



TEAM SERIES RULE BOOK



The 2014 CrossFit Team Competition Series Rule Book is the intended benchmark for the CrossFit Team Competition Series (the “Team Series”) and any CrossFit Inc. supported, sanctioned or sponsored competitions included in the Team Competition Series.

1. THE CROSSFIT TEAM COMPETITION SERIES

The CrossFit Team Competition Series consists of three (3) separate team competitions, with each competition featuring multiple workouts. The Team Series will begin on August 28, 2014 and end on October 14, 2014.

- a. Teams will complete the workouts, have results validated and be ranked on the CrossFit Team Series Leaderboard. To complete a workout, a team will move through the workout as a unit with each member of the team performing the work required. Each workout will be ranked, and points will be awarded—1 point for first place, 2 points for second place, and so on. The overall competition winner will be the team with the fewest points after all workouts have been completed.
- b. After all three competitions have been completed, teams who have completed all three competitions in the same division will be awarded points based on their performances. For each competition, they will receive a point total corresponding to their overall rank for that competition—1 point for first place, 2 points for second place, and so on. The point totals for each of the three competitions will be added to determine the overall series score. The team with the fewest points will win.
- c. Important Team Series dates, as well as the workouts, will be announced on the Team Series website (teamseries.crossfit.com). While the workouts may be performed in any order, teammates must perform the workouts together, at the same location and at the same time.
 - i. All workouts for a given competition will be released on Thursday at 17:00 PT. Teams will have until the following Monday at 17:00 PT to validly complete the workouts and submit results.
 - ii. Once the competition closes at 17:00 PT on Mondays, teams will not be able to adjust or re-submit any score for that competition.
- d. In any given competition, teams will have the option to choose from among three competitive divisions: Prescribed Division (also referred to as “Rx”), Scaled Division and Masters Division (restricted to athletes 40 years old and older as of July 15 of that year). Registration prices are listed below for each division:
 - i. Prescribed Division: US\$100
 - ii. Scaled Division: US\$100
 - iii. Masters Division: US\$100

*Any team whose name includes a sponsor or other corporate entity (that is not listed on their official CrossFit Affiliate License Agreement) will be required to pay \$500 to register a team. All payments are final. No refunds or transfers will be permitted, regardless of reason.

**All members of teams in the Masters Division must meet the age requirements.

- e. For any given Team Series Competition, a team and all team members must complete all of the workouts in the same division (Prescribed, Scaled or Masters). If a team elects to compete in a different division in the second or third competition, they will be removed from the overall series Leaderboard.

2. TEAMS

- a. All athletes competing in the Team Series must validly register online at teamseries.crossfit.com by creating a CrossFit ID account. The athlete’s CrossFit account will be the primary conduit for the athlete to receive notifications relevant to each competition, including invitations to join a team. It is the athlete’s sole responsibility to provide current and valid information, including an email address.
- b. Teams will consist of any two (2) men and two (2) women who validly register, officially form a team, and who perform the workouts together. Teams may include members from different gyms and different geographical regions, and there is no requirement for how long the athletes have trained together.
- c. Teams will NOT be allowed alternates; there will be only four (4) members on a team. Should an athlete get injured or drop out of a competition for any reason, the team will not be eligible to submit scores for those workouts.

3. REGISTERING A TEAM

- a. In order to register a team, team managers must first create a CrossFit ID account or login to their existing account on the Team Series website. Once logged in on the Team Series site, team managers will:
 - i. select the CrossFit affiliate under whose name they want to create a team or they may select to form an unaffiliated or sponsored team;
 - ii. create and enter the team name; and
 - iii. list the email addresses of the athletes they want to join this team.



- b. Once the team manager submits this form, the potential teammates will receive an email inviting them to join the specific team. As long as these athletes have a CrossFit ID account, they will be able to click on a link in the invitation email, login and accept the invitation to that team.
- c. Athletes may accept invitations to more than one team but will have to perform the required workouts with each team. Affiliates may register an unlimited number of teams and team managers may manage multiple teams. In addition, team managers do not have to be on the team or compete with the team.
 - i. Each athlete is responsible for performing the workout as prescribed. This includes performing all required movements to the described standard, counting and completing all required reps, using the required equipment and loads, meeting the required time and meeting all submission requirements.
- d. Athletes must be listed and registered on their team rosters prior to the close of the first competition in order to be listed on the overall Team Series Leaderboard.

4. THE WORKOUTS

- a. Each of the three Competitions will consist of multiple workouts. The workout format will be released by CrossFit Inc. and communicated uniformly to all athletes online commencing on August 28, 2014. In addition, video demonstrations showing how to perform the workouts and detailing movement standards will be posted on the Team Series site.
- b. Workout Format will include the following:
 - i. Required movements, including starting and ending ranges of the movement, prohibited technique(s), accessories and/or equipment (if any), and any adjustments by division.
 - ii. Required number of repetitions and/or repetition scheme.
 - iii. Required equipment. Teams should have access to a video camera, digital clock, tape measure, standard Olympic-style barbell and plates, Concept2 rower, 20-lb. and 14-lb. medicine balls, pull-up bar, gymnastic rings, jump rope and other equipment commonly found in a CrossFit-affiliated gym. CrossFit Inc. will not supply or make available any necessary equipment, and it is the team's sole responsibility to secure any equipment necessary to validly perform a workout.
 - iv. Required amount of weight in pounds. (If kilogram plates are used, the athlete will need to use appropriate combinations of plates to achieve the correct poundage). For the purpose of CrossFit competitions, 15-kg weightlifting bars will be considered to be 35 lb., and 20-kg bars will be considered to be 45 lb. Collars used to hold weight plates on the bar will NOT be included in the total weight.
 - v. Time domain or time limit
 - vi. Scoring format
 - vii. Filming and submission guidelines

5. SCORING

Validation is required to make any CrossFit Team Series workout result official. Teams must have their scores validated either by a judge at a CrossFit affiliate or by uploading a video of the workouts to the CrossFit Team Series website.

- a. **Workouts validated at an affiliate:**
 - i. Only valid CrossFit affiliates in good standing (as determined by CrossFit Inc.) have the ability to officially validate non-video scores. To opt-in to validate scores, affiliate managers must pass the Online Judges Course available online at <https://oc.crossfit.com>, commit to upholding the standards and spirit of the event, and assert they have the equipment, facility and judges to administer the workout.
 - ii. Each team must use a judge during the workout. Judges are responsible for enforcing the movement standards and validating the team's score.
 - iii. Any infraction to the movement standards or range of motion will result in the loss of repetition(s).
- b. **Uncommon movement clause:** Any movement deemed uncommon, out of the ordinary or used to amend, shorten or change the accepted movement standard or range of motion, including line of action of any movement, will be disallowed. It is the responsibility of the athlete to notify their judge of any questionable movement before the workout.
- c. **Physical limitations in range of motion** from prior physical defects or temporary or permanent injuries that are obvious and clearly definable by demonstration and are brought to the attention of a judge or CrossFit Inc. prior to the beginning of the competition may be granted an exception in CrossFit Inc.'s sole discretion. These cases are very rare and will be handled on a case-by-case basis.
 - i. Each athlete is responsible for performing the workout as prescribed. This includes performing all required movements to the described standard, counting and completing all required reps, using the required equipment and loads, meeting the required time and meeting all submission requirements.



- d. **Workouts validated online:** If no CrossFit affiliate is available, the only alternative is to submit video of the workouts. Penalties for not performing the workout standards or meeting video submission standards will be described in the published workout description videos.
 - i. It is the sole responsibility of the team manager to ensure the timely and successful submission of videos for each Team Series workout. Submissions that are incomplete will not be accepted. All undetermined rulings, potentially late submissions or difficulties uploading videos must be communicated to teamseriesupport@crossfit.com immediately, in a date- and time-stamped email PRIOR to the passing of the competition submission deadline.
 - ii. All teams are expected to record and keep video of each workout. Any team in the top 25 on the Leaderboard will be required to submit video. Each sponsored team is required to submit videos for each workout.
 - iii. Invalidation of any online scoring submission is the sole right of CrossFit Inc. Video submissions may be invalidated or adjusted without warning and after the close of the competition. Reasons for invalidation include, but are not limited to, violation of the movement standards or workout format, miscounting reps, attire that obscures judging, improper camera angles or poor quality video submissions.

6. THE TEAM SERIES LEADERBOARD

The CrossFit Team Series website will host the only official Leaderboard for the Team Series.

- a. If a team performs a workout at an affiliate, the score will appear on the Leaderboard after it has been validated.
- b. If a team elects to use video submission for score validation, the entered score will appear on the Leaderboard with the video linked to the score upon submission. Scores posted by video submission may be validated, invalidated, or amended.
- c. Teams will be ranked on the Team Series Leaderboard relative to other teams who have completed the same number and kind of workouts (i.e., Prescribed or Scaled).
 - i. If a team skips a workout, has a workout invalidated or cannot complete a stated minimum score, they will be ranked below any team that has completed more workouts than that team. The team will remain eligible to compete in any subsequent team competitions and will maintain a ranking on the overall Team Series leaderboard.
 - ii. Teams are not allowed to switch divisions once they have submitted their scores for any competition.
- d. Ties on the overall Leaderboard will be broken by awarding the higher position to the team that has the best result in any single workout in that competition. If teams are still tied, the process continues to their next best single result, and so forth. Ties will not be broken for single workout results. More than one team can share a workout result and all will earn the original point value.

7. APPEALS

All Team Series appeals, scoring discrepancies, or questions about the submission of scores will be immediately addressed in a time- and date-stamped email to the affiliate where the workout was performed. If unavailable, or the appeal is made concerning a video submission, immediately forward all facts to teamseriesupport@crossfit.com.

- a. Only affected members of the team may appeal a result. Coaches, team managers or non-related parties may not appeal on behalf of another.
- b. Athletes may not appeal their own performance based on the judging, scoring or performance of another athlete or team.
- c. Judgment calls made during the workout are final and are not subject to change or modification.
- d. CrossFit Inc. has final authority on all appeal or protest rulings, and may designate this authority to the on-site affiliate manager.

8. PRIZE MONEY

A purse of US\$151,000 will be awarded during the 2014 Team Competition Series to the top teams in the Prescribed Division only. Prize money listed below is for a team and not payable to each participant on a team.



Prescribed Division - Overall Team

1st	US\$30,000
2nd	US\$25,000
3rd	US\$20,000
4th	US\$17,000
5th	US\$14,000
6th	US\$11,000
7th	US\$10,000
8th	US\$9,000
9th	US\$8,000
10th	US\$7,000

*In order to claim this prize, teams must record the workout (including each athlete on a team) and submit the video to CrossFit Inc. even if the workout was completed at an affiliate with a registered judge.

Note: Top teams are advised to record and retain video of all of their Team Competition Series performances should these be required by CrossFit Inc. All prizes are subject to applicable taxes and withholding and prize winner's compliance with and agreement to CrossFit Inc.'s prize affidavit.

9. THE FINE PRINT

- a. To participate in any stage of the Team Series, every Athlete must agree to any and all rules and policies and regulations, including, without limitation, the Assumption of Risk, Publicity Release and Drug Testing Policy—all of which are incorporated herein by reference, and to the decisions of CrossFit, Inc., which are final and binding in all respects. Note: All athletes are subject to drug testing at any time once they have registered to compete, including during the Team Series. The Drug Testing policy is outlined here.
- b. Subject to CrossFit's age restrictions and other requirements, anyone who is able to perform the workouts as prescribed may attempt to register to compete as an athlete in the CrossFit Team Series.
 - i. Athletes must be at least 14 years old at the time they register to compete in the Team Series.
 - ii. If athletes are younger than 18 years old, they must provide additional parental consent during the online registration, as required by CrossFit Inc.
- c. All athletes are required to have completed and abide by the appropriate waivers and documentation as outlined by CrossFit Inc., and to have paid and validly registered for entry online.
- d. All athletes agree to compete in a sportsmanlike manner. All information provided, either in registration submissions, video submissions, scores, times, reps or rounds completed, must be complete truth. A lack of integrity or any actions that evince intent to cheat or circumvent the rules or intent of the rules of the CrossFit Team Series, including lying (as one example) will result in disqualification.
- e. CrossFit Inc. reserves the right to operate the Team Series in any manner it sees fit. CrossFit Inc. reserves the right to terminate any athlete or manager participating in any CrossFit Team Series event at any time, with no further obligation or duty to such individual.
- f. It is the sole responsibility of the winners and/or compensated athletes to present valid identification when requested, and to comply with paying any and all applicable taxes in connection with any prizes, whether or not such prize is cash. All prizes are subject to applicable taxes and withholding and prize winner's compliance with, and agreement to, CrossFit Inc.'s prize affidavit.
- g. CrossFit Inc. is not responsible for any inaccurate entry information, whether caused by website users or by any of the equipment or programming associated with or utilized in the CrossFit Team Series. CrossFit Inc. assumes no responsibility for any error, omission, interruption, deletion, defect, or delay in operation or transmission of any website related to the CrossFit Team Series, or for communication line failure, or for theft or destruction, tampering or unauthorized access to entries, registration, participation and/or entry information. CrossFit Inc. is not responsible for any problems or technical, hardware, or software malfunctions of any telephone network or telephone lines, failed, incorrect, inaccurate, incomplete, garbled or delayed electronic communications, whether caused by the sender or by any of the equipment or programming associated with or utilized in the CrossFit Team Series, computer online systems, servers or providers, computer equipment, software, failure of any email, submission or entry to be received by CrossFit Inc. due to technical problems, human error or traffic congestion, unavailable network connections on the Internet or any website, or any combination thereof, including any injury or damage to participant's or any other person's computer relating to or resulting from participating in the CrossFit Team Series or downloading any materials related to the CrossFit Team Series.
- h. CrossFit Inc. reserves the right, at its sole discretion, to disqualify any individual it finds to be tampering with the entry, registration or submission process, or the operation of the CrossFit Team Series or the website, or any website related to the CrossFit Team Series; to be acting in violation of the Official Team Series Rules; or to be acting in a non-sportsmanlike or disruptive manner, or with intent to annoy, abuse, threaten or harass any other person. Any use of robotic, macro, automatic, programmed, or the like, entry methods will void all such entries by such methods. In the event of a dispute as to entries submitted by multiple users having the same identifying information, CrossFit Inc. reserves the right to determine, in its sole discretion, the correct submission in accordance with the rules.
- i. If for any reason the CrossFit Team Series is not capable of running as planned, by reason of infection by computer virus, bugs, worms, tampering, unauthorized intervention, fraud, technical failures, or any other causes beyond the control of CrossFit Inc., which, in the sole



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

IN NO EVENT WILL CROSSFIT INC. BE RESPONSIBLE OR LIABLE FOR ANY DAMAGES OR LOSSES OF ANY KIND, INCLUDING DIRECT, INDIRECT, INCIDENTAL, CONSEQUENTIAL OR PUNITIVE DAMAGES ARISING OUT OF THE 2014 TEAM COMPETITION SERIES, AND ACCESS TO AND USE OF THE 2014 CROSSFIT TEAM COMPETITION SERIES WEBSITE OR THE DOWNLOADING FROM AND/OR PRINTING OF MATERIAL DOWNLOADED FROM SAID SITE.