

CROSSFIT® STRENGTH IN DEPTH 2019 RULEBOOK

CROSSFIT® STRENGTH IN DEPTH

CrossFit® Strength in Depth is an independently hosted competitive event that has been officially sanctioned and licensed by CrossFit Inc. CrossFit® Strength In Depth have programmed their own workouts and scoring for the competition.

CrossFit® Strength in Depth is not a part of the CrossFit Games season, but winners from the elite male, female and team competitions will earn invitations to compete at the Games.

If a winner at CrossFit® Strength in Depth earns a spot to compete at the Games via another route, the second-place athlete at CrossFit® Strength in Depth will earn an invitation to the Games. This process will repeat if the second-place finisher has earned a spot at the Games, and so on.

SUBMISSION OF 19.1 SCORES

It is the sole responsibility of the athlete to ensure the timely and successful submission of workout scores for 19.1.

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.

If athletes wish to submit their 19.1 score completed at 'CrossFit® Strength in Depth', they must input the following information when prompted:

1. 'Affiliate' should be submitted as *CrossFit Bath*
2. Judge's Name should be submitted as the *athletes judge* at CrossFit® Strength in Depth

Athletes must submit their 19.1 score by Monday 25th at 5pm PT.

Scores then will be validated by the CrossFit Bath 'Affiliate Manager'. The 'Affiliate Manager' has 48 hours following the close of an Open workout to validate scores.

All athletes who qualify for the Games must have all their Open workouts videotaped and kept on file. These videos may be requested for review by CrossFit Inc. at any time. At least one video for each qualifying athlete will be reviewed by CrossFit Games staff prior to sending out invitations to the Games. If a video of an athlete completing 19.1 at CrossFit® Strength in Depth is requested, CrossFit® Strength in Depth will provide the video to the athletes to submit to CrossFit inc.

Note: CrossFit Inc. reserves the right to extend the score submission deadline due to unforeseen circumstances. If the deadline is extended, athletes are permitted to complete or redo the lifts or workouts within the new timeframe provided. Athletes must have their scores confirmed either by performing the workout at a validly licensed CrossFit affiliate in good standing under the observation of a judge, or by uploading a video of their workout to the CrossFit Games website.

APPEALS PROCESS

For all on-site appeals, event protests or scoring questions, the following process will be used:

- The competing athlete OR competing team captain only (no coaches or other athletes may be involved) will state the case and request an Appeals Form from the Head Judge for the event in question.
- If granted the right to appeal, the athlete or team captain will fill out the Appeals Form completely, providing the athlete or team's name, athlete number and event information (including event number, heat number and lane number), and a detailed description of the issue in question. As soon as possible and prior to the end of the competition day, the athlete or team captain will return the Appeals Form to the Head Judge. Appeals may only be submitted using an Appeals Form and any forms submitted after the end of the competition day will not be considered.
- The CrossFit® Strength in Depth Head Judge, the involved judge(s) and the on-site Competition Director will review the submitted Appeals Form and communicate together in order to complete the fact-finding process for the issue in question. CrossFit® Strength in Depth has final authority on all athlete event appeal decisions and may delegate this authority to the Head Judge.

Video, photos, cell phone media or any other media will not constitute grounds for changing or modifying a decision, score or entry made by an event judge. The Head Judge and CrossFit® Strength in Depth's decisions are final. This includes the right to remove or disqualify any team or athlete.

INJURY POLICY

Any athlete (individual or team) who is unable to finish an event due to injury, or who requires medical attention following the completion of an event, must receive clearance from the medical staff and Head Judge and/or on-site Competition Director before returning to competition. The Head Judge or on-site Competition Director will have the authority to remove the athlete from the competition based on the severity of the injury, likelihood of further injury and other factors. Individual or team athletes who miss their heat for an event due to injury or while undergoing medical treatment or assessment will be disqualified from the competition. If any team member is disqualified from competition due to injury, the team may continue to participate if the team can potentially meet the minimum work requirements for an event. If the team cannot meet the minimum work requirements for an event without a full roster, then the team may not take the competition floor and it will be disqualified from the competition.

ATHLETE ENTOURAGE

One coach per individual athlete or team is allowed in the warm-up area. The coach must present the required credentials to enter this area. All other competition areas, including the Athlete Area, are off-limits to coaches and non-working staff. Any additional coaches, personal therapy providers or athlete entourages are considered general admission spectators and will not be allowed to access warm-up areas or restricted athlete-only areas. Athlete rehabilitative medical staff (soft-tissue care and body-care providers) will be provided by CrossFit® Strength in Depth to all athletes in a designated restricted access area in the warm-up area. Any athletes using their own personal therapy providers (masseuses, physical therapists, chiropractors, etc.) must do so in designated locations only.

MEDIA

No unauthorised media presence will be permitted in the dedicated competition areas including, but not limited to: the competition floors, warm up area, changing areas, offices, equipment holding, storage, dining areas or associated spaces.

Media personnel should seek authority from CrossFit® Strength in Depth management prior to filming or capturing images in these areas. CrossFit® Strength in Depth management reserves all rights regarding media access and the subsequent dissemination of any materials arising from media activity.

Any individuals operating in such a capacity without authority may be asked to leave the competition venue and to release materials to the CrossFit® Strength in Depth management upon request.

SPORTSMANSHIP

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

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

Any action that prevents another athlete from having a fair opportunity to compete (e.g., abuse or alteration of equipment or refusal to follow instruction) or that interferes with athlete and judge communication (e.g., external noise devices, bull horns, air horns, etc.), or is generally disruptive to the event, is not allowed. Athletes will be held accountable for the behaviour 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® Strength in Depth to be unsportsmanlike or disruptive to the competition, then the coach, teammate, supporter, guest, and/or athlete is subject to the same disciplinary action.

This is not an exhaustive list and is intended as a guide for the athlete, coaches and other attendees. 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 CrossFit® Strength in Depth or the CrossFit Games, including lying (as one example), will result in disqualification. CrossFit® Strength in Depth 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.