



OFFICIAL 2024

TYR WZA RULEBOOK

THE TYR WODAPALOOZA ("WZA") RULEBOOK IS THE INTENDED BENCHMARK FOR WZA AND ALL WZA SUPPORTED, SANCTIONED, OR SPONSORED COMPETITIONS (INDIVIDUALLY AN "EVENT" AND COLLECTIVELY, THE "EVENTS").

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TYR WODAPALOOZA OVERVIEW & MISSION

WZA was created with the goal in mind of contributing toward one thing: Celebration.

Celebrating your commitment to training. Celebrating friendship. Celebrating family. Celebrating your nationality, and what makes you, you. It also serves to celebrate the following three things that you'll see published in many of our mediums: Fitness. Community. Life.

WZA consists of a season featuring two stages of competition:

1. The TYR Wodapalooza Online Challenge and Qualifier (WZAOC): An online community test of fitness, with the major purpose of qualifying athletes and teams to compete at the TYR Wodapalooza Miami Fitness Festival.
2. The TYR Wodapalooza Miami Fitness Festival (WZA Miami and WZA): An annual four-day global destination festival and competition hosted in Miami, Florida showcasing 2,000+ athletes competing on multiple stages, hundreds of volunteers, and tens of thousands of spectators, from all across the world.
3. Coming soon: The TYR Wodapalooza SoCal Fitness Festival

TYR WODAPALOOZA MISSION STATEMENT

To serve the community by providing a platform to challenge individuals to perform and grow. Through inclusivity, positivity, and creativity, we create impactful experiences that produce joy, and unity (by way of diversity,) and elicit feelings of accomplishment and celebration.

GENERAL RULES

- A. To participate in any stage of WZA, athletes (individual or team,) must agree to all rules and policies, including, without limitation, assumption of risk, and publicity release, all of which are incorporated herein for reference, and the decisions of WZA, are final and binding in all respects.
- B. Changes in policies, regulations, requirements, and standards may be made at any time without advance notice. The ultimate responsibility for knowing requirements and regulations rests on the athlete. For the latest, up-to-date information refer to this document, the official rulebook.
- C. All athletes are required to complete and abide by any and all appropriate waivers and documents, pay and validly register for entry, complete all relevant online and/or on-site check-in processes, and wear official event identification and/or credentials, when and where specified as outlined by WZA, to participate at WZA's sole discretion.
- D. WZA prohibits athletes from using any performance-enhancing or illegal substances. If it is found that an athlete is under the influence or use of such substances during any stage of the 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. WZA abides by the CrossFit Games Official Drug-testing Policy, which can be found [here](#).
- E. Photo & Video Policy
 - a. 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 an interchangeable or telephoto lens no longer than five (5) inches in length. Monopods, tripods, and cameras with telephoto or interchangeable lenses greater than five (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 to gain access to media areas 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 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.
 - c. Still images & Video Footage: This content may not be used for any commercial or retail purposes whatsoever, and may only be used for promotional purposes upon written permission of athlete(s) depicted in such imagery and with a written license agreement from WZA. This content 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. Drone Policy: The operation or use of any drone, 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 or at any property offsite where a WZA event occurs is prohibited under all circumstances except pursuant to the terms and conditions of a written permission from WZA. This policy applies to all individuals, persons, companies, and business entities and includes, but is limited to, promoters, brand partners, athletes, tenants, renters, patrons, visitors, and guests. Permission to stay on WZA property may, at the discretion of WZA, be revoked for any person[s] in violation of this policy. Additionally, it is illegal without proper licensing. Any individuals found in violation may be subject to legal action.

F. Equity, Fairness, & Conduct

- a. All athletes agree to compete in a sportsmanlike manner.
- b. Unsportsmanlike behavior, such as arguing with an official or staff, taunting, heckling, fighting, or any conduct that 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 event, disqualification from future events or legal action.
- c. Any action that prevents another Athlete from having a fair opportunity to compete (e.g. alteration of equipment, refusal to follow instructions) or that interferes with Athlete and Judge Communication (e.g. external noise devices, air horns, etc.) impedes their ability to enjoy their experience, or is generally disruptive to the Event, is not allowed.
- d. As outlined above, 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.
- e. 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.
- f. 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), coaches, or dismissal of any attendee.
- g. This is not an exhaustive list and is meant as a guide to the Athletes, 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. Prize Winnings: It is the sole responsibility of the winners and/or compensated Athletes to present valid identification, 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 the prize winner's compliance with, and agreement to, WZA's prize affidavit.

H. All information provided, either in registration submissions, video submissions, scores, times, reps, or rounds completed, must be a 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, for example, will result in disqualification.

DIVISION BREAKDOWN

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

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

- a. Individual
 - i. Elite/Rx/Open Division (Hybrid of the Formerly Intermediate & Scaled)
 - ii. Teen 13-15
 - iii. Teen 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 Upper Rx
 - xi. Adaptive Standing Lower Rx
 - xii. Adaptive Standing Neuro Rx
 - xiii. Adaptive Standing Scaled
 - xiv. Adaptive Seated Rx
 - xv. Adaptive Seated Scaled
- b. Teams of 3
 - i. Elite/Rx Teams/Intermediate/Open Division of 3 (MMM or FFF)
 - 1. *Open Division (Formerly Scaled)
 - ii. Master's Rx/Open Division Teams of 3 (MMM or FFF)

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

- a. Individual
 - i. Elite
 - ii. Rx
 - iii. Open Division (Formerly Intermediate & Scaled Hybrid)
 - iv. Teen 13-15
 - v. Teen 16-18
 - vi. Master's 35-39
 - vii. Master's 40-44
 - viii. Master's 45-49
 - ix. Master's 50-54
 - x. Master's 55-59
 - xi. Master's 60+
 - xii. Adaptive Standing Upper Rx
 - xiii. Adaptive Standing Lower Rx
 - xiv. Adaptive Standing Neuro Rx
 - xv. Adaptive Standing Scaled

- xvi. Adaptive Seated Rx
- xvii. Adaptive Seated Scaled
- xviii. Gauntlet
- b. Teams of 3
 - i. Elite Teams of 3 (MMM or FFF)
 - ii. Rx Teams of 3 (MMM or FFF)
 - iii. Intermediate Teams of 3 (MMM or FFF)
 - iv. Open Division (Formerly Scaled) Teams of 3 (MMM or FFF)
 - v. Masters Rx Teams of 3 (MMM or FFF)
 - vi. Masters Open Division Teams of 3 (MMM or FFF)
- D. Adaptive Division
 - a. The TYR WZA and WheelWOD have partnered to present the Adaptive Division at TYR Wodapalooza Miami. This partnership allows WZA to better serve the adaptive community. Except for the exceptions outlined below, WZA adaptive competition shall abide by all WheelWOD rules and guidelines.
 - b. Adaptive Age Requirements
 - i. Athletes must be at least 14 years old by January 1st, 2024 to be eligible to compete. Any athlete younger than 18 years of age will be required to provide parental consent during the online registration process. Presently, there are no adaptive age group divisions offered at the TYR WZA.
 - c. Adaptive Divisions available at TYR WZA Miami
 - i. WZA will host the following Divisions:
 - 1. Standing Upper Rx Male & Female
 - 2. Standing Lower Rx Male & Female
 - 3. Standing Neuro Rx Male & Female
 - 4. Standing Open Male & Female
 - a. Includes Upper, Lower & Neuro Open Athletes
 - 5. Seated Rx Male & Female
 - 6. Seated Open Male & Female
 - d. Adaptive Classifications
 - i. Each athlete will be assigned a classification based on shared qualities and characteristics of their impairment.
 - ii. Athletes who already have a WheelWOD classification may register using their existing classification.
 - iii. For those who have not received a WheelWOD classification, we recommend doing so, which starts by emailing adaptive@thewodapalooza.com.
 - iv. The process begins by filling out a questionnaire, performing an online interview, and providing medical documentation.
 - v. To learn more about classification specifics, please head to the button below.
 - vi. WheelWOD currently recognizes seven (7) Divisions with multiple subcategories totaling fourteen (14) Divisions. Below are the categories recognized, as well as what corresponding division athletes should register for at WZA.

1. Standing Upper
 - a. 1 Point
 - b. 2 Point
2. Standing Lower
 - a. Above Knee
 - b. Below Knee
 - c. Minor
3. Standing Neuro
 - a. Major
 - b. Moderate
 - c. Minor
4. Seated
 - a. Seated 1 Without Hip Function
 - b. Seated 2 With Hip Function
5. Sensory - Standing Open Division
6. Short Stature - Standing Open Division
7. Standing Diagnosed - Standing Open Division
8. Intellectual Division - Standing Open Division

CLICK TO REVIEW CLASSIFICATIONS

**Please note, that CrossFit and WheelWOD are not the same entity and do not have the same classifications.*

- e. Movement Modifications
 - i. Modification requests will be taken into consideration on a case-by-case basis.
 - ii. Modification requests may be granted based on individual classification and safety. Requests must be submitted in writing along with an explanation for why the request is being made.
 - iii. Email adaptive@thewodapalooza.com for questions about movement modifications.
- f. The winner of WZA Miami earns a spot to compete in the WheelWOD Championship.
 - i. Winners of the Upper, Lower, Neuro, and Seated divisions will automatically win an invite to compete in the WheelWOD Games.
 - ii. WheelWOD will further recognize the winners of subcategories within these four (4) divisions based on individual classification.

QUALIFICATION & REGISTRATION

A. The Online Challenge & Qualifier

a. Individual

- i. Athletes are required to complete two (2) back-to-back windows of competition:
 1. Week one: September 14th-18th, 2023
 2. Week two: September 21st-25th, 2023
- ii. Each week, multiple workouts will be released. The athletes are required to complete the workouts to the designated standards based on their division selection and submit scores within the required window.
- iii. Week one workouts are released on September 14th, 2023, and week two workouts are released on September 21st, 2023.
- iv. Week one scores are due on September 18th, 2023, at 8:00 PM ET, and week two scores are due on September 25th, 2023, at 8:00 PM ET.

b. Team of 3

- i. Takes place over twelve (12) consecutive days: October 12th-23rd, 2023
 - ii. All workouts will be released over the first two (2) days: October 12th & 13th, 2023
 - iii. All scores will be due on October 23rd, 2023, at 8:00 PM ET
 - iv. All teams must consist of three athletes of the same gender
 - v. If performing on a team of 3, athletes do not have to be from the same gym, nor do the athletes have to perform the workouts together.
 - vi. All online challenge workouts are structured that allow teams to perform them remotely, independently of each other.
 - vii. One (1) athlete per team will be designated as the team captain. This role will be automatically assigned to the athlete completing registration on behalf of the team. This individual will be responsible for any and all required score & video submissions on behalf of the team, as well as will serve as the primary point of contact throughout the competition stages.
 - viii. Masters Teams of 3 athletes must be 35 years of age as of 1/1/2024, or older. The sum of the 3 athletes must be a minimum of 125 years and may go over 125 years.
 1. The age of masters team athletes will be considered in years only, and will not take into consideration months until a subsequent change in age.
An athlete's age on January 1st, 2024 in years (not months or days) is the number to tabulate age for Masters Teams. Athletes will round down to the nearest whole year. For example, if an athlete is 35 years, 7 months, and 4 days old on January 1st, 2024, their official age is 35 to add with teammates.
- c. Video submissions will be required after each portion of the Online Challenge to be eligible to earn a competitive spot to compete at WZA Miami.
 - d. Athletes may participate in multiple divisions (i.e. Elite/Rx and Masters 35-39). Athletes must uniquely register twice and utilize separate email addresses for each registration.
 - e. If an athlete elects to participate in multiple individual or multiple team divisions during the

Online Challenge & Qualifier, and corresponding workouts are different in any way, athletes must perform both versions.

- f. Athletes may perform in both the individual & team portion of the Online Challenge.
- g. If an athlete qualifies for an individual and a team division, neither of which is elite, due to the nature of the schedule, the athlete must select one to compete in over the WZA Miami weekend. An exception to this is for athletes who qualify for both the elite individual and elite team divisions. Given the two separate windows of competition, an athlete may compete in both Elite individual and team divisions over the WZA Miami weekend.
- h. All individual athletes who qualify to compete at WZA Miami through the WZAOC must accept or decline their invitation before the start of the team challenge.
 - i. Athletes are exempt if they receive an invitation from Team WZA after the Team Challenge has begun. Athletes will be given a deadline to accept or decline.
 - ii. If the athlete accepts the individual invitation (and registers) the athlete may still participate in the Team Challenge. However, if the team receives an invite, the team will not be eligible to accept that qualification invite. Finally, the athlete will not be able to cancel or receive a refund for the individual division registration.
- i. Team Substitutions during the Online Challenge & Qualifier
 - i. Any athlete substituted midway through the Team Challenge must complete ALL team workouts before the score submission deadline.
 - ii. Athletes may make substitutions up until the score submission deadline. No subs may be made after the score submission window has closed.
 - iii. Athletes must substitute the new athlete's information via Competition Corner.
- j. Registration Fees for the Online Challenge & Qualifier
 - i. Individual Divisions: \$20 USD + service fees
 - ii. Team Divisions: \$60 USD + service fees
 - iii. No refunds will be granted. No exceptions.

B. Competing at WZA Miami

- a. Invitation
 - i. The ability to bypass the WZAOC is awarded to the individuals outlined below.
 - ii. Each invited athlete or team will have a set period to register communicated at the time of invitation. They forfeit their spot if they do not register by the deadline.
 - iii. All invited athletes are responsible for the cost of their registration, travel, and other associated expenses with the competition.
 - iv. Who gets invited
 - 1. Individual Elite Division at WZA Miami
 - a. CrossFit Games
 - i. All 2023 Individual Elite Athletes
 - ii. Podium (Top 3) - 2016 onward
 - iii. 1st Place - 2013 onward
 - iv. Top 10 Individual Athletes - CFG 2022
 - b. TYR Wodapalooza
 - i. 2023 Podium (Top 3)

- ii. 1st Place - 2019 onward
 - c. Granite Games
 - i. 2022 Elite Podium (Top 5)
- 2. Elite Team of 3
 - a. CrossFit Games 2023 - Top 10 Teams
 - i. May put together one (1) male and one (1) female team consisting of two CrossFit Games athletes, and add any 3rd athlete of their choosing.
 - ii. If an invited team member would like to compete as an individual, the athlete must qualify through the OC.
 - b. Any individual Elite Invited athlete (as outlined in the criteria) may put together an Elite Team of 3, as long as a minimum of two (2) of the three (3) athletes meet the invitation criteria
 - c. WZA 2023 Podium (Top 3)
- b. Qualification via the TYR Wodapalooza Online Challenge & Qualifier
 - i. Individual
 - 1. Elite/Rx
 - a. Elite - 1st to 20th
 - b. Rx - 21st to 40th
 - c. Athletes finishing 41st and below who complete all workouts and submit scores and required videos are eligible to register on a first-come, first-served basis in the Open Division (Formerly Intermediate & Scaled Hybrid).
 - 2. Teenager 13-15 - 1st to 10th
 - 3. Teenager 16-18 - 1st to 10th
 - 4. Masters 35-39 - 1st to 10th
 - 5. Masters 40-44 - 1st to 10th
 - 6. Masters 45-49 - 1st to 10th
 - 7. Masters 50-54 - 1st to 5th
 - 8. Masters 55-59 - 1st to 5th
 - 9. Masters 60+ - 1st to 5th
 - 10. Adaptive Seated Rx - 1st to 5th
 - 11. Adaptive Standing Upper/Lower/Neuro Rx - 1st to 5th
 - ii. Team of 3
 - 1. Elite/Rx/Intermediate Team of 3
 - a. Elite - 1st to 20th
 - b. Rx - 21st to 60th
 - c. Intermediate - 61st to 120th
 - d. Athletes finishing 121st and below who complete all workouts and submit scores and required videos are eligible to register on a first-come, first-served basis in the Open Division (Formerly Scaled).
 - 2. Masters Team of 3
 - a. Rx - 1st to 10th

- b. Athletes finishing 11th and below who complete all workouts and submit scores and required videos are eligible to register on a first-come, first-served basis in the Open Division.
- c. Qualification - via the LATAM Cup
 - iii. The LatAm Cup is a TYR WZA Division integrated by athletes who qualify via a designated event that takes place in Central and South America
 - iv. Individual Male/Female
 - 1. Athletes qualify via their performance in a participating LatAm Cup event. Depending on their leaderboard placement and the spots allocated to the specific competition, they may or may not qualify.
 - v. Participating competitions & number of spots allocated:
 - 1. WODstock Chile ([Instagram](#))
 - a. Location: Santiago, Chile
 - b. Dates: June 30th-July 2nd, 2023
 - c. Spots: 1st place male & female
 - 2. Fitland Fitness Festival ([Website](#))
 - a. Location: Bogota, Colombia
 - b. Dates: August 18-20, 2023
 - c. Spots: 1st & 2nd place male & female
 - 3. Black Challenge ([Website](#))
 - a. Location: Mexico City, Mexico
 - b. Dates: August 25-27th, 2023
 - c. Spots: 1st & 2nd place male & female
 - 4. The TCB Official ([Website](#))
 - a. Location: São Paulo, Brazil
 - b. Dates: September 7-10th, 2023
 - c. Spots: 1st & 2nd place male & female
 - 5. The Greatness FitFestival ([Website](#))
 - a. Location: Guatemala City, Guatemala
 - b. Dates: September 22-24th, 2023
 - c. Spots: 1st & 2nd place male & female
 - 6. FitGames Venezuela ([Website](#))
 - a. Location: Caracas, Venezuela
 - b. Dates: December 1-3rd, 2023
 - c. Spots: 1st & 2nd place male & female
 - 7. WODFest Costa Rica ([Website](#))
 - a. Location: San José, Costa Rica
 - b. Dates: December 2-3rd, 2023
 - c. Spots: 1st place male & female
 - 8. Argentina Throwdown ([Website](#))
 - a. Location: Buenos Aires, Argentina
 - b. Dates: December 8-9, 2023

- c. Spots: 1st place male & female
- 9. Participation:
 - a. Athletes compete on Thursday, January 11th, 2024, and Friday, January 12th, 2024 during WZA Miami.
 - b. Athletes will compete with the same weights as the Rx division.
 - c. The LatAm Cup will have a separate leaderboard consisting of only the athletes competing in the LatAm Cup
 - d. Athletes participating in the LatAm Cup are not eligible to compete as an Elite individual. They are permitted to compete on an Elite Team of 3, subject to invitation or qualification eligibility.
- d. Open Division
 - i. Athletes in the following divisions, who participate in the OC, submit all scores & required videos, and are unable to qualify for a specific division due to performing the modified versions or falling out of a qualifying position are eligible for Open Registration in the Open Division.
 - ii. Individual Athletes Eligible for Open Registration, based on WZAOC placement
 - 1. Open Division (Formerly Intermediate & Scaled Hybrid): 41st & below
 - 2. Teenager 16-18: 11th and below
 - 3. Master's 35-39: 11th and below
 - 4. Master's 40-44: 11th and below
 - 5. Master's 45-49: 11th and below
 - 6. Master's 50-54: 6th and below
 - 7. Master's 55-59: 6th and below
 - 8. Master's 60+: 6th and below
 - 9. Adaptive Standing & Seated Rx/Scaled: 6th and below
 - iii. Team
 - 1. Open Division (Formerly Scaled): 121st and below
 - 2. Masters Open Division: 11th and below
 - iv. Number of Open Registration Spots
 - 1. Individual Open Division (Formerly Intermediate & Scaled Hybrid): 40 Spots Per Gender
 - 2. Team of 3 Open Division (Formerly Scaled): 40 Spots Per Gender
 - 3. Team of 3 Masters Open Division: 10 Spots Per Gender
 - 4. Adaptive Seated: 5 Spots Per Gender
 - 5. Adaptive Standing: 5 Spots Per Gender
- e. Open Registration for Open Divisions
 - i. Open registration is specific to the individual open division, team open divisions, adaptive standing scaled, and adaptive seated scaled divisions.
- f. Gauntlet Registration
 - i. The Gauntlet is an inclusive and unique competition held as a part of WZA Miami, designed for individuals interested in testing their fitness alongside

their peers in a challenging one-hour window.

ii. Participation:

1. Athletes will compete in their chosen time slot on Thursday, January 11th, 2024, or Friday, January 12th, 2024 during WZA Miami.
2. Athletes will complete a 3-station workout within a 60-minute time frame
3. Top athletes in each division will move on to the finals on Saturday, January 13th, 2024 to compete in another 3-station, 60-minute workout.

iii. Divisions

1. Individual Male/ Female RX
2. Individual Male/ Female Intermediate
3. Individual Male/ Female Scaled

C. Age Requirement by Division

a. The following divisions require all athletes to be 13 or over as of 01/01/24.

- i. Adaptive Seated Rx & Scaled, Adaptive Standing Rx & Scaled, Individual Elite, Individual Rx, Individual Open Division, Elite Teams of 3, Rx Teams of 3, Intermediate Teams of 3, and Open Division Teams of 3.
- ii. Masters 35-39: Athletes must be 35 years of age, not older than 39 as of 1/1/2024
- iii. Masters 40-44: Athletes must be 40 years of age, not older than 44 as of 1/1/2024
- iv. Masters 45-49: Athletes must be 45 years of age, not older than 49 as of 1/1/2024
- v. Masters 50-54: Athletes must be 50 years of age, not older than 54 as of 1/1/2024
- vi. Masters 55-59: Athletes must be 55 years of age, not older than 59 as of 1/1/2024
- vii. Masters 60+: Athletes must be 60 years of age or older as of 1/1/2024
- viii. Teens 13-15: Athletes must be 13 years of age, not older than 15 as of 1/1/2024
- ix. Teens 16-18: Athletes must be 16 years of age, not older than 18 as of 1/1/2024

b. Masters Teams of 3: athletes must be 35 years of age as of 1/1/2024, or older, and the sum of athletes must be a minimum of 125 years. The sum may go over 125 years.

- i. Masters team athlete ages will be considered in years only, and will not take into consideration months until a subsequent change in age. An athlete's age on January 1st, 2024 in years (not months or days) is the number an athlete should use to tabulate their age for their team. Round down to the nearest whole year. For example, if an athlete is 35 years, 7 months, and 4 days old on January 1st, 2024, their official age is 35 to add their age with teammates.

D. Registration Process

- a. Whether an athlete/team qualifies and registers for WZA Miami through the invitation process, qualification, open registration, or application, the athlete must complete the registration form through the link provided via email by the set deadline.
 - i. The email will contain information about hotel accommodations, athlete registration days & times, and the basic athlete schedule.
- b. Athletes and/or team captains are ultimately responsible for checking their primary email given during TYR WZAOC registration to learn if an invite was received.
- c. Deadlines are strictly enforced. Depending on which avenue athletes receive the

invite dictates how long the athlete has to accept or decline their invitation.

- i. Each avenue has its own deadline schedule. See the schedule overview below.
- ii. If an athlete or team declines their invitation or misses their deadline, their spot may be backfilled to the next eligible athlete.

E. TYR WZA Miami Registration Fees

- a. Once an athlete is invited via invitation, application, qualification, or open registration, the athlete needs to complete the registration form, including registration fees. All registration and service fees are due at the time of registration. No exceptions.
- b. Elite Individual: \$390 USD + service fees
- c. All Other Individual Divisions: \$375 USD + service fees
- d. Elite Team of 3: \$1,200 USD + service fees
- e. All Other Team of 3 Divisions: \$975 + service fees
- f. WZA Gauntlet: \$120 + service fees
- g. No refunds will be granted. No exceptions.

F. The 2023-2024 Season Deadlines are as follows (except adaptive):

- a. **9/14 - 9/18/23:** Individual Online Challenge Week One
- b. **9/18/23:** Individual Scores are due and Registration closes at 8:00pm ET
- c. **9/21 - 9/25/23:** Individual Online Challenge Week Two
- d. **9/25/23:** Scores due 8:00pm ET
- e. **9/26/23:** All videos are due at 8:00pm ET
- f. **9/27 - 10/3/23:** Video Review Window
- g. **10/4 - 10/8/23:** Individual Invite Window; on a rolling basis
- h. **10/9/23:** Open Registration for the Individual Open Division opens at 8:00pm ET. Registration will close once it sells out.
- i. **10/12 - 10/23/23:** Team Online Challenge Runs
- j. **10/23/23:** Scores are due and Team registration closes at 8:00pm ET.
- k. **10/23/23:** Team deadline to substitute an athlete for the WZAOC; athletes must make all substitutions via their athlete account on Competition Corner.
- l. **10/26/23:** All video submissions are due at 8:00 PM ET
- m. **10/27 - 11/5/23:** Video Review Window
- n. **11/6 - 11/10/23:** Team Invite Window; on a rolling basis
- o. **11/13/23:** Open Registration for Team Open Division opens at 8:00pm ET. Registration will close once it sells out.

G. The 2023-2024 Adaptive Season Deadlines are as follows:

- a. **9/14 - 9/18/23:** Individual Online Challenge Week One
- b. **9/21 - 9/25/23:** Individual Online Challenge Week Two
- c. **9/25/23: Both, week one and week two** Scores due 8:00pm ET
 - i. The adaptive division will have two (2) weeks to complete all workouts and submit all scores on this date.
- d. **9/26/23:** All required videos are due at 8:00pm ET
- e. **9/27 - 10/3/23:** Video Review Window
- f. **10/4 - 10/8/23:** Individual Invite Window; on a rolling basis

- g. **10/9/23:** Open Registration for the Individual Open Division opens at 8:00pm ET. Registration will close once it sells out.
- H. WZA reserves the right to invite or disqualify any athlete at their discretion.
- I. Registering for more than one division
 - a. If an athlete accepts an individual invitation during the Online Challenge & Qualifier, they may still participate in the Team Challenge. However, if their team receives an invite to WZA Miami, the team is eligible to accept pending the following:
 - i. The athlete who accepted a spot as an individual may not be on the team and should be replaced with another athlete, who is not registered as an individual.
 - ii. The team pays the one-time \$100.00 teammate swap fee
 - b. Athletes are not able to cancel or receive a refund for individual division registration.

ONLINE CHALLENGE & QUALIFIER

- A. The Online Challenge is a series of workouts that will be released on the official WZA website
 - a. Athletes must complete each workout per the prescribed requirements to be ranked on the final overall WZA leaderboard.
 - b. Top qualifying athletes in each division will be invited to compete on-site at WZA Miami.
- 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, Athletes will not be able to submit or amend any score for that workout.
- D. It is the sole responsibility of the Athlete to ensure the timely and successful submission of their workout score(s) each week.
- E. Scoring follows a “golf style” system, similar to that used by the CFG Open. An athlete’s individual placement within their division equates to the number of points they receive for each workout.
 - a. For example, 1st place is 1 point, 2nd place is 2 points, 3rd place is 3 points, etc.
 - b. At the conclusion, athletes with the least amount of total points will be placed at the top of the leaderboard, and others will be ranked accordingly in order from lowest to highest.
- F. Scores do not need to be validated by a coach or judge, however, WZA highly recommends the use of one to ensure scores are valid and that the athlete completed the workout per the prescribed movement standards.
- G. Video submissions of workouts at the time of score submission are not required.
 - a. Athletes will be asked to submit all videos of the OC workouts if they are seeking to compete for a spot at WZA Miami. Failure to submit the required videos may result in an invalidated score.
 - b. WZA reserves the right to request video validation from any athlete of any score submission they deem necessary.
- H. Invalidation of any online scoring submission is the sole right of WZA.
 - a. Reasons for invalidation include but are not limited to:
 - i. Violation of the movement standards
 - ii. Violation of the workout format

- iii. Miscounting repetitions
- I. The WZA website will host the only official Leaderboard for the Online Challenge.
- J. Athletes may submit their score for events multiple times until the close of score submission. The entered score will appear on the official leaderboard once validated. Scores may be adjusted and removed at any time at the discretion of WZA.
 - a. Common reasons for adjustment and/or removal of scores include unacceptable movement standards, improper rep counts, or poor quality of video submission.
 - b. 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
- K. Video Review Process
 - a. During review, our team will assess each athlete's performance for the requested videos. If a discrepancy is found, scores will be adjusted and we will communicate via email.
 - b. Discrepancies in an athlete's workout include, but are not limited to:
 - i. Rejected Video
 - 1. 20%+ of the total rep count, - no & missing reps or issues with video (viewability, etc.)
 - 2. Score invalidated.
 - ii. Major Penalty
 - 1. 10%-19% of the total rep count - no & missing reps.
 - 2. Score modified to reflect the number of no and/or missing reps, and an additional 15% deduction to the new score. The score is still valid.
 - iii. Minor Penalty
 - 1. 1%-9% of the total rep count - no & missing reps.
 - 2. Score modified to reflect the number of no and/or missing reps, the score is still valid.
 - iv. Score Adjustment
 - 1. A change made due to another reason (i.e. working past time expiration)
 - 2. Score modified to reflect the correct number of reps, score is still valid.
 - c. If a score is approved with no penalties or rejection, the athlete will not be contacted and the score submitted will be reflected on the leaderboard.
 - d. If a penalty (major or minor) is applied, our team will reach out with more information regarding the reason. Scores will be adjusted simultaneously.
 - e. If a video is rejected completely, the athlete will be afforded 24 hours from the time of notification to resubmit the video. Rejected and penalized videos (major or minor) are not the same. If an athlete fails to resubmit their video within the 24-hour window, it will remain rejected and affect their score and leaderboard placement.
- L. Video Submission Guidelines
 - a. **BEFORE**
 - i. Athletes will be asked to submit all videos of the OC workouts if they are seeking to compete for a spot at WZA Miami.
 - 1. For teams of 3, each athlete must submit their own video.
 - ii. Within each video, athletes must:

1. Declare their Full Name, Division, and workout
 - a. If there is a code word indicated on the scorecard, say it in the intro
2. Show prescribed weights or prescribed height/distance via measurements.
3. Please see the workout scorecard for further details on each workout.

b. DURING

- i. Athletes must be positioned to clearly show the completion of each movement as prescribed in the standards. Ensure the judge does not obstruct the camera view.
 1. Use the camera placement provided in the floor plan.
 2. Video should capture full view of the athlete during all movements, at all times
 3. Avoid placing the camera low on the ground. We recommend placing the camera at least three (3) feet (90 cm) off the ground.
- ii. We recommended NOT wearing shorts/shirts that match or are the same color as the background of the facility to allow clear viewing of movements.
- iii. Clocks / Timers
 1. A clock or timer must be visible throughout the entire workout. This timer can be at the physical location or through a video recording app.
 2. We recommend athletes use a timer that counts up for all workouts.
- iv. Videos shot with a fisheye lens or similar that obstruct or distort the athlete's performance of the movement standards will be rejected.
- v. All video submissions must be one continuous shot, from the introduction of the athlete to the verification of weights/measurements through the completion of the workout. Any editing of the video may lead to the video being invalid, and the athlete's workout score for that submission will not be accepted.

c. AFTER

- i. Videos must be uncut and unedited to display the athlete's performance accurately.
- ii. We recommend submitting videos with the score as it may take time to upload. Athletes will not be given an extension if videos are submitted past the deadline.
- iii. Once an athlete has successfully uploaded their video on YouTube or Vimeo, athletes may add the video link to the respective workout on Competition Corner.

d. VIDEO PLATFORMS

- i. Record the workout using a camera or recording app & upload it as a PUBLIC video.
 1. We highly recommend all videos be uploaded via YouTube or Vimeo.
 2. We do not recommend Facebook, Google Drive, or Dropbox as they default upload with private settings, making them unviewable by our team.
 3. If we are unable to open the video upon submission, it will be rejected.
- ii. Team WZA is not responsible if a video is blocked by a hosting provider due to copyrighted music or other reasons. If there is a concern, we recommend athletes intentionally mute their audio before uploading, and then introduce themselves, division, and workout number via a whiteboard and/or paper.

M. Unearned Reps

- a. WZA reserves the right to judge independently whether an athlete's reps meet movement and workout standards and count as good or not. If they cannot clearly see

movements being performed, WZA retains the right to reject the video and score. If it is determined that an athlete has been given five (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 five (5) seconds.

ON-SITE TYR WZA MIAMI

- A. Athletes and Teams will complete multiple workouts over one, two, three, or four days (division dependent). Details will be released prior to the start of any workout and will be consistent for all eligible Athletes at the time of release.
- B. Schedule of Events: The schedule and workouts will be released shortly before the competition begins. The date, location, and travel information for WZA Miami will be distributed on the WZA website and/or through email to each competing Athlete and Team.
 - a. It is the responsibility of each competing Athlete and Team to meet required travel and scheduling commitments. This includes but is not limited to, athlete on-site registration, all event briefings, competition schedules, non-competition appearances, and media commitments. Athletes are required to [contact us](#) with any scheduling conflicts.
- C. On-Site Athlete Registration
 - a. Dates, times, and locations of Athlete Registration will be emailed to all athletes and team captains. It is the responsibility of each athlete and team to meet all required scheduling commitments.
 - b. Athletes will register on-site with staff and must provide a valid form of identification.
 - i. Accepted proof of identification includes a state driver's license, passport, military ID, birth certificate, and other officially verified forms of identification.
 - ii. All three (3) team members must provide a photo ID.
 - c. During registration, athletes and teams will receive gear, credentials, and additional important information about the competition.
 - i. For the Elite, Adaptive, and Teenager divisions, all coaches must be declared at registration. Coaches must be 18 years or older and must be on-site to register and receive their credentials. Only one (1) coach per athlete or team will receive credentials for the entire competition which are non-transferable.
 - d. Athlete Registration is mandatory and will take place in person the day before each division's start of competition.
 - i. Elite Individuals compete on Thursday, January 11th, and Friday, January 12th, 2024. Elite Individual Registration takes place on Wednesday, January 10th, 2024.
 - ii. Elite Teams of 3 compete on Saturday, January 13th, and Sunday, January 14th, 2024. Elite Team Registration takes place on Friday, January 12th, 2024.
 - iii. Community Divisions compete from Friday, January 12th to Sunday, January 14th, 2024. Community Division registration takes place Thursday, January 11th, 2024.
 - iv. Gauntlet divisions compete from Thursday, January 11th, to Saturday, January 13th, 2024 on the day and time slot chosen during registration. Athletes register on-site 90 minutes before their heat time, confirmed the week of the event.

- e. Athletes/Teams may be granted a late check-in, before the first event, for special circumstances. WZA reserves the right to deny special requests. Athletes/Teams in need of this must contact staff prior to the Monday of event week to request late check-in.
- f. Only one (1) team member is required to complete check-in per team for community divisions. All (3) members of an Elite Team must check in together.
- g. Another athlete or person may not complete check-in for any other athlete competing.
- h. WZA makes no guarantee that Athlete registration and check-in access will be available after the assigned registration day, before the competition. Once the first workout has begun, Athletes or Teams who have not checked in will be disqualified from competition.

D. Athlete Briefings

- a. Event Movement Standards and required Range of Motion shall be delivered or prescribed before the competition during Athlete Briefings, which will occur online and/or on-site. WZA will communicate by email on the time, date, and location of briefings.
- b. The defined method by which the Athlete meets the Range of Motion standard will be announced by WZA. Delivery can be in the form of online media, written documents, or Athlete briefings either with or without demonstration. Regardless of delivery method, the Athlete is required to meet or exceed the Event Movement Standard requirements during all competitions. For example, If a squat snatch is prescribed, a power snatch will not meet the standard, unless otherwise stated.
- c. Delivery of Event Movement Standards and required Range of Motion to all participating Athletes will occur during an Athlete briefing just prior to competition.
- d. Briefings will be delivered by a Head Judge or a designee of the On-site Director, with or without visual demonstration. There will be an opportunity for Athletes to ask questions.
- e. Athlete attendance at briefings is highly recommended for all community divisions and mandatory for the Elite Individual and Elite Team divisions. The time and location of briefings will be communicated to athletes prior to the start of the competition.
- f. Briefings for the Elite Individual and Elite Team Divisions on site are mandatory. All Individual athletes and at least one (1) athlete from each team are required to be in attendance at each briefing. Athletes and teams will check in with a member of the TYR WZA staff prior to entering the briefing to confirm their attendance. Coaches may attend all briefings, however, a coach cannot attend in the place of an athlete at any briefing. Any athlete or team not present for a briefing will forfeit their ability to appeal any of the workouts that take place during that competition day.
- g. 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 to all athletes in advance. Athletes and Teams who are absent from these briefings may be subject to the loss of appeals during the competition.
- h. Demonstration of the Event Movement Standard applying the acceptable Range of Motion, or demonstration of the unacceptable Range of Motion is not required and will be used as needed.
- i. If a translator is needed, please speak with our Athlete Relations team before the briefing.

E. On-site Judges will validate scores for each workout an Athlete or Team performs.

- F. Individuals will be ranked on their performance on each workout. Based on their rank, they will be assigned points. They will be ranked on the overall leaderboard sequentially based on their total accumulated points (i.e. higher points = higher placement). After the event, the athletes with the highest point total will be declared winners.
 - a. The point index is based on a sliding point system where each workout has a potential of 100 points.
 - i. 1st = 100 points, 2nd = 95 points, 3rd = 90 points, etc.
 - ii. The point system can and will be adjusted for the number of competitors/teams in each division.
- G. Athletes and teams will be reseeded after each competition day unless otherwise noted.
- H. At different stages of the competition, only the top athletes and teams will advance.
- I. Team scoring format(s) will be released when the workouts are announced.
 - a. Any configuration or combination of teammates may be required to perform a designated workout.
 - b. All or none of the team members may be required to contribute to a team score.
- J. Injuries
 - a. 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.
 - b. During the competition, if an athlete or team is unable to participate in the next event for any reason (DNF, injury, etc.), the athlete or team will be withdrawn from the competition. The athlete or team will retain the points they have earned in competition to the point of withdrawal and will be ranked accordingly
 - c. The Director of Medical and the Competition Director will have the authority to remove any athlete from competition based on the severity of the injury, the likelihood of further injury, and other injury-related safety factors at the discretion of the on-site directors.
- K. Tests may use chip timers for official timing. The chip will be placed on the same area of the body for all athletes. The official time for each athlete will be recorded when the timer reaches the finish mat or crosses the finish line.
- L. Athlete Entourage
 - a. Community division coaches, personal therapy providers, or photographers and videographers are considered general admission spectators and will not be allowed access to warm-up areas or restricted Athlete Only areas, with the exception of Elite Individuals, Elite Teams, Adaptive, and Teens.
 - b. Each individual or team within those four excepted divisions will receive one (1) coach pass granting access to Athlete Village.
- M. Athlete Rehabilitative Medical Staff (soft tissue & body care providers) will be provided by WZA to all Athletes in a designated restricted access area. Athletes requesting the use of their own personal therapy providers (massage, PT, etc.) must do so in general admission access areas.
- N. Some international athletes may be required to obtain a VISA to gain entry into the United States to participate. It is suggested those athletes begin the application process of applying for and obtaining such documents well in advance of the on-site competition. For some athletes,

securing an application interview can take time.

O. Prize Purse

a. Elite Indy Male

- i. 1st place \$75,000
- ii. 2nd place \$30,000
- iii. 3rd place \$20,000
- iv. 4th place \$10,000
- v. 5th place \$6,000
- vi. 6th place \$5,000
- vii. 7th place \$4,000
- viii. 8th place \$3,000
- ix. 9th place \$2,000
- x. 10th place \$1,000

b. Elite Indy Female

- i. 1st place \$75,000
- ii. 2nd place \$30,000
- iii. 3rd place \$20,000
- iv. 4th place \$10,000
- v. 5th place \$6,000
- vi. 6th place \$5,000
- vii. 7th place \$4,000
- viii. 8th place \$3,000
- ix. 9th place \$2,000
- x. 10th place \$1,000

c. Elite Team of 3 Male

- i. 1st place \$30,000
- ii. 2nd place \$20,000
- iii. 3rd place \$10,000
- iv. 4th place \$7,500
- v. 5th place \$6,000
- vi. 6th place \$5,000
- vii. 7th place \$4,000
- viii. 8th place \$3,000
- ix. 9th place \$2,000
- x. 10th place \$1,000

d. Elite Team of 3 Female

- i. 1st place \$30,000
- ii. 2nd place \$20,000
- iii. 3rd place \$10,000
- iv. 4th place \$7,500
- v. 5th place \$6,000
- vi. 6th place \$5,000

- vii. 7th place \$4,000
 - viii. 8th place \$3,000
 - ix. 9th place \$2,000
 - x. 10th place \$1,000
- e. Masters Division Indy Male (All divisions)
 - i. 1st place \$2,000
- f. Masters Division Indy Female (All divisions)
 - i. 1st place \$2,000
- g. Masters Rx Team Male
 - i. 1st place \$4,000
- h. Masters Rx Team Female
 - i. 1st place \$4,000
- i. LATAM Cup Male **subject to change*
 - i. 1st place \$5,000
 - ii. 2nd place \$3,000
 - iii. 3rd place \$1,000
- j. LATAM Cup Female **subject to change*
 - i. 1st place \$6,000
 - ii. 2nd place \$4,000
 - iii. 3rd place \$2,000

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. The 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. The required amount of weight:
 - 1. All weights will be released in pounds
 - 2. In the case of the WZAOC, kilogram conversions will be provided
 - a. If an athlete is unable to meet the exact kilogram conversions, they must use a load that is at a minimum as heavy as the prescribed load (i.e. 20lb wallball converted to 9kg athlete may use a 10kg wallball if they do not possess 9kg)
 - b. 15kg weightlifting bars will be considered to be 35 pounds, and 20kg bars will be considered to be 45 pounds

3. It is the Athlete's responsibility to use the correct poundage and/or pre-determined conversion as published by WZA.
4. If a workout requests the athlete to determine the weight (i.e. 1 rep-max):
 - a. The official weight must be recorded in pounds. If converting kilograms to pounds, round to the nearest pound (.5 and up round up, .4 and below round down, i.e. 200.1 to 200.4lb rounds down to 200lb vs. 200.5 to 200.9lb rounds up to 201lb)
 - b. Any weight increases with change plates must result in a whole number (no decimal points).
5. Collars cannot be included in the weight
- vii. Time-domain or time limit
- viii. Scoring details
- ix. Filming and submission guidelines, if any
- C. The scoring format will be announced before the start of the competition.
- D. The Athlete or Team with the best performance over multiple workouts 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. 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 event, regardless of overall rank.
 - d. Some workouts may have a minimum amount of time, repetitions, weight, or rounds required to advance. Any minimums will be announced as part of the workout format. Failure to reach a minimum will prohibit the Athlete from advancing in the competition.
 - i. If an Athlete does not advance to the next workout for any reason (DNF, injury, etc.), they will be ranked below all competitors who started that workout.
 - ii. Scaling or modifying workout(s) is prohibited and will prohibit advancing.
 - iii. If an athlete can perform the minimum workout requirement and/or takes the floor, they will continue in competition and their score will be reflected on the leaderboard.
 - e. Judging and/or validation are mandated during WZA Miami's competition and required to make any WZA workout result at these levels official. Judges are not mandated during the WZAOC. All athletes will be asked to submit a video of one or more of the WZAOC workouts. Please note, that failure to submit the required videos may result in an invalidated score. WZA highly recommends athletes have a coach or judge validate their score before submission to ensure that movement standards for that event are upheld.
 - i. All potential Event Judges are recommended to complete the CrossFit Games Judges Course and are encouraged to have 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 WZAOC, describe the person validating Athlete movement standards and online score submission.
 - iv. All video submissions will be judged and validated by WZA's judging team.
 - v. Any infraction to the Movement Standards or Range of Motion will result in the repetition(s) loss.
- E. Uncommon Movement Clause
 - a. Any movement deemed uncommon, out of the ordinary, or used to amend, shorten, or change the accepted Movement Standard or Range of Motion including a line of action of any Event Movement can and will be disallowed. It is the responsibility of the Athlete to notify their Judge of any questionable movement before the workout.
- F. Physical limitations in Range of Motion from prior physical defects or temporary or permanent injuries that are obvious and clearly definable by demonstration and are brought to the attention of a Judge or staff prior to competition may be granted an exception at WZA's sole discretion. These cases are very rare and will be handled on a case-by-case basis.
 - a. Judges are instructed not to touch or move competition equipment during a workout unless the equipment will interfere with another Athlete's performance or if there is a legitimate safety concern.
 - i. Non-compliance with a Judge's instructions, bickering with or questioning 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 from the event and/or future events.
 - ii. 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 the Athlete is at risk of serious injury to himself/herself or others.
 - iii. Judgment calls made during the workout are final and are not negotiable or subject to change or modification.
 - b. 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.
 - c. 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.
 - i. Subject to WZA'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 an advantage.
 - ii. Once an Athlete enters the competition surface, they may not receive any outside material assistance (water, tape, chalk, rope, etc.) from spectators or coaches.

G. Attire Requirements

- a. Athletes must wear sport footwear while competing. Slippers, socks, and open-toed shoes are not permitted. An exception may be made for swim tests.
 - i. Shoes may not be altered from their original manufactured state to increase the sole's height.
 - ii. Garments that provide floating assistance (i.e. buoyancy shorts) are not permitted.
- b. Athletes may cover their hands and fingers with tape, gymnastics grips, or gloves for protection from tearing. These resources may not be used in a manner that provides additional grip assistance (i.e. wrap gymnastics grips around a pull-up bar or barbell).
 - i. The grips cannot contain a dowel and the grip cannot be sewn into a fold.
- c. Electronic devices such as watches, wearables, and heart-rate monitors are permitted. All other electronics, such as music players and headphones may not be worn. Portable media devices such as mobile phones or tablets are not permitted on competition stages.
- d. Before entering the Competition Stage, athletes may be notified by event staff to only bring certain items onto the floor. Athletes should only enter the competition floor with the personal items or attire that is necessary for that specific event. If athletes are permitted to bring items onto the floor, they must be kept within their own competition lane. Items deemed to be excessive for an event may include extra shoes, water bottles, and extra clothing and may not be permitted.

H. Competition Appeal Process

- a. All appeals, scoring discrepancies, or questions about the submission of scores should be done immediately following the event in question.
 - i. Appeals must be made on the same day as the event via a web link provided in Athlete Village and on the athlete or team captain's Competition Corner profile.
 - ii. No appeals will be accepted after the completion of that competition day.
 - iii. On the final day of the competition, athletes may only appeal their final workout within fifteen (15) minutes following the conclusion of their assigned heat.
 - iv. Appeals made during the WZAOC should be addressed in a time and date stamped email including all facts [sent to staff](#).
- b. Only affected athletes, 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.
- c. Athletes may not appeal their own performance based on the judging, scoring, or performance of another Athlete or Team.
- d. For all inquiries during the WZAOC, the following process will be used:
 - i. The athlete immediately notifies staff [via email](#) about the result in question by relating their name and reason for the protest. Inquiries will be answered in the order they are received. Scoring protests/appeals made by anonymous individuals regarding another athlete or team's performance will not be accepted.
 - ii. Staff and Athletes will communicate to fact-find and define the issue in protest.
 - iii. Meeting submission requirements & deadlines is the responsibility of the Athlete.
 - iv. All undetermined rulings and late or potentially late submissions [must be](#)

- [communicated to staff](#) immediately, time and date stamped, in an email.
- v. Judgment calls made during the workout are final and are not negotiable or subject to change or modification.
 - e. 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 an on-site staff member or judge.
 - i. Parties involved have the opportunity to present known facts via a submission form.
 - ii. Signing the individual or team scorecard indicates the athlete acknowledges that they have a score. It does not mean the athlete agrees with the score. Appeals may only be made after signing the scorecard.
 - iii. Athletes may not protest discrepancies related to the judging, scoring, or performance of another Athlete or Team.
 - iv. An athlete or team cannot appeal no reps by the judge. Examples include, but are not limited to the depth of a squat, extension of hips, etc...
 - v. An athlete or team's appeal can include:
 - 1. Total number of repetitions completed
 - 2. Total time
 - 3. Barbell or other implement loading errors and equipment failures
 - 4. Stage or course directional inconsistencies
 - 5. Scorecard or leaderboard errors
 - 6. Miscommunication of movement standards
 - f. For all On-site Appeals, Event Protests, Scoring Discrepancies, or Ruling Questions the following process will be used:
 - i. Two appeal rule
 - 1. Athletes/Teams will start the competition with two appeals.
 - 2. Following each event, athletes have the option to appeal (eligible list above)
 - 3. If after investigation the appeal is granted the athlete/team will retain their appeal count.
 - 4. If after investigation the appeal is denied, the athlete/team will lose one appeal from their appeal count.
 - 5. If an athlete/team exhausts their appeal count they will not be allowed to make any other appeals over the remainder of the competition
 - 6. Missing mandatory competition responsibilities such as athlete registration or event briefings may result in a loss of an appeal at the Head Judge's discretion.
 - ii. 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 web link, to be provided prior to WZA Miami weekend.
 - iii. The appeals team will review the facts presented and make a ruling. The athlete will be notified of this ruling via email.
 - iv. In the case that they need additional information or to speak in person, they will contact the appealing party via the info provided in the form

- v. WZA has final authority on all Athlete Event Protest rulings and may designate this authority to the On-site Director.
- vi. Video, photos, mobile media, or any other media will not constitute grounds for changing or modifying a decision, score, or entry made by a Judge. The on-site Director, Competition Director, or their designee may ask for related media, and 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 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.

PARTICIPATION REQUIREMENTS, REFUNDS & TRANSFERS

- A. Subject to WZA's age restrictions and other requirements, anyone who is able to perform the workouts as prescribed may attempt to register to compete (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 are permitted, regardless of the reason (injury, illness, change in work schedule, deployment, pregnancy, etc.)
- C. Athletes competing in an individual division, either online or in-person, may not transfer or substitute their spot for any reason.
- D. Once a team is registered for WZA Miami, they are eligible to substitute one (1) athlete for a valid extenuating circumstance.
 - a. The team will be charged a one-time fee of \$100.00 USD.
 - b. Only one (1) athlete per team may be substituted. Once one substitution has been made, teams are unable to make any further substitutions.
 - c. The deadline to substitute an athlete for WZA Miami 2024 is **Monday, December 11th, 2023 at 11:59 PM ET.**
 - d. All substitution inquiries must be made [via email](#) before the deadline identified above.
- E. 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 the 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.
- F. Athletes must validly and truthfully register online with the appropriately outlined and corresponding digital registration platform(s).
- G. Athletes are responsible for providing current, valid, and truthful information, including their email addresses.
 - a. Athletes younger than 18 must provide parental consent during registration. If an athlete qualifies for Miami, a parent or guardian must be on-site for the duration of the event.

- H. WZA has adopted the CrossFit Games Transgender Policy & their rulebook can be [found here](#)

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 the operation or transmission of any website related to WZA, or for communications line failure, 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 because of infection by computer viruses, 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 before cancellation, termination or suspension. WZA has no obligation to operate or produce WZA (or any part thereof).
- D. If WZA is canceled, WZA (or any party) has no obligation to award any prize money. Any decisions by WZA concerning eligibility, qualifying for, and judging related to WZA are 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.

FAQ

If you have a question that isn't answered in the pages above, check out our FAQ guide before sending us an email or DM.

CHECK OUT THE FAQs

CONTACT US!

For all general inquiries, please email info@thewodapalooza.com

For all athlete inquiries, please email compete@thewodapalooza.com

For all staff & volunteer inquiries, please email volunteer@thewodapalooza.com

