



# World Fitness Project 2025

## Competition Rulebook

The World Fitness Project rulebook is the intended standard set forth by the World Fitness Project, LLC. (WFP) & all WFP competitions.

### WORLD FITNESS PROJECT OVERVIEW

The 2025 WFP season consists of two (2) Online Challenger Qualifiers, two (2) Tour Stops, one (1) World Fitness Trials and one (1) World Fitness Finals:

1. **The World Fitness Project Online Challenger Qualifier:**

The online qualifiers are designed as the entry points for 2025 Challengers to earn access to the tour. Each Tour stop will have an Online Qualifier. The Online Challenger Qualifier is for any athlete that has not received a pro card for the 2025 Season.

2. **The World Fitness Project Tour:**

World Fitness Project Tour (1) and Tour (2) are composed of 3-day competitions with 500 points up for grabs. The Pro divisions will include the 20 signed pros where they will be joined by the top 10 finishers in the Online Challenger Qualifier. The Challenger Divisions will be composed of the athletes who finished 11-30 in the Online Challenger Qualifier. Alongside these individual divisions we will also have teams of 4 and duo divisions.

3. **The World Fitness Trials:**

The World Fitness Trials is the online qualifier for the remaining spots in the Finals for Teams and Duos. It takes place over 3 weeks in October (10/6-26). There will be 2 workouts per week: 6 total workouts.

4. **The World Fitness Finals:**

The World Fitness Finals is the final tour stop in the 2025 WFP Season. Over four days, the 20 signed men and women pros compete with the top 10 male and female points earners across tour stops 1 and 2 **The World Fitness Finals** rewards double points. The athletes with the most cumulative points across all three competitions will be crowned the inaugural World Fitness Champion.

### Code of Conduct

- **Respect and Integrity:**

- **Sportsmanship:** Athletes must show respect and sportsmanship towards fellow competitors, judges, and staff at all times. Unsportsmanlike behavior (e.g., taunting, abusive language, physical altercations) may result in penalties, including possible disqualification, suspension, or loss of earnings.
- **Cheating:** Any athlete caught or discovered to be cheating in any manner (editing videos, intentional cheating of reps or movement standards, etc.) may result in DQ, suspension, or loss of earnings.
  - Information provided, either in registration or video submissions, including scores, times, reps, or rounds completed, must be a complete truth. A lack of integrity, or any actions that evidence an intent to cheat or circumvent the Rules or intent of the Rules, including lying, for example, will result in disqualification.
- **Professionalism:** Athletes are representatives of the league and are expected to act professionally at all times, both in and out of competition.
- WFP reserves the right to terminate or remove any athlete, coach, staff, volunteer, judge, visitor, guest, supporter, teammate, and/or spectator participating in, attending, or viewing any WFP Competition.
- The WFP has the absolute authority on any final ruling including, without limitation, disqualification of an Athlete, removal of Spectator(s), media, coaches, or dismissal of any attendee.

## Anti-Doping Policy

- The WFP Drug-Free Sport Policy & Program is applicable to all WFP competitions. It is incorporated herein by reference and located here in its entirety: [Drug Testing Policy](#).

## GENERAL RULES

- To participate in any stage of the WFP season, all athletes must agree to all rules and policies, including, without limitation, assumption of risk, and publicity release, all of which are incorporated herein for reference, and the decisions of WFP, are final and binding in all respects.
- Changes in any policies, regulations, requirements, and standards may be made at any time without advance notice. The responsibility for knowing requirements and regulations rests on the athlete.
- All athletes are required to complete and abide by any and all appropriate waivers and documents. All athletes are required to pay and/or validly register for entry and complete all relevant online and/or on-site check-in processes.
- WFP prohibits athletes from using any performance-enhancing substances. If it is found that an athlete is using such substances or otherwise in violation of WFP's Drug Free Sport Policy during any stage of the competition, WFP reserves the right to disqualify the athlete from the competition and/or revoke any prizes earned.
- Photo & Video Policy
  - 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 recording, in whole or in part, for any commercial purpose without the prior express written consent of WFP in each instance.
  - WFP may, at their discretion, provide media credentials to individuals or groups to gain access to exclusive media areas. All credentialed media must be authorized by WFP. Time, area, and scope of access will be at the sole discretion of WFP. Credential(s) and access may be revoked at any time with or without cause in WFP's sole discretion. WFP reserves the right, in its sole and absolute discretion, to grant or deny any application or request for a media credential.

- Still images & video footage: This content may not be used for any commercial or retail purposes, and may only be used for promotional purposes upon written permission of athlete(s) depicted in such imagery and with a written license agreement from WFP. This content is for personal or editorial use only. Any use such as commercial and promotional use is prohibited.
- Drone Policy: The operation or use of any drone, unmanned aircraft/flying systems, and remotely-controlled or radio-controlled flying machines (whether or not motorized) of all types, shapes, and sizes (collectively, "drones") at any time where a WFP Competition occurs is prohibited under all circumstances except with express permission under the terms and conditions provided by the WFP.

## **DIVISION BREAKDOWN**

All divisions are subject to WFP's Gender Classification Policy, incorporated herein and located in full here: [WFP](#)

### **[GENDER CLASSIFICATION POLICY.pdf](#)**

#### **WFP Online Challenger Qualifier**

1. Male Challengers
2. Female Challengers

#### **WFP Tour**

##### **Individual**

1. Male Pro
2. Male Challenger
3. Female Pro
4. Female Challenger

##### **Teams of 2 (MM or FF)**

1. Masters (35-49)
2. Masters (50+)
3. Next Gen (14-16)
4. Next Gen (17-19)

##### **Teams of 4 (MM/FF)**

1. Elite
2. Intermediate
3. Scaled

## **DATES, QUALIFICATION & REGISTRATION**

#### **WFP Competition Entry Fees**

- Pro - no fee
- Challengers - no fee

- Teams - \$1000 - \$250 per team member
- Duos - \$500 - \$250 per duo member

## **2025 WFP Competition Calendar**

- March 19-25 : Online Challenger Qualifier 1
- May 9-11 : Tour 1 - Indianapolis, Indiana
- July 2-8: Online Challenger Qualifier 2
- Aug 29-31: Tour 2 - Phoenix - Mesa, Arizona
- Oct 6-26: World Fitness Trials
- Dec 18-21: World Fitness Finals - Copenhagen, Denmark

### **WFP Online Challenger Qualifier**

Challengers looking to earn a pro card for the 2026 season must first qualify to tour stops through the Online Challenger Qualifier. Individuals are required to complete qualifying workouts during the week designated below. Athletes are required to complete the workouts and submit all videos and scores in the specific time frame listed.

#### **Tour 1:**

1. Workouts are released on March 19th
2. Scores are due by March 25th
3. OCQ Individual registration closes on March 25th

#### **Tour 2**

1. Workouts are released on July 2
2. Scores are due by July 8
3. OCQ Individual registration closes on July 8

### **WFP Live Competitions**

The WFP live competitions will consist of Pro's, Challengers, and Competitor's divisions which encompass all divisions not labeled as Pro or Challenger. These divisions include, but are not limited to, Teams of 4 - Elite, Intermediate, Scaled and Teams of 2 - Masters (35-49) and (50+) and Next Gen (14-16) and (17-19). These divisions will have no qualifier for WFP Tour 1 or 2. To qualify to the finals athletes must have a top three finish at either tour or qualify via the trials, an online qualifier in October.

#### **Tour 1:**

1. Competitor Registration begins March 1
2. Competitor Registration Closes April 31
3. All Workouts are released on April 18

## **Tour 2**

1. Competitor Registration begins June 1
2. Competitor Registration Closes July 31
3. All Workouts are released Aug 8

## **Trials**

1. Registration begins September 29
2. Registration Closes October 9

## **Finals**

1. Competitor Registration begins October 30
2. Competitor Registration Closes November 30
3. All Workouts are released on November 27

## **WFP Tour**

### **Signed Pros**

Athletes that have been signed and hold pro cards for the 2025 season will have automatic qualification into each Tour.

### **Challengers**

Athletes who place top 10 in the Online Challenger Qualifier will be promoted to the pro roster for the corresponding tour. Athletes who place 11 - 30 will be qualified into the challenger division for the corresponding tour. Athletes who qualify will be given a direct link to register after results have been verified and approved by WFP staff.

### **Teams**

All teams must consist of four athletes, 2 males and 2 females. Athletes do not have to be from the same gym. Divisions will include Elite, Intermediate, and Scaled.

One athlete per team will be designated as the team captain. This role will be assigned to the athlete completing registration on behalf of the team. This individual will serve as the primary point of contact throughout the competition stages.

There will be no qualifier for Tour 1 or Tour 2. Limited spots are available and will be first come first serve through open registration.

### **Duos**

Duo divisions will be formed in teams of MM or FF. Athletes do not have to be from the same gym, Divisions will include Masters (35-49) (50+), and Next Gen (14-16) (17-19).

One athlete per team will be designated as the team captain. This role will be assigned to the athlete completing registration on behalf of the team. This individual will serve as the primary point of contact throughout the competition stages.

There will be no qualifier for Tour 1 or Tour 2. Limited spots are available and will be first come first serve through open registration.

## **World Fitness Trials**

The Trials will serve as an entry point to the World Fitness Finals for teams and duos who were unable to qualify through Tour 1 or Tour 2. This will be a three- week long online Competition from Oct 6 - 26, 2025.

### **Teams**

All teams must consist of four athletes, 2 males and 2 females. Athletes do not have to be from the same gym or complete the workouts together. Divisions will include: Elite, Intermediate, and Scaled.

One athlete per team will be designated as the team captain. This role will be assigned to the athlete completing registration on behalf of the team. This individual will serve as the primary point of contact throughout the competition stages.

### **Duos**

Duo divisions will be formed in teams of MM or FF. Athletes do not have to be from the same gym or complete the workouts together. Divisions will include Masters (35-49) (50+), and Next Gen (14-16) (17-19).

One athlete per team will be designated as the team captain. This role will be assigned to the athlete completing registration on behalf of the team. This individual will serve as the primary point of contact throughout the competition stages.

## **World Fitness Finals**

### **Signed Pros**

Athletes that have been signed and hold a pro card for the 2025 season will have automatic qualification into the Finals.

### **Challengers**

The top 10 Challenger athletes based on points earned through Tour 1 and Tour 2 will be qualified into the Pro division for the Finals, allowing them to contend for a 2026 pro card.

## **Teams**

All teams must consist of four athletes, 2 males and 2 females. Athletes do not have to be from the same gym, Divisions will include Pro, Elite, Intermediate, and Scaled.

One athlete per team will be designated as the team captain. This role will be assigned to the athlete completing registration on behalf of the team. This individual will serve as the primary point of contact throughout the competition stages.

Qualification for the WFF can be obtained through a top 3 placement at Tour 1, Tour 2 or through qualifying through the World Fitness Trials.

## **Duos**

Duo divisions will be formed in teams of MM or FF. Athletes do not have to be from the same gym, Divisions will include Masters (35-49) (50+), and Next Gen (14-16) (17-19).

One athlete per team will be designated as the team captain. This role will be assigned to the athlete completing registration on behalf of the team. This individual will serve as the primary point of contact throughout the competition stages.

Qualification for the Finals can be obtained through a top three (3) placement at any Tour 1, Tour 2 or by qualifying through the World Fitness Trials.

**\*\*WFP holds the right to invite any athlete in any division to compete or add any division at any Competition\*\***

## **Age**

1. Pro and Challenger: Athletes must be 16 years of age as of 12/31/25
2. Teams: Athletes must be 16 years of age as of 12/31/25
3. Masters 35-49: Athletes must be at least 35 years of age, but not older than 49 years of age as of 12/31/25
4. Masters 50+: Athletes must be 50 years of age as of 12/31/25
5. Next Gen 14-16: Athletes must be at least 14 years of age, but not older than 16 years of age as of 12/31/25
6. Next Gen 17-19: Athletes must be at least 17 years of age, but not older than 19 years of age as of 12/31/25

## **Substitution**

### **Eligibility for Substitutions**

- Teams and Duos are permitted to make substitutions in the Competition of:
  - **Injury:** A participant sustains an injury that inhibits their ability to continue participation.
  - **Sickness:** A participant experiences illness that prevents their involvement in team activities.
  - **Travel Issues:** A participant faces unavoidable travel conflicts or delays that interfere with their attendance.
  - **Emergency Situations:** Unforeseen personal or professional emergencies that require the participant's immediate attention.

### **Notification Procedure**

- Teams and Duos must notify WFP or a designated official as soon as they identify the need for a substitution.
- The notification must include:
  - Name of the participant being substituted.
  - Reason for the substitution (e.g., injury, sickness, travel issues).
  - Name of the substitute participant (if applicable).

### **Timing of Substitutions**

- Substitutions can be made:
  - Prior to the commencement of the Competition or activity.
  - During the Competition or activity, provided it does not disrupt ongoing operations and is approved by a WFP official.

### **Documentation Requirements**

- For planned substitutions (e.g., travel issues), advance notice should be accompanied by supporting details if requested by the WFP.
- In cases of injury or sickness, medical documentation is not mandatory but may be required at the WFP's discretion.

### **Fairness and Integrity**

- Substitute participants must adhere to the same rules, eligibility requirements, and qualifications as regular participants to maintain the integrity of the activity.
- Any team or duo found using substitutions to gain an unfair advantage may face penalties, including disqualification from the competition.

### **Limitations on Substitutions**

- Teams and duos are allowed one substitution for approved reasons per competition.

### **WFP Discretion**

- WFP retains the right to review and approve or deny any substitution requests, particularly in cases where fairness, safety, or compliance with Competition rules may be affected.

## **Video Submission**

- Athletes will be asked to submit all videos of any online qualifier workouts if they are seeking to compete for a spot at a WFP competition.
- For teams of 4, the team captain must submit videos for all four members of the team.
- Within each video, athletes must:
  - Declare their full name, division, and workout.
  - Show prescribed weights or prescribed height/distance via measurements.
  - Follow the workout scorecard for further details on each workout and video.
  - WFP recommends using a video application that shows a timer in the video

## Video Guidelines

- Athletes must be positioned to clearly show the completion of each movement as prescribed in the standards. Ensure the judge does not obstruct the camera view.
  - Use the camera placement provided in the floor plan section of the scorecard.
  - Video should capture full view of the athlete during all movements, at all times.
- Do not wear shorts/shirts that match or are the same color as the background of the facility to allow clear viewing of movements. Questionable movements or visibility may result in penalties to the athlete.
- Clocks / Timers
  - A clock or timer is required to be visible throughout the entire workout. This timer can be at the physical location or through a video recording app.
- Videos shot with a fisheye lens or similar that obstruct or distort the athlete's performance of the movement standards may be rejected.
- 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 may lead to the video being invalid, and the athlete's workout score for that submission will not be accepted.
- Videos must be uncut and unedited to display the athlete's performance accurately.
- We recommend submitting videos simultaneously with the score as it may take time to upload. Athletes will not be given an extension if videos are submitted past the deadline.
- Once an athlete has successfully uploaded their video, athletes may add the video link to the respective workout on Competition Corner.

## VIDEO PLATFORMS

- Upload the video as a PUBLIC video within one of our accepted platforms. (i.e. Youtube, Vimeo, Google Drive, WeTime, Wodproof, icloud)
  - If we are unable to open the video upon submission, it may be rejected.
- WFP is not responsible if a video is blocked by a hosting provider due to copyrighted music or other reasons. If there is a concern, we recommend athletes intentionally mute their audio before uploading, and then introduce themselves, division, and workout number via a whiteboard and/or paper.

## Judging Standards

## Judge Qualification

All judges used for OCQ review and In person Pro and Challenger Divisions will be members of the Association of Fitness Judges or similar associations at WFP's discretion. Each judge is responsible for ensuring accurate scoring and upholding movement standards.

## Judging Guidelines

- **Scoring:** Each workout will have specific criteria for points, time, weight or rep counts. Judges will be responsible for tracking scores with precision and fairness.
- **Video Review:** WFP reserves the right to review any athlete's performance through video replay for scoring verification, especially in the case of disputes or ambiguous movements.

## Movement Standards

- All movement standards will be described with each workout release.

## Penalties- Live Competition

### No-Rep Penalties

If an athlete does not perform a movement according to the required standard, the judge will call a "no-rep," and the repetition will not count.

**Accumulation of No-Reps:** Excessive no-reps will result in time penalties or rep penalties depending on the workout structure (e.g., add 5 seconds to time for every no-rep).

### False Start Penalty

Athletes beginning the workout before the official start signal will receive a :15 second penalty. The WFP reserves the right to review all penalties given.

### Equipment Malfunction

If an athlete's equipment fails during a workout, it is the athlete's responsibility to fix the issue. The clock will not stop, and no additional time will be given unless WFP or its judges/volunteers are at direct fault.

## Penalties- Online Competition

### No-Rep Penalties

If an athlete does not perform a movement according to the required standard, the WFP video reviewing judge will mark and count each no-rep.

- Online scores can be adjusted due to false starts and/or no reps.

- No-reps will have a designated penalty attached to them.

## False Start Penalty

Athletes beginning the workout before the official start signal will receive an Invalid score.

## Appeal Process

- Only affected athletes, exclusively those in the individual divisions, the team captain of a team, the legal guardian representing any athlete under 18 years of age, or an athlete or team's coach may appeal a result. No other parties may appeal on behalf of an athlete or team.
- Athletes may appeal discrepancies related to the judging, scoring, or performance of another Athlete or Team.
- For all inquiries during an Online Qualifier, the following process will be used:
  - The athlete immediately notifies staff [via email \(judging@worldfitnessproject.com\)](mailto:judging@worldfitnessproject.com) about the result in question by relating their name and reason for the protest. Inquiries will be answered in the order they are received. Any scoring protests/appeals made by anonymous individuals will not be accepted.
  - Meeting submission requirements & deadlines is the responsibility of the Athlete.
  - All undetermined rulings and late or potentially late submissions [must be communicated to staff](#) immediately, time and date stamped, in an email.
  - Judgment calls made during the workout are final
  - Timeline: Appeals must be submitted within 24 hours of your official score posting
  - Review Panel: Appeals will be reviewed by a panel consisting of WFP senior judges and league officials. The panel's decision is final.
- For On-site Appeals, Event Protests, Scoring Discrepancies, or Ruling Questions:
  - All appeals, scoring discrepancies, or questions about the submission of scores should be done immediately following the event in question.
  - All appeals must be filed within **60 minutes** of the athlete or team's score being published on the leaderboard.
  - Appeals made during any event should be addressed in a time and date-stamped email including all facts and [sent to judging@worldfitnessproject.com](mailto:judging@worldfitnessproject.com).
  - Signing the individual or team scorecard indicates the athlete acknowledges that they have a score. It does not mean the athlete agrees with the score. Appeals may only be made after signing the scorecard.
  - Athletes may appeal discrepancies related to the judging, scoring, or performance of another Athlete or Team.
  - Appeals of another athlete or team's score will not count towards an athlete or team's Two Appeals Rule count as long as the appeal is granted.
  - An athlete or team cannot appeal most no reps by the judge. Examples include, but are not limited to the depth of a squat, extension of hips, etc. In rare cases, an athlete or team's appeal can include specific movement no reps as defined by WFP before each event.
- An athlete or team's appeal can include:
  - Total number of repetitions completed
  - Total time

- Barbell or other implement loading errors and equipment failures
- Stage or course directional inconsistencies
- Scorecard or leaderboard errors
- Miscommunication of movement standards
- Another athlete or team's score.
- For all On-site Appeals, Event Protests, Scoring Discrepancies, or Ruling Questions the following process will be used:
- Two appeal rule:
  - Athletes/Teams will start the competition with two appeals.
  - Following each event, athletes have the option to appeal (eligible list above)
  - If after investigation the appeal is granted the athlete/team will retain their appeal count.
  - If after investigation the appeal is denied, the athlete/team will lose one appeal from their appeal count.
  - If an athlete/team exhausts their appeal count they will not be allowed to make any other appeals over the remainder of the competition.
  - Missing mandatory competition responsibilities such as athlete registration or event briefings may result in a loss of an appeal at the Head Judge's discretion.
  - Appeal of another athlete's/ team's score will not count towards the two appeals rule.
- The competing Athlete or in the case of a team, their Team Captain, or the athlete's or team's coach files the protest digitally at the web link or at the appeals table.
- The appeals team will review the facts presented and make a ruling. The athlete will be notified of this ruling via email.
- In the case that they need additional information or to speak in person, they will contact the appealing party via the info provided in the form.
- We will accept one outside video submission for your appeal. Video Link must be uploaded via the competition platforms appeals system. The video must not be edited in any way, shape, or form. Video upload and appeal must be submitted within the appeals window. Failure to follow these guidelines may be grounds for immediate denial of the appeal and/or loss of appeal. WFP will not provide any public Internet access or connectivity for participants.
- Video, photos, mobile media, or any other media will not constitute grounds for changing or modifying a decision, score, or entry made by a Judge. The on-site Director, Competition Director, or their designee may ask for related media, and its availability may or may not guarantee use or admissibility in the overall decision process.
- Nothing in these rules including Event Protests, Scoring Discrepancies and Event Movement Standards, Range of Motion, and Judging Applications should be read as a limitation on WFP's right to run or operate the Competition as it sees fit in its sole and absolute discretion.
- Review Panel: Appeals will be reviewed by a panel consisting of WFP senior judges and league officials. The panel's decision is final.
- Possible Outcomes: The appeal can result in the following outcomes: uphold the current decision, reverse the decision, or adjust scores/times based on new evidence.

## **Coach Passes**

Individual athletes, teams, and duos will be allowed one (1) coach pass per WFP Competition to cover the duration of the Competition. This allows a single coach with full access to be with the athlete. The pass must be specific to one coach and is not transferable during the Competition.

- Coaches / Guardians / Handlers must be declared at registration and must be 18 years or older. They must be on-site to register and receive their credentials.
- These credentials are non-transferable.

## Teens

- Due to age, we require teens to have a legal guardian present in Athlete areas.

## Guest Passes

Athletes will be allowed one guest pass for a single person to use that will allow access to specific areas within the venue. This pass is not transferable during the Competition.

## Injury

If an athlete is injured during competition, the WFP will provide medical care. The WFP Head of Medical and Safety has authority to make a final decision to withdraw an athlete.

## Season Point system

### Pro Division -

|                  |                  |                  |
|------------------|------------------|------------------|
| <b>1st:</b> 500  | <b>11th:</b> 392 | <b>21st:</b> 315 |
| <b>2nd:</b> 485  | <b>12th:</b> 384 | <b>22nd:</b> 310 |
| <b>3rd:</b> 470  | <b>13th:</b> 376 | <b>23rd:</b> 305 |
| <b>4th:</b> 460  | <b>14th:</b> 368 | <b>24th:</b> 300 |
| <b>5th:</b> 450  | <b>15th:</b> 360 | <b>25th:</b> 295 |
| <b>6th:</b> 440  | <b>16th:</b> 352 | <b>26th:</b> 290 |
| <b>7th:</b> 430  | <b>17th:</b> 344 | <b>27th:</b> 285 |
| <b>8th:</b> 420  | <b>18th:</b> 336 | <b>28th:</b> 280 |
| <b>9th:</b> 410  | <b>19th:</b> 328 | <b>29th:</b> 275 |
| <b>10th:</b> 400 | <b>20th:</b> 320 | <b>30th:</b> 270 |

### Challenger Division -

|                 |                  |
|-----------------|------------------|
| <b>1st:</b> 250 | <b>11th:</b> 200 |
| <b>2nd:</b> 245 | <b>12th:</b> 195 |

**3rd:** 240 **13th:** 190

**4th:** 235 **14th:** 185

**5th:** 230 **15th:** 180

**6th:** 225 **16th:** 175

**7th:** 220 **17th:** 170

**8th:** 215 **18th:** 165

**9th:** 210 **19th:** 160

**10th:** 205      **20th:** 155

**The point scoring for each Competition is based on a sliding point system where each workout has a potential of 100 points.**

- Points will be assigned in accordance to the placement of each athlete in each individual event. They will be ranked on the overall leaderboard based on their total accumulated points from each event. After the Competition, the athletes with the highest points earned will be declared winners.
- 1st = 100 points, 2nd = 95 points, 3rd = 90 points, etc.
- The point system can be adjusted to fit the amount of individuals/teams in each division.
- Athletes and teams will be reseeded after each competition day unless otherwise noted.
- If required, specific team scoring format(s) will be released when the workouts are released.
  - Workouts may require any combination of teammates to participate, and team scores may involve contributions from all, some, or none of the members.

#### **MISCELLANEOUS:**

It is the responsibility of each competing Athlete and Team to meet required travel and scheduling commitments. This includes but is not limited to, athlete on-site registration, all event briefings, competition schedules, non-competition appearances, and media commitments. Athletes are required to [contact us](#) with any scheduling conflicts.

#### **On-Site Athlete Registration**

- Dates, times, and locations of Athlete Registration will be emailed to all athletes and team captains.. It is the responsibility of each athlete and team to meet all required scheduling commitments.
- Athlete Registration is mandatory and will take place in person the day before each division's start of competition.
- Athletes will register on-site with staff and must provide a valid form of identification.
  1. Accepted proof of identification includes a state driver's license, passport, military ID, birth certificate, and other officially verified forms of identification.
  2. TEAMS: We recommend all four (4) team members register together, however, one team member may register the whole team. ID will be required for all member(s) registering onsite.

- During registration, athletes and teams will receive any gear, credentials, and additional important information they may need about the competition.
- Athletes/Teams may be granted a late check-in, before the first Competition, for special circumstances. WFP reserves the right to deny special requests. Athletes/Teams in need of this must contact staff before the Tuesday of Competition week to request late check-in.
- Another athlete or person may not complete check-in for any other athlete competing.
- WFP makes no guarantee that athlete registration and check-in access will be available after the assigned registration day. Once the first workout has begun, athletes or Teams who have not checked in will be disqualified from competition.

## **Athlete Camp**

- Coaches, personal therapy providers, photographers and videographers are considered general admission spectators and will not be allowed access to warm-up areas or restricted athlete-only areas unless otherwise given permission by the WFP team.

## **Athlete Briefings**

- Event movement standards and required range of motion will be delivered before the competition during Athlete Briefings, which may occur online and/or on-site. WFP will communicate by email on the time, date, and location of briefings.
- The defined method by which the athlete meets the range of motion standard will be announced by WFP. Delivery can be in the form of online media, written documents, or Athlete briefings either with or without demonstration. Regardless of delivery method, the Athlete is required to meet or exceed the event movement standard requirements during all competitions. For example, if a squat snatch is prescribed, a power snatch will not meet the standard, unless otherwise stated.
- Briefings will be delivered by a Head Judge or a designee of the On-site Director, with or without visual demonstration. There will be an opportunity for Athletes to ask questions.
- The time and location of briefings will be communicated to athletes before the start of the competition. WFP reserves the right to make changes to the date, time, and location of athlete briefings based on changes to the Competition schedule. Any such changes will be properly communicated to all athletes in advance.
- Pro and Challenger: Athlete attendance at briefings on-site is mandatory. Athletes will check in with a member of the WFP staff before entering the briefing to confirm their attendance. Coaches may attend all briefings, however, a coach cannot attend in the place of an athlete at any briefing. Any athlete or team not present for a briefing will forfeit their ability to appeal any of the workouts that take place during that competition day.
- All athletes: Each individual and at least one (1) athlete from each team are required to be in attendance at each briefing. Athletes will check in with a member of the WFP staff before entering the briefing to confirm their attendance. Coaches may attend all briefings, however, a coach cannot attend in the place of an athlete at any briefing. Any athlete or team not present for a briefing will forfeit their ability to appeal any of the workouts that take place during that competition day.
- If a translator is needed, please speak with our Athlete Relations team before the briefing.

**Injuries:**

- If an individual or 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.
- During the competition, if an athlete or team is unable to participate in the next event for any reason (DNF, injury, etc.), the athlete or team will be withdrawn from the competition. The athlete or team will retain the points they have earned in competition to the point of withdrawal and will be ranked accordingly.
- The Director of Medical, Event Director, and Head Judge will have the authority to remove any athlete from competition based on the severity of the injury, the likelihood of further injury, and other injury-related safety factors at the discretion of the on-site directors.

**Timing:**

- Chip timers may be used for official timing. The chip will be placed on the same area of the body for all athletes. The official time for each athlete will be recorded when the timer reaches the finish mat or crosses the finish line.
- In some cases, a judges stopwatch will be used to determine the official time of an athlete/team.

**Athlete Recovery:**

Physical therapy and recovery tools may be provided by WFP to all Athletes in a designated area. Athletes who choose to use their own providers must do so in general athlete locations.

**International Athletes:**

Any athletes needing to obtain a VISA in order to compete should do so in plenty time ahead of the competition as the application and approval process may take longer than expected.

**Prize Purse:**

The Prize purse may be different to each division and will be communicated before the start of each Competition

The WFP holds the right to increase any prize purse at any time.

**STANDARD COMPETITION PROCEDURES**

For all levels of WFP competitions and qualifiers, the workout format will be released and communicated uniformly to all athletes online and/or onsite at athlete briefings.

1. All weights will be released in kilograms and pounds
  - If an athlete is unable to meet the exact conversions, they must use a load that is at a minimum as heavy as the prescribed load
  - 15kg weightlifting bars will be viewed as 35 pounds, and 20kg bars will be viewed as 45 pounds

2. It is the athlete's responsibility to use the correct weights and/or pre-determined conversion as published by the WFP.
3. If a workout ask the athlete to determine the weight (ex: max lift):
  - The official weight must be recorded in the designated format. If converting kilograms to pounds, round to the nearest pound (.5 and up round up, .4 and below round down, i.e. 100.1 to 100.4lb rounds down to 100lb vs. 100.5 to 100.9lb rounds up to 101lb)
  - Any weight increases with change plates must result in a whole number (no decimal points).
4. Collars are not to be included in the weight.

### **Uncommon Movement Clause:**

Any movement that is considered uncommon, irregular, or intended to modify, shorten, or alter the accepted standard of movement, range of motion, or line of action for any event may be deemed unacceptable and disallowed. It is the athlete's responsibility to inform their judge of any potential non-standard movement prior to the start of the workout.

Physical limitations affecting range of motion due to prior injuries, permanent or temporary conditions, or other obvious and clearly demonstrable impairments that are communicated to a judge or staff member before the Competition may, at WFP's sole discretion, be granted an exception. These exceptions are extremely rare and will be evaluated on an individual basis.

### **Competition conduct:**

Judges are directed not to touch or adjust any competition equipment during the workout unless it poses a safety hazard or interferes with another athlete's ability to perform.

Failure to comply with a judge's instructions, arguing with or challenging Competition staff, or making any attempt to undermine, embarrass, or confront a judge, Competition staff, WFP, Competition sponsors, spectators, fellow athletes, or venue owners/operators, as determined solely by WFP, may result in penalties or disqualification from the current Competition and/or future competitions.

Competition judges and on-site directors have full authority to stop or suspend an athlete from competition at any time if they believe the athlete is at risk of serious harm to themselves or others.

All judgments and rulings made during the workout are final and cannot be disputed, appealed, or altered.

### **Attire:**

Proper attire is required at all competitions. No attire should interfere with judging and the ability to properly see the movement standard or range of motion of any movement.

In adherence to WFP's approved equipment list or having received special approval, belts, non-tacky gloves, hand tape, neoprene joint sleeves, and other common fitness wear may be allowed during competition. No grip assistance or weight support may be derived from any piece of attire worn.

Once an athlete enters the competition surface, they may not receive any outside material assistance from anyone.

## **Requirements**

Athletes must wear sport footwear while competing. Slippers, socks, and open-toed shoes are not permitted unless otherwise noted.

Shoes may not be altered from their original manufactured state to increase the sole's height.

Garments that provide floating assistance (i.e. buoyancy shorts) are not permitted.

Athletes may cover their hands and fingers with tape, gymnastics grips, or gloves for protection from tearing. These resources may not be used in a manner that provides additional grip assistance (i.e. wrap gymnastics grips around a pull-up bar or barbell).

The grips cannot contain a dowel, and the grip cannot be sewn into a fold.

Electronic devices such as watches, wearables, and heart-rate monitors are permitted. All other electronics, such as music players and headphones may not be worn. Portable Media devices such as mobile phones or tablets are not permitted on competition stages.

Before entering the Competition Stage, athletes may be notified by Competition staff to only bring certain items onto the floor. Athletes should only enter the competition floor with the personal items or attire that is necessary for that specific event. If athletes are permitted to bring items onto the floor, they must be kept within their own competition lane. Items deemed to be excessive for an event may include extra shoes, water bottles, and extra clothing and may not be permitted.

## **PARTICIPATION REQUIREMENTS, REFUNDS & TRANSFERS**

Subject to WFP's age restrictions and other requirements, anyone who is able to perform the workouts as prescribed may attempt to register to compete (individually or as part of a team or duo). Such registration is subject to each prospective athlete's affirmative agreement to comply with WFP's policies, rules, and regulations, as determined by WFP, in its sole and absolute discretion.

- All registrations are final. No refunds or transfers are permitted unless specifically stated otherwise, regardless of the reason (injury, illness, change in work schedule, deployment, pregnancy, etc.)
- Athletes competing in an individual division, either online or in-person, may not transfer or substitute their spot for any reason.
- Athletes must validly and truthfully register online if required.
- Athletes must provide valid and truthful information in registering, including their email address.
- Athletes younger than 18 must provide parental consent during registration. If an athlete qualifies for a WFP Competition, a parent or guardian must be on-site for the duration of the Competition.

## **ADDITIONAL GUIDELINES**

- WFP 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. WFP assumes no responsibility for any error, omission, interruption, deletion, defect, or delay in the operation or transmission of any website related to WFP, or for communications line failure, theft or destruction, tampering, or

unauthorized access to entries, registration, participation and/or entry information. WFP 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 WFP, computer online systems, servers or providers, computer equipment, software, failure of any email, submission or entry to be received by WFP 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 WFP or downloading any materials related to WFP.

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

## CONTACT US

**General Inquiries** – [contact@worldfitnessproject.com](mailto:contact@worldfitnessproject.com)

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