



THE CANWEST RULE BOOK IS THE INTENDED BENCHMARK FOR CANWEST AND ALL SUPPORTED EVENTS  
(INDIVIDUALLY AS AN 'EVENT' AND COLLECTIVELY AS THE 'EVENTS')

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## CANWEST CHAMPIONSHIP

CanWest has become a legendary experience due to the unwavering support of the Canadian and International fitness community. We stand behind our core principle of being an all-inclusive fitness competition, offering a professional competitive environment for all athletes.

CanWest competitive season is comprised of three stages of competition:

- 1) The CanWest Individual Online Qualifier
- 2) The CanWest Team Online Qualifier
- 3) The CanWest CrossFit Championship

## GENERAL COMPETITION RULES

- A. To participate in any stage of CanWest, each and every athlete (whether competing individually or as a team), must agree to any and all Rules and Policies, including and without limitation, the Assumption of Risk and Publicity Release, all of which are incorporated herein by reference and to the decisions of CanWest, which are final and binding in all respects.
- B. All athletes are required to have completed and abide by the appropriate waivers and documentation as outlined by CanWest, paid and validly registered for entry, completed an online and/or onsite check in process and must be wearing official event identification where specified.
- C. CanWest prohibits athletes from using any performance enhancing illegal substances. If it is found that an athlete is under the influence or use of such substances, CanWest reserves the right to disqualify the athlete from the competition and/or revoke any prizes earned while under the influence or during the use of such substances.
  - a. CanWest abides by the CrossFit Games Official Drug Testing Policy.
- D. Photography and Footage: Nonprofessional, non flash photography and video cameras are permitted at the CanWest Games venue for personal use only. All cameras (video and still) must be hand held with interchangeable or telephoto lens no longer than 5 inches in length. Monopods, tripods and cameras with telephoto lenses greater than 5 inches at full lens extension (professional photography equipment) are not permitted. Spectators, attendees, visitors and guests may not distribute, use, reproduce, stream, upload, transmit, broadcast, link, exploit or license any description, account, images, pictures, film, digital, video or audio video recording in whole or in part, for any commercial purpose without the prior express written consent of CanWest in each instance.
- E. CanWest Games may at their discretion, provide credentials necessary to gain access to media areas at CanWest 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

CanWest. Time, area and scope of access will be at the sole discretion of CanWest. Credential access may be revoked at any time by CanWest with or without cause. CanWest 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 or no reason.

- a. Still images may not be used for any commercial or retail purposes whatsoever and may only be used for promotional purposes upon written permission of the athlete(s) depicted in such images and with a written license agreement from CanWest. Photography is for personal or editorial use only. Any other use such as, but not limited to, commercial and promotional use, is prohibited and strictly enforced.
  - b. Video footage may not be used for commercial or retail purposes whatsoever and may be only used for promotional purpose upon written consent of the athlete(s) involved and with a written license agreement by CanWest. All footage clips made available online or uploaded onto websites shall not exceed 15 seconds in length, and in no event shall any individual clip, however used, distributed, published or displayed, exceed 15 seconds in length.
- F. All athletes agree to compete in a sportsmanlike manner:
- a. Unsportsmanlike behavior, such as arguing with a judge, official or leaver of CanWest, taunting, fighting or any conduct which would bring disrepute upon CanWest, the competition, other competitors, or spectators or event sponsors, as determined by CanWest, in the eyes of the viewing public or the community, may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events or legal action. **There is absolutely NO tolerance for unsportsmanlike behaviour.**
  - b. Any action that prevents another Athlete from having a fair opportunity to compete (ex: abuse or alteration of equipment, refusal to follow instruction) or that interferes with Athlete and Event Judge Communication (e.g., external noise devices, bull horns, air horns, etc.,) or is generally disruptive to the Event, is not allowed.
  - c. CanWest 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 CanWest 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.
  - d. This is not an exhaustive list and is meant as a guide to the athlete, coaches and other attendees. **This is not intended as a limitation on CanWest's right to operate the competition in any manner it sees fit.**
  - e. CanWest 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 CanWest event at any time, with no further obligation or duty to such individual.
  - f. CanWest, has, and may, delegate to an on-site director, the absolute authority on any final ruling including, without limitation, disqualification of an athlete, removal of spectator(s) or dismissal of any attendee.
  - g. It is the sole responsibility of the winners and/or compensated athletes to present valid identification when requested, and to comply with paying any and all applicable taxes in

connection with any prizes, whether such prize is cash. CanWest is not responsible for any taxes that may arise.

- h. All information provided, either in registration submissions, video submissions, scores, times, reps or rounds completed, must be the complete truth. A lack of integrity, or any actions that evidence an intent to cheat or circumvent the Rules or intent of the Rules of CanWest will result in disqualification.

## PARTICIPATION REQUIREMENTS, REFUNDS & TRANSFERS

- A. Anyone that can perform the workout as prescribed may register to compete as an athlete, individually or as part of a team provided, they meet CanWest age restrictions and other requirements. Such registration is subject to each person's affirmative agreement to comply with CanWest policies, rules and regulations as determined by CanWest in its sole and absolute discretion.
- B. ALL registrations are final. In all stages of competition. No refunds or transfers will be permitted regardless of the reason. All Athletes must validly and truthfully register online at [canwestgames.com](http://canwestgames.com) and any corresponding digital registration platforms.
- C. Teams of 4 athletes may not transfer athletes. Once the qualifier concludes, an email will be sent to each team captain asking a spare male and female be declared. Once the athletes show up at the Main Event check in, the 4 athletes who check in will be the 4 athletes competing. No swapping of athletes will be allowed after athlete check in.
- D. No competing individual may transfer or substitute their spot for any reason.
- E. A Team of 3 may substitute a team member for the CanWest Main Event for a fee of \$50. The substitute athlete does not have to have completed the online qualifier. The deadline for athlete substitutions is May 20th at 5PM, MST. Please email [support@canwestgames.com](mailto:support@canwestgames.com) to request substitutions.
- F. CanWest reserves the right, in its sole and absolute discretion, to invite past winners, guest athletes, teams or others, to participate in any stage of competition. This decision may be made for any reason at the sole discretion of CanWest.
- G. It is the Athlete's sole responsibility to provide current, valid and truthful information, including email address.
- H. If Athletes are younger than 18 years old, they must provide additional parental consent during the online registration. If an athlete were to qualify and wishes to compete at the CanWest, a parent or guardian must be onsite for the duration of the event.

## DIVISIONS, QUALIFICATION & REGISTRATION

- A. There are multiple divisions for individual and team competition during the CanWest Qualifier and Main Event.
- B. Divisions are as follows for the Online Qualifier:

### **INDIVIDUAL**

- 1) Elite/RX
- 2) Intermediate/Scaled
- 3) Teen 14-15
- 4) Teen 16-17
- 5) Masters 35-39
- 6) Masters 40-44
- 7) Masters 45-49
- 8) Masters 50-54
- 9) Masters 55-59
- 10) Masters 60+

### **TEAM**

- 1) Elite Trio Teams (Same Gender)
- 2) Intermediate/Scale Trio Teams (Same Gender)
- 3) Teams of 4 (MM/FF)

- C. Divisions are as follows for the CanWest Games:

### **INDIVIDUAL**

- 1) Elite
- 2) RX
- 3) Intermediate
- 4) Scaled
- 5) Teen 14-15
- 6) Teen 16-17
- 7) Masters 35-39
- 8) Masters 40-44
- 9) Masters 45-49
- 10) Masters 50-54
- 11) Masters 55-59
- 12) Masters 60+

### **TEAM**

- 1) Elite Trio Teams (Same Gender)
- 2) Intermediate Trio Teams (Same Gender)
- 3) Elite Trio Teams (Same Gender)
- 4) Teams of 4 (MM/FF)

#### D. The Online Qualifier

### **INDIVIDUAL**

- a. 5 scoring opportunities total over 7 days.
- b. January 24, workouts are released at 12:00AM.
- c. All scores are due by the following by January 30 at 5PM.
- d. Video submissions are required in order to compete at the CanWest.

### **TEAM**

- a. 5 scoring opportunities total over 7 days.
- b. February 07, workouts are released at 12:00AM.
- c. All scores are due by the following by February 13 at 5PM.
- d. Video submissions are required in order to compete at the CanWest.

#### E. Athletes are permitted to compete in both the individual and team qualifier.

#### F. If you accept an individual registration, you may withdraw from individual to compete on a team, however no refund will be given.

#### G. If you are competing on a team, you do not need to be from the same gym or perform the workouts together. All workouts are structured in an individual manner. All scores and videos must be submitted by the team captain.

#### H. If athletes are attempting to qualify in multiple individual or multiple team divisions (EX: Elite and Master's 35-39), they may do so, however, athletes must uniquely register twice via the registration platform, and will have to utilize separate email addresses for each corresponding registration.

#### I. Registration fees for the online qualifier are as follows:

**Individual:** \$25.

**Team:** \$25 dollars per athlete.

## CANWEST QUALIFIER RULES

- A. The online qualifier is a series of workouts that will be released on the Official CanWest website.
  - a. Athletes must complete each workout per the prescribed requirements to be eligible to compete at the Main Event.
  - b. The top qualifying athletes & teams in each division will be invited to compete at the Main Event conditional to the requirements of the qualifier being met.
- B. Athletes may complete the workouts for the qualifier as many times as they desire if scores are submitted on time.
- C. Once the workout closes, an athlete will not be able to submit any score for that workout.
- D. It is the sole responsibility of the athlete to ensure the timely and successful submission of their scores each week.
- E. Scores do not need to be validated by a coach or a judge. It is highly recommended however to use a judge to ensure the accuracy of your score.
- F. Video submissions of workouts at the time of score submission is not required, however **ALL athletes** are required to submit videos at the request of CanWest Games. It is highly suggested that athletes record their videos at the time they are completing the event in order to avoid having to redo the workout unnecessarily.
- G. CanWest reserves the right to request video validation of any score submission they deem necessary.
- H. Rejection of any online score submission is the sole right of CanWest.
  - a. Reasons to rejection include:
    - i. Violation of the movement standards
    - ii. Violation of the workout format
    - iii. Miscounting reps
- I. Score may be adjusted or removed at any time at the sole discretion of CanWest.
- J. Online Video Review Outcomes:
  - a. **Accepted:** The athlete meets the required movement standards on all repetitions in the workout, and the score posted is correct. The score will be **accepted**.
  - b. **Accepted With Minor Penalty:** Over the course of the video, the athlete demonstrates a small number of “no reps” that result in a faster time or a higher score for a given workout. A minor penalty will be applied, and a score adjustment will be made to the athlete’s final score. If the score is posted in the form of a time, the total time to complete the workout

will be adjusted accordingly. \*A minor penalty can be applied to more than one movement per workout, resulting in a greater score adjustment.

- c. **Valid With Major Penalty:** Over the course of the video, the athlete demonstrates a significant number of “no reps” that result in a faster time or higher score for a given workout. In this case, a major penalty will be applied, and the score may be modified by subtracting 15 percent from the total rep count. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly. \* A major penalty can be applied to more than one movement per workout, resulting in a greater score adjustment.
  - d. **Invalid:** Over the course of the video, the athlete fails to complete the workout as required, a significant and unacceptable number of reps performed are “no reps,” or the video does not contain the criteria listed in the video submission standards. The athlete’s score may be rejected, and the video will be removed from the CrossFit Games website. The athlete will have to submit a new video prior to the score submission deadline to receive a score for this workout.
- K. NOTE: A score adjustment occurs when an athlete’s score needs to be modified based on miscounted reps, “no reps,” or a combination of the two. A score adjustment may stand alone or be applied in conjunction with a result from a minor or major penalty as described above. CanWest will apply time penalties based on the movements and/or circumstances in any given workout. Each movement may not have the same time penalty applied to it, and CanWest reserves the right to update time penalties for movements based on the specifics of the overall workout, when specific movements appear in a workout, or the pace of the athlete performing the movement(s).
- L. The CanWest website will host the only official leaderboard for CanWest Championship.
- M. Video Submission Guidelines for submitting videos for validation.
- a. Create a YouTube (<http://www.youtube.com/yt/about/getting-started.html>). YouTube is the only accepted video format.
  - b. Use any video recording device you want to capture your workout, but you are responsible for the video quality (i.e., if we cannot verify the movements, your video may be rejected).
  - c. Before the workout begins the athlete must:
    - i. identify themselves by their full name and community (if applicable)
    - ii. Identify which workout they are completing.
    - iii. verify that the prescribed weights are being used by showing on the video the weights/bars to be used.
    - iv. Where target or equipment measurements are involved, the athlete must verify the prescribed height / distance by showing the measurement on video.
    - v. The athlete must be positioned during the workout so that the athlete’s completion of each movement as prescribed by the movement and workout standards may be verified.
    - vi. A clock must be in your workout either via WodProof or a physical Gym Timer.

- vii. If there is a “judge” or other person in the frame who clearly indicates “Go,” a time clock in the frame is optional.
- viii. If there is no “judge” or another person in the frame, or if the video does not have an audio component that allows the judge reviewing the video to determine when the athlete has been told to “go,” a clock in the frame is mandatory.
- d. 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 footage will lead to the video being deemed as invalid and the athlete’s workout score for that submission will not be accepted.
- e. Title your video with the workout number, and your name. Enter the workout and your time / reps in the description.
- f. Once you have successfully uploaded your video, follow the instructions for submitting a video link into our scoring system, as well as enter your score into the scoring system.
- g. Video submissions and scores may be validated, rejected, or amended after review from the CanWest Judging Team.
- h. Athletes submitting videos are advised to have someone strictly watching their movement to ensure each repetition meets standards, and that the camera captures the movement clearly. Penalties may be assessed due to an Athlete not meeting the movement standard or due to improper camera angles that do not permit the Judge to determine if the standard is being met.
- i. Videos will be requested from the CanWest Staff during the qualifier, failure to do so may result in a 0 score or disqualification.

## UNEARNED REPS

The CanWest judging team and staff reserve the right to judge independently whether an athlete’s reps meet the movement and workout standards and count as a rep or not. If the movements being performed cannot clearly be seen, CanWest reserves the right to reject the video and the score entirely. If it is determined that an athlete has been given 5 or more unearned reps, CanWest reserves the right to deduct the unearned reps from the final score or reject the video. For time: each rep is worth 5 seconds.

## COMPETE AT THE CANWEST CROSSFIT CHAMPIONSHIP

- A. To compete at the CanWest CrossFit Championship, athletes must:
  - a. Earn a spot through the online qualifier.
  - OR
  - b. Receive an invite through the Open or a related event.
- B. Age group age requirement: Any age group athlete looking to compete at the CanWest must earn a spot in the qualifier and register in the division that corresponds with the age they will be during the Main Event.

- C. All athletes must complete the registration process in order to compete. Deadlines are strictly enforced.
- D. All athletes must sign the appropriate waivers in order to compete.
- E. All registration fees and services fees must be paid at the time of registration. Fees are as follows:
  - a. Individual: \$225 + service charges
  - b. Trio Team: \$675 + service charges
  - c. Team of 4: \$900 + service charges
- F. Athletes competing at the Main Event: CanWest reserves the right to add more spots to each division if and, as they see fit.
- G. Video submission will be required after the online qualifier as CanWest will conduct a video review. If an athlete has not submitted all the required/requested videos by the deadline, they will be deemed ineligible to compete in any division.

## ADDITIONAL GUIDELINES

- A. CanWest is not responsible for any inaccurate entry information, whether caused by website users or by any of the any of the equipment or programming utilized. CanWest assumes no responsibility for any error, omission, interruption, deletion, defect, or delay in operation or transmission of any website related to CanWest, or for communications line failure, or for theft or destruction, tampering, or unauthorized access to entries, registration, participation and/or entry information. CanWest 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 CanWest, computer online systems, servers or providers, computer equipment, software, failure of any email, submission or entry to be received by CanWest 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 CanWest or downloading any materials related to CanWest.
- B. CanWest 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 CanWest or the website, or any website related to CanWest; 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. Use of any robotic, macro, automatic, programmed, or similar 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, CanWest reserves the right to determine, in its sole discretion, the correct submission in accordance with the rules.

- C. If, for any reason, CanWest is not capable of running as planned by reason of infection by computer virus, bugs, worms, tampering, unauthorized intervention, fraud, technical failures, or any other causes beyond the control of CanWest, which, in the sole opinion of CanWest, are corrupt or affect the administration, security, fairness, integrity or proper conduct of CanWest, they reserve the right, at their sole discretion, to void suspect registrations or submissions and/or to cancel, terminate, modify or suspend CanWest and select the winner from among all eligible, non-suspect registrations or submissions received prior to cancellation, termination or suspension. CanWest has no obligation to operate or produce CanWest (or any part thereof). If CanWest is cancelled, CanWest (or any party) has no obligation to award any prize money. Any and all decisions by CanWest concerning eligibility, qualifying for and judging related to CanWest is final and not subject to challenge or appeal. CanWest shall own and shall have no obligation to return or maintain any materials submitted as part of the qualification or registration process for CanWest.

## COMPETITION PROCEDURES

- A. For all stages of competition during the CanWest season, all events will be released online and communicated uniformly to all participating athletes.
- B. During the Main Event, there will be event briefing 15 minutes prior to the athlete's respective heat at the appropriate briefing tent.
- C. Event formatting will follow the below standards:
  - a. Required Movements including starting and ending range of motion, variations by division, required number of repetitions and rep scheme, required equipment, required weight amount, time domain, scoring details, film submission guidelines (if any), etc.
  - b. For the purpose of CanWest 15kg barbells will be considered 35 pounds and 20kg barbells will be considered 45 pounds.
  - c. All weight will be released in pounds.
- D. Scoring format will be released prior to the competition. For the Online Qualifier, scoring will follow a point per place system like the CrossFit Open. For the Main Event, scoring will follow a point-based system like the CrossFit Games.
- E. 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.
- F. Judges are required at the CanWest Main Event in order for the athletes scores to count.

- a. All judges at the CanWest Main Event shall have undergone some form of training from either or a combination of: CanWest Official Judges Training or The CrossFit Games Online Judges Course.
  - b. Judges are responsible for enforcing the movement standards and validating the athlete or team score.
  - c. Judges are instructed not to touch competition equipment or move equipment during a workout unless the equipment will interfere with another athlete's performance or if there is a legitimate safety concern.
  - d. **Non-compliance with a Judge's instructions, bickering with or questioning of a Judge or event staff, attempting to show up or publicly embarrass any Judge, event staff, CanWest CrossFit Championship, event sponsors, spectators, other athletes or venue operator or owners, as determined by CanWest (Including Event staff), in its sole and absolute discretion, may result in penalty or disqualification of the athlete from an event and/or future events. This is strictly enforced.**
  - e. Event Judges and On-site Directors have the authority to stop or suspend an athlete at any point in competition if he or she feels that athlete is at risk of serious injury to himself/herself or others.
  - f. Judgement calls made during the workout by A Judge, Head Judge or Stage Command are final and nonnegotiable.
- G. Uncommon Movement Clause: Any movement deemed uncommon, out of the ordinary or used to amend, shorten or change the accepted movement standard or range of motion including line of action of any event movement can and will be disallowed. It is the responsibility of the athlete to notify their Judge or CanWest of any questionable movement before the workout.
- H. 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 Head Judge or CanWest prior to the beginning of the competition may be granted an exception at the sole discretion of CanWest. These cases are very rare and will be handled on a case-by-case basis.
- I. 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.
- J. Proper attire is required at all events. No attire shall interfere with event Judging and the ability to see the event movement standard or range of motion.
- a. No grip assistance or weight support may be derived from any device worn. In general, gear is allowed that improves safety and/or comfort but does not confer advantage.
  - b. Once the athlete enters the competition floor, they may not receive any outside material assistance (tape, chalk, jumping ropes, etc.) from spectators or coaches.

## COMPETITION APPEAL PROCESS

- A. All appeals, scoring discrepancies or questions about scoring submission should be done immediately following the event in question.
  - a. If you have an issue with your score, please do not sign your score card.
  - b. All appeals must be made on the same day as the event in questions, via the competition corner appeal process.
  - c. No appeals will be accepted after the completion of the competition day.
  - d. Athletes have 15 minutes to appeal the final event for their assigned heat. After 15 minutes passes, appeals will close.
  - e. Only affected athletes meaning exclusively those in the individual divisions, the team captain of a team, or the legal guardian representing any athlete under 18 years of age may appeal a result. No other parties may appeal on behalf of another.
  - f. Athletes may not appeal their own performance based on the judging, scoring or performance of another athlete or team.
  - g. No outside video will be accepted for review. The only video deemed relevant is the video review footage recorded by CanWest.
  
- B. Onsite appeals or scoring discrepancy questions must be submitted electronically via competition corner. Appeals will not be handled by any staff member or judge on the competition floor.
  - a. All parties involved will have the opportunity to present known facts via competition corner appeals.
  - b. Signing your score card indicates you are agreeing to your score and time for the event. Appeals made after the score sheet is signed may be deemed invalid and rejected.
  
- C. For all Appeals, the following process will be used:
  - a. The competing Athlete or Team Captain (no other team member may be involved), files the appeal via competition corner.
  - b. The Head Scoring Judge will then review the facts presented and make a ruling.
  - c. If additional information is required or an in-person discussion is necessary, they will contact the Athlete or Team Captain via competition corner.
  - d. Judgement calls that are made during the workout are final and nonnegotiable.
  - e. CanWest has the final authority on all athlete appeals and may designate this authority to an onsite director.
  - f. Videos, photos, cell phone media or any other media will not constitute ground for changing, or modifying a decision made by any Event Judge. The Onsite Director, Competition Director, Scoring Director or any designee may ask for any related media, but its availability may not guarantee use or admissibility in the decision process.
  - g. Nothing in these rules, including event appeals, scoring discrepancies and event movement standards, range of motion and judging applications should be read as a limitation of CanWest's right to run or operate CanWest as it sees fit in its sole and absolute discretion.

- h. A decision made by the Director of Judging and CanWest is final. This includes the right to remove or disqualify any athlete or team at the CanWest Championship's sole discretion.
  - i. **The CanWest staff have the final authority on all appeals and rulings.**
- D. The CanWest leadership team reserves the absolute right to final calls made about scoring appeals.

## CANWEST CROSSFIT CHAMPIONSHIP MAIN EVENT RULES

- A. Elite Athletes, Teams and Age Groups will complete multiple workouts over three days. Intermediate and Scaled Athletes will complete multiple workouts over two days.
- B. The Athletes at the top of the leaderboard in their respective division will earn First Place in their division at the CanWest.
- C. Event Schedule: The schedule will be released prior to the commencement of the competition. The date, location and travel information for CanWest will be provided on the Official CanWest website as well as through email and social media.
- D. It is the Athlete's responsibility to meet all required travel and scheduling commitments. This includes but is not limited to, all event briefings, competition schedule, media commitments, etc.
- E. Athlete check in will take place Thursday Afternoon. It is the responsibility of the Athletes to ensure they are checked in. If an Athlete does not attend the Athlete check in, entry into the event is not guaranteed and could result in disqualification from the event.
  - a. Athletes may be granted a late check in, Friday morning prior to the commencement of the event, under special circumstances. CanWest reserves the right to deny anyone this request. Any athlete or team requiring late check in must contact a minimum of two weeks in advance.
  - b. ALL competing team members are required to attend check in individually. No team member or other Athlete can complete check in for another Athlete.
  - c. Once the first workout has begun, any athletes not checked in will be automatically disqualified.
  - d. Proof of age and residency is required in the form of a valid and generally accepted form of identification—a driver's license, passport, birth certificate, or other officially verified form of proof.
- F. All Movement Standards and required Range of Motion will be released prior to the start of competition.
  - a) The method in which Athlete's must reach the movement standards will be announced by CanWest. Delivery can be in the form of online website, media, written document,

- email, etc. with or without demonstration. Regardless of the delivery method, the athlete is required to meet or exceed the movement standard requirements during every event.
- b) 15 Minutes prior to each athlete's designated heat, the Athlete Briefing Team will discuss the Event Movement Standards and required Range of Motion to all participating Athletes. This will occur at the Event Stage briefing tent. This briefing will typically be delivered with or without visual demonstration. There will be an opportunity for Athletes to have questions answered at the briefing. Athlete attendance is mandatory for the briefings. Failure to attend may result in the athlete missing their heat and event. CanWest reserves the right to make changes to the time and location of athlete briefings based on changes to the event schedule. Any such changes will be properly communicated with all athletes in advance. Athletes and Teams who are absent from these briefings may be subject to the loss of protest rights during the competition and may also be disqualified from further competition.
  - c) Demonstration of the event Movement Standard and applying the acceptable Range of Motion, or demonstration of unacceptable Range of Motion is not required and will be used as needed.
- G. Judges are required for each athlete and team competing at the event. The judge is responsible for validating the athlete or team score.
- H. Individuals will be ranked based on their performance in each workout. Based on their relative rank, they will be assigned points. Their total points will be ranked on the Overall Leaderboard. The top Athletes on the Overall Leaderboard will advance or win the competition. Athletes will be ranked once the scores are entered after each workout.
- I. The Team scoring format will be released when the workouts are announced.
- a. Any configuration of male, female or total number of Athletes is fair game.
  - b. All or none of the Team members may be required to contribute to a Team score.
  - c. If a Team member is injured, the Team may continue competing until such time that they are unable to complete the workout as prescribed. At this point, the team will receive a DNF for the workout and will not advance in the competition.
- J. For On-site Appeals, Event Protests, Scoring Discrepancies or Ruling Questions Athletes need to follow the appeals process outlined above.
- K. Coaches, personal therapy providers, photographers / videographers or Athlete entourage are considered general admission spectators and will not be allowed access to restricted Athlete Only areas.