



# **2016 CrossFit Liftoff, Powered by Rogue, Competition Rulebook**



The 2016 CrossFit Lifting Competition Rulebook is the intended benchmark for the CrossFit Lifting Competition (the “Lifting”) and any CrossFit Inc. supported, sanctioned or sponsored competitions included in the Lifting.

## 1. THE CROSSFIT LIFT-OFF

The CrossFit Lifting consists of a 1-rep-max snatch, a 1-rep-max clean and jerk and a CrossFit workout. The 2016 CrossFit Lifting will begin on Thursday, Nov. 3, 2016, at 5 p.m. PT, with the release of the CrossFit workout. All athletes will have until Monday, Nov. 7, at 5 p.m. PT, to submit their scores for the three workouts.

Athletes will complete the three workouts, have their results validated and be ranked on the CrossFit Lifting Leaderboard. An athlete’s overall score will be determined by adding their snatch and clean-and-jerk total (in pounds) with their total repetitions accumulated in the CrossFit workout. Each athlete’s overall score will be ranked against other athletes’ overall scores in the same division. The athlete with the highest overall score will be the winner for their division. There will also be rankings based on weight classes (listed below) in each division.

## 2. DIVISIONS AND WEIGHT CLASSES

Athletes will have the option to compete in the following divisions:

- **Teenage Division:** Restricted to athletes 14-17 years of age as of July 15 of the current season.
- **Masters Division:** Restricted to athletes 40 years of age and older as of July 15 of the current season.
- **Open Division:** open to all athletes, with no age restrictions.

Each Division will include the following weight classes (body weight in pounds):

- **Men:** 135/150/165/180/195/210/225/226+
- **Women:** 110/120/130/140/150/160/170/171+

### Weigh-In Protocol:

Athletes must record their body weight for each Lifting workout. Body weights will be submitted, along with scores, for validation. **Body weights are to be recorded in whole pounds only (no decimals).** For example, if an athlete weighs in at 165.7 lb., their weight will be recorded as 165.

- If the workout is conducted at an affiliate, the athlete’s judge will observe the weigh-in and record the athlete’s body weight on the scorecard.
- For video submissions, **follow this weigh-in procedure:**
  1. Shoes, weight belts, and knee sleeves may be removed prior to recording body weight.
  2. Place the scale on a hard, even surface.
  3. Zoom in on the scale to show that the scale, whether digital or analog, is set to zero. For a digital scale, tap it so it turns on and sets to 0, then let the scale turn off.
  4. Keeping the scale in the frame, zoom out so that both the athlete and scale are completely visible. With the entire athlete and scale visible in the frame, have the athlete stand on the scale. With the athlete standing on the scale, the videographer then moves in close to the scale so that the numbers can be clearly seen on the video.
  5. Review the video to make sure that the lift, weight used and body weight were properly recorded (and all numbers were clearly viewable on video).

This procedure must be completed for each workout. Depending on the athlete’s preference, the weigh-in may be done before or after the workout. Edited or cut videos will not be accepted.

## 3. REGISTRATION

All athletes competing in the Lifting must validly register online at [games.crossfit.com/lifting](http://games.crossfit.com/lifting) through a CrossFit ID account. The athlete’s CrossFit ID account will be the primary conduit for the athlete to receive notifications relevant to this competition. It is the athlete’s sole responsibility to provide current and valid information, including an email address.



In order to register, an athlete must log in to their existing account. If this is the athlete's first CrossFit competition, they must first create a CrossFit ID account on the CrossFit Games website. Once logged in to their account, the athlete must:

- A. select the CrossFit affiliate under whose name they want to compete OR select to compete as an unaffiliated athlete;
- B. select a weight class

The registration price for all athletes is **US\$10**.

All payments are final. No refunds or transfers will be permitted.

## 4. THE WORKOUT FORMAT

Important competition dates and workout details will be announced at [games.crossfit.com/liftoff](http://games.crossfit.com/liftoff). The specific workout format will be released by CrossFit Inc. and communicated to all athletes online. In addition, videos demonstrating the workout format and movement standards will be posted at [games.crossfit.com/liftoff](http://games.crossfit.com/liftoff).

The workout format will include the following details:

- A. **Required movements**, including starting and ending ranges of the movement, prohibited technique(s), accessories and/or equipment (if any), and any adjustments by division.
- B. **Required number of repetitions and/or repetition scheme.**
- C. **Required equipment.** NOTE: Athletes should have access to a video camera, digital clock, tape measure, standard Olympic-style barbell and plates, Concept2 rower, 20-lb. and 14-lb. medicine balls, pull-up bar, gymnastic rings, jump rope and other equipment commonly found in a CrossFit affiliate. CrossFit Inc. will not supply or make available any necessary equipment, and it is the athlete's sole responsibility to secure any equipment necessary to validly perform a workout.
- D. **Required amount of weight in pounds.** (If kilogram plates are used, athletes will need to use appropriate combinations of plates to achieve the correct poundage). For the purpose of CrossFit competitions, 15-kg barbells will be considered to be 35 lb., and 20-kg barbells will be considered to be 45 lb. Collars used to hold weight plates on the bar will NOT be included in the total weight.
- E. **Time domain or time limit.**
- F. **Scoring method.**
- G. **Filming and submission guidelines.**

## 5. SNATCH AND CLEAN AND JERK

The Snatch and Clean and Jerk are mainstays of each CrossFit Liftoff competition. These lifts will be judged on the following standards:

- A. **Snatch:** The barbell begins on the ground and must be lifted from the ground to overhead in one motion. The lift is counted when:
  - the athlete is standing with the barbell locked out overhead
  - the hips, knees and arms are fully extended
  - the bar is directly over, or behind, the middle of the body
  - the feet are in line under the body.

No part of the body other than the feet may touch the ground during the execution of the lift.

- B. **Clean and Jerk:** During the clean, the barbell begins on the ground and must be lifted from the ground to the shoulders in one motion. During the jerk, the barbell must be lifted from the front rack position to overhead. The lift is counted when:



- the athlete is standing with the barbell locked out overhead
- the hips, knees and arms are fully extended
- the bar is directly over, or behind, the middle of the body
- the feet are in line under the body.

If the jerk is missed and brought back to the front rack, the athlete may **NOT** re-attempt the jerk without bringing the barbell back to the floor. No part of the body other than the feet may touch the ground during the execution of the lift.

## 6. SCORE VALIDATION

Validation is required to make any Liff-off workout result official. Athletes must have their scores validated either by an affiliate manager at a CrossFit affiliate or by uploading video of the workouts to the [CrossFit Liff-off website](#).

Each athlete is responsible for performing the workouts as stipulated in the workout descriptions. This includes performing all required movements to the described standard, counting and completing all required reps, using the required equipment and loads, and meeting all score and video submission requirements.

**Workouts validated at an affiliate:** Only valid CrossFit affiliates in good standing (as determined by CrossFit Inc.) have the ability to officially validate non-video scores. To opt-in to validate scores, affiliate managers must pass the Online Judges Course available at <https://oc.CrossFit.com>, commit to upholding the standards and spirit of the event, and assert they have the equipment, facility and judges to administer the workout.

Each athlete must use a judge during a workout. Judges are responsible for enforcing the movement standards and confirming the athlete's score. Any infraction to the movement standards or range of motion will result in the loss of repetition(s). Judges onsite will also confirm the athlete's body weight.

**Workouts validated online:** If no CrossFit affiliate is available, the only option is to submit video of the workouts. Athletes submitting videos will record their weigh-in as part of the video submission (see procedure described above).

It is the sole responsibility of the **athlete** to ensure the timely and successful submission of videos for each Liff-off workout. Submissions that are incomplete will not be accepted. Any athlete whose video submission may be delayed due to issues with uploading videos must send an email to [liff-offsupport@crossfit.com](mailto:liff-offsupport@crossfit.com) notifying support staff of these difficulties. Support staff must receive this email notification **PRIOR** to the workout submission deadline. Once the competition closes at 5 p.m. PT on Monday, athletes will not be able to adjust or resubmit any score.

**NOTE:** All athletes are expected to record and keep video of each workout. Any athlete ranked in the top 25 on the Liff-off Leaderboard in the Open, Masters or Teenage divisions will be required to submit video. Video of any workout may be requested from any athlete competing in the Liff-off. Failure to provide video may result in a reduction in score or the removal of the score entirely for that workout.

Invalidation of any online scoring submission is the sole right of CrossFit Inc. Scores from video submissions may be invalidated or adjusted without warning and after the close of the competition. Reasons for invalidation include, but are not limited to, violations of the workout format, miscounting reps, athlete attire that obscures judging, improper camera angles or poor quality video submissions. Frequently, score modifications stem from violations of the movement standards or the use of an uncommon movement. All athletes should be familiar with the **Uncommon Movement Clause** from the CrossFit Games Rulebook as it applies to judging in the Liff-off.

**“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 movement, will be disallowed.”**



On very rare occasions, physical limitations in range of motion (caused by prior physical defects or permanent injuries that are obvious and clearly definable by demonstration) brought to the attention of a judge or CrossFit Inc. prior to the beginning of the competition may result in an exception to the required movement standards, in CrossFit Inc.'s sole discretion. These cases will be handled on an individual basis.

## 7. THE LEADERBOARD

[Games.CrossFit.com](http://Games.CrossFit.com) and the Liftoff website will host the only official Leaderboard for the Liftoff. Athletes will be ranked on the Liftoff Leaderboard relative to other athletes in their division based on their performances across all three workouts. At the end of the Liftoff, the athlete with the highest total on the Liftoff Leaderboard (in their division) is the champion for that division. The Leaderboard will also display rankings for each weight class.

If an athlete performs a workout at an affiliate, the score will appear on the Leaderboard after the score has been validated. If an athlete elects to use video submission for score validation, the entered score will appear on the Leaderboard with the video linked to the score upon submission. Scores posted by video submission may be validated, invalidated or amended at any time.

If an athlete does not enter a score, has a workout invalidated or cannot complete a stated minimum score or work requirement in a workout, they will be displayed on the Leaderboard below any athlete who has completed more workouts.

Ties on the overall Liftoff Leaderboard will be broken by awarding the higher position to the individual that has the best result in any single Liftoff workout. If athletes are still tied, the process continues to their next-best single workout result, and so forth until a winner is determined. If, after this process, athletes remain tied on the overall Leaderboard, body weight will be used to break the tie. The lighter athlete, based on the **heaviest** body weight submitted by the athletes for any Liftoff workout, will be awarded the higher position. Ties will not be broken for single workout results. More than one athlete can share a workout result and all will earn the original point value.

## 8. APPEALS

All Liftoff appeals, scoring discrepancies, or questions about the submission of scores must be immediately addressed either in person or by email to the affiliate where the workout was performed. If affiliate personnel are unavailable or the appeal is made concerning a video submission, all pertinent facts must be emailed to [liftoffsupport@crossfit.com](mailto:liftoffsupport@crossfit.com) immediately.

Only affected athletes may appeal a result. **Coaches, managers or non-related parties may not appeal on behalf of another.**

Athletes may not appeal their own performance based on the judging, scoring or performance of another athlete.

Judgment calls made by CrossFit Inc. are final and are not subject to change or modification.

CrossFit Inc. has final authority on all appeal or protest rulings.

## 9. PRIZES

The following prizes will be awarded during the 2016 Liftoff:

### Cash Prizes - Top Overall Score (Open Division):

- First place overall male and female, US\$3,000 each
- Second place overall male and female, US\$2,500 each
- Third place overall male and female, US\$2,000 each
- Fourth place overall male and female, US\$1,500 each
- Fifth place overall male and female, US\$1,000 each



**Cash Prizes - Top Pound-for-Pound\* Lifters (Open Division):**

- First place “pound-for-pound” overall male and female, US\$3,000
- Second place “pound-for-pound” overall male and female, US\$2,000
- Third place “pound-for-pound” overall male and female, US\$1,000

\* Pound-for-pound award is determined by dividing the snatch and clean and jerk total by the athlete’s body weight.

**Cash Prizes - Weightlifting Total\* (Open Division):**

- First place “total” overall male and female, US\$3,000
- Second place “total” overall male and female, US\$2,000
- Third place “total” overall male and female, US\$1,000

\*Weightlifting total is determined by combining weights lifted in the snatch and clean and jerk.

**Cash Prize - Best Snatch (Open Division):** top overall male and female, US\$3,000

**Cash Prize - Best Clean and Jerk (Open Division):** top overall male and female, US\$3,000

**Equipment Prize Packages-Open/Masters/Teenage\* Divisions:**

- First place overall male and female: Rogue bearing bar, competition bumper plates, metal change plates, Oso collars, winners weight belt
- Second place overall male and female: Rogue bearing bar, competition bumper plates, metal change plates, Oso collars
- Third place overall male and female: Rogue bearing bar, metal change plates, Oso collars
- Fourth place overall male and female: Rogue bearing bar and Oso collars
- Fifth place overall male and female: Rogue bearing bar

\*Equipment prize packages for winners in the Teenage Division will be awarded to their listed affiliate.

**Weight Belt Prize - Weight Class Winners-Overall Score (Open Division):** a customized Rogue Weight Belt will be awarded to the top three overall scores for men and women in each weight class.

\*In order to claim any prize, athletes must provide a video record of all of their workouts. These videos must be submitted to CrossFit Inc. even if the workouts were completed at an affiliate with a registered judge.

**NOTE: ALL athletes are advised to record and retain video of all of their Liftoff performances should these be required by CrossFit Inc. All prizes are subject to applicable taxes and withholding and prize winners’ compliance with and agreement to CrossFit Inc.’s prize affidavit.**

## 10. THE FINE PRINT

To participate in the Liftoff, every athlete must agree during the registration process to any and all rules, policies and regulations, including, without limitation, the **Assumption of Risk , Publicity Release and Drug Testing Policy**—all of which are incorporated herein by reference, and to the decisions of CrossFit Inc., which are final and binding in all respects. Note: All athletes are subject to drug testing at any time once they have registered to compete, including during the Liftoff. The Drug Testing policy is outlined [here](#).

Subject to CrossFit’s age restrictions and other requirements, anyone may register to compete as an athlete in the CrossFit Liftoff. Athletes must be at least 14 years old at the time they register to compete in the Liftoff. If athletes are younger than 18 years old, they must provide additional parental consent during the online registration, as required by CrossFit Inc.

All athletes are required to have completed and abide by the appropriate waivers and documentation as outlined by CrossFit Inc., and to have paid and validly registered for entry online.

All athletes agree to compete in a sportsmanlike manner. All information provided, either in registration sub-



missions, video submissions, scores, times, reps or rounds completed, must be the complete truth. A lack of integrity or any actions that evince intent to cheat or circumvent the rules or intent of the rules of the CrossFit Liftoff, including lying (as one example) will result in disqualification.

CrossFit Inc. reserves the right to operate the Liftoff in any manner it sees fit. CrossFit Inc. reserves the right to terminate any athlete or manager participating in any CrossFit Liftoff event at any time, with no further obligation or duty to such individual. CrossFit reserves the right, in its sole and absolute discretion, to accept or reject any logo, images or messaging in connection with any athlete.

It is the sole responsibility of the winners and/or compensated athletes to present valid identification when requested, and to comply with paying any and all applicable taxes in connection with any prizes, whether or not such prize is cash. All prizes are subject to applicable taxes and withholding and prize winners' compliance with, and agreement to, CrossFit Inc.'s prize affidavit.

CrossFit Inc. is not responsible for any inaccurate entry information, whether caused by website users or by any of the equipment or programming associated with or utilized in the CrossFit Liftoff. CrossFit Inc. assumes no responsibility for any error, omission, interruption, deletion, defect, or delay in operation or transmission of any website related to the CrossFit Liftoff, or for communication line failure, or for theft or destruction, tampering or unauthorized access to entries, registration, participation and/or entry information. CrossFit Inc. is not responsible for any problems or technical, hardware, or software malfunctions of any telephone network or telephone lines, failed, incorrect, inaccurate, incomplete, garbled or delayed electronic communications, whether caused by the sender or by any of the equipment or programming associated with or utilized in the CrossFit Liftoff, computer online systems, servers or providers, computer equipment, software, failure of any email, submission or entry to be received by CrossFit Inc. due to technical problems, human error or traffic congestion, unavailable network connections on the internet or any website, or any combination thereof, including any injury or damage to participant's or any other person's computer relating to or resulting from participating in the CrossFit Liftoff or downloading any materials related to the CrossFit Liftoff.

CrossFit Inc. reserves the right, at its sole discretion, to disqualify any individual it finds to be tampering with the entry, registration or submission process, or the operation of the CrossFit Liftoff or the website, or any website related to the CrossFit Liftoff; to be acting in violation of the official Liftoff rules; or to be acting in a non-sportsmanlike 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, CrossFit Inc. reserves the right to determine, in its sole discretion, the correct submission in accordance with the rules.

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

**IN NO EVENT WILL CROSSFIT INC. BE RESPONSIBLE OR LIABLE FOR ANY DAMAGES OR LOSSES OF ANY KIND, INCLUDING DIRECT, INDIRECT, INCIDENTAL, CONSEQUENTIAL OR PUNITIVE DAMAGES ARISING OUT OF THE 2016 CROSSFIT LIFTOFF AND ACCESS TO AND USE OF THE 2016 CROSSFIT LIFTOFF WEBSITE OR THE DOWNLOADING FROM AND/OR PRINTING OF MATERIAL DOWNLOADED FROM SAID SITE.**