



# COMPETITION RULEBOOK

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**NEW** This tab indicates there are updates to a particular section.

## THE CROSSFIT GAMES

The CrossFit Games® are an annual worldwide competition to determine the Fittest on Earth™. The CrossFit Games consist of both online and in-person competitions that form the CrossFit Games season. Starting with the online Open competition and ending with the CrossFit Games (plus the Masters CrossFit Games and Teenage CrossFit Games), these rules govern all facets of CrossFit Games competition.

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## THE OPEN

### 1.01 - THE OPEN

The Open is the first stage of the CrossFit Games season. It includes a series of workouts, with one or more workouts released each week over consecutive weeks. The Open workouts are released on the official [CrossFit Games website](#). Athlete performances in each workout are judged, validated, and ranked on the CrossFit Games Leaderboard. The top qualifying athletes and teams from each recognized competitive region\* will qualify to compete at the next stage of competition.

Each week's workout(s) will be released on Thursday at 12 p.m. (noon) Pacific Time (PT). Athletes will have until the following Monday at 5 p.m. PT to complete the workout(s) and submit their score(s). Once the score submission window closes at 5 p.m. PT on Monday, athletes will not be able to adjust or resubmit a score for that week's workout(s).

Precise start and end dates for the Open will be announced on the [CrossFit Games website](#). The 2024 CrossFit Games Open will commence at 12 p.m. (noon) PT on Thursday, Feb. 29, 2024. Subsequent workouts will continue to be released on Thursdays at 12 p.m. (noon) PT until the competition is complete. The 2024 Open will close on Monday, March 18, 2024, at 5 p.m. PT.

\*See section 1.08 for qualifications for a recognized region.

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### 1.02 - ATHLETES

Any athlete meeting CrossFit's age and eligibility requirements may register to compete in the Open. Any athlete wishing to submit a score for all three weeks of the Open must complete registration in time to be eligible to compete in the first Open workout of the season.

CrossFit reserves the exclusive right to allow or deny the participation of any athlete. CrossFit also reserves the exclusive right to validate or invalidate any athlete's scores submitted for the purpose of qualifying for the Games. CrossFit will make such participation and scoring decisions to preserve the integrity of the competition.

CrossFit reserves the exclusive right to invite past winners, guest athletes, teams, or others to participate in any stage of the competition. This decision may be made to preserve the tradition and spirit of the CrossFit Games or for any other reason at the sole discretion of CrossFit.

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### 1.03 - DRUG TESTING

The [Drug Testing Policy](#) applies to all athletes entered in CrossFit Games events, including the Open. See the Drug Testing section at the bottom of this Rulebook.

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### 1.04 - OPEN REGISTRATION

Every competing athlete must register online at [games.crossfit.com/register/open](https://games.crossfit.com/register/open).

To successfully complete the Open registration process, athletes must submit the required fee. Open registration is US\$20 for athletes (including individual and age-group divisions) in most countries\*. All payments are final. No refunds or transfers will be permitted for any reason.

\*Registration fee may vary depending on the country where the athlete resides.

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### 1.05 - OPEN REGISTRATION - TERMS AND WAIVERS

As part of the registration process and for all facets of the CrossFit Games, athletes must agree, without limitation, to comply with the rules and guidelines stipulated in the CrossFit Games Rulebook, the Assumption of Risk Waiver, Publicity Release Waiver, and the CrossFit Games [Drug Testing Policy](#). **All competitors are subject to drug testing at any time, including during the Open.** The athlete's agreement to abide by the rules and requirements of the Drug Testing Policy remains in force for one calendar year from the close of the first Open workout **and** until the athlete completes a new registration for the Open (at which time this new agreement will be in force).

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### 1.06 - OPEN REGISTRATION - CROSSFIT ACCOUNT

Each athlete must have a CrossFit account to compete in the Open. **Athletes only need to create a CrossFit account once. Athletes will use the same CrossFit account each year for all competitions.** Athletes will use their account for registering, submitting scores, tracking workout submission and validation deadlines, and reviewing their score submission history. It is the athlete's sole responsibility to provide current, valid, and truthful information when creating an account, including date of birth, gender (see the Transgender Policy section), and email address. Any athlete with questions or concerns about creating an account should contact [support@crossfitgames.com](mailto:support@crossfitgames.com). **Athletes should not create duplicate accounts.**

**Age requirements** - Athletes must be at least 13 years old at the time they create an account on the CrossFit Games website and must be 14 years old as of July 14, 2024.

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### 1.07 - OPEN REGISTRATION - TRANSGENDER POLICY

The CrossFit Transgender Policy applies to all athletes entered in CrossFit Games events, including the Open. See the Transgender Policy at the end of the Rulebook for more detailed information.

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### 1.08 - OPEN REGISTRATION - REGION SELECTION

During the registration process, athletes will provide information to establish their competitive region for the Open. Athletes will remain assigned to this region throughout the competition season.

**Citizenship at the close of the first Open score submission window is the primary requirement used to determine an athlete's competitive region.** Citizens of the United States and Canada will be further divided into the two regions, North America East and North America West, based on their residency.\* Once the close of the first Open score submission window has passed, athletes will no longer be able to edit their citizenship or residency (U.S. and Canada). Affiliated athletes in the U.S. and Canada will establish residency based on the affiliate they attend (and select during registration). Unaffiliated athletes in the U.S. and Canada will establish residency based on their home address.

For the purpose of competition, CrossFit recognizes the following regional boundaries:

**North America East**  
**North America West**  
**Europe**  
**Oceania**  
**Asia**  
**South America**  
**Africa**

A list of the countries, states, and territories that are part of each region for the purposes of the competition is available [HERE](#) and also listed in Appendix C. If there is a discrepancy between the map and the list, the list is the determining factor.

Athletes do not need to be living in the country in which they claim citizenship. So long as the athlete is a citizen of said country, the athlete may register to represent that country. Should an athlete qualify for Semifinals, they may only compete at the specific Semifinals competition designated by their region.

\*North American athletes living outside of North America will be placed in the North America East region.

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### 1.09 - OPEN REGISTRATION - REGION SELECTION - UNCOMMON SITUATIONS & PETITIONS FOR EXEMPTION NEW

For certain individuals, selecting a competition country/region may involve additional considerations. The guidelines below address some uncommon situations for selecting an athlete's competition region.

- **Military personnel** (active duty and reserve in all branches) will compete for the country where they hold citizenship. Military personnel will compete for that country regardless of Temporary Duty Assignments (TDA/TDY) and/or deployment.
  - U.S. and Canadian military personnel stationed abroad will be placed in the North America East region.
- **Athletes with dual or multiple citizenships** may choose which country they would like to represent for the season. Athletes can only compete for one country. Athletes with dual citizenship must choose which country they will represent by the close of the first week of the Open.
- **Athletes in the process of applying for new citizenship/adjusted status** will compete for the country where they are a current citizen at the end of the first week of the Open. Athletes who gain new citizenship after the conclusion of the first week of the Open will not be able to change their country, and will compete for the original country for which they registered.
- **Athletes holding permanent residency in a different country than where they hold citizenship** will still compete for the country where they hold citizenship.

If an athlete resides in a region outside of their country of citizenship **AND they believe they may advance to the in-person Semifinals stage**, they may petition for an exemption to be placed in a different competition region. If granted, beginning at the Open, the athlete's competitive region and country flag on the leaderboard will be changed for the duration of the season.

**NOTE:** The athlete's country flag will be updated to the country they are placed into.

Exemptions must be filed with the CrossFit Games team by **Feb. 1, 2024**, using [THIS](#) form. Rulings on exemptions will be communicated by Feb. 28, 2024. Minimum requirements for an exemption include, but are not limited to:

- Proof of sustained residency in a single country outside of the athlete's country of citizenship beginning on or before Feb. 1, 2021 (three years). Proof of residency may include, but is not limited to, lease agreements, utility bills, or government-issued identification; OR
- Political hardship restricting travel to their expected Semifinals; OR
- Restrictions from attending their expected Semifinals due to immigration or visa status.

Requests for exemptions must be sent to [support@crossfitgames.com](mailto:support@crossfitgames.com) no later than **Feb. 1, 2024**. Requests will be evaluated on a case-by-case basis. Exemption requests filed after **Feb. 1, 2024**, will not be considered. This competition exemption petition only applies to athletes competing in the individual division.

**Athletes must apply annually in order to maintain their eligibility to compete in a different region outside of their country of citizenship.**

Errors in choosing the appropriate country may result in the disqualification of an athlete. For any questions concerning country selection, please contact [support@crossfitgames.com](mailto:support@crossfitgames.com) **prior** to the Week 1 score submission deadline (March 4, 2024, 5 p.m Pacific Time).

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## 1.10 - OPEN REGISTRATION - DIVISIONS

An athlete's competitive division will automatically be assigned based on birthdate and gender. The athlete's age as of July 14, 2024, will determine which division the athlete will compete in during the 2024 season. There are 20 total divisions for individual competitors and there is one division for teams:

### INDIVIDUALS:

- **Men and Women**

### AGE-GROUP:

- **Boys and Girls 14-15** (Born on or between 07/15/2008 and 7/14/2010)
- **Boys and Girls 16-17** (Born on or between 07/15/2006 and 07/14/2008)
- **Men and Women 35-39** (Born on or between 07/15/84 and 07/14/89)
- **Men and Women 40-44** (Born on or between 07/15/79 and 07/14/84)
- **Men and Women 45-49** (Born on or between 07/15/74 and 07/14/79)
- **Men and Women 50-54** (Born on or between 07/15/69 and 07/14/74)
- **Men and Women 55-59** (Born on or between 07/15/64 and 07/14/69)
- **Men and Women 60-64** (Born on or between 07/15/59 and 07/14/64)
- **Men and Women 65+** (Born on or before 07/14/59)

### TEAM:

- **Team**

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## 1.11 - TEAMS IN THE OPEN

Any licensed CrossFit affiliate gym in good standing with CrossFit may register a team, or multiple teams, for the team competition. Teams will consist of at least two individual men and two individual women who validly register for the Open. "Individual" athletes are athletes between the ages of 16-54 who do the same variations of the workouts. Athletes may only compete for one team during each CrossFit Games season.

Athletes in the individual or age-group divisions requiring assistance to determine their eligibility for a team should contact [support@crossfitgames.com](mailto:support@crossfitgames.com) prior to joining the team.

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## 1.12 - OPEN REGISTRATION - TEAMS

Any athlete wishing to register a team or compete as part of a team must first register as an individual athlete. The athlete who registers the team will be designated as the team manager for the competition season. Team managers will create a team, pay the registration fee, and select athletes to join the team through their CrossFit Account Competition Dashboard. Athletes can also join their affiliate's team from their own Competition Dashboard.

**Only athletes who train at a licensed CrossFit affiliate gym in good standing are eligible to register a team.**

The fee for registering a team is US\$20 worldwide.

As part of team registration, the team manager will select a team name which will be carried with them through the season up until the CrossFit Games. Team names will consist of the official affiliate name + an optional descriptor. Teams may not use a sponsor name or any form of a sponsor name as part of their official team name. Upon registering, teams may be asked to select a new team name if the team's proposed name violates the policy.

To compete for a team during the Open, Quarterfinals, Semifinals, or the Games, athletes **must be registered and listed on the team roster prior to the close of the first Open workout**. Once the first Open workout has closed and an athlete has been assigned to a team roster, this athlete may not compete for any other team during the course of the season, even if another team from the same affiliate qualifies to compete in the next stage(s). It is the responsibility of the team manager to ensure team athletes are properly registered.

**It is the responsibility of the team manager to ensure the team is using only eligible athletes.** If a team uses an ineligible athlete, the team may be disqualified from competition, and, subject to the discretion of CrossFit, some or all athletes on the team may be prohibited from competing as individual athletes in future competitions.

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### 1.13 - TEAM ELIGIBILITY REQUIREMENTS

Only licensed CrossFit affiliate gyms in good standing may register a team.

The requirements for being on a team are:

- Each athlete must be registered on the affiliate's team roster by March 4, 2024, 5 p.m. PT.
- Each athlete must submit a score for all of the Open workouts.
- Each Open workout must be performed in the same physical location as the team's affiliate.

At any time during the CrossFit Games season, CrossFit may require athletes to produce documentation proving they have met the team requirements. To verify an athlete's eligibility, teams must be able to provide video evidence that includes:

- Each team member's performance of their submitted score of all of the Open workouts at their team's affiliate; and
- An on-screen verification of the date and time the workout was completed, such as [time.is](https://time.is).

If a request for verification is made, CrossFit will provide details as to when the documentation will need to be provided. If athletes cannot prove they meet the requirements, the team and/or individual athlete may be subject to disqualification.

Any athlete requiring assistance to determine their eligibility for a team should contact [support@crossfitgames.com](mailto:support@crossfitgames.com) prior to joining the team.

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### 1.14 - AFFILIATES WITH MORE THAN ONE TEAM

More than one team may come from a CrossFit affiliate gym as long as all members of each team meet the eligibility requirements stated in section 1.13. Team members may not switch between teams.

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### 1.15 - THE OPEN - REGISTRATION TERMS AND CONDITIONS (ALL ATHLETES)

CrossFit is not responsible for any inaccurate entry information, whether caused by website users or any of the equipment or programming associated with or utilized in the CrossFit Games. CrossFit 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 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 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 a 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.

CrossFit may 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 an unsportsmanlike or disruptive manner, or with intent to annoy, abuse, threaten, or harass any other person. Any use of robotic, macro, automatic, programmed, or other such 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 reserves the right to determine, at its sole discretion, the correct submission in accordance with the rules.



If, for any reason, the CrossFit Games are not able to run 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, which, in the sole opinion of CrossFit, are corrupt or affect the administration, security, fairness, integrity, or proper conduct of the CrossFit Games, CrossFit reserves the right 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 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 take place. In the event that the CrossFit Games competition is canceled, CrossFit (or any party) has no obligation to award any prize money. All decisions by CrossFit concerning eligibility, qualifying for, and judging related to the CrossFit Games are final and not subject to challenge or appeal. Any materials submitted as part of the qualification or registration process for the CrossFit Games are governed by CrossFit's [Privacy Policy](#).

**Under no circumstances will CrossFit 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 website or the downloading from and/or printing of material downloaded from said site.**

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### 1.16 - OPEN WORKOUTS - FORMAT

For all Open workouts, the workout format will be released by CrossFit and communicated uniformly to all athletes online.

**The workout format will include the following:**

- Required movement(s).
- Start and end ranges of the movement(s).
- Required number of repetitions and/or repetition scheme.
- Required floor plan, if any.
- Required equipment.
- Required amount of weight (NOTE: All weights will be released in pounds. It is the athlete's responsibility to use the correct poundage. If kilogram plates are used, the athlete will need to use appropriate combinations of plates to achieve the correct poundage. Collars or clips are not to be counted in the total weight). See Appendix D for more information.
- Time domain or time limit.
- Scoring details - Competitions may determine the winner by highest point total or lowest point total, or any method or combination of methods CrossFit selects. Point values for finishing position will be released before the start of the event.
- Adjustments or scaling by division, if any.
- Filming and submission guidelines, if any.

**In all stages of CrossFit Games competition, it is the athlete's responsibility to adhere to the workout format. This includes performing all required movements to the described standard; counting and completing all required repetitions; using the required equipment, loads, and floor plans; meeting the time requirements; and meeting all submission and video standards.**

Modifying the workout format in any way is prohibited and will void an athlete's score. Only CrossFit may provide official scaled versions of workouts for athletes to perform.

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### 1.17 - OPEN WORKOUTS - JUDGING

Judging and validation are required to make any CrossFit Games workout result official. Judges are responsible for enforcing movement and workout standards and for confirming the athlete's score. Athletes will be asked to submit their judge's name on the score submission page.

For the Open competition, judges may perform their duties at an affiliate by judging and confirming scores (i.e., signing the athlete's scorecard). Alternatively, judges are encouraged to watch workouts online to review and score video submissions posted on the CrossFit Games leaderboard. The results of videos reviewed by public judges may be combined with video reviews performed by the CrossFit Games internal review team.

To develop, refine, or refresh judging skills prior to the Open, individuals are encouraged to complete the CrossFit Games Judges Course, available online at [oc.crossfit.com](https://oc.crossfit.com). **Completion of the Judges Course is also required for all affiliate managers before they can validate scores.** Passing the current year's version of the Judges Course is a prerequisite for someone judging athletes participating in Quarterfinals, Semifinals, and the CrossFit Games.

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### 1.18 - OPEN WORKOUTS - UNCOMMON MOVEMENT CLAUSE/RANGE OF MOTION EXCEPTIONS

Any violation of the prescribed workout format, including the movement standards and range of motion, will result in the repetition(s) being disallowed. Therefore, athletes and judges should be familiar with the **Uncommon Movement Clause**:

*Any movement deemed uncommon or 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 workout movement can and will be disallowed.*

If an athlete is unable to meet the specific range of motion required for an Rx'd movement, they are not permitted to substitute another movement or utilize outside tools/assistance to reach the Rx'd range of motion. In this instance, an athlete should consider submitting the score in the scaled or foundations tier.

Any athlete who has questions about range of motion due to a physical limitation should contact [support@crossfitgames.com](mailto:support@crossfitgames.com) for additional assistance.

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### 1.19 - OPEN WORKOUTS - SCORE SUBMISSION AND VALIDATION

**Scores must be submitted by Monday at 5 p.m. PT each week. Any score submission received after the 5-p.m. PT deadline will not be accepted for any reason.**

Athletes must have their scores confirmed by either:

1. Performing the workout at a validly licensed CrossFit affiliate gym in good standing and receiving validation from the affiliate manager; or
2. Uploading a video of their workout to the CrossFit Games website.

It is the sole responsibility of the athlete to ensure the timely and successful submission of workout scores or videos each week. Submissions that are incomplete (missing information such as the complete score, the affiliate name, or the judge's name; or containing video links that do not work, etc.) will not be accepted. Each week, scores must be submitted by Monday at 5 p.m. PT.

**Note:** CrossFit reserves the right to extend the score submission deadline due to unforeseen circumstances. If the deadline is extended, athletes are permitted to complete or redo the lifts or workouts within the new time frame provided.

Video submissions may be reviewed by the CrossFit Games internal review team.

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### 1.20 - OPEN WORKOUTS - VALIDATING WORKOUTS AT AN AFFILIATE (NON-VIDEO SUBMISSIONS)

Athletes who perform an Open workout at a licensed CrossFit affiliate gym in good standing with CrossFit are not required to submit a video for that score. Once a non-video score has been submitted, it must be officially validated by the affiliate manager from the affiliate where the workout was performed.

**Affiliate managers have from the start of an Open workout score submission window up until 48 hours following the close of an Open workout to validate scores. The score validation deadline is always Wednesday at 5 p.m. PT.**

**If a score is not validated by Wednesday at 5 p.m. PT, it will no longer be visible on the leaderboard.**

Any affiliate wishing to participate in the Open will need to have an affiliate manager assigned to it. The Licensee of Record (LOR) of an affiliate may not necessarily be automatically assigned as the affiliate manager. If they are the affiliate manager, they will need to complete the 2024 Judges Course in order to validate scores. If the LOR wishes to delegate the affiliate manager role to someone else, they may do so by having them complete the affiliate manager [registration](#). Affiliates with multiple locations will have a different affiliate manager assigned to each location. There can be only one affiliate manager per affiliate. It is not possible for an athlete to manage multiple affiliates or manage one affiliate and compete under a different affiliate. These details must be kept in mind when assigning an affiliate manager.

- To validate scores, affiliate managers must pass the 2024 online Judges Course, commit to upholding the standards and ethics of the CrossFit Games, and assert they have the equipment, facility, and judges to administer the Open workouts.

Affiliate managers may validate scores for any athlete who performs an Open workout at their affiliate. Affiliates caught violating the validation rules will lose their ability to validate scores for the remainder of the season and risk potential sanctions for future seasons.

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### 1.21 - OPEN WORKOUTS - VALIDATING VIDEO SUBMISSIONS

Athletes' alternative to performing an Open workout at an affiliate is to upload a video of their performance of the Open workout to the CrossFit Games website through their CrossFit account. Score validation for any online video submission is the sole right of CrossFit. The video may be reviewed and scored by the CrossFit Games internal review team. As part of this video review process, the athlete's posted score may be accepted, modified, or invalidated. **See section 1.22 for more information on the possible outcomes of a video submission.**

Reasons for modification of a score include but are not limited to:

- Failure to follow the video submission guidelines, including recording movements from angles, distances, or with lighting effects that do not allow judges to assess whether the movement standards are being met. (**Note:** Due to the visual distortion they create, fisheye

lenses are not to be used in the filming of video submissions.)

- The athlete in the video is blocked by a pull-up rig or other obstruction.
- Violation of the workout format, including movement standards.
- Workout attire that prevents the judge from determining whether the athlete is meeting the movement standards.
- Miscounting repetitions.

Video submissions may be invalidated or adjusted without warning and after the close of a competition. Athletes submitting videos should have someone monitor their movement during the workout to ensure each repetition meets the required standards. Prior to submitting a video, athletes should review the video to ensure their reps meet the required standards; the camera angle, distance, and lighting permit the judge to determine whether the movement standards are being met; and there are no technical problems with the video itself.

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## 1.22 - OPEN WORKOUTS - VIDEO SUBMISSIONS - SCORING PROTOCOL **NEW**

There are five possible outcomes that may be applied by the CrossFit Games internal review team in the judging and scoring of online video submissions:

- **Good Video:** The athlete meets the required movement standards and the score posted is correct. The score will be accepted.
- **Valid With Minor Penalty:** Over the course of the video, the athlete demonstrates a small number of no reps that result in a faster time or higher score for a given workout. A minor penalty will be applied, and a score adjustment will be made to the athlete's final score. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly.\*
- **Valid With Major Penalty:** Over the course of the video, the athlete demonstrates a significant number of no reps that result in a faster time or higher score for a given workout. In this case, a major penalty will be applied, and the score may be modified by subtracting between 15% and 40% from the total rep count. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly.\*
- **0 Score:** Over the course of the video, if the athlete fails to complete the workout as required, a significant and unacceptable number of reps performed are no reps, they do not complete the required work, or they complete the wrong movements, CrossFit reserves the right to adjust their score to 0. **If the athlete receives a 0 Score, the rest of their score submissions for the competition will remain on the leaderboard.**
- **Invalid:** CrossFit reserves the right to invalidate a score submission if it is determined that the athlete is acting with malicious intent to manipulate the workout to gain an unfair advantage. **If an athlete's score is invalidated, all of their scores for the competition will be removed from the leaderboard.**

**Note:** A score adjustment occurs when an athlete's score needs to be modified based on miscounted reps, no reps, or a combination of the two. A score adjustment may stand alone or be applied in conjunction with a result from a minor or major penalty as described above.

\*CrossFit will apply time penalties based on the movements and/or circumstances in any given workout. Time penalties may vary by movement and context, and CrossFit reserves the right to update time penalties for movements based on the specifics of the overall workout, when specific movements appear in a workout, or the pace of the athlete performing the movement(s).

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## 1.23 - OPEN WORKOUTS - APPEALS

Appeals, scoring discrepancies, or questions about the judging or scoring of online videos will be handled through [support@crossfitgames.com](mailto:support@crossfitgames.com).

An athlete submitting a video for review will receive an email message from CrossFit if the score posted with the video is modified. The message will give a brief description explaining the reason for the change in score.

Any athlete who disagrees with their score modification must contact [support@crossfitgames.com](mailto:support@crossfitgames.com) upon receiving notification that their score has been modified. In the email, they must list the workout in question, the original score, the modified score, and the reason given for the score modification. They must also provide a brief explanation for why they are appealing the decision.

CrossFit will review the athlete's appeal and the video in question to render a final scoring decision. This decision will be communicated to the athlete via email.

Only the affected athlete may appeal a result. Coaches or unrelated parties may not appeal on behalf of the affected athlete.

Athletes may not raise an appeal against another athlete based on their judging, scoring, or performance.

During the appeals process, meeting submission requirements and deadlines is still the responsibility of the athlete. Prior to the score submission deadline (5 p.m. PT on Monday), CrossFit support staff must be notified at [support@crossfitgames.com](mailto:support@crossfitgames.com) of any undetermined rulings or

potentially late score submissions. Notifications received after 5 p.m. PT on Monday will not be considered.

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### 1.24 - CROSSFIT GAMES LEADERBOARD - RANKING

The CrossFit Games website will host the only official leaderboard for the Open. Athletes will be ranked on the CrossFit Games leaderboard based on their performance relative to other athletes in their division.

During the Open, athletes are ranked on the leaderboard based on their total placement in all workouts. For example, an athlete with 2nd-place, 3rd-place and 5th-place finishes will have 10 total points (2+3+5=10) and be ranked ahead of an athlete with 1st-place, 2nd-place and 10th-place finishes, who would have 13 points (1+2+10=13).

Ties on the overall leaderboard will be broken by awarding the best position to the athlete who has the highest result in any single workout. If athletes remain tied after this first tiebreaker, the process continues to their next-highest single result, and so forth. Ties will not be broken for single workout results. More than one athlete can share a workout rank, and each will earn the original point value. The athlete with the top performance across multiple workouts in a competition wins that competition.

Official Open rankings may be used by outside competitions (sanctioned, licensed, or non-licensed) for their qualification purposes.

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### 1.25 - CROSSFIT GAMES LEADERBOARD - SUBMITTED SCORES

Once an athlete has submitted a score for a workout, their score will appear on the CrossFit Games leaderboard.

For scores submitted to affiliates for validation, the score will appear on the leaderboard in a pending state until validated. Pending scores will appear in italics on the leaderboard found at [games.crossfit.com](https://games.crossfit.com). Once the score is validated by the affiliate manager, it will remain on the leaderboard officially. Validated scores will appear in regular text on the leaderboard found at [games.crossfit.com](https://games.crossfit.com). If a score is not validated by the affiliate manager by Wednesday at 5 p.m. PT, the score will no longer be visible on the leaderboard.

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 once the video is submitted. Scores posted by video submission may be validated, invalidated, or modified through the assessment of a minor or major penalty. Furthermore, scores may be removed at any time at the discretion of CrossFit. Common reasons for adjustment and/or removal of scores include unacceptable movement standards, improper rep counts, or a poor-quality video submission.

Top scores from individual men, women, and age-group athletes who submit a video of a performance will be prioritized during the review process.

In every division, if a registered athlete fails to submit a score for any reason (e.g., skips a workout, has a workout invalidated, cannot complete the stated minimum score, or cannot complete a single repetition), that athlete will receive a score of "O" for that workout and will be ranked below all athletes who post a score (whether prescribed or scaled) for that workout. Athletes receiving a "O" score will maintain an overall rank on the CrossFit Games leaderboard.

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### 1.26 - CROSSFIT GAMES LEADERBOARD - REGION LEADERBOARDS

After selecting their country during Open registration, athletes also will be placed on their respective regional leaderboard. These leaderboards are based primarily on an athlete's citizenship. Citizens of the United States and Canada will be sorted further based on their residency. See section 1.08 for more details on competition regions.

At the conclusion of the Open, athletes in the individual Men's and Women's divisions who are ranked highest on their regional leaderboard will qualify for the Quarterfinal competition. Athletes in high ranking positions must have videos of their Open workouts available upon request from CrossFit. In the event there is a tie that cannot be broken by the tiebreak rule from section 1.24, the tie will be broken by determining which athlete has the highest overall worldwide ranking between the athletes.

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### 1.27 - CROSSFIT GAMES LEADERBOARD - SCALED AND FOUNDATIONS

The prescribed (Rx'd) Open workouts released for each applicable division (i.e., individual Men and Women and all age-group divisions) may be accompanied by scaled or foundations versions. Athletes who are unable to perform a workout as prescribed may choose the scaled or foundations version provided. Athletes may also finish the Open by completing any combination of workouts (prescribed, scaled, or foundations).

Athletes who choose to perform a scaled workout will be ranked relative to all other athletes performing the scaled version of the workout but below all athletes who performed that workout "as prescribed." If an athlete chooses to perform the foundations version of the workout, they will be ranked relative to all other athletes performing the foundations version of the workout but below all athletes who performed that workout as scaled and as prescribed. Any athlete who fails to submit a score will receive a score of "O" and will be ranked below all athletes who entered

a score, whether it was the prescribed, scaled, or foundations version for that workout.

The CrossFit Games hosts a scaled leaderboard. To remain on the scaled leaderboard, an athlete must perform only scaled or foundations versions of the Open workouts.

The CrossFit Games also hosts a foundations-only leaderboard. To remain on the foundations-only leaderboard, an athlete must perform only foundations versions of the Open workouts.

Athletes are eligible to advance to the Quarterfinals, even if they choose to perform the scaled version of one or more Open workouts. Advancement is determined by placement on the overall CrossFit Open leaderboard.

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## 1.28 - CROSSFIT GAMES LEADERBOARD - AGE-GROUP DIVISIONS

Athletes 14-17 and 35+ years of age who register for the Open will compete in one of nine age-group divisions based on their age as of the cutoff dates listed in section 1.10.

Athletes in the age-group divisions will be ranked on their own leaderboard based on their performance in the age-group workouts. For each age-group workout released in the Open, scaled versions of the prescribed workout may be provided. Any athlete performing a scaled version of the workout will be ranked on the leaderboard below all other athletes performing the prescribed version of the workout for that division.

Any age-group athlete who fails to submit a score for a workout will receive a score of “O” and be ranked below all athletes who entered a score, whether it was for the prescribed, scaled, or foundations version of that workout.

For teenagers in the 16-17 division and masters athletes in the 35-54 age divisions, the prescribed workouts will be the same as the prescribed workouts for the individual divisions. Age-group athletes who perform these prescribed workouts will be ranked relative to individual athletes on the overall CrossFit Open leaderboard as well as relative to other athletes in their age division on the age-group leaderboards.

The top masters and teenage athletes in each age division will have the opportunity to advance to the Age-Group Quarterfinals.

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## 1.29 - CROSSFIT GAMES LEADERBOARD - TEAMS

Team scores will appear on the leaderboard as members of the team post scores.

Team scores will ultimately be the aggregate of the top two men’s performances and top two women’s performances posted by team members in the prescribed version of a particular Open workout.

Team ties on the overall leaderboard will be broken by awarding the best position to the team that has the highest result in any single workout. If teams remain tied after this first tiebreaker, the process continues to their next-highest single result, and so forth, until the tie is broken.

For most workout formats, teams will be ranked based on total reps completed or total aggregate time. For these workouts, ties between teams on the leaderboard will not be broken for single workout results. More than one team can share a workout rank, and each team will earn the original point value.

Workouts that challenge athletes to complete a stated amount of work as fast as possible (task-priority workouts) and also have a time cap may result in teams being ranked based on total time or total reps. For these workouts, teams will be ranked in the following manner:

- If all four teammates complete the workout, the team’s score will be its total aggregate time. In this instance, ties between teams in this workout will not be broken, teams may share a workout rank, and each team will earn the original point value.
- If one or more team athletes fail to complete the workout (are time-capped), the team’s score will be its total reps completed. The team will be ranked below any team whose score is a valid time and above any team that completes fewer reps. If teams ranked by total reps are tied in this workout, the higher rank will be awarded to the team with the fastest (lowest) aggregate time. For team athletes who are capped in the workout, the time cap will be used as the time they contribute to the team’s aggregate time.

If a registered team member receives a score of “O” for a workout (e.g., skips a workout, has a workout invalidated, cannot complete the stated minimum work requirement, or cannot complete a single repetition), the athlete may still contribute to the team’s score for the remaining Open workouts. If this athlete contributed to previous team scores, those scores will remain valid. For example, if a team member receives a score of “O” in 24.1 and 24.2 but submits a score for 24.3, the athlete’s 24.3 score may contribute to the team’s 24.3 score. A score of “O” is not considered a valid score when assessing an athlete’s eligibility to advance with a team to Quarterfinals, Semifinals, or the Games. Therefore, an athlete who receives a score of “O” in any Open workout is not eligible to compete on the team during Quarterfinals, Semifinals, or the Games.

At the conclusion of the Open, teams with top performances on their regional leaderboard across multiple workouts qualify to compete in the Quarterfinal competition.

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### 1.30 - OPEN JUDGING REQUIREMENTS FOR QUARTERFINALS QUALIFIERS NEW

Any athlete who wishes to qualify for Quarterfinals is encouraged to use a registered judge (that is, a judge who has passed the 2024 online Judges Course) during the Open workouts.

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### 1.31 - OPEN - CASH PRIZES

A cash prize of US\$2,024.00 will be awarded each week for the top score by an individual man and individual woman worldwide. To claim this prize, athletes must submit a video of the workout to CrossFit before the announced deadline, even if the workout was completed at an affiliate with a registered judge. (**Note:** Top athletes are advised to record and retain videos of all their Open performances, as these may be required by CrossFit.)

In addition to weekly winners, at the conclusion of the Open, cash prizes will be awarded to the top individual men and individual women performers overall on the worldwide leaderboard. All cash prizes will be paid in U.S. dollars.

- **Top Overall Worldwide Finish - Individual Athletes (Men and Women)**

- First Place: \$15,000
- Second Place: \$10,000
- Third Place: \$7,500
- Fourth Place: \$6,000
- Fifth Place: \$5,000

All prizes will be outlined in a prize affidavit. Regardless of whether such a prize is cash, prizes are subject to applicable taxes and withholding and the prize winner's compliance with, and agreement to, CrossFit's prize affidavit. In order for prize money to be collected, the athlete affidavit, tax forms, and payment form must be completed and returned to CrossFit by the date set forth by CrossFit in the prize affidavit. If these forms are not received by this date, prize money will be forfeited.

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's prize affidavit. It is the athlete's sole responsibility to comply with paying any and all applicable taxes in connection with any prizes, regardless of whether such a prize is cash.

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## QUARTERFINALS

### 2.01 - QUARTERFINALS

Individual athletes and teams from each region will be eligible to advance to the Quarterfinals, where they will complete a series of workouts over the course of several days. Like in the Open, athletes in this competition will submit scores and/or videos online for each workout.

Based on Open rank, no less than the top 25%\* in each region of individual men and women are eligible to participate in the Quarterfinals. The top 25%\* of the total number of teams per region (or no fewer than 50 teams from each region) will be eligible to participate in the Quarterfinals. The top 25%\*\* (or a minimum of 200 athletes) of age-group athletes worldwide in each age division will qualify to compete in the Age-Group Quarterfinal.

Age-group athletes, ages 16-54, are eligible to compete in the Individual Quarterfinal should they qualify for the competition based on their rankings on the individual Men's and Women's regional leaderboards. They may also compete on a team during the Team Quarterfinal if they belonged to a team that qualifies for the competition. The Age-Group Quarterfinal will run concurrently with the Individual Quarterfinal. Athletes will only need to pay once for Quarterfinals in order to register for both competitions and appear on both the individual leaderboard as well as their respective age-division leaderboard.

To advance to Semifinals, athletes and teams must compete in a Quarterfinal competition immediately following the Open. This phase of online competition will be known as the CrossFit Games Quarterfinals, or "Quarterfinals."

CrossFit will provide score submission instructions and event details leading up to and throughout the competition.

\*Percentages will be based on the number of athletes and teams registered per competition region for the individual and team divisions at the close of 24.1.

\*\*Percentages for the age-group divisions will be based on the number of athletes registered worldwide for their respective age-group division at the close of 24.1.

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### 2.02 - QUARTERFINALS - REGISTRATION PROCESS - TEAMS

The Team Quarterfinal will begin on Wednesday, April 3. Once the Open competition has concluded, CrossFit will send out invitations to teams. Any eligible teams wishing to participate must accept the invitation and register for the Quarterfinal before the close of the first score submission

window. Eligible teams will be posted on the CrossFit Games leaderboard once the competition begins. Teams will not be able to submit a score until they complete the registration process.

Every competing team must register online at [games.crossfit.com](https://games.crossfit.com). Registration begins Monday, April 1. As part of the invitation process, teams worldwide will pay a US\$100 team registration fee.

A team's eligibility for participating in Quarterfinals is determined by Open ranking.

Should a team decline its invite, CrossFit does not intend to backfill that spot to the next team in line.

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### 2.03 - QUARTERFINALS - SELECTING A COMPETITION ROSTER - TEAMS

During the registration process for Quarterfinals, teams will need to declare their Competition Team roster. Team managers can only select eligible athletes (see section 1.13 for eligibility rules) from their Open team roster to move forward on the Competition Team roster. A Competition Team roster will consist of:

- A maximum of six (6) athletes.
  - Three (3) men.
  - Three (3) women.
- A minimum of four (4) athletes.
  - Two (2) men.
  - Two (2) women.

These athletes will represent the team for the remainder of the season. Athletes in the individual and age-group divisions are eligible to be a member of a Competition Team roster. Any athlete who has qualified and chooses to compete in the Individual Quarterfinal is eligible to be listed on the Competition Team roster should they choose to compete in both divisions.

**Once the members of the team have been selected by the team manager, the Competition Team roster is locked for the remainder of the season.** Only the athletes on the Competition Team Roster will be eligible to compete for the team during Quarterfinals, Semifinals, and the Games.

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### 2.04 - QUARTERFINALS - REGISTRATION PROCESS - INDIVIDUALS & AGE GROUPS NEW

The Individual and Age-Group Quarterfinals will begin on Wednesday, April 17. Once the Open competition has concluded and the leaderboard is finalized, CrossFit will send out invitations to the Quarterfinal event. Any eligible athlete wishing to participate must accept their invitation and register for the Quarterfinal before the close of the first score submission window. Athletes will not be able to submit a score until they complete the registration process.

Every competing athlete must register online at [games.crossfit.com](https://games.crossfit.com). Registration begins Monday, April 1. As part of the invitation process, athletes worldwide will pay a US\$50 athlete registration fee. Any athlete who qualifies for the Age-Group Quarterfinal and Individual Quarterfinal can register for both competitions and only pay once (\$50 total). They will then appear on both their individual quarterfinal leaderboard as well as their respective age group leaderboard.

Should an athlete decline their invitation, CrossFit does not intend to backfill that spot to the next athlete in line.

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### 2.05 - QUARTERFINALS - JUDGING AND VALIDATION

Athletes and teams submitting scores are encouraged to use a registered judge (an individual who has passed the 2024 Judges Course) for each workout. All advancing athletes and teams may be asked to submit videos of all workout performances. Upon request, any athlete or team with a qualifying score on any Quarterfinals workout will be required to provide video of their performance. If they cannot provide a video with proof that the workout was conducted within the given score submission window, they may receive a 0 score.

Scores will be submitted in a similar fashion as they were during the Open competition. See sections 1.21 and 1.22 as well as Appendix D for additional information.

All videos submitted for review must adhere to the video submission guidelines provided.

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### 2.06 - QUARTERFINALS - EVENT FORMAT NEW

Individual, age-group, and team athletes will compete in a series of workouts throughout their competitions. All score submission deadlines



must be met, and there will be no exceptions for late scores. There will be no scaling options.

There will be two competition windows in which athletes will need to perform workouts and submit scores. During the competition windows, athletes will have to complete the designated number of workouts and submit scores (and videos) for each workout.

Teams:

- The first window will be from: Wednesday, April 3, at 12 p.m. PT until Saturday, April 6, at 5 p.m. PT.
- The second window will be from: Saturday, April 6, at 5 p.m. PT until Monday, April 8, at 5 p.m. PT.

Individuals and Age Groups:

- The first window will be from: Wednesday, April 17, at 12 p.m. PT until Saturday, April 20, at 5 p.m. PT.
- The second window will be from: Saturday, April 20, at 5 p.m. PT until Monday, April 22, at 5 p.m. PT.

The exact number of workouts that will need to be performed within each window will be released once the competition begins.

The team event format will be programmed for two men and two women. The only requirement is that teams must complete the workouts together. Once competition begins, the team must select only two men and two women from the Competition Team roster to compete for the duration of the Quarterfinals. It is not permitted to substitute in the remaining athletes for any reason. Should a member of the team get injured during the competition or need to leave the team for any reason, teams will not be allowed to use their remaining members to complete the competition.

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## 2.07 - QUARTERFINALS - SCORING FORMAT NEW

For individual and age-group athletes competing in the Quarterfinals, all rankings from the Open will reset and each athlete will start with the same rank. Athletes will then have scores tabulated from the Quarterfinals to determine their final rank leading up to Semifinals. If an athlete fails to post a valid score in a Quarterfinal workout for any reason, that athlete will receive a score of "0" for that workout.

Age-group athletes ages 16-54 who are competing in both the Age-Group Quarterfinal and Individual Quarterfinal only need to complete the workout once and submit their score once. Their score will then appear on both their individual-division leaderboard as well as their respective age-group division leaderboard.

For teams competing in the Quarterfinals, all rankings from the Open will reset and each team will start with the same rank. Teams will then have scores tabulated from the Quarterfinals to determine their final rank leading up to Semifinals. If a team fails to post a valid score in a Quarterfinal workout for any reason, that team will receive a score of "0" for that workout.

Ties on the overall leaderboard for the Quarterfinals will be broken by awarding the best position to the athlete or team with the highest result in any single Quarterfinal workout. If athletes or teams remain tied after the first tiebreaker, the process continues to their next-highest single result, and so forth. Results from individual Open workouts will not be used to break ties on the overall Quarterfinals leaderboard. Ties will not be broken for single workout results. More than one athlete or team can share a workout result, and each will earn the original point value.

During the Quarterfinals, athletes are ranked on the leaderboard based on their total placement in all workouts. For example, an athlete with 2nd-place, 3rd-place, and 5th-place finishes will have 10 total points (2+3+5=10) and be ranked ahead of an athlete with 1st-place, 2nd-place, and 10th-place finishes, who would have 13 points (1+2+10=13).

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## 2.08 - QUARTERFINALS - VIDEO REVIEW NEW

**INDIVIDUALS/TEAMS:**

The following number of top athletes and teams — overall — in each region are required to submit video of all workouts at the time they submit their score:

- Individuals: 60 women and 60 men.
- Teams: 40 teams.

**AGE GROUPS:**

The following number of top athletes — overall — in each age division must be prepared to submit video of all workouts at the time they submit their score:

- Age groups: 250 women/girls and 250 men/boys.

At the conclusion of the competition, CrossFit will select one workout to review. If more review is required for an athlete, CrossFit may elect to review another workout.

Athletes will have 24 hours to provide any requested videos. Failure to provide videos as required will result in a score of "0" for the



**requested workout(s). The leaderboard will then be adjusted accordingly.**

Athletes and teams ranked outside the numbers above may also be requested to submit videos if they qualify to compete at the Semifinals. Failure to provide videos as required will result in a score of “O” for the requested workout(s).

All submitted videos are subject to review. Any video that is reviewed will be either validated, modified, or invalidated. The same scoring protocol from the regular Open video review process will be applied to this video review process. See section 1.22 for more information on the scoring protocol and outcomes.

Athletes and teams may qualify to compete at a Semifinal competition if their score is validated and/or modified. If an athlete or team’s score is modified, the athlete’s or team’s overall rank will be recalculated with this new score. If the athlete or team remains ranked in a high-enough position following this recalculation, the athlete or team may receive an invitation to a Semifinal competition.

If a video is invalidated (based on section 1.22 standards), the individual athlete or team will not be allowed to continue in the competition and the rest of their scores will be removed from the leaderboard.

At any time during the Open and Quarterfinals, CrossFit may request additional videos from any athlete or team.

CrossFit will make an announcement when the video review process is complete.

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### 2.09 - QUARTERFINALS - LEADERBOARD FINALIZATION NEW

Leaderboards will not be set until after the video review process is complete. Only after this time will athletes know if they are advancing to the next stage of competition. CrossFit will make an announcement when each leaderboard is final.

The Team leaderboard will be set no later than April 15, 2024.

The Individual leaderboard will be set no later than April 29, 2024.

The Age-Group leaderboard will be set no later than May 1, 2024.

The number of individual athletes and teams to qualify for the next stage of competition will be listed in the Semifinals section of the CrossFit Games Rulebook.

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### 2.10 - QUARTERFINALS - ATHLETES QUALIFYING FOR SEMIFINALS IN MULTIPLE DIVISIONS

After Quarterfinals, athletes who qualify for Semifinals in multiple divisions are eligible to compete as follows:

Qualifying for Semifinals in two divisions: Individual and Team

- An athlete who qualifies as an individual AND on a team must choose to compete in the individual OR team division at the Semifinals. They cannot compete both on a team AND as an individual competitor.

Qualifying for Semifinals in two divisions: Age Group and Individual OR Age Group and Team

- Athletes who qualify in an age-group division and as an individual OR on a team may compete in the Age-Group Online Semifinal and in the division they have qualified for at the in-person Semifinal.

Qualifying for Semifinals in three divisions: Age Group, Individual, and Team

- Athletes who qualify in an age-group division, as an individual, AND on a team can compete in the online Age-Group Semifinal, then they must choose whether to compete on a team or as an individual at the in-person Semifinal. They cannot compete both on a team AND as an individual competitor.

**Note:** An athlete who decides to compete as an individual at Semifinals who is also on a qualifying team’s competition roster (see section 2.03) is still eligible to compete with the team at the CrossFit Games should the team advance past Semifinals.

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## SEMIFINALS - INDIVIDUALS & TEAMS

### 3.01 - SEMIFINALS - INDIVIDUALS & TEAMS NEW

For the 2024 season, there will be seven (7) Semifinals competitions worldwide. The Semifinals competitions will be operated by other entities that have been officially sanctioned and licensed by CrossFit as part of the CrossFit Games season.

Semifinals programming, score management, and invitations for these events will be determined by CrossFit, LLC.

The top individual athletes and teams will advance to one of seven (7) competition-region-based Semifinals based on their performance during the Quarterfinals. Competing athletes and teams will compete in the respective regions from which they qualified. A list of the countries and territories within each of the competitive region boundaries is available [HERE](#).

Each competition region will host one Semifinal with the opportunity to qualify athletes and teams to the CrossFit Games.

The 2024 Semifinals will take place over three consecutive weekends in May and June (between May 17 and June 2). Exact competition dates for each Semifinal will be published on the CrossFit Games website. For any questions concerning competition dates for a specific competitive region, contact [support@crossfitgames.com](mailto:support@crossfitgames.com).

Top finishers from the CrossFit Games Semifinals will advance to compete at the CrossFit Games.

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### 3.02 - SEMIFINALS INVITATION PROCESS - ELIGIBLE INDIVIDUALS & TEAMS NEW

The video review process from the Individual Quarterfinal will be completed by April 29, 2024. At the end of this review period, the final leaderboard standings for individual athletes will be set and the invitation process for Semifinals will begin. Semifinal invitations will be emailed to the top men and women in each region by May 1, 2024.

As part of the Semifinal invitation process, athletes may be required to submit proof of citizenship. The CrossFit Games will notify semifinalists and request this proof. Individual athletes will be contacted with additional information via email.

**Each Semifinal will host up to 40 men and 40 women.**

The competitive strength-of-field from each region will be considered when determining the final number of qualifying positions from each Semifinal to the Games. See section 3.12 for additional information.

The Team Quarterfinal video review process is to be completed by April 15, 2024, at 5 p.m. PT. At the end of this review period, the final leaderboard standings for teams will be set and the invitation process for Semifinals will begin. Semifinal invitations will be emailed to the top teams in each region by April 18, 2024.

**Each Semifinal will host up to 30 teams.**

Semifinals will not be awarded additional team qualifying positions based on strength-of-field in the 2024 season.

Athletes who have qualified to Semifinals in multiple divisions should review section 2.10.

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### 3.03 - SEMIFINALS INVITATION PROCESS - INDIVIDUAL INVITATIONS AND REGISTRATION NEW

Athletes must accept their invitations to a Semifinal by May 3, 2024, at 5 p.m. PT, or forfeit their spot. By this deadline, athletes qualifying in both the individual and team divisions must also declare whether they will compete as an individual or as a member of a team. Upon completion of the individual-athlete invitation process, final individual-athlete Semifinal rosters will be posted on the CrossFit Games website.

As part of the invitation process, athletes will receive an email containing instructions on how to register for the Semifinals and pay the US\$300 registration fee. Each athlete's name will be listed on the leaderboard for their Semifinal once they have successfully completed the registration process.

**Individual Semifinal athletes who do not qualify for the Games at a Semifinal competition and are listed on a team's six-person competition roster are eligible to compete for their team at the Games (should that team qualify for the Games).**

If a significant number of invited athletes chooses not to compete as individuals, CrossFit may, at its sole discretion, invite additional athletes based on the order of their finish during the Quarterfinals. CrossFit will make every attempt to fill a Semifinal roster. On May 10, 2024, the Semifinal rosters will be locked and CrossFit will no longer backfill any available spots.

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### 3.04 - SEMIFINALS INVITATION PROCESS - TEAM INVITATIONS & ROSTER DECLARATION NEW

Teams must accept their invitations to a Semifinal by April 25, 2024, at 5 p.m. PT, or forfeit their team spot. If a significant number of invited teams chooses not to compete, CrossFit may, at its sole discretion, invite additional teams based on the order of their finish during the Quarterfinals. CrossFit will make every attempt to fill a Semifinal roster. On May 10, 2024, the Semifinal rosters will be locked and CrossFit will no longer backfill any available spots.

As part of the invitation process, the team manager will receive an email containing instructions on how to register for the Semifinals and pay the US\$600 team registration fee.

Before the start of the Semifinals competition, any two men and two women from the team's competition roster (designated before the Quarterfinals) will register on-site and compete. As long as the two men and two women registering at Semifinals are part of the team's competition roster, they may be different from the two men and women who completed the Quarterfinals.

Once the two men and two women have registered on-site, no other athletes will be involved in any way in the on-site registration process, nor will they be eligible to compete at Semifinals. The remaining members of the team's competition roster may only be used should a team member be unexpectedly injured or forced to withdraw prior to on-site registration at the Semifinal event.

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### 3.05 - SEMIFINALS - INDIVIDUALS & TEAMS - ON-SITE REGISTRATION

The dates and locations for Semifinals will be distributed on the CrossFit Games website and/or through email to athletes or team managers. It is the responsibility of each athlete and team to meet all required travel and scheduling commitments. Athletes are required to designate a point of contact with the Semifinal organizer at registration and maintain this for the duration of Semifinals.

Upon arriving at the registration site at the designated date and time, athletes will register on-site by providing event staff with a valid and generally accepted form of identification, such as a driver's license or passport. All athletes from a team must register on-site together. Photo ID must be provided by all team athletes (the four competing athletes and two optional alternates). Team captains also will confirm the team's four competing athletes at registration.

During the registration process, athlete and team coaches must be declared. Coaches must be on-site to register and receive their credentials. Only one coach per athlete or team will receive a credential for the entire competition. Coach credentials are non-transferable. Coaches must be 18 years or older.

If there are any additional questions regarding on-site registration, athletes should contact the Semifinal organizer directly.

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### 3.06 - SEMIFINALS - INDIVIDUALS & TEAMS - EVENT DETAILS AND ON-SITE BRIEFING

All Individual and Team Semifinal tests will be released to the public by Friday, May 10, one week prior to the first Semifinal competition.

All participating athletes will be required to attend on-site briefings during the competition to include topics such as:

- Competition rules and expectations.
- Venue orientation and introduction to key event staff.
- Specific movement standards and required range of motion.

If there are any questions regarding event details, athletes should contact the Semifinal organizer directly. Specific contacts for each Semifinal competition will be emailed to athletes upon acceptance of their Semifinal invites.

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### 3.07 - SEMIFINALS - INDIVIDUALS & TEAMS - LEADERBOARD RANKINGS

Individual athlete and team performances will be ranked in each test. Points will be assigned based on an athlete's or team's relative ranks (i.e., their rank when compared to the performance of other athletes and teams). These points will be used to rank the athletes and teams on each Semifinal leaderboard.

Ties on each Semifinal's overall leaderboard will be broken by awarding the best position to the athlete or team who has the highest result in any single test. If athletes or teams remain tied after this first tiebreaker, the process continues to their next-highest single result, and so forth. Ties will not be broken for single test results. More than one athlete or team can share a test rank, and each will earn the original point value. The athlete or team with the top performance across multiple tests in a competition wins that competition.

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### 3.08 - SEMIFINALS - INDIVIDUALS & TEAMS - SCORING NEW

Specific scoring formats will be provided when the test formats are announced and during on-site briefings. For teams, any configuration of men, women, or total number of athletes contributing to the test score may be required.

Tests may have time penalties. Failure to complete a test in the designated time may result in a specified penalty for any portion of the test not completed, or may result in the athlete or team not advancing to the next test, regardless of overall rank.

Tests may have a minimum work requirement in terms of the amount of time, repetitions, weight, or rounds to be completed in order to advance. Any such minimums will be announced as part of the test format. Failure to complete the minimum work requirement may cause the athlete or team not to advance in the competition, regardless of overall rank.

If there is no minimum work requirement for a test, athletes are expected to continue attempting to complete each test for the duration of their heat. This means they are actively attempting to complete the specific movements of the test as it is written until the time cap expires. Athletes who are unwilling or unable due to injury to continue attempting to complete each test within the time cap may be removed from competition. This does not apply to athletes who have reached failure and are taking extended recovery time in an attempt to finish.

Tests may use chip timing (transponders) for official timing. For chip-timed tests, the chip will be placed on the same area of the body for all athletes. The official time for each athlete will be recorded when the transponder reaches the finish mat or crosses the finish line.

During competition, if an athlete or team does not advance to the next test for any reason (DNF, injury, etc.), the athlete or team will be withdrawn from competition. **The athlete or team will retain all points they have earned in competition up to the point of withdrawal and will be ranked accordingly.**

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### 3.09 - SEMIFINALS - INDIVIDUALS & TEAMS - APPEALS NEW

Athletes or team captains should file on-site appeals, test protests, or scoring questions with the Appeals Manager immediately following the event or at the earliest possible opportunity. Coaches are welcome to be involved with the appeals process but only after the completion of the event and in conjunction with the athlete.

Athletes are welcome to bring all concerns to the Appeals Manager, who will help them determine if a situation is up for appeal. It is likely that judgment calls made during an event are final and not negotiable or subject to change, modification, or appeal. In addition, athletes may not protest discrepancies related to the judging, scoring, or performance of another athlete or team.

An athlete or team **CANNOT** appeal live judgment calls and no reps by the judge. Common examples include but are not limited to:

- Most range of motion faults (end ranges of rep), such as:
- Depth of a squat.
- Extension of hips, knees, or arms.
- Stabilization of a lift or equipment overhead.

Examples of events or actions an athlete or team **CAN** appeal include:

- Scorecard or leaderboard data inconsistencies or errors.
- Counting inconsistencies or errors (i.e., the total number of repetitions completed was incorrect).
- Loading inconsistencies or errors.
- Course markings or directional inconsistencies or errors.
- Equipment or monitor failure that was not the responsibility of the athlete.
- Miscommunication by a judge regarding movement standards or event order or direction.
- Action of another athlete or person that impeded the athlete's progress.

Two-appeal rule:

- Athletes/teams will start the competition with two appeals.
- Following each test, athletes/teams have the option to appeal (see eligible list above).
- If after investigation the appeal is granted, the athlete/team will retain their appeal count.
- If after investigation the appeal is denied, the athlete/team will lose one appeal from their appeal count.
- If an athlete/team exhausts their appeal count, they will not be allowed to make any other appeals over the remainder of the competition.
- Missing mandatory competition responsibilities such as athlete registration or test briefings may result in a loss of an appeal at the Head Judge's discretion.

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### 3.10 - SEMIFINALS - INDIVIDUALS & TEAMS - APPEALS PROCESS NEW

For all on-site appeals, event protests, or scoring questions, the following process will be used:

- The competing athlete or team captain will state the case and request an Appeals Form from the Appeals Manager.
- If the issue is eligible for appeal (see section 3.09), the athlete or team captain will fill out the Appeals Form.
- As soon as possible and prior to the end of the competition day, the athlete or team captain will return the Appeals Form to the Appeals Manager.
- The Head Judge, the involved judge(s), and/or the on-site competition director will review the submitted Appeals Form and complete the fact-finding process for the issue in question.
- When a decision has been reached, the athlete/team will be contacted with the results of the appeal.

Appeals should be considered pending until the athlete or team has been contacted with a resolution.

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.

**No media of any kind is permitted during the appeals process.**

Nothing in these procedures concerning event appeals, scoring discrepancies, event movement standards, or range-of-motion requirements should be read as a limitation on CrossFit's right to run or operate any CrossFit-supported or sponsored event as it sees fit in its sole and absolute discretion. **The Head Judge and the Semifinal organizer's decisions are final.** This includes the right to remove or disqualify any team or athlete at the Semifinal organizer's sole and absolute discretion.

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### 3.11 - SEMIFINALS - INDIVIDUALS & TEAMS - INJURY POLICY NEW

In the case of injury, any athlete who is unable to finish a test, or who requires medical attention following a test, must receive clearance from the Medical Staff and the Head Judge before returning to competition. The Head Judge, in collaboration with other Semifinal event leadership and/or CrossFit Games leadership, will have the authority to remove the athlete from competition at any time based on the severity of the injury, the athlete's inability to complete a test, likelihood of further injury, and/or other factors.

Individual or team athletes who miss their heat due to injury or while undergoing medical treatment or assessment will be disqualified from the competition. If a team cannot take the field with a full roster, they will be removed from the competition. The athlete/team will retain the points they have earned in competition and will be ranked accordingly.

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### 3.12 - SEMIFINALS - INDIVIDUALS & TEAMS - ADVANCEMENT NEW

At the conclusion of the competition weekend, the top men, women, and teams from each Semifinal will advance to the Games to compete for the title of Fittest on Earth™. Each Semifinal competition will have a minimum number of individual qualifying positions as follows:

- **North America East:** top 5 men, top 5 women.
- **North America West:** top 5 men, top 5 women.
- **Europe:** top 5 men, top 5 women.
- **Oceania:** top 3 men, top 3 women.
- **Asia:** top 2 men, top 2 women.
- **South America:** top 2 men, top 2 women.
- **Africa:** The top man and top woman.

In addition to the minimum number of individual qualifying positions, each Semifinal may be awarded additional qualifying positions based on the strength-of-field present at the competition. The men's and women's divisions at each Semifinal will be evaluated separately when awarding additional qualifying positions. The total number of individual qualifying positions for each Semifinal will be announced before on-site registration at the first Semifinal.

The number of qualifying positions for teams will be as follows:

- **North America East:** top 8 teams.
- **Europe:** top 8 teams.
- **North America West:** top 7 teams.
- **Oceania:** top 3 teams.
- **South America:** top 2 teams.
- **Asia:** top team.
- **Africa:** top team.

Semifinals will not be awarded additional team qualifying positions based on strength-of-field in the 2024 season.

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### 3.13 - SEMIFINALS - CASH PRIZES

Cash prizes will be awarded to the top athletes and teams at each Semifinal. All cash prizes are paid in U.S. dollars.

Event winners and other compensated athletes may be required to present valid identification to claim prizes. All prizes, regardless of whether such a prize is cash, are subject to applicable taxes and withholding, and the prize winner's compliance with, and agreement to, CrossFit's prize affidavit. In order for prize money to be collected, the athlete affidavit, tax forms, and payment form must be completed and returned to CrossFit by the date set forth by CrossFit in the prize affidavit. If these forms are not received by this date, prize money will be forfeited.

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's prize affidavit. It is the athlete's sole responsibility to comply with paying any and all applicable taxes in connection with any prizes, regardless of whether such a prize is cash.

Prize money will only be released once the drug-testing process has been finalized. Only athletes and teams who have been drug tested with a confirmed negative result are eligible to receive prize money.

If a top athlete or team becomes disqualified, CrossFit will only award prizes to an athlete or team that sits one spot lower on the leaderboard.

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### 3.14 - SEMIFINALS - INDIVIDUALS & TEAMS - DRUG TESTING

Drug testing is required for any individual athlete or team to advance to the Games or collect prizes. Failure to comply with CrossFit's instructions and the instructions of the collection agent(s) through the entire drug-testing process may result in the athlete, the team, or members of the team forfeiting a prize and being disqualified from the competition and future competition(s).

Athletes selected for drug testing will be notified by CrossFit or event staff and escorted to the drug-testing area for the administration of the drug test.

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### 3.15 - SEMIFINALS - CANCELLATION POLICY

If for any reason a live, in-person Semifinal event is canceled, the competition may move to an online format hosted by CrossFit. All athletes and teams from the respective Semifinal competition may compete in the online format with an opportunity to advance to the CrossFit Games. CrossFit may also elect to change the date and location of the in-person Semifinal event so that it may remain a live competition. Any format, date, or location changes will be communicated on the CrossFit Games website as well as sent directly to the athletes impacted by the change. If an alternate competition format is not viable for any reason, CrossFit retains the right to determine Games qualifiers by any other method deemed appropriate.

If for any reason an athlete is unable to travel to their respective Semifinal competition, CrossFit will evaluate the circumstances and may grant the opportunity to compete in another Semifinal event. Athletes with potential travel issues should contact the CrossFit Games immediately at [support@crossfitgames.com](mailto:support@crossfitgames.com).

In the event that a Semifinal competition is canceled, CrossFit (or any party) has no obligation to award any prize money. Should a Semifinal competition be modified, CrossFit reserves the right to adjust the invitation process, including updating the athletes and/or teams invited to compete. This may include backfilling and/or limiting the number of athletes and/or teams eligible to compete. CrossFit may also modify the number of divisions that will be competing. All decisions by CrossFit concerning eligibility and qualifying to the online Semifinal are final and not subject to challenge or appeal. CrossFit shall own and will have no obligation to return or maintain any materials submitted as part of the qualification process for the CrossFit Games.

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## SEMIFINALS - AGE GROUPS

### 4.01 - SEMIFINALS - AGE GROUPS

Following the Age-Group Quarterfinal, the top 200 men and top 200 women in each age division\* will advance to the online Age-Group Semifinal. Age-group athletes will submit scores and videos for each Semifinal test.

\*The Age-Group Semifinal is based on worldwide Quarterfinal rankings. The Age-Group Semifinal is not designated by region.

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### 4.02 - SEMIFINALS - AGE GROUPS - DATES AND TIMES NEW

The Age-Group Semifinal will take place Wednesday, May 8 - Monday, May 13.

Similar to Quarterfinals, there will be two competition windows in which athletes will need to perform tests and submit scores. During the competition windows, athletes will have to complete the designated number of tests and submit scores for each test.

The two competition windows:

- The first window will be from: Wednesday, May 8, at 12 p.m. PT until Saturday, May 11, at 5 p.m. PT.
- The second window will be from: Saturday, May 11, at 5 p.m. PT until Monday, May 13, at 5 p.m. PT.

The exact number of tests that will need to be performed within each window will be released once the competition begins.

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### 4.03 - SEMIFINALS - AGE GROUPS - REGISTRATION PROCESS

Once the Quarterfinals have concluded, CrossFit will send out invitations to the Age-Group Semifinal. Invitations will be sent starting May 2,

2024. Athletes must accept their invitation to the Age-Group Semifinal before the close of the first score submission window. Athletes cannot submit a score until they complete the registration process. Upon completion of the athlete invitation process, final age-group athlete rosters will be posted on the CrossFit Games website.

Every competing athlete must register online at [games.crossfit.com](https://games.crossfit.com). As part of the invitation process, athletes worldwide will pay a US\$50 athlete registration fee.

Age-group athletes who have also qualified to compete in the Individual Semifinal and/or Team Semifinal should refer to section 2.10 for more information on competing in multiple divisions.

Should an athlete decline their invite, CrossFit does not intend to backfill that spot to the next athlete in line.

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#### 4.04 - SEMIFINALS - AGE GROUPS - JUDGING AND VALIDATION NEW

Age-group athletes submitting scores must use a registered judge (an individual who has completed the 2024 Judges Course) for each test. **In addition, all tests must be recorded on video.** All athletes in an advancing position must submit all their videos. Failure to provide video of a test will result in penalty or disqualification.

Scores will be submitted in a similar fashion as they were during the Open and Quarterfinals.

All videos submitted for review must adhere to the video submission guidelines provided.

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#### 4.05 - SEMIFINALS - AGE GROUPS - SCORING FORMAT NEW

At the start of the Age-Group Semifinal, all rankings from Quarterfinals will reset, and each athlete will start with the same rank. Age-group athletes then will have scores tabulated from the Semifinal to determine their final rank. If an athlete fails to post a valid score in a Semifinal test for any reason, that athlete will receive a score of "0" for that test.

Ties on the overall leaderboard for the Semifinals will be broken by awarding the best position to the athlete who has the highest result in any single Semifinal test. If athletes remain tied after this first tiebreaker, the process continues to their next-highest single result, and so forth. Results from Quarterfinal tests will NOT be used to break ties on the overall Semifinals leaderboard. Ties will not be broken for single test results. More than one athlete can share a test result, and each will earn the original point value.

During the Age Group Semifinals, athletes are ranked on the leaderboard based on their total placement in all workouts. For example, an athlete with 2nd-place, 3rd-place, and 5th-place finishes will have 10 total points ( $2+3+5=10$ ) and be ranked ahead of an athlete with 1st-place, 2nd-place, and 10th-place finishes, who would have 13 points ( $1+2+10=13$ ).

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#### 4.06 - SEMIFINALS - AGE GROUPS - VIDEO REVIEW NEW

**The following number of top athletes, overall, in each age division must submit video of all tests:**

- All divisions: The top 60 men and 60 women.

**At the conclusion of the competition, CrossFit will select one test to review. If more review is required for an athlete, CrossFit may elect to review another test.**

**Athletes will have 24 hours to provide any requested videos. Failure to provide videos as required will result in a score of "0" for the requested test(s). The leaderboard will then be adjusted accordingly.**

CrossFit may also request videos from athletes ranked outside the numbers above. Failure to provide videos as required will result in a score of "0" for the requested test(s). The required video(s) will be verified by CrossFit prior to notifying athletes that they qualified for the CrossFit Games.

All submitted videos are subject for review. Any video that is reviewed will be either validated, modified, or invalidated. The same scoring protocol from the regular Open video review process will be applied to this video review process. See section 1.22 for more information on the scoring protocol and outcomes.

If a video is invalidated (based on section 1.22 standards), the athlete will not be allowed to continue in the competition and the rest of their scores will be removed from the leaderboard.

Athletes may qualify to compete at the CrossFit Games if their score is validated or modified. If an athlete's score is modified, the athlete's overall rank in the Semifinals will be recalculated with this new score. If the athlete remains ranked in a high-enough position following this recalculation, the athlete may qualify to compete at the CrossFit Games.

CrossFit will make an announcement when the video review process is complete.

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#### 4.07 - SEMIFINALS - AGE GROUPS - LEADERBOARD FINALIZATION AND ADVANCEMENT NEW

The leaderboard will be set and used to determine which athletes are advancing to the finals only after the video review process is complete. The leaderboard will be finalized no later than May 28, 2024.

The following number of masters athletes (35+) will advance to the Masters CrossFit Games:

- Masters 35-39 division: The top 40 men and 40 women.
- Masters 40-44 division: The top 40 men and 40 women.
- Masters 45-49 division: The top 40 men and 40 women.
- Masters 50-54 division: The top 30 men and 30 women.
- Masters 55-59 division: The top 30 men and 30 women.
- Masters 60-64 division: The top 20 men and 20 women.
- Masters 65+ division: The top 20 men and 20 women.

The following number of teenage athletes (14-17) will advance to the Teenage CrossFit Games:

- Teenagers 14-15 division: The top 30 boys and 30 girls
- Teenagers 16-17 division: The top 30 boys and 30 girls

After Semifinals, should an age-group athlete advance in an age-group division and as an individual OR on a team, they may compete in both finals.

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### THE GAMES

#### 5.01 - THE GAMES NEW

The CrossFit Games season for individuals and teams culminates with the CrossFit Games finals. During the multiday competition, the top athletes and teams will compete for the title of Fittest on Earth™.

The CrossFit Games season for masters and teenage athletes will conclude at the Masters CrossFit Games and the Teenage CrossFit Games, respectively. During the multiday competitions, top athletes will compete for their division championships.

The rules outlined in the following sections apply to the masters and teenage finals as well unless otherwise stated. When “athletes” are referenced in this section, it should be assumed to include masters and teenage athletes. The event organizers may provide additional rules/ information on-site to support the rules in this section.

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#### 5.02 - GAMES REGISTRATION PROCESS - INDIVIDUALS

Shortly after qualifying for or receiving an invitation to the Games and prior to arriving on-site, all individual athletes who wish to compete in the Games will receive an email containing instructions on how to register for the Games and pay the US\$300 individual athlete registration fee. The email will also provide information on hotel accommodations, credentials, and Games tickets, as well as a basic schedule listing the dates and times for athlete check-in and orientation.

If an athlete declines their invitation to compete at the Games, their spot may be backfilled to the next eligible athlete from their respective Semifinal competition.

Should an individual athlete violate CrossFit's Drug Policy prior to arriving at the CrossFit Games, CrossFit may award the position to the next eligible athlete from their respective Semifinal competition depending on the timing of the failed test.

In the event of a backfill or violation of CrossFit's Drug Policy, no more than three athletes outside of qualifying position may be eligible for a backfill position.

CrossFit will not backfill for athletes who do not officially decline their invitation.

Athletes who have questions before traveling to the Games may contact [support@crossfitgames.com](mailto:support@crossfitgames.com) for assistance.

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### 5.03 - GAMES REGISTRATION PROCESS - TEAMS NEW

Shortly after qualifying for or receiving an invitation to the Games and prior to arriving on-site, team athletes will receive an email containing instructions on how to register for the Games and pay the US\$600 team registration fee. The email also will provide information on hotel accommodations, credentials, and Games tickets, as well as a basic schedule listing the dates and times for athlete check-in and orientation. Prior to arriving on-site, teams will need to declare the two men and two women from their Competition Roster they plan to have competing at the Games.

Before the start of the competition, any athletes from the team's competition roster (designated during Quarterfinals) may register on-site. Teams will designate the two men and two women that will compete. As long as the athletes registering on-site at the Games are part of the team's competition roster, the two men and two women who compete may be different from the two men and women who competed at the Semifinals.

Teams may substitute any athlete on their competition roster up to the point of athlete check-in prior to the first official team brief. Once the team is checked in for the first brief, no further substitutions will be allowed throughout the remainder of the competition.

Teams will use their licensed affiliate gym name as their team name at the Games. Teams may not use a sponsor name or any form of a sponsor name as part of their official team name. Training programs, supplement companies, apparel companies, etc., are not allowed to be part of the team name. Upon registering, teams may be asked to select a new team name if the team's proposed name violates the policy.

If a team declines its invitation to compete at the Games, the team's spot will be backfilled to the next eligible team from the team's respective Semifinal competition.

If any of the team members on the team's Competition Roster violate CrossFit's Drug Policy, the team's invitation may pass to the next eligible team from the team's respective Semifinal competition depending on the timing of the failed test.

In the event of a backfill or violation of CrossFit's Drug Policy, no more than three teams outside of qualifying position will be eligible for a backfill position.

CrossFit will not backfill spots for teams who do not officially decline their invitation.

Team managers or athletes who have questions before traveling to the Games may contact [support@crossfitgames.com](mailto:support@crossfitgames.com) for assistance.

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### 5.04 - GAMES REGISTRATION PROCESS - AGE-GROUP ATHLETES NEW

Shortly after qualifying for the Games from the Age-Group Semifinal and prior to arriving on-site, age-group athletes will receive an email containing instructions on how to register for the CrossFit Games and pay the US\$300 age-group athlete registration fee.

If an athlete declines their invitation to compete at the Games, their spot will be backfilled to the next eligible athlete from Semifinals in their respective age division.

Should an athlete violate CrossFit's Drug Policy prior to arriving at the CrossFit Games, CrossFit may award the position to the next eligible athlete from their respective age division depending on the timing of the failed test.

In the event of a backfill or violation of CrossFit's Drug Policy, no more than three athletes outside of qualifying position in any division will be eligible for a backfill position.

CrossFit will not backfill spots for athletes who do not officially decline their invitation.

If an age-group athlete qualifies in both an age-group division AND as an individual OR on a team, they may compete in both finals.

Athletes who have questions before traveling to the CrossFit Games should contact their event organizers directly.

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### 5.05 - GAMES - ON-SITE REGISTRATION INDIVIDUALS/TEAMS:

The dates, location, and travel information for the Games will be distributed on the CrossFit Games website and/or through email to athletes or team managers. It is the responsibility of each athlete and team to meet all required travel and scheduling commitments. This includes, but is not limited to, all non-competition appearances and media commitments. Athletes are required to designate a point of contact with CrossFit at registration and maintain this for the duration of the Games.

Upon arriving, athletes will register by providing Games staff with a valid and generally accepted form of identification, such as a state driver's license or passport. All athletes from a team must register together. Photo ID must be provided by all team athletes (the four competing athletes and two optional alternates). Team captains will also confirm the team's four competing athletes at registration.

Once proof of identity has been verified, athletes will receive a packet containing their athlete credential, complimentary spectator passes, media interview schedule (if required), coach's declaration form, most recent schedule, important point of contact information, and a venue map with parking information.

During the registration process, athlete and team coaches **must** be declared. Coaches **must** be on-site to register and receive their credentials. Only one coach per athlete or team will receive a credential for the entire competition. Coach credentials are non-transferable. Prior to receiving their credentials, coaches **must** attend a mandatory orientation and complete the online Judges Course. Coaches **must** be 18 years or older.

As part of the registration process, athletes will receive uniforms for the competition.

Athletes will be scheduled for interviews and photographs as required.

**AGE GROUPS:**

Information regarding the registration process will be communicated by each event organizer respectively. Any questions regarding the registration process should be directed to the event organizers.

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**5.06 - GAMES - TEST ANNOUNCEMENTS**

Athletes and teams will compete in multiple workouts — called “tests” — over multiple days. In keeping with the spirit of the Games, the schedule and tests will be released shortly before the competition begins. Test details will be released prior to the start of a test and transmitted in a consistent manner for all eligible athletes.

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**5.07 - GAMES - ON-SITE BRIEFINGS**

Athletes and teams will be briefed on tests through scheduled test briefings. It is the responsibility of each competing athlete and team to attend all briefings and all events on the competition schedule.

**Athlete attendance is mandatory for the daily athlete and team briefings.** The time and location of the briefings will be communicated to all athletes and teams. Athletes and teams who are late to or absent from a briefing may lose one appeal for each incident and also may be disqualified from further competition.

Demonstration of a test's movement standards, including the acceptable ranges of motion, or demonstration of unacceptable movements or ranges of motion is not required. Such demonstration methods will be used at the discretion of the Head Judge or on-site director.

Judges will attend athlete and team briefings as well as their own briefings to prepare for each test.

Should any athlete require a translator for the test briefing, they will need to speak with the Athlete Control lead on-site to receive approval for the translator to be present.

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**5.08 - GAMES - EVENT ATHLETE SEEDING**

All competing athletes will be seeded going into the Games competition. Seeding for the first test of the competition will be determined by comparing all qualifying athletes' placements across all Semifinals.

Individuals and teams will typically be reseeded after each test based on current competition rank.

Event seeding for age-group athletes will be based on Semifinal ranking.

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**5.09 - GAMES - LEADERBOARD RANKINGS**

Athlete and team performances will be ranked in each test. Points will be assigned according to an athlete's or team's relative rank (i.e., performance when compared to the performance of other athletes or teams). These points will be used to rank the athletes and teams on the CrossFit Games leaderboard.

Ties on the overall leaderboard will be broken by awarding the best position to the athlete/team with the highest result in any single test. If athletes/teams remain tied after this first tiebreaker, the process continues to the next-highest single result, and so forth. Ties will not be broken for single test results. More than one athlete/team can share a test rank, and each will earn the original point value. The athlete/team with the top performance across multiple tests in a competition wins that competition.

As the Games competition unfolds, only the top-ranked athletes and teams may be selected to continue in the competition.

Every athlete or team who stands atop the overall CrossFit Games leaderboard at the end of the competition earns the title of Fittest on Earth™.

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## 5.10 - GAMES - SCORING

Specific scoring formats will be provided when the test formats are announced and during on-site briefings. For teams, any configuration of men, women, or total number of athletes contributing to the score may be required.

Tests may have time penalties. Failure to complete a test within the designated time may result in a specified penalty for any portion of the test not completed or may result in the athlete or team not advancing to the next test, regardless of overall rank.

Tests may have a minimum work requirement in terms of the amount of time, repetitions, weight, or rounds to be completed in order to advance. Any such minimums will be announced as part of the test format. Failure to complete the minimum work requirement may cause the athlete or team to not advance in the competition, regardless of overall rank.

If there is no minimum work requirement for a test, athletes are expected to continue attempting to complete each test for the duration of their heat. This means they are actively attempting to complete the specific movements of the test as it is written until the time cap expires. Athletes who are unwilling or unable due to injury to continue attempting to complete each test within the time cap may be removed from competition. This does not apply to athletes who have reached failure and are taking extended recovery time in an attempt to finish.

Tests may use chip timers (transponders) for official timing. For chip-timed tests, the chip will be placed on the same area of the body for all athletes. The official time for each athlete will be recorded when the transponder reaches the finish mat or crosses the finish line.

During competition, if an athlete or team is unable to participate in the next test for any reason (DNF, injury, etc.), the athlete or team will be withdrawn from competition. **The athlete or team will retain the points they have earned in competition to the point of withdrawal and will be ranked accordingly.**

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## 5.11 - GAMES - APPEALS NEW

Athletes or team captains should file on-site appeals, test protests, or scoring questions with the Appeals Manager immediately following the event or at the earliest possible opportunity. Coaches are welcome to be involved with the appeals process but only after the completion of the event and in conjunction with the athlete.

Athletes are welcome to bring all concerns to the Appeals Manager, who will help them determine if a situation is up for appeal. It is likely that judgment calls made during an event are final and not negotiable or subject to change, modification, or appeal. In addition, athletes may not protest discrepancies related to the judging, scoring, or performance of another athlete or team.

An athlete or team **CANNOT** appeal live judgment calls and no reps by the judge. Common examples include but are not limited to:

- Most range of motion faults (end ranges of rep), such as:
- Depth of a squat.
- Extension of hips, knees, or arms.
- Stabilization of a lift or equipment overhead.

Examples of events or actions an athlete or team **CAN** appeal include:

- Scorecard or leaderboard data inconsistencies or errors.
- Counting inconsistencies or errors ( i.e., the total number of repetitions completed was incorrect).
- Loading inconsistencies or errors.
- Course markings or directional inconsistencies or errors.
- Equipment or monitor failure that was not the responsibility of the athlete.
- Miscommunication by a judge regarding movement standards or event order or direction.
- Action of another athlete or person which impeded the athlete's progress.

Two-appeal rule:

- Athletes/teams will start the competition with two appeals.
- Following each test, athletes/teams have the option to appeal (see eligible list above).
- If after investigation the appeal is granted, the athlete/team will retain their appeal count.
- If after investigation the appeal is denied, the athlete/team will lose one appeal from their appeal count.
- If an athlete/team exhausts their appeal count, they will not be allowed to make any other appeals over the remainder of the competition.
- Missing mandatory competition responsibilities such as athlete registration or test briefings may result in a loss of an appeal at the Head Judge's discretion.

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## 5.12 - GAMES - APPEALS PROCESS **NEW**

For all on-site appeals, event protests, or scoring questions, the following process will be used:

- The competing athlete or team captain will state the case and request an Appeals Form from the Appeals Manager.
- If the issue is eligible for appeal (see section 5.11), the athlete or team captain will fill out the Appeals Form.
- As soon as possible and prior to the end of the competition day, the athlete or team captain will return the Appeals Form to the Appeals Manager.
- The Head Judge, the involved judge(s), and/or the on-site competition director will review the submitted Appeals Form and complete the fact-finding process for the issue in question.
- When a decision has been reached, the athlete/team will be contacted with the results of the appeal.

Appeals should be considered pending until the athlete or team has been contacted with a resolution.

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.

**No media of any kind is permitted during the appeals process.**

Nothing in these procedures concerning event appeals, scoring discrepancies, event movement standards, or range-of-motion requirements should be read as a limitation on CrossFit's right to run or operate any CrossFit-supported or sponsored event as it sees fit in its sole and absolute discretion. **The Head Judge and CrossFit's decisions are final.** This includes the right to remove or disqualify any team or athlete at CrossFit's sole and absolute discretion.

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## 5.13 - GAMES - INJURY POLICY **NEW**

In the case of injury, any athlete who is unable to finish a test, or who requires medical attention following a test, must receive clearance from the Medical Staff and the Head Judge before returning to competition. The Head Judge, in collaboration with other CrossFit Games leadership, will have the authority to remove the athlete from competition at any time based on the severity of the injury, the athlete's inability to complete a test, likelihood of further injury, and/or other factors.

Individual, age-group, or team athletes who miss their heat due to injury or while undergoing medical treatment or assessment will be disqualified from the competition. If a team cannot take the field with a full roster, they will be removed from the competition. The athlete/team will retain the points they have earned in competition.

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## 5.14 - GAMES - REQUIRED ATTIRE/GEAR **NEW**

### INDIVIDUALS/TEAMS:

Athletes must comply with CrossFit's uniform requirements. Only official competition apparel or items expressly pre-approved by CrossFit will be permitted on the competition floor and at athlete functions such as orientations. Athletes must wear the supplied uniform during all competition events, meaning athletes must enter the field of play with one issued bottom and one issued top. Athlete jersey numbers must be visible during all competition events. Competition jerseys may not be altered.

Athletes are not allowed to display any commercial logo on their competition wear (with the exception of CrossFit official partners and the manufacturer of the competition uniform) without advance approval by CrossFit. Religious attire is permitted but must be pre-approved by CrossFit.

Athletes may **ONLY** wear the apparel issued to them at registration in the following categories.

- Competition jerseys/tops.
- Sports bras.
- Bottoms.
- Swimsuits.

Other specific gear may be provided by CrossFit. In some instances, only the provided equipment in the specific category may be worn. Athletes will be notified of any specific gear requirements in the athlete information package sent via email prior to on-site registration. Any equipment that is not provided by CrossFit must meet the specifications outlined in section 7.03.

Athletes will not be permitted to display any apparel, equipment, accessories, symbols, art, graphics, or other items not expressly approved in advance by CrossFit, including, without limitation, headwear, apparel, tape, sunglasses, water bottles, stickers, logos, and body or head tattoos or art that represent a sponsor (temporary or permanent). CrossFit retains the right to disallow any piece of equipment or apparel from entering the competition floor for any reason, at its sole discretion.

## AGE GROUPS:

Information regarding uniform policies will be communicated by each event organizer respectively.

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### 5.15 - GAMES - ATHLETE ENTOURAGE NEW

Information regarding an athlete's or team's entourage will be provided in the athlete information package sent via email prior to on-site registration.

Information regarding an age-group athlete's entourage will be provided by their event organizers respectively.

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### 5.16 - GAMES - CASH PRIZES

Cash prizes will be awarded to the top performers. All cash prizes will be paid in U.S. dollars.

Event winners and other compensated athletes may be required to present valid identification to claim prizes. All prizes, regardless of whether such a prize is cash, are subject to applicable taxes and withholding and the prize winner's compliance with and agreement to CrossFit's prize affidavit. In order for prize money to be collected, the athlete affidavit, tax forms, and payment form must be completed and returned to CrossFit by the date set forth by CrossFit in the prize affidavit. If these forms are not received by this date, prize money will be forfeited.

Additional prizes may be presented by partners, sponsors, or select vendors, and all such prizes are also subject to applicable taxes, withholding, compliance with, and agreement to CrossFit's prize affidavit. It is the athlete's sole responsibility to comply with paying any and all applicable taxes in connection with any prizes, regardless of whether such a prize is cash. Prize money will be released only once drug-test results have been confirmed. Athletes can expect the drug-testing process to take between six and eight weeks at a minimum, depending on results.

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### 5.17 - GAMES - ON-SITE DRUG TESTING

Individual, age-group, and team athletes will be subject to drug testing at any time during the competition. Athletes selected for drug testing will be notified by Athlete Control personnel. Selected athletes will be escorted to the drug-testing area by Athlete Control. Athletes must follow Athlete Control and collection agent instructions and submit valid samples for drug testing to remain eligible to compete.

The following athletes will be selected for drug testing at the end of the competition:

- Top 5 overall individual men and women.
- Top 5 overall teams, all members.
- Top 5 overall masters athletes, men and women, in each division.

Athletes selected for drug testing due to order of finish must pass their drug test to claim their final placement and prize. See section 8 for more details.

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### 5.18 - GAMES - CANCELLATION/MODIFICATION POLICY

If for any reason the CrossFit Games are not capable of running as planned by reason of tampering, unauthorized intervention, fraud, technical failures, or any other causes beyond the control of CrossFit, which, in the sole opinion of CrossFit, are corrupt or affect the administration, security, fairness, integrity, or proper conduct of the CrossFit Games, CrossFit reserves the right 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 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 take place. In the event the CrossFit Games competition is canceled, CrossFit (or any party) has no obligation to award any prize money. In the event that the CrossFit Games competition is modified, CrossFit reserves the right to modify the invitation process, including updating who is invited to compete, who may be backfilled to compete, and limiting the number of athletes eligible to compete. The CrossFit Games may also modify the number of divisions that will be competing. All decisions by CrossFit concerning eligibility, qualification, and judging related to the CrossFit Games are final and not subject to challenge or appeal. Any materials submitted as part of the qualification or registration process for the CrossFit Games are governed by CrossFit's [Privacy Policy](#).

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## ADAPTIVE ATHLETES NEW

### 6.01 - ADAPTIVE ATHLETES

The adaptive-athlete season will be administered by WheelWOD. The official rulebook for the adaptive season will also be published by WheelWOD. Athletes must have a valid CrossFit account to participate in the Adaptive season.

The adaptive season will begin Feb. 29, 2024, with an online Open competition running concurrently with the CrossFit Games Open. Athletes will register and compete on the WheelWOD platform.

Once the Adaptive Open competition has concluded, the top athletes in each division will advance to an online Semifinal competition hosted on the WheelWOD platform.

After Semifinals, the top athletes in each division will advance to compete in a live, in-person final. The Adaptive CrossFit Games will take place following the CrossFit Games at a later date.

Cash prizes will be awarded to the top performers. All cash prizes will be paid in U.S. dollars.

Event winners and other compensated athletes may be required to present valid identification to claim prizes. All prizes, regardless of whether such a prize is cash, are subject to applicable taxes and withholding and the prize winner's compliance with and agreement to CrossFit's prize affidavit. In order for prize money to be collected, the athlete affidavit, tax forms, and payment form must be completed and returned to CrossFit by the date set forth by CrossFit in the prize affidavit. If these forms are not received by this date, prize money will be forfeited.

Additional prizes may be presented by partners, sponsors, or select vendors, and all such prizes are also subject to applicable taxes, withholding, compliance with, and agreement to CrossFit's prize affidavit. It is the athlete's sole responsibility to comply with paying any and all applicable taxes in connection with any prizes, regardless of whether such a prize is cash. Prize money will be released only once drug test results have been confirmed. Athletes can expect the drug testing process to take between six and eight weeks at a minimum, depending on results.

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## EQUIPMENT

### 7.01 - GENERAL **NEW**

Proper workout attire, including shoes, is required for all workouts/tests. No attire shall interfere with a judge's ability to determine whether the required movement standards and expectations for range of motion are being met. No attire shall be worn with the intent to shorten or reduce the range of motion of any movement.

Subject to CrossFit's prior approval, chalk, weight belts, non-tacky gloves, gymnastics wraps, hand tape, neoprene joint sleeves, and common fitness wear may be allowed during competition. In general, support gear that improves safety and/or comfort but does not confer advantage is allowed. Should the test call for a pull-up bar, athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar **and** wear hand protection.

Athletes may not use protective gear in a manner that provides additional grip assistance or weight support, e.g., wrapping the grip completely around the pull-up bar during pull-ups.

Common support attire that is **not** allowed includes but is not limited to: knee or elbow wraps, gymnastics dowel grips, and tacky non-chalk substances used to enhance grip. Gymnastics grips may only be used during movements where the athlete is hanging from a pull-up bar or gymnastics rings.

Unless otherwise stated, athletes may not receive assistance moving or placing equipment. Athletes who receive outside assistance to manage or place equipment during the workout/test may face penalty or disqualification.

Once athletes (individual, age group, or team) enter the competition floor, they may not receive any outside material assistance (water, tape, chalk, gloves, etc.) from spectators or coaches.

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### 7.02 - LIVE COMPETITION - INSPECTION OF PERSONAL ATTIRE

It is the athlete's responsibility at an on-site competition to only compete with approved personal attire. If an athlete is unsure whether their attire is approved or whether they have a unique piece of personal attire that is not covered in the Rulebook, they are required to ask event staff on-site for approval before taking the competition floor. Wearing unapproved attire or supporting equipment and/or using approved attire/supporting equipment in a manner that confers unique advantage on the competition floor may result in penalty or disqualification.

In general, attire is allowed that improves safety and/or comfort but does not confer advantage. No grip assistance or weight support may be derived from any device worn. No attire shall interfere with a judge's ability to determine whether the required movement standards and expectations for range of motion are being met. No attire shall be worn with the intent to shorten or reduce the range of motion of any movement.

If an athlete is found after the finish of a test to have used personal attire that is not permitted, depending on the severity of the offense, the athlete may be warned, penalty may be issued, or they may be disqualified from competition.

Athletes should only enter the competition floor with the personal equipment or attire that is necessary for that specific test. Prior to taking the

competition floor, athletes may be notified by event staff to only bring certain items onto the floor. If athletes are permitted to bring items onto the floor, they must be kept within their own competition lane. Items deemed to be excessive for a test may include extra shoes, water bottles, extra clothing items, etc. **Failing to abide by guidelines set forth by event staff may lead to a warning, penalty issued, or disqualification from competition.**

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### 7.03 - LIVE COMPETITION - SPECIFIC ATTIRE REQUIREMENTS **NEW**

There are specific attire requirements set forth by CrossFit that all athletes are required to follow during a live competition. Failure to abide by these requirements may result in a warning, penalty issued, or disqualification. Specific equipment may be provided by CrossFit. In these instances, only the provided equipment in the specific category may be worn. Any equipment that is not provided by CrossFit must meet the following specifications.

#### Shoes:

- Athletes must wear sport footwear while competing; slippers, socks, and open-toed shoes are not permitted. An exception may be made for swim tests or other specific tests.
- No part of any shoe's underside, or sole, shall be higher than 2 inches or 5 cm.
- Shoes cannot be altered from their original manufactured state to increase the sole's height.
- Athletes may only bring one pair of shoes onto the competition floor for each test unless otherwise stated.

#### Support belt:

- The main body of the belt shall be made of non-stretch materials.
- The maximum belt width is 5 inches or 13 cm, while the maximum belt thickness is ½ inch or 13 mm along the main length.

#### Knee and elbow support:

Sleeves worn on the knees and/or elbows must conform to the following specifications:

- The sleeves must be constructed entirely of a single ply of neoprene or synthetic rubber or predominantly of a single ply of neoprene or synthetic rubber plus a non-supportive single layer of fabric over the neoprene.
- The entire construction of the sleeves may not be such as to provide any appreciable support or rebound to the lifter's knees.
- The sleeves may not be worn in a manner that provides appreciable rebound (e.g., worn below the knee and folded over).
- Knee and elbow sleeves shall not have any additional strapping, velcro, drawstrings, padding, or similar supportive devices in or on them.
- Knee and elbow sleeves shall be of a maximum thickness of ¼ inch or 7 mm and a maximum length of 12 inches or 30 cm.
- Only one sleeve is permitted per knee and per elbow.
- Knee and elbow wraps of any kind are not permitted.

#### Wrist wraps:

- Wrist wraps shall not exceed 40 inches or 1 meter in length and 3¼ inches or 8 cm in width.
- Any sleeves and Velcro patches/tabs for securing must be incorporated within the lengths listed above.
- Standard sweatbands of any width may be worn if they do not provide support.

#### Hand protection:

- Athletes may cover their hands and fingers in tape, gymnastics grips, or gloves for the purpose of protecting their hands from tearing, but these resources may not be used in a manner that provides additional grip assistance (e.g., wrapping gymnastics grips around a pull-up bar or barbell).
- The gripping surface of the hand may not be tacky or sticky.
- Gymnastics grips shall be made of a material that maintains a consistent thickness.
- The grips cannot contain a dowel and the grip cannot be sewn into a fold.
- When the gymnastics grip is fastened to the wrist and fully extended, the length of the grip may not exceed the athlete's fingertips.
- Gymnastics grips may only be used during movements where the athlete is hanging from a pull-up bar or gymnastics rings.
- Lifting straps or lifting hooks are not permitted.
- Tape worn on the fingers and thumbs must not protrude in front of the fingertips.

#### Adhesives and lubricants:

- The use of chalk (magnesium carbonate) is permitted on the body and attire. Any other adhesive products that would be used in place of chalk are prohibited. This includes but is not limited to resin, rosin, sandpaper, tacky, liquid chalk, liquid adhesives, and waxes.
- The use of oil, grease, baby powder, talcum, waxes, cream, or other lubricants on the body or personal attire is not allowed if it may come in contact with any competition equipment. For example, no lubricants can be present on the thighs while weightlifting. If lubricants are used for the purpose of reducing chafing — for example, inside the shoes or underwear — then such lubrication is permitted.
- The use of any form of adhesive or lubricant on the footwear is forbidden. This applies to any built-in adhesive, such as sandpaper. Athletes may not add tape or cloth to the heels of their shoes for handstand push-ups.

#### Swimwear:

- Swimwear is to be made of only textile fabrics that are woven, knitted, or braided.

- Total material thickness must not exceed 0.8 mm, and suits must be permeable and non-buoyant.

#### Supportive suits:

- Lifting suits or power briefs that provide support and are often known as “equipped powerlifting suits” may not be used, including multi-ply neoprene, denim products, or other such materials.
- Any garment consisting of rubberized or similar stretch material shall not be worn under the clothing if its intent is to provide support or bounce.

#### Electronic devices:

- Music players and headphones may not be worn.
- Devices such as mobile phones, tablets, or other portable media devices may not be brought to the competition floor.
- Watches and heart-rate monitors are permitted.

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## DRUG TESTING

### 8.01 - DRUG TESTING

The CrossFit Games Drug Testing Policy, found at [https://crossfitpubliccontent.s3.amazonaws.com/CFG24\\_Drug-Testing\\_Program\\_V5.pdf](https://crossfitpubliccontent.s3.amazonaws.com/CFG24_Drug-Testing_Program_V5.pdf), shall apply to all athletes registered for CrossFit Games events.

Drug testing is required for any individual athlete or team to advance to the Games or collect prizes. Failure to comply with CrossFit’s instructions and the instructions of the collection agent(s) at any time during the drug-testing process may result in the athlete, team, or members of the team forfeiting a prize and being disqualified from the competition and future competition(s).

Athletes who compete in any CrossFit Games event or accept an invitation to compete at the Games are subject to drug testing. Athletes may be selected for drug testing at a live CrossFit Games event and will be notified by event staff and escorted to the drug-testing area for the administration of the drug test.

Athletes included in CrossFit’s Registered Athlete Testing Pool are subject to drug testing at any time, with no expiration, until they are removed from the Testing Pool by CrossFit. Please see the CrossFit Games [Drug Testing Policy](#) for more details. Athletes must abide by CrossFit’s decisions, which are final and binding in all respects.

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## TRANSGENDER POLICY

### 9.01 - TRANSGENDER POLICY

CrossFit is committed to ensuring all CrossFit athletes have equal access and opportunities to participate in CrossFit events in a manner that is fair to all competitors while preserving the integrity of the sport. Transgender athletes are welcome to participate in the CrossFit Games in accordance with the requirements set forth below.

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### 9.02 - PARTICIPATION IN THE OPEN

All athletes may select their gender. Athletes who register in a gender category other than the gender assigned to them at birth or different than the gender by which they have identified on CrossFit’s website are representing to CrossFit that:

- Their gender in their everyday life matches their registration gender, and
- They have obtained civil documents with their registration gender identified (e.g., state ID or driver’s license).

Athletes who cannot meet the criteria above may provide medical or other evidence satisfactory to CrossFit establishing that they self-identify as the gender stated in their registration

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### 9.03 - PARTICIPATION IN EVENTS OTHER THAN THE OPEN

Transgender men: Athletes who transition from female to male must satisfy the requirements set forth in section 9.02 above.

Transgender women: Athletes who transition from male to female must satisfy the requirements set forth in section 9.02 above and meet the following requirements:

- Prior to participating in any Quarterfinal or accepting an invitation to the Games, athletes must contact [support@crossfitgames.com](mailto:support@crossfitgames.com) to



receive a Declaration Form to complete, declaring their gender identity is female. That declaration cannot be changed, for any sporting purpose, for a minimum of four years.

- Athletes must demonstrate their total testosterone level in serum has been below 10 nmol/L for at least 12 months prior to their first CrossFit competition (with the requirement for any longer period to be based on a confidential case-by-case evaluation by CrossFit, considering whether 12 months is a sufficient length of time to minimize any advantage in women's competition).
- The athlete's total testosterone level must remain below 10 nmol/L throughout the period of desired eligibility to compete in the women's divisions.
- The information provided by the athlete in all the points listed above will be reviewed by CrossFit, which shall determine, in its sole discretion, whether the athlete will be allowed to participate in the women's divisions.
- Compliance with these requirements may be monitored by CrossFit through additional serum testing. In the event of non-compliance, the athlete's eligibility for women's competition will be suspended for 12 months. An in-competition report of a serum total testosterone level  $\geq 10$  nmol/L will, subject to section 9.04, result in the disqualification of the results of that competition and the return of any prize money or awards.

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#### 9.04 - EXCEPTIONS TO SUBSECTION 9.03

As an exception to section 9.03, athletes having a serum testosterone level  $\geq 10$  nmol/L may continue to participate in the women's competition if they satisfactorily demonstrate to CrossFit that they have a genetic condition that affects the bioavailability of their serum testosterone, such as hyperandrogenism (e.g., PCOS in rare cases), androgen insensitivity syndrome, or 5-alpha reductase deficiency.

For the purpose of events held in 2024, CrossFit, in its sole discretion, may reduce the 12-month period set forth in section 9.03 for particular events.

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#### 9.05 - THERAPEUTIC USE EXEMPTION REQUIRED FOR THE USE OF A BANNED SUBSTANCE

Any transgender athlete planning to use any banned substance (as defined in Appendix A of the CrossFit Drug Testing Program) as part of a medically supervised gender transition must first obtain a Therapeutic Use Exemption as provided in section 18 of that policy. Nothing in this Transgender Policy will excuse an athlete's failure to strictly comply with the CrossFit Drug Testing Policy.

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#### 9.06 - APPEAL BY A TRANSGENDER ATHLETE

Any transgender athlete whose registration to compete in a particular gender category has been rejected by CrossFit under section 9.03, or otherwise by CrossFit under this Transgender Athlete Policy, may appeal that decision as follows:

- Athletes shall have 10 business days following receipt of the decision rejecting their gender registration to submit their written petition of appeal explaining why that decision should be overturned.
- Following a review of the athlete's petition of appeal, CrossFit will, in a timely manner, provide its written decision, including supporting reasons, either denying or granting the appeal.
- Athletes may request a personal hearing by telephone, and it will be at CrossFit's sole discretion to grant or deny such a request. Athletes may have an advocate or other representative present if they so desire.
- CrossFit personnel will confer and decide upon the appeal. Any decision made by CrossFit on the petition of appeal shall be final and not subject to any further appeal.

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#### 9.07 - OTHER CHALLENGES TO THE GENDER CLASSIFICATION OF AN ATHLETE

Any athlete registered for the CrossFit Games may challenge the gender classification of an athlete by sending a confidential written request to [support@crossfitgames.com](mailto:support@crossfitgames.com). That request will be reviewed by CrossFit in such a manner as it deems appropriate. In the interest of confidentiality, the receipt of the challenge will be acknowledged, but no further information will be provided to the challenging party. CrossFit may also conduct a review and evaluation of an athlete's gender classification on its own initiative. Except for the transgender athlete's right to appeal set forth in section 9.06, no other athlete or person shall have any standing to challenge a decision of CrossFit under this Transgender Athlete Policy.

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#### 9.08 - CONFIDENTIALITY AND CONSENT TO SHARING CONFIDENTIAL INFORMATION

The legitimate medical and other privacy interests of transgender athletes will be preserved. Any discussion involving the gender identity of an athlete and any documentation supporting a gender transition will be kept confidential on a need-to-know basis, unless the athlete makes a specific request otherwise. Athletes give their consent to CrossFit to share confidential information with others as may be reasonably required in the application of this policy or in the application of the transgender policies of other sports organizations in which the athlete is participating. CrossFit will not retain any medical documentation that may be provided by athletes in accordance with this policy or that is otherwise

relevant to their previous status as a CrossFit competitor after receiving notice from them that they will no longer be participating in CrossFit events.

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**9.09 - QUESTIONS CONCERNING TRANSGENDER POLICY**

CrossFit is committed to ensuring transgender athletes understand their opportunity to participate in CrossFit events under this policy. Any athlete with questions or concerns about this policy should contact [support@crossfitgames.com](mailto:support@crossfitgames.com).

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## APPENDIX A: SPORTSMANSHIP

As the performance arm of CrossFit, the CrossFit Games have the ability and responsibility to showcase our core values of diversity, equity, and inclusion.

The following values guide the way we think, communicate, and behave with the world around us.

**Hard work:** The effort we put into the Workout of the Day and our daily lives unites CrossFit athletes around the world.

**Inspiration:** Our performance at the local affiliate and on the competition floor unites the community and helps start others on their personal journeys to health, happiness, and performance.

**Integrity:** CrossFit athletes conduct themselves in a manner that reflects positively on the worldwide CrossFit community. They do the right thing when no one else is watching.

**Tolerance:** A CrossFit athlete does not use derogatory, abusive, or threatening speech directed toward any group of people, especially on the basis of race, color, weight, size, religion, national origin, marital or domestic-partnership status, sex, sexual orientation, gender identity or expression, physical ability, or occupation.

All athletes agree to compete in a sportsmanlike manner. Unsportsmanlike behavior, such as arguing with an official or representative of CrossFit, taunting, heckling, fighting, or participating in any conduct that would bring disrepute upon CrossFit, the competition, other competitors, spectators, or event sponsors, as determined by CrossFit, 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.

All athletes ("Athletes") registered for the CrossFit Games (the "Event") agree to maintain an atmosphere of mutual respect toward each other as well as those the Athlete may come in contact with while participating in the Event. Athletes will, at all times, conduct themselves with the highest ethical standards. Consistent with these expectations, all Athletes registered for the Event are required to:

1. Conduct all dealings, including but not limited to registration and participation in the Event, with honesty and fairness.
2. Respect the rights of Athletes, coaches, and volunteers by encouraging an environment that is fair, welcoming, and free from discrimination and harassment of any type.
3. Ensure that all transactions are handled honestly and recorded accurately, including but not limited to registration and submission of scores.
4. Recognize that even the appearance of misconduct and impropriety can be damaging to the reputation of yourself, your affiliate, other athletes, and CrossFit, and act accordingly.

All athletes agree to put forth suitable effort in every workout or test in every stage of competition. Deliberately doing less work or performing at a level below what one is capable of (referred to as "sandbagging") in order to gain advantage in another workout/test or over another athlete or team is prohibited. Any athlete deemed by CrossFit to be sandbagging may be penalized or disqualified from competition as CrossFit sees fit in its sole discretion.

Any action that prevents another athlete from having a fair opportunity to compete (e.g., abuse or alteration of equipment, or refusal to follow instructions), that interferes with athlete and judge communication (e.g., external noise devices, bull horns, air horns), or that is generally disruptive to the event is not allowed.

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 a group or groups is deemed by CrossFit to be unsportsmanlike or disruptive to the competition, then the coach, teammate, supporter, guest, or athlete is subject to the same disciplinary actions.

This is not an exhaustive list and is meant as a guide for athletes, coaches, and other attendees. This is not intended as a limitation on CrossFit's rights to operate the CrossFit Games in any manner it sees fit. CrossFit reserves the right to terminate the participation of any athlete, coach, staff, volunteer, judge, visitor, guest, supporter, teammate and/or spectator attending or viewing any sponsored, sanctioned, or supported CrossFit event at any time, with no further obligation or duty to such individual.

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.

CrossFit 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.

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## APPENDIX B: ALLEGATIONS OF MISCONDUCT

An athlete may contact [support@crossfitgames.com](mailto:support@crossfitgames.com) to file an investigation into unfair practices or Rulebook violations by athletes, teams, or judges.

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## APPENDIX C: COMPETITION REGIONS

### AFRICA

Algeria	Republic of the	Guinea-Bissau	Namibia	Swaziland
Angola	Congo, The Republic of	Kenya	Niger	Tanzania
Benin	Côte d'Ivoire	Lesotho	Nigeria	Togo
Botswana	Djibouti	Liberia	Rwanda	Tunisia
Burkina Faso	Egypt	Libya	Sao Tome and Principe	Uganda
Burundi	Equatorial Guinea	Madagascar	Senegal	Western Sahara
Cameroon	Eritrea	Malawi	Seychelles	Zambia
Cape Verde	Ethiopia	Mali	Sierra Leone	Zimbabwe
Central African Republic	Gabon	Mauritania	Somalia	
Chad	Gambia	Mauritius	South Africa	
Comoros	Ghana	Morocco	South Sudan	
Congo, The Democratic	Guinea	Mozambique	Sudan	

### ASIA

Afghanistan	Iran	Laos	Palestinian Territory	Thailand
Bahrain	Iraq	Lebanon	Philippines	Timor-Leste
Bangladesh	Israel	Macao	Qatar	Turkey
Bhutan	Japan	Malaysia	Russian Federation	Turkmenistan
Brunei Darussalam	Jordan	Maldives	Saudi Arabia	United Arab Emirates
Cambodia	Kazakhstan	Mongolia	Singapore	Uzbekistan
China	Korea, DPRK	Myanmar	Sri Lanka	Viet Nam
Hong Kong	Korea, Republic of	Nepal	Syrian Arab Republic	Yemen
India	Kuwait	Oman	Taiwan	
Indonesia	Kyrgyzstan	Pakistan	Tajikistan	

### EUROPE

Åland Islands	Croatia	Greenland	Mayotte	Saint Pierre and
Albania	Curaçao	Guadeloupe	Moldova	Miquelon
Andorra	Cyprus	Guernsey	Monaco	San Marino
Anguilla	Czech Republic	Holy See - Vatican	Montenegro	Serbia
Armenia	Denmark	Hungary	Montserrat	Sint Maarten
Aruba	Estonia	Iceland	Netherlands	Slovakia
Austria	Falkland Islands	Ireland	New Caledonia	Slovenia
Azerbaijan	Faroe Islands	Isle of Man	Norway	Spain
Belarus	Finland	Italy	Pitcairn	Svalbard and Jan Mayen
Belgium	France	Jersey	Poland	Sweden
Bermuda	French Guiana	Kosovo	Portugal	Switzerland
Bonaire	French Polynesia	Latvia	Réunion	Turks and Caicos Islands
Bosnia and Herzegovina	French Southern Territories	Liechtenstein	Romania	Ukraine
Bouvet Island	Georgia	Lithuania	S. Georgia-S. Sandwich Islands	United Kingdom
British Indian Ocean Territory	Germany	Luxembourg	Saint Barthélemy	Virgin Islands, British
Bulgaria	Gibraltar	Macedonia	Saint Helena	Wallis and Futuna
Cayman Islands	Greece	Malta	Saint Martin, French	
		Martinique		

**NORTH AMERICA EAST**

Alabama	Georgia	Michigan	Ontario	US Minor Outlying Islands
Antigua and Barbuda	Grenada	New Brunswick	Panama	Vermont
Bahamas	Guam	New Hampshire	Pennsylvania	Virgin Islands, US
Barbados	Guatemala	New Jersey	Prince Edward Island	Virginia
Belize	Haiti	New York	Puerto Rico	West Virginia
Connecticut	Honduras	Newfoundland and Labrador	Quebec	Wisconsin
Costa Rica	Illinois	Nicaragua	Rhode Island	
Cuba	Indiana	North Carolina	Saint Kitts and Nevis	
Delaware	Jamaica	Northern Mariana Islands	Saint Lucia	
Dominica	Kentucky	Nova Scotia	Saint Vincent/Grenadines	
Dominican Republic	Maine	Ohio	South Carolina	
El Salvador	Maryland		Tennessee	
Florida	Massachusetts		Trinidad and Tobago	

**NORTH AMERICA WEST**

Alaska	Colorado	Mexico	New Mexico	South Dakota
Alberta	Hawaii	Minnesota	North Dakota	Texas
American Samoa	Idaho	Mississippi	Northwest Territories	Utah
Arizona	Iowa	Montana	Nunavut	Washington
Arkansas	Kansas	Nebraska	Oklahoma	Wyoming
British Columbia	Louisiana	Nevada	Oregon	Yukon
California	Manitoba		Saskatchewan	

**OCEANIA**

Antarctica	Cook Islands	Micronesia	Palau	Tonga
Australia	Fiji	Nauru	Papua New Guinea	Tuvalu
Christmas Island	Heard-McDonald Islands	New Zealand	Samoa	Vanuatu
Cocos and Keeling Islands	Kiribati	Niue	Solomon Islands	
	Marshall Islands	Norfolk Island	Tokelau	

**SOUTH AMERICA**

Argentina	Chile	Guyana	Suriname
Bolivia	Colombia	Paraguay	Uruguay
Brazil	Ecuador	Peru	Venezuela

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## APPENDIX D: VIRTUAL COMPETITION GUIDELINES NEW

### Setup Considerations:

- Be sure the athlete has adequate space to safely complete all movements. Clear the area of all extra equipment, people, or other obstructions.
- Equipment used in the vicinity of permanent structures such as pull-up rigs, gymnastics rings, climbing ropes, and handstand push-up stations must be placed a minimum of 5 feet apart.
- Unless otherwise stated, athletes may not receive assistance with their equipment.

### Video Submission Requirements:

Violating any of the following requirements may result in a 0 score. Athletes must:

- Show any required weights used are accurate and correct.
- Follow the correct rep scheme or order of movements.
- Ensure correct measurements of any part of the setup are shown clearly.
- Ensure submitted videos are unedited and not altered in any way.
- If provided, athletes must use the camera placement identified in the floor plan.

### Penalties:

General:

- Missing or skipping repetitions may result in the athlete's score being adjusted to the last correctly completed rep before the missed/skipped rep.
- A significant number of no reps (specific to each workout/test) will result in a Major Penalty.
- If an athlete is assessed a minor penalty (see section 1.22), the athlete's average cycle time for the no-repped movement will be calculated and doubled, then added as penalty time (for each no rep). Workouts that are scored by total repetitions completed will simply have the reps deducted from the athlete's score.
- False starts or starting in the wrong position will result in a time or rep penalty.
- If any penalty results in an adjusted time greater than the time cap, reps will be removed from the athlete's final score.

### Video Submission Best Practices:

- The camera should capture a  $\frac{3}{4}$  view of the athlete during all movements.
- Place the camera at least 3' (90 cm) off the ground. Avoid placing the camera low to the ground.
- A clock or timer that counts up from 0 should be visible throughout the test.
- Videos shot with a fisheye (or similar) lens or any effects may be rejected.
- Make sure lighting or glare does not obstruct the view of the athlete, equipment, or workout area.
- Ensure the judge does not obstruct the view of the athlete.
- When possible, always execute the movements facing the camera.
- Athletes should watch their videos before submitting.

### Weight Conversions:

The following weight conversions will be used for all online competitions. This is not an exhaustive list of all weights that may be used in a competition. If there is a weight used that is not listed below, it will be referred to in the movement standards and scorecard description documents.

Barbells:	
Unless otherwise specified, barbells will be converted as follows:	
LB	KG
35	15
45	20

Medicine Balls:	
LB	KG
10	4
14	6
20	9

Dumbbells:	
LB	KG
10	5
20	10
35	15
50	22.5
70	32.5

Kettlebells:	
LB	KG
26	12
35	16
53	24
70	32

Common Barbell Loads:	
LB	KG
55	25
65	29
75	34
85	38
95	43
100	45
105	47
115	52
125	56
135	61
145	66
155	70
165	75
175	79
185	83
195	88
205	93
215	98
225	102
275	125
315	143