



# CANWEST GAMES

## CANWEST GAMES OFFICIAL RULE BOOK

The CanWest Games Competition Rule Book is the intended benchmark for The CanWest Games and all The CanWest Games supported, sanctioned or sponsored competitions (individually an “Event” and collectively, the “Events”).

### 1. THE CANWEST GAMES

- a. The CanWest Games was forged with the goal of celebrating the competitive spirit of athletes of all levels and creating a festival atmosphere that unites fitness enthusiasts from all genres of sports.

b. The CanWest Games consists of three stages of competition, beginning with the CanWest Games online qualifier, followed by the final two day long competition known as the CanWest Games.

## 2. GENERAL RULES

a. To participate in any stage of the CanWest Games, every athlete (whether competing individually or as part of a team, each "Athlete") must agree to any and all Rules and Policies, including, without limitation, the Assumption of Risk, and Publicity Release, all of which are incorporated herein by reference, and to the decisions of The CanWest Games, which are final and binding in all respects.

b. All Athletes are required to have completed and abide by the appropriate waivers and documentation as outlined by The CanWest Games, paid and validly registered for entry, completed an online and/or on-site check in process, and must be wearing official event identification and/or credentials where specified.

c. The CanWest Games prohibits athletes from using any performance enhancing, illegal substances. If it is found that an athlete is under the influence or use of such substances, The CanWest Games reserves the right to disqualify the athlete from the competition and / or revoke any prizes earned while under the influence or during the use of such substances.

d. Photography and Footage. Non-professional, non-flash photography and video cameras are permitted at The CanWest Games venues/events for personal use only. All cameras (video and still) must be hand held with interchangeable or telephoto lens no longer than 5 inches in length. Monopods, tripods, and cameras with telephoto or interchangeable lenses greater than 5 inches in length (professional photography equipment) are not permitted. 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 The CanWest Games in each instance.

i. The CanWest Games may provide credentials necessary to gain access to media areas at The CanWest Games for the sole and exclusive purpose of editorial coverage and athlete media relations. All credentialed media must be on editorial assignment or be otherwise authorized by The CanWest Games. Time, area, and scope of access will be at the sole discretion of The CanWest Games. Credential(s) and access may be revoked at any time by The CanWest Games with or without cause. The CanWest Games reserves the right in its sole and absolute discretion to grant or deny any application or request for a credential and may revoke credentials at any time in its sole discretion, for any reason or no reason.

ii. Still images: Still images may not be used for any commercial or retail purposes whatsoever, and may only be used for promotional purposes upon written permission of the athlete(s) depicted in such images and with a written license agreement from The CanWest Games. Photography is for personal or editorial use only. Any other use such as but not limited to commercial and promotional use, is prohibited and strictly enforced.

iii. Video Footage: Video footage may not be used for commercial or retail purposes whatsoever and may be only used for promotional purpose upon written consent of the athlete(s) involved and with a written license agreement by The CanWest Games. All footage clips made available online or uploaded onto websites shall not exceed 15 seconds in length and in no event shall any individual clip, however used, distributed, published or displayed, exceed 15 seconds in length. e. All athletes agree to compete in a sportsmanlike manner.

iv. Unsportsmanlike behavior, such as arguing with an official or representative of The CanWest Games, taunting, heckling, fighting or any conduct which would bring disrepute upon The CanWest Games, the competition, other competitors, or spectators or event sponsors, as determined by The CanWest Games, in the eyes of the viewing public or the Tribe, may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events or legal action.

v. Any action that prevents another Athlete from having a fair opportunity to compete (e.g., abuse or alteration of equipment, refusal to follow instruction) or that interferes with Athlete and Event Judge Communication (e.g., external noise devices, bull horns, air horns, etc.), or is generally disruptive to the Event, is not allowed.

vi. The CanWest Games prohibits athletes from using any performance enhancing, illegal substances. If it is found that an athlete is under the influence or use of such substances The CanWest Games reserves the rights to disqualify the athlete from the competition and / or revoke any prizes earned while under the influence or during the use of such substances.

vii. This is not an exhaustive list and is meant as a guide to the Athlete, Coaches and other attendees. This is not intended as a limitation on The CanWest Games' rights to operate The CanWest Games in any manner it sees fit. The CanWest Games, reserves the right to terminate any Athlete, Coach, Staff, Volunteer, Judge, visitor, guest, supporter, teammate and/or Spectator participating in, attending or viewing any sponsored, sanctioned or supported CanWest Games Event at any time, with no further obligation or duty to such individual.

viii. The CanWest Games, has, and may, delegate to an On-site Director, the absolute authority on any final ruling including, without limitation, disqualification of an Athlete, removal of Spectator(s) or dismissal of any attendee.

f. It is the sole responsibility of the winners and/or compensated Athletes to present valid identification when requested.

g. All information provided, either in registration submissions, video submissions, scores, times, reps or rounds completed, must be the complete truth. A lack of integrity, or any actions that evince an intent to cheat or circumvent the Rules or intent of the Rules of The CanWest Games, including lying (as one example)—will result in disqualification.

### 3. PARTICIPATION REQUIREMENTS

a. Subject to CanWest Games' age restrictions and other requirements, anyone that is able to perform the workouts as prescribed may attempt to register to compete as an Athlete (individually or as part of a validly registered Tribe in The CanWest Games). Such registration is subject to each prospective Athlete's affirmative agreement to comply with The CanWest Games' policies, rules and regulations, as determined by The CanWest Games, in its sole and absolute discretion.

b. All Athletes must compete in the Online Qualifier in the Individual (Elite, Masters) Division in order to advance to The CanWest Games in the Elite Individual, Elite Team, Masters 35-39, Masters 40+, Teens and Elite Team Divisions. Athletes competing in a Scaled Division of the Online Qualifier are ineligible from qualifying to compete as an individual athlete onsite, however they can register in one of the Invitational Team Divisions.

d. The CanWest Games reserve the right, in its sole and absolute discretion, to invite past winners, guest athletes, Teams or others, to participate in any stage of competition. This decision may be made to preserve the traditions and spirit of the CanWest Games or for any other reason at the sole discretion of The CanWest Games.

e. All Athletes must validly and truthfully register online at [www.canwestgames.com](http://www.canwestgames.com) and it is the Athlete's sole responsibility to provide current, valid and truthful information, including email address.

f. Athletes may choose to register as an individual athlete or register as an athlete under a Tribe.

g. Athletes must be at least 14 years old at the time they register for the CanWest Games Online Qualifier. If Athletes are younger than 18 years old, they must provide

additional parental consent during the online registration. If an athlete were to qualify and wishes to compete at The CanWest Games, a parent or guardian must be onsite at the CanWest Games.

h. There are seven divisions for individual competitors and three divisions for Teams.

There are no other recognized divisions beyond those listed below:

- The Elite Individual – Invitation Only
- The Elite Team – Invitation Only - Co-ed team of 2 women and 2 men
- The Masters 35-39 Division: Athlete age qualification will be based on age at 11:59pm May 4th, 2017
- The Masters 40-49 Division: Athlete age qualification will be based on age at 11:59pm May 4th, 2017
- The Masters 50+ Division: Athlete age qualification will be based on age at 11:59pm May 4th, 2017
- Invitational Team RX Division- Teams of 3-Same gender
- Invitational Team Intermediate Division-Teams of 3-Same gender
- Invitational Team Scaled Division-Teams of 3-Same gender
- Invitational Teens Division: Athlete age qualification will be based on age at 11:59pm May 4th, 2017

#### 4. TRIBE REGISTRATION PROCEDURES

a. Online Tribe Registration opens March 28th, 2017

b. Any person is eligible to be a Leader and create an Online Tribe for The CanWest Games.

c. To create an Online Tribe for The CanWest Games, Leaders will go to [www.canwestgames.com](http://www.canwestgames.com) and complete an online registration form, including the following information Tribe Name, Tribe Website, Tribe Leader First Name, Tribe Leader Last Name, Address, Logo, Phone Number, Email address.

d. An Online Tribe can consist of an affiliate / gym, two or more affiliates / gyms, fitness brand, or competitive group of friends, or military regiment.

e. Once an Online Tribe has been established, Tribe Leaders can invite any athletes to register under their Tribe name when registering for the Online Qualifier.

f. All Online Tribes will receive:

- i. Opportunity to qualify your Tribe Team to compete in the 2017 CanWest Games
- ii. 1 Comp'ed Registration for 2017 Online Qualifier (\$20 value)
  - a./ Tribe leader will pay full registration fee at time of creating tribe, but will have their full fee refunded once the tribe is established.

- a./ A unique discount code will be sent to the Tribe Leader once the Tribe has been established.
  - iv. Early Bird Invitational registration option for athletes that do not qualify as an Individual or Tribe Team.
  - v. Promotional tools to help Team Leader's build their Tribe
- g. Tribe Benefits for Athletes registering to compete in the 2017 CanWest Games
  - i. If an athlete does not qualify as an Individual, Tribe Team may be a secondary option for securing a qualified registration spot for those Tribes who qualify.
  - ii. Early Bird registration for the Invitational Team Division is an option for athletes that do not qualify as an Individual or Tribe Team.
  - iii. Discounted Early Bird rate for the Invitational Team Divisions with use of the Early Bird Registration code.
- h. An athlete will not be able to change Tribes after April 28th at 6:59 PM PST, 2017.

## 5. REGISTRATION PROCESS

- a. Athlete registration will go live March 28th at 6PM PST
- b. Athlete registration closes on May 8th at 4:59PM PST
- c. In order to ensure entry by competitors of comparable skill level, any athlete intending to compete as an individual or to qualify your Tribe Team, is required to participate in the CanWest Games Online Qualifier in the Individual (Elite, Masters) Division. Athletes competing in the Online Qualifier in a scaled division are ineligible from qualifying to compete as an individual athlete onsite.
- d. The Individual Online Qualifier will take place over the course of five weeks: Week 1 begins on May 4th, 2017 and Week 5 completes on June 5th, 2017
- e. After the culmination of our Online Qualifier, athletes will now have been filtered into a Division that will best suit their athletic abilities. If an athlete qualifies for an Individual spot for the 2017 CanWest Games this will be their division to compete in.
- h. Athletes will have 48 hours to accept an invitation or decline their Individual spot for the CanWest Games. If an athlete fails to respond within the 48 hour window, their spot will be given to the next qualified athlete on the leaderboard.
- i. Earned spots are non-transferable: If a winner declines their guaranteed entry their spot will be added back into our tiered registration. It will not be transferred down in the Invitational Division Lottery

j. The following Tribe placeholders of the Online Qualifier will receive an invite to bring a team to compete in the 2017 CanWest Games (\*registration fees apply):

i. Top 30 Tribes

1. Tribe Scores are comprised of the Top 2 Men's / Top 2 Women's scores from the Online Qualifier workouts
  - a. Athletes' scores from the scaled division will not be used towards a Tribe Team's score.
2. Tribe Leaders may choose any athletes listed on their Tribe Roster during the Qualifier to compete on their Tribe Team at the CanWest Games.
3. Tribe Teams are comprised of two male and two female athletes.
4. Tribe Leaders will have 48 hours to accept or decline the invitation for their team to compete at the CanWest Games. Team rosters are due July 15th , 2017 7 pm PST, including the athletes contact and apparel sizing information. Roster changes can be made up until July 20th, 2017 at 7 pm PST, however there is no guarantee that apparel sizes will be available for the newly registered athlete.
5. Athletes competing on a Tribe Team should not be registered for any other competitive division for the onsite competition.

## 6. REGISTRATION DETAILS

a. All payments are final. No refunds or transfers will be permitted, regardless of reason (injury, illness, change in work schedule, deployment, pregnancy, etc.)

b. The CanWest Games is not responsible for any inaccurate entry information, whether caused by website users or by any of the equipment or programming associated with or utilized in The CanWest Games. The CanWest Games assumes no responsibility for any error, omission, interruption, deletion, defect, or delay in operation or transmission of any website related to The CanWest Games, or for communications line failure, or for theft or destruction, tampering, or unauthorized access to entries, registration, participation and/or entry information. The CanWest Games is not responsible for any problems or technical, hardware, or software malfunctions of any telephone network or telephone lines, failed, incorrect, inaccurate, incomplete, garbled or delayed electronic communications whether caused by the sender or by any of the equipment or programming associated with or utilized in The CanWest Games, computer online systems, servers or providers, computer equipment, software, failure of any email, submission or entry to be received by The CanWest Games due to technical problems, human error or traffic congestion, unavailable network connections on the Internet or any website, or any combination thereof, including any injury or damage to participant's or any other person's computer relating to or resulting from participating in The CanWest Games or downloading any materials related to The CanWest Games.

c. The CanWest Games reserves the right, at its sole discretion, to disqualify any individual it finds to be tampering with the entry, registration or submission process or the operation of The CanWest Games or the website, or any website related to The CanWest Games; to be acting in violation of the Official Rules; or to be acting in a non-sportsmanlike 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, The CanWest Games reserves the right to determine, in its sole discretion, the correct submission in accordance with the rules.

d. If, for any reason, The CanWest Games is not capable of running as planned by reason of infection by computer virus, bugs, worms, tampering, unauthorized intervention, fraud, technical failures, or any other causes beyond the control of The CanWest Games, which, in the sole opinion of The CanWest Games, are corrupt or affect the administration, security, fairness, integrity or proper conduct of The CanWest Games, they reserve the right, at its sole discretion, to void suspect registrations or submissions and/or to cancel, terminate, modify or suspend The CanWest Games and select the winner from among all eligible, non-suspect registrations or submissions received prior to cancellation, termination or suspension. The CanWest Games has no obligation to operate or produce The CanWest Games (or any part thereof). In the event that The CanWest Games are cancelled, The CanWest Games (or any party) has no obligation to award any prize money. Any and all decisions by The CanWest Games concerning eligibility, qualifying for and judging related to The CanWest Games is final and not subject to challenge or appeal. The CanWest Games shall own and shall have no obligation to return or maintain any materials submitted as part of the qualification or registration process for The CanWest Games.

## 7. STANDARD COMPETITION PROCEDURES

a. For all levels of The CanWest Games Competitions and Qualifying Events, the Workout Format will be released by The CanWest Games and communicated uniformly to all Athletes online and/or on site at athlete briefings.

b. Workout Format will include the following:

i. Required movements:

1. Starting and ending ranges of the movement
2. Prohibited technique, accessories and/or equipment, if any
3. Adjustments by Division, if any

ii. Required number of repetitions and/or repetition scheme

iii. Required equipment

iv. Required amount of weight

1. All weights will be released in pounds



2. It is the Athlete's sole responsibility to use at least the exact poundage (i.e., if using kilogram plates, the Athlete will need to use appropriate combinations of plates to achieve the correct poundage).
  3. For the purpose of The CanWest Games competitions, 15 kg weightlifting bars will be considered to be 35 pounds, and 20 kg bars will be considered to be 45 pounds.
- v. Time domain or time limit
  - vi. Scoring details
  - vii. Filming and submission guidelines, if any
- c. Scoring format will be announced before the start of competition.
- i. The Athlete or Team with the best performance over multiple workouts in a competition wins and/or advances.
  - ii. Competitions may determine the winner by highest point total or lowest point total, or any method or combination of methods The CanWest Games selects. Point values for each finishing position will be released before the start of the workout.
  - iii. Ties on the overall Leaderboard will be broken by awarding the best position to the Athlete or Team who has the highest result in any single workout. If Athletes or Teams are still tied, 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 or Team can share an event result and all will earn the original point value.
  - iv. Some workouts may have time penalties. Failure to complete a workout in the designated time may result in a specified penalty for any portion of the workout not completed, or may result in the Athlete or Team not advancing to the next workout, regardless of overall rank.
  - v. Some workouts may have a minimum amount of time, repetitions, weight or rounds required in order to advance. Any such minimums will be announced as part of the Workout Format. Failure to reach a minimum will cause the Athlete to not advance in the competition.
  - vi. If an Athlete does not advance to the next workout for any reason (DNF, injury, disqualification, etc.), they will be ranked below all competitors who started that workout.
  - vii. Scaling or modifying the workout is prohibited and will cause the Athlete to not advance.
- d. Judging and/or Validation are mandated during The CanWest Games competition (July 28th / 30th 2017) and required to make any CanWest Games workout result at these levels official. **Judges are not mandated during the Online Qualifier (May 4th to June 5th 2017), however if your overall scores places you in the top 20 males / females, you will be asked to submit a video of one of your qualify workouts to verify the score. The CanWest Games highly recommends athletes have a CF**

**Certified Judge or an CF L1 Trainer validate their score prior to submission to ensure that movement standards for that event are upheld.**

- i. All potential Event Judges are required to complete the CrossFit Games Judges Course, available online <https://oc.crossfit.com/judges> and encouraged to have a CrossFit Level One Certificate or previous judging experience.
- ii. Judges are responsible for enforcing the movement standards and validating the Athlete or Team's score.
- iii. "Judges" are inclusive of Event Judges and in the case of the Online Qualifier, describes the person validating the Athlete's movement standards and online score submission.
- iv. All video submissions will be judged and validated by The CanWest Games judging team.
- v. Any infraction to the Movement Standards or Range of Motion will result in loss of the repetition(s).
  1. Uncommon Movement Clause: Any movement deemed uncommon, out of the ordinary or used to amend, shorten or change the accepted Movement Standard or Range of Motion including line of action of any Event Movement can and will be disallowed. It is the responsibility of the Athlete to notify their Judge or The CanWest Games of any questionable movement before the workout.
  2. Physical limitations in Range of Motion from prior physical defects or temporary or permanent injuries that are obvious and clearly definable by demonstration and are brought to the attention of a Judge or The CanWest Games prior to the beginning of the competition may be granted an exception at the sole discretion of The CanWest Games' sole discretion. These cases are very rare, and will be handled on a case-by-case basis.
- vi. Judges are instructed not to touch competition equipment or move equipment during a workout unless the equipment will interfere with another Athlete's performance or if there is a legitimate safety concern.
- vii. Non-compliance with a Judge's instructions, bickering with or questioning of a Judge or Event Staff, attempting to show up or publicly embarrass any Judge, Event staff, CanWest Games, Event sponsors, spectators, other Athletes or venue operator or owners, as determined by The CanWest Games. (Including Event staff), in its sole and absolute discretion, may result in penalty or disqualification of the Athlete from an Event and/or future Events.
- viii. Event Judges and On-site Directors have the authority to stop or suspend an Athlete at any point in competition if he or she feels that Athlete is at risk of serious injury to himself/herself or others.
- ix. Judgment calls made during the workout are final and are not negotiable or subject to change or modification.

- e. The Athlete is responsible for making sure they perform the workout as prescribed, including performing all the required movements to the described standard, counting and completing all of the required reps, using the required equipment and loads, meeting the required time and meeting all submission requirements.
- f. Proper attire is required at all Events.
  - i. No attire shall interfere with Event Judging and the ability to see the Event Movement Standard or Range of Motion.
  - ii. Subject to CanWest Game's prior approval, non-branded belts, non-tacky gloves, hand tape, neoprene joint sleeves and common fitness wear may be allowed during competition. However, no grip assistance or weight support may be derived from any device worn. In general, gear is allowed that improves safety and/or comfort, but does not confer advantage.
  - iii. Once an Athlete enters the competition surface, they may not receive any outside material assistance (water, tape, chalk, jumping rope etc.) from spectators or coaches.

## 8. APPEALS PROCESS

- a. All appeals, scoring discrepancies, or questions about the submission of scores should be done immediately following the event in question.
  - i. All appeals must be made on the same day as the competitive event.
  - ii. No appeals will be accepted after completion of that competition day.
- b. Appeals made during the Online Qualifier should be addressed in a time and date stamped documented email including all facts sent to The CanWest Games staff at support@canwestgames.com.
- c. Only affected Athletes, Members of the Team, or Coaches of the affected team may appeal a result. Non-related parties may not appeal on behalf of another
- d. Athletes may not appeal their own performance based on the judging, scoring or performance of another Athlete or Team.
- e. For all inquiries during the CanWest Games Online Qualifier, the following process will be used
  - i. The competing Athlete immediately notifies The CanWest Games staff at scoring@canwestgames.com about the result in question by relating their name and reason for protest. Please note inquiries will be answered in the order they are received. Scoring protests / appeals made by anonymous individuals in regards to another athlete or team's performance will not be accepted.
  - ii. The CanWest Games staff and Athlete will communicate to fact find and define the issue in protest.
  - iii. Meeting submission requirements and deadlines is the responsibility of the Athlete.

- iv. All undetermined rulings, late or potentially late submissions must be communicated to The CanWest Games staff at [scoring@canwestgames.com](mailto:scoring@canwestgames.com) immediately, time and date stamped, in a documented email.
- v. Judgment calls made during the workout are final and are not negotiable or subject to change or modification.

f. On-site Appeals, Event Protests, Scoring Discrepancies or Ruling Questions will be immediately filed with the Event Head Judge on the floor during the Event in question. If the Event Head Judge is unavailable, any Head Judge or Floor Director can begin the Protest process.

- i. Signing your individual or team score sheet indicates you are agreeing to your score and time for the event. Appeals made after a score sheet is signed will be deemed invalid and rejected.
- ii. Athletes may not protest discrepancies related to the judging, scoring or performance of another Athlete or Team.
- iii. All parties involved will have the opportunity to present the known facts at the next most convenient time.
- iv. For all On-site Appeals, Event Protests, Scoring Discrepancies or Ruling Questions the following process will be used:
  1. The competing Athlete OR the Athlete's Coach only (no other Athletes or Persons may be involved) files the protest to the Event Head Judge of the competition Event in question by relating their name, Athlete number and reason for protest.
  2. The Event Head Judge, Athlete OR Coach and that Athlete's Event Judge or Judges during the competition Event in question will all communicate to fact find and define the issue in protest.
  3. All information will then be presented to the Director of Judging or their assigned designee for a final ruling.

- v. Judgment calls made during the workout are final and are not negotiable or subject to change or modification.
- vi. The CanWest Games has final authority on all Athlete Event Protest rulings, and may designate this authority to the On-site Director.
- vii. Video, photos, cell phone media or any other media will not constitute grounds for changing or modifying a decision, score or entry made by an Event Judge. The On-site Director, Competition Director, or their designee may ask for any related media, but its availability may or may not guarantee use or admissibility in the overall decision process.
- viii. 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 The CanWest Games' right to run or operate The CanWest Games event as it sees fit in its sole and absolute discretion

- ix. The Director of Judging and The CanWest Games' decision is final. This includes the right to remove or disqualify any Team or Athlete at The CanWest Games' sole and absolute discretion
- x. The CanWest Games staff have final authority on all appeal or protest rulings.

## 9. ONLINE QUALIFIER RULES

- a. The Online Qualifier is a series of workouts that will be released on the official CanWest Games website ([www.canwestgames.com](http://www.canwestgames.com)).
  - i. Athletes must complete each workout per the prescribed requirements to be ranked on the final overall CanWest Games Leaderboard.
  - ii. Athletes competing in the Scaled Division will be ranked on a separate leaderboard from those competing in the Individual (Elite, Masters) Division, these athletes are ineligible from qualifying for one of the individual athletes at the 2017 CanWest Games.
  - iii. The top qualifying individual Athletes in each division (except scaled) will be invited to compete onsite at the CanWest Games.
  - iv. Top qualifying Tribes will be invited to compete onsite, choosing their athletes to compete based on their Online Qualifier Tribe Roster.
  
- b. The Online Qualifier will consist of up to eight (8) workouts over five (5) consecutive weeks, with a workout(s) being released during each of the five (5) weeks. Week 1 begins on May 4th, 2017 and Week 5 completes on June 5th, 2017.
  
- c. Each workout for that week will be released on Thursday at 5:00 PM Pacific Standard Time. Athletes will have until Monday at 5:00 PM Pacific Standard Time, to validly complete the workout and submit their results. (The 5th and final WOD will have a one week extension to help accommodate those participating in the Crossfit West Regionals on June 2-4th 2017. Final submission for WOD #5 will be due on June 12th at 5pm PST)
  
- d. Athletes may complete the workouts for the Online Qualifier as many times as they desire, however each athlete is allowed only ONE score submission per workout.
  
- e. Once the workout closes on Monday at 5:00 PM Pacific Standard Time, an Athlete will not be able to submit any score for that workout.
  
- f. It is the sole responsibility of the Athlete to ensure the timely and successful submission of their workout each week.
  
- g. Scores do not need to be validated by a coach or judge, however The CanWest Games highly recommends the use of one to ensure scores submitted are valid and the athlete completed the workout per the prescribed movement standards.

- h. Video submissions of workouts at the time of score submission is not required.
- i. The Top 20 men and women athletes will be requested to submit a video of one of their Online Qualifier workouts, chosen at random. The CanWest Games highly recommends that all athletes competing for an individual competitors spot at the 2017 CanWest Games video their Online Qualifier events.
1. Video submissions will not be requested from any athlete competing in the scaled division.
    - i. The CanWest Games reserves the right to request video validation of any score submission they deem necessary.
    - ii. Invalidation of any online scoring submission is the sole right of The CanWest Games.
    - iii. Reasons for invalidation include, but are not limited to:
      1. Violation of the movement standards
      2. Violation of the workout format
      3. Miscounting repetitions
- j. The CanWest Games website will host the only official Leaderboard for the Online Qualifier.
- i. Each Athlete will have one time to submit their official score for the event, the entered score will appear on the Leaderboard once validated. Furthermore, scores may be removed at any time at the discretion of The CanWest Games.
  - ii. If an Athlete skips a workout, has a workout invalidated or cannot complete the stated minimum score, they will not be listed on the Leaderboard.
- k. Video Submission Guidelines for submitting videos for validation.
1. Create a YouTube (<http://www.youtube.com/yt/about/getting-started.html>) or Vimeo (<https://vimeo.com/join>) account. Use only these two methods of video submission.
  2. Use any video recording device you want to capture your workout, but you are responsible for the video quality (i.e., if we cannot verify the movements, your video may be rejected).
  3. Before the workout begins:
    - a. The athlete must identify themselves by their full name and Tribe (if applicable)
    - b. Identify which workout they are completing
    - c. The athlete must verify that the prescribed weights are being used by showing on the video the weights /bars to be used
    - d. Where target or equipment measurements are involved, the athlete must verify the prescribed height / distance by showing the measurement on video.

- e. The athlete must be positioned during the workout so that the athlete's completion of each movement as prescribed by the movement and workout standards may be verified.
- f. Clocks / Time Required workouts
  - i. If there is a "judge" or other person in the frame who clearly indicates "Go", a time clock in the frame is optional
  - ii. If there is no "judge" or other person in the frame, or if the video does not have an audio component that allows the judge reviewing the video to determine when the athlete has been told to "go" a clock in the frame is mandatory
- g. All video submissions must be one continuous shot, from the introduction of the athlete, verification of weights/measurements through the completion of the workout. Any editing of the video footage will lead to the video being deemed as invalid and the athlete's workout score for that submission will not be accepted.
- h. Title your video with the workout number, and your name. Enter the workout and your time / reps in the description.
- i. Once you have successfully uploaded your video, follow the instructions for submitting a video link into our scoring system, as well as enter your score into the scoring system.
- j. Video submissions and scores may be Validated, Invalidated, or amended after review from The CanWest Games Judging Team.
- k. Athletes submitting videos are advised to have someone strictly watching their movement to ensure each repetition meets standards, and that the camera captures the movement clearly. Penalties may be assessed due to an Athlete not meeting the movement standard or due to improper camera angles that do not permit the Judge to determine if the standard is being met.

I. **UNEARNED REPS:** The CanWest Games Judging Team and Staff reserve the right to judge independently whether an athlete's reps meet the movement and workout standards and count as good or not. If they cannot clearly see the movements being performed, The CanWest Games retains the right to reject the video and the score. If it is determined that an athlete has been given 5 or more unearned reps, The CanWest Games reserves the right to deduct the unearned reps from the final score or reject the video entirely. For time: each rep is worth 5 seconds.

The CanWest Games website will host the only official Leaderboard for the Individual and Tribe Scores for the Online Qualifier.

- i. Scores may be removed at any time at the discretion of The CanWest Games.
- ii. Common reasons for adjustment and/or removal of scores include unacceptable movement standards, improper rep counts or poor quality of video submission.

iii. If an Athlete skips a workout, has a workout invalidated or cannot complete the stated minimum score, they will not be listed on the official Leaderboard

n. The following Online Qualifier placeholders will receive an invite to compete in the 2017 CanWest Games (\*registration fees apply):

- Elite Individual Division - 20 Men / 20 Women
- Masters 35-39 - 12 Men / 12 Women
- Masters 40-44 - 12 Men / 12 Women
- Masters 45-49 - 12 Men / 12 Women
- Masters 50-54 - 12 Men / 6 Women
- Masters 55+ - 12 Men / 6 Women
- Elite Tribe Teams: Top 36 Tribes
- Teens - 12 Boys / 12 Girls

**\*Canwest reserves the right to change the quantity of invites at anytime.**

## 10. ONSITE CanWest Games RULES

a. Athletes and Teams will complete multiple workouts over three days. Details will be released prior to the start of any workout and will be consistent for all eligible Athletes at the time of release. The Athlete and Team that stands atop the Leaderboard in their competitive division at the end of the competition will earn 1st place in that division at The CanWest Games.

b. Schedule of Events: the schedule and workouts will be released before the competition begins. The date, location and travel information for The CanWest Games will be distributed on The CanWest Games website and/or through email to each competing Athlete.

i. It is the responsibility of each competing Athlete and Team to meet all required travel and scheduling commitments. This includes, but is not limited to, all Event briefings, competition schedules, non-competition appearances and media commitments. Athletes are required to designate a point of communication with CanWest Games at the Athlete registration and maintain this through the entire duration of the event.

c. Athlete Check-In will take place on Friday of event week and is mandatory. Any Athlete or Team not checked in on Friday is not guaranteed event access and can be disqualified from competition.

i. Athletes / Teams may be granted a late Check – In the Saturday morning of the event, prior to the start of the athlete briefings and the first event, for special circumstances. Athletes / Teams in need of this must contact The CanWest Games staff prior to the Monday of event week to request a late check in.



- ii. All competing members of the Tribe Team are required to check-in at the same time. Tribe Teams may only check-in two (2) men and two (2) women for competition. Alternates are NOT included and are not permitted in the competition area once a Tribe Team has checked-in.
- iii. The CanWest Games makes no guarantee that Athlete registration and check-in access will be available after the day prior to competition. Once the first workout has begun, any Athletes or Teams who have not checked in may be disqualified from competition.
- iv. Proof of age and residency is required in the form of a valid and generally accepted form of identification—a driver's license, passport, birth certificate, or other officially verified form of proof.
- d. Event Movement Standards and required Range of Motion shall be delivered or prescribed prior to the start of competition.
  - i. The defined method in which the Athlete shall meet the Range of Motion standard will be announced by The CanWest Games. Delivery can be in the form of online media, written document, or Athlete Briefing either with or without Demonstration. Regardless of delivery method, the Athlete is required to meet or exceed the Event Movement Standard requirements during all competition. (Example: If Squat Clean is prescribed as the Event Movement Standard, a Power Clean will not meet the standard, unless otherwise stated).
  - ii. Delivery of the Event Movement Standard and required Range of Motion to all participating Athletes will occur during an Athlete briefing just prior to competition. This briefing will typically be delivered by the Head Judge or a designee of the On-site Director, with or without visual demonstration. There will be an opportunity for Athletes to have questions answered at the briefing. Athlete attendance is mandatory for the daily Athlete and Team Briefings. The time and location of such briefings will be communicated to Athletes prior to the start of the competition. The CanWest Games reserves the right to make changes to the date, time and location of athlete briefings based on changes to the event schedule. Any such changes will be properly communicated with all athletes in advance. Athletes and Teams who are absent from these briefings may be subject to the loss of protest rights during the competition and may also be disqualified from further competition.
  - iii. Demonstration of the Event Movement Standard applying the acceptable Range of Motion, or demonstration of unacceptable Range of Motion is not required and will be used as needed.
- e. On-site Judges will validate scores for each workout an Athlete or Team performs.
- f. Individuals will be ranked on their performance in each workout. Based on their relative rank, they will be assigned points. Their total points will be ranked on the Overall Leaderboard. The top Athletes on the Overall Leaderboard will advance, or win the competition.
  - i. Athletes and Teams will be ranked after each workout.

- ii. At different stages of the competition, only the top Athletes and Teams will advance
  
- g. Team scoring format(s) will be released when the workouts are announced.
  - i. Any configuration of male, female or total number of Athletes is fair game.
  - ii. All or none of the Team members may be required to contribute to a Team score.
  - iii. If a 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 and will not advance in the competition.
  
- h. For On-site Appeals, Event Protests, Scoring Discrepancies or Ruling Questions Athletes need to follow the appeals process outline in section 8 of this rules guide.
  
- i. As of July 28th, 2017, Coaches, personal therapy providers, photographer / videographers or Athlete entourage are considered general admission spectators and will not be allowed access to warm-up areas or restricted Athlete Only areas.