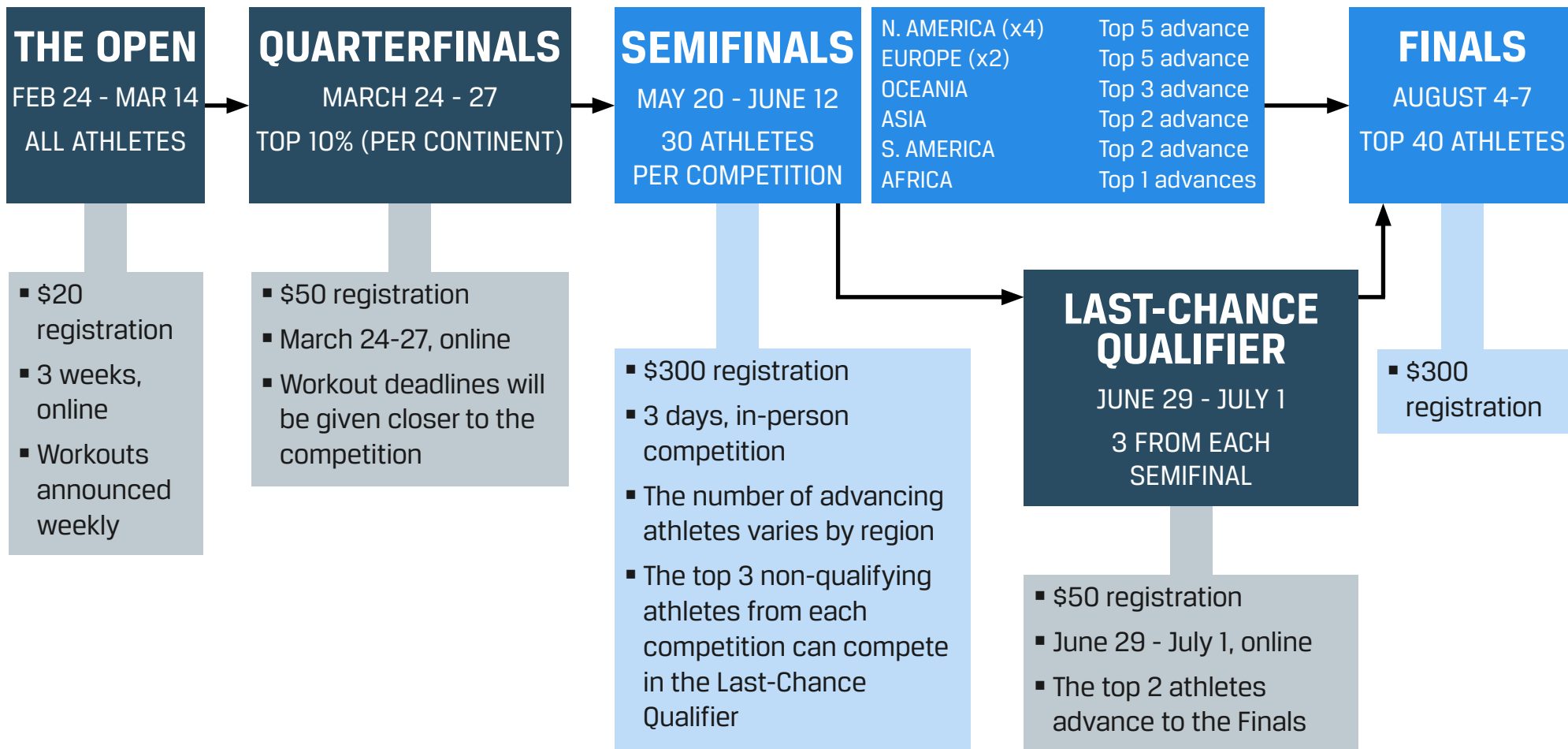


INDIVIDUALS: OVERVIEW



VIRTUAL EVENT

**IN-PERSON
EVENT**

INDIVIDUALS: The Open

February 24 - March 14
All Athletes



GENERAL

- \$20 registration
- 3 weeks of online competition
- Workouts are announced weekly on Thursdays at 12pm PST
- Workouts must be submitted by the following Monday at 5pm PST

EQUIPMENT (RX'D ATHLETES)

- 1 dumbbell, 50/35 lb.
- 1 barbell (45/35 lb.) + a set of standard bumper plates and collars
- 1 jump rope
- 1 pull-up bar that allows for all common hanging movements and kipping
- Wall space
- 1 plyo box, 24"/20" with at least a 15x15" surface

ADVANCING

- The top 10% from each continent will advance to Quarterfinals
- The number of eligible competitors will be established based on registration at the close of 22.1
- Your continent will be established based on your citizenship at the close of the first Open event
- You must complete the Rx'd version of each workout to advance
- Record video of all workouts, even if you don't video-submit your score

PRIZES

- Winner of each event - \$2,022
- 1st Place (overall) - \$15,000
- 2nd Place - \$10,000
- 3rd Place - \$7,500
- 4th Place - \$6,000
- 5th Place - \$5,000

INDIVIDUALS: Quarterfinals

March 24-27
Top 10% from each continent



GENERAL

- \$50 registration
- March 24-27, online competition
- Workouts and deadlines will be announced closer to the competition

EQUIPMENT

- All recommended Open equipment as well as access to:
- 30' of flat space suitable for movements covering distance
- 15' climbing rope
- Medicine ball 20/14 lb.
- 2 dumbbells, 50/35 lb.
- Gymnastics rings
- G.H.D.
- Squat rack

COMPETITION DETAILS

- Athletes must provide their own judge
- The judge must have completed the 2022 Judges Course
- Whenever possible, select an experienced judge that will hold you accountable
- Athletes must provide video of each workout

ADVANCING

- 300 athletes worldwide advance to 10 Semifinal competitions
- The number of athletes advancing per continent is unchanged from 2021

N. AMERICA	TOP 120 ADVANCE
EUROPE	TOP 60 ADVANCE
OCEANIA	TOP 30 ADVANCE
S. AMERICA	TOP 30 ADVANCE
ASIA	TOP 30 ADVANCE
AFRICA	TOP 30 ADVANCE

INDIVIDUALS: Semifinals

May 20 - June 12
30 athletes per competition



GENERAL

- \$300 registration
- Ten, 3-day, in-person competitions held over 4 weeks
- These are independent events that have partnered with CrossFit
- Programming for each competition will be unique but reviewed by CrossFit

ADVANCING

- 38 athletes from around the world will advance to the CrossFit Games Finals
- The number of athletes advancing varies based on region
- The top 3 **NON-QUALIFYING** athletes from each competition can participate in the Last-Chance Qualifier

COVID CONSIDERATIONS

- If a **competition** cannot be held, all athletes from that competition will participate in an Online Semifinal, hosted by CrossFit
 - ◆ This announcement is intended to be made no later than 3 weeks prior to the competition

COMPETITIONS

N. AMERICA	4
EUROPE	2
OCEANIA	1
S. AMERICA	1
ASIA	1
AFRICA	1

ATHLETES ADVANCING

N. AMERICA	TOP 5 ADVANCE
EUROPE	TOP 5 ADVANCE
OCEANIA	TOP 3 ADVANCE
S. AMERICA	TOP 2 ADVANCE
ASIA	TOP 2 ADVANCE
AFRICA	TOP 1 ADVANCES

INDIVIDUALS: Semifinals

May 20 - June 12
30 athletes per competition

NOBULL
CrossFit
GAMES
2022

SEMIFINALS

NOBULL
CrossFit
GAMES
2022



GAMES.CROSSFIT.COM

INDIVIDUALS: Last-Chance Qualifier

June 29 - July 1

3 athletes from each Semifinal event



GENERAL

- \$50 registration
- June 29 - July 1, online competition

EQUIPMENT

- All recommended equipment from the Open and Quarterfinals

COMPETITION DETAILS

- Athletes must provide their own judge
- The judge must have completed the 2022 Judges Course
- Whenever possible, select an experienced judge that will hold you accountable
- Athletes must provide video of each workout

ADVANCING

- The top 2 athletes will advance to the CrossFit Games Finals
- This will round out the athletes at the Finals to 40

INDIVIDUALS: Drug Testing

GENERAL

- Random testing will occur throughout the year
- Historically, CrossFit drug tests over 400 athletes every year

SEMIFINALS

- All advancing athletes will be drug tested
 - ◆ If COVID restrictions prevent drug testing, advancing athletes will be tested as soon as possible following competition
- Random tests will also be administered during the competitions in addition to the advancing athletes

FINALS

- All podium-athletes will be drug tested
- Random tests will be administered during the competition

INDIVIDUALS: Best Practices



ONLINE COMPETITIONS

- Video all workouts
- Ensure your video setup matches the submission guidelines
- Review your workout videos **BEFORE** submitting your score
- Select an experienced judge that will hold you accountable

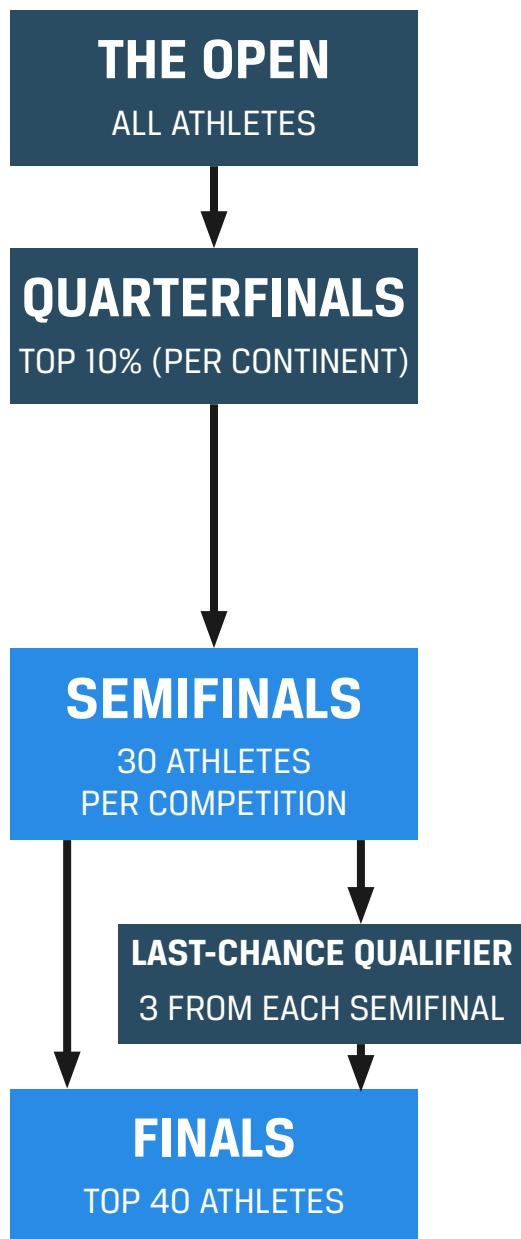
IN-PERSON COMPETITIONS

- Pay attention to heat check-in times
- Plan to be on time, every time
- Prepare for long competition days

GENERAL

- Consult the 2022 Rulebook [here](#) for more details on the competition season

INDIVIDUALS: Calendar of Events



	M	T	W	TH	F	SA	SU	
FEB	21	22	23	24	25	26	27	OPEN WEEK 1
	28	1	2	3	4	5	6	OPEN WEEK 2
MAR	7	8	9	10	11	12	13	OPEN WEEK 3
	14	15	16	17	18	19	20	
	21	22	23	24	25	26	27	IND QUARTERFINALS
APR	28	29	30	31	1	2	3	
	4	5	6	7	8	9	10	
	11	12	13	14	15	16	17	
	18	19	20	21	22	23	24	
MAY	25	26	27	28	29	30	1	
	2	3	4	5	6	7	8	
	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	SEMIFINALS WEEK 1
	23	24	25	26	27	28	29	SEMIFINALS WEEK 2
JUNE	30	31	1	2	3	4	5	SEMIFINALS WEEK 3
	6	7	8	9	10	11	12	SEMIFINALS WEEK 4
	13	14	15	16	17	18	19	
	20	21	22	23	24	25	26	
JULY	27	28	29	30	1	2	3	LAST-CHANCE QUALIFIER
	4	5	6	7	8	9	10	
	11	12	13	14	15	16	17	
AUG	18	19	20	21	22	23	24	
	25	26	27	28	29	30	31	
	1	2	3	4	5	6	7	GAMES FINALS