

CrossFit Total Federation

CFTF Technical Rules for Competition

(These rules may be amended as necessary by the head honchos)

I. General Rules

The CrossFit Total Federation (CFTF) recognizes the following three lifts for competition, to be contested in this order for every full three-lift competition sanctioned by CFTF:

1. Squat
2. Press
3. Deadlift

The sum of the heaviest lifts of the three shall constitute the Total. CFTF will recognize only those lifts performed and judged as valid under the technical rules of CFTF in meets sanctioned by CFTF.

CFTF also sanctions, establishes, and maintains records of the three lifts and the total done in accordance with the CFTF technical rules.

Age Groups:

Junior: Under 18 years of age on the day of the competition. Divisions are 13 and under, 14-15, and 16-17.

Open: Over 18

Masters: 40 and over. Divisions are 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and older.

Weight classes:

Men: up to 52 kg., up to 56 kg., up to 60 kg., up to 67.5 kg., up to 75 kg., up to 82.5 kg., up to 90 kg., up to 100 kg., up to 110 kg., up to 125 kg., and over 125 kg.

Women: up to 44 kg., up to 48 kg., up to 52 kg., up to 56 kg., up to 60 kg., up to 67.5 kg., up to 75 kg., up to 82.5 kg., up to 90 kg., and over 90 kg.

Teams shall consist of up to 15 people. There shall be only one team award, scored by the placings in their weight classes of the team members. Points shall be: 12 – 1st, 10 – 2nd, 8 – 3rd, 6 – 4th, and 5 – 5th. The team roster must be submitted before the start of the first weigh-in of the competition, and after submission no other names may be added to the roster.

Records:

CF Total records may only be set at sanctioned competitions.

II. The Lifts and the Rules of Performance

All three lifts shall be performed on a platform with a level, flat surface of either wood or rubber. Its dimensions must be a minimum of 8' x 8'. Either squat stands or a power rack can be used. If a power rack is used, its inner floor must be flush with the platform surface.

Exactly and only 2 spotters are to be present during each squat attempt. No other use of spotters is permitted.

At the conclusion of each attempt the lifter must leave the platform immediately unless unable to do so because of injury.

The Squat

The bar must be removed from the racks and a position assumed on the platform at least 2' from the racks, or a distance sufficiently removed from the racks to ensure the safety of the lifter and the spotters in the event of a miss. No contact with the rack is permitted until the bar is replaced in the rack. The bar must not be more than 1 inch below the top of the anterior deltoids. The bar must be held horizontally across the back with both hands gripping the bar shaft. This position, once fixed, cannot change during the attempt.

The starting position must be completely upright, with the knees and the hips fully extended and with the chest up.

When the head judge determines that the starting position criteria have been satisfied, the signal to squat shall be given. This consists of a downward movement of the hand and the audible command to "Squat". Any deliberate attempt to lower the bar counts as an attempt. Any deliberate attempt to lower the bar before the signal to do so is received is cause for disqualification of the attempt. The attempt starts when the bar starts down under a deliberate effort to lower it.

The hips are lowered until the top surfaces of both of the legs at the hip joint are lower than the knees, and then the bar is lifted back up. The bottom position is identified by 1) the apex of the crease in the shorts formed as the hips are lowered, 2) the surface of the top of the patella, 3) the plane formed by a straight line between the two, and 4) the dipping of the hip end of that plane below horizontal. Once the bar is lowered, the stance cannot change until the bar is to be racked. Once the upward motion of the bar is initiated, any stopping of its upward motion is a missed attempt. At no time during the squat can the elbows or arms come into contact with the legs.

The finish position is the same as the starting position, and the athlete must return to this position before the bar is racked. When the finish position is determined to be secure by the head judge, the signal is given to replace the bar in the rack. This signal shall consist of a movement towards the rack with the hand accompanied

by the audible command to “Rack”. No movement toward the rack is permitted until this signal is given. Then the bar must be walked back into the rack and successfully replaced without the help of the spotters. Any touching of the bar by the spotters disqualifies the lift. The spotters are permitted to steady the racks, and to take the bar if the lifter loses control of it. Any touching of either the bar or the lifter by any spotter invalidates the attempt.

Any halt in the upward motion of the whole bar, identified at its position on the back rather than at its ends, constitutes a missed attempt, as does any change in position of the feet against the floor during the squat.

The Press

The press is done from the squat racks or power rack. Bumper plates shall be used in the press, to assure safety and to prevent equipment damage in the event of a missed attempt.

The bar must be removed from the racks and a position assumed on the platform at least 2’ from the racks, or a distance sufficiently removed from the racks to ensure the safety of the lifter in the event of a miss. The bar is held in both hands in front of the neck, taken out of the rack and walked back away from the rack in a position facing the head judge. No contact with the rack is permitted until the bar is replaced in the racks.

Once the stance is assumed it cannot change until the lift is completed. The starting position must be upright, with the knees and hips fully extended and the chest up. The bar must be in contact with the top of the shoulders or the chest, whichever individual flexibility permits. No “floating” of the bar above the chest or shoulders is permitted.

After the starting position is correctly assumed, the head judge shall give the audible “Press” command. Any deliberate attempt to press before this signal is a missed attempt. Any deliberate attempt to press the bar counts as an attempt. The attempt starts when the bar leaves the chest or shoulders.

The bar is pressed overhead until the elbows are completely extended, with the bar in a position behind the most anterior aspect of the armpit. Failure to attain this position constitutes a missed attempt. Any uneven extension of the elbows must be corrected by the time lockout occurs, such that both elbows lock out simultaneously.

Once this position has been attained, the bar is lowered to the front of the shoulders and walked back into the rack and replaced securely.

Any halt in the upward motion of the bar, identified as the part of the bar between the hands, constitutes a missed attempt, as does any change in the position of the feet against the floor during the attempt, any bending of the knees, or excessive backward lean of the torso as identified by 1) the position of the most anterior aspect of the armpit, 2) the most posterior aspect of the buttocks, 3) the plane formed by a straight line between these two points, and 4) the movement of that plane to a position behind the vertical.

Any athlete who is anatomically unable to fully extend one or both elbows must report this condition to the referees before the start of the press competition.

The Deadlift

The bar shall be loaded on the platform in a position parallel to the front of the platform, with the lifter facing the head judge. The lifter assumes a position facing the bar, with the bar parallel to the lifter's frontal plane. The bar is gripped with both hands, and pulled with one continuous uninterrupted movement until the lifter is standing erect with knees and hips fully extended, the chest up and shoulders back. Any failure to attain a fully erect position is a missed attempt. The attempt starts when the bar leaves the floor.

Once this position is attained and the bar is motionless, the head judge shall give the "down" signal, consisting of the audible command "Down" and the simultaneous downward movement of the hand. The bar is lowered under control with both hands back to the ground. Any lowering of the bar before the signal constitutes a missed attempt, as does any release of the bar from the hands as it is lowered.

Any halt in the upward motion of the bar constitutes a missed attempt, as does failure to assume a fully erect position with both knees and hips extended. Any attempt to raise the bar counts as an attempt. The stance must be maintained during the attempt, and any movement of the feet while the bar is off the ground constitutes a missed attempt.

The use of lubricants on the thighs or legs is forbidden. Chalk is not to be considered a lubricant. Any sweatpants or tights worn during the deadlift must be worn underneath any wraps or sleeves worn on the knees.

III. Order of Competition

Weigh-in

The competition shall be conducted in sessions, with complete weight classes grouped according to criteria deemed expedient by the meet director. All

three lifts will be contested during each session, with a ten minute break between lifts.

Weigh-in for each session shall start two hours before the scheduled start of the session, and shall last exactly one hour. Athletes shall present themselves for weigh-in promptly at that time, but shall have as many opportunities as needed during the time allotted to make weight within their weight class, after which they shall not be permitted to weigh in again. Athletes that do not weigh within the limits of the class in which they entered the competition are permitted to compete in the weight class appropriate to their weight at weigh-in, unless qualifying total requirements prevent this accommodation.

Competitors must weigh in according to the numerical order of their lot number, assigned according to the order in which their entry was received for the competition. Athletes must present identification at weigh-in, and must be weighed naked or in underwear by a sex-appropriate official on an accurate and precise scale.

Upon completing weigh-in, each athlete must give the official an opening attempt for the three lifts. This attempt may be changed later in accordance with the limitations on the number of attempt changes as prescribed in the Rules of Competition.

The athlete's name, weight class, team affiliation, sex, age, actual weight, and opening attempts for each lift are recorded on an expeditor card, which will be used by the meet announcer to conduct the meet.

Conduct of the Competition

The competition shall be conducted using the simple progression system of bar loading. The lightest attempt in each session starts each lift and the heaviest finishes it. At no time during normal competition does the bar reduce to a lighter weight after it has been loaded, and at no time can the weight on the bar be lowered after the weight has been announced as loaded.

The meet announcer controls the conduct of the competition. The announcer is responsible for announcing 1.) the name of each competitor, 2.) the weight that the competitor will lift, 3.) the completion of the loading of the bar and the commencement of the time allotted for the attempt, and 4.) whether the attempt was good or bad. If the warm-up facility is not immediately adjacent to the platform area, i.e. the athletes and coaches in the warm-up facility cannot clearly hear the announcer, the public address system must provide clear information in the warm-up facility.

The meet expeditor takes next attempts from lifters and coaches, manages the expeditor cards, prepares the scoresheet at the end of each lift, and aids the announcer in keeping the order of the competition.

The only persons allowed in the immediate area of the platform, and area to be determined by the meet director, are the announcer and expeditor staff, judges, loaders, spotters, and the athlete taking the attempt. All other persons must stay clear of this area, upon penalty of disqualification.

Once the bar is loaded and announced as such, the official charged with timekeeping starts the meet clock, and the lifter has one minute to initiate the lift. In the event that the lifter's next attempt is in succession, the time allotted after the weight is announced shall be two minutes. An announcement at the point where thirty seconds remain in the allotted time may be made by the announcer.

The meet shall be conducted in kilos. Increases in weight shall be in multiples of one kilo. If no next attempt is received from the lifter or the lifter's coach, it shall be assumed that the next attempt is a one kilo increase.

Bumper plates shall be used for the press, and may be used for the squat and deadlift if it is determined that sufficient weight can be loaded on the bar for all squat and deadlift attempts to be lifted at the competition. If necessary, metal 20 kg. plates may be used for the squat and deadlift, in combination with bumper plates if necessary to make up the loadings.

In the event of a misload, two things may occur: 1.) If the misload is discovered before the attempt begins, the clock is stopped, the loading is corrected, and the original allotted time is restored to the clock. 2.) If the misload is discovered after the attempt, the lifter may elect to take another attempt, or to accept the results of the attempt. If another attempt is granted, it shall be taken between 5 and 10 minutes after it is granted, at the discretion of the announcer, irrespective of the weight on the bar at that time. Normal lifting order will be restored after the make-good attempt.

After the opening attempts have been submitted at weigh-in, and after second and third attempts are initially given during the competition, 2 changes in attempt can be submitted. Any change in attempt must be submitted before the final 30 seconds of the attempt, and under no circumstances can the weight already loaded on the bar be lowered. The clock will stop while the change in loading is made and will resume at that point after the change is completed.

The order in which the lifters are called to the attempt is determined by these factors, in this order:

1. The weight on the barbell
2. The number of the attempt (1st, 2nd, or 3rd)
3. The athlete's lot number

In all cases of normal progression, the lighter weight is lifted before the heavier weight; 1st attempts go before 2nd attempts, and 2nd attempts go before 3rd attempts; in the event that two athletes call for the same weight, the athlete with the lower lot number goes before the athlete with the higher lot number.

A failure to complete a successful attempt in any of the three lifts eliminates the athlete from the competition. At the meet director's discretion the athlete may be permitted to participate in the next lift.

Awards are based on the total of the heaviest completed attempts of the three lifts. In the event of a tie, the lighter lifter wins.

The actual awards are at the meet director's discretion. A Best Lifter award for the men's and women's division may be awarded, to be calculated from the Schwarz and Malone formulas respectively.

Judges

Three judges shall serve the competition platform. The head judge is seated directly in front of the lifter, and the two side judges sit on either side of the lifter at the point of best vantage. They shall be competent and qualified to serve in this capacity as determined by CFTF.

Their duties include, but may not necessarily be limited to, ensuring that all the technical rules of competition are followed, that the bar is loaded correctly, and that each attempt is judged with full attention. The head judge gives the signals to the lifter required by the rules.

The judges indicate their decisions through the use of paddles or flags, white indicating a good attempt, red indicating a bad attempt. Any two judges in agreement constitute the decision. The athlete or coach may inquire regarding the reason for a judge's decision at the discretion of that particular judge only after leaving the platform area, and only at a time when it does not interfere with the execution of the judge's duties.

At any point during the time the lifter is on the platform any judge sees any infraction of rules with respect to equipment, conduct, or safety, that judge can stop the clock and the competition with a raised hand until the situation is rectified to the satisfaction of all the judges, at which time the clock is restarted.

At any time during the execution of a lift, if a side judge observes a serious infraction of the rules that constitutes a missed attempt, the judge can raise a hand indicating the observation. If either of the other two judges agrees, the head judge signals the end of the attempt with a "Rack" or "Down" command.

The judges must make every effort to render their decisions simultaneously, and to avoid at all costs influencing the decisions of the other judges through eye contact with each other between the time the attempt is concluded and the decision is rendered. Judges may be replaced at the discretion of the meet director if it is determined to be in the best interests of the competition.

One of the judges may act as the timekeeper, or a timekeeper may be appointed to sit with the expeditor and announcer, the latter option being preferable.

IV. Platform and Equipment

The competition platform shall be a defined area of at least 8' x 8' and no more than 4m x 4 m, and shall be surfaced with wood or rubber matting. It may be a discrete raised structure or an area of appropriate flooring designated by markings. The entire surface of the platform shall be flat, smooth, level, and flush.

The expeditor/announcer table shall be in clear view of the platform, preferably within 30' of it. The expeditor cards shall be in clear view on the announcer's table

The head judge sits a safe distance away directly in front or slightly to one side of the center of the platform, and the side judges are placed where they can best see the lifter from either side.

The bar shall be an approved high-quality powerlifting standard bar, or a bar produced specifically for CrossFit Total competition.

The plates shall be bumper plates approved for weightlifting competition by USA Weightlifting. Any metal 20 kg. plates used during the squat and the deadlift must be accurate and calibrated. One-kilo rule plates must be available to allow women and junior division lifters the option of smaller incremental increases.

Collars may be either 2.5 kg. competition collars or spring clamps (which are used only if their small mass is to be ignored), at the meet director's discretion. Whichever style is used, they must be secure and tight when applied.

Loaders must be provided by the meet director to load the bar. They operate under the direction of either the head judge or the platform manager if one is provided (recommended for larger meets). Loaders are responsible for handling the plates only; it is the responsibility of the officials to ensure that the loaders have correctly loaded the bar. The meet director should provide loading charts for the appropriate officials for this purpose.

The timing clock must be a desktop unit, not a stopwatch, visible from a reasonable distance and easily viewed from the platform area. It shall be placed

in a conspicuous location adjacent to the judge acting as timekeeper or on the announcer's table.

A chalk box must be provided in close proximity to the platform. It is supplied with commercially prepared athletic chalk, as is the warm-up facility.

The warmup facilities must be adequate for the size of the session. It must be equipped comparably to the competition platform, although it need not be identically equipped. The ratio of warmup platforms to lifters in the session should ideally be 1:5, or better.

V. Official Documents

The following documents must be established, maintained through the competition, and kept as an official record of the competition:

The start list is prepared and published as soon as possible after the entry deadline. It includes the name, lot number, projected weight class, age, sex, and session of each entrant in the competition.

Expeditor cards are assigned to each lifter before weigh-in. They must include the athlete's name, weight class, team affiliation, sex, age, actual weight, and opening attempts for each lift. These are the documents used to actually run the competition. They should be accessible to coaches and lifters to the extent possible under the constraints of efficient management of the expeditor/announcer table.

The scoresheet records the final results of each lift within the session, and is prepared at the end of each lift so that the squat and the subtotal of the squat and press is available to the lifters and coaches.

VI. Personal Equipment

Athletes must comply with these rules regarding costume and equipment; no inspection of equipment will be conducted, but if illegal equipment is found to be used, either on the platform or in the warm-up area, it shall constitute cause for immediate disqualification from the competition. This applies retroactively to any completed competition in which a competitor was subsequently found to have used illegal equipment.

Costume

The lifter's costume shall consist of a collarless t-shirt and shorts of a stretch-type material. The shirt sleeves cannot cover the elbows and the shorts

cannot cover the knees. Both garments must be clean and free of graphics of a nature that the average spectator would find offensive.

Both garments must fit snugly to facilitate the judging of depth and lockout positions. Both must be constructed of normal commercially available materials, and absolutely cannot be supportive in any way. T-shirts constructed of 7 oz. or lighter material and bike shorts are the recommended costume, but all garments are subject to the review and approval of the judges. Only one shirt and one pair of shorts may be worn at any time. Women may wear one bra of any type desired.

No singlets may be worn in competition.

Sweat pants or tights may be worn in the deadlift only, for the sole purpose of facilitating the slide of the bar against the legs. They must be of light construction, designed only as warm-up garments. They must be worn either over the shorts or in place of the shorts.

Any type of shoe may be worn, provided that it is in good repair and clean. Shoes must be worn on the platform at all times. Shoes with cleats or metal spikes are not permitted.

No billed caps or brimmed hats are permitted to be worn on the platform.

Equipment

A belt may be worn during all three lifts. It may be of any type, provided that when worn it only overlaps itself one time at any point along its circumference, and that it does not exceed four inches in width at any point along its length.

Knee wraps or knee sleeves may be worn. If worn, they must be placed on the knee or knees before the start of the athlete's warm-up and left in place until the conclusion of the third attempt. Except for minor adjustments in position, they may not be removed during this time. Only one knee sleeve per knee may be worn. Any knee wraps or sleeves must be worn over the sweats in the deadlift.

Wrist wraps may be worn. Any bandages worn on the hands must be shown to the judges prior to the start of the lift. Any ankle or knee bandages must be approved by the judges prior to the start of the lift in which they are worn.

No wraps of any kind may be worn on the elbows, or on any part of the body other than the wrists and knees. No supportive undergarments of any type may be worn.

No lubricants of any type, whether fluids, powders, or solids, may be used anywhere on the competition venue or any areas adjacent to the competition venue. Chalk is not considered a lubricant. Use of any lubricants at all constitutes cause for immediate disqualification.

The use of counter-irritants is permitted on areas of the skin that do not come in contact with the bar. If there is any uncertainty about whether this use may constitute a use-of-lubricants infraction, the judges should be consulted prior to their application.

No foreign substances of any type except the chalk provided by the competition may be used on either the platform equipment or the lifter's personal equipment. No rosin, spray sticky, or any other substance designed to enhance the friction of hands against bar or shoes against floor may be used.

VI. Records

CrossFit Total records will be maintained by the CFTF. The details will be forthcoming.