



COMPETITION RULEBOOK



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NEW This tab indicates that there has been a change for the 2017 season.



THE CROSSFIT GAMES

The CrossFit Games is an annual worldwide competition to determine the Fittest on Earth™. The CrossFit Games consists of three stages of competition: the Open, Regionals and the Games. This code of rules governs all stages of CrossFit Games competition.

THE OPEN

1.01 - THE OPEN

The Open is a series of five workouts, with one workout released each week, over five 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 individual athletes and teams in each Open region are invited to regionals.

Each weekly workout will be released on Thursday at 5 p.m. Pacific Time. Athletes will have until the following Monday at 5 p.m. PT to complete the workout and submit a score. Once the workout closes at 5 p.m. PT on Monday, athletes will not be able to adjust or resubmit a score for that workout.

Precise start and end dates for the Open will be announced on the [CrossFit Games website](#). The 2017 Open will commence on Thursday, Feb. 23, at 5 p.m. PT. Subsequent workouts will be released on March 2, March 9, March 16 and March 23, at 5 p.m. PT. The 2017 Open will close on Monday, March 27, at 5 p.m. PT.

1.02 - INDIVIDUAL ATHLETES

Any athlete meeting CrossFit's age requirements may register to compete in the CrossFit Games, either as an individual athlete or as part of a validly registered team. All athletes must compete in the Open in order to advance to regionals and the Games, or to contribute to a team. Therefore, any athlete wishing to participate in any stage of the CrossFit Games must complete the registration process 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 regionals or the Games as an individual or team competitor. CrossFit will make such participation and scoring decisions to preserve the integrity of the competition.

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

1.03 - OPEN REGISTRATION

Every athlete, whether competing individually or as part of a team, must register online at [games.crossfit.com](#). For step-by-step instructions on how to register for the Open, please go to the [games.crossfit.com/help](#) page and click on the "REGISTER" collection.

1.04 - OPEN REGISTRATION - CROSSFIT ACCOUNT

Each athlete must have a CrossFit account in order 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, joining a team, 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 in creating their account, including their date of birth, birth sex and email address. Any athlete with questions or concerns about creating an account should contact support@crossfitgames.com. **Athletes should not create duplicate accounts.**

Age Requirements - Athletes must be at least 14 years old at the time they create an account on the CrossFit Games website. No athlete under the age of 14 may register to compete. Any athlete younger than 18 years old will be required to provide additional parental consent during the online registration.

1.05 - 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 regionals and the Games.

Residency requirements used to determine an athlete's region are NOT based on country of origin, passport held, or nationality, but solely on where the athlete is currently living at the close of the first Open workout. For the vast majority of athletes, their region will coincide with where they live, work and train on a daily basis. A map of the 17 Open regions can be found [HERE](#).

1.06 - OPEN REGISTRATION - REGION SELECTION - SPECIFIC SITUATIONS

For certain specific situations, additional information is required when determining a competitive region. The guidelines below address the more common examples.

- **Military personnel** (active duty and reserve in all branches) will compete in the region of their Permanent Duty Station/Permanent Change of Station (PCS) as listed on their current orders. Military personnel will compete in this region regardless of Temporary Duty Assignments (TDA/TDY) and/or deployment at, or after, the close of the first Open workout. (See **Sections 1.12 - 1.15** for team eligibility requirements.)



- **College students** will compete in the region where they are physically attending school. Therefore, college students will register online using the address where they live, whether on campus or off campus, while attending classes. School breaks or travel during the Open will not change the student's competitive region. This rule does not apply to college students enrolled in online programs. (See **Sections 1.12 - 1.15** for team eligibility requirements.)
- **Frequent travelers** will compete in the region where they currently make their home. This is the dwelling to which they regularly return following their travel; where they live when not "on the road." (See **Sections 1.12 - 1.15** for team eligibility requirements.)

Errors in choosing the appropriate region may result in the disqualification of the athlete, or entire team (if applicable). For any questions concerning region selection, please contact support@crossfitgames.com PRIOR to the registration deadline.

1.07 - OPEN REGISTRATION - DIVISION SELECTION

An athlete's competitive division will automatically be assigned based on their birthdate and birth sex. There are 18 divisions for individual competitors and one division for teams:

- **Individual Men and Women**
- **Teenage Boys and Girls 14-15** (Born on or between 07/15/2001 and 02/27/2003)
Note: Athletes in this division must be 14 years of age or older as of 02/27/2017 but not older than 15 as of 7/15/2017.
- **Teenage Boys and Girls 16-17** (Born on or between 07/15/1999 and 07/14/2001)
- **NEW Masters Men and Women 35-39** (Born on or between 7/15/77 and 7/14/82)
- **Masters Men and Women 40-44** (Born on or between 7/15/72 and 7/14/77)
- **Masters Men and Women 45-49** (Born on or between 7/15/67 and 7/14/72)
- **Masters Men and Women 50-54** (Born on or between 7/15/62 and 7/14/67)
- **Masters Men and Women 55-59** (Born on or between 7/15/57 and 7/14/62)
- **Masters Men and Women 60+** (Born on or before 7/14/57)
- **Teams**

1.08 - OPEN REGISTRATION - TERMS AND WAIVERS

As part of the registration process, and for all stages of the CrossFit Games, athletes must agree, without limitation, to comply with the rules and guidelines stipulated in the CrossFit Games Rule Book, 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). 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 Pool by CrossFit Inc. Please see the CrossFit Games **Drug Testing Policy** for more details. Athletes must abide by CrossFit Inc.'s decisions, which are final and binding in all respects.

1.09 - OPEN REGISTRATION - FEES

To successfully complete the Open registration process, athletes must submit the required fee. There is a US\$20 Open registration fee for individual athletes (including Individual, Masters and Teenage divisions) from North America, Oceania and Europe. The fee for athletes from all other parts of the world is US\$10. All payments are final. No refunds or transfers will be permitted, regardless of reason.

1.10 - TEAMS IN THE OPEN

Teams will consist of at least three (3) men and three (3) women who validly register for the Open and train primarily at the same gym (defined as the same physical location) starting no later than **January 1** of the current competition season. Athletes may only compete for one team during each CrossFit Games season.

Any athlete requiring assistance to determine their eligibility for a team should contact support@crossfitgames.com prior to joining the team.

1.11 - OPEN REGISTRATION FOR TEAMS

Any athlete wishing to register a team or compete as part of a team must first register as an individual athlete. Team managers will register a team and select athletes to join the team from their CrossFit Account Competition Page. Athletes can also request to join their affiliate's team from their own Competition Page. Athletes who do not train at a CrossFit affiliate may register and join unaffiliated teams by the same process. **Unaffiliated teams must train at the same physical location and meet the same requirements as all other teams.**

For step-by-step instructions on how to register a team, please go to games.crossfit.com/help.

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

In order to compete for a team during the Open, regionals or the Games, athletes must be registered and listed on the team roster prior to the close of the first Open workout. Once Open registration 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 gym qualifies to compete at the next stage(s). It is the responsibility of the team manager to ensure that 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 Inc., some or all of the athletes on the team may be prohibited from competing as individual athletes in future stages or competitions.



1.12 - TEAM ELIGIBILITY REQUIREMENTS

Athletes competing for a team must train primarily at that team's gym (whether a CrossFit affiliate or not) for the duration of the CrossFit Games season. **CrossFit requires that the majority of a team member's training days and workouts take place at the team gym starting January 1.** Team members are required to continue training primarily at the team location until the team is eliminated from competition or until the start of the Games. In accordance with this rule, creating a team consisting of athletes who train more at other locations than at the team gym is prohibited. (See **Section 1.13 - Team Eligibility Requirements - More Than Half Rule**, for more detailed information.)

1.13 - TEAM ELIGIBILITY REQUIREMENTS - MORE THAN HALF RULE

For team athletes to be eligible to compete in any stage of the CrossFit Games, they must adhere to the **More Than Half Rule**. The More Than Half Rule states that team athletes must train at the designated team location more than half of their training days per week **AND** must train for more sessions each week at the team facility than at any other single location or combination of other locations. Therefore, for the duration of the CrossFit Games season, the More Than Half Rule requires that:

- At least four (4) training days must be completed at the team gym if the athlete trains six (6) or seven (7) days a week.
- At least three (3) training days must be completed at the team gym if the athlete trains four (4) or five (5) days a week.

1.14 - TEAM ELIGIBILITY REQUIREMENTS - TRACKING WEEKLY WORKOUTS

The More Than Half Rule is evaluated on a **weekly** basis to ensure athletes are training regularly and consistently at their team location. Athletes **CANNOT** take the sum of all of their workouts for the entire season and then demonstrate that, over the course of the season and on average, they performed more than half of their training days at the team gym and more sessions at this location than anywhere else. Reasonable accommodations for temporary travel are permitted but must be documented in the athlete's training journal or log. Athletes who travel regularly during the CrossFit Games season should contact support@crossfitgames.com to confirm they are meeting the team eligibility requirements. (For more detailed instruction, see **Section 1.15 - Team Eligibility Requirements - Documenting Workouts** and **Section 1.20 - Teams - CrossFit Games Early Declaration Form**.)

1.15 - TEAM ELIGIBILITY REQUIREMENTS - DOCUMENTING WORKOUTS

All team athletes and teams require a method for documenting their workouts and their compliance with the More Than Half Rule. This is especially true if there is any reason to question whether a member of a team meets the requirements. For example, an athlete who lives a long distance from the team gym, an athlete who coaches at a gym other than the team gym or an athlete who has recently changed gyms must keep detailed records tracking the dates, times and locations for **all of their workouts**. CrossFit Inc. may, at any time during the CrossFit Games season, require an athlete to produce this documentation proving they have indeed met the team requirements. If the athlete cannot prove they meet all requirements as stipulated by CrossFit Inc., the team and individual athlete may be subject to disqualification. All athletes shall provide the following documentation:

- **Training Log** - All athletes must keep a detailed record of their workouts in a **training log** ([click to see sample log](#)).
- **Photos** - The athlete's training log must be accompanied by supporting photographic evidence. An athlete must take **date stamped photos or "selfies"** ([click to see sample photo](#)) that include an identifying feature of the gym, for **every training session**. These photos are to be stored in a dedicated email or document folder to be retrieved as necessary.
 - **Social Media** - Date stamped photos may alternatively be posted on a dedicated social media page (e.g., Facebook, Instagram) as a chronological record of workouts.

Any athlete requiring assistance with documenting workouts should email support@crossfitgames.com PRIOR to the start of the season.

1.16 - AFFILIATES AND GYMS WITH MORE THAN ONE TEAM

More than one team may come from an affiliate or gym, as long as all members of each team consistently train at that physical location in accordance with all team rules. Team members may not switch between teams.

1.17 - TEAMS AT AFFILIATES AND GYMS WITH MULTIPLE LOCATIONS

For gyms or affiliates with multiple locations, **EACH** location must register its own team. Teams may not include athletes who work out more at other locations (as stipulated above), even if the other locations share a name, owner, membership plan or programming.

1.18 - COACHES OR TRAINERS COMPETING ON A TEAM

Being a trainer or coach at a gym does not automatically qualify that individual to compete for that gym. The trainer must **train** at the team location in accordance with all team eligibility rules. However, athletes who train at one affiliate or gym and coach at another (or others) must be careful not to blur the line between where they train and where they coach or they may have their eligibility as team athletes challenged, potentially resulting in their disqualification or the disqualification of their team.



1.19 - TEAM ELIGIBILITY FOR AFFILIATE LICENSEE OF RECORD (LOR)

The **Licensee of Record (LOR)** for an affiliate may not compete on any team other than a team from their own affiliate. The LOR for an affiliate may not be changed in order to allow the original LOR to compete for a different team. If an affiliate's LOR is changed between January 1 and the close of the first Open workout, both the original LOR and the new LOR may only compete on a team from that affiliate during the CrossFit Games season.

As stated above, any athlete listed as an affiliate LOR at the close of the first Open workout may not compete for any team other than one from their own affiliate. Conversely, if an athlete becomes the LOR for a new affiliate after the close of the first Open workout, this athlete may remain on their current team. The athlete in this example will switch to their own affiliate team for the following Games season.

If an affiliate LOR operates an affiliate that has no adult members or classes and offers only CrossFit Kids programming, **AND** the LOR does not train at this affiliate, then the LOR may compete for another team, assuming they meet all team eligibility rules.

1.20 - TEAMS - CROSSFIT GAMES EARLY DECLARATION FORM

Any athlete who wishes to compete on a team in the upcoming season but is unsure they will be able to strictly meet the team eligibility requirements may petition to have CrossFit Games Support review their specific circumstances by submitting the **CrossFit Games Early Declaration Form**. Circumstances that may be reviewed include but are not limited to:

- missing the January 1 deadline to begin training at the team location due to work commitments or vacation
- traveling long distances to train at the team location throughout the season
- frequent travel during the CrossFit Games season

The **CrossFit Games Early Declaration Form** must be submitted to support@crossfitgames.com no later than the date indicated in the announcement releasing the form for that season (posted on the CrossFit Games website). Early Declaration Forms must be filled out completely. The specific circumstances surrounding the athlete's inability to meet the team requirements must be described precisely. Incomplete forms will not be reviewed.

Submitting the Early Declaration Form does NOT guarantee the athlete's specific circumstances will be approved. However, if a team athlete's eligibility becomes the subject of an investigation during the season, any information submitted on an Early Declaration Form will be considered in CrossFit's investigation and final decision.

1.21 - THE OPEN - REGISTRATION TERMS AND CONDITIONS (ALL ATHLETES)

CrossFit Inc. is not responsible for any inaccurate entry information, whether caused by website users or by any of the equipment or programming associated with or utilized in the CrossFit Games. CrossFit Inc. assumes no responsibility for any error, omission, interruption, deletion, defect, or delay in operation or transmission of any website related to the CrossFit Games, or for communications line failure, or for theft or destruction, tampering, or unauthorized access to entries, registration, participation and/or entry information. CrossFit Inc. is not responsible for any problems or technical, hardware, or software malfunctions of any telephone network or telephone lines, failed, incorrect, inaccurate, incomplete, garbled or delayed electronic communications, whether caused by the sender or by any of the equipment or programming associated with or utilized in the CrossFit Games, computer online systems, servers or providers, computer equipment, software, failure of any email, submission or entry to be received by CrossFit Inc. due to technical problems, human error or traffic congestion, unavailable network connections on the internet or any website, or any combination thereof, including any injury or damage to participant's or any other person's computer relating to or resulting from participating in the CrossFit Games or downloading any materials related to the CrossFit Games.

CrossFit Inc. reserves the right, at its sole discretion, to disqualify any individual it finds to be tampering with the entry, registration or submission process or the operation of the CrossFit Games or the website, or any website related to the CrossFit Games; to be acting in violation of the Official Rules; or to be acting in 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 Inc. reserves the right to determine, at its sole discretion, the correct submission in accordance with the rules.

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

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



1.22 - OPEN WORKOUTS - FORMAT

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

The workout format will include the following:

- Required movements
- Start and end ranges of the movement
- Required number of repetitions and/or repetition scheme
- 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. For the purpose of CrossFit competitions, 15-kg barbells will be considered to weigh 35 lb., and 20-kg barbells will be considered to weigh 45 lb.
- 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 workout.
- Adjustments or scaling by division, if any
- Filming and submission guidelines, if any

In all stages of competition, including the Open, 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 and loads, meeting the required time and meeting all submission standards.

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

1.23 - 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. For the Open competition, judges may perform their duties at an affiliate by judging and confirming scores (by signing the athlete's scorecard) to be submitted online for validation. Alternatively, judges may watch workouts online in order to review and score video submissions posted on the CrossFit Games Leaderboard.

To develop, refine or refresh judging skills prior to the Open, individuals may complete the CrossFit Games Judges Course, available online at oc.crossfit.com. Passing the Judges Course each season is a prerequisite for being a regional or Games judge. In addition, the number of Open performances a judge reviews (on site or as video submissions) is one of many criteria used in the selection of judges for regional or Games assignments.

1.24 - 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, out of the ordinary or used to amend, shorten or change the accepted movement standard or range of motion, including line of action, of any event movement can and will be disallowed. It is the responsibility of the athlete to notify their judge or CrossFit Inc. of any questionable movement before the workout."

In addition, athletes and judges should be aware that certain athletes with **physical limitations in a specific range of motion** may be granted an exception, in CrossFit's sole discretion, from performing the prescribed range of motion for the workout. This limitation in the range of motion must be due to prior physical limitations or injuries that are obvious and clearly definable by demonstration. Any limitation must be brought to the attention of a judge or CrossFit Inc. PRIOR to the beginning of the competition. Such instances are extremely rare and will be handled on a case-by-case basis.

1.25 - OPEN WORKOUTS - SCORE SUBMISSION AND VALIDATION

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

Athletes must have their score confirmed either by performing the workout at a validly licensed CrossFit affiliate in good standing under the observation of a judge, or by uploading a video of their workout to the CrossFit Games website. Scores will then be validated either by an affiliate manager (for non-video submissions) or registered CrossFit judges (for video submissions). For more information on judging and score validation, please go to games.crossfit.com/help and scroll through the "Manage Affiliate" articles.



1.26 - OPEN WORKOUTS - VALIDATING NON-VIDEO SUBMISSIONS

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 48 hours following the close of an Open workout to validate scores.** Score validation deadlines for the 2017 Open fall on Wednesdays at 5:00 p.m. PT: **March 1, March 8, March 15, March 22 and March 29.**

- To opt in to validate scores, affiliate managers must pass the online **Judges Course** each year, commit to upholding the standards and ethics of the CrossFit Games and assert that they have the equipment, facility and judges to administer the workout. For step-by-step instructions on how to register to be an affiliate manager, go to games.crossfit.com/help and scroll through the “Manage Affiliate” articles.
- It is the responsibility of the athlete to find a CrossFit affiliate where they can perform the workout and have their score judged and validated. Affiliates are not required to host the Open and may have fees or special rules for the use of their facility. **It is strongly advised that athletes contact an affiliate prior to showing up to perform an Open workout.**

1.27 - OPEN WORKOUTS - VALIDATING VIDEO SUBMISSIONS

An athlete’s only alternative to performing an Open workout at an affiliate is to upload a video of the workout to the CrossFit Games website through their CrossFit Account. Score validation for any online video submission is the sole right of CrossFit Inc. The video will be reviewed and scored by registered CrossFit judges. As part of this video review process, the athlete’s posted score may be accepted, modified or invalidated. Reasons for modification or invalidation 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 that do not allow judges to assess whether the movement standards are being met. **NEW** (Note: Due to the visual distortion they create, fisheye lenses are not to be used in the filming of video submissions.)
- Violation of the workout format, especially 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 workout. 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, and the camera angle permits the judge to determine whether the movement standards are being met and there are no technical problems with the video itself.

1.28 - OPEN WORKOUTS - VIDEO SUBMISSIONS - SCORING PROTOCOL

There are four possible outcomes in the judging and scoring of online video submissions:

- **Good Video:** The athlete meets the required movement standards on all repetitions in the workout, and the score they posted is correct. Their score will be accepted.
- **Valid with Minor Penalty:** Over the course of the video, the athlete demonstrates 1 to 4 “no-reps” that may be removed from the athlete’s final score as required. This penalty is used for video submissions for which the score needs to be adjusted by fewer than 5 reps. 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 5 or more “no-reps.” In this case, the score may be modified by subtracting 15 percent 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.
- **Invalid:** Over the course of the video, the athlete fails to complete the workout as required, a significant and unacceptable number of reps performed are “no-reps” or the video does not contain the criteria listed in the video submission standards. The athlete’s score will be rejected, and the video will be removed from the CrossFit Games website. The athlete will have to submit a new video prior to the score submission deadline to receive a score for this workout.

1.29 - OPEN WORKOUTS - APPEALS

For Open workouts performed at an affiliate, appeals, scoring discrepancies or questions about the submission of scores need to be addressed on site. If the affiliate manager is unavailable, the athlete must immediately forward all facts to support@crossfitgames.com.

Appeals, scoring discrepancies or questions about the judging or scoring of online videos will be handled through support@crossfitgames.com.

Only the affected athlete(s) may appeal a result. Coaches, team managers, teammates or unrelated parties may not appeal on behalf of the affected athlete.

Athletes may not appeal their own performance based on the judging, scoring or performance of another athlete or team.

Violation of the judging standards by a CrossFit affiliate may result in disciplinary action against the affiliate and/or the judge(s) involved.



1.30 - OPEN WORKOUTS - ON-SITE APPEALS PROCESS

For workouts performed at an affiliate, athletes will use the following appeals process:

- The athlete must notify the affiliate manager and judge about the result in question upon completing the workout. The athlete must provide the affiliate manager and judge with the reason for the protest.
- The affiliate manager, athlete and judge shall communicate to sort out the facts and define the issue in protest.
- The affiliate manager will review all information to make a final ruling before the athlete leaves the facility.
- If an affiliate manager or judge is unavailable and the protest cannot be resolved on site, the athlete should immediately contact support@crossfitgames.com with the details surrounding the appeal. The athlete's correspondence will be answered in the order it is received.

During the appeals process, meeting submission requirements and deadlines is the responsibility of the athlete. **PRIOR** to the score submission deadline (5:00 p.m. Pacific Time Monday), CrossFit Games Support staff must be notified at support@crossfitgames.com of any undetermined rulings or potentially late score submissions. Notifications received after 5:00 p.m. PT on Monday will not be considered.

CrossFit Inc. has final authority on all appeal or protest rulings, and may delegate this authority to the on-site affiliate manager.

1.31 - OPEN WORKOUTS - VIDEO SUBMISSION APPEALS PROCESS

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 this change in score.

If the athlete disagrees with this score modification, they must contact support@crossfitgames.com upon receiving notification that their score has been modified. In this email, the athlete must list the workout in question, their original score, the modified score and the reason given for the score modification. The athlete 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 in order to render a final scoring decision. This decision will be communicated to the athlete by email.

1.32 - CROSSFIT GAMES LEADERBOARD - RANKING (INDIVIDUAL ATHLETES)

The CrossFit Games website will host the only official Leaderboard for the Open. Athletes will be ranked on the Leaderboard based on their performance relative to other athletes in their division. 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 tie-breaker, the process continues to their next highest single result, and so forth. Ties will not be broken for single event results. More than one athlete can share workout rank, and all will earn the original point value. The athlete with the best performance across multiple workouts in a competition wins that competition.

1.33 - CROSSFIT GAMES LEADERBOARD - SUBMITTED SCORES

If an athlete performs a workout at an affiliate, the score will appear on the Leaderboard pending validation by the affiliate manager.

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 Inc. Common reasons for adjustment and/or removal of scores include unacceptable movement standards, improper rep counts or a poor quality video submission.

Individual men, women and Age-Group athletes who submit a video ranked in the top 150 on their Open region's Leaderboard as of 5:00 p.m. Pacific Time on Saturday are guaranteed to have their video reviewed no later than 5:00 p.m. PT on Sunday as long as there are no technical issues with the video.

NEW 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), they will receive a score of "0" for that workout and be ranked below all athletes who post a score (whether prescribed or scaled) for that workout. Athletes receiving a "0" score will maintain an overall rank on the Leaderboard and will be able to view their ranking in the specific workouts in which they post a score. **Note:** A score of "0" is not considered a valid score when assessing an athlete's eligibility to advance with a team to Regionals or the Games.

1.34 - CROSSFIT GAMES LEADERBOARD - TEAMS

Team scores will appear on the Leaderboard once there have been three (3) male and three (3) female scores posted for the team.

Team scores will ultimately be the aggregate of the top three (3) male and top three (3) female performances posted by team members in the prescribed version of a particular 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.

NEW 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 six 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 time, and above any team that completes fewer reps. In the event 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.

NEW If a registered team member receives a score of "0" for a workout (e.g., skips a workout, has a workout invalidated, cannot complete the stated minimum score or cannot complete a single repetition), they 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 "0" in 17.1 and 17.2, but submits a score for 17.3, the athlete's 17.3 score may contribute to the team's 17.3 score. A score of "0" is not considered a valid score when assessing an athlete's eligibility to advance with a team to Regionals or the Games. Therefore, an athlete who receives a score of "0" in all 5 Open workouts is not eligible to compete on the team at Regionals or the Games.

1.35 - CROSSFIT GAMES LEADERBOARD - SCALED WORKOUTS

The prescribed Open workouts released for each competitive division (i.e., Individual men and women and all Age-group divisions) may be accompanied by a scaled version. Athletes unable to perform a workout as prescribed may choose the scaled workout provided. Athletes may finish the Open with any combination of scaled and prescribed workouts contributing to their score on the Leaderboard.

In every division, an athlete who chooses to perform a scaled workout will be ranked on the Leaderboard relative to all other athletes performing the scaled version of the workout but below all athletes who performed that workout "as prescribed." **NEW** Any athlete who fails to submit a score will receive a score of "0" and will be ranked below all athletes who entered a score, whether prescribed or scaled, for that workout.

Athletes are eligible to advance to the next stage of competition (Regionals, Age-Group Online Qualifier or Games) even if they choose to perform the scaled version of one or more Open workouts.

An athlete's score from a scaled workout cannot contribute toward the team's score. However, an athlete who performs scaled workouts is still eligible to participate on their affiliate's team as long as they meet all the team requirements.

1.36 - CROSSFIT GAMES LEADERBOARD - AGE-GROUP DIVISIONS - MASTERS

Athletes 35+ years of age who register for the Open will compete in one of six Masters age divisions based on their age as of the cut-off dates listed in Section 1.07. These athletes will compete in five Open workouts specific to the Masters divisions over the course of the five-week Open competition.

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

NEW Any masters athlete who fails to submit a score for a workout will receive a score of "0" and will be ranked below all athletes who entered a score, whether prescribed or scaled, for that workout.

For some masters age divisions, the prescribed workouts will be the same as the prescribed workouts for the Individual divisions. Masters athletes who perform these prescribed workouts will be ranked relative to individual athletes on the overall Leaderboard, as well as relative to other masters athletes in their age division on the masters Leaderboard.

The top masters athletes in each age division will have the opportunity to advance to the Age-Group Online Qualifier.

1.37 - CROSSFIT GAMES LEADERBOARD - AGE-GROUP DIVISIONS - TEENAGERS

Athletes 14-17 years of age who register for the Open will compete in one of two Teenage divisions (14-15 years old and 16-17 years old) based on their age as of the cut-off dates listed in Section 1.07. Teenage athletes will compete in five Open workouts specific to the Teenage divisions over the course of the five-week Open competition.

Athletes in the Teenage divisions will be ranked on their own Leaderboard based on their performance in the teenage workouts. For each teenage workout released in the Open, a scaled version of the prescribed teenage workout may be provided. Any teenage athlete performing a scaled workout will be ranked on the Leaderboard below all other teenage athletes performing the prescribed version of the workout.

NEW Any teenage athlete who fails to submit a score for a workout will receive a score of "0" and will be ranked below all athletes who entered a score, whether prescribed or scaled, for that workout.



Teenagers wishing to perform the workouts released for the Individual men or women divisions in order to appear on the overall Leaderboard and to be eligible for advancement to Regionals and the Games in the Individual division must contact support@crossfitgames.com to officially request they be removed from the Teenage division and placed in the Individual division. These teenagers will then be ranked on the Leaderboard relative to all other athletes in the Individual division. This request to compete in the Individual division must be made PRIOR to the close of the first Open workout.

The top teenage athletes in each age division will have the opportunity to advance to the Age-Group Online Qualifier.

1.38 - OPEN VIDEO AND JUDGING REQUIREMENTS FOR REGIONAL QUALIFIERS

Any athlete who qualifies for regionals is required to have used a registered judge (that is, a judge who passed the online Judges Course) during their Open workouts. If no registered judge is available to this athlete during an Open workout, the athlete must submit a video of this workout for judging and score validation. Furthermore, any athlete who qualifies for regionals must have all of their Open workouts videotaped and kept on file. These videos may be requested for review by CrossFit Inc. at any time. At least one video will be reviewed by CrossFit Games staff prior to sending out regional invitations.

1.39 - OPEN - CASH PRIZES

A cash prize of US\$2,017.00 will be awarded each week for the top individual male and female scores worldwide. In order to claim this prize, athletes must submit a video of the workout within the announced deadline to CrossFit Inc., even if the workout was completed at an affiliate with a registered judge. (**Note:** Top athletes are advised to record and retain videos of all their Open performances should these be required by CrossFit Inc.) All prizes are subject to applicable taxes and withholding, and prize winner's compliance with and agreement to CrossFit Inc.'s prize affidavit.

REGIONALS

2.01 - REGIONAL COMPETITION

The top Individual athletes and teams, based on their performance in their Open region, will advance to one of eight regionals. A map of the regional boundaries is available [HERE](#).

The 2017 Regionals will take place over three (3) consecutive weekends beginning in May:

- May 19-21: East and South Regionals
- May 26-28: Pacific, California, and Central Regionals
- June 2-4: Meridian, West and Atlantic Regionals

2.02 - QUALIFYING FOR REGIONALS - SUBMITTING VIDEOS

At the end of the Open, the top athletes in each of the 17 Open regions will be required to submit a complete video of one of the Open workouts. This workout will be selected by CrossFit Inc. after the close of the final Open workouts. The workout(s) will be selected by CrossFit Inc. after the close of the final Open workout. The required video(s) will be verified by CrossFit Games staff prior to sending out Regional invitations for individual athletes and teams. **Athletes will have their score(s) invalidated (changed to a score of "0") for the requested workout(s) if they fail to submit video(s) as required.**

NEW By Open region, the following athletes will need to submit videos:

The top 25* men and women in Asia, Africa and Latin America

The top 35* men and women from Canada East, Canada West and all U.S. Open Regions

The top 45* men and women from Australia and Europe

*Athletes ranked outside of this number in their Open region will be required to submit video if they become eligible to receive an invitation to Regionals. Failure to provide video as required will result in the invalidation of the athlete's score(s) for the requested workout(s).

At any time during this process, CrossFit may request additional videos from any athlete.

The request for videos will be made March 30, 2017, at 5:00 p.m. Pacific Time. The selected athletes will have until April 3, 2017, at 5:00 p.m. PT to submit their video. The video may be the original video captured during the Open, or the athlete may repeat the designated workout and submit video of this performance. In either case, the video submission deadline must be met. All video submissions must adhere to standard Open video submission guidelines. Any specific submission guidelines will be clearly communicated to the designated athletes via email.

2.03 - QUALIFYING FOR REGIONALS - VIDEO REVIEW PROCESS

Submitted videos will be reviewed and the score(s) for the requested workout(s) either validated, modified or invalidated. Athletes may receive an invitation to Regionals if their score is validated or modified. If an athlete's score is modified, the athlete's overall rank in their Open region will be recalculated with this new score. If the athlete remains ranked high enough following this recalculation, they may receive an invitation to Regionals. The submitted video(s) must demonstrate the athlete has the work capacity required to achieve their original posted Open score(s).

If a video is invalidated, the individual athlete's overall rank on the Leaderboard will be adjusted to reflect the change of their score for that



workout to "0". In addition, if this athlete is on a team, the athlete's score for this workout will no longer contribute to their team's score in this workout, resulting in a recalculation of that team's final placement on the Leaderboard, if necessary.

Note: If an individual athlete who is required to submit a video for review is also a member of a team ranked in the top 35 on the Leaderboard (or a member of any Regional qualifying team), validation of this athlete's video submission will be required for this workout score to count toward the team's score.

2.04 - REGIONAL INVITATION PROCESS - INDIVIDUAL ATHLETES

The video review process for individual athletes will be completed by April 10, 2017, at 5:00 p.m. Pacific Time. Only at the end of this week-long review period will the final Open Leaderboard standings for individual athletes be set and invitations for Regionals sent. Regional invitations will be emailed to the top male and female athletes in each Open region no later than April 17, 2017, at 5:00 p.m. PT.

By Open region, athletes will be invited to their Regional in the following manner:

10 men and 10 women from Asia, Africa and Latin America

20 men and 20 women from Canada West, Canada East and all U.S. Open Regions

30 men and 30 women from Australia and Europe

Athletes must accept their invitation to regionals by April 21, 2017, at 5:00 p.m. PT, or forfeit their individual spot. By this deadline, athletes must also declare whether they will compete as an individual or, if applicable, as a member of a team at the regional competition - they must choose one or the other. Upon completion of the individual athletes invitation process, final individual athletes regional rosters will be posted on the CrossFit Games website.

The team Leaderboard is unofficial and subject to change until all individual athletes have completed the video review process and either accepted or rejected their invitation to compete at regionals.

Individual regional athletes who do not qualify for the Games at regionals are eligible to rejoin their team roster and compete for their team at the Games (should that team qualify for the Games) as long as the athlete has continued to meet all team requirements throughout the season.

If a significant amount of invited athletes choose not to compete as individuals, CrossFit Inc. may, at its sole discretion, invite additional athletes based on the order of their finish in the Open.

2.05 - REGIONAL REGISTRATION PROCESS - INDIVIDUALS

Once individual athletes have officially accepted their regional invitations, they will receive an email from CrossFit Inc. containing instructions on how to register for the regional competition and pay the US\$200 individual athlete fee. Each athlete's name will be listed on the Leaderboard for their regional once they have successfully completed the registration process.

Upon completing registration, the athlete will receive information concerning their allotted Regional spectator tickets.

One week prior to the start of their Regional competition, each athlete will be emailed an athlete information packet providing event-specific details such as exact dates and times for on-site athlete registration, athlete briefing times, daily schedules, heat schedules, a venue map, parking information and passes for athletes, as well as specific venue and competition guidelines and rules.

2.06 - REGIONAL INVITATION PROCESS - TEAMS

Athletes who accept the invitation to compete as individuals at their regional will have their contributing Open scores removed from their team's score. The Team Leaderboard will then be re-sorted and, beginning on April 24, 2017, at 5:00 p.m. Pacific Time, the top teams in each Open region will be invited to compete at their respective regional.

Teams will be invited to their regional in the following manner:

10 teams from Asia, Africa and Latin America Open Regions

15 teams from Canada West, Canada East and all U.S. Open Regions

20 teams from Australia and Europe Open Regions

Teams may select four (4) men and four (4) women for their regional roster. Only team members who meet all team eligibility requirements and who competed for that team during the Open are eligible for selection. **All regional team members are required to have entered at least one valid score (prescribed or scaled) during the Open.** That score is not required to have contributed to the team's score. **NEW** A score of "0" is not considered a valid score.

Note: During the regionals, only three (3) men and three (3) women will be checked in on site and permitted to compete. Alternates will not be involved in any way in the registration process, nor will they be eligible to compete at regionals. The extra man and woman may be used as alternates should a team member be unexpectedly injured or forced to withdraw PRIOR to arriving at the regional competition.

2.07 - REGIONAL REGISTRATION PROCESS - TEAMS

Once a team has officially accepted their invitation to regionals, the team manager will receive an email from CrossFit Inc. containing instructions on how to register for the regional competition and pay the US\$400 team fee.

The team manager must submit the team roster of four (4) men and four (4) women by May 2, 2017, at 5:00 p.m. Pacific Time. No roster changes will be accepted after the deadline. The team name will be listed on the Leaderboard for their regional once they have successfully completed the registration process.



Upon completing registration, the team manager will receive the team's allotted regional spectator tickets.

One week prior to the start of the team's Regional, each team manager will be emailed an athlete information packet providing event-specific details, such as exact dates and times for on-site team registration, team briefing times, daily schedules, heat schedules, a venue map, parking information and passes for team athletes, as well as specific venue and competition guidelines and rules.

2.08 - REGIONALS ON-SITE CHECK-IN

Regional competitions will take place Friday through Sunday.

On-site check-in will take place on Thursday (the day prior to the start of competition) and is mandatory for all athletes. CrossFit makes no guarantee that athlete registration and check-in services will be available after Thursday. Any athlete or team missing check-in on Thursday may be disqualified from competition. Once the competition has begun on Friday, any athlete or team not checked in will be disqualified.

All competing members of a team are required to check in at the same time. Teams may only check in three (3) men and three (3) women. Alternates are NOT included in the check-in process and are not permitted in the competition area once a team has checked in.

To complete on-site check-in for regionals, **athletes must provide proof of identity, age and residency** with a valid and generally accepted form of identification, such as a state driver's license or passport displaying the proper address. A current utility bill displaying the athlete's name and proper address may also be used in combination with a valid form of identification.

2.09 - REGIONAL EVENT ANNOUNCEMENTS

Each region will perform the same workouts, called "events", in the same order. The event format, including movement standards and range of motion requirements, will be announced on the CrossFit Games website prior to the start of the Regional competitions.

Delivery of the event format can be in the form of online media, a written document, or an athlete briefing, either with or without demonstration. Regardless of delivery method, all athletes are required to meet or exceed the required movement standards during the entire competition.

2.10 - REGIONAL EVENTS - ON-SITE BRIEFING

Delivery of the event format, including movement standards and required range of motion, to all participating athletes will occur during daily individual athlete and team briefings prior to competition in those events. Briefings will typically be delivered by the Head Judge or a designee of the on-site director, with or without visual demonstration. There will be an opportunity for athletes to ask questions at briefings.

Athlete attendance is mandatory for the daily individual 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 the right to appeal any decision made during the competition and may also be disqualified from further competition.

Demonstration of an event'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 confirm scores and enforce movement standards for each event an athlete or team performs. Judges will attend athlete and team briefings as well as their own briefings to prepare for each event.

Head judges and on-site directors have the authority to stop or suspend an athlete at any point in competition if they feel the athlete is creating a risk of serious injury for himself/herself or others. (See **Section 2.14** for more information on CrossFit's injury policy for Regional events)

Judges are instructed not to touch competition equipment or move equipment during an event unless the equipment will interfere with another athlete's performance, or if there is a legitimate safety concern.

Non-compliance with a judge's instructions, bickering with or questioning of a judge or staff, attempting to show up or publicly embarrass any judge, staff, sponsor, spectator, other athlete or venue operator or owner, as determined by CrossFit Inc., in its sole and absolute discretion, may result in penalty or disqualification of the athlete from the competition and/or future competitions. This includes derogatory comments from an athlete's coach, representative, teammate(s), supporters, guests or entourage.

2.11 - REGIONAL EVENTS - LEADERBOARD RANKINGS

The performance of athletes and teams will be ranked in each event. Based on an athlete or team's relative rank (i.e., their rank when compared to the performance of other athletes and teams), they will be assigned points. These points will be used to rank the athletes and teams on the Regional Leaderboard.

Ties on the overall Leaderboard will be broken by awarding the best position to the athlete who has the highest result in any single event. 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 event results. More than one athlete can share an event rank, and each will earn the original point value. The athlete with the top performance across multiple events in a competition wins that competition.

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

The top five (5) men, top five (5) women and top five (5) teams from each regional earn the right to advance to the Games.

2.12 - REGIONAL EVENTS - SCORING

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



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

Events 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 event format. Failure to complete the minimum work requirement may cause the athlete or team to not advance in the competition, regardless of overall rank.

Events may use chip timing (transponders) for official timing. For chip-timed events, 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.

If an athlete or team does not advance to the next event for any reason (DNF, injury, etc.), they will be ranked below all competitors or teams who started that event and will be disqualified from the competition.

2.13 - REGIONAL EVENTS - APPEALS

On-site appeals, event protests, or scoring questions will be filed with the head judge by the athlete or team immediately following the event or at the earliest possible opportunity. If the event head judge is unavailable, any director or alternate head judge may begin the appeals process.

Judgment calls made during an event are final and are 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.

2.14 - REGIONAL EVENTS - APPEALS PROCESS

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

- The competing athlete OR competing team captain only (no coaches or other athletes may be involved) will state the reason for their appeal and request an Appeals Form from the head judge for the event in question.
- If granted the right to appeal, the athlete or team manager will fill out the Appeals Form completely, providing their name, athlete/team number, event information (including event number, heat number and lane number) and a detailed description of the issue in question. As soon as possible, and prior to the end of the competition day, the athlete or team manager will return the Appeals Form to the Head Judge.
- The event head judge, the judge(s) involved and the on-site competition director will review the submitted Appeals Form and communicate to complete the fact-finding process for the issue in question.
- The event head judge will provide the final decision and resolve the issue.

CrossFit Inc. has final authority on all athlete event appeal decisions, and may delegate this authority to the Head Judge.

Video, photos, cell phone media or any other media will not constitute grounds for changing or modifying a decision, score or entry made by an event judge. The head judge, competition director or their designee may ask for any related media, but its availability may or may not guarantee use or admissibility in the overall decision process.

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 Inc.'s right to run or operate any CrossFit Inc.-supported, sanctioned or sponsored event as it sees fit in its sole and absolute discretion. **The head judge and CrossFit Inc.'s decisions are final.** This includes the right to remove or disqualify any team or athlete at CrossFit Inc.'s sole and absolute discretion.

2.15 - REGIONAL EVENTS - INJURY POLICY

Any athlete (individual or team) who is unable to finish an event due to injury, or who requires medical attention following the completion of an event, must receive clearance from the medical staff and the head judge before being allowed to return to competition. The Regional head judge will have the authority to remove the athlete from the competition based on the severity of the injury, likelihood of further injury and other factors.

If an individual or team athlete misses their heat for an event due to injury or while undergoing medical treatment or assessment, the athlete will be disqualified from the competition.

If any team member is disqualified from competition due to injury, the team may continue to participate if the team can potentially meet the minimum work requirements for an event. If the team cannot meet the minimum work requirements for an event without a full roster, then the team may not take the competition floor and they will be disqualified from the competition.

2.16 - REGIONALS - PROPER ATTIRE/GEAR

Proper workout attire, including shoes, is required for all Regional events. All athletes must wear official competition identification and/or credentials to access the competition venue and restricted access "athlete only" areas.

No attire shall interfere with a judge's ability to determine if the required movement standards and range of motion are being met.

Subject to CrossFit Inc.'s prior approval, non-branded belts, non-tacky gloves, hand tape, neoprene joint sleeves and common fitness wear may be allowed during competition. However, no grip assistance or weight support may be derived from any device worn. In general, gear is allowed that improves safety and/or comfort, but does not confer advantage. The Head Judge has final say on what attire, gear or equipment is allowed on the competition floor.

Once an athlete enters the competition floor, they may not receive any outside material assistance (water, tape, chalk, gloves, etc.) from spectators or coaches.



2.17 - REGIONALS - ATHLETE ENTOURAGE

One coach per individual athlete or team is allowed in the warm-up area. The coach must present the required credentials to enter this area. All other competition areas are off limits to coaches. Any additional coaches, personal therapy providers or athlete entourage are considered general admission spectators and will not be allowed access to warm-up areas or restricted “athlete only” areas.

Athlete rehabilitative medical staff (soft-tissue and body-care providers) will be provided by CrossFit Inc. to all athletes in a designated restricted access area. Any athletes requesting the use of their own personal therapy providers (masseuses, physical therapists, chiropractors, etc.) must do so in designated locations within the general admission access area.

2.18 - REGIONALS - ATHLETE AND TEAM CHECKOUT PROCESS

All athletes and teams advancing to the Games must complete the on-site checkout process at the conclusion of the regional competition. Prior to leaving the venue following the end of competition on Sunday, all qualifying athletes and teams must turn in a Checkout Form to the regional Director who will confirm they have:

- provided current contact information (including address, phone number and email address)
- been measured for Games apparel by Reebok staff
- been photographed as required by CrossFit Media
- completed drug testing as required

If, at the conclusion of the Regional stage, additional spots to the CrossFit Games are available, the top performing athletes or teams across the regions may be invited. CrossFit will NOT invite additional athletes from a Regional if a previous Games champion claims one of the qualifying spots from that Regional.

2.19 - REGIONALS - CASH PRIZES

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

Top Overall Finish - Individual Athletes (male and female):

- First Place: \$5,000
- Second Place: \$4,000
- Third Place: \$3,000
- Fourth Place: \$2,000
- Fifth Place: \$1,000

Top Overall Finish - Teams (prize per team):

- First Place: \$3,000
- Second Place: \$2,500
- Third Place: \$2,000
- Fourth Place: \$1,500
- Fifth Place: \$1,000

Event winners and other compensated athletes may be required to present valid identification to claim prizes. All prizes, whether or not such a prize is cash, are subject to applicable taxes and withholding and prize winner’s compliance with, and agreement to, CrossFit Inc.’s prize affidavit. Additional prizes may be presented by partners, sponsors or select vendors, and all such prizes are also subject to applicable taxes and withholding and compliance with, and agreement to, CrossFit Inc.’s prize affidavit. It is the athlete’s sole responsibility to comply with paying any and all applicable taxes in connection with any prizes, whether or not such a prize is cash. Prize money will only be released once drug test results have been confirmed.

2.20 - REGIONALS - DRUG TESTING

Drug testing is required for any individual athlete or team to advance to the Games or to collect prizes. Failure to comply with CrossFit Inc.’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 their prize and being disqualified from the competition and future competition(s).

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

NEW AGE-GROUP ONLINE QUALIFIER

3.01 - AGE-GROUP ONLINE QUALIFIER

Age-Group athletes will compete in the Open against all other Age-Group athletes in their age division worldwide for the opportunity to advance to the next level of competition. Following the Open, the top 200 Age-Group athletes worldwide in each age division will be invited to compete in the Age-Group Online Qualifier. In this competition, Age-Group athletes will submit scores and/or videos for four additional workouts.



3.02 - AGE-GROUP ONLINE QUALIFIER - DATES AND TIMES

The Online Qualifier workouts will be released on Thursday, April 20, 2017, at 5:00 p.m. Pacific Time. Age-Group athletes will have until Monday, April 24, 2017, at 5:00 p.m. PT, to submit their scores and/or videos for these workouts. Specific dates and times will be announced on the [CrossFit Games website](#).

3.03 - AGE-GROUP ONLINE QUALIFIER - JUDGING AND VALIDATION

Age-Group athletes submitting scores must use a registered judge for each workout and have their performance validated by a validly licensed CrossFit affiliate in good standing. In addition, all four workouts must be videotaped. Age-Group athletes will be asked to submit one to four of these videos for review.

Alternatively, Age-Group athletes may elect to submit videos of the four workouts online for judging and validation. All videos submitted for review must adhere to the video submission guidelines provided.

3.04 - AGE-GROUP ONLINE QUALIFIER - SCORING FORMAT

Age-Group athletes will have five scores tabulated in order to determine their final rank in the Online Qualifier: four scores from the Online Qualifier workouts and one score based on their final overall rank in the Open. If an athlete fails to post a valid score in an Online Qualifier workout for any reason, they will receive a score of "0" for that workout.

Ties on the overall Online Qualifier Leaderboard will be broken by awarding the best position to the athlete who has the highest result in any single Online Qualifier workout. This includes the score based on the athlete's final Open rank. If athletes remain tied after this 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 Online Qualifier Leaderboard. Ties will not be broken for single event results. More than one athlete can share an event result and each will earn the original point value.

3.05 - AGE-GROUP ONLINE QUALIFIER - VIDEO REVIEW

On April 25, 2017, at 5:00 p.m. PT, CrossFit will request one or more videos of the Online Qualifier workouts from the top 40 male and female athletes in each age division. The submitted video(s) will be reviewed and the score(s) for the requested workout(s) either validated, modified or invalidated. Athletes may receive an invitation to the Games if their score is validated or modified. If an athlete's score is modified, the athlete's overall rank in the Online Qualifier will be recalculated with this new score. If the athlete remains ranked high enough following this recalculation, they may receive an invitation to the Games. The video(s) must demonstrate the athlete has the work capacity required to achieve their original posted Online Qualifier score.

Athletes who fail to provide the requested video(s) will have their scores for the workout(s) invalidated (changed to a score of "0"). The video review process for these videos will be completed by May 9, 2017, at 5:00 p.m. PT.

3.06 - AGE-GROUP ONLINE QUALIFIER - INVITATIONS

Only after the video review process is complete will the Age-Group Leaderboard be set. The top 20 male and female Age-Group athletes in each age division (including Teenage divisions) will be invited to compete at the Games starting on May 11, 2017, at 5:00 p.m. PT. If Age-Group athletes ranked in the top 20 in any age division decline their invitation to the Games, the next highest-ranked athlete in that division may be invited. The Games invitation process for Age-Group athletes will be completed by June 10, 2017, at 5:00 p.m. PT.



THE GAMES

4.01 - THE GAMES

The top five (5) men and top five (5) women from each regional will advance to the Games to compete for the title of Fittest on Earth.

The top five (5) teams from each regional will advance to the Games for a chance to claim the Affiliate Cup.

The top twenty (20) male and female athletes worldwide from each age division in the Age-Group Online Qualifier will be invited to compete in the Age-Group Competition at the Games.

4.02 - GAMES REGISTRATION PROCESS - INDIVIDUALS

Shortly after qualifying for the Games, and prior to arriving on site, individual athletes will be emailed information on hotel accommodations, credentials and Games tickets. The email will also provide a basic schedule listing the dates and times for athlete check-in and orientation.

Athletes who have questions before traveling to the Games may contact support@crossfitgames.com for assistance.

4.03 - GAMES REGISTRATION PROCESS - AGE-GROUP ATHLETES

Shortly after qualifying for the Games from the Online Qualifier, and prior to arriving on site, Age-Group athletes will receive an email containing instructions on how to register for the Games and pay the US\$200 Age-Group athlete 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.

Athletes who have questions before traveling to the Games may contact support@crossfitgames.com for assistance.

4.04 - GAMES REGISTRATION PROCESS - TEAMS

Shortly after qualifying for the Games, and prior to arriving on site, team managers will receive an email containing instructions on how to register for the Games. 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.

Team managers are required to submit the team's roster for the Games **NO LATER** than 5:00 p.m. Pacific Time, on June 23, 2017. Team rosters will be frozen at this time with no further roster changes allowed.

Team managers or athletes who have questions before traveling to the Games may contact support@crossfitgames.com for assistance.

4.05 - GAMES ON-SITE CHECK-IN

The dates, location and travel information for the CrossFit 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 at the Games registration site at the designated date and time, athletes will check in 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** check in together. Photo ID must be provided by all six team athletes. Team managers will also confirm the team's six 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 credential. Only one coach per athlete or team will receive a credential for the entire competition. Coach credentials are not transferable.

As part of the registration process, athletes will receive uniforms and all required gear for the competition.

Athletes will be scheduled for interviews and photographs as required.

4.06 - GAMES EVENT ANNOUNCEMENTS

Athletes and teams will compete in multiple workouts, called "events," over multiple days. In keeping with the spirit of the Games, the schedule and events will be released shortly before the competition begins. Event details will be released prior to the start of an event and will be transmitted in a consistent manner for all eligible athletes.

4.07 - GAMES EVENTS - ON-SITE BRIEFING

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

Athlete attendance is mandatory for the daily individual 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 the right to appeal any decision made during the competition and may also be disqualified from further competition.



4.08 - GAMES EVENTS - LEADERBOARD RANKINGS

The performance of athletes and teams will be ranked in each event. Based on an athlete or team's relative rank (i.e., performance when compared to the performance of other athletes and teams), they will be assigned points. These points will be used to rank the athletes and teams on the Games Leaderboard.

Ties on the overall Leaderboard will be broken by awarding the best position to the athlete who has the highest result in any single event. 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 event results. More than one athlete can share an event rank and each will earn the original point value. The athlete with the top performance across multiple events 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.

The athlete who stands atop the overall Games Leaderboard at the end of the competition earns the title Fittest on Earth™.

The team that stands atop the overall Games Leaderboard at the end of the competition will win the Affiliate Cup.

The Age-Group athlete who stands atop the overall Age-Group Games Leaderboard in their division at the end of the competition will win that division's Age-Group title.

4.09 - GAMES EVENTS - SCORING

Specific scoring formats will be provided when the event formats are announced and during on-site briefings. For teams, any configuration of male, female or total number of athletes contributing to the event score may be used.

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

Events 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 event format. Failure to complete the minimum work requirement may cause the athlete or team to not advance in the competition.

Events may use chip timing (transponders) for official timing. For chip-timed events, 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.

If an athlete or team does not advance to the next event for any reason (DNF, injury, etc.), they will be ranked below all competitors or teams who started that event and will be disqualified from the competition.

4.10 - GAMES EVENTS - APPEALS

On-site appeals, event protests, or scoring questions will be filed by the athlete or team with the head judge immediately following the event or at the earliest possible opportunity. If the event head judge is unavailable, a director or alternate head judge can begin the appeals process.

Judgment calls made during an event are final and are 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.

4.11 - GAMES EVENTS - APPEALS PROCESS

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

- The competing athlete OR competing team captain only (no coaches or other athletes may be involved) will state their case and request an Appeals Form from the head judge for the event in question.
- If granted the right to appeal, the athlete or team captain will fill out the Appeals Form completely, providing their name, athlete number, and event information (including event number, heat number and lane number) and a detailed description of the issue in question. 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 head judge.
- The event head judge, the involved judge(s) and the on-site competition director will review the submitted Appeals Form and communicate to complete the fact-finding process for the issue in question.
- The event head judge will provide the final decision and resolve the issue.

CrossFit Inc. has final authority on all athlete event appeal decisions, and may designate this authority to the Head Judge.

Video, photos, cell phone media or any other media will not constitute grounds for changing or modifying a decision, score or entry made by an event Judge. The head judge, competition director or their designee may ask for any related media, but its availability may or may not guarantee use or admissibility in the overall decision process.

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 Inc.'s right to run or operate any CrossFit Inc.-supported, sanctioned or sponsored event as it sees fit in its sole and absolute discretion. **The head judge and CrossFit Inc.'s decisions are final.** This includes the right to remove or disqualify any team or athlete at CrossFit Inc.'s sole and absolute discretion.



4.12 - GAMES EVENTS - INJURY POLICY

Any athlete (individual or team) who is unable to finish an event due to injury, or who requires medical attention following the completion of an event, must receive clearance from the medical staff and head judge or on-site director before returning to competition. The head judge or on-site director will have the authority to remove the athlete from the competition based on the severity of the injury, likelihood of further injury and other factors.

If an individual or team athlete misses their heat for an event due to injury or while undergoing medical treatment or assessment, the athlete will be disqualified from the competition.

If any team member is disqualified from competition due to injury, the team may continue to participate if the team can potentially meet the minimum work requirements for an event. If the team cannot meet the minimum work requirements for an event without a full roster, then the team may not take the competition floor and they will be disqualified from the competition.

4.13 - GAMES EVENTS - REQUIRED ATTIRE/GEAR

Athletes must comply with CrossFit's uniform requirements, and only official competition apparel, or apparel or items expressly pre-approved by CrossFit Inc., shall be permitted on the competition floor and at athlete functions such as orientations.

Athletes shall not wear, use or display any apparel, equipment, accessories, symbols, art, graphics or other items not expressly approved in advance by CrossFit Inc. including, without limitation, headwear, apparel, tape, sunglasses, water bottles, stickers, logos and body or head tattoos, or art (temporary or permanent).

4.14 - GAMES - ATHLETE ENTOURAGE

One coach per individual athlete or team is allowed in the warm-up area. The coach must present the required credentials to enter this area. All other competition areas, including the Athlete Tent, are off limits to coaches and non-working staff. Any additional coaches, personal therapy providers or athlete entourage are considered general admission spectators and will not be allowed access to warm-up areas or restricted "athlete only" areas.

Athlete rehabilitative medical staff (soft-tissue and body-care providers) will be provided by CrossFit Inc. to all athletes in a designated restricted access area in the Athlete Village. Any athletes using their own personal therapy providers (masseuses, physical therapists, chiropractors, etc.) must do so in designated locations only.

4.15 - GAMES - CASH PRIZES

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

- **Top Overall Finish - Individual Athletes (male and female):**
 - First Place: \$285,000
 - Second Place: \$100,000
 - Third Place: \$70,000
 - Fourth Place: \$45,000
 - Fifth through Eighth Place: \$30,000, \$26,000, \$24,000 and \$22,000 respectively
 - Ninth through 20th Place: \$20,000, \$18,000, \$15,000, \$13,000, \$12,000, \$11,000, \$10,000, \$9,000, \$8,000, \$7,000, \$6,000, and \$5,000 respectively
- **Top Finish By Event - Individual Athletes (male and female)**
 - First Place: \$3,000
 - Second Place: \$2,000
 - Third Place: \$1,000
- **Top Overall Finish - Masters Athletes (male and female, per age division)**
 - First Place: \$10,000
 - Second Place: \$5,000
 - Third Place: \$3,000
- **Top Overall Finish - Teams (prize per team)**
 - First Place: \$100,000
 - Second Place: \$60,000
 - Third Place: \$30,000
 - Fourth Place: \$20,000
 - Fifth Place: \$15,000



Event winners and other compensated athletes may be required to present valid identification to claim prizes. All prizes, whether or not such a prize is cash, are subject to applicable taxes and withholding and prize winner's compliance with, and agreement to, CrossFit Inc.'s prize affidavit. Additional prizes may be presented by partners, sponsors or select vendors, and all such prizes are also subject to applicable taxes and withholding and compliance with, and agreement to, CrossFit Inc.'s prize affidavit. It is the athlete's sole responsibility to comply with paying any and all applicable taxes in connection with any prizes, whether or not such a prize is cash. Prize money will only be released once drug test results have been confirmed.

4.16 - GAMES - DRUG TESTING

Individual 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 in order 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 teams overall, all members
- Top 3 masters overall, male and female, in each age division

Athletes selected for drug testing due to order of finish must pass their drug test in order to claim their final placement and prize.

APPENDIX A: SPORTSMANSHIP

All athletes agree to compete in a sportsmanlike manner. Unsportsmanlike behavior, such as arguing with an official or representative of CrossFit Inc., taunting, heckling, fighting or any conduct that would bring disrepute upon CrossFit, the competition, other competitors, or spectators or event sponsors, as determined by CrossFit Inc., in the eyes of the viewing public or the CrossFit community, may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events or legal action.

All athletes agree to put forth suitable effort in every workout or event. 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 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 instruction) or that interferes with athlete and judge communication (e.g., external noise devices, bull horns, air horns, etc.), or 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 Inc. to be unsportsmanlike or disruptive to the competition, then the coach, teammate, supporter, guest, and/or athlete is subject to the same disciplinary actions.

This is not an exhaustive list and is meant as a guide for the athlete, coaches and other attendees. This is not intended as a limitation on CrossFit Inc.'s rights to operate the CrossFit Games in any manner it sees fit. CrossFit Inc. reserves the right to terminate 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 Inc. has and may delegate to an on-site director the absolute authority on any final ruling, including, without limitation, disqualification of an athlete, removal of spectator(s) or dismissal of any attendee.



APPENDIX B: ALLEGATIONS OF MISCONDUCT

An athlete may contact support@crossfitgames.com to file an investigation into unfair practices or rule book violations by athletes, teams or judges. Games Support will provide the complainant with detailed instructions to initiate the investigation.

APPENDIX C: CAMERA AND VIDEO EQUIPMENT POLICY

The following 2017 CrossFit Camera and Video Equipment Policy is in effect at all Games events, including any Open events operated by CrossFit Inc., the Regionals, and the Games.

Subject to these rules, spectators are permitted to use non-flash cell phone camera photography and cell phone video recording for personal use only. Non-permitted items will be confiscated.

The following are NOT permitted:

- All non-cellphone audio, video, and photography devices
- Professional audio and video recording devices
- SLR and DSLR cameras
- Compact cameras
- Sports action cameras (GoPro)
- Flash photography
- Monopods and tripods
- Drones
- Selfie Sticks

The following items are permitted:

- Cell phones with camera and video recording capability
- Tablets with camera and video recording capability

Photos and videos taken with a permitted device cannot be used for any commercial purpose without the prior express written consent of CrossFit Inc. This includes, but is not limited to, any content that is distributed, used, reproduced, streamed, uploaded, transmitted, broadcasted, linked, etc. on any social media platform, website, or blog operated for commercial purposes.