



COMPETITION RULEBOOK

2024 CROSSFIT SERVICE CUP COMPETITION RULEBOOK



1. THE CROSSFIT SERVICE CUP: BUILT TO SERVE

CrossFit athletes from each recognized service occupation are welcome to compete against each other in the **CrossFit Service Cup: Built to Serve**. For this competition, athletes will complete a series of workouts over the course of one week. The 2024 CrossFit Service Cup competition will begin **Thursday, June 6, 2024, at 12 p.m. PT**. All athletes will have until **Thursday, June 13, at 5 p.m. PT**, to submit their scores for the workouts.

2. DIVISIONS

Athletes with an existing CrossFit account should use the associated email address when participating in other CrossFit competitions.

Athletes must be at least 13 years old at the time they create an account on the CrossFit Games website and must be 14 years old as of June 6, 2024.

An athlete's division will be based on gender and their service occupation. For the 2024 Service Cup, there are no age divisions. The divisions will be as follows:

- **Active Duty Military** - Men and Women
- **Military Veteran** - Men and Women
- **Law Enforcement Officer** - Men and Women
- **Firefighter** - Men and Women
- **First Responder** - Men and Women
- **EMS Responder** - Men and Women
- **Medical Professional** - Men and Women
- **Educator** - Men and Women
- **CrossFit Trainer** - Men and Women
- **CrossFit Affiliate Owner** - Men and Women

All athletes may select their gender. Athletes who register in a gender category other than the gender assigned to them at birth are representing to CrossFit that:

- Their gender in their everyday life matches their registration gender, and
- They have obtained civil documents with their registration gender identified (e.g., state ID or driver's license).

Athletes who cannot meet the criteria above may provide medical or other evidence satisfactory to CrossFit establishing that they self-identify as the gender stated in their registration. Any athlete with questions or concerns about this should contact support@crossfitgames.com.

3. REGISTRATION

Registration will begin on May 6, 2024. All athletes competing in the Service Cup competition must validly register online at roguefitness.com/crossfit-service-cup-registration-2024. It is the athlete's sole responsibility to provide current and valid information, including an email address.

There are two options for registration prices:

- **US\$10** - event only.
- **US\$35** - event + T-shirt.

Athletes may only select one occupation division per account and registration fee.

During registration, athletes must select one of the age-group brackets below in order to use the filtering tool on the leaderboard. Age group selection is **NOT** tied to service occupation prizes.

14-17
18-34
35-39
40-44
45-49
50-54
55-59
60-64
65+

Included in the registration is a free Beyond the Whiteboard (btwb) trial for the duration of the competition. Athletes will submit and can edit their score on btwb as many times as they would like during the competition.

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

If you experience any issues regarding registration, contact Rogue customer service at challenges@roguefitness.com.



4. WORKOUT FORMAT

The specific workout format will be released by CrossFit, LLC, and communicated to all athletes online a minimum of two weeks prior to the competition start date. In addition, scorecards describing the workout format and movement standards will be posted at roguefitness.com/crossfit-service-cup-registration-2024 on or before June 6, 2024.

Competitive: Athletes electing to participate in the competitive tier will complete the workouts as prescribed, must provide video of their performance with their score submission, and are eligible to win prizes (pending video submissions).

Community Rx'd: Athletes electing to participate in the community rx'd tier will complete the workouts as prescribed. No video submission is required and athletes will not be eligible for prizes.

Community: Athletes electing to participate in the community tier will have a suggested workout provided, however, they may complete any variation of the workouts that suits their ability. No video submission is required and athletes will not be eligible for prizes.

The workout format for competitive participants 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.**
- d. **Required amount of weight in pounds.**
- e. **Time domain or time limit.**
- f. **Scoring method.**
- g. **Submission guidelines.**

It is the athlete's responsibility to adhere to the workout format. This includes performing all required movements to the described standard; counting and completing all required repetitions; using the required equipment, loads, and floor plans; meeting the time requirements; and meeting all submission standards. Any athletes with questions regarding movement standards or workout descriptions should contact Games Support at support@crossfitgames.com.

5. SCORE SUBMISSION

All scores must be submitted by Thursday, June 13, at 5 p.m. PT.

Athletes may perform the workouts at the location of their choice and they will submit their scores through the btwb website or app. There is no affiliate validation for this competition. Video submission is only required for athletes competing in the competitive tier. Videos must be unedited and show all measurements and weights as well as the entire performance of the workout. Only scores that are completed during the competition may be submitted. More information on how to submit a score via the btwb app can be found at roguefitness.com/challenges/crossfit-service-cup/faq.

It is the athlete's sole responsibility to ensure the timely and successful submission of their workout scores. Incomplete submissions will not be accepted. Any athlete whose score submission may be delayed due to issues with uploading must send an email to support@crossfitgames.com notifying Games Support of these difficulties. Games Support must receive this email **PRIOR** to the submission deadline. Any messages sent after the deadline to request assistance or notify staff of a problem will not be reviewed. Once the competition closes at 5 p.m. PT on Thursday, June 13, athletes will not be able to adjust or resubmit their scores.

NOTE: Due to any unforeseen circumstances, CrossFit, LLC reserves the right to extend the score submission deadline. If the deadline is extended, athletes are permitted to complete or redo the lifts or workouts within the new time frame provided.

Invalidation of any online score submission is the sole right of CrossFit, LLC. Scores 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, or athlete attire that obscures judging. 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 Service Cup:

"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."

If an athlete is unable to meet the specific range of motion required for a prescribed movement in their division, they are not permitted to substitute another movement or utilize outside tools/assistance to reach the prescribed range of motion.

Contact support@crossfitgames.com if you have any questions about range of motion due to a physical limitation.

6. THE LEADERBOARD

There will be a competitive, community rx'd, and a community leaderboard. Based on what the athlete selects at registration, they will be placed on one of the three leaderboards. The official leaderboards for the Service Cup competition will be hosted on Rogue Fitness at roguefitness.com/challenges/crossfit-service-cup/leaderboard. Athletes will be ranked on the Service Cup leaderboards relative to other athletes in their service occupation and gender based on their performances across all workouts.



Athletes' overall scores will be determined by their total placement in all workouts. For example, an athlete with second-place, third-place, and fifth-place finishes will have 10 total points (2+3+5 = 10) and be ranked ahead of an athlete with first-place, second-place, and 10th-place finishes who would have 13 points (1+2+10 = 13). The athlete with the lowest overall score will be the winner in their division.

In every division, if a registered athlete fails to submit a score for any reason (e.g., skips a workout, has a workout invalidated, cannot complete the stated minimum score, or cannot complete a single repetition), they will receive a score of "0" for that workout and be ranked below all athletes who post a score for that workout. Athletes receiving a "0" score will maintain an overall rank on the leaderboard.

Ties on the overall leaderboard will be broken by awarding the higher position to the individual who has the best result in any single component. If athletes are still tied, the process continues to their next-best component, and so forth until a winner is determined. Ties will not be broken for single-component results. More than one athlete can share a component result and all will earn the original point value.

CrossFit, LLC will announce when the Leaderboard is final and winners have been determined.

7. APPEALS

All appeals, scoring discrepancies, or questions about the submission of scores must be emailed to support@crossfitgames.com immediately.

Only affected athletes may appeal a result. **Coaches, managers, or unrelated 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, LLC are final and not subject to change or modification.

CrossFit, LLC has final authority on all appeal or protest rulings.

8. PRIZES

Each service occupation's top man and woman finisher will receive the following;

- A CrossFit Online Level 1 course. If the winner has a valid Level-1, they will receive a Level-2 course. Any winner who has a valid Level-2 will receive access to 3 Online courses, and
- A \$100 digital gift card to Momentous. The Official Supplement & Sports Nutrition Partner of CrossFit.

To be eligible to win, athletes must:

- Participate in the competitive leaderboard.
- Have video of their performances.
- Provide proof of their occupation on request.

Event winners and other compensated athletes may be required to present valid identification to claim prizes. All prizes, regardless of whether such a prize is cash, are subject to applicable taxes and withholding and the prize winner's compliance with and agreement to CrossFit's prize affidavit. In order for prize money to be collected, the athlete affidavit, tax forms, and payment form must be completed and returned to CrossFit by the date set forth by CrossFit in the prize affidavit. If these forms are not received by this date, prize money will be forfeited.

Additional prizes may be presented by partners, sponsors, or select vendors, and all such prizes are also subject to applicable taxes, withholding, compliance with, and agreement to CrossFit's prize affidavit. It is the athlete's sole responsibility to comply with paying any and all applicable taxes in connection with any prizes, regardless of whether such a prize is cash.

9. THE FINE PRINT

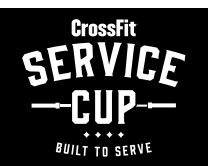
To participate in the Service Cup competition, every athlete must agree during the registration process to any and all rules, policies, and regulations, including, without limitation, the **Assumption of Risk, Publicity Release** — all of which are incorporated herein by reference, and to the decisions of CrossFit, LLC, which are final and binding in all respects.

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

All athletes are required to complete and abide by the appropriate waivers and documentation as outlined by CrossFit, LLC, and to pay and validly register for entry online.

All athletes ("Athletes") registered for the CrossFit Service Cup (the "Event") agree to maintain an atmosphere of mutual respect toward each other as well as those the Athlete may come in contact with while participating in the Event. Athletes will, at all times, conduct themselves with the highest ethical standards. Consistent with these expectations, all Athletes registered for the Event are required to:

1. Conduct all dealings, including but not limited to registration and participation in the Event, with honesty and fairness.
2. Respect the rights of Athletes, coaches, and volunteers by encouraging an environment that is fair, welcoming, and free from discrimination and harassment of any type.



3. Ensure all transactions are handled honestly and recorded accurately, including but not limited to registration and submission of scores.
4. Recognize that even the appearance of misconduct and impropriety can be damaging to the reputation of yourself, your affiliate, other athletes, and CrossFit, LLC, and act accordingly.

CrossFit, LLC reserves the right to operate the CrossFit Service Cup in any manner it sees fit. CrossFit, LLC reserves the right to terminate any athlete participating in any CrossFit Service Cup event at any time, with no further obligation or duty to such individual.

CrossFit, LLC 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 Service Cup. CrossFit, LLC assumes no responsibility for any error, omission, interruption, deletion, defect, or delay in operation or transmission of any website related to the CrossFit Service Cup, for communication-line failure, or for theft or destruction, tampering or unauthorized access to entries, registration, participation and/or entry information. CrossFit, LLC 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 Service Cup, computer online systems, servers or providers, computer equipment, software, failure of any email, submission or entry to be received by CrossFit, LLC 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 Service Cup or downloading any materials related to the CrossFit Service Cup.

CrossFit, LLC 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 Service Cup or the website, or any website related to the CrossFit Service Cup; to be acting in violation of the official Service Cup 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, CrossFit, LLC reserves the right to determine, in its sole discretion, the correct submission in accordance with the rules.

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

IN NO EVENT WILL CROSSFIT, LLC BE RESPONSIBLE OR LIABLE FOR ANY DAMAGES OR LOSSES OF ANY KIND, INCLUDING DIRECT, INDIRECT, INCIDENTAL, CONSEQUENTIAL, OR PUNITIVE DAMAGES ARISING OUT OF THE 2024 CROSSFIT SERVICE CUP AND ACCESS TO AND USE OF THE 2024 CROSSFIT SERVICE CUP WEBSITE OR THE DOWNLOADING FROM AND/OR PRINTING OF MATERIAL DOWNLOADED FROM SAID SITE.