

THE CrossFit® GAMES COMPETITION RULE BOOK

CrossFit Competition Rules Book is the intended benchmark for the CrossFit Games and all CrossFit Inc. supported, sanctioned or sponsored competitions (individually an “**Event**” and collectively, the “**Events**”).

1. The CrossFit Games

- a. The CrossFit Games are an annual world-wide competition to determine the Fittest on Earth™.
- b. The season consists of three stages of competition, beginning with the CrossFit Games Open, then the CrossFit Games Regionals, and concluding with the CrossFit Games.
- c. The season long competition will be collectively referred to herein as “The CrossFit Games.” The first stage will be referred to at the “Open;” the second stage will be referred to as the “Regionals;” and the final stage will be referred to as the “Games.”

2. General Rules

- a. To participate in any stage of The CrossFit Games, every athlete (whether competing individually or as part of a team, each an “**Athlete**”) must agree to any and all Rules and Policies, including, without limitation, the Assumption of Risk, Publicity Release, and Drug Testing Policy, all of which are incorporated herein by reference, and to the decisions of CrossFit, Inc., which are final and binding in all respects.
- b. All Athletes are required to have completed and abide by the appropriate waivers and documentation as outlined by CrossFit Inc. or the local event, paid and validly registered for entry, completed an online and/or on-site check in process, and must be wearing official event identification and/or credentials where specified.
- c. All Athletes agree to compete in a sportsmanlike manner.
 - i. Unsportsmanlike behavior such as arguing with an official or representative of CrossFit, Inc., taunting, heckling, fighting or any conduct which would bring disrepute upon CrossFit, the competition, other competitors or spectators or event sponsors, as determined by CrossFit, Inc., in the eyes of the viewing public or the CrossFit community may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events or legal action.

- ii. Any action that prevents another Athlete from having a fair opportunity to compete (i.e. abuse or alteration of equipment, refusal to follow instruction) or that interferes with Athlete and Event Judge communication (i.e. external noise devices, bull horns, air horns, etc.), or are generally disruptive to the Event, are not allowed.
 - iii. Athletes will be held accountable for the behavior of their coaches, teammates, Team captains, supporters and guests. If the conduct of any member of such group or groups is deemed by CrossFit, Inc. to be unsportsmanlike or disruptive to the competition then the coach, teammate, supporter, guest, and/or Athlete is subject to the same disciplinary actions as stated in Section 2.c.i.
 - iv. This list is not exclusive or exhaustive and is meant as a guide to the Athlete, 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 any Athlete, Coach, Staff, Volunteer, Judge visitor, guest, supporter, teammate and/or Spectator participating in, attending or viewing any sponsored, sanctioned or supported CrossFit Event at any time, with no further obligation or duty to such Athlete.
 - v. CrossFit, Inc. has, and may delegate to an On-site Director, the absolute authority on any final ruling including, without limitation, disqualification of an Athlete, removal of Spectator, or dismissal of any attendee.
 - vi. Athletes must comply with CrossFit's uniform requirements and only official competition apparel or apparel or items expressly pre-approved by CrossFit, Inc. shall be permitted. Each Athlete shall not wear, use or display any apparel, equipment, accessories, symbols, art, graphics or other items not expressly approved in advance by CrossFit, Inc., including, without limitation, headwear, apparel, tape, sunglasses, water bottles, stickers, logos and body or head tattoos or art (temporary or permanent).
- d. It is the sole responsibility of the winners and/or compensated Athletes to present valid identification, when requested, and to comply with paying any and all applicable taxes in connection with any prizes, whether or not such prize is cash. All prizes are subject to applicable taxes and withholding and prize winner's compliance with and agreement to CrossFit's prize affidavit.

3. Registration and Participation Requirements

- a. Subject to CrossFit's age restrictions and other requirements, anyone that is able to perform the workouts as prescribed may attempt to register to compete as an Athlete (individually or as part of a validly registered team ("Team") in The CrossFit Games. Such registration is subject to each prospective athlete's affirmative agreement to comply with CrossFit's policies, rules and regulations, as determined by CrossFit in its sole and absolute discretion. All Athletes must compete in the Open in order to advance to Regionals or the Games, or to contribute to a Team.
- b. All Athletes must compete in the Open in order to advance to Regionals or the Games, or to contribute to a Team.
 - i. CrossFit Inc. reserves the right, in its sole and absolute discretion, to invite past winners, guest athletes, teams or others, to participate in any stage of competition. This decision may be made to preserve the traditions and spirit of The CrossFit Games or for any other reason at the sole discretion of CrossFit, Inc.
- c. All Athletes must validly and truthfully register online at games.crossfit.com and complete an online "Athlete Profile". The "Athlete Profile" page will be the primary conduit for the Athlete to receive notifications relevant to competition and it is the Athlete's sole responsibility to provide current, valid and truthful information, including email address.
- d. Athletes must be at least 14 years old at the time they create an account on the Games website to register online and compete. If Athletes are younger than 18 years old, they must provide additional parental consent during the online registration as required by CrossFit.
- e. For the 2012 season, there will be 10 divisions for individual Athletes and one division for Teams. There will be no other recognized divisions beyond those listed.
 - i. Individual Men and Women
 - ii. Masters Men and Women 45-49 (Born on or between 7/15/62 and 7/14/67)
 - iii. Masters Men and Women 50-54 (Born on or between 7/15/57 and 7/14/62)
 - iv. Masters Men and Women 55-59 (Born on or between 7/15/52 and 7/14/57)
 - v. Masters Men and Women 60+ (Born on or before 7/14/52)
 - vi. Teams

- f. Certain stages or divisions of The CrossFit Games have residency restrictions. Athletes will be assigned one Region for the season based on their residency at the commencement of the Open (February 22, 2012). Athletes cannot switch Regions during the season. A map of the Regions can be found [HERE](#).
 - i. Uniformed and/or deployed Military personnel will compete in the Region where they are stationed at the commencement of the Open. They can only earn an invitation to compete in the Region where they began the Open, either as an individual or on a Team. For further clarification, see ADVANCEMENT below.
 - ii. Full-time college students will compete in the Region where they are attending school during the Open. They can only earn an invitation to compete in the Region where they began the Open, either as an individual or on a Team. For further clarification, see ADVANCEMENT below.
 - iii. All Athletes are required to affirm their address during online registration and will be required to prove residency in the form of a valid and generally accepted form of identification (i.e., a valid driver's license, current utility bill displaying name and address) to complete on-site check-in at Regionals or the Games.
- g. Masters will compete against all other international Athletes in their division for the opportunity to advance from the Open directly to the Games. There will be no Masters division at Regionals unless otherwise stated by CrossFit.
- h. Teams will consist of at least three (3) men and three (3) women who validly register and who train at the same physical location for at least half of their personal workouts (as determined by CrossFit in its sole discretion) between January 1, 2012 and the commencement of the Open on February 22, 2012. Athletes may only compete for one Team during each CrossFit Games season.
 - i. Athletes must join their team prior to the close of the first Open workout (February 26, 2012) in order to compete for that team during the Regionals or Games, and may only compete for one Team during the season.
 - ii. Team members must be registered as individuals and select the same Affiliate (or "unaffiliated" if they do not train at a valid CrossFit affiliate gym in good standing) to join a Team.
 - iii. Teams captains must first register as an individual Athlete, and then select which Affiliate they train at. They may then register a Team, and select any Athlete from their home Affiliate who is not competing for another team. Athletes may also request to join the team. If a Team captain does not train at an Affiliate they may select "unaffiliated," and select from the list of "unaffiliated" Athletes.
 - iv. If a gym or owners owns or operates multiple locations, each location may register their own Team. Teams may not include Athletes that personally workout more than half of the time at another location, even if the other location shares a name, owner, membership plan, or programming.
 - v. More than one Team may come from a gym, as long as all members of the Team consistently train at that physical location.

- vi. Being a trainer at a gym does not automatically qualify an Athlete to compete for one of their Teams. The trainer must still train there for more than half of their personal workouts.
- vii. Affiliate owners may not compete on any team except those from their Affiliate.
- viii. Athletes must be registered as a member of the Team before the close of the first Open workout, and they may not compete for any other Team during the course of the season, even if another Team from their gym qualifies to compete at the next stage or stages.
- ix. **IT IS THE RESPONSIBILITY OF THE TEAM CAPTAIN TO ENSURE THE TEAM IS USING ONLY ELIGIBLE ATHLETES.** There will be no warnings issued. If a Team uses an ineligible Athlete, the Team will be disqualified from competition and, subject to the discretion of CrossFit, Inc., some or all of the Athletes on the Team may be prohibited from competing as individuals in later stages of the season or future seasons or Events.
- i. Registration prices for the 2012 season are as follows:
 - x. Open Registration - \$20 for U.S. and Canada (\$10 for rest of world)
 - xi. Team Registration - \$20
 - xii. Regional Individual - \$100
 - xiii. Regional Team - \$300
 - xiv. Games Team - \$300
- j. Registration, Participation and Qualification for all Athletes requires consent to CrossFit's Drug Testing Policy outlined [HERE](#).

4. What to Expect

- a. For all CrossFit Games Competitions and Qualifying Events
- b. Workout Format will be released by CrossFit, Inc. and communicated uniformly to all Athletes online and/or on-site.
- c. Workout Format will include the following:
 - i. Required movements:
 - 1. Starting and ending ranges of the movement
 - 2. Prohibited technique, accessories and/or equipment, if any
 - 3. Adjustments by Division, if any
 - ii. Required number of repetitions and/or repetition scheme
 - iii. Required equipment
 - iv. Required amount of weight
 - 1. All weights will be released in pounds
 - 2. It is the Athletes sole responsibility to use at least the exact poundage (i.e., if using kilogram plates, the Athlete will need to use additional change plates).
 - 3. For the purpose of CrossFit competitions, 15 kg weightlifting bars will be considered to be 35 pounds, and 20 kg bars will be considered to be 45 pounds.
 - v. Time domain or time limit
 - vi. Scoring details
 - vii. Filming and submission guidelines, if any
- d. Scoring format will be announced before the start of competition
 - i. The Athlete with the best performance over multiple workouts in a competition wins and/or advances.
 - ii. Competitions may be either highest points win (i.e., 2011 Games) or lowest points win (i.e., 2011 Open). Point values for each finishing position will be released before the start of the workout.

- iii. Ties on the overall Leaderboard will be broken by awarding the best position to the Athlete who has the highest result in any single workout. If Athletes are still tied, the process continues to their next highest single result, and so forth.
 - 1. Ties will not be broken for single event results. More than one Athlete can share an event result and all will earn the original point value.
 - iv. Some workouts may have time penalties. Failure to complete a workout in the designated time may result in a one second penalty for each repetition not completed and/or cause the Athlete to not advance to the next workout, regardless of overall rank.
 - v. Some workouts may have a minimum amount of time, repetitions, weight, or rounds required in order to advance. Any such minimums will be announced as part of the Workout Format. Failure to reach a minimum will cause the Athlete to not advance in the competition.
 - vi. If an Athlete does not advance to the next workout for any reason (DNF, injury, disqualification, etc.) they will be ranked below all competitors who started that workout and are not eligible to advance to the next stage of competition.
 - vii. Scaling or modifying the workout is prohibited and will cause the Athlete to not advance.
- e. Judging and/or Validation are mandated and required to make any CrossFit Games workout result official.
- i. Judges are responsible for enforcing the movement standards and validating the Athlete's score.
 - ii. "Judges" are inclusive of Event Judges and, in the case of the Open competition, the person validating the Athlete's movement standards and online score submission.
 - 1. Any obvious or questionable infraction to the Movement Standards or Range of Motion will result in loss of repetition.
 - a. **Uncommon Movement Clause:** Any movement deemed uncommon, out of the ordinary or used to amend, shorten or change the accepted Movement Standard or Range of Motion including line of action of any Event Movement can and will be disallowed. It is the responsibility of the Athlete to notify their Judge or CrossFit, Inc. of any questionable movement before the workout.
 - b. Physical limitations in Range of Motion from prior physical defects or temporary or permanent injuries that are obvious and clearly definable by demonstration and brought to the attention of a Judge or CrossFit, Inc. prior to beginning of the competition may be granted an exception in CrossFit's sole discretion. These cases are very rare, and will be handled on a case-by-case basis.

2. The Athlete is responsible for making sure they perform the workout as prescribed, including counting reps.
 3. Judges are instructed not to touch competition equipment or move equipment during a workout unless the equipment will interfere with another Athletes performance or if there is a legitimate safety concern.
 4. Non-compliance with a Judge's instructions, bickering with or questioning of a Judge or Event Staff, attempting to show up or publicly embarrass any Judge, Event staff, CrossFit, Event sponsors, spectators, other Athletes or venue operator or owners, as determined by CrossFit (including Event staff) in its sole and absolute discretion, may result in penalty or disqualification of the Athlete from an Event and/or future Events. This includes derogatory comments from an Athlete's Coach, representative, teammate(s), supporters, guests or entourage.
- iii. Event Judges and On-site Directors have the authority to stop or suspend an Athlete at any point in competition if he or she feels that Athlete is at risk of serious injury to himself/herself or others.
 - iv. Proper attire is required at all Events.
 1. No attire shall interfere with Event Judging and the ability to see the Event Movement Standard or Range of Motion.
 2. Subject to CrossFit's prior approval, non-branded belts, gloves, neoprene joint sleeves and common fitness wear may be allowed at competitions Events, however, no grip assistance or weight support may be derived from any device worn. In general, gear is allowed that improves safety and/or comfort, but does not confer advantage.
 3. Proper attire may include official uniforms or apparel, depending on the stage of competition.
 - v. Once an Athlete enters the competition surface they may not receive any outside material assistance (water, tape, etc.) from spectators or coaches.
- f. Appeals and Event protests may be filed if the Athlete believes an error has been made by an official or staff member which caused a negative effect on their performance.
 - i. All Athlete Event Protests, Appeals, Scoring Discrepancies or Ruling questions will be filed immediately and before the start of the next workout in their division.
 1. Open Protests, Appeals, Scoring Discrepancies or Ruling questions shall be directed by email to support@crossfitgames.com.
 2. Regional or Games Protests, Appeals, Scoring Discrepancies or Ruling questions shall be directed to the Head Judge on the floor during the Event in question. If unavailable, any Director or alternate Head Judge can begin the Protest process.

- ii. All parties involved will have the opportunity to present the known facts.
- iii. For all Athlete Event Protests, Appeals, Scoring Discrepancies or Ruling questions the following process will be used.
 - 1. The Competing Athlete or the Team Captain only (no Coaches or other athletes allowed, one person to file the Protest) files the protest by notifying the Authority having jurisdiction of the competition event in question by relating their name, athlete number and reason of protest.
 - 2. All parties directly involved with the event in question will communicate to fact find and define the issue in protest.
 - 3. All information will then be presented to the Authority having jurisdiction or their designee for a final ruling.
- iv. The Authority Having Jurisdiction has final authority on all Athlete Event Protest rulings.
- v. Athletes may not Protest discrepancies related to the judging, scoring or the performance of another Athlete or Team.
- vi. Nothing in these rules including Event Protests, Scoring Discrepancies, and Event Movement Standards, Range of Motion Judging applications should be read as a limitation on CrossFit Inc.'s right to run or operate any CrossFit Inc. supported, sanctioned or sponsored Event as it sees fit. This includes the right to remove any team or athlete at the sole and absolute discretion of CrossFit Inc. or its Onsite Director.

5. Open Rules

- a. **Overview**
 - i. The Open is a series of workouts that will be released on the official CrossFit Games website (<http://www.crossfitgames.com>). Athletes must complete and have each workout validated to be ranked on the final overall CrossFit Games Leaderboard. The top qualifying individual Athletes and Teams in each Region will be invited to Regionals. The top qualifying Masters will be invited to the Games.
- b. **Dates**
 - i. The Open will run from February 22 through March 25, 2012. There will be five workouts in the Open. One workout will be released during each of the five weeks.
 - 1. Each workout will be released on Wednesday at 17:00 PST (GMT-8). Athletes will have 96 hours, until Sunday at 17:00 PST, to validly complete the workout and submit their results.
 - 2. Once the workout closes on Sunday, an Athlete will not be able to adjust or re-submit any score for that workout.
- c. **Validating Workouts**
 - i. Athletes must perform the workout and have their score validated by a CrossFit Affiliate in good standing and/or by uploading a video of their workout to the CrossFit Games website.
 - ii. It is the sole responsibility of the Athlete to ensure the timely and successful submission of their workout each week. Scores that are not validated will not be accepted.
 - iii. Only valid CrossFit Affiliates in good standing (as determined by CrossFit, Inc.) have the ability to validate scores. To opt-in to validate scores, they commit to upholding the standards and ethics of the CrossFit Games and assert that they have the equipment and facility to administer the workout.
 - 1. It is the responsibility of the Athlete to find a CrossFit Affiliate where they can perform the workout and have it validated. Affiliates are not required to host the Open and may have fees or special rules to use their facility. It is strongly advised that Athletes contact the Affiliate prior to showing up to perform an Open workout.
 - 2. If no CrossFit Affiliate is available, the only alternative is to submit a video of the workout.
 - iv. Invalidation of any online scoring submission is the sole right of CrossFit Inc. including, but not limited to:
 - 1. Violation of the movement standards
 - 2. Violation of the workout format
 - 3. Miscounting repetitions
 - 4. Failure to follow the video submission guidelines exactly

- v. **Invalidation may occur without warning and after the close of the workout!** Violation by a CrossFit Affiliate may result in disciplinary action taken against such CrossFit Affiliate and/or its trainers involved in the situation.
- vi. Any appeals, scoring discrepancies or ruling questions (including Invalidation's) should be immediately directed to support@crossfitgames.com. Only the individual Athlete or the Team captain may initiate the appeals process. (See **4. What to Expect** for appeals and event protests for further details)

d. Scoring

- i. The CrossFit Games website will host the only official Leaderboard for the Open.
- ii. If an Athlete performs a workout at an Affiliate, the score will appear on the Leaderboard after it has been validated.
- iii. 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 upon submission.
 - 1. Scores posted by video submission may be adjusted or removed at any time at the discretion of CrossFit HQ. Common reasons are if movement standards, rep counts, or quality of video submission are not acceptable.
- iv. If an Athlete skips a workout, or cannot complete the stated minimum score, they will not be listed on the Open Leaderboard in subsequent workouts.
- v. Team scores will appear once there have been three male and three female scores posted for the Team.
 - 1. Team score will be the aggregate of the best three male and best three female performances (time, weight, or reps) for that particular workout.
 - 2. If a team member skips a workout or cannot complete the minimum score, they cannot contribute to the team score for the following Open workouts. If they contributed to a previous team scores then that score will remain valid.

e. Advancement

- i. At the end of the Open, the top 60 men, top 60 women, and top 30 Teams in each Region will be invited to compete in the applicable Regionals.
- ii. Individuals will have one week from the end of the Open to declare whether they will compete as an individual or for their Team. They must choose one or the other.
- iii. Teams may select four (4) men and four (4) women to their Regional roster.
 - 1. Only Team members who competed for that Team during the Open are eligible for selection.

2. A Team member is required to have entered at least one valid score during the Open. That score is not required to have contributed to the Team score.
 3. During the Regionals, only three (3) men and three (3) women will be checked-in on-site and permitted to compete. The extra man and woman should be used as an alternate should one of the other Team members be unexpectedly injured or forced to withdraw prior to arriving at the Regional.
- iv. The top 20 Masters in each division worldwide will be invited to complete in the Games.

f. Prizes

- i. Prizes will be awarded for the following achievements during the Open.
 1. Largest Team Worldwide
 - a. The team with the most validly registered Athletes on Sunday, February 26 at 17:00 PDT (GMT-8) will win:
 - i. A number of tickets to the Games equal to the number of registered Athletes on their team.
 - ii. Their Affiliate fee will be waived for life of the CrossFit Affiliate gym so long as such CrossFit Affiliate complies with CrossFit's then-current rules and policies regarding affiliated gyms.
 2. Largest Team Regionally
 - a. The Team with the most validly registered Athletes in their Region on Sunday, February 26 at 17:00 PDT (GMT-8) will win:
 - i. A number of tickets to the Regionals equal to the number of registered Athletes on their team.
 3. Spirit of the Open (weekly)
 - a. The prize will be US\$2012.00. All prizes are subject to applicable taxes and withholding and prize winner's compliance with and agreement to CrossFit's prize affidavit.
 - b. One Athlete will be selected each week who represents the CrossFit community and the spirit of the Open competition.
 - c. Athlete may compete in any division.
 - d. Athlete must attempt the workout, but overall performance in the workout will not be considered for this prize.
 - e. Nominations may be sent to support@crossfitgames.com with "spirit of the games" as the subject line.

4. Top male and female score worldwide (weekly)
 - a. The prize will be US\$2012.00 for the male and female winner. All prizes are subject to applicable taxes and withholding and prize winner's compliance with and agreement to CrossFit's prize affidavit.
 - b. Athlete must video tape the workout and submit to CrossFit, Inc. in order to claim the prize.

6. Regional Rules

a. Overview

- i. Athletes and Teams who qualify based on their performance in the Open will complete multiple workouts over consecutive days at the same location. The top performers in each Region will be invited to the Games.

b. Dates

- i. Week of April 23-29 (South East, South Central, Canada West)
- ii. Week of April 30 - May 6 (Mid Atlantic, South West, Africa, Asia)
- iii. Week of May 7-13 (Central East, SoCal, Canada East, Latin America)
- iv. Week of May 14-20 (North Central, NorCal, Australia)
- v. Week of May 21-27 (North East, North West, Europe)
- vi. On-site check-in will take place on Thursday of event week

c. Format

- i. Each Region will perform the same workouts, in the same order.
- ii. Workouts will be announced on the CrossFit Games website on Wednesday, April 18.

1. Event Movement Standards and required Range of Motion shall be delivered or prescribed prior to competition and as defined here:

a. Event Movement Standard

The defined method in which the athlete shall meet the Range of Motion standard will be announced by CrossFit HQ. Delivery can be in the form of online media, written document, or Athlete Briefing either with or without Demonstration. Regardless of delivery method, the Athlete is required to meet or exceed the Event Movement Standard requirements during all competition. (Example: Squat Snatch prescribed as the Event Movement Standard, thus a Power Snatch will not meet the standard unless otherwise stated).

b. Athlete Briefing

Delivery of the Event Movement Standard and required Range of Motion to all participating athletes will be just prior to competition. Typically delivered by the Head Judge or a designee of the on-site Director, with or without visual Demonstration and an opportunity for athlete question and answers.

c. Demonstration

The visual display of The Event Movement Standard applying the complete Range of Motion. Demonstration of acceptable and unacceptable Range of Motion are not required and will be used as needed.

- iii. Athletes will complete an on-site check-in process at least one day prior to the commencement of the first workout.
 - 2. Once the first workout has begun, on-site check-in will close and any Athletes or Teams who have not checked in will be disqualified from competition.
 - 3. Teams may only check-in three men and three women for competition. No alternates are permitted once a Team has checked in.
 - 4. Proof of age and residency is required in the form of a valid and generally accepted form of identification -- a state driver's license, passport, birth certificate, or other officially verified form of proof.
- iv. On-site judges will validate scores for each workout an Athlete or Team performs.
- v. Athletes and Teams will be ranked after each workout.
- vi. At different stages of the competition, only the top Athletes and Teams will advance.
- vii. One Coach per Individual Male Athlete, Individual Female Athlete or Team may be allowed in the warm-up area, Event Pass and credentials required. All other competition areas are off-limits to Coaches and non-working staff.

b. Scoring

- i. Individuals will be ranked on their performance in each workout. Based on their relative rank, they will be assigned points. Their total points will be ranked on the Overall Leaderboard. The top Athletes on the Overall Leaderboard will advance, or win the competition.
- ii. Team format will be released when the workouts are announced.
 - 1. Any configuration of male, female or total number of Athletes is fair game.
 - 2. All or none of the Team members may be required to contribute to a Team score.
 - 3. If a Team member is injured within a workout and cannot complete their work, another member of the Team who is already engaged in the workout may compete the injured members portion. Outside Team members may not enter the workout.
 - a. If a female member is injured during the workout, and a male member is required to finish their work, then the male member must perform the movements as prescribed for men (and vice versa).
 - 4. If a Team member is injured such that they are unable to continue further into the competition, they must be cleared by the medical team. In this case, another Team member may be substituted into a workout.
 - a. Example: If the workout requires all six members and one member is injured, five members may start the workout and one member must additionally perform the work of the injured member.

iii. On-Site Appeals and Event Protests

1. Any Athlete Event Protests, Appeals, Scoring Discrepancies or Ruling questions will be immediately filed with the Event Head Judge on the floor during the Event in question. If unavailable, any Director or alternate Head Judge can begin the Protest process.
2. Athletes may not protest discrepancies related to the judging, scoring or performance of another Athlete or Team.
3. All parties involved will have the opportunity to present the known facts at the next most convenient time.
4. For all Athlete Event Protests, Appeals, Scoring Discrepancies or Ruling questions the following process will be used.
 - a. The competing Athlete or the Team Captain only (no Coaches or other athletes allowed, one person to file the Protest) files the protest by notifying the Event Head Judge of the competition event in question by relating their name, athlete number and reason of protest.
 - b. The Event Head Judge, Athlete or Team Captain and that Athlete's Event Judge or Judges during the competition event in question will all communicate to fact find and define the issue in protest.
 - c. All information will then be presented to the Event Director, Competition Director or their designee for a final ruling.
5. Judgment calls made during the workout are final and are not negotiable or subject to change or modification.
6. CrossFit HQ has final authority on all Athlete Event Protest rulings, and may designate this authority to the on-site Director in most cases.
7. Video, photos, cell phone media or any other media will not constitute grounds for changing or modifying a decision, score or entry made by an Event Judge. The On-site Director, Competition Director, or their designee may ask for any related media, but its availability may or may not guarantee use or admissibility in the overall decision process.
8. Nothing in these rules including Event Protests, Scoring Discrepancies and Event Movement Standards, Range of Motion Judging applications should be read as a limitation on CrossFit Inc. right to run or operate any CrossFit Inc. supported, sanctioned or sponsored Event as it sees fit in its sole and absolute discretion and the Event Director and CrossFit Inc. say is final. This includes the right to remove or disqualify any Team or Athlete at CrossFit Inc.'s sole and absolute discretion.

c. Advancement

- i. All advancing Athletes and Teams must complete an on-site check out process before leaving the venue following the Regional event.
- ii. The top three men, three women, and three Teams from each Region in the U.S., Australia and Europe will be invited to the Games.
- iii. The top two men, two women and two Teams for Canada East and Canada West will be invited to the Games.
- iv. The top man, top woman and top Team in Asia, Africa, and Latin America will be invited to the Games.
- v. If a past Champion of the Games takes a qualifying spot in any Region, one additional athlete from that division will be invited to the Games.
- vi. If an Athlete or Team chooses not to compete in the Games, there will be no substitutions allowed.

d. Prizes

- i. Cash prizes will be awarded to the top Athletes and Teams at each Regional
 1. 1st place man and woman, US\$3,000 each
 2. 2nd place man and woman, US\$2,000 each
 3. 3rd place man and woman, US\$1,000 each
 4. 1st place Team, US\$3,000 per team
 5. 2nd place Team, US\$1,500 per team
 6. 3rd place Team, US\$750 per team

All prizes are subject to applicable taxes and withholding and prize winner's compliance with and agreement to CrossFit's prize affidavit.

- ii. Additional prizes may be presented by partners, sponsors or select vendors. vendors and all such prizes are subject to applicable taxes and withholding and compliance with and agreement to CrossFit's prize affidavit.
- d. Drug testing is required for any Athlete or Team to advance or collect prizes. Failure to timely comply with CrossFit's instructions regarding drug testing, including failure to follow sample guidelines or failure to timely provide a sample, may result in the Athlete, the Team, or members of the Team to be disqualified from the Event and any future Event(s).

7. Games Rules

- a. Athlete and Teams will complete multiple workouts over multiple days. Details will be released prior to the start of any workout and will be consistent for all eligible Athletes at the time of release. The Athlete and Team that has the highest score at the end of the competition will earn the title Fittest on Earth™.
- b. General outline of the Regionals (Section 6) will also apply to the Games, except as noted differently below.
- c. Dates
 - iii. Week of July 9-15, 2012
 - 1. Individual check-in will take place on Monday of event week
 - 2. Masters check-in will take place on Tuesday of event week
 - 3. Team check-in will take place on Wednesday of event week
- e. Prizes
 - i. Cash prizes will be awarded as follows:
 - 1. 1st place man and woman, US\$250,000 each
 - 2. 2nd place man and woman, US\$50,000 each
 - 3. 3rd place man and woman, US\$25,000 each
 - 4. 1st place Team, US\$30,000 per team
 - 5. 2nd place Team, US\$12,000 per team
 - 6. 3rd place Team, US\$6,000 per team
 - 7. 1st place Master (each division), US\$3,000
 - 8. 2nd place Master (each division), US\$1,000
 - 9. 3rd place Master (each division), US\$500
 - ii. Spirit of the Games Award
 - 1. Will be selected by CrossFit HQ from any division.
 - 2. Award and prize money to be announced.

All prizes are subject to applicable taxes and withholding and compliance with and agreement to CrossFit's prize affidavit.