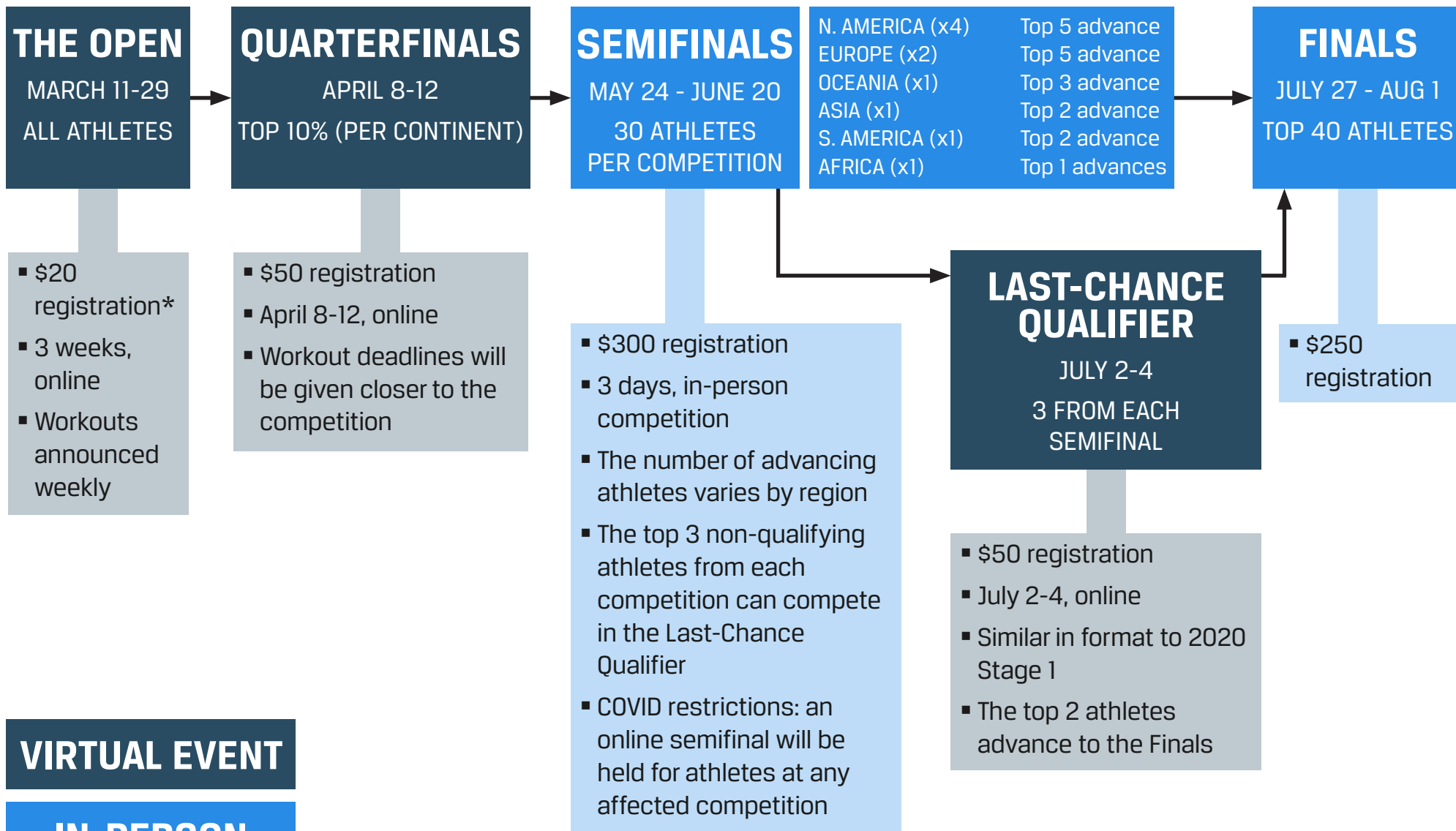


INDIVIDUALS: OVERVIEW



VIRTUAL EVENT

**IN-PERSON
EVENT**

INDIVIDUALS: The Open

March 11-29
All Athletes



GENERAL

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

EQUIPMENT (RX'D ATHLETES)

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

ADVANCING

- The top 10% from each continent will advance to Quarterfinals
- The number of eligible competitors will be established based on registration at the close of 21.1
- Your continent will be established based on your citizenship at the close of the first Open event
- You must complete the Rx'd version of each workout to advance
- Record video of all workouts, even if you don't video-submit your score

PRIZES

- Winner of each event - \$2,021
- 1st Place (overall) - \$15,000
- 2nd Place - \$10,000
- 3rd Place - \$7,500
- 4th Place - \$6,000
- 5th Place - \$5,000

INDIVIDUALS: Quarterfinals

April 8-12
Top 10% from each continent



GENERAL

- \$50 registration
- April 8-12, online competition
- Workouts and deadlines will be announced closer to the competition

EQUIPMENT

- All recommended Open equipment as well as access to:
- 30' of flat space suitable for movements covering distance
- 15' climbing rope
- Medicine ball 20/14 lb.
- 2 dumbbells, 50/35 lb.
- C2 rower
- Gymnastics rings
- GHD
- Squat rack

COMPETITION DETAILS

- Athletes must provide their own judge
- The judge must have completed the 2021 Judges Course
- Whenever possible, select an experienced judge that will hold you accountable
- Athletes must provide video of each workout

ADVANCING

- 300 athletes worldwide advance to 10 Semifinal competitions
- The number of athletes advancing per continent is based on competitors in the 2020 Open

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

INDIVIDUALS: Semifinals

May 24 - June 20
30 athletes per competition



GENERAL

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

ADVANCING

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

COVID CONSIDERATIONS

- If an **athlete** cannot compete, they are eligible for the Last-Chance Qualifier
- If a **competition** cannot be held, all athletes from that competition will participate in an Online Semifinal, hosted by CrossFit
- This announcement is intended to be made no later than 3 weeks prior to the competition
- This event will be similar in structure to the 2020 CrossFit Games Stage 1 competition

COMPETITIONS

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

ATHLETES ADVANCING

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

INDIVIDUALS: Semifinals

May 24 - June 20
30 athletes per competition

NOBULL
CrossFit
GAMES
2021

CrossFit
GAMES
2021

SEMIFINALS



GAMES.CROSSFIT.COM

INDIVIDUALS: Last-Chance Qualifier

July 2-4
3 athletes from each Semifinal event



GENERAL

- \$50 registration
- July 2-4, online competition
- This event will be similar in structure to the 2020 Stage 1 of competition

EQUIPMENT

- All recommended equipment from the Open and Quarterfinals

COMPETITION DETAILS

- Athletes must provide their own judge
- The judge must have completed the 2021 Judges Course
- Whenever possible, select an experienced judge that will hold you accountable
- Athletes must provide video of each workout

ADVANCING

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

INDIVIDUALS: Drug Testing

GENERAL

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

SEMIFINALS

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

FINALS

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

INDIVIDUALS: Best Practices

ONLINE COMPETITIONS

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

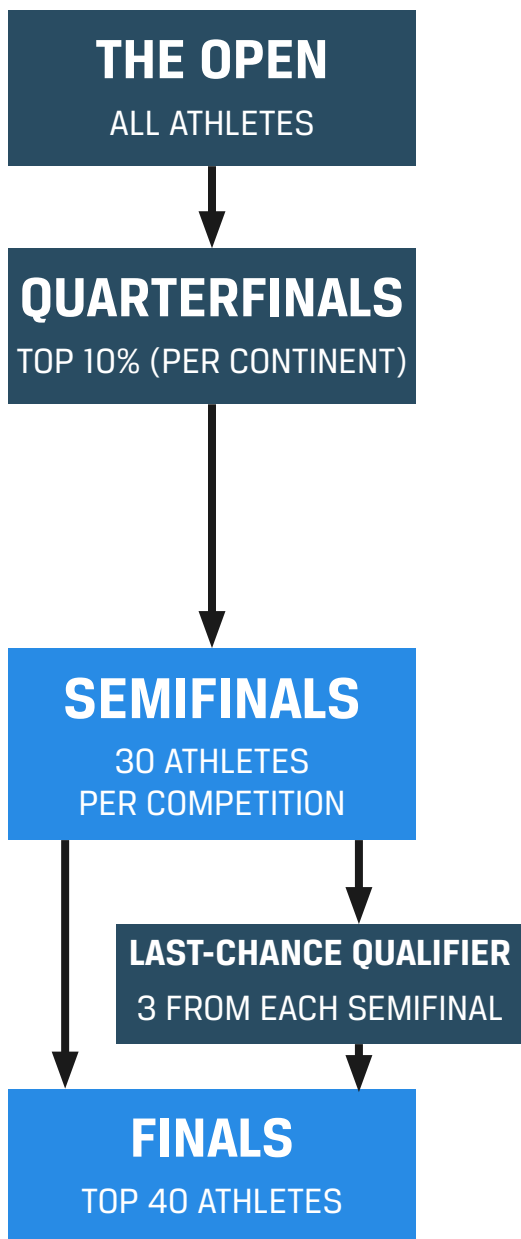
IN-PERSON COMPETITIONS

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

GENERAL

- Consult the 2021 Rulebook for more details on the competition season

INDIVIDUALS: Calendar of Events



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

TEAMS: OVERVIEW

THE OPEN

MARCH 11-29
ALL ATHLETES

- \$20 registration per athlete
- \$20 to register a team*
- 3 weeks, online
- Workouts announced weekly
- Any athlete registered on the team may contribute to the team score

QUARTERFINALS

APRIL 22-26
TOP 25% (PER CONTINENT)

- \$100 registration per team
- April 22-26, online
- Workout deadlines will be given closer to the competition

SEMIFINALS

MAY 24 - JUNE 20
20 TEAMS
PER COMPETITION

- \$600 registration
- 3 days, in-person competition
- The number of advancing teams varies by region
- COVID restrictions: an online Semifinal will be held for teams at any competition that cannot host the in-person Semifinal

N. AMERICA (x4)
EUROPE (x2)
OCEANIA (x1)
ASIA (x1)
S. AMERICA (x1)
AFRICA (x1)

Top 5 teams advance
Top 5 teams advance
Top 3 teams advance
Top 2 teams advance
Top 2 teams advance
Top 1 team advances

FINALS

JULY 27 - AUG 1
TOP 38 TEAMS
WORLDWIDE

- \$500 registration per team

VIRTUAL EVENT

**IN-PERSON
EVENT**

TEAMS: The Open

March 11-29
All Athletes



GENERAL

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

EQUIPMENT (RX'D ATHLETES)

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

COMPETITION DETAILS

- Any athlete who is registered for the affiliate's team may contribute to the team-score
- These registered athletes represent your team's roster for the season
- Team score will be determined by the top 2 men and top 2 women's scores in each workout

ADVANCING

- The number of eligible competitors will be established based on registration at the close of 21.1
- Your continent will be established based on the physical location of the affiliate
- The top 25% of teams* from each continent will advance to Quarterfinals
 - ◆ No fewer than 50 teams/continent will advance

DECLARING YOUR ADVANCING TEAM

- If your team is advancing, you must declare 4-6 athletes to represent the team at the Quarterfinals
 - ◆ 2 Men and 2 Women (minimum)
 - ◆ Only the athletes registered on the affiliate team are eligible to be selected

TEAMS: Quarterfinals

April 22-26

Top 25% from each continent



GENERAL

- \$100 registration
- April 22-26, online competition
- Workout deadlines may be given based on time zones
- Only the 4 athletes (2M/2F) who complete the first workout together may compete
- Events will be team-oriented. The team will compete together.

EQUIPMENT

- All recommended Open equipment as well as access to:
- 30' of flat space suitable for movements covering distance
- 15' climbing rope
- 2 medicine balls/weight, 20/14 lb.
- 4 dumbbells/weight, 50/35 lb.
- 2 C2 rowers
- 2 pairs of gymnastics rings
- 2 GHDs
- Squat rack

COMPETITION DETAILS

- Athletes must provide their own judges
- Be prepared to have 4 judges available
- The judge must have completed the 2021 Judges Course
- Select experienced judges that will hold you accountable
- Teams must provide video of each workout

ADVANCING

- 200 teams worldwide will advance to 10 Semifinal competitions
- The number of teams advancing per continent is based on competitors in the 2020 Open

N. AMERICA	TOP 80 ADVANCE
EUROPE	TOP 40 ADVANCE
OCEANIA	TOP 20 ADVANCE
S. AMERICA	TOP 20 ADVANCE
ASIA	TOP 20 ADVANCE
AFRICA	TOP 20 ADVANCE

DECLARING YOUR ADVANCING TEAM

- The 2 Men and 2 Women who completed the Quarterfinals must be on the Semifinal team
- Additionally 1M/1F may be selected as alternates
- Only athletes registered on the affiliate team during the Open are eligible to be selected as alternates

TEAMS: Semifinals

May 24 - June 20
20 teams per competition



GENERAL

- \$600 registration
- Ten, 3-day, in-person competitions held over 4 weeks
- The programming for each event will be unique but vetted by CrossFit
- These are independent events that have partnered with CrossFit
- Registration fees will be announced after the Open
- Only the 4 athletes (2M/2F) declared at the in-person check-in can compete

ADVANCING

- 38 teams from around the world will advance to the CrossFit Games Finals
- The number of teams advancing varies based on region

COVID CONSIDERATIONS

- If a **competition** cannot be held, teams from that competition will participate in an Online Semifinal, hosted by CrossFit
- This announcement is intended to be made no later than 3 weeks prior to the competition
- This event will be similar in structure to the 2020 CrossFit Games Stage 1 competition

COMPETITIONS

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

TEAMS ADVANCING

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

TEAMS: Semifinals

May 24 - June 20
20 teams per competition

NOBULL
CrossFit
GAMES
2021

CrossFit
GAMES
2021

SEMIFINALS



[GAMES.CROSSFIT.COM](https://games.crossfit.com)

TEAMS: Drug Testing

GENERAL

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

SEMIFINALS

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

FINALS

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

TEAMS: Best Practices

THE OPEN

- Make sure athletes register for the team OR have their team manager place them on the team

ONLINE COMPETITIONS

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

IN-PERSON COMPETITIONS

- Choose a Team Captain that is comfortable speaking for the team as a whole
- Make sure your team captain checks their email regularly
- Pay attention to heat check-in times
- Plan to be on time, every time!
- Prepare for long competition days

GENERAL

- Consult the 2021 Rulebook for more details on the competition season

TEAMS: Calendar of Events

THE OPEN
ALL ATHLETES

QUARTERFINALS
TOP 25% (PER CONTINENT)

SEMIFINALS
20 TEAMS
PER COMPETITION

FINALS
TOP 38 TEAMS

	M	T	W	TH	F	SA	SU	
MARCH	8	9	10	11	12	13	14	OPEN WEEK 1
	15	16	17	18	19	20	21	OPEN WEEK 2
	22	23	24	25	26	27	28	OPEN WEEK 3
	29	30	31	1	2	3	4	
APRIL	5	6	7	8	9	10	11	
	12	13	14	15	16	17	18	
	19	20	21	22	23	24	25	TEAMS QUARTERFINALS
	26	27	28	29	30	1	2	
MAY	3	4	5	6	7	8	9	
	10	11	12	13	14	15	16	
	17	18	19	20	21	22	23	
	24	25	26	27	28	29	30	SEMIFINALS WEEK 1
	31	1	2	3	4	5	6	SEMIFINALS WEEK 2
JUNE	7	8	9	10	11	12	13	SEMIFINALS WEEK 3
	14	15	16	17	18	19	20	SEMIFINALS WEEK 4
	21	22	23	24	25	26	27	
	28	29	30	1	2	3	4	
JULY	5	6	7	8	9	10	11	
	12	13	14	15	16	17	18	
	19	20	21	22	23	24	25	
	26	27	28	29	30	31	1	GAMES FINALS

TEAMS: Questions



GENERAL

- Athletes that qualify for IND and TEAM Quarterfinals
 - ◆ Individual athlete may compete in both
 - ◆ If that athlete qualifies for IND and TEAM Semifinals they may only compete in one division
 - ◆ If they choose IND for Semifinals and do not qualify and their team does, they may be added to the declared roster for the team advancing to the Games.

MASTERS: OVERVIEW

THE OPEN

MARCH 11-29
ALL ATHLETES

- \$20 registration*
- 3 weeks, online
- Workouts announced weekly

ONLINE QUALIFIER

MAY 6-10
TOP 10% PER DIVISION

- \$50 registration
- May 6-10, online
- Similar format to previous years

FINALS

JULY 27 - AUG 1
TOP 20
PER DIVISION*

- \$250 registration
- * Qualifying spots for the 60-64 and 65+ divisions will be determined based on Open participation numbers

VIRTUAL EVENT

IN-PERSON
EVENT

MASTERS: The Open

March 11-29
All Athletes



GENERAL

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

EQUIPMENT (RX'D ATHLETES)

- Masters 35-54: 1 dumbbell, 50/35 lb.
- Masters 55+: 1 dumbbell, 35/20 lb.
- 1 barbell (45/35 lb.) + a set of standard bumper plates and collars
- 1 jump rope
- 1 pull-up bar for all common hanging movements and kipping
- 1 box, 24"/20" with at least a 15x15" surface
- Wall space

ADVANCING

- The number of eligible competitors will be established based on registration at the close of 21.1
- The top 10% from each division will advance to Online Qualifier
- Record video of all workouts, even if you don't video-submit your score

MASTERS: Online Qualifier

May 6-10
Top 10% from each division



GENERAL

- \$50 registration
- May 6-10, online competition

EQUIPMENT

- All recommended Open equipment as well as:
- 30' of flat space suitable for movements covering distance
- 15' climbing rope
- Medicine ball 20/14 lb.
- Masters 35-54: 2 dumbbells, 50/35 lb.
- Masters 55+: 2 dumbbells, 35/20 lb.
- C2 Rower
- Gymnastics rings
- GHD
- Squat Rack

COMPETITION DETAILS

- Athletes must provide their own judge
- The judge must have completed the 2021 Judges Course
- Whenever possible, select an experienced judge that will hold you accountable
- Athletes must provide video of each workout

ADVANCING

- The top 20 athletes in each division will advance to the CrossFit Games Finals*

- *Qualifying spots for the 60-64 and 65+ divisions will be determined based on Open participation numbers

MASTERS: Drug Testing



GENERAL

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

FINALS

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

MASTERS: Best Practices



ONLINE COMPETITIONS

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

IN-PERSON COMPETITIONS

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

GENERAL

- Consult the 2021 Rulebook for more details on the competition season

MASTERS: Calendar of Events

THE OPEN

ALL ATHLETES

**ONLINE
QUALIFIER**

TOP 10% (PER DIVISION)

FINALS

TOP 20 PER DIVISION*

	M	T	W	TH	F	SA	SU	
MARCH	8	9	10	11	12	13	14	OPEN WEEK 1
	15	16	17	18	19	20	21	OPEN WEEK 2
	22	23	24	25	26	27	28	OPEN WEEK 3
	29	30	31	1	2	3	4	
APRIL	5	6	7	8	9	10	11	
	12	13	14	15	16	17	18	
	19	20	21	22	23	24	25	
	26	27	28	29	30	1	2	
MAY	3	4	5	6	7	8	9	AGE GROUP ONLINE QUALIFIER & OCCUPATIONAL GAMES
	10	11	12	13	14	15	16	
	17	18	19	20	21	22	23	
	24	25	26	27	28	29	30	
	31	1	2	3	4	5	6	
JUNE	7	8	9	10	11	12	13	
	14	15	16	17	18	19	20	
	21	22	23	24	25	26	27	
	28	29	30	1	2	3	4	
JULY	5	6	7	8	9	10	11	
	12	13	14	15	16	17	18	
	19	20	21	22	23	24	25	
	26	27	28	29	30	31	1	GAMES FINALS

TEENAGERS: OVERVIEW

THE OPEN

MARCH 11-29
ALL ATHLETES

- \$20 registration*
- 3 weeks, online
- Workouts announced weekly

ONLINE QUALIFIER

MAY 6-10
TOP 10% PER DIVISION

- \$50 registration
- May 6-10, online
- Similar format to previous years

FINALS

JULY 27 - AUG 1
TOP 20
PER DIVISION

- \$250 registration

VIRTUAL EVENT

IN-PERSON
EVENT

TEENAGERS: The Open

March 11-29
All Athletes



GENERAL

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

EQUIPMENT (RX'D ATHLETES)

- Teenagers 16-17: 1 dumbbell, 50/35 lb.
- Teenagers 14-15: 1 dumbbell, 35/20 lb.
- 1 barbell (45/35 lb.) + a set of standard bumper plates and collars
- 1 jump rope
- 1 pull-up bar that allows for all common hanging movements and kipping
- 1 box, 24"/20" with at least a 15x15" surface
- Wall space

ADVANCING

- The number of eligible competitors will be established based on registration at the close of 21.1
- The top 10% from each division will advance to Online Qualifier
- Record video of all workouts, even if you don't video-submit your score

TEENAGERS: Online Qualifier

May 6-10
Top 10% from each division



GENERAL

- \$50 registration
- May 6-10, online competition

EQUIPMENT

- All recommended Open equipment as well as:
- 30' of flat space suitable for movements covering distance
- 15' climbing rope
- Medicine ball 20/14 lb.
- Teenagers 16-17: 2 dumbbells, 50/35 lb.
- Teenagers 14-15: 2 dumbbells, 35/20 lb.
- C2 Rower
- Gymnastics rings
- GHD
- Squat Rack

COMPETITION DETAILS

- Athletes must provide their own judge
- The judge must have completed the 2021 Judges Course
- Whenever possible, select an experienced judge that will hold you accountable
- Athletes must provide video of each workout

ADVANCING

- The top 20 athletes in each division will advance to the CrossFit Games Finals

TEENAGERS: Best Practices

ONLINE COMPETITIONS

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

IN-PERSON COMPETITIONS

- Pay attention to heat check-in times
- Plan to be on time, every time!
- Prepare for long competition days
- Make sure your parent or guardian and Athlete Control know your whereabouts when you are not on the competition floor

GENERAL

- Consult the 2021 Rulebook for more details on the competition season

TEENAGERS: Calendar of Events

THE OPEN

ALL ATHLETES

**ONLINE
QUALIFIER**

TOP 10% (PER DIVISION)

FINALS

TOP 20 PER DIVISION

	M	T	W	TH	F	SA	SU	
MARCH	8	9	10	11	12	13	14	OPEN WEEK 1
	15	16	17	18	19	20	21	OPEN WEEK 2
	22	23	24	25	26	27	28	OPEN WEEK 3
	29	30	31	1	2	3	4	
APRIL	5	6	7	8	9	10	11	
	12	13	14	15	16	17	18	
	19	20	21	22	23	24	25	
	26	27	28	29	30	1	2	
MAY	3	4	5	6	7	8	9	AGE GROUP ONLINE QUALIFIER & OCCUPATIONAL GAMES
	10	11	12	13	14	15	16	
	17	18	19	20	21	22	23	
	24	25	26	27	28	29	30	
	31	1	2	3	4	5	6	
JUNE	7	8	9	10	11	12	13	
	14	15	16	17	18	19	20	
	21	22	23	24	25	26	27	
	28	29	30	1	2	3	4	
JULY	5	6	7	8	9	10	11	
	12	13	14	15	16	17	18	
	19	20	21	22	23	24	25	
	26	27	28	29	30	31	1	GAMES FINALS