



COMPETITION RULEBOOK

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THE CROSSFIT GAMES

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

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THE OPEN

1.01 - THE OPEN

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

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

Precise start and end dates for the Open will be announced on the [CrossFit Games website](#). The 2022 NOBULL CrossFit Games Open will commence at 12 p.m. (noon) PT on Thursday, Feb. 24, 2022. Subsequent events will continue to be released on Thursdays at 12 p.m. (noon) PT until the competition is complete. The 2022 Open will close on a Monday at 5 p.m. PT.

*See section 1.08 for qualifications for a recognized continent.

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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 event of the season.

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

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

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1.03 - DRUG TESTING

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

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1.04 - OPEN REGISTRATION

Every competing athlete must register online at games.crossfit.com/register/open.

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

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1.05 - OPEN REGISTRATION - TERMS AND WAIVERS

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

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1.06 - OPEN REGISTRATION - CROSSFIT ACCOUNT

Each athlete must have a CrossFit account 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 event submission and validation deadlines, and reviewing their score submission history. It is the athlete's sole responsibility to provide current, valid, and truthful information when creating an account, including date of birth, gender (see the Transgender Policy section), and email address. Any athlete with questions or concerns about creating an account should contact support@crossfitgames.com. **Athletes should not create duplicate accounts.**

Age requirements - Athletes must be at least 13 years old at the time they create an account on the CrossFit Games website and must be 14 years old as of July 14, 2022. Any athlete younger than 18 years of age will be required to provide additional parental consent during online registration.

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1.07 - OPEN REGISTRATION - TRANSGENDER POLICY

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

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1.08 - OPEN REGISTRATION - CONTINENT SELECTION

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

Requirements used to determine an athlete's competitive continent are based on citizenship at the close of the first Open event.

Once the close of the first Open event has passed, athletes will no longer be able to edit their citizenship. For the vast majority of athletes, their country and continent will coincide with where they live, work, and train on a daily basis.

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

North America
Europe
Oceania
Asia
South America
Africa

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

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

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1.09 - OPEN REGISTRATION - COUNTRY SELECTION - EXAMPLES FOR UNCOMMON SITUATIONS

For certain individuals, selecting a competition country/continent may involve additional considerations. The guidelines below address some uncommon situations 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 or multiple citizenships** may choose which country they would like to represent for the season. Athletes can only compete for one country. Athletes with dual citizenship must choose which country they will be representing by the close of the first week of the Open.
- **Athletes in the process of applying for new citizenship/adjusted status** will compete for the country where they are a current citizen at the end of the first week of the Open. Athletes who gain new citizenship after the conclusion of the first week of the Open will not be able to change their country and will compete for the original country for which they registered.
- **Athletes holding permanent residency in a different country than where they hold citizenship** will still compete for the country where they hold citizenship.

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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1.10 - OPEN REGISTRATION - DIVISION SELECTION

An athlete's competitive division will automatically be assigned based on birth date and gender, unless the athlete selects an adaptive division during registration. For non-adaptive athletes, the athlete's age as of July 14, 2022, will determine which division the athlete will compete in during the 2022 season. There are 36 total divisions for individual competitors, and there is one division for teams:

- **Men and Women**
- **Boys and Girls 14-15** (Born on or between 07/15/2006 and 7/14/2008)
- **Boys and Girls 16-17** (Born on or between 07/15/2004 and 07/14/2006)
- **Men and Women 35-39** (Born on or between 07/15/82 and 07/14/87)
- **Men and Women 40-44** (Born on or between 07/15/77 and 07/14/82)
- **Men and Women 45-49** (Born on or between 07/15/72 and 07/14/77)
- **Men and Women 50-54** (Born on or between 07/15/67 and 07/14/72)
- **Men and Women 55-59** (Born on or between 07/15/62 and 07/14/67)
- **Men and Women 60-64** (Born on or between 07/15/57 and 07/14/62)
- **Men and Women 65+** (Born on or before 07/14/57)
- **Men and Women Adaptive: Upper Extremity**
- **Men and Women Adaptive: Lower Extremity**
- **Men and Women Adaptive: Neuromuscular**
- **Men and Women Adaptive: Vision**
- **Men and Women Adaptive: Short Stature**
- **Men and Women Adaptive: Seated Athletes With Hip Function**
- **Men and Women Adaptive: Seated Athletes Without Hip Function**
- **Men and Women Adaptive: Intellectual**
- **Affiliate Cup Team**

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1.11 - OPEN REGISTRATION - ADAPTIVE DIVISIONS

There are 16 divisions* for adaptive athletes. Any athlete wishing to compete in an adaptive division will be able to select it as part of the registration process. There are no age division cutoff dates in the adaptive divisions, but competitors must be at least 14 years old as of July 14, 2022. For the adaptive divisions, athletes complete a self-assessment and assign themselves into the division that best represents their ability. Athletes registering in an adaptive division must:

1. Prove the presence of a diagnosed and documented permanent impairment (e.g., health condition or diagnosis) from the list of 10 eligible impairments (found in the Adaptive Athlete Policy);
2. Have significant functional limitation(s) that prevent them from inclusion in fair competition against athletes in the non-adaptive divisions; and
3. Meet the minimum impairment criteria listed in the description of each specific division's sport classes.

More details are available in the adaptive athlete section at the bottom of this Rulebook as well as the [Adaptive Athlete Policy](#).

*See 1.10 for the full list of adaptive divisions.

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1.12 - AFFILIATE CUP TEAMS IN THE OPEN NEW

Any CrossFit affiliate in good standing with CrossFit may register a team for the Affiliate Cup team competition. Teams will consist of at least two men and two women who validly register for the Open and train primarily at the same CrossFit affiliate starting no later than the start of Open registration for the current competition season. Registration for the 2022 Open will begin **Jan. 13, 2022**. Athletes may only compete for one team during each CrossFit Games season. Athletes registered in the 14-15, 55-59, 60-64, 65+ age-group divisions will be eligible to register or join a team but cannot contribute to the team score during the Open. Adaptive divisions will be unable to register or join a team.

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

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1.13 - OPEN REGISTRATION - AFFILIATE CUP TEAMS

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

Athletes who do not train at a CrossFit affiliate are not eligible to register a team for the Affiliate Cup competition.

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

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

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

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1.14 - AFFILIATE CUP TEAM ELIGIBILITY REQUIREMENTS

Athletes competing for a team must be active members of that team's CrossFit affiliate for the duration of the CrossFit Games season. Team members are required to continue being active members of the team's CrossFit affiliate until the team is eliminated from competition or until the start of the Games.

In addition to being active members of the team's CrossFit affiliate, team athletes all must live within 100 miles of the CrossFit affiliate they are representing. If an athlete intends to compete on a team located more than 100 miles from their current residence, they must complete their move to a new residence within 100 miles of that affiliate and be able to document their move (lease, driver's license, etc.) no later than Jan. 13, 2022.

Should there be any doubt about whether an athlete or team is meeting the requirements or intent of the Affiliate Cup competition, CrossFit may, at any time during the CrossFit Games season, require athletes to produce documentation proving they have indeed met the team requirements.

Documentation demonstrating the athletes are active members of the team's affiliate should include proof of the following:

- The athletes live within 100 miles of the affiliate (utility bill, driver's license, etc.)
- The athletes are active members of the affiliate (signed waivers, client management software, whiteboard pictures, social media posts)
- The athletes are regularly training at the affiliate (social media posts, whiteboard pictures, workout tracking software, etc.)

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

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

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1.15 - AFFILIATES WITH MORE THAN ONE AFFILIATE CUP TEAM

More than one team may come from a CrossFit affiliate as long as all members of each team consistently train at that affiliate in accordance with all team rules. Team members may not switch between teams.

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1.16 - ATHLETES WHO WORK OUT AT MULTIPLE LOCATIONS

CrossFit athletes who work out at multiple locations must choose the location they work out at most for their team affiliation, even if a separate location shares a name, owner, membership plan, or programming.

Team managers with athletes who train at multiple locations or maintain multiple memberships at different affiliates may contact Games support at support@crossfitgames.com for assistance with selecting a team roster.

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1.17 - TEAM ELIGIBILITY FOR AFFILIATE LICENSEE OF RECORD (LOR)/AFFILIATE MANAGERS

The **Licensee of Record (LOR)** for an affiliate may not compete on any team other than a team from their own affiliate. If an LOR of an affiliate wants to compete on a team from a different CrossFit affiliate, they must change the LOR of their affiliate by **Jan. 13, 2022**. If an affiliate's LOR is changed between Jan. 13 and the close of the first Open event, both the original LOR and the new LOR may only compete on a team from that affiliate during the CrossFit Games season.

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

An affiliate manager will be designated to validate scores for each affiliate. 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. For more details, refer to section 1.23.

EXCEPTION: If an affiliate LOR operates an affiliate that has no adult members or classes and offers only CrossFit Kids programming **and** the LOR does not train at this affiliate, then the LOR may compete for another team, assuming they meet all team eligibility rules. This particular LOR should keep in mind that they cannot be the affiliate manager for these particular gyms and compete on a different team. They will need to assign a different affiliate manager (See **section 1.23** for more detailed information.)

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

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

CrossFit may disqualify any individual it finds to be tampering with the entry, registration, or submission process, or the operation of the CrossFit Games or the website, or any website related to the CrossFit Games; to be acting in violation of the official rules; or to be acting in an unsportsmanlike or disruptive manner, or with intent to annoy, abuse, threaten, or harass any other person. Any use of robotic, macro, automatic, programmed, or other such entry methods will void all such entries by such methods. In the event of a dispute as to entries submitted by multiple users having the same identifying information, CrossFit reserves the right to determine, at its sole discretion, the correct submission in accordance with the rules.

If, for any reason, the CrossFit Games are not able to run as planned by reason of infection by computer virus, bugs, worms, tampering, unauthorized intervention, fraud, technical failures, or any other causes beyond the control of CrossFit, which, in the sole opinion of CrossFit, are corrupt or affect the administration, security, fairness, integrity, or proper conduct of the CrossFit Games, CrossFit reserves the right to void suspect registrations or submissions and/or to cancel, terminate, modify, or suspend the CrossFit Games and select the winner from among all eligible, non-suspect registrations or submissions received prior to cancellation, termination, or suspension. CrossFit has no obligation to operate or produce the CrossFit Games (or any part thereof), and there is no obligation to broadcast the CrossFit Games, even if the CrossFit Games take place. In the event that the CrossFit Games competition is canceled, CrossFit (or any party) has no obligation to award any prize money. All decisions by CrossFit concerning eligibility, qualifying for, and judging related to the CrossFit Games are final and not subject to challenge or appeal. Any materials submitted as part of the qualification or registration process for the CrossFit Games are governed by CrossFit's

[Privacy Policy.](#)

Under no circumstances will CrossFit be responsible or liable for any damages or losses of any kind, including direct, indirect, incidental, consequential, or punitive damages arising out of access to and use of the CrossFit Games website or the downloading from and/or printing of material downloaded from said site.

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1.19 - OPEN EVENTS - FORMAT

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

The event format will include the following:

- Required movement(s)
- Start and end ranges of the movement(s)
- Required number of repetitions and/or repetition scheme
- Required floor plan, if any
- Required equipment
- Required amount of weight (**NOTE:** All weights will be released in **pounds**. It is the athlete's responsibility to use the correct poundage. If kilogram plates are used, the athlete will need to use appropriate combinations of plates to achieve the correct poundage. Collars or clips are not to be counted in the total weight. For the purpose of CrossFit Games competitions, unless otherwise noted, 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 event.
- Adjustments or scaling by division, if any
- Filming and submission guidelines, if any

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

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

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1.20 - OPEN EVENTS - JUDGING

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

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

To develop, refine, or refresh judging skills prior to the Open, individuals may complete the CrossFit Games Judges Course, available online at oc.crossfit.com. Passing the current year's version of the Judges Course is a prerequisite for someone judging top athletes advancing to Semifinals and the CrossFit Games. Completion of the Judges Course is also required for all affiliate managers before they can validate scores.

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1.21 - OPEN EVENTS - UNCOMMON MOVEMENT CLAUSE/RANGE OF MOTION EXCEPTIONS

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

Any movement deemed uncommon or out of the ordinary, or used to amend, shorten, or change the accepted movement standard or range of motion, including line of action, of any event movement can and will be disallowed.

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

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

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1.22 - OPEN EVENTS - SCORE SUBMISSION AND VALIDATION NEW

Any score submission received after the 5 p.m. PT deadline will not be accepted for any reason.

It is the sole responsibility of the athlete to ensure the timely and successful submission of event scores or videos each week. Submissions that are incomplete (missing information such as the complete score, the affiliate name, or the judge's name; or containing video links that do not work; etc.) will not be accepted. Each week, scores must be submitted by Monday at 5:00 p.m. PT.

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

Athletes must have their scores confirmed by either:

1. Performing the event at a validly licensed CrossFit affiliate in good standing and receiving validation from the affiliate manager,
2. Performing the event under the direct, in-person observation of a judge who has completed the most recent version of CrossFit's Judges Course, or
3. Uploading a video of their event to the CrossFit Games website.

Scores received by athletes using a judge who has completed the most recent version of CrossFit's Judges Course will be immediately valid. Scores received by athletes using a judge who has not completed the judge course must be validated by an affiliate manager. Video submissions may be reviewed by the CrossFit Games internal review team. For more information on judging and score validation, please go to <https://games-support.crossfit.com/> and scroll through and scroll through "Affiliate Management 101."

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1.23 - OPEN EVENTS - VALIDATING EVENTS AT AN AFFILIATE (NON-VIDEO SUBMISSIONS)

Athletes who are members of or perform an Open event at a CrossFit affiliate in good standing with CrossFit are not required to submit a video

for that score. Once a **non-video score** has been submitted, it must be officially validated by the affiliate manager from the affiliate where the event was performed, unless the athlete uses a judge who has completed the most recent version of the CrossFit Judges Course. **Affiliate managers have 48 hours following the close of an Open event to validate scores.** The score validation deadline is always **Wednesday at 5:00 p.m. PT.**

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

- To validate scores, affiliate managers must pass the 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 Open events.

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

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1.24 - OPEN EVENTS - VALIDATING VIDEO SUBMISSIONS

Athletes' alternative to performing an Open event at an affiliate or using a judge (in-person) who has completed the most recent version of the Judges Course is to upload a video of their performance of the Open event to the CrossFit Games website through their CrossFit account. Score validation for any online video submission is the sole right of CrossFit. The video may be reviewed and scored by the CrossFit Games internal review team. As part of this video review process, the athlete's posted score may be accepted, modified, or invalidated. **See section 1.25 for more information on the possible outcomes of a video submission.**

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 event 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 an event. Athletes submitting videos should have someone monitor their movement during the event to ensure each repetition meets the required standards. Prior to submitting a video, athletes should review the video to ensure their reps meet the required standards; the camera angle, distance, and lighting permit the judge to determine whether the movement standards are being met; and there are no technical problems with the video itself.

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1.25 - OPEN EVENTS - VIDEO SUBMISSIONS - SCORING PROTOCOL

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

- **Good Video:** The athlete meets the required movement standards on all repetitions in the event, and the score posted is correct. The score will be accepted.
- **Valid With Minor Penalty:** Over the course of the video, the athlete demonstrates a small number of "no reps" that result in a faster time or higher score for a given event. A minor penalty will be applied, and a score adjustment will be made to the athlete's final score. If the score is posted in the form of a time, the total time to complete the event will be adjusted accordingly.* A minor penalty can be applied to more than one movement per event, resulting in a greater score adjustment.
- **Valid With Major Penalty:** Over the course of the video, the athlete demonstrates a significant number of "no reps" that result in a faster time or higher score for a given event. In this case, a major penalty will be applied, and 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 event will be adjusted accordingly.* A major penalty can be applied to more than one movement per event, resulting in a greater score adjustment.
- **Invalid:** Over the course of the video, the athlete fails to complete the event 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 may 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 event.

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

*CrossFit will apply time penalties based on the movements and/or circumstances in any given event. Time penalties may vary by movement and context, and CrossFit reserves the right to update time penalties for movements based on the specifics of the overall event, when specific

movements appear in an event, or the pace of the athlete performing the movement(s).

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1.26 - OPEN EVENTS - APPEALS

For Open events 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 raise an appeal against another athlete based on their judging, scoring, or performance.

Violation of the judging standards by a CrossFit affiliate may result in disciplinary action against the affiliate and/or 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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1.27 - OPEN EVENTS - 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 the 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 event in question, the original score, the modified score, and the reason given for the score modification. They must also provide a brief explanation for why they are appealing the decision.

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

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1.28 - CROSSFIT GAMES LEADERBOARD - RANKING

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

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

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

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1.29 - CROSSFIT GAMES LEADERBOARD - SUBMITTED SCORES NEW

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

If an athlete elects to use video submission for score validation, the entered score will appear on the leaderboard with the video linked to the score once the video is submitted. Scores posted by video submission may be validated, invalidated, or modified through the assessment of a minor or major penalty. Furthermore, scores may be removed at any time at the discretion of CrossFit. Common reasons for adjustment and/or removal of scores include unacceptable movement standards, improper rep counts, or a poor-quality video submission.

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

In every division, if a registered athlete fails to submit a score for any reason (e.g., skips an event, has an event invalidated, cannot complete the stated minimum score, or cannot complete a single repetition), that athlete will receive a score of "0" for that event and be ranked below all athletes who post a score (whether prescribed or scaled) for that event. Athletes receiving a "0" score will maintain an overall rank on the CrossFit Games Leaderboard.

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1.30 - CROSSFIT GAMES LEADERBOARD - CONTINENTAL LEADERBOARDS

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

At the conclusion of the Open, athletes in the Individual Men's and Women's divisions who are ranked highest on their continental leaderboard will qualify to compete in the Quarterfinal competition. All athletes in qualifying position for the Quarterfinals must have video of their Open events available upon request from CrossFit. In the event there is a tie that cannot be broken by the tiebreak rule from section 1.28, the tie will be broken by determining which athlete has the highest overall worldwide ranking between the athletes.

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1.31 - CROSSFIT GAMES LEADERBOARD - SCALED, FOUNDATIONS, AND EQUIPMENT-FREE EVENTS **NEW**

The prescribed Open events released for each applicable division (i.e., Individual Men and Women and all age-group divisions) may be accompanied by scaled, foundations, or equipment-free versions. Athletes who are unable to perform an event as prescribed may choose the scaled, foundations, or equipment-free workout provided. Athletes also may finish the Open by completing any combination of events with equipment (prescribed, scaled, foundations) or without equipment.

Athletes who do not have access to equipment may register for the Open and complete specific equipment-free versions of the Open events. These athletes will compete in Open events specifically programmed to have no equipment over the course of the Open competition. Athletes unable to perform the prescribed, scaled, or foundations version of the Open event may choose the equipment-free event provided. There are no separate age divisions within the equipment-free versions of the Open events.

In every applicable division, an athlete who chooses to perform a scaled event will be ranked relative to all other athletes performing the scaled version of the event but below all athletes who performed that event "as prescribed." If an athlete chooses to perform the foundations version of the event, they will be ranked relative to all other athletes performing the foundations version of the event but below all athletes who performed that event as scaled and as prescribed. If an athlete chooses to perform the equipment-free version of the event, they will be ranked relative to all other athletes performing the equipment-free version of the event but below all athletes who performed the foundations, scaled, and prescribed versions of the event. Any athlete who fails to submit a score will receive a score of "0" and will be ranked below all athletes who entered a score, whether it was the prescribed, scaled, foundations, or equipment-free version for that event.

The CrossFit Games host a scaled-only leaderboard. To remain on the scaled-only leaderboard, an athlete must perform **only** scaled versions of the Open events.

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

The CrossFit Games also host an equipment-free-only leaderboard. To remain on the equipment-free-only leaderboard, an athlete must perform **only** equipment-free versions of the Open events.

Athletes are eligible to advance to the Quarterfinals, even if they choose to perform the scaled version of one or more Open events. Advancement is determined by placement on the overall CrossFit Games Leaderboard, where prescribed event scores are ranked higher than scaled scores.

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

Athletes 35+ years of age who register for the Open will compete in one of seven masters age divisions based on their age as of the cutoff dates listed in section 1.10. These athletes will compete in Open events specific to the masters divisions over the course of the Open competition.

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

Any masters athlete who fails to submit a score for an event will receive a score of "0" and be ranked below all athletes who entered a score, whether it was for the prescribed, scaled, foundations, or equipment-free version for that event.

For masters in the 35-54 age divisions, the prescribed events will be the same as the prescribed events for the individual divisions. Masters athletes who perform these prescribed events 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 Quarterfinals.

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1.33 - 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 1.10. Teenage athletes will compete in Open events specific to the teenage divisions over the course of the Open competition.

Athletes in the teenage divisions will be ranked on their own leaderboard based on their performance in the teenage events. For each teenage event released in the Open, scaled versions of the prescribed teenage event may be provided. Any teenage athlete performing a scaled version of the event 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 an event will receive a score of "0" and be ranked below all athletes who entered a score, whether it was for the prescribed, scaled, foundations, or equipment-free version for that event.

For the teenagers in the 16-17 age division, the prescribed events will be the same as the prescribed events for the individual divisions. Teenage athletes who perform these prescribed events will be ranked relative to individual athletes on the overall CrossFit Games Leaderboard as well as relative to other teenage athletes in their age division on the teenage leaderboard.

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

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1.34 - CROSSFIT GAMES LEADERBOARD - ADAPTIVE ATHLETES

Adaptive athletes who register for the Open will compete in one of eight adaptive divisions listed in section 1.10. These athletes will compete in Open events specific to the adaptive divisions over the course of the Open competition and will be ranked on their own leaderboard, separate from the individual, team, masters, or teenage leaderboards. There are currently no age divisions within the adaptive divisions.

Any adaptive athlete who fails to submit a score for an event will receive a score of "0" and be ranked below all athletes who entered a score for that event.

The top 20 adaptive athletes in each division will have the opportunity to advance to a second stage of online competition.

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1.35 - CROSSFIT GAMES LEADERBOARD - TEAMS

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

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

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

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

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

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

If a registered team member receives a score of "0" for an event (e.g., skips an event, has an event invalidated, cannot complete the stated minimum score, or cannot complete a single repetition), the athlete may still contribute to the team's score for the remaining Open events. If this athlete contributed to previous team scores, those scores will remain valid. For example, if a team member receives a score of "0" in 22.1 and 22.2 but submits a score for 22.3, the athlete's 22.3 score may contribute to the team's 22.3 score. A score of "0" is not considered a valid score when assessing an athlete's eligibility to advance with a team to Quarterfinals, Semifinals, or the Games. Therefore, an athlete who receives a score of "0" in all Open events is not eligible to compete on the team during Quarterfinals, Semifinals, or the Games.

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

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1.36 - OPEN AFFILIATE LEADERBOARD

As part of the Open, CrossFit will host a leaderboard ranking for all affiliates in good standing. Each affiliate will appear on the affiliate

leaderboard once they have members register for the Open. This affiliate leaderboard is separate from the Affiliate Cup team leaderboard. There is no additional registration process required for an affiliate to appear on the leaderboard. Every athlete who selects an affiliate during Open registration will be added to their affiliate's roster. Unaffiliated gyms will not appear on this leaderboard.

Affiliates will be displayed on a public leaderboard linked from the main Open leaderboard. The affiliate leaderboard will include various filters and scoring methods, which can be used to compare affiliates. There will be options to compare based on top athletes, averages of all members, etc.

Top affiliates in each scoring method and country will be recognized by CrossFit.

Being a top affiliate does not qualify teams for subsequent competitions. The only route for a team to be invited to compete in the Games is by qualifying through the Open, Quarterfinal, and Semifinal competitions.

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1.37 - OPEN VIDEO AND JUDGING REQUIREMENTS FOR QUARTERFINAL QUALIFIERS

Any athlete who wishes to qualify for Quarterfinals should use a registered judge (that is, a judge who passed the 2022 online Judges Course) during the Open events. If no registered judge is available to an athlete during an Open event, the athlete must be prepared to submit a video of the event for judging and score validation. Furthermore, top athletes who qualify for the Quarterfinal competition should have all their Open events videotaped and kept on file. These videos may be requested for review by CrossFit at any time.

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1.38 - OPEN - CASH PRIZES

A cash prize of US\$2,022.00 will be awarded each week for the top score by an individual man and individual woman worldwide. To claim this prize, athletes must submit a video of the event to CrossFit before the announced deadline, even if the event 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.)

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

- **Top Overall Worldwide Finish - Individual Athletes (Men and Women)**
 - First Place: \$15,000
 - Second Place: \$10,000
 - Third Place: \$7,500
 - Fourth Place: \$6,000
 - Fifth Place: \$5,000

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

Additional prizes may be presented by partners, sponsors, or select vendors, and all such prizes are also subject to applicable taxes and withholding and compliance with, and agreement to, CrossFit's prize affidavit. It is the athlete's sole responsibility to comply with paying any and all applicable taxes in connection with any prizes, regardless of whether such a prize is cash.

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QUARTERFINALS - INDIVIDUALS & TEAMS

2.01 - QUARTERFINALS - INDIVIDUALS & TEAMS

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

Individual athletes and teams on each continent will be eligible to advance to the Quarterfinals, where they will complete a series of events over the course of one weekend, Thursday through Sunday.

Based on Open rank, individual men and women in the top 10%* on each continent are eligible to participate in the Quarterfinals. The top 25% of the total number of teams per continent (with a minimum of at least 50 teams from each continent) will be eligible to participate in the Quarterfinals.

Age-group athletes, ages 16-54, are eligible to compete in the Individual Quarterfinal should they qualify for the competition based on their rankings on the Individual Men and Women continental leaderboards. They may also compete on a team during the Team Quarterfinal if they belonged to a team that qualifies for the competition.

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

*Percentages will be based on the number of athletes registered per continent as of the close of 22.1.

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2.02 - QUARTERFINALS - REGISTRATION PROCESS - INDIVIDUALS

The Individual Quarterfinal will begin on Thursday, March 24. Once the Open competition has concluded and the leaderboard is finalized, CrossFit will send out invitations to the Quarterfinal event. Any eligible athlete wishing to participate must accept their invitation and register for the Quarterfinal before the close of the first score submission window. Eligible individual athlete rosters will be posted on the CrossFit Games Leaderboard once the competition begins. Athletes will not be able to submit a score until they complete the registration process.

Every competing athlete must register online at games.crossfit.com. Registration begins Monday, March 21. As part of the invitation process, athletes worldwide will pay a US\$50 athlete registration fee.

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

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2.03 - QUARTERFINALS - REGISTRATION PROCESS - TEAMS

The Team Quarterfinal will begin on Thursday, April 7. Once the Open competition has concluded, CrossFit will send out invitations to teams. Any eligible teams wishing to participate must accept their invitation and register for the Quarterfinal before the close of the first score submission window. Eligible teams will be posted on the CrossFit Games Leaderboard once the competition begins. Teams will not be able to submit a score until they complete the registration process.

Every competing team must register online at games.crossfit.com. Registration begins Monday, March 28. As part of the invitation process, teams worldwide will pay a US\$100 team registration fee.

In addition to paying a registration fee, teams will need to declare their Quarterfinal team roster. A Quarterfinal team roster will consist of the four athletes (two men and two women) who will be competing during the Quarterfinal competition, plus two optional alternates (one woman and one man). Team managers will only be able to select from members on their Open team roster. Athletes in the individual and age-group divisions are eligible to be a member of a team during the Quarterfinal. Any athlete who chooses to compete in the Individual Quarterfinal is eligible to be listed on the Team Quarterfinal roster should they choose to compete in both competitions.

Team rankings will not be reshuffled from the Open should any members of the team choose to compete in the Individual Quarterfinal.

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

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2.04 - QUARTERFINALS - INDIVIDUALS & TEAMS - JUDGING AND VALIDATION

Athletes and teams submitting scores must use a registered judge (an individual who has passed the current year's Judges Course) for each workout. In addition, all workouts must be recorded on video. All advancing athletes and teams will be asked to submit videos of all workout performances for review.

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

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

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2.05 - QUARTERFINALS - INDIVIDUALS & TEAMS - EVENT FORMAT

Individual and team athletes will compete in a series of events throughout the weekend. The exact number of events will be released prior to the start of Quarterfinals. All score submission deadlines must be met, and there will be no exceptions for late scores. There will be no scaling options for the events, and to be eligible for advancement to the Semifinals, athletes and teams must submit a score for each event.

The team event format will be programmed for two men and two women. Once competition begins, the two men and two women who start the competition will be the team moving forward during Quarterfinals. It is not permitted to substitute in the alternates for the purpose of a single event or max lift. Should a member of the team get injured during the weekend or need to leave the team for any reason, teams will not be allowed to use their alternate to complete the weekend.

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2.06 - QUARTERFINALS - INDIVIDUALS & TEAMS - SCORING FORMAT

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

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

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

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2.07 - QUARTERFINALS - INDIVIDUALS & TEAMS - VIDEO REVIEW

During the Quarterfinals, the top women, men, and teams on each respective continental leaderboard will be required to submit videos for review, so athletes or teams who may be competitive for a top leaderboard position (as outlined below by continent) should videotape all their workouts.

The following number of top athletes and teams per continent should be prepared to submit videos for review at the time they submit their score:

- **North America - 180 women, 180 men, and 100 teams**
- **Europe - 90 women, 90 men, and 60 teams**
- **Oceania, Asia, South America and Africa - 50 women, 50 men, and 40 teams**

Submitting a video for review is required with the score submission if an athlete or team qualifies to compete at Semifinals.

Athletes and teams ranked outside these numbers may also be required to submit videos if they qualify to compete at the Semifinals. Failure to provide videos as required may result in the invalidation of an athlete’s score(s) for the requested workout(s). The required video(s) will be verified by CrossFit staff prior to notifying individual athletes and teams that they qualified for the Semifinals. **Athletes and teams may have their score(s) invalidated (changed to a score of “0”) for the requested event(s) if they fail to submit video(s) as required.**

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

Submitted videos will be reviewed and the score(s) for the requested event(s) either validated, modified, or invalidated. The same scoring protocol from the regular Open video review process will be applied to this video review process. See section 1.25 for more information on the scoring protocol and outcomes.

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

If a video is invalidated, the individual athlete or team’s overall rank on the leaderboard will be adjusted to reflect the change of the score for that workout to “0.”

Athletes or teams who fail to provide the requested video(s) will have their scores for the event(s) invalidated (changed to a score of “0”). CrossFit will announce when the video review process is complete.

Note: Teenagers in the 16-17 age divisions and masters in the 35-54 age divisions will qualify to compete during the Quarterfinals if they finish among the top athletes on their continent in the individual divisions. They will be required to submit a video for review, as they will be considered part of the individual men’s and women’s divisions.

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2.08 - QUARTERFINALS - INDIVIDUALS & TEAMS - LEADERBOARD FINALIZATION

Individual and team leaderboards will not be set until after the video review process is complete. Only after this time will athletes know if they are advancing to the next stage of competition.

The leaderboard will be set on April 1, 2022, for individuals and April 15, 2022, for teams.

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

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QUARTERFINALS - AGE-GROUP ATHLETES NEW

3.01 - QUARTERFINALS - AGE GROUPS

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. Based on Open finish rank, the top 10%* (or a minimum of 200 athletes) of age-group athletes worldwide in each age division will qualify to compete in the Age-Group Quarterfinal. Like in the Open, age-group athletes in this competition will submit scores and/or videos for each event.

Any age-group athlete who competed in the Individual and/or Team Quarterfinal is eligible to compete in the Age-Group Quarterfinal if they finished in the top 10% of their age division on the worldwide leaderboard.

*Percentages will be based on the number of athletes registered per age division as of the close of 22.1.

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3.02 - QUARTERFINALS - AGE GROUPS - DATES AND TIMES

Quarterfinal workouts will be released on Thursday, April 21, 2022, at 12:00 p.m. PT. Age-group athletes will complete a series of events over the course of one weekend, Thursday, April 21, through Sunday, April 24.

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3.03 - QUARTERFINALS - AGE GROUPS - REGISTRATION PROCESS

Once the Open competition has concluded, CrossFit will send out invitations to the Age-Group Quarterfinal event beginning April 11, 2022. Athletes must accept their invitation to the Age-Group Quarterfinal before the close of the first score submission window. Athletes cannot submit a score until they complete the registration process. Upon completion of the athlete invitation process, final age-group athlete rosters will be posted on the CrossFit Games website.

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

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

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3.04 - QUARTERFINALS - AGE GROUPS - JUDGING AND VALIDATION

Age-group athletes submitting scores must use a registered judge (an individual who has completed the current year's Judges Course) for each workout. In addition, all workouts must be videotaped. All advancing age-group athletes will be asked to submit all their videos for review.

Scores will be submitted in a similar fashion as they were during the Open competition. See sections 1.24 and 1.25 of the Rulebook as well as the Open event scorecards for additional information.

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

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3.05 - QUARTERFINALS - AGE GROUPS - SCORING FORMAT

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

Ties on the overall leaderboard for the Quarterfinals will be broken by awarding the best position to the athlete who has the highest result in any single Quarterfinal event. If athletes remain tied after this first tiebreaker, the process continues to their next highest single result, and so forth. Results from individual Open events will not be used to break ties on the overall Quarterfinal 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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3.06 - QUARTERFINALS - AGE GROUPS - VIDEO REVIEW

During the Age-Group Quarterfinal, the top athletes in each age division will be required to submit videos for review, so athletes who may be competitive for a top leaderboard position (as outlined below) should videotape all their workouts.

CrossFit may request all videos of the Quarterfinal events from the top **60 men** and **60 women** in each age division.

Submitting a video for review is required with the score submission if an athlete qualifies to compete at the next stage of

competition.

The submitted video(s) will be reviewed and the score(s) for the requested event(s) either validated, modified, or invalidated. The same scoring protocol from the Open video review process will be applied to this video review process. See section 1.25 for more information on the scoring protocol.

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

Athletes who fail to provide the requested video(s) will have their scores for the event(s) invalidated (changed to a score of "0").

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3.07 - QUARTERFINALS - AGE GROUPS - LEADERBOARD FINALIZATION

The age-group leaderboard will be set only after the video review process is complete. Only after this time will athletes know whether they are advancing to the next stage of competition.

The leaderboard will be set on May 2, 2022.

The number of age-group athletes who qualify for the next stage of competition will be listed in the Semifinal section of the CrossFit Games Rulebook.

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3.08 - QUARTERFINALS - ATHLETES QUALIFYING FOR SEMIFINALS IN MULTIPLE DIVISIONS NEW

After Quarterfinals, if an athlete has qualified to compete in multiple Semifinal divisions (Individual, Team, Age Group), they will need to choose which division they would like to compete in during the Semifinals. Athletes qualifying in multiple divisions may only compete in a single division at Semifinals.

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SEMIFINALS - INDIVIDUALS & TEAMS

4.01 - SEMIFINALS - INDIVIDUALS & TEAMS

CrossFit Games Semifinals (or "Semifinals") are competitions owned and operated by other entities that have been officially sanctioned and licensed by CrossFit as part of the CrossFit Games season, as detailed in this Rulebook.

The top individual athletes and teams will advance to one of 10 continent-based Semifinals based on their performance during the Quarterfinals. Competing athletes and teams will compete in the respective continental region from which they qualified. A list of the countries and territories within each of the continental region boundaries is available [HERE](#).

Semifinals are responsible for programming the events and managing the scoring platform for their respective competitions under the guidance of CrossFit.* Invitations to these events will be determined by CrossFit.

Each continent will host at least one Semifinal with the opportunity to qualify athletes and teams to the CrossFit Games. By continent, the number of Semifinals are:

- **North America:** Four (4) Semifinals
- **Europe:** Two (2) Semifinals
- **Oceania:** One (1) Semifinal
- **Asia:** One (1) Semifinal
- **South America:** One (1) Semifinal
- **Africa:** One (1) Semifinal

The 2022 Semifinals will take place over four consecutive weekends in May and June (between May 20 and June 12). Exact competition dates for each Semifinal will be published on the CrossFit Games website. For any questions concerning competition dates for a specific continent, contact support@crossfitgames.com.

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

*Any virtual Semifinal will be programmed and managed by CrossFit entirely.

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4.02 - SEMIFINALS INVITATION PROCESS - ELIGIBLE INDIVIDUAL ATHLETES

The video review process from the Individual Quarterfinal will be completed by April 1, 2022. At the end of this review period, the final leaderboard standings for individual athletes will be set, and the invitation process for Semifinals will begin. Semifinal invitations will be emailed to the top men and women on each continent.

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

By continent, athletes will receive an invitation to Semifinals in the following manner:

- **North America:** Top 120 men and women; 30 men and women will compete at each Semifinal
- **Europe:** Top 60 men and women; 30 men and women will compete at each Semifinal
- **Oceania:** Top 30 men and women
- **Asia:** Top 30 men and women
- **South America:** Top 30 men and women
- **Africa:** Top 30 men and women

Age-group athletes who may have qualified to compete in the Individual Semifinals, Team Semifinals, and/or Age-Group Semifinals must choose in which division they would like to compete. They cannot compete in more than one division during the Semifinals stage of competition.

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4.03 - SEMIFINALS INVITATION PROCESS - INDIVIDUAL NORTH AMERICA AND EUROPE SEEDING NEW

For North America and Europe, CrossFit will seed and place the athletes in a Semifinal before invitations are sent. CrossFit will make every effort to ensure the seeding process will be fair and equitable. Quarterfinals ranking distribution and the geographical location of athletes will be the primary determining factors for competition seeding in North America and Europe.

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4.04 - SEMIFINALS INVITATION PROCESS - INDIVIDUAL INVITATIONS AND REGISTRATION

Athletes must accept their invitation to a Semifinal by April 13, 2022, at 5 p.m. PT, or forfeit their spot. By this deadline, athletes must also declare whether they will compete as an individual or, if applicable, as a member of a team or in an age-group division at the Semifinal competition; they must choose one. Upon completion of the individual athlete invitation process, final individual athlete Semifinal rosters will be posted on the CrossFit Games website.

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

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

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

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4.05 - SEMIFINALS INVITATION PROCESS - ELIGIBLE TEAMS

The Team Quarterfinal video review process will be completed by April 15, 2022, at 5 p.m. PT. At the end of this review period, the final leaderboard standings for teams will be set, and the invitation process for Semifinals will begin. Semifinal invitations will be emailed to the top teams in each continental region.

By continent, teams will receive an invitation to Semifinals in the following manner:

- **North America:** Top 80 teams; 20 teams will compete at each Semifinal
- **Europe:** Top 40 teams; 20 teams will compete at each Semifinal
- **Oceania:** Top 20 teams
- **Asia:** Top 20 teams
- **South America:** Top 20 teams
- **Africa:** Top 20 teams

Athletes who may have qualified to compete in the Individual Semifinals, Team Semifinals, and Age-Group Semifinals must choose in which division they would like to compete. They cannot compete in more than one Semifinal division.

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4.06 - SEMIFINALS INVITATION PROCESS - TEAM NORTH AMERICA AND EUROPE SEEDING NEW

Teams competing in the North America and Europe continental regions will be seeded and placed in a Semifinal competition before invitations are sent. CrossFit will make every effort to ensure the seeding process will be fair and equitable. Quarterfinals ranking distribution and the geographical location of teams will be the primary determining factors for competition seeding in North America and Europe.

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4.07 - SEMIFINALS INVITATION PROCESS - TEAM INVITATIONS & ROSTER DECLARATION

Teams must accept their invitation to a Semifinal by April 28, 2022, at 5 p.m. PT, or forfeit their team spot. If a significant number of invited teams choose not to compete, CrossFit may, at its sole discretion, invite additional teams based on the order of their finish during the Quarterfinals.

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

During the registration process, the team manager must submit the team roster. A Semifinals team roster will consist of the four athletes (two men and two women) who competed during the Quarterfinals competition, plus two optional alternates (one woman and one man). Only team members who meet all team eligibility requirements and competed for that team during the Open are eligible for selection. Athletes in the individual and age-group divisions (and who are not competing in the Age-Group Semifinals) are eligible to be a member of a team at Semifinals competitions. **All Semifinals team members are required to have entered at least one valid score during the Open.** That score is not required to have contributed to the team's score. A score of "0" is not considered a valid score. No Semifinals team roster changes will be accepted after registration is completed.

Individual athletes who choose to compete at a Semifinal competition are not eligible to be listed as a member of the team Semifinals roster.

Note: During the Semifinals, two men and two women will check in on site and compete. The two men and two women may be different from the Quarterfinals team if the team chooses to swap in one of their alternates prior to arriving on site. Once the two men and two women have checked in on site, no other athlete will be involved in any way in the on-site check-in process, nor will they be eligible to compete at Semifinals. The extra man and woman from the Semifinals roster of six (6) may only be used should a team member be unexpectedly injured or forced to withdraw **prior** to arriving at the Semifinal event.

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4.08 - SEMIFINALS - INDIVIDUALS & TEAMS - ON-SITE CHECK-IN

Each Semifinal event will provide details regarding individual and team on-site check-in.

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

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4.09 - SEMIFINALS - INDIVIDUALS & TEAMS - EVENT DETAILS AND ON-SITE BRIEFING

It is the responsibility of the Semifinal organizers to deliver the event announcement and format, including movement standards and required range of motion, to all participating athletes.

If there are any questions regarding event details, athletes should contact the Semifinal organizer directly.

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4.10 - SEMIFINALS - INDIVIDUALS & TEAMS - LEADERBOARD RANKINGS

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

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

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4.11 - SEMIFINALS - INDIVIDUALS & TEAMS - 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 an event in the designated time may result in a specified penalty for any portion of the

event not completed or may result in the athlete or team not advancing to the next event, regardless of overall rank.

Events may have a minimum work requirement in terms of the amount of time, repetitions, weight, or rounds to be completed in order to advance. Any such minimums will be announced as part of the event format. Failure to complete the minimum work requirement may cause the athlete or team 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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4.12 - SEMIFINALS - INDIVIDUALS & TEAMS - APPEALS

On-site appeals, event protests, or scoring questions will be the responsibility of the Semifinal organizers.

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4.13 - SEMIFINALS - INDIVIDUALS & TEAMS - ADVANCEMENT

At the conclusion of the competition weekend, the top men, women, and teams from each Semifinal will advance to the Games to compete for the title of Fittest on Earth™. Athletes and teams will qualify in the following manner:

- **North America:** Top 5 men, top 5 women, and top 5 teams advance to the Games from each Semifinal
- **Europe:** Top 5 men, top 5 women, and top 5 teams advance to the Games from each Semifinal
- **Oceania:** Top 3 men, top 3 women, and top 3 teams advance to the Games
- **Asia:** Top 2 men, top 2 women, and top 2 teams advance to the Games
- **South America:** Top 2 men, top 2 women, and top 2 teams advance to the Games
- **Africa:** The top man, top woman, and top team will advance to the Games

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4.14 - SEMIFINALS - CASH PRIZES

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

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

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

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4.15 - SEMIFINALS - INDIVIDUALS & TEAMS - DRUG TESTING

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

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

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4.16 - SEMIFINALS - COVID-19 POLICY

The health and safety of athletes, event staff, and the community is the foremost priority for CrossFit. CrossFit will continue to closely monitor Covid-19 and develop protocols to ensure the health and safety of its employees, volunteers, athletes, and spectators.

All Semifinal events will develop a COVID-19 safety plan for athletes, staff, and other attendees, and they will ensure their events are in full compliance with all local and national health regulations. Any COVID-19 protocols for athletes in that plan will be released to participating athletes in advance of their Semifinal competition.

If, for any reason, a live, in-person Semifinal event is canceled, the competition will move to an online format hosted by CrossFit. All athletes and teams from the respective Semifinal competition will compete in the online format with an opportunity to advance to the CrossFit Games. The date of the online Semifinal event will be communicated on the CrossFit Games website to the athletes impacted by the change.

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

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

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SEMIFINALS - AGE GROUPS NEW

5.01 - SEMIFINALS - AGE GROUPS

Following the Age-Group Quarterfinal, the top 30 men and top 30 women in each age division* will advance to the Age-Group Semifinals. As in the Open and Quarterfinals, the Age-Group Semifinals are virtual. Age-group athletes will submit scores and videos for each Semifinal event.

*The Age-Group Semifinals are based on worldwide Quarterfinal rankings. They are not designated by region.

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5.02 - SEMIFINALS - AGE GROUPS - DATES AND TIMES

The Age-Group Semifinals will take place over the course of two weekends:

- **Week 1 - May 26-29:** Teenage Girls and Boys (14-15, 16-17) and Masters Men and Women (35-39, 40-44, 45-49)
- **Week 2 - June 2-5:** Masters Men and Women (50-54, 55-59, 60-64, 65+)

Workouts will be released prior to the first weekend of competition. Age-group athletes will complete a series of events over the course of their respective competition weekend, Thursday through Sunday.

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5.03 - SEMIFINALS - AGE GROUPS - REGISTRATION PROCESS

Once the Quarterfinals have concluded, CrossFit will send out invitations to the Age-Group Semifinals. Invitations will start to be sent by May 5, 2022. Athletes must accept their invitation to the Age-Group Semifinals before the close of the first score submission window. Athletes cannot submit a score until they complete the registration process. Upon completion of the athlete invitation process, final age-group athlete rosters will be posted on the CrossFit Games website.

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

Athletes who qualify for Semifinals in more than one division (i.e., an athlete who has qualified as an individual and/or on a team as well as within their age-group division) must choose one division to compete in during Semifinals. Age-group athletes who choose to compete in the Individual or Team Semifinals are not eligible to compete in the Age-Group Semifinals.

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

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5.04 - SEMIFINALS - AGE GROUPS - JUDGING AND VALIDATION

Age-group athletes submitting scores must use a registered judge (an individual who has completed the current season's Judges Course) for each workout. In addition, all workouts must be videotaped. All athletes will be asked to submit all their videos for review. Failure to provide video of a workout will result in penalty or disqualification.

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

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

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5.05 - SEMIFINALS - AGE GROUPS - SCORING FORMAT

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

Ties on the overall leaderboard for the Semifinals will be broken by awarding the best position to the athlete who has the highest result in any single Semifinal event. If athletes remain tied after this first tiebreaker, the process continues to their next highest single result, and so forth. Results from Quarterfinal events will NOT be used to break ties on the overall Semifinals 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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5.06 - SEMIFINALS - AGE GROUPS - VIDEO REVIEW

During the Age-Group Semifinals, all athletes in each age division will be required to submit videos of each workout for review.

The submitted video(s) for all performances that affect advancing athletes will be reviewed and the score(s) for the requested event(s) either validated, modified, or invalidated. The same scoring protocol from the Open video review process will be applied to this video review process. See section 1.25 for more information on the scoring protocol.

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

Athletes who fail to provide the requested video(s) will have their scores for the event(s) invalidated (changed to a score of “0”).

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5.07 - SEMIFINALS - AGE GROUPS - LEADERBOARD FINALIZATION AND ADVANCEMENT **NEW**

The leaderboard will be set and used to determine which athletes are advancing to the Games only after the video review process is complete. The leaderboard will be finalized within one week of each competition concluding.

The top **10 men** and **10 women** from each age division will advance to the CrossFit Games to compete for the title of Fittest on Earth™.

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SEMIFINALS - ADAPTIVE ATHLETES **NEW**

6.01 - SEMIFINALS - ADAPTIVE ATHLETES

Adaptive athletes will compete in the Open against all other athletes in their adaptive division worldwide for the opportunity to advance to the next stage of competition. Based on Open finish rank, the top 20 men and women worldwide in each adaptive division will qualify to compete in a virtual Semifinal competition. As in the Open, in this competition, adaptive athletes will submit scores and/or videos for additional events.

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6.02 - SEMIFINALS - ADAPTIVE ATHLETES - DATES AND TIMES

Semifinals for the adaptive athletes will begin on Thursday, June 2, 2022, at 12:00 p.m. PT. Adaptive athletes will complete a series of events over the course of one weekend, Thursday, June 2 through Sunday, June 5.

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6.03 - SEMIFINALS - ADAPTIVE ATHLETES - REGISTRATION PROCESS

Once the Open competition has concluded, CrossFit will send out invitations to the virtual Semifinal competition. Invitations will start to be sent by May 5, 2022. Athletes must accept their invitation to the competition before the close of the first score submission window. Athletes cannot submit a score until they complete the registration process. Upon completion of the athlete invitation process, final adaptive athlete rosters will be posted on the CrossFit Games website.

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

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

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6.04 - SEMIFINALS - ADAPTIVE ATHLETES - JUDGING AND VALIDATION

Adaptive athletes submitting scores must use a registered judge (an individual who has completed the current year's Judges Course) for each workout. In addition, all workouts must be videotaped. All adaptive athletes will be asked to submit all their videos for review. Failure to provide video of a workout will result in penalty or disqualification.

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

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

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6.05 - SEMIFINALS - ADAPTIVE ATHLETES - SCORING FORMAT

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

Ties on the overall leaderboard for the Semifinal will be broken by awarding the best position to the athlete who has the highest result in any single Semifinal event. If athletes remain tied after this first tiebreaker, the process continues to their next highest single result, and so forth. Results from Open events will not be used to break ties on the overall Semifinal 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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6.06 - SEMIFINALS - ADAPTIVE ATHLETES - VIDEO REVIEW

All athletes in each adaptive division will be required to submit videos of each workout for review.

The submitted video(s) for all performances that affect winning or advancing athletes will be reviewed and the score(s) for the requested event(s) either validated, modified, or invalidated. The same scoring protocol from the Open video review process will be applied to this video review process. See section 1.25 for more information on the scoring protocol.

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

Athletes who fail to provide the requested video(s) will have their scores for the event(s) invalidated (changed to a score of "0").

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6.07 - SEMIFINALS - ADAPTIVE ATHLETES - LEADERBOARD FINALIZATION & ADVANCEMENT NEW

The winners in the Vision, Short Stature, Seated With Hip Function, Seated Without Hip Function, and Intellectual divisions will be crowned the champions of their division at the conclusion of this stage of competition.

The leaderboard will be set and used to determine which athletes are advancing to the Games only after the video review process is complete. The leaderboard will be finalized within a week of the competition concluding.

For the 2022 season, the top five men and five women from the Upper Extremity, Lower Extremity, and Neuromuscular divisions will advance to the Games to compete in person with a chance to win their division and be crowned champion.

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LAST-CHANCE QUALIFIER

7.01 - LAST-CHANCE QUALIFIER

Following the Semifinals, athletes who narrowly missed the chance to advance to the CrossFit Games in the Individual Men or Individual Women divisions may be invited to compete in a final opportunity to qualify for the Games. This competition will be known as the Last-Chance Qualifier.

The Last-Chance Qualifier is reserved for individual athletes who finished within three spots of a Games qualifying position. Based on continent, the athletes eligible to compete at the Last-Chance Qualifier are:

- **North America:** Athletes who finished 6th - 8th place at each respective Semifinal competition
- **Europe:** Athletes who finished 6th - 8th place at each respective Semifinal competition
- **Oceania:** Athletes who finished 4th - 6th place
- **Asia:** Athletes who finished 3rd - 5th place
- **South America:** Athletes who finished 3rd - 5th place

- **Africa:** Athletes who finished 2nd - 4th place

The top two men and top two women from the Last-Chance Qualifier will qualify for the CrossFit Games.

The 2022 Last-Chance Qualifier will be an online competition that takes place June 29 through July 1, 2022.

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

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7.02 - LAST-CHANCE QUALIFIER - REGISTRATION PROCESS - INDIVIDUALS

Once the Semifinals have concluded, CrossFit will determine the eligible athletes and send out invitations to the Last-Chance Qualifier. Any eligible athlete wishing to participate must accept their invitation and register for the Last-Chance Qualifier before the close of competition. Individual athlete rosters will be posted on the CrossFit Games Leaderboard once the competition begins. Athletes will not be able to submit a score until they complete the registration process.

Every competing athlete must register online at games.crossfit.com. As part of the invitation process, athletes will pay a US\$50 athlete registration fee.

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

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7.03 - LAST-CHANCE QUALIFIER - JUDGING AND VALIDATION

Athletes submitting scores must use a registered judge (an individual who has completed this year's Judges Course) for each workout. In addition, all workouts must be videotaped. Athletes will be asked to submit all videos for review.

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

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

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7.04 - LAST-CHANCE QUALIFIER - EVENT FORMAT

Individual athletes will compete in a series of events throughout the competition. The exact number of events will be released prior to the start of the Last-Chance Qualifier. All score submission deadlines must be met, and there will be no exceptions for late scores. To be eligible for advancement to the Games, athletes must submit a score for each event.

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7.05 - LAST-CHANCE QUALIFIER - SCORING FORMAT

For individuals competing in the Last-Chance Qualifier, all rankings will reset, and each athlete will start with the same rank. Athletes will then have scores tabulated from the Last-Chance Qualifier to determine their final rank leading up to the Games. If an athlete fails to post a valid score in a Last-Chance Qualifier event for any reason, they will receive a score of "0" for that event.

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

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7.06 - LAST-CHANCE QUALIFIER - VIDEO REVIEW

Throughout the Last-Chance Qualifier, all athletes will be required to submit videos of each workout for review.

Submitted videos for all performances that affect advancing athletes will be reviewed and the score(s) for the requested event(s) either validated, modified, or invalidated. The same scoring protocol from the regular Open video review process will be applied to this video review process. See section 1.25 for more information on the scoring protocol and outcomes.

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

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 "0."

Athletes who fail to provide the requested video(s) will have their scores for the event(s) invalidated (changed to a score of “0”).

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7.07 - LAST-CHANCE QUALIFIER - LEADERBOARD FINALIZATION AND ADVANCEMENT

The leaderboard will be set and used to determine which athletes are advancing to the Games only after the video review process is complete. The leaderboard will be finalized within one week of the competition concluding.

At the conclusion of the competition weekend, the top two men and two women from the Last-Chance Qualifier will advance to the Games to compete for the title of Fittest on Earth. Athletes must accept their invitation within 48 hours of receipt to be eligible to compete at the Games.

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7.08 - LAST-CHANCE QUALIFIER - DRUG TESTING

Drug testing is required for any individual athlete to advance to the Games. Athletes competing in the Last-Chance Qualifier are subject to testing in accordance with the CrossFit Drug Testing Policy. Athletes selected for drug testing will be notified by CrossFit. Failure to comply with CrossFit’s instructions and the instructions of the collection agent(s) through the entire drug testing process may result in the athlete forfeiting a prize and being disqualified from the competition and future competition(s).

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THE GAMES

8.01 - THE GAMES

The CrossFit Games season culminates with the CrossFit Games competition. During the multi-day event, the top athletes and teams will compete for the title of Fittest on Earth™.

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8.02 - GAMES REGISTRATION PROCESS - INDIVIDUALS

Shortly after qualifying for or receiving an invitation to the Games and prior to arriving on-site, all individual athletes who wish to compete in the Games will receive an email containing instructions on how to register for the Games and pay the US\$300 individual athlete registration fee. The email 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.

If an athlete declines their invitation to compete at the Games, their spot may be backfilled to the next eligible athlete from their respective Semifinal competition. Should that next eligible athlete already be receiving an invitation because of the Last-Chance Qualifier event, then the invite will extend to the next eligible athlete from that respective Semifinal competition and so on.

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

CrossFit will not backfill for athletes who do not officially decline but are unable to travel to the Games due to circumstances out of their control.

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

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8.03 - GAMES REGISTRATION PROCESS - TEAMS **NEW**

Shortly after qualifying for or receiving an invitation to the Games and prior to arriving on-site, team athletes will receive an email containing instructions on how to register for the Games and pay the US\$600 team registration fee. The email also will provide information on hotel accommodations, credentials, and Games tickets, as well as a basic schedule listing the dates and times for athlete check-in and orientation.

Teams will need to declare their roster as part of the registration process. A Games team roster will consist of the four athletes (two men and two women) who competed during the Semifinals competition plus two optional alternates (one woman and one man). All members of the team must have been on the team since the Open competition. Teams are not allowed to select an athlete who was not originally listed on their Open team roster to be on their team.

Once the names of the members of the Games team roster have been provided to the CrossFit Games staff, the team may select only from among those members to field a team at the Games. Games team rosters will be frozen at this time with no further roster changes allowed.

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

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

If any of the four team members who earned an invitation to the Games violates CrossFit's Drug Policy, the team's invitation may pass to the next eligible team from the team's respective Semifinal competition depending on the timing of the failed test.

CrossFit will not backfill spots for teams who do not officially decline but are unable to travel to the Games due to circumstances out of their control.

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

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8.04 - GAMES REGISTRATION PROCESS - AGE-GROUP ATHLETES **NEW**

Shortly after qualifying for the Games from the Age-Group Quarterfinal 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\$300 age-group athlete 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.

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

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

CrossFit will not backfill spots for athletes who do not officially decline but are unable to travel to the Games due to circumstances out of their control.

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

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8.05 - GAMES REGISTRATION PROCESS - ADAPTIVE ATHLETES **NEW**

For the 2022 season, the top five men and women from the Upper Extremity, Lower Extremity, and Neuromuscular divisions will advance to the Games from the Semifinals.

Shortly after qualifying for the Games from the Semifinals and prior to arriving on-site, adaptive athletes will receive an email containing instructions on how to register for the Games and pay the US\$300 athlete 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.

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

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

CrossFit will not backfill spots for athletes who do not officially decline but are unable to travel to the Games due to circumstances out of their control.

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

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8.06 - 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 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 team athletes (the four competing athletes and two optional alternates). Team captains 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 non-transferable. Prior to receiving their credential, coaches **must** attend a mandatory orientation and complete the online Judges Course. Coaches **must** be 18 years or older.

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

Athletes will be scheduled for interviews and photographs as required.

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8.07 - 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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8.08 - GAMES - EVENT 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 in which 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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8.09 - GAMES - EVENT ATHLETE SEEDING

All competing athletes will be seeded going into the Games competition. Overall competitor seeding at the Games will be determined by athletes' placing at their Semifinal competition and/or the Last-Chance Qualifier.

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8.10 - GAMES - EVENT 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 or teams). These points will be used to rank the athletes and teams on the CrossFit Games Leaderboard.

Ties on the overall leaderboard will be broken by awarding the best position to the athlete/team with the highest result in any single event. If athletes/teams remain tied after this first tiebreaker, the process continues to the next highest single result, and so forth. Ties will not be broken for single 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.

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

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8.11 - GAMES - EVENT 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 timers (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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8.12 - GAMES - EVENT APPEALS

Athletes or teams should file on-site appeals, event protests, or scoring questions with the Head Judge immediately following the event or at the earliest possible opportunity. If the event Head Judge is unavailable, a director or assistant Head Judge can begin the appeals process.

Judgment calls made during an event are final and not negotiable or subject to change, modification, or appeal. In addition, athletes may not protest discrepancies related to the judging, scoring, or performance of another athlete or team.

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

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8.14 - GAMES - 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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8.15 - GAMES - REQUIRED ATTIRE/GEAR

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

Athletes will not be permitted to display any apparel, equipment, accessories, symbols, art, graphics, or other items not expressly approved in advance by CrossFit, including, without limitation, headwear, apparel, tape, sunglasses, water bottles, stickers, logos, and body or head tattoos or art (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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8.16 - 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 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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8.17 - GAMES - CASH PRIZES

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

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

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

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8.18 - 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 to remain eligible to compete.

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

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

Athletes selected for drug testing due to order of finish must pass their drug test to claim their final placement and prize. See section 5 for more details.

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8.19 - GAMES - CANCELLATION/MODIFICATION POLICY

If, for any reason, the CrossFit Games are not capable of running as planned by reason of tampering, unauthorized intervention, fraud, technical failures, or any other causes beyond the control of CrossFit, which, in the sole opinion of CrossFit, are corrupt or affect the administration, security, fairness, integrity, or proper conduct of the CrossFit Games, CrossFit reserves the right to cancel, terminate, modify, or suspend the CrossFit Games and select the winner from among all eligible, non-suspect registrations or submissions received prior to cancellation, termination, or suspension. CrossFit has no obligation to operate or produce the CrossFit Games (or any part thereof), and there is no obligation to broadcast the CrossFit Games, even if the CrossFit Games take place. In the event the CrossFit Games competition is canceled, CrossFit (or any party) has no obligation to award any prize money. In the event that the CrossFit Games competition is modified, CrossFit reserves the right to modify the invitation process including updating who is invited to compete, who may be backfilled to compete, and limiting the number

of athletes eligible to compete. The CrossFit Games may also modify the number of divisions that will be competing. All decisions by CrossFit concerning eligibility, qualifying for, and judging related to the CrossFit Games are final and not subject to challenge or appeal. Any materials submitted as part of the qualification or registration process for the CrossFit Games are governed by CrossFit's [Privacy Policy](#).

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EQUIPMENT **NEW**

9.01 - GENERAL

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. No attire shall be worn with the intent to shorten or reduce the range of motion of any movement.

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

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

Common support attire that is not allowed includes but is not limited to: knee or elbow wraps, gymnastics "hook and loop" grips, and tacky non-chalk substances used to enhance grip.

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

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9.02 - LIVE COMPETITION - INSPECTION OF PERSONAL ATTIRE

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

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

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

Athletes should only enter the competition floor with the personal equipment or attire that is necessary for that specific event. Prior to taking the competition floor, athletes may be notified by event staff to only bring certain items onto the floor. If athletes are permitted to bring items onto the floor, they must be kept within their own competition lane. Items deemed to be excessive for an event may include extra shoes, water bottles, extra clothing items, etc. Failing to abide by guidelines set forth by event staff may lead to a warning, point deduction, or disqualification from competition.

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9.03 - LIVE COMPETITION - SPECIFIC ATTIRE REQUIREMENTS

There are specific attire requirements set forth by CrossFit that all athletes are required to follow during a live competition. Failure to abide by these requirements may result in a warning, point deduction, or disqualification.

Shoes:

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

Weightlifting belt

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

Knee and elbow support:

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

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

Wrist wraps:

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

Hand protection:

- Athletes may cover their hands and fingers in tape, gymnastic grips, or gloves for the purpose of protecting their hands from tearing, but these resources may not be used in a manner that provides additional grip assistance (i.e., wrapping gymnastics grips around a pull-up bar or barbell).
- The gripping surface of the hand may not be tacky or sticky.
- Gymnastics grips shall be made of a material that maintains a consistent thickness.
- The grips cannot contain a dowel and the grip cannot be sewn into a fold.
- Lifting straps or lifting hooks are not permitted.
- Tape worn on the fingers and thumb must not protrude in front of the fingertips.

Adhesives and lubricants:

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

Swimwear:

- Swimwear is to be made of only textile fabrics that are woven, knitted, or braided.
- Total material thickness must not exceed 0.8 mm, and suits must be permeable and non-buoyant.

Supportive suits:

- Lifting suits that provide support and are often known as "equipped powerlifting suits" may not be used.
- Any garment consisting of rubberized or similar stretch material shall not be worn under the clothing if its intent is to provide support or bounce.

Electronic devices:

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

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DRUG TESTING

10.01 - DRUG TESTING

The CrossFit Games Drug Testing Policy, found at https://s3.amazonaws.com/crossfitpubliccontent/22CFG_DrugTesting_Program.pdf shall apply to all athletes registered for CrossFit Games events.

Drug testing is required for any individual athlete or team to advance to the Games or collect prizes. Failure to comply with CrossFit's instructions and the instructions of the collection agent(s) at any time during the drug testing process may result in the athlete, 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. Please see the CrossFit Games Drug Testing Policy for more details. Athletes must abide by CrossFit's decisions, which are final and binding in all respects.

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TRANSGENDER POLICY

11.01 - TRANSGENDER POLICY

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

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11.02 - PARTICIPATION IN THE OPEN

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

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

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

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11.03 - PARTICIPATION IN EVENTS OTHER THAN THE OPEN

Transgender men: Athletes who transition from female to male must satisfy the requirements set forth in section 11.02 above.

Transgender women: Athletes who transition from male to female must satisfy the requirements set forth in section 11.02 above and meet the following requirements:

- Athletes must, prior to participating in any Quarterfinal or accepting an invitation to the Games, contact support@crossfitgames.com to receive a Declaration Form to complete, declaring their gender identity is female. That declaration cannot be changed, for any sporting purpose, for a minimum of four years.
- Athletes must demonstrate their total testosterone level in serum has been below 10 nmol/L for at least 12 months prior to their first CrossFit competition (with the requirement for any longer period to be based on a confidential case-by-case evaluation by CrossFit, considering whether 12 months is a sufficient length of time to minimize any advantage in women's competition).
- The athlete's total testosterone level must remain below 10 nmol/L throughout the period of desired eligibility to compete in the women's divisions.
- The information provided by the athlete in all the points listed above will be reviewed by CrossFit, which shall determine, in its sole discretion, whether the athlete will be allowed to participate in the women's divisions.
- Compliance with these requirements may be monitored by CrossFit through additional serum testing. In the event of non-compliance, the athlete's eligibility for women's competition will be suspended for 12 months. An in-competition report of a serum total testosterone level ≥ 10 nmol/L will, subject to section 11.04, result in the disqualification of the results of that competition and the return of any prize money or awards.

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11.04 - EXCEPTIONS TO SUBSECTION 11.03

As an exception to section 11.03, athletes having a serum testosterone level ≥ 10 nmol/L may continue to participate in the women's competition if they satisfactorily demonstrate to CrossFit that they have a genetic condition that affects the bioavailability of their serum testosterone, such as hyperandrogenism (e.g., PCOS in rare cases), androgen insensitivity syndrome, or 5-alpha reductase deficiency.

For the purpose of events held in 2022, CrossFit, in its sole discretion, may reduce the 12-month period set forth in section 11.03 for particular events.

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11.05 - 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 1.8 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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11.06 - APPEAL BY A TRANSGENDER ATHLETE

Any transgender athlete whose registration to compete in a particular gender category has been rejected by CrossFit under section 11.03, or otherwise by CrossFit under this Transgender Athlete Policy, may appeal that decision as follows:

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

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11.07 - 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 a manner as it deems appropriate. In the interest of confidentiality, the receipt of the challenge will be acknowledged, but no further information will be provided to the challenging party. CrossFit may also conduct a review and evaluation of an athlete's gender classification on its own initiative. Except for the transgender athlete's right to appeal set forth in section 11.06, no other athlete or person shall have any standing to challenge a decision of CrossFit under this Transgender Athlete Policy.

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11.08 - CONFIDENTIALITY AND CONSENT TO SHARING CONFIDENTIAL INFORMATION

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

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11.09 - QUESTIONS CONCERNING TRANSGENDER POLICY

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

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ADAPTIVE ATHLETES

12.01 - ADAPTIVE ATHLETES

CrossFit is committed to ensuring all CrossFit athletes have equal access and opportunity to participate in CrossFit events in a manner that is fair to all competitors while preserving the integrity of the sport. Athletes with disabilities, also known as "adaptive athletes," are welcome to participate in the CrossFit Open, Semifinals, and Games in accordance with the requirements set forth below.

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12.02 - APPROPRIATE LANGUAGE FOR ADAPTIVE COMPETITION

For the purposes of competition, an adaptive athlete is a person with a significant, permanent impairment that causes limitations that affect work capacity. An adaptive athlete's impairment (e.g., health condition or diagnosis) must be permanent and of significant magnitude to warrant competition in a division of peers with similar abilities, as competition against non-adaptive athletes would be deemed to be unfair.

Other appropriate language used to refer to the athletes in the adaptive division includes:

- Athletes
- Athletes with disabilities
- Persons with disabilities

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12.03 - CLASSIFICATION FOR ADAPTIVE DIVISIONS

The term “classification” refers to the structure of rules, the process of evaluating eligibility for competition, and the placement of the athletes into the appropriate Adaptive Division.

The goal of classification is to minimize the impact of the athletes' impairment so fitness can be adequately tested by:

- Defining who is eligible to compete in CrossFit competitions, and
- Grouping athletes into competition divisions.

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12.04 - CLASSIFICATION PROCESS

The classification process begins during Open registration. Athletes will perform a self-evaluation and shall select the adaptive competition division during registration that best represents their ability level.

An additional classification process may be required for participation in other CrossFit events (e.g., a Semifinal and/or the Games).

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12.05 - ELIGIBILITY REQUIREMENTS FOR THE ADAPTIVE DIVISIONS

For the purposes of competition classification, an adaptive athlete must:

- Prove the presence of a diagnosed and documented permanent impairment (e.g., health condition or diagnosis) from the list of 10 eligible impairments,
- Have significant functional limitation(s) that prevents them from inclusion in fair competition against athletes in the non-adaptive division, and
- Meet the minimum impairment criteria listed in the description of their specific division's sport classes.

Eligible impairments include the following:

1. Ataxia
2. Athetosis
3. Hypertonia
4. Impaired Passive Range of Movement
5. Impaired Muscle Power
6. Limb Deficiency
7. Leg Length Difference
8. Vision Impairment
9. Short Stature
10. Intellectual Disability

It is important to note the requirement to possess an eligible permanent impairment is a prerequisite to participate in the adaptive divisions in CrossFit competitions but not the sole criterion. Conversely, the presence of a significant and permanent impairment not listed as one of the eligible impairments for competition (e.g., deafness) does not define an adaptive athlete in general but rather defines the eligibility for competition in CrossFit events for the 2022 season. Changes to eligibility may occur as the adaptive competition grows in future years.

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12.06 - PLACEMENT IN ADAPTIVE DIVISIONS

Placement into an appropriate adaptive division is the responsibility of the registrant. Adaptive athletes must first determine their eligibility by establishing that they have an eligible impairment as outlined in section 12.05. Then, athletes shall determine if their limitations from that eligible impairment meet the minimum impairment criteria described in the Adaptive Athlete Policy.

Full details on specific classifications for adaptive divisions will follow in the Adaptive Athlete Policy. Questions concerning classification or division selection can be directed to adaptive@crossfitgames.com.

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APPENDIX A: SPORTSMANSHIP

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

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

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

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

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

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

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

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

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

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

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

Athletes will be held accountable for the behavior of their coaches, teammates, team managers, supporters, and guests. If the conduct of any member of such a group or groups is deemed by CrossFit to be unsportsmanlike or disruptive to the competition, then the coach, teammate, supporter, guest, or athlete is subject to the same disciplinary actions.

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

All information provided, either in registration submissions, video submissions, scores, times, reps, or rounds completed, must be the complete truth. A lack of integrity, or any actions that evince an intent to cheat or circumvent the rules or intent of the rules of the CrossFit Games, including lying (as one example), will result in disqualification.

CrossFit has and may delegate to an on-site director the absolute authority on any final ruling, including, without limitation, disqualification of an athlete, removal of spectator(s), or dismissal of any attendee.

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APPENDIX B: ALLEGATIONS OF MISCONDUCT

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

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