



COMPETITION RULEBOOK



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NEW This tab indicates that there has been a change for the 2019 season.



THE CROSSFIT GAMES

The CrossFit Games is an annual worldwide competition to determine the Fittest on Earth™. The CrossFit Games consist of three competitions that form the CrossFit Games season: the Open, the Age-Group Online Qualifier and the Games. This code of rules governs all facets of the CrossFit Games competition.

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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 in each recognized country and top 20 worldwide overall ranked athletes will qualify to compete at the CrossFit Games.

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 re-submit a score for that workout.

Precise start and end dates for the Open will be announced on the [CrossFit Games website](#). The 2019 Open will commence on Thursday, Feb. 21, at 5 p.m. PT. Subsequent workouts will be released on Feb. 28, March 7, March 14 and March 21, at 5 p.m. PT. The 2019 Open will close on Monday, March 25, at 5 p.m. PT.

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1.02 - ATHLETES

Any athlete meeting CrossFit's age and eligibility requirements may register to compete in the Open. Any athlete wishing to participate in the Open 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 the Games. 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.

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1.03 - DRUG TESTING

The Drug Testing Policy applies to all athletes entered in CrossFit Games events, including the Open. See section 5.

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1.04 - OPEN REGISTRATION

Every competing athlete must register online at games.crossfit.com. For step-by-step instructions on how to register for the Open, please go to <https://games-support.crossfit.com/> and open the "REGISTER" collection.

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1.05 - 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, 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 an account, including date of birth, gender (see section 6 regarding Transgender Policy), 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 of age will be required to provide additional parental consent during the online registration.

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1.06 - OPEN REGISTRATION - TRANSGENDER POLICY **NEW**

The CrossFit Transgender Policy applies to all athletes entered in CrossFit Games events, including the Open. See section 6.

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1.07 - OPEN REGISTRATION - COUNTRY SELECTION **NEW**

During the registration process, athletes will provide information to establish their competition country for the Open. Athletes will remain assigned to this country throughout the competition season up through the Games.

Requirements used to determine an athlete's competition country are based on citizenship at the close of the first Open workout. For the vast majority of athletes, their country will coincide with where they live, work and train on a daily basis.

Any country that has at least one active CrossFit affiliate in good standing with CrossFit Inc. at the close of the first Open workout will have a chance to send a qualified athlete to the Games.

Athletes do not need to be living in the country with which they claim citizenship. So long as the athlete is a citizen of a country with an active CrossFit affiliate in good standing with CrossFit Inc., that athlete may register to represent said country.

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1.08 - OPEN REGISTRATION - COUNTRY SELECTION - EXAMPLES FOR UNCOMMON SITUATIONS **NEW**

For certain individuals, selecting a competition country may not be so straightforward. The guidelines below address some uncommon examples for selecting an athlete's competition country.

- **Military personnel** (active duty and reserve in all branches) will compete for the country where they hold citizenship. Military personnel will compete for that country regardless of Temporary Duty Assignments (TDA/TDY) and/or deployment.
- **Athletes with dual citizenship** will have the ability to choose which country they would like to represent for the season. Athletes can only compete for one country.
- **Athletes in the middle of applying for new citizenship/adjusted status** will compete for the country where they are a current citizen at the end of the first week of the Open. Athletes who gain new citizenship after the conclusion of the first week of the Open will not be able to change their country and will compete for the original country for which they registered.

Errors in choosing the appropriate country may result in the disqualification of an athlete. For any questions concerning country selection, please contact support@crossfitgames.com **PRIOR** to the registration deadline.

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1.09 - OPEN REGISTRATION - DIVISION SELECTION

An athlete's competitive division will automatically be assigned based on birthdate and gender. There are 18 divisions for individual competitors:

- **Men and Women**
- **Boys and Girls 14-15** (Born on or between 07/15/2003 and 02/26/2005) Note: Athletes in this division must be 14 years of age or older as of 02/25/2019 but not older than 15 as of 07/15/2019.



- Boys and Girls 16-17 (Born on or between 07/15/2001 and 07/14/2003)
- Men and Women 35-39 (Born on or between 07/15/79 and 07/14/84)
- Men and Women 40-44 (Born on or between 07/15/74 and 07/14/79)
- Men and Women 45-49 (Born on or between 07/15/69 and 07/14/74)
- Men and Women 50-54 (Born on or between 07/15/64 and 07/14/69)
- Men and Women 55-59 (Born on or between 07/15/59 and 07/14/64)
- Men and Women 60+ (Born on or before 07/14/59)

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1.10 - OPEN REGISTRATION - TERMS AND WAIVERS

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

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1.11 - OPEN REGISTRATION - FEES

To successfully complete the Open registration process, athletes must submit the required fee. Open registration is US\$20 for all athletes (including Individual, Masters and Teenage Divisions) worldwide. All payments are final. No refunds or transfers will be permitted for any reason.

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

CrossFit Inc. is not responsible for any inaccurate entry information, whether caused by website users or any of the equipment or programming associated with or utilized in the CrossFit Games. CrossFit 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 a participant's or any other person's computer relating to or resulting from participating in the CrossFit Games or downloading any materials related to the CrossFit Games.

CrossFit Inc. may disqualify any individual it finds to be tampering with the entry, registration or submission process or the operation of the CrossFit Games or the website, or any website related to the CrossFit Games; to be acting in violation of the official rules; or to be acting in an unsportsmanlike or disruptive manner, or with intent to annoy, abuse, threaten or harass any other person. Any use of robotic, macro, automatic, programmed, or other such entry methods will void all such entries by such methods. In the event of a dispute as to entries submitted by multiple users having the same identifying information, CrossFit 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 are 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 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 take place. In the event that the CrossFit Games competition is canceled, 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.

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1.13 - OPEN WORKOUTS - FORMAT AND APPROVED EQUIPMENT/ATTIRE

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 movement(s)
- Start and end ranges of the movement(s)
- Required number of repetitions and/or repetition scheme
- Required equipment (**NOTE:** Including but not limited to standard Olympic-style barbells and plates, Concept2 rowers, 20-lb. and 14-lb. medicine balls, pull-up bars, gymnastic rings, jump ropes, dumbbells and other equipment commonly found in a CrossFit-affiliated gym. CrossFit Inc. will not supply or make available any 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 Games 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 CrossFit Games competition, it is the athlete's responsibility to adhere to the workout format. This includes performing all required movements to the described standard, counting and completing all required repetitions, using the required equipment and loads, meeting the time requirements, 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.

Proper workout attire, including shoes, is required for all events. No attire shall interfere with a judge's ability to determine whether the required movement standards and expectations for range of motion are being met.

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. Should the workout call for a pull-up bar to be used, athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.

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1.14 - 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 current year's version of the Judges Course each season is a prerequisite for being a 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 Games assignments. Completion of the Judges Course is also required for all affiliate managers before they can validate scores.

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1.15 - 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 the 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.

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1.16 - OPEN WORKOUTS - SCORE SUBMISSION AND VALIDATION

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

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

Athletes must have their scores 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 then will be validated either by an affiliate manager (for non-video submissions) or registered CrossFit judge (for video submissions). For more information on judging and score validation, please go to <https://games-support.crossfit.com/> and scroll through the “Manage Affiliate” articles.

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

Athletes who perform an Open workout at a CrossFit affiliate in good standing with CrossFit Inc. are not required to submit a video for that score. Once a **non-video score** has been submitted, it must be officially validated by the affiliate manager from the affiliate where the workout was performed. **Affiliate managers have 48 hours following the close of an Open workout to validate scores.** Score validation deadlines for the 2019 Open are:

- Wednesday, **Feb. 27**, at 5:00 p.m. PT
- Wednesday, **March 6**, at 5:00 p.m. PT
- Wednesday, **March 13**, at 5:00 p.m. PT
- Wednesday, **March 20**, at 5:00 p.m. PT
- Wednesday, **March 27**, at 5:00 p.m. PT

Any affiliate wishing to participate in the Open must have an affiliate manager assigned to it. Affiliates with multiple locations must have a different affiliate manager assigned to each location. There can be only one affiliate manager per affiliate. It is not possible for an athlete to manage multiple affiliates or manage one affiliate and compete under a different affiliate. These details must be kept in mind when assigning an affiliate manager.

- In order 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 they have the equipment, facility and judges to administer the workouts. For step-by-step instructions on how to register to be an affiliate manager, go to <https://games-support.crossfit.com/> and scroll through the “Manage Affiliate” articles.
- It is the responsibility of the athlete to find an affiliate where the workout can be performed, scored, 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.**

NEW It is NOT acceptable for an affiliate manager to validate scores that were not physically performed at that affiliate. Affiliates caught violating the validation rules will lose their ability to validate scores for the remainder of the season and risk potential sanctions for future seasons.

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1.18 - OPEN WORKOUTS - VALIDATING VIDEO SUBMISSIONS

Athletes' only alternative to performing an Open workout at an affiliate is to upload a video of their performance of the Open workout to the CrossFit Games website through their CrossFit account. Score validation for any online video submission is the sole right of CrossFit 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 effects that do not allow judges to assess whether the movement standards are being met (**Note:** Due to the visual distortion they create, fisheye lenses are not to be used in the filming of video submissions);
- Violation of the workout format, including movement standards;
- Workout attire that prevents the judge from determining whether the athlete is meeting the movement standards; and
- 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; that the camera angle, distance and lighting permit the judge to determine whether the movement standards are being met; and that there are no technical problems with the video itself.

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1.19 - 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 posted is correct. The 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.

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1.20 - 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 pertinent information 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 may appeal a result. Coaches 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.

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

During the appeals process, meeting submission requirements and deadlines is still the responsibility of the athlete. **PRIOR** to the score submission deadline (5:00 p.m. PT on Monday), CrossFit 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.

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1.21 - 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.

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

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

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1.22 - 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 CrossFit Games 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 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 a workout rank, and each will earn the original point value. The athlete with the top performance across multiple workouts in a competition wins that competition.

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1.23 - CROSSFIT GAMES LEADERBOARD - SUBMITTED SCORES

If an athlete performs a workout at an affiliate, the score will appear on the CrossFit Games Leaderboard after it has been validated 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 70 percent on their respective Open worldwide leaderboard as of 5:00 p.m. PT 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.

In every division, if a registered athlete fails to submit a score for any reason (e.g., skips a workout, has a workout invalidated, cannot complete the stated minimum score or cannot complete a single repetition), that athlete will receive a score of "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 CrossFit Games Leaderboard.

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1.24 - CROSSFIT GAMES LEADERBOARD - COUNTRY LEADERBOARD **NEW**

After selecting their country during Open registration, athletes also will be placed on their respective country's leaderboard. These leaderboards are based solely on an athlete's citizenship.

At the conclusion of the Open, athletes with the top performance across multiple workouts in their country win the competition, are crowned National Champions and qualify to compete at the Games.

In order to be eligible to advance to the Games, an athlete must complete all Open workouts as prescribed.

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1.25 - 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 CrossFit Games Leaderboard.

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

The CrossFit Games host a scaled-only leaderboard. In order to remain on the scaled-only leaderboard, an athlete must perform **ALL** the Open workouts as scaled.

Athletes are eligible to advance to the Age-Group Online Qualifier even if they choose to perform the scaled version of one or more Open workouts. Advancement is determined by placement on the overall CrossFit Games Leaderboard, where Rx'd workout scores are ranked higher than scaled scores.

Athletes are not eligible for advancement as National Champions if they complete any workouts as scaled.

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1.26 - 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 cutoff dates listed in section 1.09. 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.

Any masters athlete who fails to submit a score for a workout will receive a score of “O” and be ranked below all athletes who entered a score, whether 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 CrossFit Games 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.

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1.27 - 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 (Teenagers 14-15 and Teenagers 16-17) based on their age as of the cutoff dates listed in section 1.09. 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.

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

For the teenagers in the 16-17 age division, the prescribed workouts will be the same as the prescribed workouts for the individual divisions. Teenage athletes who perform these prescribed workouts will be ranked relative to individual athletes on the overall CrossFit Games Leader-



board, as well as relative to other teenage athletes in their age division on the teenage leaderboard.

Teenagers in the 14-15 age division wishing to perform the workouts released for the individual divisions in order to appear on the overall CrossFit Games Leaderboard and to be eligible for advancement to 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 then will be ranked on the CrossFit Games 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.

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1.28 - OPEN VIDEO AND JUDGING REQUIREMENTS FOR GAMES QUALIFIERS

Any athlete who qualifies for the Games is required to have used a registered judge (that is, a judge who passed the online Judges Course) during the 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, all athletes who qualify for the Games must have all 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 for each qualifying athlete will be reviewed by CrossFit Games staff prior to sending out invitations to the Games.

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1.29 - OPEN - CASH PRIZES

A cash prize of US\$2,019.00 will be awarded each week for the top score by an individual man and individual woman worldwide. In order to claim this prize, athletes must submit a video of the workout before 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 the prize winner's compliance with and agreement to CrossFit Inc.'s prize affidavit.

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1.30 - OPEN VIDEO REVIEW - SUBMITTING VIDEOS NEW

At the end of the Open, the top athletes (see below) may be required to submit complete videos of one or more of the 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 notifying individual athletes that they qualified for the Games. **Athletes may 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.**

The top five men and women from each eligible country may be required to submit videos for review.

The top 40 men and women on the overall worldwide CrossFit Games Leaderboard during the Open may be required to submit videos for review.

*Athletes ranked outside these numbers may be required to submit videos if they qualify to compete at the Games. Failure to provide videos as required may result in the invalidation of an athlete's score(s) for the requested workout(s).

At any time during the Open, CrossFit may request additional videos from any athlete.

The request for videos will be made March 28, 2019, at 5:00 p.m. PT. The selected athletes will have until April 1, 2019, at 5:00 p.m. PT to submit their videos. The video can 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.

Note: Teenagers in the 16-17 age division and masters in the 35-54 age divisions will qualify to compete at the Games if they finish among the top in their country or top 20 worldwide in the individual divisions. They will be required to submit a video for review, as they will be considered part of the individual men and women divisions.

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1.31 - OPEN VIDEO REVIEW - VIDEO REVIEW PROCESS

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

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1.32 - OPEN - NATIONAL CHAMPION CITIZENSHIP VERIFICATION **NEW**

After the conclusion of the Open and prior to notifying individuals that they have qualified for the Games, National Champions will be required to submit proof of citizenship. The CrossFit Games will notify National Champions and request this proof. National Champions will be contacted with additional information via email.

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AGE-GROUP ONLINE QUALIFIER

2.01 - 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 qualify to compete in the Age-Group Online Qualifier. Similar to the Open, in this competition, age-group athletes will submit scores and/or videos for additional workouts.

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2.02 - AGE-GROUP ONLINE QUALIFIER - DATES AND TIMES

The Online Qualifier workouts will be released on Thursday, May 2, 2019, at 5:00 p.m. PT. Age-group athletes will have until Monday, May 6, 2019, at 5:00 p.m. PT, to submit their scores and/or videos for these workouts.

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2.03 - 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 workouts must be videotaped. Age-group athletes will be asked to submit at least one of these videos for review.

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

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2.04 - AGE-GROUP ONLINE QUALIFIER - SCORING FORMAT **NEW**

At the start of the Age-Group Online Qualifier, all rankings will reset, and each athlete will start with the same rank. Age-group athletes then will have scores tabulated from the Online Qualifier in order to determine their final rank leading up to the Games. If an athlete fails to post a valid score in an Online Qualifier workout for any reason, that athlete will receive a score of "O" for that workout.

Ties on the overall leaderboard for Online Qualifier will be broken by awarding the best position to the athlete who has the highest result in any single Online Qualifier workout. 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.

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2.05 - AGE-GROUP ONLINE QUALIFIER - VIDEO REVIEW

On May 9, 2019, at 5:00 p.m. PT, CrossFit will request one or more videos of the Online Qualifier workouts from the top 25 men and women 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 qualify to compete in 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, the athlete may qualify to compete at the Games. The video(s) must demonstrate the athlete has the work capacity required to achieve the originally 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 21, 2019, at 5:00 p.m. PT.

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2.06 - AGE-GROUP ONLINE QUALIFIER - INVITATIONS **NEW**

Only after the video review process is complete will the age-group leaderboard be set. Starting on May 23, 2019, at 5:00 p.m. PT, the top 10 men and women in each age-group division (including teenage divisions) will qualify to compete at the Games. If age-group athletes ranked in the top 10 in any age division decline to compete in the Games, the next highest-ranked athlete in that division may qualify to compete. The Games qualification process for age-group athletes will be completed by June 5, 2019, at 5:00 p.m. PT.

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SANCTIONALS **NEW**

3.01 - SANCTIONALS

Certain independently hosted competitive events worldwide have been officially sanctioned and licensed by CrossFit Inc. These events will be referred to as "Sanctionals," and they are independently owned and operated with their own governing bodies.

Sanctionals program their own workouts and scoring for their competitions. Invitations or qualifying rounds to these events are conducted at the discretion of their respective governing bodies.

Sanctionals are not part of the CrossFit Games season, but winners from the Sanctionals (from the elite or Rx'd division equivalents) will earn an invitation to compete at the Games. Each Sanctionals competition will send one man, one woman and one team* to the Games. If a winner of one of the Sanctionals earns a spot to compete at the Games via another route, the second-place athlete at that Sanctionals competition will earn an invitation to the Games. This process will repeat if the second-place finisher has earned a spot at the Games, and so on.

In 2019, 15 Sanctionals will be hosted worldwide. A list of the 15 Sanctionals events can be found [HERE](#).

It is not required that any individual winner from a Sanctionals competition participate in the Open.

For any questions regarding registration or qualification for a Sanctionals competition, contact the organizers of the respective event directly.

* In 2019, the Italian Showdown will not have a team competition and thus no team invite will be extend to the Games from that event.

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3.02 - SANCTIONALS - TEAMS

Each team that places first in a Sanctionals competition will receive an invitation to compete at the Games. Winning a Sanctionals competition is the only process whereby a team may compete at the Games. Teams will consist of two (2) men and two (2) women. It is not required that any member of a team compete in the Open.

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3.03 - SANCTIONALS - AWARDS AND PRIZE MONEY

Each Sanctionals competition will provide its own awards and prize money. For questions concerning awards or prize money, contact the



organizers of the respective Sanctionals competition directly.

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THE GAMES

4.01 - THE GAMES

The top men, women and teams will advance to the Games to compete for the title of Fittest on Earth™. Athletes will qualify in the following manner:

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4.02 - THE GAMES - QUALIFICATION PROCESS FROM THE OPEN - NATIONAL CHAMPIONS **NEW**

The video review process for individual athletes who finish in first place after the Open will be completed no later than April 29, 2019, at 5:00 p.m. PT. Only at the end of this review period will the final Open leaderboard standings for individual athletes be set. Once the leaderboard is set and citizenship has been verified, CrossFit Inc. will notify individual athletes that they have qualified for the Games. CrossFit Inc. will email the top men and women in each recognized Open country no later than May 1, 2019, at 5:00 p.m. PT.

If a National Champion declines to compete in the Games, CrossFit Inc. will not backfill the spot to the second-place athlete. In the event that an athlete wins a national title but did not complete all Open workouts as prescribed, CrossFit Inc. will not backfill the athlete's spot to the next-best athlete who completed all Open workouts as prescribed.

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4.03 - THE GAMES - QUALIFICATION PROCESS FROM THE OPEN - TOP 20 WORLDWIDE **NEW**

The video review process for individual athletes who finish in the top 20 overall worldwide after the Open will be completed no later than April 29, 2019, at 5:00 p.m. PT. Only at the end of this review period will the final Open leaderboard standings for individual athletes be set, and at that time CrossFit Inc. will notify individual athletes that they have qualified for the Games. CrossFit Inc. will email the men and women in the top 20 overall worldwide no later than May 1, 2019, at 5:00 p.m. PT.

If an athlete within the top 20 is also a National Champion, CrossFit Inc. will backfill the top 20 position to the next athlete in line. If an athlete declines to compete in the Games or is a member of a team that has been invited to compete, CrossFit Inc will backfill the position to the next athlete in line.

Should an athlete within the top 20 receive an invitation to compete in the Games by winning a Sanctionals competition, CrossFit Inc. will not backfill the top 20 position to the next athlete.

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4.04 - THE GAMES - INVITATION PROCESS FROM SANCTIONALS **NEW**

In 2019, there will be 15 Sanctionals from which the top male and female athletes and teams* (from the elite or Rx'd division equivalent) may receive invitations to compete at the Games.

Should the winner of a Sanctionals competition qualify for or receive an invitation to the Games by another means, the second-place athlete/team from that Sanctionals competition will receive the invitation to compete at the Games. This backfill process will continue if the second-place athlete/team has already qualified, received an invitation, and so on.

This backfill process also will follow the chronological sequence of the Sanctionals. For example, if an athlete wins multiple Sanctionals, CrossFit Inc. will backfill to the second-place athlete from the second Sanctionals win, not the first.

*In 2019, the Italian Showdown will not qualify a team for invitation to the Games.

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4.05 - THE GAMES - INVITATION PROCESS FROM SANCTIONALS - TEAM ROSTERS*

NEW

Shortly after a team wins a Sanctionals competition and is invited to compete in the Games, it may submit up to two alternates, one (1) man and one (1) woman, to be part of the team. These alternates can be used should one of the team's members need to withdraw prior to arriving at check-in for the Games. Teams will have seven days after receiving an invitation to declare their roster. The team roster will be frozen after the seven days.

A team's six (6) members must comprise the four (4) athletes who competed at the Sanctionals competition on the same team, plus two (2) alternates (one man and one woman). Once the names of the six (6) members of the team have been provided to the CrossFit Games staff, the team may select only from among those six members to field a team at the Games. If an athlete is listed on a Games team roster, that athlete is not eligible to compete on another team.

If a member of a team also earns a qualifying spot as an individual athlete and elects to compete as an individual, the team must use its alternate to fill the remaining team spot. If more than one man and one woman from a team elect to compete as individual athletes and the team cannot field a full roster at the time of registration for any reason, then the team will not be allowed to compete at the Games.

*For the 2019 season, any teams that have been invited prior to the conclusion of the 2019 Open will be required to declare a roster after the completion of the Open competition.

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4.06 - THE GAMES - INVITATION PROCESS FROM AN AT-LARGE BID

NEW

CrossFit Inc. reserves the right to invite four individual athletes to compete at the Games. The means by which an athlete can earn one of the four at-large bids is solely up to CrossFit Inc.'s discretion.

Once an athlete receives an invite via an at-large bid, the athlete will have to accept the invite and complete the registration process.

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4.07 - GAMES REGISTRATION PROCESS - INDIVIDUALS

NEW

Shortly after qualifying for or receiving an invitation to the Games and prior to arriving on site, all individual athletes who wish to compete in the Games will receive an email containing instructions on how to register for the Games and pay the US\$200 individual athlete fee. The email also will provide information on hotel accommodations, credentials and Games tickets, as well as a basic schedule listing the dates and times for athlete check-in and orientation.

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

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4.08 - 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 also will provide information on hotel accommodations, credentials and Games tickets, as well as a basic schedule listing the dates and times for athlete check-in and orientation.

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

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4.09 - GAMES REGISTRATION PROCESS - TEAMS

NEW

Shortly after receiving an invitation to the Games and prior to arriving on site, team athletes will receive an email containing instructions on how to register for the Games and pay the US\$400 team registration fee. The email also will provide information on hotel accommodations, credentials and Games tickets, as well as a basic schedule listing the dates and times for athlete check-in and orientation.

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.

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4.10 - GAMES ON-SITE CHECK-IN

The dates, location and travel information for the Games will be distributed on the CrossFit Games website and/or through email to athletes or team managers. It is the responsibility of each athlete and team to meet all required travel and scheduling commitments. This includes, but is not limited to, all non-competition appearances and media commitments. Athletes are required to designate a point of contact with CrossFit Inc. 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 (the four competing athletes and two alternates). Team managers also will confirm the team's four competing athletes at registration.

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

During the registration process, athlete and team coaches MUST be declared. Coaches MUST be on site to register and receive their credential. Only one coach per athlete or team will receive a credential for the entire competition. Coach credentials are not transferable. Prior to receiving their credential, coaches MUST attend a mandatory orientation and complete the online Judges Course.

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.

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4.11 - 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 transmitted in a consistent manner for all eligible athletes.

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4.12 - 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 also may 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.

Should any athletes require a translator for the event briefing, they will need to speak with the Head Judge on site to receive approval for the translator to be present.

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4.13 - GAMES EVENTS - ATHLETE SEEDING NEW

All competing athletes will be seeded going into the Games competition. Overall competitor seeding at the Games will be determined by athletes' scores in the 2019 Open. Athletes who did not participate in the Open (and thus did not receive an Open score) will receive the lowest seeding at the 2019 Games.

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4.14 - GAMES EVENTS - LEADERBOARD RANKINGS

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

Ties on the overall leaderboard will be broken by awarding the best position to the athlete/team who has the highest result in any single event. If athletes/teams remain tied after this first tiebreaker, the process continues to their next highest single result, and so forth. Ties will not be broken for single event results. More than one athlete/team can share an event rank, and each will earn the original point value. The athlete/team 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.

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

The team that stands atop the overall CrossFit Games Leaderboard at the end of the competition will be crowned the Fittest on Earth™.

Age-group athletes who stands atop the overall age-group CrossFit Games Leaderboard in their division at the end of the competition will win that division's age-group title.

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4.15 - 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 men, women or total number of athletes contributing to the event score may be required.

Events may have time penalties. Failure to complete a workout within 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 not to 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.), the athlete or team will be ranked below all competitors or teams who started that event and will be disqualified from the competition.

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4.16 - 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.

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4.17 - 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 the 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 the athlete or team's 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.

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.

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 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.

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4.18 - 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.

Individual or team athletes who miss their heat for an event due to injury or while undergoing medical treatment or assessment 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 it will be disqualified from the competition.

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4.19 - GAMES EVENTS - REQUIRED ATTIRE/GEAR

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

Athletes will not be permitted to 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).

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

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4.20 - 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 Area, are off-limits to coaches and non-working staff. Any additional coaches, personal therapy providers or athlete entourages are considered general admission spectators and will not be allowed to access warm-up areas or restricted athlete-only areas.



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

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4.21 - GAMES - CASH PRIZES **NEW**

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

- **Top Overall Finish - Individual Athletes (men and women)**
 - First Place: \$300,000
 - Second Place: \$115,000
 - Third Place: \$75,000
 - Fourth Place: \$50,000
 - Fifth Through Eighth Place: \$35,000, \$30,000, \$27,000 and \$25,000, respectively
 - Ninth Through 20th Place: \$23,000, \$21,000, \$18,000, \$16,000, \$15,000, \$14,000, \$13,000, \$12,000, \$11,000, \$10,000, \$9,000 and \$8,000, respectively

- **Top Finish by Event - Individual Athletes (men and women)**
 - First Place: \$3,000
 - Second Place: \$2,000
 - Third Place: \$1,000

- **Top Overall Finish - Masters Athletes, 35-39 Division (men and women)**
 - First Place: \$25,000
 - Second Place: \$10,000
 - Third Place: \$5,000

- **Top Overall Finish - Masters Athletes (men and women, 40-44, 45-49, 50-54, 55-59, 60+ age divisions)**
 - 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: \$70,000
 - Third Place: \$40,000
 - Fourth Place: \$25,000
 - Fifth Place: \$20,000

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.

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4.22 - GAMES - ON-SITE 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 athletes overall, men and women, 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. See Section 5 for more details.

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DRUG TESTING **NEW**

5.01 - DRUG TESTING

The CrossFit Games Drug Testing Policy found at http://media.crossfit.com/games/pdf/2019_CrossFitGames_DrugTesting_Program_v4.pdf shall apply to all athletes registered for CrossFit Games events.

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

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

Athletes included in CrossFit's Registered Athlete Testing Pool are subject to drug testing at any time, with no expiration, until they are removed from the Testing Pool by CrossFit 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.

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TRANSGENDER POLICY **NEW**

6.01 - TRANSGENDER POLICY

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

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6.02 - PARTICIPATION IN THE OPEN

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

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

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

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6.03 – PARTICIPATION IN EVENTS OTHER THAN THE OPEN (E.G., THE ONLINE QUALIFIER AND THE GAMES)

Transgender males: Athletes who transition from female to male must satisfy the requirements set forth in section 6.02 above.



Transgender females: Athletes who transition from male to female must satisfy the requirements set forth in section 6.02 above and meet the following requirements:

- i. Athletes must, prior to competing in the Online Qualifier or confirming their participation in the Games, contact support@crossfitgames.com to receive a Declaration Form to complete, declaring that their gender identity is female. That declaration cannot be changed, for any sporting purpose, for a minimum of four years.
- ii. Athletes must demonstrate that their total testosterone level in serum has been below 10 nmol/L for at least 12 months prior to their first CrossFit competition (with the requirement for any longer period to be based on a confidential case-by-case evaluation by CrossFit, considering whether or not 12 months is a sufficient length of time to minimize any advantage in women's competition).
- iii. The athlete's total testosterone level must remain below the 10 nmol/L throughout the period of desired eligibility to compete in the female category.
- iv. The information provided by the athlete in sections (i)-(iii) above will be reviewed by CrossFit, which shall determine, in its sole discretion, whether the athlete will be allowed to participate as a female.
- v. Compliance with these requirements may be monitored by CrossFit through additional serum testing. In the event of non-compliance, the athlete's eligibility for female competition will be suspended for 12 months. An in-competition report of a serum total testosterone level ≥ 10 nmol/L will, subject to section 6.04, result in the disqualification of the results of that competition and the return of any prize money or awards.

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6.04 – EXCEPTIONS TO SUBSECTION 6.03

- As an exception to sections 6.03 (ii) and (iii), athletes having a serum testosterone level ≥ 10 nmol/L may continue to participate in the female category if they satisfactorily demonstrate to CrossFit that they have a genetic condition that affects the bioavailability of their serum testosterone, such as hyperandrogenism (e.g., PCOS in rare cases), androgen insensitivity syndrome or 5-alpha reductase deficiency.
- For purposes of events held in 2019, CrossFit, in its sole discretion, may reduce the 12-month period set forth in section 6.03 (ii) for particular events.

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6.05 – THERAPEUTIC USE EXEMPTION REQUIRED FOR THE USE OF A BANNED SUBSTANCE

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

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6.06 – APPEAL BY A TRANSGENDER ATHLETE

Any transgender athlete whose registration to compete in a particular gender category has been rejected by CrossFit under section 6.03 (iv), or otherwise by CrossFit under this section 6, may appeal that decision as follows:

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

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6.07 – OTHER CHALLENGES TO THE GENDER CLASSIFICATION OF AN ATHLETE

Any athlete registered for the CrossFit Games may challenge the gender classification of an athlete by sending a confidential written request to support@crossfitgames.com. That request will be reviewed by CrossFit in such manner as it deems appropriate. In the interest of confidentiality, the receipt of the challenge will be acknowledged, but no further information will be provided to the challenging party. CrossFit may also conduct a review and evaluation of an athlete's gender classification on its own initiative. Except for the transgender athlete's right to appeal set forth in section 6.06, no other athlete or person shall have any standing to challenge a decision of CrossFit under this section 6.

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6.08 – CONFIDENTIALITY AND CONSENT TO SHARING CONFIDENTIAL INFORMATION

The legitimate medical and other privacy interests of transgender athletes will be preserved. Any discussion involving the gender identity of an athlete and any documentation supporting a gender transition will be kept confidential on a need-to-know basis, unless the athlete makes a specific request otherwise. Athletes give their consent to CrossFit to share confidential information with others as may be reasonably required in the application of this policy or in the application of the transgender policies of other sports organizations in which the athlete is participating. CrossFit will not retain any medical documentation that may be provided by athletes in accordance with this policy after receiving notice from them that they will no longer be participating in CrossFit events or which is otherwise relevant to their previous status as a CrossFit competitor.

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6.09 – QUESTIONS CONCERNING TRANSGENDER POLICY

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

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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.

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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.

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