purchase two (2) Gold tickets for the Games. For every additional 50 members who validly register by the above deadline for the Affiliate's Team, the Affiliate will have access to purchase two (2) additional Gold tickets for the Games (subject to availability).
- o. An Athlete may contact support@crossfitgames.com to file an investigation into unfair practices or Rulebook violations by Athletes, Teams or Judges. Games Support will provide the complainant with the appropriate forms to initiate the investigation.

8. REGIONAL RULES

- a. Athletes and Teams who qualify based on their performance in the Open will complete multiple workouts over consecutive days at the same location. The top performers in each Region will be invited to the Games.
- b. Regionals will take place over four (4) consecutive weekends generally during May and June. Precise dates will be announced on the CrossFit Games website.
 - i. Competition will take place Friday through Sunday for each event.
 - ii. On-site check-in will take place on Thursday of event week and is **mandatory**. Any Athlete or Team not checked in on Thursday (the day prior to competition) is not guaranteed Regional Event access and can be disqualified from competition.
- c. Each Region will perform the same workouts, in the same order. Workouts will be announced on the CrossFit Games website prior to the start of Regional competition.
- d. Event Movement Standards and required Range of Motion shall be delivered or prescribed prior to the start of Regional competition.
 - i. The defined method in which the Athlete shall meet the Range of Motion standard will be announced by CrossFit, Inc. Delivery can be in the form of online media, written document, or Athlete Briefing either with or without Demonstration. Regardless of delivery method, the Athlete is required to meet or exceed the Event Movement Standard requirements during all competition. (Example: If Squat Snatch is prescribed as the Event Movement Standard, a Power Snatch will not meet the standard, unless otherwise stated).
 - ii. Delivery of the Event Movement Standard and required Range of Motion to all participating Athletes will occur during an Athlete briefing just prior to competition. This briefing will typically be delivered by the Head Judge or a designee of the On-site Director, with or without visual demonstration. There will be an opportunity for Athletes to have questions answered at the briefing. Athlete attendance is **mandatory** for the daily Athlete and Team Briefings. The time and location of such Briefings will be communicated to Athletes. Athletes and Teams who are absent from these briefings may be subject to the loss of protest rights during the competition and may also be disqualified from further competition.
 - iii. Demonstration of the Event Movement Standard applying the acceptable Range of Motion, or demonstration of unacceptable Range of Motion is not required and will be used as needed.
- e. Athletes will complete a **mandatory** on-site check-in process at least one day prior to the commencement of the first workout.
 - i. All competing members of the Team are required to check-in at the same time. Teams may only check-in three (3) men and three (3) women for competition. Alternates are NOT included in check-in and are not permitted in the competition area once a Team has checked-in.
 - ii. CrossFit makes no guarantee that Athlete registration and check-in access will be available after the day prior to competition. Once the first workout has begun, any Athletes or Teams who have not checked in will be disqualified from competition.
 - iii. Proof of age and residency is required in the form of a valid and generally accepted form of identification—a state driver's license, passport, birth certificate, or other officially verified form of proof.
- f. On-site Judges will validate scores for each workout an Athlete or Team performs.
- g. Athletes and Teams will be ranked after each workout.
- h. At different stages of the competition, only the top Athletes and Teams will advance.
- i. One Coach per Individual Male Athlete, Individual Female Athlete or Team may be allowed in the warm-up area. The Coach must present the required Event Pass and credentials to enter this area. All other competition areas are off limits to Coaches and non-working staff. Any additional coaches, personal therapy providers or Athlete entourage are considered general admission spectators and will not be allowed access to warm-up areas or restricted Athlete Only areas. Athlete Rehabilitative Medical Staff (soft tissue and body care providers) will be provided by CrossFit, Inc. to all Athletes in a designated restricted access area. Any Athletes requesting the use of their own personal therapy providers (massage, PT, chiropractic, etc.) must do so in **designated** locations within general admission access area.
- j. Individuals will be ranked on their performance in each workout. Based on their relative rank, they will be assigned points. Their total points will be ranked on the Overall Leaderboard. The top Athletes on the Overall Leaderboard will advance, or win the competition.
- k. Team scoring format(s) will be released when the workouts are announced.
 - i. Any configuration of male, female or total number of Athletes is fair game.



- ii. All or none of the Team members may be required to contribute to a Team score.
- iii. If a Team member is injured, the Team may continue competing until such time that they are unable to complete the workout as prescribed. At this point, the team will receive a DNF for the workout and will not advance in the competition.
- l. On-site Appeals, Event Protests, Scoring Discrepancies or Ruling Questions will be immediately filed with the Event Head Judge on the floor during the Event in question. If the Event Head Judge is unavailable, any Director or alternate Head Judge can begin the Protest process.
 - i. Athletes may not protest discrepancies related to the judging, scoring or performance of another Athlete or Team.
 - ii. All parties involved will have the opportunity to present the known facts at the next most convenient time.
 - iii. For all On-site Appeals, Event Protests, Scoring Discrepancies or Ruling Questions the following process will be used:
 - a. The competing Athlete OR the Team Manager only (no Coaches or other Athletes may be involved) files the protest to the Event Head Judge of the competition Event in question by relating their name, Athlete number and reason for protest.
 - b. The Event Head Judge, Athlete OR Team Manager and that Athlete's Event Judge or Judges during the competition Event in question will all communicate to fact find and define the issue in protest.
 - c. All information will then be presented to the Event Director, Competition Director or their designee for a final ruling.
 - iv. Judgment calls made during the workout are final and are not negotiable or subject to change or modification.
 - v. CrossFit, Inc., has final authority on all Athlete Event Protest rulings, and may designate this authority to the On-site Director.
 - vi. Video, photos, cell phone media or any other media will not constitute grounds for changing or modifying a decision, score or entry made by an Event Judge. The On-site Director, Competition Director, or their designee may ask for any related media, but its availability may or may not guarantee use or admissibility in the overall decision process.
 - vii. Nothing in these rules including Event Protests, Scoring Discrepancies and Event Movement Standards, Range of Motion and Judging Applications should be read as a limitation on CrossFit, Inc.'s right to run or operate any CrossFit, Inc. supported, sanctioned or sponsored Event as it sees fit in its sole and absolute discretion. The Event Director and CrossFit, Inc.'s decision is final. This includes the right to remove or disqualify any Team or Athlete at CrossFit, Inc.'s sole and absolute discretion.
- m. All advancing Athletes and Teams **must** complete an on-site **check-out** process before leaving the venue following the Regional event.
 - i. The top three (3) men, top three (3) women, and top three (3) Teams from each Region in the U.S., Australia, and Europe will be invited to the Games.
 - ii. The top two (2) men, top two (2) women, and top two (2) Teams from each Region in Canada will be invited to the Games.
 - iii. The top man, top woman and top Team in Asia, Africa, and Latin America will be invited to the Games.
 - iv. If an Athlete or Team chooses not to compete in the Games, there will be no substitutions allowed.
- n. If there are additional spots to the CrossFit Games available, the top performing Athletes after the completion of the Regional stage will be invited. CrossFit will NOT invite additional Athletes from a Region if a previous Games champion claims one of the qualifying spots from that Region.
- o. Cash prizes will be awarded to the top Athletes and Teams at each Regional.
 - i. 1st place man and woman, US\$3,000 each
 - ii. 2nd place man and woman, US\$2,000 each
 - iii. 3rd place man and woman, US\$1,000 each
 - iv. 1st place Team, US\$3,000 per team
 - v. 2nd place Team, US\$1,500 per team
 - vi. 3rd place Team, US\$750 per team
 - vii. All prizes are subject to applicable taxes and withholding and prize winner's compliance with, and agreement to, CrossFit, Inc.'s prize affidavit. Additional prizes may be presented by partners, sponsors or select vendors and all such prizes are also subject to applicable taxes and withholding and compliance with, and agreement to, CrossFit, Inc.'s prize affidavit.
- p. Drug testing is required for any Athlete or Team to advance or collect prizes. Failure to comply with CrossFit, Inc.'s instructions regarding drug testing, including failure to follow sampling guidelines or failure to provide a sample in a timely manner, may result in the Athlete, the Team, or members of the Team to be disqualified from the Event and any future Event(s).



9. GAMES RULES

- a. Athlete and Teams will complete multiple workouts over multiple days. Details will be released prior to the start of any workout and will be consistent for all eligible Athletes at the time of release. The Athlete and Team that stands atop the Leaderboard at the end of the competition will earn the title Fittest on Earth™.
- b. The general outline of the Regionals (Section 8) will also apply to the Games, except as noted differently below.
 - i. Schedule of Events: In keeping with the spirit of the CrossFit Games, the schedule and workouts will be released shortly before the competition begins. The date, location and travel information for the CrossFit Games will be distributed on the CrossFit Games website and/or through email to each competing Athlete.
 - ii. It is the responsibility of each competing Athlete and Team to meet all required travel and scheduling commitments. This includes, but is not limited to, all Event briefings, competition schedules, non-competition appearances and media commitments. Athletes are required to designate a point of communication with CrossFit at the Athlete registration and maintain this through the entire duration of the Games.
 - iii. Cash prizes will be awarded to the top performers.
 - a. 1st place individual man and woman, US\$275,000 each
 - b. 2nd place individual man and woman, US\$65,000 each
 - c. 3rd place individual man and woman, US\$35,000 each
 - d. 4th place individual man and woman, US\$10,000 each
 - e. 5th-10th place will earn \$9,000, \$8,000, \$7,000, \$6,000, \$5,000, \$4,000, respectively.
 - f. 1st place Team, US\$40,000 per team
 - g. 2nd place Team, US\$20,000 per team
 - h. 3rd place Team, US\$10,000 per team
 - i. 1st place Master, US\$3,000 (each division)
 - j. 2nd place Master, US\$1,000 (each division)
 - k. 3rd place Master, US\$500 (each division)
 - l. Spirit of the Games Award (selected from any division by CrossFit, Inc.), prize/award to be announced at the Games

All prizes are subject to applicable taxes and withholding and compliance with, and agreement to, CrossFit, Inc.'s prize affidavit. ■