

# BRITISH TEENS & MASTERS CROSSFIT® CHAMPIONSHIPS 2022



**CrossFit** LICENSED EVENT



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## Event Guidelines



# BRITISH TEENS & MASTERS CrossFit® CHAMPIONSHIPS 2022



## Event Overview

This year, age group athletes worldwide will be given three workouts to perform for The British Teens & Masters CrossFit® Championships 2022 online qualifiers. The three workouts are designed to test a broad range of fitness and skills, to find the fittest teens & masters across the UK, and beyond! We do, of course, want you to have a whole load of fun, but will be reviewing all of the top videos that come in.

The top 6\* in each RXd age group will qualify for the live finals, held at CrossFit Southampton on 10th & 11th September. Scaled finals will be the online qualifiers. Therefore, we encourage any ability level to enter.

If an athlete wants to be competitive and progress to the next stage, they will need to submit a valid video alongside their scores for each event.

## REGISTRATION

**Dates:** Registration for BTC & BMC is open now and will end Monday 20th June 2022 at 20:00 BST.

**Eligibility:** Age categories are based on the last day of our Finals event: **11th SEPTEMBER 2022**. Therefore, to be eligible to compete in an age group, your age must be within the category on the 11th.

Age groups are as follows:

### **Teens:**

**RX'd: 13-15, 16-17, 18-21 Male and Female (6 categories )**

**Scaled: 13-16 Male and Female (2 categories )**

### **Masters:**

**RX'd: 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+ Male and Female (16 categories)**

**Scaled: 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+ Male and Female (16 categories)\*\***

\*For quieter age groups with less sign ups, we will cap the number that qualify to finals at 3.

\*\*RX'd and scaled movement requirements are stated when selecting your category on the ticketing site. Any changes to these lists will be emailed to any athletes already entered when changes are made. We are constantly adapting and updating workouts to deliver the best



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competition possible, and to allow as many athletes as possible to participate whilst still allowing for a high quality, competitive event.

*Please note, BTC & BMC reserves the exclusive right to:*

- change workouts and equipment needed at any time
- allow or deny the participation of any athlete

### QUALIFIERS - COMPETITION DATES AND TIMES

The Online Qualifier events will be released on Friday, June 17th, 2022, at 04:00 BST. Athletes will have until Monday, June 20th, 2022, at 22:00 BST, to submit their scores and/or videos for these events.

BTC & BMC will host 3 online qualifier workouts. Any athlete looking to compete on the finals weekend, must have submitted scores for all 3 workouts in line with the below deadlines and regulations.

### FINALS - COMPETITION DATES AND TIMES

The top 6\* athletes from the qualifier weekend, will be invited to compete in the Finals event. The Finals will take place at CrossFit® Southampton on 10th & 11th September 2022. The workouts for the finals weekend will be released in the week leading up to the event.

If there are less than 6 finalists in any age division, we may offer places to more finalists in other (more popular) age groups, and less in the less popular age divisions. The total number of athletes will be capped at 144 between the two competitions. BTMC reserves the right to change these numbers at any time, in line with any changes to the Covid-19 guidance.

### WORKOUT FORMAT & APPROVED EQUIPMENT

The workout format will be released by BTC & BMC through the ticketing website Competition Corner, alongside a movement standards video.

The workout format will include the following:

- Required movement(s)
- Start and end ranges of the movement(s)
- Required number of repetitions and/or repetition scheme
- Required equipment (NOTE: Including but not limited to standard Olympic-style barbells and discs/bumpers, Concept2 rowers, 9kg (20-lb), 6kg (14-lb). and 4kg (10-lb) medicine balls, pull-up bars, jump ropes, dumbbells and other equipment commonly found in a



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CrossFit® gym such as 5m floor space and tape to measure & mark lines. BTC & BMC will not supply or make available any equipment.

- Required amount of weight (NOTE: All weights will be released in kilograms and an acceptable lbs loading) will be released with workouts. It is the athletes' responsibility to use the correct loading. Collars or clips are not to be counted in the total weight, but must be used.
- Time domain or time limit
- Scoring details – BTC & BMC will determine the winner by highest points total.
- Filming and submission guidelines.
- Proper workout attire, including shoes, is required for all workouts. No attire shall interfere with a judge's ability to determine whether the required movement standards and expectations for range of motion are being met. Subject to BTC & BMC's prior approval, common fitness wear may be allowed during competition. However, no grip assistance or weight support may be derived. We allow that which improves safety and/or comfort but does not confer advantage.
- Should the workout call for a pull-up bar to be used, athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they **may NOT tape the bar AND wear hand protection**. Note: The use of gymnastics grips that contain a wooden dowel are NOT allowed.

In all stages of the BTC & BMC competition, it is the athletes' 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 and loads, meeting the time requirements, and meeting all submission standards. Modifying the workout format in any way is prohibited and will void the athletes score. Only BTC & BMC may provide official scaled versions of workouts for athletes to perform.

### JUDGING AND VALIDATION

All age group athletes submitting scores must use a judge for each event. Judges are responsible for each athlete, to enforce movement and workout standards, and for confirming the athletes' score. To advance to the finals weekend, athletes must have their scores confirmed and validated under the observation of a judge, during all workouts.

Athletes wishing to advance to the online finals weekend **MUST ALSO** have their performance validated by a video submission. For those just joining in for fun, there is no need for video submission, but please note you will be scored below any athlete with video evidence. All videos submitted for review must adhere to the video submission guidelines provided below.

BTC & BMC also reserves the exclusive right to validate or invalidate any athlete's scores submitted for the purpose of qualifying for the Finals weekend. BTC & BMC will make such participation and scoring decisions to preserve the integrity of the competition.



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### SCORING FORMAT

Athletes will be scored in order of a relative points based system, where highest points (100) are given to the best score and so on, using [THIS](#) chart. If an athlete fails to post a valid score in an event for any reason, that athlete will receive a score of least points available “0” and be given the lowest rank for that event.

For online qualifiers, we will **Penalise Incomplete Scores** as above. For example, if an athlete did not complete a workout, he/she is placed below everyone else that did complete all the workouts. If you cannot do any reps in a workout, you should therefore enter a score of 0 to ensure your other workout scores still count with regards to your leaderboard placing. Competition Corner will send a confirmation email for every score submission you do, check your email inbox for these!

Ties on the overall leaderboard will be broken by awarding the best position to the athlete who has the highest result in any single Online Qualifier event. If athletes remain tied after this first tiebreaker, 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 can share an event result, and each will earn the original point value.

### VIDEO SUBMISSIONS

It is the sole responsibility of the athlete to ensure the timely and successful submission of workout scores and/or videos for each qualifier workout by June 20th, 2022, at 22:00 BST. The submitted videos will be reviewed in the following days and the scores for all workouts either validated, modified, or invalidated by **June 24th 2022**. The scoring protocol details (CrossFit® Open & Games style) can be seen here - [RULEBOOK](#)

Submissions that are incomplete (missing information such as the complete score, the individual's or the judge's name, or containing video links that do not work, videos that are unsubmitted, incomplete, amended, filmed from a position that preclude effective judging etc.) will not be accepted.

Note: BTC & BMC reserves the right to extend the score submission deadline due to unforeseen circumstances. If the deadline is extended, athletes are permitted to complete or redo the lifts or workouts within the new timeframe provided. Scores will then be validated by a representative of BTC & BMC's online judging team.

**Final leaderboard to be released June 27th 10:00am (subject to head judge approval).**



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### SCORING PROTOCOL

There are four possible outcomes that may be applied by the BTC & BMC head judge and internal online judging team in the reviewing & scoring of video submissions:

- **Good Video:** The athlete meets the required movement standards on all repetitions in the workout, and the score posted is correct. The score will be accepted.
- **Valid 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 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. Note: a minor penalty can be applied to more than one movement per workout, resulting in a greater score adjustment.
- **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. Note: a major penalty can be applied to more than one movement per workout, resulting in a greater score adjustment.
- **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 Competition Corner Leaderboard. The athlete will have to submit a new video prior to the score submission deadline to receive a score for this workout.

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. \*BMC/BTC head judge will apply time penalties based on the movements and/or circumstances in any given workout, and his/her decision will be final. Each movement may not have the same time penalty applied to it, and the BMC/BTC team 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).

If an athlete’s score is modified, the athlete’s overall rank may change. The un-confirmed leaderboard will be released when submission closes, the final leaderboard will be confirmed Monday 27th June 10:00, to allow time for all appeals to be processed. If you have issues submitting scores, or have any questions in general, please contact Emma at [emma@shapessmiths.com](mailto:emma@shapessmiths.com) before the deadline to request assistance.



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Keep track of the action and post photos and clips to [#BMC2022](https://twitter.com/BMC2022) or [#BTC2022](https://twitter.com/BTC2022)

### Video Submission Appeals Process

An athlete submitting a video for review will receive an email message from BTC & BMC if the score posted with the video is modified. The message will give a brief description explaining the reason for this change in score. Any athletes who disagree with their score modification must contact [craig@crossfitbath.com](mailto:craig@crossfitbath.com) upon receiving notification that their score has been modified within 24hours. In the email, they must list the workout in question, the original score, the modified score and the reason given for the score modification. They must also provide a brief explanation for why they are appealing the decision. BTC & BMCs judging review team will review the athletes appeal and the video in question in order to render a final scoring decision. This decision will be communicated to the athlete via email.

Appeals, scoring discrepancies or questions about the judging or scoring of online videos will be handled through [craig@crossfitbath.com](mailto:craig@crossfitbath.com). You will have 24hours from the scoring modification email being sent to make an appeal. Only the affected athlete may appeal a result. Coaches or unrelated parties may not appeal on behalf of the affected athlete and correspondence entered into by such persons will not be considered. Athletes may not appeal their own performance based on the judging, scoring or performance of another athlete. Violation of the judging standards by a judge may result in disciplinary action against the gym and/or the judge(s) involved. During the appeals process, meeting submission requirements and deadlines is still the responsibility of the athlete.

PRIOR to the score submission deadline BTC & BMC must be notified at [emma@shapesmiths.com](mailto:emma@shapesmiths.com) of any undetermined rulings or potentially late score submissions. Notifications received after the qualifier deadline will not be considered.

### Ranking

The BTC & BMC website will host their respective official leaderboards. The leaderboard will also be available on Competition Corner and may also be made available to 3rd parties upon request. The head Judge's decision will always be final.

### TRANSGENDER POLICY

BTC & BMC are committed to ensuring that all athletes have equal access and opportunities to participate in the workouts in a manner that is fair to all competitors while preserving the integrity of the championships. Transgender athletes are welcome to participate in accordance with the requirements set forth below.





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- Athletes who plan to register in a gender category other than the gender assigned to them at birth must request their participation by contacting [emma@shapesmiths.com](mailto:emma@shapesmiths.com), to confirm the following: Full name, affiliate they represent, evidence that gender in their everyday life matches their registration gender & that they have obtained civil documents with their registration gender identified (e.g. Passport or driver's license).
- Athletes who cannot meet the criteria above may provide medical or other evidence satisfactory to BTC & BMC establishing that they self-identify as the gender stated in their registration. BTC & BMC will process each request on a case-by-case basis and may request further information such as medical evidence to support their application.

### *Challenges to the gender classification of an athlete*

Any athlete registered for BTC or BMC may challenge the gender classification of an athlete by sending a confidential written request to [emma@shapesmiths.com](mailto:emma@shapesmiths.com). That request will be reviewed by the organisers of BTC & BMC in such a manner as it deems appropriate. In the interest of confidentiality, the receipt of the challenge will be acknowledged, but no further information will be provided to the challenging party. BTC & BMC may also conduct a review and evaluation of an athlete's gender classification on its own initiative.

### *Confidentiality and consent to sharing confidential information*

The legitimate medical and other privacy interests of transgender athletes will be preserved. Any discussion involving the gender identity of an athlete and any documentation supporting a gender transition will be kept confidential on a need-to-know basis, unless the athlete makes a specific request otherwise. Athletes give their consent to BTC & BMC to share confidential information with others as may be reasonably required in the application of this policy or in the application of the transgender policies of other sports organizations in which the athlete is participating. BTC & BMC will not retain any medical documentation that may be provided by athletes in accordance with this policy after receiving notice from them that they will no longer be participating in BTC & BMC events.

### *Questions concerning transgender policy*

BTC & BMC are committed to ensuring that transgender athletes understand their opportunity to participate in our events under this policy. Any athlete with questions or concerns about this policy should contact [emma@shapesmiths.com](mailto:emma@shapesmiths.com)

## Terms & Conditions

UNDER NO CIRCUMSTANCES WILL BRITISH TEEN CHAMPIONSHIPS OR BRITISH MASTERS CHAMPIONSHIPS BE RESPONSIBLE OR LIABLE FOR ANY DAMAGES OR LOSSES OF ANY KIND, INCLUDING DIRECT, INDIRECT, INCIDENTAL, CONSEQUENTIAL OR PUNITIVE DAMAGES ARISING OUT OF ACCESS TO AND USE OF THE BRITISH TEEN





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CHAMPIONSHIPS OR BRITISH MASTERS CHAMPIONSHIPS WEBSITE OR THE DOWNLOADING FROM AND/OR PRINTING OF MATERIAL DOWNLOADED FROM SAID SITE

### *Terms of Sale*

We use Competition Corner to process all registrants so please note you will be subject to their standard terms of sale. After you make a payment (deposit or full) you will receive an e-mail acknowledging your payment. If you have not received an email from us within 48 hours of making payment, please contact us at [emma@shapesmiths.com](mailto:emma@shapesmiths.com). Entry fees are sold subject to our right to alter or vary the published event programme. We reserve all rights in this regard. Any published start and finish times are estimates only and are subject to change. We are not liable for any change of a published start or finish time. Entry fees are not transferable.

### *Refund Policy*

From the moment we begin to organise an event we start to incur costs. The qualifier fee is spent securing next years' venue, placing deposits, renting/buying equipment, namecards, prizes, administration costs. Consequently, we DO NOT refund any fees once a payment (deposit or full) has been made. For those athletes invited to the final there will be an additional fee for this weekend of events.

### *Data Protection*

To the extent permitted by law and with your consent, personal information provided by you to BTC & BMC will be used for all purposes reasonably connected with the operations of BTC & BMC, including (but not limited to): providing you with details of forthcoming connected events, offers and services; providing you with updates as to the latest concessions or any changes thereto and information concerning competitions and other promotional activity; supplying you with the goods that you request or in which BTC & BMC reasonably believes you may be interested; conducting market research and establishing customer profiles; and transferring or disclosing the information provided to the Promoter's professional advisors and such other parties as it considers necessary in the administration of its business. BTC & BMC will not use or disclose your personal information other than as set out in these terms & conditions without your prior consent. If you have any queries about this, please contact [emma@shapesmiths.com](mailto:emma@shapesmiths.com). You will be given the opportunity to unsubscribe from any e-mail communications you receive from BTC & BMC by following the unsubscribe link.

### *Liability*

You agree that BTC & BMC, its servants or agents will not be liable for any loss, injury or damage to any person (including yourself) or property however caused (including by BTC & BMC or its employees or agents): in any circumstances unless due to the negligence of BTC & BMC, its employees or agents; in circumstances where such loss or damage is not a reasonably foreseeable result of any such breach (save for death or personal injury due to the negligence of



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BTC & BMC, its servants or agents); and/or, to the extent that any increase in any loss or damage results from the breach by you of any of these terms & conditions.

For the purposes of these terms & conditions, 'Force Majeure' means any cause beyond the organiser's control including, without limitation, an act of God, war, insurrection, riot, civil disturbances, acts of terrorism, fire, explosion, flood, royal mourning, national mourning, theft of essential equipment, malicious damage, strike, lock out, adverse or extreme weather, third party injunction, national defence requirements, and/or acts or regulations of national or local governments, including local or national level lockdowns. BTC & BMC will not be liable to you for failure to perform any obligation under these terms and conditions to the extent that the failure is caused by Force Majeure.

You agree that BTC & BMC shall not be liable to you for any indirect or consequential costs, claims, actual or alleged losses howsoever arising out of or in connection with BTC & BMC and/or our obligations hereunder including, but not limited to, loss of profits, anticipated profits, savings, business or opportunity, or loss of publicity or loss of reputation, or opportunity to enhance reputation, or loss of contract or other economic or consequential loss arising from the performance (or any failure to perform) these terms & conditions. BTC & BMC will not have any liability to you whatsoever for loss or expenses incurred in connection with BTC & BMC or any cancellation of the event, including, without limitation, costs of any personal travel, accommodation or hospitality arrangements made relating to the event or the cancellation of the event.