

2020 RULEBOOK



CrossFit® Strength in Depth 2020 Rulebook

The CrossFit® Strength in Depth Rulebook is largely consistent with the CrossFit Games Rulebook. However, there are some notable differences:

- Registration Process
- Masters' Age Divisions
- Transgender policy
- Score Submission
- Judging and Video Submission

CrossFit® Strength in Depth HQ encourages all athletes, coaches and judges to read the CrossFit® Strength in Depth Rulebook carefully.

OVERVIEW

CrossFit® Strength in Depth is the UK's official CrossFit® Sanctional™ event. The event caters to elite individuals and teams as well as master's athletes and a new ballot format affiliate cup competition. The event will be held at the London ExCeL over the 24-26 January 2020.

The winning elites from the male, female and team divisions will advance to the 2020 Reebok CrossFit® Games in Madison, Wisconsin, USA. There are 4 divisions in which athletes may participate at CrossFit® Strength in Depth 2020.

Elite Individuals

Master Individuals

Elite Teams (Teams of four – two male, two female)

Affiliate Cup (Teams of four – two male, two female)

CrossFit® Strength in Depth will utilise the CrossFit Games Open (October – November 2019) workouts to qualify all elite individuals, elite teams and masters.

Entrants to the Affiliate Cup division will be balloted from an open list of affiliate applicants. All individual athletes and teams MUST have registered for CrossFit® Strength in Depth and submitted their score by the close of Open workout 20.1 (Tuesday 15th October 1am BST).

Individuals and teams will be ranked against athletes who have registered for the CrossFit® Strength in Depth Qualifier Leaderboard, NOT their worldwide Open ranking.

QUALIFIERS OVERVIEW

The CrossFit® Strength in Depth (CFSiD) competition will use the 2020 (October 2019) CrossFit Games Open workouts to qualify athletes for the CFSiD final. The Open is a series of five workouts, with one workout released each week over five consecutive weeks. The Open workouts are released on the official CrossFit Games website, these will also be mirrored directly on the CFSiD website. Athlete performances in each workout are judged, validated, and ranked on the CFSiD Leaderboard NOT the CrossFit Games Open Leaderboard. Each weekly workout will be released on the CFSiD website on Friday at 8 a.m. BST/GMT. Athletes will have until the following Tuesday at 1 a.m. BST/GMT to complete the workout and submit a score. Once the workout closes at 1 a.m. BST/GMT on Tuesday, athletes will not be able to adjust or resubmit a score for that workout. Subsequent qualifier workouts will be released on the CFSiD website on the following dates at 8 a.m. BST/GMT:

Workout 2- Friday 18 October 2019; Workout 3- Friday 25 October 2019; Workout 4- Friday 31 October 2019; Workout 5- Friday 8 November 2019.

Following the CrossFit® Strength in Depth qualifier period, the following athletes will be invited to the CrossFit® Strength in Depth final.

Elite Individuals

40 elite males and 40 elite females will compete at the CrossFit® Strength in Depth finals.

The 40 athletes will be comprised of the following:

- The top 10 UK athletes from the CrossFit® Strength in Depth Qualifier Leaderboard.
- The top 25 internationally placed athletes from the CrossFit® Strength in Depth Qualifier Leaderboard.
- 'Wildcard' invites will also go out to 5 male and 5 female athletes.

Elite Teams

20 elite teams will compete at the CrossFit® Strength in Depth finals. The 20 teams will be comprised of the following:

- The top 16 internationally placed teams from the CrossFit® Strength in Depth Qualifier Leaderboard.
- The 4 winners of the UK Alliance competitions (domestic UK team competitions): Battle for Middle Ground: Winter Soldier, Strength in Depth: Origins, The Glasgow Classic, Unite Fitness Festival.

Team members will complete the Open workouts as individuals. The overall team score will be the combination of all 4 individual scores.

Athletes can enter as an individual as well as a part of a team, however if the athlete qualifies for both divisions, they may only accept one invitation to the final and forfeit the invite to the other division to the next eligible team or individual.

Teams will consist of two males and two females, they DO NOT need to train in the same geographical location and 'Superteams' are permitted, provided that all other qualifying criteria are met. Teams and the component members are established at the point of registration. Teams may substitute a team member up to the end of the online qualifiers, however all five qualifier scores submitted MUST be completed by the same 4 athletes.

QUALIFIERS OVERVIEW (continued)

Masters

Following the CrossFit® Strength in Depth Qualifiers the top 10 male and top 10 female master athletes from each of the following divisions will receive an invitation to the finals.

- 35-39 years of age
- 40-44 years of age
- 45-49 years of age
- 50-54 years of age
- 55-59 years of age (5 males and 5 females)
- 60+ years of age (5 males and 5 females)

REGISTRATION

CrossFit® Strength in Depth is a separate competition (registration) to the 2020 open registration.

All elite individual, elite team and master's athletes MUST have registered and submitted their first score for the open workout 20.1 by Tuesday 15th October 1 a.m. BST. Registrations can be made via the following link:

<https://competitioncorner.net/events/2661#.XXpGaShKjb0>

Individuals and teams will be ranked against all athletes who have registered for CrossFit® Strength in Depth, NOT the worldwide Open ranking.

CROSSFIT SID AFFILIATE CUP REGISTRATION

60 teams will compete in the CrossFit® SiD Affiliate Cup. Team entry will be via a closed ballot. Initially the team ballot will be limited to UK teams that have registered for SiD Origins 2019. If the 60 team spaces available are not filled by the ballot process then team places will be opened to the wider UK CrossFit community.

The CrossFit® SiD affiliate cup is suitable for all athletes. Following the format of the CrossFit® Games Open with an RX and a Scaled version of each workout. Teams may choose whichever version of the workout allows them to maximise their ability and score. The workouts will be designed so that teams should not have to scale, based on an expectation that only up to two athletes will have to complete some of the more technical movements.

DIVISION SELECTION

An athlete's competitive division is assigned based on birthdate and gender. The athlete's age as of Monday October 14th, 2019, will determine which division the athlete will compete in during the 2020 season. There are 14 divisions for individual competitors:

- Men and Women
- Men and Women 35-39 (on or by the close of registration 14/10/19)
- Men and Women 40-44 (on or by the close of registration 14/10/19)
- Men and Women 45-49 (on or by the close of registration 14/10/19)
- Men and Women 50-54 (on or by the close of registration 14/10/19)
- Men and Women 55-59 (on or by the close of registration 14/10/19)
- Men and Women 60+ (on or by the close of registration 14/10/19)

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

TRANSGENDER POLICY

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

Participation in Strength in Depth events

Athletes who plan to register in a gender category other than the gender assigned to them at birth must request their participation by contacting info@strengthindepth.com. The email must confirm the following:

- Full name
- Their gender in their everyday life matches their registration gender.
- They have obtained civil documents with their registration gender identified. (e.g. Passport or driver's license).

Athletes who cannot meet the criteria above may provide medical or other evidence satisfactory to Strength in Depth, establishing that they self-identify as the gender stated in their registration. Strength in Depth will process each request on a case-by-case basis and may request further information such as evidence from a medical professional to support their application.

Challenges to the gender classification of an athlete

Any athlete registered for CFSiD may challenge the gender classification of an athlete by sending a confidential written request to info@strengthindepth.com. That request will be reviewed by Strength in Depth HQ 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

TRANSGENDER POLICY (continued)

challenging party. Strength in Depth HQ may also conduct a review and evaluation of an athlete's gender classification on its own initiative.

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 Strength in Depth 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. Strength in Depth will not retain any medical documentation that may be provided by athletes in accordance with this policy after receiving notice from them that they will no longer be participating in Strength in Depth events.

Questions concerning transgender policy

Strength in Depth is committed to ensuring that transgender athletes understand their opportunity to participate in Strength in Depth events under this policy. Any athlete with questions or concerns about this policy should contact info@strengthindepth.com.

TEAM COMPOSITION AND ELIGIBILITY

Elite teams will comprise of two males and two females, they DO NOT need to train in the same geographical location and 'superteams' are permitted (super teams are not permitted for the CFSiD affiliate cup), provided all other qualifying criteria are met. Teams are established at the point of registration. Team members will complete the Open workouts individually. Their team score will be a combined total of all 4 team members score.

Teams may substitute a team member up to the end of the online qualifiers, however all five qualifier scores submitted MUST be completed by the same 4 athletes.

Athletes can enter as an individual as well as a part of a team, however if the athlete qualifies for both divisions, they may only accept one invitation to the final and forfeit the invite to the other division to the next eligible team or individual.

CrossFit® SiD Affiliate Cup teams will consist of two males and two females, teams MUST train in the same geographical location out of the same affiliate/ gym. Super teams ARE NOT permitted in the Affiliate Cup competition. Teams are established at the point of registration; however team amendments can be made right up to the final weekend.

QUALIFIER WORKOUTS - FORMAT AND APPROVED EQUIPMENT / ATTIRE

For all Open workouts, the workout format will be released by CrossFit, Inc. and communicated uniformly to all athletes online. The workout 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 (NOTE: Including but not limited to standard Olympic-style barbells and plates, Concept2 rowers, 20-lb. and 14-lb. medicine balls, pull-up bars, gymnastic rings, jump ropes, dumbbells and other equipment commonly found in a CrossFit-affiliated gym. CFSiD 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, 15kg barbells will be considered to weigh 35lb., and 20kg barbells will be considered to weigh 45lb.)
- 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 workout.
- Adjustments or scaling by division, if any
- Filming and submission guidelines, if any

In all stages of the CFSiD competition, it is the athlete's responsibility to adhere to the workout 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 workout format in any way is prohibited and will void an athlete's score. Only CrossFit, Inc. may provide official scaled versions of workouts 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 CFSiD'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.

QUALIFIER WORKOUTS - JUDGING

Athletes ARE REQUIRED TO HAVE A JUDGE PRESENT for each of the 5 workouts. Judges are responsible for enforcing movement and workout standards, and for confirming an athlete's score. For the qualifying stages, athletes must have their scores confirmed and validated under the observation of a judge, during all workouts. Judges may perform their duties on site by judging and confirming scores to be submitted online for validation.

QUALIFIER WORKOUTS - UNCOMMON MOVEMENT CLAUSE/RANGE OF MOTION EXCEPTIONS

Any violation of the prescribed workout 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 CFSiD of any questionable movement before the workout. In addition, athletes and judges should be aware that certain athletes with physical limitations in a specific range of motion may be granted an exception, in CFSiD's sole discretion, from performing the prescribed range of motion for the workout. This limitation in the range of motion must be due to prior physical limitations or injuries that are obvious and clearly definable by demonstration. Any limitation must be brought to the attention of a judge or CFSiD PRIOR to the beginning of the competition. Such instances are extremely rare and will be handled on a case-by-case basis.

QUALIFIER WORKOUTS - SCORE SUBMISSION

It is the sole responsibility of the athlete or Team captain (Teams) to ensure the timely and successful submission of workout scores each week. Submissions that are incomplete will not be accepted. Each week, scores must be submitted by Tuesday at 1:00 a.m. BST/GMT.

Athletes MUST upload a video for all five Open workouts to the CFSiD Leaderboard. Athletes must upload a video alongside their score submission to ensure a valid submission.

QUALIFIER WORKOUTS - VALIDATING VIDEO SUBMISSIONS

All athletes' MUST upload a video of their performance of the Open workouts to the CFSiD Leaderboard. Score validation for any online video submission is the sole right of CFSiD.

The video will be reviewed and scored by CFSiD's internal review team. As part of this video review process, the athlete's posted score may be accepted, modified, or invalidated. 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 workout 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 a workout. Athletes submitting videos should have someone monitor their movement during the workout 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 that there are no technical problems with the video itself.

QUALIFIER WORKOUTS - VIDEO SUBMISSIONS - SCORING PROTOCOL

There are four possible outcomes that may be applied by the CFSiD's 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 workout, 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 workout. 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 workout will be adjusted accordingly.
* A minor penalty can be applied to more than one movement per workout, 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 workout. 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 workout will be adjusted accordingly. A major penalty can be applied to more than one movement per workout, resulting in a greater score adjustment.
- **Invalid:** Over the course of the video, the athlete fails to complete the workout 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 CFSiD Leaderboard. The athlete will have to submit a new video prior to the score submission deadline to receive a score for this workout.

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. CFSiD will apply time penalties based on the movements and/or circumstances in any given workout. Each movement may not have the same time penalty applied to it, and CFSiD reserves the right to update time penalties for movements based on the specifics of the overall workout, when specific movements appear in a workout, or the pace of the athlete performing the movement(s).

QUALIFIER WORKOUTS - VIDEO SUBMISSIONS - APPEALS PROCESS

An athlete submitting a video for review will receive an email message from CFSiD 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 info@strengthindepth.com upon receiving notification that their score has been modified. In the email, they must list the workout 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. CFSiD 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.

CROSSFIT® SID LEADERBOARD - RANKING

The CFSiD website will host the only official Leaderboard for the CFSiD Qualifier.

Individuals and Teams will be ranked on the CFSiD Leaderboard based on their performance relative to other individuals/teams in their division. NOT their CrossFit Games Open placing.

Ties on the overall Leaderboard will be broken by awarding the best position to the athlete who has the highest result in any single workout. If athletes 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 a workout rank, and each will earn the original point value. The athlete with the top performance across multiple workouts in a competition wins that competition.

CROSSFIT® SID FINAL OVERVIEW

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.

REGISTRATION PROCESS

Shortly after qualifying for CrossFit® Strength in Depth, elite individuals, teams and masters will receive an email containing instructions on how to register for the Final and pay the registration fee (see section below). The email will also provide a general overview of information with regards to the competition, waiver link, a basic schedule listing the dates and times for team check-in and orientation.

CrossFit® SiD Affiliate Cup teams will receive an email containing instructions on how to register for the event via the use of a registration link and password. Emails will be circulated in accordance to the running ballot.

Athletes/teams who have questions before travelling to the Finals may contact info@strengthindepth.com for assistance.

FEES

To successfully complete the CrossFit® Strength in Depth registration process for the live finals, athletes/teams must submit the required fee. Finals registration is GBP £120 inc VAT for elite individuals and masters, plus any associated costs from Competition Corner or currency conversion fees. Elite team finals registration is GBP £480 inc VAT, plus any associated costs from Competition Corner or currency conversion fees. CrossFit® SiD Affiliate Cup finals registration is GBP £400 inc VAT, plus any associated costs from Competition Corner or currency conversion fees. All payments are final. No refunds or transfers will be permitted for any reason without the express consent of Strength in Depth.

Elite Teams will comprise of two males and two females, they DO NOT need to train in the same geographical location and 'superteams' are permitted, provided all other qualifying criteria are met. Teams are established at the point of registration. Team members will complete the Open workouts individually. Their team score will be a combined total of all 4 team members score. If a team qualifies for the CFSiD finals, the team will be required to submit a roster of 4 athletes when confirming and registering their attendance for the CFSiD final. Teams may substitute up to two members who did not complete the CFSiD online qualifiers.

ONSITE CHECK IN

The dates, location and travel information for the Finals will be distributed on the Strength in Depth website and/or through email to all athletes and teams. It is the responsibility of each athlete and team to ensure their team are aware and meet all required travel and scheduling commitments. This includes, but is not limited to, all non-competition appearances and media commitments. Teams are required to designate a point of contact with Strength in Depth (their team captain) at registration and maintain this for the duration of the Finals.

EVENT ANNOUNCEMENTS

Athletes and teams will compete in multiple workouts, over the three competition days (note: CrossFit® SiD Affiliate Cup will be a two-day competition only 25-26 Jan). In keeping with the spirit of the Finals, the schedule and workouts will be released shortly before the competition begins. Workout details will be released prior to the start of a workout and transmitted in a consistent manner for all eligible teams.

ONSITE BRIEFING

Athletes and teams will be briefed on workouts through scheduled workout briefings. It is the responsibility of each competing athlete to attend all workout briefings and all events on the competition schedule. Athlete attendance is mandatory for the daily briefings. The time and location of the briefings will be communicated to all athletes and teams. Athletes or teams who are late to, or absent from, a briefing may lose the right to appeal any decision made during the competition and may also be disqualified from further competition. Demonstration of a workout's movement standards, including the acceptable ranges of motion, or demonstration of unacceptable movements or ranges of motion, is not required. Such demonstration methods will be used at the discretion of the head judge or onsite director. Judges will confirm scores and enforce movement standards for each workout a team performs. Judges will attend team briefings as well as their own briefings to prepare for each workout. Should any athlete require a translator for the workout briefing, they will need to speak with the head judge on site to receive approval for the translator to be present.

ATHLETE SEEDING

Elite individuals, elite teams and masters will be seeded going into the Final competition.
CrossFit® SiD Affiliate Cup teams will enter the competition unseeded and will be reseeded at the end of Day 1.

LEADERBOARD RANKING

Athlete/team performances will be ranked in each workout. Points will be assigned according to an athlete/ team's relative rank (i.e. performance when compared to the performance of other teams). These points will be used to rank the teams on the CFSiD Leaderboard. Ties on the overall leaderboard will be broken by awarding the best position to the athlete/team who has the highest result in any single workout. If athletes/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 workout results. More than one athlete/team can share a workout rank, and each will earn the original point value. The athlete/ team with the top performance across multiple workout in a competition wins that competition. As the competition unfolds, only the top-ranked athletes/teams may be selected to continue in the competition.

SCORING

Specific scoring formats will be provided when the workout formats are announced and during on-site briefings. Workouts may have time penalties. Failure to complete a workout within the designated time may result in a specified penalty for any portion of the workout not completed or may result in the athlete/team not advancing to the next workout, regardless of overall rank. Workouts 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 workout format. Failure to complete the minimum work requirement may cause the team not to advance in the competition, regardless of overall rank. Workouts may use chip timing (transponders) for official timing. For chip-timed workouts, the chip will be placed on the same area of the body for all athletes. The official time for each athlete/team will be recorded when the transponder reaches the finish mat or crosses the finish line. If an athlete/team does not advance to the next workout for any reason (DNF, injury, etc.), the athlete/team will be ranked below all athletes/ teams who started that workout and will be disqualified from the competition.

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.

APPEALS PROCESS (continued)

- 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.

MEDIA (continued)

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.

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STRENGTH
IN DEPTH