

2025-2025 SEASON

RULEBOOK

WODAPALOOZA

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1. WODAPALOOZA

1.1. INTRODUCTION & MISSION STATEMENT

WZA was created with one powerful mission: to celebrate everything that makes life special. From honoring your dedication to training to celebrating friendship, family, and your unique identity, this is more than just a brand. It's a movement that highlights what matters most: Fitness. Community. Life. Here, every moment is a reason to celebrate, and together, we create a community that's stronger, happier, and more connected.

The Wodapalooza season is a series of events encompassing WZA Miami Beach, WZA Online Challenge & Qualifier, WZA SoCal, and TYR Cup.

1.2. RULEBOOK PURPOSE

To provide clear and consistent guidelines for all participants, ensuring fairness, safety, and integrity throughout the competition. As the event evolves and more information becomes available, this rulebook will be updated accordingly to reflect any necessary changes or clarifications. An amendment section is included to document all updates made, ensuring transparency and allowing all stakeholders to track any modifications to the rules easily.

1.3. ABBREVIATIONS

WZA - Wodapalooza

WZA OCQ - Wodapalooza Online Challenge & Qualifier

2. POLICIES, RULES, & GUIDELINES

2.1. PARTICIPATION GUIDELINES

- 2.1.1. To participate in any stage of WZA, all athletes must agree to all applicable rules and policies, including, without limitation, those found within this document, all assumptions of risk and publicity releases. Additionally, all decisions of WZA are final and binding in all respects.
- 2.1.2. 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.
- 2.1.3. Information provided, either in registration or 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, including lying, for example, will result in disqualification.
- 2.1.4. 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.

2.2. DRUG POLICY

- 2.2.1. 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.
- 2.2.2. WZA abides by the CrossFit Games Official Drug-Testing Policy, which can be found [here](#).

2.3. PHOTO, VIDEO, & LIKENESS USE POLICY

- 2.3.1. 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 long. 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.
- 2.3.2. WZA may, at its 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 an editorial assignment or authorized by WZA. The 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.
- 2.3.3. Still images & Video Footage: This content may not be used for any commercial or retail purposes and may only be used for promotional purposes upon written permission of the 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.
- 2.3.4. By attending this Event, I consent to being photographed, filmed, and/or otherwise recorded, and to any use, by WZA, event sponsor(s), event vendors, and each of their respective successors, assigns,

affiliates, employees, agents, representatives and licensees (the “event parties”) of my likeness, voice, and name in connection with the event parties use or exploitation of the event content, in any and all manner and media, in perpetuity.

- 2.3.5. 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 Miami Beach or at any property offsite where a WZA event occurs is prohibited under all circumstances except under 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 the 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.

2.4. EQUITY, FAIRNESS, & CONDUCT

- 2.4.1. All athletes agree to compete in a sportsmanlike manner. 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, spectators, or event sponsors, as determined by WZA, in the eyes of the viewing public or the community, may be grounds for penalty or suspension.
- 2.4.2. 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.
- 2.4.3. 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.
- 2.4.4. WZA has and may delegate to an On-site Director the absolute authority on any final ruling, including, without limitation, the disqualification of an Athlete, removal of Spectator(s) or coaches, or dismissal of any attendee.
- 2.4.5. 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.
- 2.4.6. WZA has adopted the CrossFit Games Transgender Policy, section 9.01 of the CrossFit Rulebook [found here](#).

2.5. AGE REQUIREMENTS

- 2.5.1. An athlete's age will be based on years only and will not take into consideration months until a subsequent change in age. An athlete's age on the first day of competition is the age to use for the respective division or team. *For example, if an athlete is 35 years, 7 months, and 4 days old on Day 1 of their on-site competition, their official age is 35.*
- 2.5.2. All divisions require all athletes to be 13 or older as of the first day of the participating competition.
- 2.5.3. Masters Teams of Three: Athletes must be 35 years of age or older, and the sum of the athletes must be a minimum of 125 years.
- 2.5.4. Masters Pairs: Athletes must be 35 years of age or older, and the sum of athletes must be a minimum of 80 years.
- 2.5.5. For athletes participating in the WZA OCQ, their age is determined by the start of the WZA Miami Beach event for which they are qualifying.

2.6. REGISTRATIONS & REFUNDS

- 2.6.1. 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.
- 2.6.2. All registrations are final. No refunds or transfers are permitted unless specifically stated otherwise, regardless of the reason (injury, illness, change in work schedule, deployment, pregnancy, etc). For any additional information regarding transfers or teammate swaps, please refer to the specific event section of this document for directions and guidelines.
- 2.6.3. 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.
- 2.6.4. Athletes must validly and truthfully register online with the appropriately outlined and corresponding digital registration platform(s). Athletes are responsible for providing current, valid, and truthful information, including their email addresses.
- 2.6.5. **Minor Athletes:** Athletes under 18 must obtain parental consent during all registrations and have a parent or guardian present for the entire duration of any on-site event.
- 2.6.6. **International Athletes:** International athletes may be required to obtain a VISA to gain entry into the United States to participate. It is suggested that 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.

2.7. PRIZE WINNINGS

- 2.7.1. It is the sole responsibility of the winners and/or compensated athletes to present valid identification and to comply with paying any applicable taxes in connection with 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.
- 2.7.2. WZA will seek to provide full payments to winning athletes within 90 days of receiving all complete and accurate paperwork.
- 2.7.3. WZA provides a cash prize payout to the following events; WZA SoCal, TYR Cup, and WZA Miami Beach. Prize allocation will be announced prior to the event.

3. STANDARD COMPETITION PROCEDURES

3.1. SCHEDULE

Event schedules will be released via email to each competing athlete before the competition begins. It is the responsibility of each competing Athlete & 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 via email at team@wzasports.com with any scheduling conflicts.

3.2. WORKOUT FORMAT

- 3.2.1. All workouts will be released to all athletes before the competition begins.
- 3.2.2. 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.
- 3.2.3. For all levels of WZA competitions and qualifying events, the workout format will be released and communicated uniformly to all athletes online and/or on-site at athlete briefings. The workout format will include the following:
 - Required movements to include starting and ending ranges of the movement, prohibited techniques, accessories, and/or equipment, and all adjustments by Division, if any.
 - Required number of repetitions and/or repetition scheme
 - Required equipment
 - Required amount of weight, which will be released in pounds
 - Time-domain or time limit
 - Scoring details
 - Filming and submission guidelines, if any.
- 3.2.4. Weight Requirements
 - 3.2.4.1. It is the Athlete's responsibility to use the correct poundage and/or pre-determined conversion as published by WZA. Collars, while required, cannot be included as part of the weight.
 - 3.2.4.2. In the case of the WZA OCQ, kilogram conversions will be provided. 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 wall ball converted to 9kg; the athlete may use a 10kg wall ball if they do not possess 9kg). 15kg weightlifting bars will be considered to be 35 pounds, and 20kg bars will be considered to be 45 pounds.
 - 3.2.4.3. If a workout requests the athlete to determine the weight (i.e., 1 rep-max): 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 200 lb vs. 200.5 to 200.9lb rounds up to 201 lb.) Any weight increase with change plates must result in a whole number (no decimal points).

3.3. SCORING FORMAT

- 3.3.1. The Athlete or Team with the best performance over multiple workouts wins and/or advances.
- 3.3.2. **On-Site Scoring Format:** Athletes 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. The point index is based on a sliding point system where each workout has a potential of 100 points. 1st = 100 points, 2nd = 95 points, 3rd = 90 points, etc.

The point system can and will be adjusted for the number of competitors/teams in each division.

- 3.3.3. **Online Challenge & Qualifier Scoring Format:** 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. *For example, 1st place is 1 point, 2nd place is 2 points, 3rd place is 3 points, etc.* 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.
- 3.3.4. 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 remain 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.
- 3.3.5. 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.
- 3.3.6. 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 the minimum requirements will prohibit the Athlete or Team from advancing in the competition.
- 3.3.7. 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.
- 3.3.8. For on-site events, scaling or modifying workout(s) is prohibited and will prohibit advancing.
- 3.3.9. Official times are electronically recorded by each judge’s stopwatch. Floor cameras will serve as backup and validation in the event of an appeal.
- 3.3.10. Workouts may use chip timers for timing. The chip will be placed on the same area of the body for all athletes. The time for each athlete will be recorded when the timer reaches the finish mat or crosses the finish line.
- 3.3.11. Initial score submissions will determine heat reseeding, regardless of any active appeals at the end of the day. WZA will address appeals promptly, but will not delay heat assignments due to pending appeals.

3.4. JUDGES

- 3.4.1. “Judges” are inclusive of event Judges and describe the person validating Athlete movement standards and online score submissions. All potential event Judges are recommended to complete the CrossFit Games Judges Course and are encouraged to have previous judging experience.
- 3.4.2. Judges are not mandated during the WZA OCQ.
- 3.4.3. Judges are instructed not to touch or move competition equipment during a workout unless expressly indicated otherwise, the equipment will interfere with another Athlete’s performance, or if there is a legitimate safety concern.
- 3.4.4. 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 staff), in its sole and absolute discretion, may result in penalty or disqualification from the event and/or future events.
- 3.4.5. Event Judges and On-site Directors have the authority to stop or suspend an Athlete at any point in the competition if he or she feels that the Athlete is at risk of serious injury to himself/herself or others.
- 3.4.6. Judgment calls made during the workout are final and are not negotiable or subject to change or modification.

3.5. BRIEFINGS

- 3.5.1. Event movement standards and required range of motion shall be delivered or prescribed before the competition during the Athlete Briefings. Briefing schedules and athlete attendance requirements will be released to all athletes before the start of the competition, which will be either virtual or in-person. All briefings will be delivered by a Head Judge.
- 3.5.2. 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. If a translator is needed, please email team@wzasports.com in advance.
- 3.5.3. 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.

3.6. UNCOMMON MOVEMENT CLAUSE

- 3.6.1. 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. Any infraction to the Movement Standards or Range of Motion will result in the repetition(s) loss.

3.7. PHYSICAL LIMITATIONS IN RANGE OF MOTION

- 3.7.1. Physical limitations in the 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 before 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.

3.8. MEDICAL, INJURIES, WORKOUT ATTENDANCE

- 3.8.1. WZA medical staff will be available at all on-site events for athletes to ensure a safe and successful event. The role of our medical staff is to support athletes through education and counseling, preventive care, on-site treatment, and, when necessary, off-site referral. The medical staff will have a presence on both sides of every stage to facilitate immediate response for all medical emergencies, as well as decontamination of equipment between heats.
- 3.8.2. All on-site injuries must be communicated to the Director of Medical and/or the Director of Athletes. If an athlete can perform the minimum workout requirement and/or takes the floor, they will continue in the competition, and their score will be reflected on the leaderboard.
- 3.8.3. If an athlete or team member is injured, the team may continue competing until such time as they are unable to complete the workout as prescribed. At this point, the athlete/team will receive a DNF for the workout. Teams may request a teammate substitution by contacting the Director of Athletes for approval. In the case a substitution is honored, the team may proceed in the competition but will receive a zero/DNF for any workout that is completed after the substitution has taken place. WZA reserves the right to deny or approve teammate substitution requests.
- 3.8.4. If an athlete or team is unable to participate in a workout for any reason (injury, no show, etc.), the athlete or team will be withdrawn from the competition. The athlete or team will retain the points they have earned from the workouts in which they participated up to the point of withdrawal and will be ranked accordingly within the final leaderboard.
- 3.8.5. 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.

- 3.8.6. During on-site competition, the medical staff will make access to the field of play at the request of the athlete, the request of a judge, and/or the judgment of the field medical lead assigned to the stage in question. Should further care or transport be needed, WZA will facilitate that access with on-site EMS as well.

3.9. ATTIRE REQUIREMENTS

- 3.9.1. Athletes must wear sport footwear while competing. Slippers, socks, and open-toed shoes are not permitted. An exception may be made for swim workouts. Shoes may not be altered from their original manufactured state to increase the sole's height.
- 3.9.2. Garments that provide floating assistance (i.e. buoyancy shorts) are not permitted.
- 3.9.3. Athletes may cover their hands and fingers with tape, or 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). The grips cannot contain a dowel, and the grip cannot be sewn into a fold.
- 3.9.4. Subject to WZA's prior approval, 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.
- 3.9.5. 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.
- 3.9.6. Before entering the Competition Stage, athletes may be notified by event staff to bring only 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.
- 3.9.7. Proper attire is required at all events. No attire shall interfere with event Judging and the ability to see the Event Movement Standards or Range of Motion.

3.10. ONLINE CHALLENGE & QUALIFIER APPEALS - RULES, GUIDELINES, & PROCESS

- 3.10.1. For all inquiries during the WZA OCQ, the athlete immediately notifies staff at team@wzasports.com about the result in question by stating 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.
- 3.10.2. Staff and Athletes will communicate to fact-find and define the issue in protest.
- 3.10.3. Meeting submission requirements & deadlines is the responsibility of the Athlete.
- 3.10.4. All undetermined rulings and late or potentially late submissions must be communicated to staff immediately, time and date stamped, in an email to team@wzasports.com.
- 3.10.5. Judgment calls made during the video review period are final and are not negotiable or subject to change or modification. However, if a mistake is made on the part of a judge, WZA reserves the right to further review and reassess on a case-by-case basis.

3.11. ON-SITE EVENT APPEALS - RULES, GUIDELINES, & PROCESS

- 3.11.1. At the conclusion of a workout, all athletes must sign their scorecards and should ensure their scorecard has a score/time recorded by the judge. 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.
- 3.11.2. Only affected athletes, exclusively those in the individual divisions, the team captain of a team, the legal guardian representing any athlete under 18 years of age, or an athlete or team's coach may appeal a result. No other parties may appeal on behalf of an athlete or team.
- 3.11.3. All appeals and scoring discrepancies should be done immediately following the event in question. All appeals or scoring discrepancies must be filed within 60 minutes of the athlete or team's score being published on the leaderboard via a web link provided in the Athlete Handbook, at Athlete HQ in the athlete village, or on the athlete or team captain's Competition Corner profile. No appeals will be accepted after the completion of that competition day unless otherwise stated.
- 3.11.4. Scores entered after 11:00 PM in the timezone of the on-site event are subject to appeal into the following day. Appeals must be submitted by 11:00 AM the following day.
- 3.11.5. On the final event of the final day of the competition for all divisions, athletes may only appeal their workout score immediately following the conclusion of their assigned heat.
- 3.11.6. The appeals team will review the facts presented and make a ruling. The athlete will be notified of this ruling via email. 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.
- 3.11.7. An athlete or team **cannot appeal** the following movements that are deemed no reps by the judge. Movements include, but are not limited to, the depth of a squat, the extension of hips, etc. In rare cases, an athlete or team's appeal may include specific movements resulting in a no rep, as defined by WZA. Movements include, but are not limited to, rope climbs, sled drag with straps, etc.
- 3.11.8. Athletes **may appeal** discrepancies related to the judging, scoring, or performance of another Athlete or Team. An athlete or team's appeal can include the following:
 - Total number of repetitions completed
 - Total time
 - Barbell or other implement loading errors and equipment failures
 - Stage or course directional inconsistencies
 - Scorecard or leaderboard errors
 - Miscommunication of movement standards
 - Another athlete or team's score
- 3.11.9. WZA staff have final authority on all appeal or protest rulings.
- 3.11.10. WZA will follow the "Two Appeal Rule". Athletes/Teams will start the competition with two appeals. Following each event, athletes have the option to submit an appeal (see the eligible list above). If, after investigation, the appeal is granted, the athlete/team will retain their appeal count. If, after investigation, the appeal is denied, the athlete/team will lose one appeal from their appeal count. If an athlete/team exhausts their appeal count, they will not be allowed to make any other appeals over the remainder of the competition. Appeals of another athlete's/ team's score will not count towards the two appeals rule as long as the appeal is granted.
- 3.11.11. 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 without prior communication.
- 3.11.12. WZA will accept one outside video submission for your appeal. The video link must be uploaded via the Competition Corner appeals system. The video must not be edited in any way, shape, or form. Video uploads and appeals must be submitted within the appeals window. Failure to follow these guidelines may be grounds for immediate denial of the appeal and/or loss of the appeal.

- 3.11.13. WZA is not responsible for errors or technical difficulties on behalf of the user/wireless carrier/any technology provider.
- 3.11.14. WZA will not provide any public internet access or connectivity for participants. If needed, Athletes will have access to iPads located at Athlete HQ to submit an appeal.
- 3.11.15. 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.
- 3.11.16. Nothing in these rules, including event appeals, scoring discrepancies, event movement standards, and range of motion, 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.
- 3.11.17. 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.

3.12. ON-SITE ATHLETE REGISTRATION

- 3.12.1. Athlete Registration is mandatory and will take place in person the day before their division competition starts. It is the responsibility of each athlete and team to meet all required scheduling commitments. Dates, times, and locations of on-site registration will be available in the Athlete Handbook and communicated to all athletes via email before the competition.
- 3.12.2. Athletes must provide a valid form of identification. Accepted proof of identification includes a state driver's license, passport, military ID, birth certificate, and other officially verified forms of identification.
- 3.12.3. Athletes may be granted a late check-in before the first event for special circumstances. WZA reserves the right to deny special requests. Athletes must contact staff no later than one week before the start of the event at team@wzasports.com. WZA makes no guarantee that on-site athlete registration access will be available after the assigned registration day. Once the first workout begins on-site, Athletes or Teams who have not checked in will be disqualified from the competition.

3.13. ATHLETE HANDBOOKS

- 3.13.1. WZA will provide an Athlete Handbook for each corresponding event throughout the season. Athlete Handbooks are an extension of the Rulebook; it is the responsibility of the Athletes to review and abide by all guidelines.

4. 2025 - 2026 SEASON DETAILS

4.1. WODAPALOOZA SOCIAL

4.1.1. DATES & LOCATION

September 19 - 21, 2025, in Huntington Beach, California.

4.1.2. DIVISIONS & SPOTS AVAILABLE

4.1.2.1. **Individuals:** Rx (40M/40F), Intermediate (40M/40F), Open (20M/20F), Teens 13-15 (10M/10F), Teens 16-18 (10M/10F), Masters 35-39 (10M/10F), Masters 40-44 (10M/10F), Masters 45-49 (10M/10F), Masters 50-54 (10M/10F)

Co-Ed Pairs: Rx (20), Intermediate (20), Open (20)

Teams of Three (same gender): Rx (40M/20F), Intermediate (40M/20F), Open (10M/10F), Rx Masters (10M/10F), Intermediate Masters (10M/10F)

Adaptive Pairs: Lower (8), Upper (8), Seated (8), Neuro (8), Standing (8)

4.1.2.2. Adaptive Pairs will consist of one adaptive athlete, who will determine what division the pair registers for, and one able-bodied athlete. Pairs can be M/M, F/F, or M/F.

4.1.2.3. Divisions and spot allocation are subject to change at the discretion of WZA.

4.1.2.4. Division winners will receive an invite to WZA Miami Beach 2026. Registration fees will apply.

4.1.3. REGISTRATION

4.1.3.1. All divisions, except TYR Cup teams, will be open for registration on a first-come, first-served basis; no qualification or prerequisite is required for registration. Registration will go live on April 16, 2025, at 9:00 AM PT / 12:00 PM ET. Event registration can be found on the [WZA website](#) and [Competition Corner](#). All registration & service fees are due at the time of registration; all sales are final. The deadline for all registrations is August 31, 2025, at 8:00 PM PT or until divisions sell out.

4.1.3.2. Registration fees will include athlete kits, including TYR shoes & t-shirt, and full access to the event.

4.1.3.3. Athletes may only compete in one division within the WZA SoCal event.

4.1.4. REGISTRATION FEES will increase as spots fill up.

- Individual

- Wave 1: \$315 USD per person + service fees for spots 1 - 50

- Wave 2: \$330 USD per person + service fees for spots 51 - 100

- Wave 3: \$345 USD per person + service fees for spots 101 onward

- Pairs (MF)

- Wave 1: \$307.50 USD per person + service fees for spots 1 - 20

- Wave 2: \$315 USD per person + service fees for spots 21- 40

- Wave 3: \$322.50 USD per person + service fees for spots 40 onward

- Teams of Three (MMM or FFF)

- Wave 1: \$300 USD per person + service fees for spots 1 - 50

- Wave 2: \$310 USD per person + service fees for spots 51- 100

- Wave 3: \$320 USD per person + service fees for spots 101 onward

4.1.5. REGISTRATION TRANSFERS

4.1.5.1. Athletes competing in an individual division **may not** transfer or substitute their spot for any reason.

4.1.5.2. Athletes competing as a pair/team are eligible to substitute one (1) athlete through their Competition Corner account. The deadline to substitute an athlete for WZA SoCal is Sunday, August 31, 2025, at 8:00 PM PT.

4.1.6. **ADDITIONAL PASSES**

4.1.6.1. **COACH PASS**

Athletes will have the opportunity to purchase a **single** Coach Pass for an additional cost per entity before the event. A Coach Pass **will** grant full access to the event, including Athlete Village. Coach Pass purchases will be limited as follows: one (1) per Individual, one (1) per Pair, and one (1) per Team of three. All sales are final; no refunds or credits will be applied.

4.1.6.2. **GUARDIAN PASS**

Minors will receive one (1) Guardian Pass per individual. Due to age, we require minors to have a legal guardian present in Athlete Village. A Guardian Pass **will** grant full access to the event and Athlete Village. Credentials are non-transferable. Guardians must be declared at registration and must be 18 years or older. Designated guardians must be on-site to register with their respective athlete and receive their credentials.

4.1.6.3. **HANDLER PASS**

Adaptive athletes will receive one (1) Handler Pass per individual. A Handler Pass **will** grant full access to the event and Athlete Village. Credentials are non-transferable. Handlers must be declared at registration and must be 18 years or older. Designated guardians must be on-site to register with their respective athlete and receive their credentials.

4.1.6.4. All additional passes will be acquired during on-site registration. Credentials are non-transferable.

4.2. **TYR CUP**

4.2.1. **DATES & LOCATION**

Event dates and location are in conjunction with WZA SoCal, September 19 - 21, 2025, in Huntington Beach, California.

4.2.2. **FORMAT**

The TYR Cup will be a three-day match-up between two regions, North America vs. World, in a head-to-head format that will take place during Wodapalooza SoCal.

4.2.3. **ATHLETE SELECTION**

Athlete selection is invite-only, and placement is at the discretion of WZA. Teams are composed of eight athletes, featuring 4 males and 4 females, based on their place of birth. Team World is made up of athletes born outside of Canada, the USA, or Mexico, and Team North America is made up of athletes born in Canada, the USA, or Mexico. Team selection and placement are at the discretion of WZA. Each team will have a male & female Team Captain that will be chosen based on a voting system set in place by WZA.

4.2.4. **WORKOUT FORMAT**

TYR CUP will feature a total of eleven (11) workouts that fall into one of these six (6) workout formats, each categorized as one of the following:

Individual: All 16 athletes compete independently, with the sum of each athlete's scores equaling their team's score. The top score for this format is worth 1 point.

All Hands: Teams compete as a single collective, with all eight working together as one unit. The top score for this format is worth 1 point.

Spotlight: Teams will nominate one male & one female based on their individual expertise, featuring one weightlifting, one gymnastics & one mono-structural workout. With the sum of each

athlete's scores equaling their team's total score. The top score for each workout is worth 1 point.

Miami Team: Select three athletes per gender to tackle a Miami-style workout. The top Male team score is worth 1 point. The top Female team score is worth 1 point.

CrossFit Games Team: Two males and two females join forces in a traditional team format to represent their squad. There will be two workouts done in this format. A combo of MMFF will complete one workout, and the next MMFF combo of the team will complete the second workout. The top score for this format is worth 1 point.

Captains: Each team will have a male and female captain, who will work together to earn their team the win. The top score for this format is worth 2 points.

4.2.5. **SCORING**

Teams will gain one (1) point per workout win, except the Captain's workout, which will be worth two (2) points to the winning team. The team with the most points at the end of the competition wins. There are a total of 13 points available throughout the weekend.

4.3. **WODAPALOOZA ONLINE CHALLENGE & QUALIFIER**

4.3.1. **DATES**

- October 8 - 13, 2025 - Individual Week 1
- October 15 - 20, 2025 - Individual Week 2
- November 13 - 24, 2025 - Teams & Pairs

4.3.2. **FORMAT**

- 4.3.2.1. All online challenge workouts are structured to allow athletes to perform them remotely. If performing on a team, athletes do not have to be from the same gym, nor do the athletes have to perform the workouts together. Athletes are required to complete the workouts to the designated standards based on their division selection and submit scores within the required window. The top athletes within each division will qualify for the WZA Miami Beach on-site event.
- 4.3.2.2. Score and video submissions will be required to be eligible to qualify to compete at WZA Miami Beach. This is applicable for all Open Registration divisions as well.

4.3.3. **DIVISIONS**

Individuals: Elite/Rx, Intermediate/Open, Teens 13-15, Teens 16-18, Masters 35-39, Masters 40-44, Masters 45-49, Masters 50-54, Masters 55+

Teams of Three (same gender): Elite/Rx, Intermediate/Open, Rx Masters

Adaptive: Lower, Upper, Seated, Neuro, Standing

4.3.4. **REGISTRATION**

Registration will go live on May 28th, 2025, @ 12:00 PM ET on the [WZA website](#) and [Competition Corner](#). All registration & service fees are due at the time of registration; all sales are final. The deadline for registration is October 13, 2025, at 8:00 PM ET for individuals and November 24, 2025, at 8:00 PM ET for Teams.

4.3.5. **REGISTRATION FEES**

- Individual: \$20 USD + service fees
- Teams of Three: \$60 USD + service fees

4.3.6. **REGISTRATION TRANSFERS**

Any athlete substituted midway through the Team OCQ must complete ALL team workouts before the score submission deadline. Athletes may make substitutions up until the score submission deadline. No subs may be made after the score submission window has closed. Athletes must substitute the new athlete's information via Competition Corner.

4.4. **WODAPALOOZA MIAMI BEACH**

4.4.1. **DATES & LOCATION**

March 12 - 15, 2026, in Miami Beach, Florida

4.4.2. **DIVISIONS & SPOTS AVAILABLE**

4.4.2.1. Divisions are based on the WZA OCQ. Please see the Online Challenge & Qualifier section of the Rulebook for further information.

4.4.2.2. Spots available in each division

Individuals: Elite (20M/20F), Rx (40M/40F), Intermediate (40M/40F), Open (40M/40F), Teens 13-15 (10M/10F), Teens 16-18 (15M/15F), Masters 35-39 (20M/20F), Masters 40-44 (20M/15F), Masters 45-49 (20M/10F), Masters 50-54 (15M/10F), Masters 50+ (10M/10F)

Pairs: (general registration, no OCQ leaderboard): Rx (20MF/20MM/20FF), Intermediate (40MF/40MM/40FF), Open (20MF/20MM/20FF)

Teams of Three (same gender): Elite (30M/30F) (Rx (20M/20F), Intermediate (20M/20F), Open (20M/20F), Rx Masters (10M/10F)

Adaptive: Lower (4M/4F), Upper (4M/4F), Seated (4M/4F), Neuro (4M/4F), Standing (4M/4F)

4.4.3. **INVITES & QUALIFICATION**

4.4.3.1. All divisions, except the Open divisions & Pairs divisions, will be invited based on qualification through the WZA OCQ. Each invited athlete or team will be given a set amount of time to accept their invitation and complete registration. If the athlete or team does not register by the deadline provided to them, they forfeit their spot, and WZA will backfill spots as needed. Dates at which invites will start will be communicated before the WZA OCQ event. Athletes will be provided a link to accept the invite and complete registration through Competition Corner. All registration & service fees are due at the time of registration; all sales are final.

4.4.3.2. Qualification & Invites per division per OCQ

Individual

- Elite: (Male) 1st - 10th | (Female) 1st - 10th
- Rx: (Male) 11th-49th + 1 SoCal winner | (Female) 11th-49th + 1 SoCal winner
- Intermediate: (Male) 1st-39th + 1 SoCal winner | (Female) 1st-39th + 1 SoCal winner
- Open: **Open Division Registration** + 1 SoCal winner
- Teens 13-15: 1st-9th + 1 SoCal winner
- Teens 16-18: 1st-14th + 1 SoCal winner
- Masters 35-39: 1st-19th + 1 SoCal division winner
- Masters 40-44: (Male) 1st-19th + 1 SoCal winner | (Female) 1st-14th + 1 SoCal winner
- Masters 45-49: (Male) 1st-19th + 1 SoCal winner | (Female) 1st-9th + 1 SoCal winner
- Masters 50-54: (Male) 1st-14th + 1 SoCal winner | (Female) 1st-9th + 1 SoCal winner
- Masters 55+: 1st-9th + 1 SoCal winner
- Adaptive Lower: 1st-4th
- Adaptive Upper: 1st-4th
- Adaptive Neuro: 1st-4th

- Adaptive Seated: 1st-4th
- Adaptive Standing: 1st place in each subcategory (*Standing Diagnosed, Vision, Short Stature, Intellectual*)

Teams of Three

- Elite: 1st-10th
- Rx: 11th-29th + 1 SoCal winner
- Intermediate: 1st-19th + 1 SoCal winner
- Open: **Open Division Registration** + 1 SoCal winner
- Masters Rx: 1st-8th + 2 SoCal winners

4.4.3.3. Elite Invite Criteria

Elite Individual - 10M / 10F Invited spots available

- Top 5 2025 CrossFit Games Athletes
- Top 5 2025 WZA Athletes

Elite Team of Three - 20M / 20F Invited spots available

- Top 5 2025 CrossFit Games Teams - May put together one (1) male and one (1) female team consisting of any two CrossFit Games athletes, and add any 3rd athlete of their choosing.
- Top 3 2025 WZA Teams
- Any individual Elite Invited athlete (as set forth in the above criteria) or any 2025 CFG Indy athlete 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

4.4.3.4. LATAM Cup - *COMING SOON*

4.4.4. **OPEN DIVISION REGISTRATION**

- 4.4.4.1. Athletes who complete the OCQ, submit all required scores and videos, which are then validated by our team, but do not qualify due to their final leaderboard ranking, are eligible for open division registration for an Open Individual or Open Teams of Three division.
- 4.4.4.2. Open registration information will be communicated to all eligible athletes before registration goes live. All Open division spots will be first-come, first-served through the registration link shared with qualifying athletes.
- 4.4.4.3. If WZA OCQ athletes fail to meet the requirements set forth by WZA, they will not receive any registration information and, therefore, may not register for an Open Division.
- 4.4.4.4. Athletes who complete the OCQ in the Elite/Rx or 13-15 Teens division are not eligible for Open Division registration.

4.4.5. **PAIRS DIVISION REGISTRATION**

- 4.4.5.1. All Pairs divisions for WZA Miami Beach 2026 will be general registration. Athletes who complete the OCQ, submit all required scores and videos, which are validated by our team, in either the Individual or Teams of Three divisions, will have early access to Pairs registration.

4.4.6. **REGISTRATION FEES** - *COMING SOON*

4.4.7. **REGISTRATION TRANSFERS**

- 4.4.7.1. Athletes competing in an individual division **may not** transfer or substitute their spot for any reason.
- 4.4.7.2. Athletes competing as a team are eligible to substitute one (1) athlete for a valid extenuating circumstance. Once one substitution has been made, teams are unable to make any further substitutions. The team will be charged a one-time fee of \$100.00 USD. The deadline to substitute an athlete for WZA Miami Beach is Sunday, February 8, 2026, at 12:00 PM ET. All substitution inquiries must be made via email to team@wzasports.com before the deadline

identified above.

4.4.8. **COACH PASS**

Competing athletes will have the opportunity to purchase a **single** Coach Pass per entity at the time of registration for the event at a discount price. A Coach Pass **will** grant full access to the event, including Athlete Village. Coach passes will be acquired during on-site registration. Credentials are non-transferable. Coach Pass purchases will be limited as follows: one (1) per Individual, one (1) per Pair, and one (1) per Team of three. All sales are final; no refunds or credits will be applied.

4.4.9. **GUARDIAN PASS**

Minors will receive one (1) Guardian Pass per individual. Due to age, we require minors to have a legal guardian present in Athlete Village. A Guardian Pass **will** grant full access to the event and Athlete Village. Credentials are non-transferable. Guardians must be declared at registration and must be 18 years or older. Designated guardians must be on-site to register with their respective athlete and receive their credentials.

4.4.10. **HANDLER PASS**

Adaptive athletes will receive one (1) Handler Pass per individual. A Handler Pass **will** grant full access to the event and Athlete Village. Credentials are non-transferable. Handlers must be declared at registration and must be 18 years or older. Designated guardians must be on-site to register with their respective athlete and receive their credentials.

4.4.11. All additional passes will be acquired during on-site registration. Credentials are non-transferable.

4.5. **THE GAUNTLET powered by US Army**

4.5.1. **DATES & LOCATION**

- WZA SoCal - September 19 - 21, 2025 - Huntington Beach, CA
- WZA Miami Beach - March 12 - 15, 2026 - Miami Beach, FL

4.5.2. **FORMAT**

Athletes will compete in three stations within approximately 90 minutes. Each station provides a different style of workout. The top athletes in each division will qualify for the Gauntlet Finals. The finals will run in the same format as the qualifiers, but with new workouts, and will happen on the final day of the overarching event.

4.5.3. **DIVISIONS** - *COMING SOON*

4.5.4. **REGISTRATION**

All divisions will be open registration on a first-come, first-served basis; no qualification or prerequisite is required for registration. Registration will go live on May 21, 2025, at 12:00 PM ET. Event registration can be found on the [WZA website](#) and [Competition Corner](#). All registration & service fees are due at the time of registration; all sales are final. The deadline for all registrations is determined by each onsite event.

4.5.5. **REGISTRATION FEES** - *COMING SOON*

4.5.6. **REGISTRATION TRANSFERS**

Athletes may request to transfer their spot to another athlete as long as the athlete remains in the same division registration. To request a transfer, athletes must speak to the Athlete Relations Head Staff on-site or email team@wzasports.com and receive confirmation.

5. LEGAL STUFF

- 5.1.** 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.
- 5.2.** 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.
- 5.3.** 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).
- 5.4.** 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.

6. AMENDMENTS

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