

## CrossFit Level 1 Trainer Certificate FAQ

### 1. What are the fees for the Level 1?

Fees are as follows:

- Level 1 Course: \$1,000 USD (includes the course and first test attempt)
- Level 1 Revalidation: \$500 USD (prior to expiration)
- Level 1 Revalidation after expiration: \$1,000 USD
- Test Only Retest: \$150 USD

A minimum deposit of 50% of the course fee is required at the time of registration. The remainder of the fee will automatically be billed two weeks prior to the course date.

There is a 20% fee added if participant is registered 14 days or fewer from the date of the course.

Due to the large quantity of courses scheduled, CrossFit does not accommodate refunds or transfers.

Email [seminars@crossfit.com](mailto:seminars@crossfit.com) for discounts for active duty or retired military personnel, first responders and full-time school teachers.

### 2. Where can I find Level 1 Courses?

Course locations and dates are posted on our [Level 1 Course page](#). They can also be found using our [CrossFit Map](#) with the CrossFit Seminar Courses filter.

### 3. What are the eligibility requirements or prerequisites for the CrossFit Level 1 Trainer Certificate?

There are no prerequisites to attend the course. Participants are eligible for the CrossFit Level 1 Trainer Certificate if they:

- are at least 17 years old at the time of testing,
- have no outstanding balances for prior CrossFit Certificate or Specialty Courses,
- have no pending legal cases with CrossFit, Inc. and
- have no known documented violations of the Code of Conduct.

### 4. What is the Code of Conduct?

The following are acts that CrossFit considers unacceptable. Any current CrossFit Level 1 Trainer or candidate for the CF-L1 credential found engaging in any of the following will be removed from the public [Trainer Directory](#) and prohibited from revalidating their Level 1 and/or obtaining additional credentials with CrossFit.

Prohibited behaviors include:

- breaching confidentiality agreements, such as the Confidentiality Agreement signed during the registration process for the Level 1 Certificate Course and test,
- sharing discount codes, including those for course registrations,
- selling scholarship spots, such as those which may be allotted to affiliates that host CrossFit seminars,
- wrongful use of the CrossFit name, such as marketing CrossFit services without affiliation, and/or
- false representation of CrossFit Trainer credentials to include altering or forging Trainer Certificates.

## 5. How do I earn the designation “CrossFit Level 1 Trainer”?

CrossFit Level 1 Trainer Certificate issuance is based upon the fulfillment of the following certificate requisites:

- Attendance for the entire two-day course from approximately 9 a.m.-5 p.m., both days, to include:
  - 100% exposure to all lectures,
  - 100% participation in all practical sessions, and
  - 100% participation in all workouts.
- Pass the Level 1 test in person.
- Sign the Level 1 [Trainer License Agreement](#).
- Agree to the policies outlined in the [Level 1 Participant Handbook](#).
- Agree to the Waiver and Release of Liability.
- Agree to the Confidentiality Agreement.
- Pay all course/test fees in full.

## 6. Does the Level 1 Trainer Certificate expire?

Yes. The Level 1 Trainer Certificate is valid for five years from the date of issue. CrossFit Trainers may opt to revalidate their Level 1 Trainer Certificate every five years, or progress to a higher CrossFit Trainer credential prior to the expiration date of their Level 1.

## 7. What happens if I fail the test at my Level 1 Course?

If you fail your first test attempt, you are eligible to retake the test via the “Test Only” registration option for course listings. You will have one year from the date of your course attendance to take the test and pass. Each retest costs \$150 USD and there is a mandatory 30-day waiting period between test attempts. You are permitted a total of three retest attempts.

If you are unable to pass the test within one year from your course attendance or if you do not pass after three retest attempts, you are required to attend the full two-day course again before being permitted to retake the test. In this case, the cost to attend the course again is \$500 and includes the full course and test.

**8. Is the course presented in English only?**

All courses are presented primarily in English, however, in some locations outside the United States, translators are available at the course. Translators are traditionally provided in Central and South America, Asia and some European locations. The availability of translators is noted under the “Language” section of the course registration page.

**9. Is the test offered in languages other than English?**

Yes. Currently the Level 1 test is offered in the following languages:

- Afrikaans
- Arabic
- Chinese
- Dutch
- English
- French
- German
- Hebrew
- Icelandic
- Italian
- Japanese
- Korean
- Norwegian
- Polish
- Portuguese (Brazilian)
- Russian
- Spanish (Latin American and European)

The [CrossFit Level 1 Training Guide](#) (study material) is available in the following languages:

- Chinese
- English
- French
- German
- Japanese
- Italian
- Korean
- Portuguese
- Russian
- Spanish (Latin American)

**10. What if the test is not offered in my primary and preferred language?**

Please email [testing@crossfit.com](mailto:testing@crossfit.com) at least two weeks prior to your course to request assistance.

**11. How do I study for the test?**

The Level 1 test is comprised of material that comes directly from the [CrossFit Level 1 Training Guide](#) and the information presented during the two-day course. Information from BOTH should be used to prepare for the test.

We do not offer practice tests. Section 7 of the [Level 1 Participant Handbook](#) is a great resource for further information on test and course preparation.

**12. Will I receive a Trainer Certificate if I meet the eligibility requirements and certificate requisites?**

Yes. CrossFit Level 1 Trainer Certificates are mailed to the address provided during registration and will arrive within four weeks for locations in the United States and eight to 12 weeks for locations outside of the United States.

**13. Can I request extra copies of my Certificate?**

Yes. After receiving confirmation of your passing test results, you can email [certificates@crossfit.com](mailto:certificates@crossfit.com) to request duplicates. The cost for each duplicate is \$25 USD.

**14. How do I keep my Level 1 Trainer status current?**

To keep your Level 1 Trainer status current, you must revalidate your certificate every five years prior to your expiration date. To revalidate the certificate, you must meet all eligibility requirements and certificate requisites by attending the full two-day course AND passing the test again.

The cost to revalidate the Level 1 is \$500 USD. Attendance and testing must occur prior to your current certificate expiration date. After your expiration date, the cost increases to \$1,000 USD.

**15. Can I call myself a “Certified” CrossFit Trainer?**

No. This terminology is reserved for CrossFit Level 3 Trainers and above. A person with a Level 1 is a Level 1 Certificate Holder and the correct terminology to describe your status is “CrossFit Level 1 Trainer” or “CF-L1 Trainer.” The Level 1 is a Certificate.