



The Fittest Experience Rule Book

1. The Fittest Experience

- a. The Fittest Experience is a competition that celebrates the elements that make our community great. Our community is composed of athletes from all levels of fitness from the amateur who wants to test themselves in a competition setting to the seasoned pro that is looking to go head to head with the best in the nation.
- b. The Fittest Experience consists of two stages of competition: The Online Qualifier and The Fittest Experience known as TFX.

2. General Rules

- a. To participate in any stage of The Fittest Experience, every athlete (whether competing individually or as part of a team, each "athlete") 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 The Fittest Experience, 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 The Fittest Experience, 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. Photography and Footage: Non-professional, non-flash photography and video cameras are permitted at The Fittest Experience venues/events for personal use only.
- d. All Athletes agree to compete in a sportsmanlike manner.
 - i. Unsportsmanlike behavior, such as arguing with an official or representative of The Fittest Experience, taunting, heckling, fighting or an conduct with would bring disrepute upon The Fittest Experience, the competition, other competitions, or spectators or event sponsors, as determined by The Fittest Experience, 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.
 - ii. Any action that prevents another Athlete from having a fair opportunity to compete (e.g., abuse or alteration of equipment, refusal to follow instruction) or that interferes with Athlete and Event Judge Communication (e.g., external noise devices, bull horns, air horns, etc.) or is generally disruptive to the Event, is not allowed.
 - iii. 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 The Fittest Experience's rights to operate The Fittest Experience in any manner it sees fit. The Fittest Experience reserves the right to terminate any Athlete, Coach, Staff, Judge, visitor, guest, supporter, teammate and/or Spectator participating in, attending or viewing any sponsored, sanctioned or supported Fittest Experience events at any time, with no further obligation or duty to such individuals.
 - iv. The Fittest Games 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.

- e. 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 withholdings and prize winner's compliance with, and agreement to, The Fittest Experience's prize affidavit.
- f. All information provided, either in registration submissions, video submissions, scores, times, reps or rounds completed, must be the complete truth. A lack of integrity, or any actions that evince an intent to cheat or circumvent the Rules or intent of the Rules of The Fittest Experience, including lying (as one example)- will result in disqualification.

3. Drug Policy

- a. TFX 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, TFX 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.
- b. Competitors that place first through fifth in the Pro Women, Pro Men, and Pro Team Divisions will be escorted to be tested on Sunday January 30th directly following the final workout.
- c. In the event that an athlete is found under the influence of such substances TFX reserves the right to revoke that athlete's placement and any associated prizes.
- d. Below is a link to the laboratory website that has supporting information in regards to the quality of their testing and how they base the panel off of Olympic Testing.

https://www.redwoodtoxicology.com/services/steroid_testing

- e. All athletes who commit a violation of the Drug Testing Policy have the right to appeal. Within 72 hours of being notified of their violation, athletes must provide written notice of their intent to submit a written petition of appeal concerning the violation. The available documents include a copy of the test results and a documentation package that includes all documents related to the acquisition of the sample and its processing. The documentation package will be provided at the athlete's expense. Thereafter, from the time of receipt of any materials provided by TFX, athletes have 10 business days to submit their written petition of appeal. If the athlete has been provisionally suspended by another anti-doping agency as described in section 11, TFX will hear the appeal after a final ruling has been made by the other anti-doping agency, so long as the athlete notifies TFX of their intent to appeal within 72 hours of the other agency's final ruling.

The following factors will be considered in a drug test appeal:

- i. The athlete believes and can prove there was a problem with the collection or testing of the subject sample that affected the sample's integrity.
- ii. The athlete used due diligence prior to ingesting a supplement and is able to prove the banned substance was not listed on the label. Due diligence should include, but not be limited to, checking with a legitimate agency, such as the Banned Substances Control Group (BSCG), Informed Sport, or NSF I Safe for Sport. In this situation, the athlete must provide proof that they did not know and could not reasonably have known or suspected that they had ingested a supplement containing a banned substance.
- iii. The athlete demonstrates that they asked specific and reasonable questions about a particular substance, medication, or product of the Drug Testing Program Manager, and the Drug Testing Program

Manager erroneously assured the inquiring athlete that the substance did not list a banned ingredient (when it did).

The following will not be considered in a drug test appeal:

- The type or amount of banned substance detected through the drug test, as banned substances are often used in small or trace amounts.
- Evidence of the athlete's good character or contributions to the community.
- The degree to which the banned substance may or may not affect athletic performance.

Following a review of an athlete's petition of appeal, TFX will respond in a timely manner, providing its decision in writing and including supporting reasons for either denying or granting the appeal. If, after this investigation, the athlete is found to be in violation of the Drug Testing Policy, TFX will proceed with applying any appropriate sanctions.

The athlete may request a personal hearing by telephone/video conference. The athlete may have an advocate or other representative present, if the athlete so desires, at any such hearing.

In the event that there is a personal hearing:

- At least three representatives from TFX will hear appeals.
- Appeal hearings are conducted by telephone or video conference.
- The athlete may include any party they wish on the telephone or video conference after reporting their names and telephone numbers to TFX.

- f. TFX bans the following classes of drugs at all times:
 - i. Anabolic agents
 - ii. Street drugs
 - iii. Diuretics and other masking agents

- iv. Peptide hormones and analogues
 - v. Hormone and metabolic modulators
 - vi. Beta-2 agonists (permitted with prescription and TUE, and through inhalation only)
- g. There is no complete list of banned drugs. New banned substance classes emerge constantly. The most current and complete list is available at www.wada-ama.org/en/content/what-is-prohibited. In addition, any substance that is chemically related to a class of banned drugs is also banned. Athletes shall be held accountable for all drugs within the banned drug class, regardless of whether they have been specifically identified as banned. For example, designer drugs chemically related to banned substances are banned even if a name has yet to be created for them.

4. Participation Requirements

- a. Subject to The Fittest Experience'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 The Fittest Experience's policies, rules, and regulations, as determined by The Fittest Experience, 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.). Athletes in the Team Division may substitute an athlete and that athlete did not have to complete the Online Qualifier.
- c. The Fittest Experience has adopted the CrossFit Games Transgender Policy
 - i. The CrossFit Games current rule book can be found [here](#)
 - ii. Any athlete with questions or concerns about creating an account should contact info@thefittestexperience.com

- d. The Fittest Experience reserves the right, in its sole and absolute discretion, to invite past winners, guest athletes, Teams or others, to participate in any stage of the competition. This decision may be made to preserve the traditions and spirit of The Fittest Experience or for any other reason at the sole discretion of The Fittest Experience.
- e. All Athletes must validly and truthfully register online at www.thefittestexperience.com and it is the Athlete's sole responsibility to provide current, valid, and truthful information, including email address.
- f. Athletes may choose to register as an individual athlete or register a Team.
- g. Athletes must be at least 14 years old at the time they register for The Fittest Experience Online Qualifier. 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 The Fittest Experience, a parent or guardian must be onsite at The Fittest Experience.
- h. There are 12 divisions for individual competition and three divisions for Teams. There are no other recognized divisions beyond those listed below:
 - i. The Individual Divisions - Based on The Fittest Experience Qualifier, Pro, RX, Intermediate, and Scaled.
 - ii. The Teen Division Ages 14-15, 16-17: Athlete age qualification will be based on age at 11:59pm 1/28/2022
 - iii. The Masters 35-39 Division: Athlete age qualifications will be based on age at 11:59am 1/28/2022
 - iv. The Masters 40-44 Division: Athlete age qualifications will be based on age at 11:59am 1/28/2022
 - v. The Masters 45-49 Division: Athlete age qualifications will be based on age at 11:59am 1/28/2022

- vi. The Masters 50-55 Division: Athlete age qualifications will be based on age at 11:59am 1/28/2022
- vii. The Masters 55-59 Division: Athlete age qualifications will be based on age at 11:59am 1/28/2022
- viii. The Masters 60+ Division: Athlete age qualifications will be based on age at 11:59am 1/28/2022
- ix. The Pro Team Division: Co-ed team of 2 women and 2 men
- x. The Amateur Team Division: Co-ed team of 2 women and 2 men
- xi. The Intermediate Team Division: Co-ed team of 2 women and 2 men

5. Individual and Team Registration

- a. Athlete registration will go live August 24th at 12 pm CST
- b. Athlete registration closes on October 26th at 6:45pm CDT
- c. Any athlete willing to compete at the 2022 The Fittest Experience in any and all divisions is required to complete their respective qualifier.
- d. The individual and team Online Qualifier will take place over the course of two weeks:
 - i. Week 1 begins October 20th, 2021 and Week 2 completes on October 27th, 2021.
- e. After the culmination of our Online Qualifier, athletes will now have been filtered into a Division that will best suit their athletic abilities. If an athlete qualifies for an Individual spot for the 2022 The Fittest Experience this will be their division to compete in.
- f. The following Online Qualifier placeholders will receive an invite to compete as an individual in the 2018 The Fittest Experience (*registration fees apply):
 - i. Top 15 Men / Top 15 Women Pro Individual Division
 - ii. Top 60 Men / Top 60 Women RX Individual Division
 - iii. Top 70 Men / Top 70 Women Intermediate Individual Division

- iv. Top 80 Men / Top 80 Women Scaled Individual Division
 - v. Top 5 Boys / Top 5 Girls Teens 14-15
 - vi. Top 10 Boys / Top 10 Girls Teens 16-17
 - vii. Top 20 Men / Top 20 Women Masters 35-39
 - viii. Top 20 Men / Top 20 Women Masters 40-44
 - ix. Top 20 Men / Top 20 Women Masters 45-49
 - x. Top 10 Men / Top 10 Women Masters 50-54
 - xi. Top 10 Men / Top 10 Women Masters 55-59
 - xii. Top 5 Men / Top 5 Women Masters 55-59
 - xiii. Top 10 Pro Teams
 - xiv. Top 20 Amateur Teams
 - xv. Top 20 Intermediate Teams
- g. Athletes will have 5 days to accept an invitation or decline their Individual spot for The Fittest Games Experience. If an athlete fails to respond within the 5 day window, their spot will be given up and the next athlete in line to qualify will be invited.
- h. Earned spots are non-transferable. If a winner declines their guaranteed entry their spot will be given to the next athlete in line based on their placement in the Online Qualifier.

6. Registration Details

- a. Registration prices are listed below. All payments are final. No refunds or transfers will be permitted, regardless of reason (injury, illness, change in work schedule, deployment, pregnancy, etc.)
 - i. Individual Online Qualifier - US \$34.98 + service fees
 - ii. Team Online Qualifier - US \$139.92 + service fees
 - iii. The Fittest Experience Individual - US \$185 + service fees
 - iv. The Fittest Experience Team - US \$740 + service fees
- b. No refunds will be granted. No exceptions.

- c. The Fittest Experience 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 in The Fittest Experience. The Fittest Experience assumes no responsibility for any error, omission, interruption, deletion, defect, or delay in operation or transmission of any website related to The Fittest Experience, or for communications line failure, or for theft or destruction, tampering, or unauthorized access to entries, registration, participation and/or entry information. The Fittest Experience is not responsible for any problems or technical, hardware, or software malfunctions of any telephone network or telephone lines, failed, incorrect, inaccurate, incomplete, garbled or delayed electronic communications whether caused by the sender or by any of the equipment or programming associated with or utilized in The Fittest Experience, computer online systems, servers or providers, computer equipment, software, failure of any email, submission or entry to be received by The Fittest Experience 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 participant's or any other person's computer relating to or resulting from participating in The Fittest Experience or downloading any materials related to The Fittest Experience.
- d. The Fittest Experience 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 The Fittest Experience or the website, or any website related to The Fittest Experience, 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, The Fittest Experience reserves the right to determine, in its sole discretion, the correct submission is in accordance with the rules.

- e. If, for any reason, The Fittest Experience 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 The Fittest Experience, which, in the sole opinion of The Fittest Experience, are corrupt or affect the administration, security, fairness, integrity, or proper conduct of The Fittest Experience, they reserve the right, at its sole discretion, to void suspect registrations or submissions and/or to cancel, terminate, modify to suspend The Fittest Experience and select the winner from among all eligible, non-suspect registrations or submissions received prior to cancellation, termination, or suspension. The Fittest Experience has no obligation to operate or produce The Fittest Experience (or any part thereof). In the event that The Fittest Experience is cancelled, The Fittest Experience (or any party) has no obligation to award any prize money. Any and all decisions by The Fittest Experience concerning eligibility, qualifying for, and judging related to The Fittest Experience is final and not subject to challenge or appeal. The Fittest Experience shall own and shall have no obligation to return or maintain any materials submitted as part of the qualification or registration process for The Fittest Experience.

7. Standard Competition Procedures

- a. For all levels of The Fittest Experience Competitions and Qualifying Events, the Workout Format will be released by The Fittest Experience and communicated uniformly to all Athletes online and/or on site at athlete briefings.
- b. Workout Format will include the following:

- i. Required movements:
 - 1. Starting and ending ranges of the movement
 - 2. Prohibited technique, accessories and/or equipment, if any
 - 3. Adjustments by Divisions, if any
- ii. Required number of repetitions and/or repetition scheme
- iii. Required equipment
- iv. Required amount of weight
 - 1. All weights will be released in pounds
 - 2. It is the Athlete's sole responsibility to use at least the exact poundage (i.e. if using kilograms plates, the Athlete will need to use appropriate combinations of plates to achieve the correct poundage).
 - 3. For the purpose of The Fittest Experience competitions, 15 kg weightlifting bars will be considered to be 35 pounds, and 20 kg bars will be considered to be 45 pounds.
- v. Time domain or time limit
- vi. Scoring details
 - 1. Filming and submission guidelines, if any
- c. Scoring format will be announced before the start of competition.
 - i. The Athlete or Team with the best performance over multiple workouts in a competition wins and/or advances.
 - ii. Competitions may determine the winner by highest point total or lowest point total, or any method or combination of methods The Fittest Experience selects. Point values for each finishing position will be released before the start of the workout.
 - iii. Ties on the overall Leaderboard will be broken by awarding the best position to the Athlete 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.

- iv. 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.
 - v. Some workouts may have a minimum amount of time, repetitions, weights or rounds required in order to advance. Any such minimums will be announced as part of the Workout Format. Failure to reach a minimum will cause the Athlete to not advance in the competition.
 - vi. If an Athlete does not advance to the next workout for any reason (DNF, injury, disqualifications, etc.), they will be ranked below all competitors who started that workout.
 - vii. Scaling or modifying the workout is prohibited and will cause the Athlete to not advance.
- d. Judging and/or Validation are mandated during The Fittest Experience competition and required to make any Fittest Experience workout result at these levels official. Judges are not mandated during the Online Qualifier, however if your overall scores place you in a qualifying spot, you will be asked to submit a video of one of your qualifying workouts to verify the score. The Fittest Experience 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 that may qualify to video all of their workouts in preparation for having to submit one for validation.

- i. All potential Event Judges are encouraged to have a Crossfit Level One Certification, complete the CrossFit Games Judges Course, 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 Qualifier, describes the person validating the Athlete's movement standards and online score submission.
- iv. All video submissions will be judged and validated by The Fittest Experience judging team.
- v. Any infraction to the Movement Standards or Range of Motion will result in loss of the repetition(s).
 1. 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 The Fittest Experience of any questionable movement before the workout.
 2. 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 The Fittest Experience prior to the beginning of the competition may be granted an exception at the sole discretion of The Fittest Experience's sole discretion. These cases are very rare, and will be handled on a case-by-case basis.
- vi. 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.

- vii. 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, Fittest Experience, Event sponsors, spectators, other Athletes or venue operator or owners, as determined by The Fittest Experience. (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.
 - viii. 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.
 - ix. Judgement calls made during the workout are final and are not negotiable or subject to change or modification.
- e. 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 equipment and loads, meeting the required time and meeting all submission requirements.
- f. Proper attire is required at all Events.
- i. No attire shall interfere with Event Judging and the ability to see the Event Movement Standard or Range of Motion
 - ii. Subject to The Fittest Experience's 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.

- iii. 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.

8. Appeals Process

- a. All appeals, scoring discrepancies, or questions about the submission of scores should be done immediately following the event in question.
 - i. All appeals must be made on the same day as the competitive event
 - ii. No appeals will be accepted after completion of that competition day.
- b. Appeals made during the Online Qualifier should be addressed in a time and date stamped documented email including all facts sent to The Fittest Experience staff at info@thefittestexperience.com
- c. Only affected Athletes, Members of the Team, or Coaches of the affected team may appeal a result. Non-related parties may not appeal on behalf of another.
- d. Athletes may not appeal their own performance based on the judging, scoring or performance of another Athlete or Team.
- e. For all inquiries during The Fittest Experience Online Qualifier, the following process will be used
 - i. The competing Athlete immediately notifies The Fittest Experience staff at info@thefittestexperience.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. The Fittest Experience 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 The Fittest Experience staff at info@thefittestexperience.com immediately, time and date stamped, in a documented email
 - v. Judgement calls made during the workout are final and are not negotiable or subject to change or modification.
- f. On-site Appeals, Event Protests, Scoring Discrepancies or Ruling Questions will be immediately filed with the Head Judge on the floor during the Event in question. If the Event Head Judge is unavailable, any Head Judge or Floor Director can begin the Protest process.
- i. 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.
 - ii. Athletes may not protest discrepancies related to the judging, scoring, or performance of another Athlete or Team.
 - iii. All parties involved will have the opportunity to present the known facts at the next most convenient time
 - iv. For all On-Site Appeals, Event Protests, Scoring Discrepancies or Ruling Questions the following process will be used:
 - 1. The competing Athlete OR the Athlete's Coach only (no other Athletes or Persons may be involved) files the protest to the Event Head Judge of the competition. Event in question by relating their name, Athlete number and reason for protest.
 - 2. The Event Head Judge, Athlete or Coach and that Athlete's Event Judge or Judges during the competition Event in

question will all communicate to fact find and define the issue in protest.

3. All information will then be presented to the Director of Judging or their assigned designee for a final ruling.
- v. Judgement calls made during the workout are final and are not negotiable or subject to change or modification
- vi. The Fittest Experience has final authority on all Athlete Event Protest rulings, and may designate this authority to the On-site Director.
- vii. 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.
- viii. 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 The Fittest Experience's right to run and operate The Fittest Experience event as it sees fit in its sole and absolute discretion.
- ix. The Director of Judging and The Fittest Experience's decision are final. This includes the right to remove or disqualify any Team or Athlete at The Fittest Experience's sole and absolute discretion.
- x. The Fittest Experience staff have final authority on all appeal or protest rulings.

9. Online Qualifier Rules

- a. The Online Qualifier is a series of workouts that will be released on the official Fittest Experience website (www.thefittestexperience.com).

- i. Athletes must complete each workout per the prescribed requirements to be ranked on the final overall The Fittest Experience Leaderboard.
 - ii. Athletes competing in the Community Division & Kids Division will be ranked on a separate leaderboard. These athletes are ineligible from qualifying as one the individual athletes at the 2022 The Fittest Experience.
 - iii. The top qualifying Athletes in each division (except Community) will be invited to compete onsite at The Fittest Experience.
- b. Each workout for that week will be released on Wednesday at 7:00 PM Central Daylight Time. Athletes will have until Tuesday at 8:00 PM Central Daylight Time to validly complete the workout and submit their results.
- c. Athletes may complete the workouts for the Online Qualifier as many times as they desire, however each athlete is allowed only ONE score submission per workout.
- d. Once the workout closes on Tuesday at 8:00 PM Central Daylight Time, an Athlete will not be able to submit any score for that workout.
- e. It is the sole responsibility of the Athlete to ensure the timely and successful submission of their workout each week.
- f. Scores do not need to be validated by a coach or judge, however The Fittest Experience highly recommends that use of one to ensure scores submitted are valid and the athlete completed the workout per the prescribed movement standards.
- g. Video Submissions of workouts at the time of score submission IS required.
 - i. The Fittest Experience reserves the right to request video validation of any score submission they deem necessary.
- h. Invalidation of any online scoring submission is the sole right of The Fittest Experience.

- i. Reasons for invalidation include, but are not limited to:
 - 1. Violation of the movement standards
 - 2. Violation of the workout format
 - 3. Miscounting repetitions
- i. The Fittest Experience will host the only official Leaderboard for the Online Qualifier.
 - i. Each Athlete will have one time to submit their official score for the event, the entered score will appear on the Leaderboard once validated. Furthermore, scores may be removed at any time at the discretion of The Fittest Experience.
 - ii. If an Athlete skips a workout, has a workout invalidated or cannot complete the stated minimum score, they will not be listed on the Leaderboard.
- j. Video Submission Guidelines for submitting videos for validation.
 - i. Create a YouTube or Vimeo account. Use only these two methods of video submission
 - ii. Use any video recording device you want to capture your workout, but you are responsible for the video quality (i.e., if we cannot verify the movements, your video may be rejected).
 - iii. Before the workout begins:
 - 1. The athlete must identify themselves by their full name and Team Name (if applicable)
 - 2. Identify which workout they are completing
 - 3. The athlete must verify that the prescribed weights are being used by showing on the video the weights/bars to be used
 - 4. Where target or equipment measurements are involved, the athlete must verify the prescribed height/distance by showing the measurement on video

5. The athlete must be positioned during the workout so that the athlete's completion of each movement as prescribed by the movement and workout standards may be verified.
6. Clocks / Time required workouts:
 - a. If there is a "judge" or other person in the frame who clearly indicates "Go," a time clock in the frame is optional
 - b. If there is no "judge" or other person in the frame, or if the video does not have an audio component that allows the judge reviewing the video to determine when the athlete has been told to "go" a clock in the frame is mandatory
7. All video submissions must be one continuous shot, from the introduction of the athlete, verification of weights/measurements through the completion of the workout. Any editing of the video footage will lead to the video being deemed as invalid and the athlete's workout score for that submission will not be accepted.
8. Title your video with the workout number and your name. Enter the workout and time/reps in the description.
9. Once you have successfully uploaded your video, follow the instructions for submitting a video link into the scoring system, as well as your score into the scoring system.
10. Video submissions and scores may be Validated, Invalidated, or amended after review from The Fittest Experience Judging Team.
11. Athletes submitting videos are advised to have someone strictly watching their movement to ensure each repetition meets standards, and that the camera captures the

movement clearly. Penalties may be assessed due to an Athlete not meeting the movement standard or due to improper camera angles that do not permit the Judge to determine if the standard is being met.

12. UNEARNED REPS: The Fittest Experience Judging Team and Staff reserve the right to judge independently whether the athlete's reps meet the movement and workout standards and count as good or not. If they cannot clearly see the movements being performed, The Fittest Experience 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. The Fittest Experience 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.

- iv. The Fittest Experience website will host the only official Leaderboard for the Individual and Team Scores for the Online Qualifier.
 - 1. Scores may be removed at any time at the discretion of The Fittest Experience.
 - 2. Common reasons for adjustment and/or removal of scores include unacceptable movement standards, improper rep counts or poor quality of video submission.
 - 3. If an Athlete skips a workout, has a workout invalidated or cannot complete the stated minimum score, they will not be listed on the official Leaderboard.
- v. The following Individual and Team Online Qualifier placeholders will receive an invite to compete as an individual or team in the 2018 The Fittest Experience (*registration fees apply):
 - 1. Top 15 Men / Top 15 Women Pro Individual Division

2. Top 60 Men / Top 60 Women RX Individual Division
3. Top 70 Men / Top 70 Women Intermediate Individual Division
4. Top 80 Men / Top 80 Women Scaled Individual Division
5. Top 5 Boys / Top 5 Girls Teens 14-15
6. Top 10 Boys / Top 10 Girls Teens 16-17
7. Top 20 Men / Top 20 Women Masters 35-39
8. Top 20 Men / Top 20 Women Masters 40-44
9. Top 20 Men / Top 20 Women Masters 45-49
10. Top 10 Men / Top 10 Women Masters 50-54
11. Top 10 Men / Top 10 Women Masters 55-59
12. Top 5 Men / Top 5 Women Masters 55-59
13. Top 10 Pro Teams
14. Top 20 Amateur Teams
15. Top 20 Intermediate Teams

10. Onsite The Fittest Experience 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 The Fittest Experience.
- b. Schedule of Events: the schedule and workouts will be released before the competition begins. The date, location and travel information for The Fittest Experience will be distributed on The Fittest Experience 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 The Fittest Experience at the Athlete registration and maintain this through the entire duration of the event.

- c. Athlete Check-In will take place on Friday afternoon of the event week and is mandatory. Any Athlete or Team not checked in on Friday is not guaranteed event access and can be disqualified from competition.
 - i. Athletes/Teams may be granted a late Check-In Friday Night of the event, prior to the start of the athlete briefings and the first event, for special circumstances. The Fittest Experience reserves the right to deny special requests. Athletes/Teams in need of this must contact The Fittest Experience staff prior to the Monday of event week to request a late check in.
 - ii. All competing members of the Teams are required to check-in at the same time. Teams may only check-in two (2) men and two (2) women for competition. Alternates are NOT included and are not permitted in the competition area once a Team has checked-in.
 - iii. The Fittest Experience makes no guarantee that Athlete registration and check-in access will be available after the day prior to competition. Once the first workouts have begun, any Athletes or Teams who have not checked in will be disqualified from competition.
- 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 The Fittest Experience. 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 Clean is prescribed as the Event Movement Standard, a Power Clean 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. The Fittest Experience 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 ranked after each workout.

- 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. Athlete Rehabilitative Medical Staff (soft tissue and body care providers) will be provided by The Fittest Experience to all Athletes in a designated restricted access area. Any Athlete requesting the use of their own personal therapy providers (massage, PT, chiropractic, etc) must do so in designated locations within the general admission access area.