

An aerial view of a CrossFit competition stage. The stage is a large, dark-colored platform with white lane markings and numbers (10, 20, 30, 40, 50, 60, 70, 80, 90, 100). Athletes are performing exercises on the stage, and a large crowd of spectators is visible in the background. A central logo for 'WODAPALOOZA MIAMI CrossFit FESTIVAL' is overlaid on the image. The logo is a dark blue shield shape with a white border, containing the text 'WODAPALOOZA' in white, 'MIAMI' in white, and 'CrossFit FESTIVAL' in white. The background image shows a large crowd of spectators in a stadium setting, with various banners and logos visible along the sides of the stage.

WODAPALOOZA

MIAMI

**CrossFit
FESTIVAL**

WODAPALOOZA 19/20 *RULEBOOK*

THE WODAPALOOZA (“WZA”) RULE BOOK IS THE INTENDED BENCHMARK FOR WZA AND ALL WZA SUPPORTED, SANCTIONED OR SPONSORED COMPETITIONS (INDIVIDUALLY AN “EVENT” AND COLLECTIVELY, THE “EVENTS”).

1. WODAPALOOZA

- WZA was created with the concept in mind of celebration. Celebrating your commitment to training. Celebrating friendship. Celebrating family. Celebrating your nationality, and what makes you, you. As well as, celebrating the following three words that you'll see plastered across much of what we do:
 - Fitness. Community. Life.
- WZA consists of a season featuring two stages of competition:
 - The Wodapalooza Online Challenge and Qualifier
 - The Wodapalooza Miami CrossFit Festival
- Wodapalooza Mission Statement
 - To serve our community through 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 Wodapalooza requirements and regulations rests on the athlete competing. For the latest, up-to-date information please refer to the Wodapalooza rulebook.

2. GENERAL RULES

- A. To participate in any stage of WZA, 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 WZA, 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 WZA, 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. WZA 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, WZA 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. Wodapalooza abides by the CrossFit Games Official Drug-testing Policy, which can be found [here](#).
 - b. Any registrant of the Wodapalooza 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 WZA 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 WZA in each instance.
- b. WZA may, at their discretion, provide credentials necessary to gain access to media areas at WZA 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 WZA. Time, area, and scope of access will be at the sole discretion of WZA. Credential(s) and access may be revoked at any time by WZA with or without cause. WZA 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 WZA. 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 be only used for promotional purpose upon written consent of the athlete(s) involved and with a written license agreement by WZA. 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 of Bayfront Park is prohibited under all circumstances except pursuant to the terms and conditions of written permission from Wodapalooza. 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 Wodapalooza policy may, in the discretion of Wodapalooza, be revoked for any person[s] in violation of this policy.
- b. All athletes agree to compete in a sportsmanlike manner.

- c. Unsportsmanlike behavior, such as arguing with an official or representative of WZA, taunting, heckling, fighting or any conduct which would bring disrepute upon WZA, the competition, other competitors, or spectators or event sponsors, as determined by WZA, 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.
 - d. 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.
 - e. WZA 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 WZA 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, WZA abides by the CrossFit Games drug enforcement policy.
 - f. 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 WZA's right to operate the competition in any manner it sees fit.
 - g. WZA, 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 WZA Event at any time, with no further obligation or duty to such individual.
 - h. WZA, 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.
- F. 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, WZA's prize affidavit.
- G. 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 WZA, including lying (as one example)—will result in disqualification.

3. WODPALOOZA MIAMI PARTICIPATION REQUIREMENTS, REFUNDS, & TRANSFERS

- A. Subject to WZA'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 WZA's policies, rules and regulations, as determined by WZA, 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 Team of 4 (non-Elite division) is registered for WZA Miami, they may substitute one athlete for a fee of \$100. The substitution athlete did not have to complete the Online Challenge.
 - a. Please note, that only ONE athlete per team of four 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 WZA Miami 2020: Friday, January 31st by 11:59PM ET.
 - c. All substitutions must be made via email via compete@thewodapalooza.com prior to this time.
 - d. Any athlete who accepts an individual invite from the WZAOC cannot participate on any WZAOC or WZA Miami Team at any point during the competition season.
- F. WZA 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 and spirit of WZA or for any other reason at the sole discretion of WZA.
- G. All Athletes must validly and truthfully register online at wodapalooza.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 WZA, a parent or guardian must be onsite for the duration of the event.
- I. WODAPALOOZA 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@thewodapalooza.com

4. WODPALOOZA - DIVISION BREAKDOWN, QUALIFICATION, & REGISTRATION

A. There are multiple divisions for individual competitors and teams during the Wodapalooza Online Challenge & Qualifier & Wodapalooza Miami.

B. For the WZA Online Challenge & Qualifier, they are as follows:

a. Individual -

- i. Elite/Rx/Intermediate/Scaled/Beginner
- ii. Youth 13-15
- iii. Youth 16-18
- 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. Adaptive Standing Rx/Scaled
- xi. Adaptive Seated Rx/Scaled

b. Teams -

- i. Elite/Rx/Intermediate/Scaled/Beginner Co-Ed Team of 4 (MM/FF)

C. For the Wodapalooza Miami CrossFit Festival, they are as follows:

a. Individual -

- i. Elite
- ii. Rx
- iii. Intermediate
- iv. Scaled
- v. Beginner
- vi. Youth 13-15
- vii. Youth 16-18

- viii. Master's 35-39
- ix. Master's 40-44
- x. Master's 45-49
- xi. Master's 50-54
- xii. Master's 55-59
- xiii. Master's 60+
- xiv. Adaptive Standing Rx
- xv. Adaptive Standing Scaled
- xvi. Adaptive Seated Rx
- xvii. Adaptive Seated Scaled

b. Teams -

- i. Elite Co-Ed Teams of 4 (MM/FF)
- ii. Rx Co-Ed Teams of 4 (MM/FF)
- iii. Intermediate Co-Ed Teams of 4 (MM/FF)
- iv. Scaled Co-Ed Teams of 4 (MM/FF)
- v. Beginner Co-Ed Teams of 4 (MM/FF)

D. THE ONLINE CHALLENGE & QUALIFIER

a. Individual

- i. Runs three consecutive weeks
- ii. Each week, multiple WODs released on Wednesday & Thursday
- iii. All scores then due the following Monday, at 8PM ET
- iv. Video submissions will be required at the conclusion of the challenge to be eligible to earn a competitive spot to compete at Wodapalooza Miami (detailed below)

b. Team

- i. Ten (10) Consecutive Days
- ii. All WOD's released over that period
- iii. All scores due at the end of the ten (10) day window.
- iv. Video submissions will be required at the conclusion of the challenge to be

eligible to earn a competitive spot to compete at Wodapalooza Miami (detailed below)

- c. Athletes may perform in both the individual & team portion of the individual Online Challenge & Qualifier.
- d. All individual athletes that qualify to compete at WZA Miami through the Online Challenge & Qualifier must accept or decline their invitation prior to the start of the team challenge. The only exception is if you receive an invitation from Team WZA after the Team Challenge has begun. You will then be given a deadline to accept or decline your invite during the Team Challenge.
 - i. If you accept your individual invitation, you may still participate in the Team Challenge. However, if your team receives an invite, you will not be eligible to accept that invite. Conversely, you will not be able to cancel or receive a refund for the individual division registration.
- e. If performing on a team of 4, athletes do not have to be from the same gym, nor do the athletes have to perform the workouts together. All online challenge workouts are structured in a way that allows teams to perform them remote, independent of each other.
- f. 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 submission on behalf of the team.
- g. If athletes are looking to attempt to qualify via the Online Challenge & Qualifier 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.
- h. If an athlete elects to participate in multiple individual or multiple team divisions during the Online Challenge & Qualifier, and the corresponding workouts are different in any way, the athletes must perform both versions of the subsequent workouts.
- i. Team Substitutions during Online Challenge & Qualifier
 - i. Any athlete substituted midway through the Team Challenge must complete ALL 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 athlete login on wodapalooza.com.
 - iv. Any athlete who accepts an individual invite from the WZAOC cannot participate on any WZAOC or WZA Miami Team at any point during the competition season.

- j. Registration Fees for the Online Challenge & Qualifier
 - i. Individual Divisions: \$25.00 + service fees
 - ii. Team Divisions: \$80.00 + service fees
 - iii. No refunds will be granted. No exceptions.

E. COMPETING AT WZA MIAMI

- a. To compete at WZA Miami, there are four distinct paths to earning a spot:
 - i. Invitation - the ability to bypass participation in the Online Challenge & Qualifier, 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.

All invited athletes are still responsible for cost of registration, travel, etc.

Invitation

- Elite Individual
 - CrossFit Games
 - CrossFit Games 2019: Top 30 Men & Women
 - CrossFit Games Open, October 2019: Top 30 Men & Women Worldwide
 - CrossFit Games Podium, 2018, 2017, 2016, 2015: Top 3 Men & Women
 - Sanctional Events
 - Individual Podium at WZA & Granite Games 2019: Top 3 Men & Women
 - Individual Winners at WZA or Granite Games the last five years: 1st Place 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
- Master's & Teen Invites
 - 1st place WZA and CFG from previous year
 - Teen 13-15 & 16-18 shall online feature an invite to the 2019 WZA Champ
 - Master's 60+ shall only feature the 2019 CFG Champ- this is the first year WZA Miami is hosting this division
 - 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
 - Top 10 Team of 4 at 2019 CFG
 - 3 out of the 4 previous team members must be returning in order to qualify for an invite.
 - WZA Team of 4 Podium in 2019
 - 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.

- 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 Wodapalooza Online Challenge & Qualifier

1. Online Challenge Divisions & Numbers that Qualify By Division

a. Individual

i. Elite/Rx/Intermediate

1. Elite - 1st to 20th
2. Rx - 21st to 60th
3. Intermediate - 61st to 90th

ii. Scaled

1. Open Registration - 30 spots available

iii. Beginner

1. Open Registration - 20 spots available

iv. Teenager 13-15

1. 1st to 14th

v. Teenager 16-18

1. 1st to 14th

vi. Master's 35-39

1. 1st to 28th

vii. Master's 40-44

1. 1st to 28th

viii. Master's 45-49

1. 1st to 18th

ix. Master's 50-54

1. 1st to 13th

x. Master's 55-59

1. 1st to 8th
- xi. Masters 60+
 1. 1st to 5th
- xii. Adaptive Seated Rx/Scaled
 1. Rx - 1st to 6th
 2. Open Registration for Scaled - 7 to ∞ (Limited spots available)
- xiii. Adaptive Standing Rx/Scaled
 1. Rx - 1st to 6th
 2. Open Registration for Scaled - 7 to ∞ (Limited spots available)
- b. Team
 - i. Elite/Rx/Intermediate Team of 4
 1. Elite - 1st to 30th
 2. Rx - 31st to 130th
 3. Intermediate - 131st to 230th
 - ii. Scaled Team of 4
 1. Open Registration - 100 spots available
 - iii. Beginner Team of 4
 1. Open Registration - 60 spots available
- iii. Open Registration for Scaled or Beginner - Eligible to athletes in the following divisions that submit all of the required scores & videos during the Online Challenge & Qualifier but are unable to qualify for a specific division, due to performing the “Alternate versions” or falling out of a qualifying position, as indicated by the below positions
 1. Individual
 - a. Elite/Rx/Intermediate/Scaled/Beginner
 - i. 91st and below
 - b. Teenager 16-18
 - i. 15th and below
 - c. Master’s 35-39
 - i. 29th and below

- d. Master's 40-44
 - i. 29th and below
- e. Master's 45-49
 - i. 19th and below
- f. Master's 50-54
 - i. 14th and below
- g. Master's 55-59
 - i. 9th and below
- h. Masters 60+
 - i. 6th and below
- i. Adaptive Standing & Seated Rx/Scaled
 - i. 7th and below

2. Team

- a. Elite/Rx/Intermediate/Scaled/Beginner
 - i. 231st and below

b. Age Requirement by Division

- i. The following divisions require all athletes to be 13 or over as of January 1st, 2020.
 - 1. Adaptive Seated Rx & Scaled, Adaptive Standing Rx & Scaled, Individual Elite, Individual Rx, Individual Intermediate, Individual Scaled, Individual Beginner, Elite Co-Ed Teams of 4, Rx Co-Ed Teams of 4, Intermediate Co-Ed Teams of 4, Scaled Co-Ed Teams of 4, and Beginner Co-Ed Teams of 4.
- ii. Masters 35 - 39 Division: athletes must be 35 years of age, but not older than 39 as of 1/1/2020
- iii. Masters 40 - 44 Division: athletes must be 40 years of age, but not older than 44 as of 1/1/2020
- iv. Masters 45 - 49 Division: athletes must be 45 years of age, but not older than 49 as of 1/1/2020
- v. Masters 50 - 54 Division: athletes must be 50 years of age, but not older than 54 as of 1/1/2020
- vi. Masters 55 - 59 Division: athletes must be 55 years of age, but not older than

59 as of 1/1/2020

vii. Masters 60+ Division: athletes must be 60 years of age or older as of 1/1/2020

viii. Teenager 13 - 15 Division: athletes must be 13 years of age, but not older than 15 as of 1/1/2020

ix. Teenager 16 - 18 Division: athletes must be 16 years of age, but not older than 18 as of 1/1/2020

c. REGISTRATION PROCESS

i. Whether you qualify and register for WZA Miami 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 through will depend upon your time frame as to how long you have to accept or decline. 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. 9/23/2019: Round 1 of individual invites sent out
- b. 9/26/2019 at 12:00PM ET: Deadline for all round 1 individual competitors via Online Challenge & Qualifier to accept or decline their invite
- c. 9/26/2019: Round 2 of individual invites sent out
- d. 9/30/2019 at 12:00PM ET: Deadline for all round 2 individual competitors via Online Challenge & Qualifier to accept or decline their invite.
- e. 10/2/2019 at 8PM ET: Open Registration for Individual Scaled and the Individual Beginner Division opens. It will close once it sells out.
- f. If the individual divisions via Online Challenge & qualifier require a round 3 of invites, those will be sent at the discretion of Team WZA. All deadlines for round 3 will be specified in the email that goes out to all athletes. The invites will be sent out on or after September 30th, 2019. The athlete is responsible for checking their email to see if an invite was received.
- g. 11/25/2019: Invites sent out for all Individual Elite, Elite Teams of 4, and Masters that were invited via invitation process.
- h. 11/25/2019 at 11:59PM EST: Deadline for Elite Teams of 4 to apply

via application process on wodapalooza.com

- i. 12/2/2019: Elite Teams of 4 applicant invites sent out
- j. 12/9/2019 at 11:59PM EST: Deadline for all Individual Elite, Elite Teams of 4, and Masters that were invited via invitation process. These athletes will need to accept or decline their invitation by this date.
- k. 12/9/2019 at 11:59PM EST: Deadline for all Elite Teams of 4 via application process to accept or decline their invite.
- l. 12/27/2019: Round 1 of team invites sent out
- m. 12/30/2019 at 12:00PM ET: Deadline for all round 1 team competitors via Online Challenge & Qualifier to accept or decline their invite
- n. 12/30/2019: Round 2 of team invites sent out
- o. 1/2/2020 at 12:00PM ET: Deadline for all round 2 team competitors via Online Challenge & Qualifier to accept or decline their invite.
- p. 1/6/2020 at 8PM ET: Open Registration for Scaled Team and Beginner Team Division opens. It will close once it sells out.
- q. If the team divisions via Online Challenge & Qualifier require a round 3 of invites, those will be sent at the discretion of Team WZA. All deadlines for round 3 will be specified in the email that goes out to all athletes. The invites will be sent out on or after January 2nd, 2020. The athlete is responsible for checking their email to see if an invite was received.
- r. Team WZA reserves the right to invite or disqualify any athlete at their discretion.

iii. Registering for more than one division

- 1. If you accept your individual invitation during the Online Challenge & Qualifier, you may still participate in the Team Challenge. However, if your team receives an invite to WZA Miami, you will not be eligible to accept that invite. Additionally, you will not be able to cancel or receive a refund for the individual division registration.

d. Registration Fees

- i. Once an athlete is invited via invitation, application, qualification, or open registration; the athlete will need to complete the registration form, which includes our registration fees. All registration and service fees are due at the time of registration. No exceptions will be made.

- ii. Registration fees for the 2020 WZA are as follows:
 - 1. Individual Divisions: \$325.00 + service fees
 - 2. Team of 4 Divisions: \$900.00 + service fees
- e. Available spots per division, per gender
 - i. Individual Elite: 50 spots
 - 1. 20 spots via Online Challenge & Qualifier
 - 2. Up to 30 spots via Invitation Process
 - ii. Individual Rx: 40 spots via Online Challenge & Qualifier
 - iii. Individual Intermediate: 30 spots via Online Challenge & Qualifier
 - iv. Individual Scaled: 30 spots via Open Registration
 - v. Individual Beginner: 20 spots via Open Registration
 - vi. Masters 35 - 39 Division: 30 spots
 - 1. 13 spots via Online Challenge & Qualifier
 - 2. Up to 2 spots via Invitation Process
 - vii. Masters 40 - 44 Division: 30 spots
 - 1. 13 spots via Online Challenge & Qualifier
 - 2. Up to 2 spots via Invitation Process
 - viii. Masters 45 - 49 Division: 20 spots
 - 1. 13 spots via Online Challenge & Qualifier
 - 2. Up to 2 spots via Invitation Process
 - ix. Masters 50 - 54 Division: 15 spots
 - 1. 13 spots via Online Challenge & Qualifier
 - 2. Up to 2 spots via Invitation Process
 - x. Masters 55 - 59 Division: 10 spots
 - 1. 5 spots via Online Challenge & Qualifier
 - 2. Up to 2 spots via Invitation Process
 - xi. Masters 60+ Division
 - 1. 4 spots via Online Challenge & Qualifier

2. 1 spot via Invitation Process

xii. Adaptive Seated Rx

1. Men: 8 spots via Online Challenge & Qualifier
2. Women: 7 spots via Online Challenge & Qualifier

xiii. Adaptive Seated Scaled

1. Men: 5 spots via Online Challenge & Qualifier
2. Women: 5 spots via Online Challenge & Qualifier

xiv. Adaptive Standing Rx

1. Men: 10 spots via Online Challenge & Qualifier
2. Women: 10 spots via Online Challenge & Qualifier

xv. Adaptive Standing Scaled

1. Men: 8 spots via Online Challenge & Qualifier
2. Women: 7 spots via Online Challenge & Qualifier

xvi. Individual Teenager 13 - 15 Division: 15 spots via Online Challenge & Qualifier

xvii. Individual Teenager 16 - 18 Division: 15 spots via Online Challenge & Qualifier

xviii. Elite Teams of 4: 45 spots

1. 30 spots via Online Challenge & Qualifier
2. Up to 15 spots via Invitation or Application Process

xix. Rx Co-Ed Teams of 4: 100 spots via Online Challenge & Qualifier

xx. Intermediate Co-Ed Teams of 4: 100 spots via Online Challenge & Qualifier

xxi. Scaled Co-Ed Teams of 4: 100 spots via Online Challenge & Qualifier

xxii. Beginner Co-Ed Teams of 4: 60 spots via Online Challenge & Qualifier

f. Qualification for Scaled Divisions

- i. Open registration is specific to the individual scaled, individual beginner, scaled teams, beginner teams, adaptive standing scaled, and the adaptive seated scaled divisions.
- ii. Athletes that don't QUALIFY for a specific division (i.e. intermediate team, intermediate individual, adaptive standing Rx, etc...) have another chance to compete at WZA Miami in one of the scaled or beginner divisions, via Open Registration.

- iii. In order to take part in Open Registration for the scaled or beginner division, you need to participate in the Online Challenge & Qualifier, and submit all required videos.
 - 1. If you have done those things and are eligible, you will receive an email that contains a link to participate in Open Registration. On October 2nd, 2019 at 8PM ET for Individuals, you may log on and race against other eligible athletes, via first come, first serve, to secure a spot to compete at WZA Miami. Open Registration for teams will occur on January 6th, 2020.
- iv. Divisions eligible for Scaled Individual or Beginner Individual Open Registration
 - 1. Non-qualifiers in the Elite/Rx/Intermediate, Masters 35-39, Masters 40-44, Masters 45-49, Masters 50-54, Masters 55+, and Youth 16-18.
- v. Division(s) eligible for Scaled Team or Beginner Team Open Registration
 - 1. Non-qualifiers in the Elite/Rx/Intermediate Co-Ed Team of 4 division.
- vi. Divisions eligible for Adaptive Scaled Divisions (Standing and Seated) Open Registration
 - 1. Non-qualifiers in the Adaptive Rx divisions (Standing and Seated)
- g. Team Substitutions at WZA Miami
 - i. Any athlete substituted midway through the Team Challenge must complete ALL 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 wodapalooza.com.
 - ii. There will be an option to substitute 1 teammate after you have registered for WZA Miami for a \$100 fee. Please note, that only ONE athlete per team of three 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 WZA Miami 2020: Friday, January 31st, 2020 by 11:59PM ET.
 - iv. All substitutions must be made via email via compete@thewodapalooza.com prior to this time.
 - v. Any athlete who accepts an individual invite from the WZAOC cannot participate on any WZAOC or WZA Miami Team at any point during the competition season.

5. ADDITIONAL GUIDELINES AND NOTES

- A. WZA 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. WZA assumes no responsibility for any error, omission, interruption, deletion, defect, or delay in operation or transmission of any website related to WZA, or for communications line failure, or for theft or destruction, tampering, or unauthorized access to entries, registration, participation and/or entry information. WZA 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 WZA, computer online systems, servers or providers, computer equipment, software, failure of any email, submission or entry to be received by WZA 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 WZA or downloading any materials related to WZA.
- B. WZA 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 WZA or the website, or any website related to WZA; 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, WZA reserves the right to determine, in its sole discretion, the correct submission in accordance with the rules.
- C. If, for any reason, WZA 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 WZA, which, in the sole opinion of WZA, are corrupt or affect the administration, security, fairness, integrity or proper conduct of WZA, they reserve the right, at its sole discretion, to void suspect registrations or submissions and/or to cancel, terminate, modify or suspend WZA and select the winner from among all eligible, non-suspect registrations or submissions received prior to cancellation, termination or suspension. WZA has no obligation to operate or produce WZA (or any part thereof). In the event that WZA are cancelled, WZA (or any party) has no obligation to award any prize money. Any and all decisions by WZA concerning eligibility, qualifying for and judging related to WZA is final and not subject to challenge or appeal. WZA shall own and shall have no obligation to return or maintain any materials submitted as part of the qualification or registration process for WZA.

6. STANDARD COMPETITION PROCEDURES

- A. For all levels of WZA Competitions and Qualifying Events, the Workout Format will be released by WZA 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 WZA 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 WZA 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

- 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, WZA, Event sponsors, spectators, other Athletes or venue operator or owners, as determined by WZA (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 WZA 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 Online Challenge should be addressed in a time and date stamped documented email including all facts sent to WZA staff at compete@thewodapalooza.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 WZA Online Challenge, the following process will be used:
 - i. The competing Athlete immediately notifies WZA staff at compete@thewodapalooza.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. WZA 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 WZA staff at compete@thewodapalooza.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 WZA Miami 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. WZA 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 WZA's right to run or operate the WZA Event as it sees fit in its sole and absolute discretion.
 - viii. The Director of Judging and WZA's decision is final. This includes the right to remove or disqualify any Team or Athlete at WZA's sole and absolute discretion.
 - ix. WZA staff have final authority on all appeal or protest rulings.

8.ONLINE CHALLENGE RULES

- a. The Online Challenge is a series of workouts that will be released on the official WZA website
 - i. Athletes must complete each workout per the prescribed requirements to be ranked on the final overall WZA Leaderboard.
 - ii. The top qualifying individual Athletes & teams in each division will be invited to compete onsite at WZA.
- b. Athletes may complete the workouts for the Online Challenge as many times as they desire and submit their scores on time as announced on the website.
- c. Once the workout closes, an Athlete will not be able to submit any score for that workout.
- d. It is the sole responsibility of the Athlete to ensure the timely and successful submission of their workout each week.
- e. Scores do not need to be validated by a coach or judge, however WZA highly recommends the use of one to ensure scores submitted are valid and the athlete completed the workout per the prescribed movement standards.
- f. Video submissions of workouts at the time of score submission are not required.

- i. Any athlete or team in a qualifying position will be asked to submit a video of one or more of their Online Challenge workouts, chosen at random. WZA highly recommends that all athletes competing for an individual or team spot at WZA Miami video their Online Challenge events.
 - ii. WZA reserves the right to request video validation of any score submission they deem necessary.
- g. Invalidation of any online scoring submission is the sole right of WZA.
- 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
- h. WZA website will host the only official Leaderboard for the Online Online Challenge.
- i. Each Athlete may submit their official score for the event multiple times until the close of score submission; the entered score will appear on the Leaderboard once validated. Furthermore, scores may be adjusted and removed at any time at the discretion of WZA.
- i. Common reasons for adjustment and/or removal of scores include unacceptable movement standards, improper rep counts or poor quality of video submission.
 - ii. If an Athlete skips a workout, has a workout invalidated or cannot complete the stated minimum requirement, their score will be reflected as such on the Leaderboard
- j. Video Submission Guidelines for submitting videos for validation.
- 1. Create a YouTube (<http://www.youtube.com/yt/about/getting-started.html>) or Vimeo (<https://vimeo.com/join>) account. Use only these two methods of video submission.
 - 2. 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).
 - 3. Before the workout begins:
 - a. The athlete must identify themselves by their full name and Community (if applicable)
 - b. Identify which workout they are completing.
 - c. The athlete must verify that the prescribed weights are being used by showing on the video the weights/bars to be used.
 - d. Where target or equipment measurements are involved, the athlete must verify the prescribed height / distance by showing the measurement on video.
 - e. 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.

- f. Clocks / Time Required workouts i. If there is a “judge” or other person in the frame who clearly indicates “Go,” a time clock in the frame is optional ii. 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
- g. 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.
- h. Title your video with the workout number, and your name. Enter the workout and your time / reps in the description.
- i. Once you have successfully uploaded your video, follow the instructions for submitting a video link into our scoring system, as well as enter your score into the scoring system.
- j. Video submissions and scores may be Validated, Invalidated, or amended after review from WZA Judging Team.
- k. 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.
- 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 8 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 WZA 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.



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