



COMPETITION RULEBOOK

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APPENDIX B: ALLEGATIONS OF MISCONDUCT

NEW This tab indicates that there has been a change for the 2021 season.

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, this code of rules governs all facets of CrossFit Games competition.

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THE OPEN

1.01 - THE OPEN

The Open is the first stage of competition. 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 individual 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 5 p.m. Pacific Time. 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 2021 Open will commence at 5 p.m. PT on Thursday, March 11, 2021. Subsequent events will continue to be released on Thursdays at 5 p.m. PT until the competition is complete. The 2021 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, LLC reserves the right, in its sole and absolute discretion, to invite past winners, guest athletes, teams, or others to participate in any stage of the competition. This decision may be made to preserve the tradition and spirit of the CrossFit Games or for any other reason at the sole discretion of CrossFit, LLC.

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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. For step-by-step instructions on how to register for the Open, please go to <https://games-support.crossfit.com/>, click the Open section, and reference the "REGISTER" articles.

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, with the exception of athletes in Latin America and Africa, where registration is US\$15. 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, 2021. Any athlete younger than 18 years of age will be required to provide additional parental consent during the online registration.

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1.07 - 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, LLC 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** will have the ability to choose which country they would like to represent for the season. Athletes can only compete for one country.
- **Athletes in the 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.

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 NEW

An athlete's competitive division will automatically be assigned based on birthdate and gender, unless the athlete selects an adaptive division during registration. For non-adaptive athletes, the athlete's age as of July 14, 2021, will determine which division the athlete will compete in during the 2021 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 07/15/2005 and 7/14/2007)
- **Boys and Girls 16-17** (Born on or between 07/15/2003 and 07/14/2005)
- **Men and Women 35-39** (Born on or between 07/15/81 and 07/14/86)
- **Men and Women 40-44** (Born on or between 07/15/76 and 07/14/81)
- **Men and Women 45-49** (Born on or between 07/15/71 and 07/14/76)
- **Men and Women 50-54** (Born on or between 07/15/66 and 07/14/71)
- **Men and Women 55-59** (Born on or between 07/15/61 and 07/14/66)
- **Men and Women 60-64** (Born on or between 07/15/56 and 07/14/61)
- **Men and Women 65+** (Born on or before 07/14/56)
- **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, 2021. For the adaptive divisions, athletes complete a self-assessment and assign themselves into the division that best represents their ability. 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, LLC will have the ability to 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 **February 15** of the current competition season. Athletes may only compete for one team during each CrossFit Games season. Athletes registered in the adaptive divisions will be unable to register or join a team.

Any athlete (including teenagers and masters) 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.**

For step-by-step instructions on how to register a team, please visit the Help Desk on the CrossFit Games website: <https://games-support.crossfit.com/>

The fee for registering a team is US\$20 worldwide, with the exception of teams in Latin America and Africa, where the registration fee is US\$15.

In order 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, LLC, 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 NEW

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 Feb. 15 of the current competition season.

Should there be any doubt that an athlete or team is not meeting the requirements or intent of the Affiliate Cup competition, CrossFit, LLC may, at any time during the CrossFit Games season, require athletes to produce documentation proving they have indeed met the team requirements.

This documentation should include proof of the following:

- The athletes live within 100 miles of the affiliate (power bill, cable 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, LLC will provide details as to when the documentation will need to be provided. If athletes cannot prove they meet the requirements stipulated by CrossFit, LLC, 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) NEW

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 Feb. 15 of the current competition season. If an affiliate's LOR is changed between Feb. 15 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.

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 1.26** - Open Events - Validating non-video submissions for more detailed information.)

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

CrossFit, LLC 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, LLC 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, LLC 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, LLC 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, LLC 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, LLC 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, LLC, which, in the sole opinion of CrossFit, LLC, are corrupt or affect the administration, security, fairness, integrity, or proper conduct of the CrossFit Games, CrossFit, LLC 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, LLC 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, LLC (or any party) has no obligation to award any prize money. All decisions by CrossFit, LLC concerning eligibility, qualifying for, and judging related to the CrossFit Games are final and not subject to challenge or appeal. CrossFit, LLC shall own and shall have no obligation to return or maintain any materials submitted as part of the qualification or registration process for the CrossFit Games.

UNDER NO CIRCUMSTANCES WILL CROSSFIT, LLC 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 AND APPROVED EQUIPMENT/ATTIRE

For all Open events, the event format will be released by CrossFit, LLC 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 equipment (standard Olympic-style barbells and plates, pull-up bars, jump ropes, dumbbells, and a plyo box. CrossFit, LLC will not supply or make available any equipment.)
- Required amount of weight (**NOTE:** All weights will be released in **pounds**. It is the athlete's responsibility to use the correct poundage. If kilogram plates are used, the athlete will need to use appropriate combinations of plates to achieve the correct poundage. Collars or clips are not to be counted in the total weight. For the purpose of CrossFit Games competitions, 15-kg barbells will be considered to weigh 35 lb., and 20-kg barbells will be considered to weigh 45 lb.)
- Time domain or time limit
- Scoring details - Competitions may determine the winner by highest point total or lowest point total, or any method or combination of methods CrossFit selects. Point values for finishing position will be released before the start of the 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 and loads, 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, LLC may provide official scaled versions of events for athletes to perform.

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

Subject to CrossFit, LLC's prior approval, weight belts, non-tacky gloves, hand tape, neoprene joint sleeves, and common fitness wear may be allowed during competition. However, no grip assistance or weight support may be derived from any device worn. In general, gear is allowed that improves safety and/or comfort but does not confer advantage. Should the workout call for a pull-up bar to be used, athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.

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1.20 - OPEN EVENTS - JUDGING NEW

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. If an athlete is unable to perform the workout in person with a judge, they must then have someone judge them virtually (i.e., livestream a video or join a video conference call with their judge). Athletes then will 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), which then will be submitted online for validation. 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 will 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 Quarterfinals, the Age Group Online Qualifier, 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. It is the responsibility of the athlete to notify the judge or CrossFit, LLC of any questionable movement before the workout.

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.

Contact support@crossfitgames.com if there are any questions about range of motion due to a physical limitation.

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1.22 - OPEN EVENTS - SCORE SUBMISSION AND VALIDATION

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. Any score submission attempt after the deadline will not be accepted for any reason.

NOTE: CrossFit, LLC 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 timeframe provided.

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

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1.23 - 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, LLC 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. **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 Licensee of Record (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.

- In order to validate scores, affiliate managers must pass the online Judges Course each year, commit to upholding the standards and ethics of the CrossFit Games, and assert they have the equipment, facility, and judges to administer the events. For step-by-step instructions on how to register to be an affiliate manager, go to <https://games-support.crossfit.com/> and scroll through the "Manage Affiliate" articles.

- It is the responsibility of the athlete to find an affiliate where the event can be performed, scored, judged, and validated. Affiliates are not required to host the Open and may have fees or special rules for the use of their facility. **It is strongly advised that athletes contact an affiliate prior to showing up to perform an Open event.**

Affiliate managers may validate scores for any athlete who performs an Open event at their affiliate. They also may validate scores for members of their affiliate who perform an Open event at home. **Affiliate managers MAY NOT validate scores for athletes who perform an Open event at home and are not members of their affiliate.** These rules are for the sole purpose of facilitating participation for athletes who are unable to perform an Open event at their affiliate during the COVID-19 pandemic. 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' only alternative to performing an Open event with an affiliate 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, LLC. 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, LLC 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, LLC 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 appeal their own performance outcome based on the judging, scoring, or performance of another athlete.

Violation of the judging standards by a CrossFit affiliate may result in disciplinary action against the affiliate and/or 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 this change in score.

Any athletes who disagree with their score modification must contact support@crossfitgames.com upon receiving notification that their score has been modified. In the email, they must list the 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 in order 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

If an athlete performs an event with an affiliate, the score will appear on the CrossFit Games Leaderboard after it has been validated by the affiliate manager.

If an athlete elects to use video submission for score validation, the entered score will appear on the leaderboard with the video linked to the score once the video is submitted. Scores posted by video submission may be validated, invalidated, or modified through the assessment of a minor or major penalty. Furthermore, scores may be removed at any time at the discretion of CrossFit, LLC. 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 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 who are ranked highest on their continental leaderboard will qualify to compete in the Quarterfinal

competition. 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 AND FOUNDATIONS 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 and foundations versions. Athletes who are unable to perform an event as prescribed may choose the scaled or foundations workout provided. Athletes also may finish the Open by completing any combination of events with equipment (Rx'd, scaled, foundations) or without equipment.

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. 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, or foundations version for that event.

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

The CrossFit Games also host a foundations-only leaderboard. In order to remain on the foundations-only leaderboard, an athlete must perform ALL the Open events while following the foundations versions.

Athletes are eligible to advance to the Age-Group Online Qualifier, even if they choose to perform the scaled version of one or more Open 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 and foundations versions of the prescribed masters event may be provided. Any masters athlete performing a scaled or foundations 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 the prescribed, scaled, or foundations version for that event.

For some masters 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 Online Qualifier.

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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 and foundations versions of the prescribed teenage event may be provided. Any teenage athlete performing a scaled or foundations 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 the prescribed, scaled, or foundations 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 Online Qualifier.

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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.

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1.35 - CROSSFIT GAMES LEADERBOARD - EQUIPMENT-FREE ATHLETES NEW

For the 2021 season, 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.

The CrossFit Games will host an equipment-free leaderboard. Once an athlete completes an equipment-free version of an Open event, their score will appear on the equipment-free leaderboard for that particular event.

In every applicable division, an athlete who chooses to perform the equipment-free version of an Open event will be ranked relative to all other athletes performing the equipment-free version of that event. Athletes may finish the Open with any combination of events with equipment (Rx'd, scaled, foundations) or without equipment. However, athletes who mix workout types will receive a score of “0” on the Rx'd leaderboards for the events they perform equipment free and a “0” on the equipment-free leaderboard for events they perform with equipment. Additionally, any 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.

Athletes who perform equipment-free versions of the Open events will be unable to advance to the next stage of competition.

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1.36 - 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 21.1 and 21.2 but submits a score for 21.3, the athlete's 21.3 score may contribute to the team's 21.3 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 in their continent across multiple events qualify to compete in the Quarterfinal competition.

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1.37 - OPEN AFFILIATE LEADERBOARD

As part of the Open, CrossFit, LLC 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. Affiliates will also be searchable by country. For more information on the various leaderboard filters and scoring methods, please go to <https://games-support.crossfit.com/> and scroll through the "Compete" articles in the Open category.

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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1.38 - OPEN VIDEO AND JUDGING REQUIREMENTS FOR QUARTERFINAL QUALIFIERS

Any athlete who wishes to qualify for the Quarterfinal competition should use a registered judge (that is, a judge who passed the online Judges Course) during the Open events. If no registered judge is available to an athlete during an Open event, the athlete must 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, LLC at any time.

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1.39 - OPEN - CASH PRIZES

A cash prize of US\$2,021.00 will be awarded each week for the top score by an individual man and individual woman worldwide. In order to claim this prize, athletes must submit a video of the event before the announced deadline to CrossFit, LLC, 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, LLC)**

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, 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, LLC's prize affidavit. Additional prizes may be presented by partners, sponsors, or select vendors, and all such prizes are also subject to applicable taxes and withholding and compliance with, and agreement to, CrossFit, LLC'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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THE QUARTERFINALS

2.01 - THE QUARTERFINALS

In order to advance to the Semifinal events, athletes and teams must compete in an online qualifier competition immediately following the Open. This online competition will be known as the CrossFit Games Quarterfinals, or "Quarterfinals" for short.

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 Monday.

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.

CrossFit, LLC 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 21.1.

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2.02 - THE QUARTERFINALS - REGISTRATION PROCESS - INDIVIDUALS

Quarterfinals for individual athletes will begin on Thursday, April 8. Once the Open competition has concluded, CrossFit, LLC 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 competition. 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. As part of the invitation process, athletes worldwide will pay a US\$50 athlete registration fee.

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

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2.03 - THE QUARTERFINALS - REGISTRATION PROCESS - TEAMS

Team Quarterfinals will begin on Thursday, April 22. Once the Open competition has concluded, CrossFit, LLC will send out invitations to teams. Any eligible teams wishing to participate must accept their invitation and register for the Quarterfinals before the close of competition. 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. 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 Quarterfinals 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. Any athlete (including teenagers and masters) is eligible to be a member of a team during the Quarterfinals. 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 Quarterfinals.

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

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2.04 - THE QUARTERFINALS - JUDGING AND VALIDATION

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

Athletes and teams who perform a Quarterfinal event at a CrossFit affiliate in good standing with CrossFit, LLC will need to have their scores validated just like they did during the Open. See section 1.23 for more information.

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

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2.05 - THE QUARTERFINALS - 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 in order 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 the 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 in order to complete the weekend.

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2.06 - THE QUARTERFINALS - 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 in order to determine their final rank leading up to the Semifinal events. 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 in order to determine their final rank leading up to the Semifinal events. 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 Quarterfinal 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 - THE QUARTERFINALS VIDEO REVIEW - SUBMITTING VIDEOS

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 may be required to submit videos for review:

- North America - 150 women, 150 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

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.**

CrossFit, LLC will notify athletes and teams when they need to submit videos for review. The notification will include a video submission deadline. The video request may come at any time **during or after** the Quarterfinal competition. All video submissions must adhere to standard Open video submission guidelines. Any specific submission guidelines will be clearly communicated to the designated athletes and teams via email.

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

NOTE: Teenagers in the 16-17 age division 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 - THE QUARTERFINALS VIDEO REVIEW - VIDEO REVIEW PROCESS

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 high enough following this recalculation, the athlete or team may receive an invitation to a Semifinal competition. The submitted video(s) must demonstrate the athlete or team has the work capacity required to achieve the originally posted Quarterfinal score(s).

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, LLC will announce when the video review process is complete.

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2.09 - THE QUARTERFINALS - 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 number of individual athletes and teams that qualify for the next stage of competition will be listed in the Semifinal section of the CrossFit Games Rulebook.

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AGE-GROUP ONLINE QUALIFIER

3.01 - AGE-GROUP ONLINE QUALIFIER

Age-group athletes will compete in the Open against all other age-group athletes in their age division worldwide for the opportunity to advance to the next level of competition. Based on Open finish rank, the top 10%* of age-group athletes worldwide in each age division will qualify to compete in the Age-Group Online Qualifier. Like in the Open, in this competition, age-group athletes will submit scores and/or videos for additional events.

*Percentages will be based on the number of athletes registered per age division as of the close of 21.1.

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3.02 - AGE-GROUP ONLINE QUALIFIER - DATES AND TIMES

The Online Qualifier workouts will be released on Thursday, May 6, 2021, at 5:00 p.m. PT. Age-group athletes will have until Monday, May 10, 2021, at 5:00 p.m. PT, to submit their scores and/or videos for these workouts.

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3.03 - AGE-GROUP ONLINE QUALIFIER - REGISTRATION PROCESS

Once the Open competition has concluded, CrossFit, LLC will send out invitations to the Age-Group Online Qualifier event. Invitations will start to be sent by April 14, 2021. Athletes must accept their invitation to the Age-Group Online Qualifier before the close of competition. 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, LLC does not intend to backfill that spot to the next athlete in line.

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3.04 - AGE-GROUP ONLINE QUALIFIER - JUDGING AND VALIDATION

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

Athletes who perform an Online Qualifier event at a CrossFit affiliate in good standing with CrossFit, LLC will need to have their scores validated just like they did during the Open. See section 1.23 for more information.

Affiliate managers have 48 hours following the close of the Age-Group Online Qualifier event to validate scores. The score validation deadline for the 2021 Age-Group Online Qualifier is Wednesday, May 12, 2021.

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

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3.05 - AGE-GROUP ONLINE QUALIFIER - SCORING FORMAT

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

Ties on the overall leaderboard for the Online Qualifier will be broken by awarding the best position to the athlete who has the highest result in any single Online Qualifier 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 Online Qualifier leaderboard. Ties will not be broken for single event results. More than one athlete can share an event result, and each will earn the original point value.

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3.06 - AGE-GROUP ONLINE QUALIFIER - VIDEO REVIEW

Once the validation deadline has concluded, CrossFit will request one or more videos of the Online Qualifier events from the top 35 men and 35 women in each age division. 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 Games if their score is validated or modified. If an athlete's score is modified, the athlete's overall rank in the Online Qualifier will be recalculated with this new score. If the athlete remains ranked high enough following this recalculation, the athlete may qualify to compete at the Games. The video(s) must demonstrate the athlete has the work capacity required to achieve the originally posted Online Qualifier score.

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

The video review process for these videos will be completed no later than five weeks prior to the start of the CrossFit Games.

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

The age-group leaderboard will be set only after the video review process is complete. Invitations to the Games will be sent after this time. The top 20 men and 20 women in the 14-15, 16-17, 35-39, 40-44, 45-49, 50-54, and 55-59 age-group divisions will qualify to compete at the Games. Qualifying spots for the 60-64 and 65+ divisions will be determined based on Open participation numbers. If age-group athletes ranked in the top 20 in any age division decline to compete at the Games, the next highest-ranked athlete in that division may qualify to compete. More detailed information on invitations and deadlines will be emailed to the qualified athletes or made available on the CrossFit Games website prior to the start of competition.

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SEMIFINAL EVENTS **NEW**

4.01 - THE SEMIFINALS **NEW**

CrossFit Games Semifinal Events (or "Semifinals") are competitive events owned and operated by other entities that have been officially sanctioned and licensed by CrossFit, LLC 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 Semifinal events based on their performance during the Quarterfinals. Competing athletes and teams will compete in their 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, LLC. Invitations to these events will be determined by CrossFit, LLC.

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

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

The 2021 Semifinal events will take place over four consecutive weekends in May and June. Exact competition dates for each Semifinal event 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 Semifinal events will advance to compete at the CrossFit Games.

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4.02 - THE SEMIFINALS INVITATION PROCESS - ELIGIBLE INDIVIDUAL ATHLETES **NEW**

The video review process from the Quarterfinals for individual athletes will be completed by April 19, 2021. At the end of this review period, the final Leaderboard standings for individual athletes will be set, and the invitation process for Semifinal events will begin. Semifinal invitations will be emailed to the top men and women in each continent.

Prior to sending invites 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 a Semifinal event in the following manner:

- **North America:** Top 120 men and women; 30 men and women will compete at each Semifinal event
- **Europe:** Top 60 men and women; 30 men and women will compete at each Semifinal event
- **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

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

For the North American and European continents, CrossFit will seed and place the athletes in a Semifinal event before invitations are sent. CrossFit will make every effort to ensure the seeding process will be fair and equitable. More details regarding the North American and European seeding/invitation process will be released and communicated to qualified athletes following the Quarterfinals.

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4.04 - THE SEMIFINALS INVITATION PROCESS - INDIVIDUAL INVITATIONS AND REGISTRATION **NEW**

Athletes must accept their invitation to a Semifinal championship by May 4, 2021, at 5 p.m. PT, or forfeit their individual spot. By this deadline, athletes must also declare whether they will compete as an individual or, if applicable, as a member of a team at the Semifinal competition; they must choose one or the other. 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 athlete registration fee. Each athlete's name will be listed on the Leaderboard for his or her Semifinal once he or she has 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, LLC may, at its sole discretion, invite additional athletes based on the order of their finish during the Quarterfinals.

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4.05 - THE SEMIFINALS INVITATION PROCESS - ELIGIBLE TEAMS **NEW**

The Quarterfinals video review process for teams will be completed by May 3, 2021, at 5 p.m. Pacific Time. At the end of this review period, the final Leaderboard standings for teams will be set, and the invitation process for Semifinal events will begin. Semifinal invitations will be emailed to the top teams in each continental region.

By continent, teams will receive an invitation to a Semifinal event in the following manner:

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

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4.06 - THE 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. More details regarding the North American and European seeding/invitation process will be released and communicated to qualifying teams following the Quarterfinals.

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4.07 - THE SEMIFINALS INVITATION PROCESS - TEAM INVITATIONS & ROSTER DECLARATION **NEW**

Teams must accept their invitation to a Semifinal event by May 11, 2021, at 5 p.m. PT, or forfeit their team spot. If a significant number of invited teams choose not to compete, CrossFit, LLC 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 team registration fee.

During the registration process the team manager must submit the team roster. A Semifinal 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 who competed for that team during the Open are eligible for selection. Any athlete (including teenagers and masters) is eligible to be a member of a team at Semifinal competitions. **All Semifinal 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 Semifinal team roster changes will be accepted after registration is completed.

Individual athletes that choose to compete at a Semifinal competition are not eligible to be listed as a member of the team Semifinal 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 Quarterfinal 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. Essentially, the extra man and woman from the Semifinal 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 - THE SEMIFINALS - ON-SITE CHECK-IN **NEW**

The 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 - THE SEMIFINALS - EVENT DETAILS AND ON-SITE BRIEFING **NEW**

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 - THE SEMIFINALS - LEADERBOARD RANKINGS **NEW**

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 Semifinals leaderboard.

Ties on each Semifinals 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 - THE SEMIFINALS - SCORING **NEW**

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 to not advance in the competition, regardless of overall rank.

Events may use chip timing (transponders) for official timing. For chip-timed events, the chip will be placed on the same area of the body for all athletes. The official time for each athlete will be recorded when the transponder reaches the finish mat or crosses the finish line.

If an athlete or team does not advance to the next event for any reason (DNF, injury, etc.), 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 - THE SEMIFINALS - APPEALS AND APPEALS PROCESS **NEW**

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

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4.13 - THE SEMIFINALS - ADVANCEMENT **NEW**

At the conclusion of the competition weekend, the top men, women and teams from each Semifinal event 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 competition
- **Europe:** Top 5 men, top 5 women, and top 5 teams advance to the Games from each Semifinal competition
- **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 - THE SEMIFINALS - CASH PRIZES **NEW**

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

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4.15 - THE SEMIFINALS - DRUG TESTING **NEW**

Drug testing is required for any individual athlete or team to advance to the Games or to collect prizes. Failure to comply with CrossFit, LLC'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 - THE SEMIFINALS - COVID-19 POLICY **NEW**

The health and safety of athletes, event staff, and the community is the foremost priority for CrossFit, LLC. All Semifinal events will develop a comprehensive COVID-19 safety program for athletes, staff, and other attendees and ensure their events are in full compliance with all local and national health regulations. COVID-19 protocols will be released to participating athletes in advance of their Semifinals competition.

If, for any reason, a live, in-person Semifinals event is cancelled, the competition will move to an online format hosted by CrossFit, LLC. 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 online Semifinal event will take place on the same weekend as the original date of the in-person competition.

If, for any reason, an athlete is unable to travel to their respective Semifinal competition, CrossFit, LLC will evaluate the circumstances and may grant the opportunity to compete in the Last Chance Qualifier. 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, LLC (or any party) has no obligation to award any prize money. Should a Semifinal competition be modified, CrossFit, LLC 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, LLC may also modify the number of divisions that will be competing. All decisions by CrossFit, LLC concerning eligibility and qualifying to the online Semifinals are final and are not subject to challenge or appeal. CrossFit, LLC 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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LAST-CHANCE QUALIFIER **NEW**

5.01 - LAST-CHANCE QUALIFIER **NEW**

Following the Semifinal events, athletes who narrowly missed the chance to advance to the CrossFit Games 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 that 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

From the Last-Chance Qualifier, top finishers will qualify for the CrossFit Games.

The 2021 Last-Chance Qualifier will be an online competition that takes place the week of June 28, 2021 - July 4, 2021.

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

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5.02 - LAST-CHANCE QUALIFIER - REGISTRATION PROCESS - INDIVIDUALS **NEW**

Once the Semifinal events have concluded, CrossFit, LLC will determine the eligible athletes and send out invitations to the Last-Chance Qualifier event. 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, LLC does not intend to backfill that spot to the next athlete in line based on the Semifinal Leaderboards.

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5.03 - LAST-CHANCE QUALIFIER - JUDGING AND VALIDATION **NEW**

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

Athletes who perform a Last-Chance Qualifier event at a CrossFit affiliate in good standing with CrossFit, LLC will need to have their scores validated just as they did during the Open. See section 1.17 for more information.

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

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5.04 - LAST-CHANCE QUALIFIER - EVENT FORMAT **NEW**

Individual athletes will compete in a series of events throughout the weekend. 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. In order to be eligible for advancement to the Games, athletes must submit a score for each event.

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5.05 - LAST-CHANCE QUALIFIER - SCORING FORMAT **NEW**

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 in order 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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5.06 - LAST-CHANCE QUALIFIER VIDEO REVIEW - SUBMITTING VIDEOS **NEW**

Throughout the Last-Chance Qualifier, the top women and men will be required to submit videos for review, so athletes who may be competitive for a top leaderboard position should videotape all their workouts.

- **The top 10 women and 10 men may be required to submit videos for review.**

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

CrossFit, LLC will notify athletes when they need to submit videos for review. The notification will include a video submission deadline. The video request may come at any time **during or after** the Last-Chance Qualifier competition. All video submissions must adhere to standard Open video submission guidelines. Any specific submission guidelines will be clearly communicated to the designated athletes via email.

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5.07 - LAST-CHANCE QUALIFIER VIDEO REVIEW - VIDEO REVIEW PROCESS **NEW**

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 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 high enough following this recalculation, the athlete may receive an invitation to the CrossFit Games. The submitted video(s) must demonstrate the athlete has the work capacity required to achieve the originally posted Last-Chance Qualifier score(s).

If a video is invalidated, the individual athlete's overall rank on the Leaderboard will be adjusted to reflect the change of the score for that workout to "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"). CrossFit, LLC will announce when the video review process is complete.

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5.08 - LAST-CHANCE QUALIFIER - LEADERBOARD FINALIZATION AND ADVANCEMENT **NEW**

Only after the video review process is complete will the Individual athlete Leaderboard be set and athletes will know if they are advancing to the Games.

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™.

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5.09 - LAST-CHANCE QUALIFIER - DRUG TESTING **NEW**

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 our Drug Testing Policy. Athletes selected for drug testing will be notified by CrossFit, LLC. Failure to comply with CrossFit, LLC'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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DRUG TESTING

1. DRUG TESTING

The CrossFit Games Drug Testing Policy found at https://s3.amazonaws.com/crossfitpubliccontent/2021-CrossFitGames_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, LLC'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, LLC. Please see the CrossFit Games Drug Testing Policy for more details. Athletes must abide by CrossFit, LLC's decisions, which are final and binding in all respects.

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TRANSGENDER POLICY

1. 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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2. 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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3. PARTICIPATION IN EVENTS OTHER THAN THE OPEN (E.G., THE ONLINE QUALIFIER AND THE GAMES)

Transgender men: Athletes who transition from female to male must satisfy the requirements set forth in section 2 above.

Transgender women: Athletes who transition from male to female must satisfy the requirements set forth in section 2 above and meet the following requirements:

- I. Athletes must, prior to participating in any online qualifier 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.
- II. 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).
- III. 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.

- IV. The information provided by the athlete in sections (i)-(iii) above will be reviewed by CrossFit, which shall determine, in its sole discretion, whether the athlete will be allowed to participate as a woman.
- V. Compliance with these requirements may be monitored by CrossFit through additional serum testing. In the event of non-compliance, the athlete's eligibility for 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 4, result in the disqualification of the results of that competition and the return of any prize money or awards.

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4. EXCEPTIONS TO SUBSECTION 3

As an exception to sections 3 (ii) and (iii), 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 2021, CrossFit, in its sole discretion, may reduce the 12-month period set forth in section 3 (ii) for particular events.

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5. THERAPEUTIC USE EXEMPTION REQUIRED FOR THE USE OF A BANNED SUBSTANCE

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

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6. APPEAL BY A TRANSGENDER ATHLETE

Any transgender athlete whose registration to compete in a particular gender category has been rejected by CrossFit under section 3 (iv), 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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7. OTHER CHALLENGES TO THE GENDER CLASSIFICATION OF AN ATHLETE

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

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8. 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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9. 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

1. 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 and Games in accordance with the requirements set forth below.

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2. APPROPRIATE LANGUAGE FOR ADAPTIVE COMPETITION

For the purposes of competition, an adaptive athlete is a person with a significant, permanent impairment, which 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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3. 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 sport classes.

Classification aims to minimize the impact of the athletes’ impairment on their performance so the athletes’ fitness is ultimately tested, not their degree of impairment. Ensuring that athletes are appropriately classified is crucial to safeguarding the integrity and credibility of the competition.

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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4. 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., an online qualifier and/or Games).

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5. 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, and
- have significant functional limitation(s) that prevent them from inclusion in fair competition against athletes in the non-adaptive division.

Eligible impairments include the following:

- Ataxia
- Athetosis
- Hypertonia
- Impaired Passive Range of Movement
- Impaired Muscle Power
- Limb Deficiency
- Leg Length Difference
- Vision Impairment
- Short Stature
- 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 2021 season. Changes to eligibility may occur as the adaptive competition grows in future years.

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6. 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 5. 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, LLC, 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, LLC, 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, LLC, in the eyes of the viewing public or the CrossFit community, may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events, or legal action.

All athletes agree to put forth suitable effort in every workout or event 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, LLC 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, LLC’s rights to operate the CrossFit Games in any manner it sees fit. CrossFit, LLC 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, LLC 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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