



WEST COAST CROSSFIT CLASSIC 2019-2020 RULEBOOK

THE WEST COAST CLASSIC ("WCC") RULE BOOK IS THE INTENDED BENCHMARK FOR WCC AND ALL WCC SUPPORTED, SANCTIONED OR SPONSORED COMPETITIONS (INDIVIDUALLY AN "EVENT" AND COLLECTIVELY, THE "EVENTS").

1. WEST COAST CLASSIC

- WCC was created as California's premier CrossFit® Sanctional™. We're bringing the California and CrossFit community to the state where the sport was born. We celebrate our authentic West Coast grassroots culture and we're bringing back the excitement, the energy, and the community that you all know and love.
- WCC consists of a season featuring two stages of competition:
 - The CrossFit Games Open
 - The West Coast CrossFit® Classic Sanctional™
- Loud and Live Mission Statement
 - To serve our community by providing a platform that challenges individuals to perform and grow. Through inclusivity, creativity, and positivity we create impactful experiences that produce joy, unity in diversity, and elicit celebration.
- Changes in policies, regulations, requirements and standards may be made at anytime without advance notice. The ultimate responsibility for knowing West Coast Classic requirements and regulations rests on the athlete competing. For the latest, up-to-date information please refer to the West Coast Classic rulebook.

2. GENERAL RULES

- A. To participate in any stage of WCC, each and every athlete (whether competing individually or as part of a team,) must agree to any and all rules and policies, including, without limitation, the assumption of risk, and publicity release, all of which are incorporated herein by reference, and to the decisions of WCC, which are final and binding in all respects.
- B. All athletes are required to have completed and abide by the appropriate waivers and documentation as outlined by WCC, paid and validly registered for entry, completed an online and/or on-site check-in process, and must be wearing official event identification and/or credentials where specified.
- C. WCC prohibits athletes from using any performance enhancing, illegal substances. If it is found that an athlete is under the influence or use of such substances during any stage of competition, WCC reserves the right to disqualify the athlete from the competition and/or revoke any prizes earned while under the influence or during the use of such substances.
 - a. West Coast CrossFit Classic abides by the CrossFit Games Official Drug-testing Policy, which can be found [here](#).
 - b. Any registrant of the West Coast CrossFit Classic at any stage during the season,

as an official CrossFit sanctioned event, is bound by the rules and regulations of the CrossFit Games drug-testing policy, and subject to testing at any stage of the competition.

D. PHOTO & VIDEO POLICY

- a. Photography and Footage. Non-professional, non-flash photography and video cameras are permitted at WCC venues/events for personal use only. All cameras (video and still) must be hand-held with interchangeable or telephoto lens no longer than 5 inches in length. Monopods, tripods, and cameras with telephoto or interchangeable lenses greater than 5 inches at full lens extension (professional photography equipment) are not permitted. Spectators, attendees, visitors and guests may not distribute, use, reproduce, stream, upload, transmit, broadcast, link, exploit or license any description, account, images, pictures, film, digital, video or audio recording, in whole or in part, for any commercial purpose without the prior express written consent of WCC in each instance.
- b. WCC may, at their discretion, provide credentials necessary to gain access to media areas at WCC for the sole and exclusive purpose of editorial coverage and athlete media relations. All credentialed media must be on editorial assignment or be otherwise authorized by WCC. Time, area, and scope of access will be at the sole discretion of WCC. Credential(s) and access may be revoked at any time by WCC with or without cause. WCC reserves the right in its sole and absolute discretion to grant or deny any application or request for a credential and may revoke credentials at any time in its sole discretion, for any reason or no reason.
- c. Still images: Still images may not be used for any commercial or retail purposes whatsoever, and may only be used for promotional purposes upon written permission of the athlete(s) depicted in such images and with a written license agreement from WCC. Photography is for personal or editorial use only. Any other use such as, but not limited to, commercial and promotional use, is prohibited and strictly enforced.
- d. Video Footage: Video footage may not be used for commercial or retail purposes whatsoever and may only be used for promotional purposes upon written consent of the athlete(s) involved and with a written license agreement by WCC. All footage clips made available online or uploaded onto websites shall not exceed 15 seconds in length, and in no event shall any individual clip, however used, distributed, published or displayed, exceed 15 seconds in length.

E. DRONE POLICY

- a. The operation or use of any drones, unmanned aircraft/flying systems, and remotely-controlled or radio-controlled flying machines (whether or not motorized) of all types, shapes, and sizes (collectively, “drones”) at any time on the property is prohibited under all circumstances except pursuant to the terms and conditions of written permission from WCC. This policy applies to all individuals, persons, companies, and business entities and includes, but is not necessarily limited to, promoters, tenants, renters, patrons, visitors, and guests. Permission to stay or remain on WCC property may, in the discretion of WCC, be revoked for any person[s] in violation of this policy.

F. MISCONDUCT

- a. All athletes agree to compete in a sportsmanlike manner.
 - b. Unsportsmanlike behavior, such as arguing with an official or representative of WCC, taunting, heckling, fighting or any conduct which would bring disrepute upon WCC, the competition, other competitors, or spectators or event sponsors, as determined by WCC, in the eyes of the viewing public or the community, may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events or legal action.
 - c. Any action that prevents another athlete from having a fair opportunity to compete (e.g., abuse or alteration of equipment, refusal to follow instructions) or that interferes with athlete and event judge communication (e.g., external noise devices, bull horns, air horns, etc.) impedes on their ability to enjoy their experience, or is generally disruptive to the event, is not allowed.
 - d. WCC prohibits athletes from using any performance enhancing, illegal substances, as outlined in the official CrossFit Games Drug Policy. If it is found that an athlete is under the influence or use of such substances WCC reserves the right to disqualify the athlete from the competition and/or revoke any prizes earned while under the influence or during the use of such substances. As mentioned above, WCC abides by the CrossFit Games drug enforcement policy.
 - e. This is not an exhaustive list and is meant as a guide to the athlete, coaches and other attendees. This is not intended as a limitation on WCC's right to operate the competition in any manner it sees fit.
 - f. WCC, reserves the right to terminate any athlete, coach, staff, volunteer, judge, visitor, guest, supporter, teammate and/or spectator participating in, attending or viewing any sponsored, sanctioned or supported WCC Event at any time, with no further obligation or duty to such individual.
 - g. WCC, 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.
- G. It is the sole responsibility of the winners and/or compensated athletes to present valid identification when requested, and to comply with paying any and all applicable taxes in connection with any prizes, whether or not such prize is cash. All prizes are subject to applicable taxes and withholding and prize winner's compliance with, and agreement to, WCC's prize affidavit.
- H. 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 evidence an intent to cheat or circumvent the rules or intent of the rules of WCC, including lying (as one example)—will result in disqualification.

3. WEST COAST CLASSIC PARTICIPATION REQUIREMENTS, REFUNDS, AND TRANSFERS

- A. Subject to WCC's age restrictions and other requirements, anyone that is able to perform the workouts as prescribed may attempt to register to compete as an athlete (individually or as part of a team.) Such registration is subject to each prospective athlete's affirmative agreement to comply with WCC's policies, rules and regulations, as determined by WCC, in its sole and absolute discretion.
- B. All registrations are final. No refunds or transfers will be permitted, regardless of reason (injury, illness, change in work schedule, deployment, pregnancy, etc.)
- C. Co-ed Elite Teams of 4 (MMFF) once officially registered may NOT transfer, but may substitute an athlete, as previously deemed as their alternate. Co-Ed Elite Teams of 4 are entitled to register with one male and one female alternate, and will be asked to declare their "final four" prior to the weekend.
- D. No competing individual division athlete may transfer or substitute their spot for any reason.
- E. Once a non-Elite team is registered for West Coast Classic, they may substitute one athlete for a fee of \$100. The substitution athlete must have completed the CrossFit Games Open.
 - a. Please note, that only ONE athlete per team may be substituted. Once your one substitution has been made, your team is unable to make any further substitutions.
 - b. The deadline to substitute your one athlete per team, is three Friday's prior to the competition weekend, which in the case of WCC 2020: Friday, February 28th by 5PM PT
 - c. All substitutions must be made via email via compete@westcoastcrossfitclassic.com prior to this time.
 - d. An athlete cannot accept an invitation to compete individually AND on a team at the WCC on-site event.
- F. WCC reserves the right, in its sole and absolute discretion, to invite past winners, guest athletes, teams or others, to participate in any stage of competition. This decision may be made to preserve the traditions of WCC or for any other reason at the sole discretion of WCC.
- G. All athletes must validly and truthfully register online at westcoastcrossfitclassic.com and any corresponding digital registration platforms.
- H. It is the athlete's sole responsibility to provide current, valid and truthful information, including email address.
 - a. If Athletes are younger than 18 years old, they must provide additional parental consent during the online registration. If an athlete were to qualify and wishes to compete at WCC, a parent or guardian must be onsite for the duration of the event.
- I. WEST COAST CLASSIC has adopted the CrossFit Games Transgender Policy
 - a. The CrossFit Games current rule book can be found [here](#)

- b. Any athlete with questions or concerns about creating an account should contact compete@westcoastcrossfitclassic.com

4. WEST COAST CLASSIC - DIVISION BREAKDOWN, QUALIFICATION, AND REGISTRATION

1. There are multiple divisions for individual competitors and teams within the West Coast CrossFit Classic. WCC will be following the CrossFit Open's division breakdown with some additions. The divisions are as follows:
 - a. Individual
 - i. Elite
 - ii. Youth 14-15
 - iii. Youth 16-17
 - iv. Master's 35-39
 - v. Master's 40-44
 - vi. Master's 45-49
 - vii. Master's 50-54
 - viii. Master's 55-59
 - ix. Master's 60+
 - x. OutWOD Championship
 - b. Teams
 - i. Elite Co-Ed Teams of 4 (MM/FF)
 - ii. Rx Same Sex Teams of 3
 - iii. Intermediate Same Sex Teams of 3
 - iv. Scaled Same Sex Teams of 3
2. Qualification via The Open - West Coast Classic will be using the Open as a qualifier for Elite Individuals, Elite Co-Ed Teams of 4, and the OutWOD Championship:
 - a. Elite Individual/OutWOD
 - i. Athlete must be registered for the CrossFit Games Open and be registered via Competition Corner for the West Coast CrossFit Classic (found on www.westcoastclassic.com)
 - ii. The Open runs five consecutive weeks. Each week, one WOD is released on

Thursday at 5PM PT

- iii. Registration and score submission deadline is November 15th at 09:00 PM PT through the WCC Website. Submitting scores to the CrossFit Games website will not add athletes to the WCC leaderboard
 - iv. Video submissions will be required at the conclusion of the Open to be eligible to earn a competitive spot to compete at the West Coast CrossFit Classic
- b. Elite Teams of 4
- i. All team members (6 total) must be registered for the CrossFit Games Open. The team captain must then register the team and its respective members via Competition Corner for the West Coast CrossFit Classic (found on www.westcoastclassic.com)
 - ii. The Open runs five consecutive weeks. Each week, one WOD is released on Thursday at 5PM PT
 - iii. Registration and score submission deadline is November 15th at 09:00 PM PT through the WCC Website. Submitting scores to the CrossFit Games website will not add athletes to the WCC leaderboard
 - iv. The system will automatically sum the individual scores and project a cumulative team score
 - v. Video submissions will be required at the conclusion of the Open to be eligible to earn a competitive spot to compete at the West Coast CrossFit Classic.
- c. If performing on an elite team of 4, athletes do not have to be from the same gym, nor do the athletes have to perform the workouts together. All Open workouts are structured in a way that allow teams to perform them remote and independent of each other.
- d. One athlete per team must be the team captain. The athlete that registers will be deemed the team captain and will be responsible for any and all required score & video submissions on behalf of the team.
- e. If athletes are looking to attempt to qualify in multiple individual or multiple team divisions (i.e. Elite/Rx/Intermediate and Master's 35-39,) they are eligible to do so. However, athletes must uniquely register twice via the registration platform, and will have to utilize separate email addresses for each corresponding registration.
- f. Team Substitutions during the Open
- i. Any athlete substituted on an Elite Team of 4, midway through the Open must complete ALL of the team workouts before the score submission deadline.
 - ii. You may make substitutions up until the score submission deadline. No subs may be made after all scores have been submitted.
 - iii. You must substitute the athlete's information via the appropriate registration platforms

- iv. Teams must designate the two males and two females that will be competing by February 21st, 2020. The other two athletes will remain on the roster as alternates.

g. Registration Fees for the Open

- i. Registration via westcoastcrossfitclassic.com is free, however, athletes must pay any fees associated with the Open, which are as follows:
 1. \$20.00 + service fees (per individual)

3. COMPETING AT WCC

a. To compete at WCC, there are four distinct paths to earning a spot:

- i. **Invitation** - the ability to bypass participation in the Open, is automatically awarded to the following individuals.

Each invited athlete or team will have a set period from which to register. If they do not register by the posted deadline, they forfeit their invited spot

Elite Individual Invites

CrossFit Games 2019

- Top 30 Men & Women
- Podium, 2019, 2018, 2017, 2016, 2015: Top 3 Men & Women

Regionals

- West & Norcal & SoCal Regional Podium: 2018, 2017, 2016, 2015, 2014

Sanctional Events

- Individual Podium at WZA 2020: Top 3 Men & Women
- Individual Winner at CFG Sanctional over the last 12 months, from event date, which include:
 - Mid-Atlantic CrossFit Challenge 2019
 - CrossFit Italian Showdown 2019
 - Asia CrossFit Championship 2019
 - Reykevic CrossFit Championship 2019
 - Brazil CrossFit Championship 2019
 - Down Under CrossFit Championship 2019
 - Rogue Invitational 2019
 - CrossFit Lowlands Throwdown 2019

- Granite Games 2019
- CrossFit French Throwdown 2019
- Filthy 150 2019
- Pandaland CrossFit Challenge 2019
- Dubai CrossFit Championship 2019
- SouthFit CrossFit Challenge 2019
- CrossFit Mayhem Classic 2020
- CrossFit Strength in Depth 2020
- CrossFit Fittest in Cape Town 2020
- Norwegian CrossFit Championship 2020
- Australian CrossFit Championship 2020

Master's & Teen Invites

CrossFit Games 2019

- 1st place at CFG from previous year
 - If an athlete “ages up” to the next division post their victory, they are not eligible to receive an invite.

Elite Teams of 4 Invites

CrossFit Games 2019

- Top 10 Teams of 4 at 2019 CFG
 - 3 out of the 4 previous team members must be returning in order to qualify for an invite

Regionals

- 1st Place Teams at West, NorCal, & SoCal Regional: 2018, 2017, 2016, 2015, 2014
 - 3 out of the 4 previous team members must be returning in order to qualify for an invite

Sanctional Events

- WZA Team of 4 Podium in 2020
 - 3 out of the 4 previous team members must be returning in order to qualify for an invite

- Team Winner at CFG Sanctional over the last 12 months
 - 3 out of the 4 previous team members must be returning in order to qualify for an invite
 - See individual events listed above

Invites distributed via a single round. Any remaining spots will be extended to qualifier finishers. Athletes who receive invites are still responsible for their registration cost, lodging, travel, etc. Loud and Live reserves the right to invite up to 2 entities per Elite Division.

ii. Qualification - Via the CrossFit Games OpenOne athlete per team must be the team captain. The athlete that registers will be deemed the team captain and will be responsible for any and all required score & video submission on behalf of the team.

1. Numbers that Qualify By Division through the CrossFit Games Open/ WCC Leaderboard
 - a. Individual
 - i. Elite
 1. 1st to 30th Worldwide
 2. 1st to 10th in West Region
 - ii. OutWod
 1. 1st to 7th in the OutWod Open
 - b. Team
 - i. Elite Co-Ed Teams of 4 (MM/FF)
 1. 1st to 15th Worldwide
2. Video Submission - After the Online Challenge & Qualifier, WCC will conduct a video review. If an athlete has not submitted all the required requested videos by the set deadline, they will be deemed ineligible to compete in any Qualification or Open Registration division.

iii. Open Registration - Will be available for the following divisions and will be based on a first come, first serve basis.

1. Individual (In order to compete in any age group division below, the athlete's DOB must be prior to the event start date.)
 - a. Masters 35-39: 1st - 14th
 - b. Masters 40-44: 1st - 14th

- c. Masters 45-49: 1st - 14th
- d. Masters 50-54: 1st - 14th
- e. Masters 55-59: 1st - 14th
- f. Masters 60+: 1st - 14th
- g. Teens 14-15: 1st - 14th
- h. Teens 16-17: 1st - 14th

2. Team

a. Rx/Intermediate/Scaled Same Sex Teams of 3

- i. Rx Male: 1st - 40th
- ii. Rx Female: 1st - 40th
- iii. Intermediate Male: 1st - 40th
- iv. Intermediate Female: 1st - 40th
- v. Scaled Male: 1st - 40th
- vi. Scaled Female: 1st - 40th

b. Age Requirement by Division

- i. The following divisions require all athletes to be at least 14 years of age by the event start date:
 - 1. Individual Elite, Elite Co-Ed Teams of 4, Rx Same-Sex Teams of 3, Intermediate Same-Sex Teams of 3, Scaled Same-Sex Teams of 3, and the OutWOD
- ii. Masters 35 - 39 Division: athletes must be 35 years of age, but not older than 39 as of event date
- iii. Masters 40 - 44 Division: athletes must be 40 years of age, but not older than 44 as of event date
- iv. Masters 45 - 49 Division: athletes must be 45 years of age, but not older than 49 as of event date
- v. Masters 50 - 54 Division: athletes must be 50 years of age, but not older than 54 as of event date
- vi. Masters 55 - 59 Division: athletes must be 55 years of age, but not older than 59 as of event date
- vii. Masters 60+ Division: athletes must be 60 years of age or older as of event date

viii. Teenager 14 - 15 Division: athletes must be 14 years of age, but not older than 15 as of event date

ix. Teenager 16 - 17 Division: athletes must be 16 years of age, but not older than 17 as of event date

c. REGISTRATION PROCESS

i. Whether you qualify and register for WCC through the invitation process, qualification, open registration, or application; you must complete the registration form via the link provided to you via email by the deadline set in the email.

ii. All deadlines will be strictly enforced. Depending upon which one of the four avenues you have received an invite, your time frame as to how long you have to accept or decline the invite will be determined. Each avenue has its own deadline schedule. Please see schedule overview below in order to understand how long each athlete has to accept or decline.

1. 2019 - 2020 Season Deadlines are as follows:

a. 10/29/2019: Elite Individual and Elite Team of 4 invites sent out to those specified in the invitation section above

b. 11/18/2019: Deadline for all athletes invited via the invitation process to accept or decline their invite

c. 08/29/2019: Registration for the Open begins and continues through the entirety of the Open. Athletes must also register at www.westcoastclassic.com (cost is free)

d. 11/5/2019: Affiliates in the previous "West Region" receive 1 team invite for an Rx, Intermediate, or Scaled Same Sex Team to compete at WCC. Affiliates will have until 11/18/2019 to Register. All remaining spots will go to Open Registration.

e. 11/20/2019 at 5PM PT: Open Registration for Masters, Teens, and Rx, Intermediate, & Scaled Team Divisions (Male & Female). Registration will close once it sells out.

f. 12/11/2019: Registration through the online portal (westcoastclassic.com) and score submission deadline for qualifying athletes in the Individual Elite, Elite Team of 4, and OutWOD divisions via the Open.

g. If the individual and team divisions require another round of invites, those will be sent at the discretion of Team WCC. All deadlines for this next round of invites will be specified in the email that goes out to all athletes. The athlete is responsible for checking their email to see if an invite was received.

- 2. Up to 1 spot via Invitation Process
- vi. Masters 50 - 54 Division: 15 spots
 - 1. 14 spots via Open Registration
 - 2. Up to 1 spot via Invitation Process
- vii. Masters 55 - 59 Division: 15 spots
 - 1. 14 spots via Open Registration
 - 2. Up to 1 spot via Invitation Process
- viii. Masters 60+ Division: 15 spots
 - 1. 14 spots via Open Registration
 - 2. Up to 1 spot via Invitation Process
- ix. Individual Teenager 14 - 15 Division: 15 spots
 - 1. 14 spots via Open Registration
 - 2. Up to 1 spot via Invitation Process
- x. Individual Teenager 16 - 17 Division: 15 spots
 - 1. 14 spots via Open Registration
 - 2. Up to 1 spot via Invitation Process
- xi. OutWod:
 - 1. Up to 7 spots via the Open
- xii. Rx Same-Sex Teams of 3
 - 1. 40 spots via Open Registration
- xiii. Intermediate Same-Sex Teams of 3
 - 1. 40 spots via Open Registration
- xiv. Scaled Same Sex Teams of 3
 - 1. 40 spots via Open Registration
- f. Registration for Masters, Teens, and Community Teams of 3 Divisions
 - i. Open registration is specific to the Masters, Teens, and Community Teams of 3 Divisions.
 - ii. Athletes that don't QUALIFY for a specific division have another chance to compete at WCC in one of the above listed divisions, via Open Registration.

1. On November 20th, 2019 at 5PM PT you may log on and race against other eligible athletes, via first come, first serve, to secure a spot to compete at WCC.

g. Team Substitutions at WCC

- i. Any athlete substituted on an Elite Team of 4 midway through the Open must complete ALL of the team workouts before the score submission deadline. You may make substitutions up until the score submission deadline. No subs may be made after all scores have been submitted. You must substitute the athlete's information via athlete login on westcoastclassic.com.
- ii. For non-Elite teams, there will be an option to substitute 1 teammate after you have registered for WCC for a \$100 fee. Please note, that only ONE athlete per team may be substituted. Once your one substitution has been made, your team is unable to make any further substitutions.
- iii. The deadline to substitute your one athlete per team, is three Friday's prior to the competition weekend, which in the case of WCC 2020 is: Friday, February 28th, 2020 by 5PM PT.
- iv. All substitutions must be made via email via compete@westcoastcrossfitclassic.com prior to this time.

5. ADDITIONAL GUIDELINES AND NOTES

- A. WCC is not responsible for any inaccurate entry information, whether caused by website users or by any of the equipment or programming associated with or utilized. WCC assumes no responsibility for any error, omission, interruption, deletion, defect, or delay in operation or transmission of any website related to WCC, or for communications line failure, or for theft or destruction, tampering, or unauthorized access to entries, registration, participation and/or entry information. WCC 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 WCC, computer online systems, servers or providers, computer equipment, software, failure of any email, submission or entry to be received by WCC 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 the participant's or any other person's computer relating to or resulting from participating in WCC or downloading any materials related to WCC.
- B. WCC reserves the right, at its sole discretion, to disqualify any individual it finds to be tampering with the entry, registration or submission process or the operation of WCC or the website, or any website related to WCC; 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 the like, 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, WCC reserves the right to determine, in its sole discretion, the correct submission in accordance with the rules.

- C. If, for any reason, WCC is not capable of running as planned by reason of infection by computer virus, bugs, worms, tampering, unauthorized intervention, fraud, technical failures, or any other causes beyond the control of WCC, which, in the sole opinion of WCC, are corrupt or affect the administration, security, fairness, integrity or proper conduct of WCC, they reserve the right, at its sole discretion, to void suspect registrations or submissions and/or to cancel, terminate, modify or suspend WCC and select the winner from among all eligible, non-suspect registrations or submissions received prior to cancellation, termination or suspension. WCC has no obligation to operate or produce WCC (or any part thereof). In the event that WCC are cancelled, WCC (or any party) has no obligation to award any prize money. Any and all decisions by WCC concerning eligibility, qualifying for and judging related to WCC is final and not subject to challenge or appeal. WCC shall own and shall have no obligation to return or maintain any materials submitted as part of the qualification or registration process for WCC.

6. STANDARD COMPETITION PROCEDURES

- A. For all levels of WCC competitions and qualifying events, the workout format will be released by WCC and communicated uniformly to all athletes online and/or onsite at athlete briefings.
- B. Workout format will include the following:
- a. Required movements:
 - i. Starting and ending ranges of the movement
 - ii. Prohibited technique, accessories and/or equipment, if any
 - iii. Adjustments by division, if any
 - iv. Required number of repetitions and/or repetition scheme
 - v. Required equipment
 - vi. Required amount of weight
 1. All weights will be released in pounds
 2. It is the athlete's sole responsibility to use at least the exact poundage (i.e., if using kilogram plates, the athlete will need to use appropriate combinations of plates to achieve the correct poundage)

3. For the purpose of WCC competitions, 15 kg weightlifting bars will be considered to be 33 pounds, and 20 kg bars will be considered to be 45 pounds.

vii. Time domain or time limit

viii. Scoring details

ix. Filming and submission guidelines, if any

C. Scoring format will be announced before the start of competition.

D. The athlete or team with the best performance over multiple workouts in a competition wins and/or advances

- a. Competitions may determine the winner by highest point total or lowest point total, or any method or combination of methods WCC selects. Point values for each finishing position will be released before the start of the workout.
- b. Ties on the overall leaderboard will be broken by awarding the best position to the athlete or team who has the highest result in any single workout. If athletes or teams are still tied, 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 result and all will earn the original point value.
- c. Some workouts may have time penalties. Failure to complete a workout in the designated time may result in a specified penalty for any portion of the workout not completed, or may result in the athlete or team not advancing to the next workout, regardless of overall rank.
- d. Some workouts may have a minimum amount of time, repetitions, weight or rounds required in order to advance. Any such minimums will be announced as part of the workout format. Failure to reach a minimum will cause the athlete to not advance in the competition.
 - i. If an athlete does not advance to the next workout for any reason (DNF, injury, disqualification, etc.), they will be ranked below all competitors who started that workout.
 - ii. Scaling or modifying the workout is prohibited and will cause the athlete to not advance.
- e. Judging and/or validation are mandated during WCC's competition and required to make any WCC workout results at these levels official. WCC highly recommends athletes have a coach or judge validate their score prior to submission to ensure that movement standards for that event are upheld and if an athlete feels they may make the top, to video all of their workouts in preparation for having to submit one for validation.
- f. WCC reserves the right to request any additional videos or score validation during qualification or The CrossFit Games Open
 - i. All potential event judges are required to complete the CrossFit Games Judges

Course, available online (a link will be provided when the course is available) and encouraged to have a CrossFit level one certificate or previous judging experience.

- ii. Judges are responsible for enforcing the movement standards and validating the Athlete or Team's score
 - iii. "Judges" are inclusive of event judges and in the case of the online challenge, describes the person validating the Athlete's movement standards and online score submission.
 - iv. All video submissions will be judged and validated by WCC's judging team.
 - v. Any infraction to the movement standards or range of motion will result in loss of the repetition(s).
- E. Uncommon movement clause: Any movement deemed uncommon, out of the ordinary or used to amend, shorten or change the accepted movement standard or range of motion including line of action of any event movement can and will be disallowed. It is the responsibility of the athlete to notify their judge or WCC of any questionable movement before the workout.
- F. Physical limitations in range of motion from prior physical defects or temporary or permanent injuries that are obvious and clearly definable by demonstration and are brought to the attention of a judge or WCC prior to the beginning of the competition may be granted an exception at the sole discretion of WCCs' sole discretion. These cases are very rare, and will be handled on a case-by-case basis.
- a. Judges are instructed not to touch competition equipment or move equipment during a workout unless the equipment will interfere with another athlete's performance or if there is a legitimate safety concern.
 - b. Non-compliance with a judge's instructions, bickering with or questioning of a judge or event staff, attempting to show up or publicly embarrass any judge, event staff, WCC, event sponsors, spectators, other athletes or venue operator or owners, as determined by WCC (Including event staff), in its sole and absolute discretion, may result in penalty or disqualification of the athlete from an event and/or future events.
 - c. Event judges and on-site directors have the authority to stop or suspend an athlete at any point in competition if he or she feels that Athlete is at risk of serious injury to himself/herself or others.
 - d. Judgment calls made during the workout are final and are not negotiable or subject to change or modification.
- G. The athlete is responsible for making sure they perform the workout as prescribed, including performing all the required movements to the described standard, counting and completing all of the required reps, using the required equipment and loads, meeting the required time and meeting all submission requirements.
- H. Proper attire is required at all events. No attire shall interfere with event judging and the

ability to see the event movement standard or range of motion.

- a. Subject to WCC prior approval, non-branded belts, non-tacky gloves, hand tape, neoprene joint sleeves and common fitness wear may be allowed during competition. However, no grip assistance or weight support may be derived from any device worn. In general, gear is allowed that improves safety and/or comfort, but does not confer advantage.
- b. Once an athlete enters the competition surface, they may not receive any outside material assistance (water, tape, chalk, jumping rope etc.) from spectators or coaches.

7. COMPETITION APPEAL PROCESS

- A. All appeals, scoring discrepancies, or questions about the submission of scores should be done immediately following the event in question.
 - a. All appeals must be made on the same day as the competitive event via web-link to be provided.
 - b. No appeals will be accepted after completion of that competition day.
 - c. On the final day of competition, athletes may only appeal their final workout within fifteen minutes following the conclusion of their assigned heat.
 - d. Appeals made during the qualification process should be addressed in a time and date stamped documented email including all facts sent to WCC staff at scoring@westcoastcrossfitclassic.com
 - e. Only affected athletes, meaning exclusively those in the individual divisions, the team captain of a team, or the legal guardian representing any athlete under 18 years of age may appeal a result. No other parties may appeal on behalf of another.
 - f. Athletes may not appeal their own performance based on the judging, scoring or performance of another athlete or team.
 - g. For all inquiries during WCC's qualification, the following process will be used:
 - i. The competing Athlete immediately notifies WCC staff at compete@westcoastcrossfitclassic.com. about the result in question by relating their name and reason for protest. Please note, inquiries will be answered in the order they are received. Scoring protests / appeals made by anonymous individuals in regards to another athlete or team's performance will not be accepted.
 - ii. WCC staff and athlete will communicate to fact find and define the issue in protest.

- iii. Meeting submission requirements and deadlines is the responsibility of the athlete.
 - iv. All undetermined rulings, late or potentially late submissions must be communicated to WCC staff at compete@westcoastcrossfitclassic.com immediately, time and date stamped, in a documented email.
 - v. Judgment calls made during the workout are final and are not negotiable or subject to change or modification.
- h. On-site appeals, event protests, scoring discrepancies or ruling questions must be submitted electronically via a web link to be provided. Appeals will not be handled by any on-site staff member or judge.
- i. All parties involved will have the opportunity to present the known facts via the submission form.
 - ii. Signing your individual or team score sheet indicates you are agreeing to your score and time for the event. Appeals made after a score sheet is signed will be deemed invalid and rejected.
 - iii. Athletes may not protest discrepancies related to the judging, scoring or performance of another athlete or team.
- i. For all on-site appeals, event protests, scoring discrepancies or ruling questions the following process will be used:
- i. The competing athlete or in the case of a team, their team captain, (no other athletes or persons may be involved) files the protest digitally at the weblink, to be provided prior to WCC weekend.
 - ii. The disputing judge will then review the facts presented, and make a ruling.
 - iii. In the case that they need additional information or to speak in-person, they will contact the appealing party via the information provided from the form
 - iv. Judgment calls made during the workout are final and are not negotiable or subject to change or modification.
 - v. WCC has final authority on all athlete event protest rulings, and may designate this authority to the on-site Director.
 - vi. Video, photos, cell phone media or any other media will not constitute grounds for changing or modifying a decision, score or entry made by an event Judge. The on-site director, competition Director, or their designee may ask for any related media, but its availability may or may not guarantee use or admissibility in the overall decision process.
 - vii. Nothing in these rules including event protests, scoring discrepancies and event movement standards, range of motion and judging applications should be read as a limitation on WCC's right to run or operate the WCC event as it

sees fit in its sole and absolute discretion.

viii. The director of judging and WCC's decision is final. This includes the right to remove or disqualify any team or athlete at WCC's sole and absolute discretion.

ix. WCC staff have final authority on all appeal or protest rulings.

8. ONSITE WCC RULES

- a. Athletes and teams will complete multiple workouts over three days. Details will be released prior to the start of any workout and will be consistent for all eligible athletes at the time of release. The athlete and team that stands atop the leaderboard in their competitive division at the end of the competition will earn 1st place in that division at WCC.
- b. Schedule of events: the schedule and workouts will be released before the competition begins. The date, location and travel information for WCC will be distributed on WCC website and/or through email to each competing athlete
 - i. It is the responsibility of each competing athlete and team to meet all required travel and scheduling commitments. This includes, but is not limited to, all event briefings, competition schedules, non-competition appearances and media commitments. Athletes are required to designate a point of communication with WCC athlete registration and maintain this through the entire duration of the event.
- c. Athlete check-in will take place on Thursday of event week and is mandatory. Any athlete or team not checked in on Thursday (the day prior to competition) is not guaranteed event access and can be disqualified from competition. Athletes / teams may be granted a late check-in the Friday morning of the event, prior to the start of the athlete briefings and the first event, for special circumstances. WCC reserves the right to deny special requests. Athletes / teams in need of this must contact WCC staff prior to the Monday of event week to request a late check-in.
 - i. Only 1 team member is required to complete check-in for the team.
 - ii. Another athlete/person may not complete check-in for any other athlete competing individually.
 - iii. WCC makes no guarantee that athlete registration and check-in access will be available after the assigned registration day, prior to competition. Once the first workout has begun, any athletes or teams who have not checked in will be disqualified from competition.
 - iv. Proof of age and residency is required in the form of a valid and generally accepted form of identification—a state driver's license, passport, birth certificate, or other officially verified form of proof.
- d. Event movement standards and required range of motion shall be delivered or prescribed prior to the start of competition.

- i. The defined method in which the athlete shall meet the range of motion standard will be announced by WCC. Delivery can be in the form of online media, written document, or athlete briefing either with or without demonstration. Regardless of delivery method, the athlete is required to meet or exceed the event movement standard requirements during all competition. (Example: If squat snatch is prescribed as the event movement standard, a power snatch will not meet the standard, unless otherwise stated).
 - ii. Delivery of the event movement standard and required range of motion to all participating athletes will occur during an athlete briefing just prior to competition. This briefing will typically be delivered by the head judge or a designee of the on-site director, with or without visual demonstration. There will be an opportunity for athletes to have questions answered at the briefing. Athlete attendance is mandatory for the daily athlete and team briefings. The time and location of such briefings will be communicated to athletes prior to the start of the competition. WCC reserves the right to make changes to the date, time and location of athlete briefings based on changes to the event schedule. Any such changes will be properly communicated with all athletes in advance. Athletes and teams who are absent from these briefings may be subject to the loss of protest rights during the competition and may also be disqualified from further competition.
 - iii. Demonstration of the event movement standard applying the acceptable range of motion, or demonstration of unacceptable range of motion is not required and will be used as needed.
- e. On-site judges will validate scores for each workout an athlete or team performs.
- f. Individuals will be ranked on their performance in each workout. Based on their relative rank, they will be assigned points. Their total points will be ranked on the overall leaderboard. The top athletes on the overall leaderboard will advance, or win the competition.
- i. Athletes and teams will be re-seeded after each competition day unless noted otherwise.
 - ii. At different stages of the competition, only the top athletes and teams will advance.
- g. Team scoring format(s) will be released when the workouts are announced.
- 1. Any configuration of male, female or total number of athletes is fair game.
 - 2. ii. All or none of the team members may be required to contribute to a team score.
 - 3. iii. If a team member is injured, the team may continue competing until such time that they are unable to complete the workout as prescribed. At this point, the team will receive a DNF for the workout and will not advance in the competition.
- i. **UNEARNED REPS:** WZA Judging Team and Staff reserve the right to judge independently whether an athlete's reps meet the movement and workout standards and count as good or not. If they cannot clearly see the movements being performed, WZA retains the right to reject the video and the score. If it is determined that an athlete has been given 5 or more unearned reps, WZA reserves the right to deduct the unearned reps from the final score or

reject the video entirely. For time: each rep is worth 5 seconds.

9. ONSITE WZA RULES

- a. Athletes and Teams will complete multiple workouts over three to four days (division dependant.) Details will be released prior to the start of any workout and will be consistent for all eligible Athletes at the time of release. The Athlete and Team that stands atop the Leaderboard in their competitive division at the end of the competition will earn 1st place in that division at WZA.
- b. Schedule of Events: the schedule and workouts will be released before the competition begins. The date, location and travel information for WZA will be distributed on WZA website and/or through email to each competing Athlete.
 - i. It is the responsibility of each competing Athlete and Team to meet all required travel and scheduling commitments. This includes, but is not limited to, all Event briefings, competition schedules, non-competition appearances and media commitments. Athletes are required to designate a point of communication with WZA Athlete registration and maintain this through the entire duration of the event.
- c. Athlete Check-In will take place on Thursday of event week and is mandatory. Any Athlete or Team not checked in on Thursday (the day prior to competition) is not guaranteed event access and can be disqualified from competition. Athletes / Teams may be granted a late check-in the Friday morning of the event, prior to the start of the athlete briefings and the first event, for special circumstances. WZA reserves the right to deny special requests. Athletes / Teams in need of this must contact WZA staff prior to the Monday of event week to request a late check-in.
 - i. Only 1 team member is required to complete check-in a team.
 - ii. Another athlete/person may not complete check-in for any other athlete competing individually.
 - iii. WZA makes no guarantee that Athlete registration and check-in access will be available after the assigned registration day, prior to competition. Once the first workout has begun, any Athletes or Teams who have not checked in will be disqualified from competition.
 - iv. Proof of age and residency is required in the form of a valid and generally accepted form of identification—a state driver's license, passport, birth certificate, or other officially verified form of proof.
- d. Event Movement Standards and required Range of Motion shall be delivered or prescribed prior to the start of competition.
 - i. The defined method in which the Athlete shall meet the Range of Motion standard will be announced by WZA. Delivery can be in the form of online media, written document, or Athlete Briefing either with or without Demonstration. Regardless of delivery method, the Athlete is required to meet or exceed the Event Movement

Standard requirements during all competition. (Example: If Squat Snatch is prescribed as the Event Movement Standard, a Power Snatch will not meet the standard, unless otherwise stated).

- ii. Delivery of the Event Movement Standard and required Range of Motion to all participating Athletes will occur during an Athlete briefing just prior to competition. This briefing will typically be delivered by the Head Judge or a designee of the On-site Director, with or without visual demonstration. There will be an opportunity for Athletes to have questions answered at the briefing. Athlete attendance is mandatory for the daily Athlete and Team Briefings. The time and location of such briefings will be communicated to Athletes prior to the start of the competition. WZA reserves the right to make changes to the date, time and location of athlete briefings based on changes to the event schedule. Any such changes will be properly communicated with all athletes in advance. Athletes and Teams who are absent from these briefings may be subject to the loss of protest rights during the competition and may also be disqualified from further competition. iii. Demonstration of the Event Movement Standard applying the acceptable Range of Motion, or demonstration of unacceptable Range of Motion is not required and will be used as needed.
- e. On-site Judges will validate scores for each workout an Athlete or Team performs.
- f. Individuals will be ranked on their performance in each workout. Based on their relative rank, they will be assigned points. Their total points will be ranked on the Overall Leaderboard. The top Athletes on the Overall Leaderboard will advance, or win the competition.
 - i. Athletes and Teams will be re-seeded after each competition day unless noted otherwise.
 - ii. At different stages of the competition, only the top Athletes and Teams will advance
- g. Team scoring format(s) will be released when the workouts are announced.
 - i. Any configuration of male, female or total number of Athletes is fair game.
 - ii. All or none of the Team members may be required to contribute to a Team score.
 - iii. If a Team member is injured, the Team may continue competing until such time that they are unable to complete the workout as prescribed. At this point, the team will receive a DNF for the workout and will not advance in the competition.
- h. For on-site appeals, event protests, scoring discrepancies or ruling questions athletes need to follow the appeals process outlined in section 7 of this rules guide.
- i. Coaches, personal therapy providers, photographer / videographers or athlete entourage are considered general admission spectators and will not be allowed access to warm-up areas or restricted athlete only areas.
- j. Athlete rehabilitative medical staff (soft tissue and body care providers) will be provided by WCC to all athletes in a designated restricted access area. Any athletes requesting the use of their own personal therapy providers (massage, PT, chiropractic, etc.) must do so in designated locations within general admission access area.

