



# ***RULE BOOK***



Correct as at 11 Feb 2024

# New Zealand Nationals Official Rule Book

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## Individual Athletes

Any individual may register to compete in the Individual Online Qualifier. All athletes must compete in the Individual Online Qualifier in order to advance to the NZ Individual Nationals.

New Zealand Nationals organisers/staff/employees, reserve the exclusive right to allow or deny the participation of any athlete. New Zealand Nationals organisers/staff/employees also reserve the exclusive right to validate or invalidate any athlete's scores submitted for the purpose of qualifying for the New Zealand Nationals finals as an individual competitor. New Zealand Nationals organisers/staff/employees will make such participation and scoring decisions to preserve the integrity of the competition.

New Zealand Nationals organisers/staff/employees reserves the right, in its sole and absolute discretion, to invite past winners, guest athletes, teams or others to participate in any stage of the competition. This decision may be made to preserve the traditions and spirit of the New Zealand Nationals or for any other reason at the sole discretion of the New Zealand Nationals.

## Individual Online Qualifier

The Individual Online Qualifier (IOO) is a series of workouts, released over the Individual Online Qualifier period. The IOO is broken into two separate competition blocks. The first competition block runs from the 5th - 14th August 2024, and the second block from the 19th - 28th August 2024.

The IOO workouts are released on the official New Zealand Nationals website, [www.newzealandnationals.com](http://www.newzealandnationals.com). Competitors must complete each workout and have their scores submitted successfully to be ranked on the New Zealand Nationals Leaderboard to be eligible to qualify and compete at the NZ Individual Nationals.

The top qualifying individual competitors in each division are invited to compete in the NZ Individual Nationals. The IOO workouts will be released over the first three days at the start of each competition block. Competitors will have until the last day of each competition block at 11:59pm to complete the workouts and submit their scores.

Once the IOO period ends, at 11:59pm on the last day of each competition block on the 14th and 28th August respectively, competitors will not be able to adjust or re-submit a score for that workout.

The 2024 Individual Online Qualifier will commence on Monday 5th August. Subsequent workouts will be released by the third day of each block. The 2024 Online Qualifier will officially close on the 28th August

**NB.** Entries close for the Individual Online Qualifier on Monday 12th August at 11:59pm

## - Individual Online Qualifier: Registration

Every competitor must register for the Individual Online Qualifier at [www.newzealandnationals.com](http://www.newzealandnationals.com). It is the individuals' sole responsibility to provide current, valid and truthful information when registering for the New Zealand Nationals Individual Online Qualifier, including their date of birth, postal and email address.

To successfully complete the Individual Online Qualifier registration process, there is a \$28 (NZD) registration fee for individual athletes to compete in the Individual Online Qualifier. All payments are final. No refunds or transfers will be permitted, regardless of reason/circumstance.

Any athlete with questions or concerns about registration for the Individual Online Qualifier should [contact us](#).

## - Age Requirements

Athletes must be at least 14 years old by the day of registration. No athlete under the age of 14 may register to compete. Any athlete younger than 18 years old will be required to provide additional parental consent during the online registration.

## - Division Selection

Each athlete will choose their own division during their registration. There are eight divisions for individual competitors;

1. Individual Elite Men and Women
2. Individual Rx Men and Women
3. Individual Scaled Men and Women
4. Individual Masters Men and Women 35-42 (as at date of registration for IOO)
5. Individual Masters Men and Women 43-49 (as at date of registration for IOO)
6. Individual Masters Men and Women 50+ (as at date of registration for IOO)
7. Individual Teens Men and Women 14-15 (as at date of registration for IOO)
8. Individual Teens Men and Women 16-17 (as at date of registration for IOO)

New Zealand Nationals organisers/staff/employees reserve the right to move any individual competitor to another division or remove any individual from the competition to preserve the integrity of the competition.

## - **Competition Recognition: Division Selection**

In recognition of competitors' efforts during the previous years competitions, competitors who placed in the top five of either the Rx (Intermediate division in 2021 and earlier) or Scaled divisions at the NZ Individual Nationals competition will be required to register and compete in at least the next division up for the following years competition.

In addition to the above, competitors who compete in any particular division will not be able to compete in a lower division the following competition year. This rule remains constant across both the Individual Online Qualifier and the NZ Individual Nationals and remains in place for any individual for the duration of one year following their most recent year of competition.

### Example Scenario One

*An individual competed in the Scaled division of the 2023 Individual Online Qualifier at the end of which they are ranked 8th. They are then invited to compete at the 2023 NZ Individual Nationals competition. At the NZ Individual Nationals, the individual placed 4th overall. As a result, the 2024 competition year will require that this individual register and compete in the Rx division, or Elite division if they choose.*

## - **Registration Terms and Conditions**

New Zealand Nationals organisers/staff/employees are not responsible for any inaccurate entry information, whether caused by website users or by any of the equipment or programming associated with or utilised in the New Zealand Nationals. New Zealand Nationals organisers/staff/employees assume no responsibility for any error, omission, interruption, deletion, defect, or delay in operation or transmission of any website related to the New Zealand Nationals, or for communications line failure, or for theft or destruction, tampering, or unauthorised access to entries, registration, participation and/or entry information.

New Zealand Nationals organisers/staff/employees are 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 utilised in the New Zealand Nationals, computer online systems, servers or providers, computer equipment, software, failure of any email, submission or entry to be received by New Zealand Nationals 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 New Zealand Nationals or downloading any materials related to the New Zealand Nationals. New Zealand Nationals organisers/staff/employees 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 New Zealand Nationals or the website, or any website related to the New Zealand Nationals; to be acting in violation of the Official 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, New Zealand Nationals reserves the right to determine, at its sole discretion, the correct submission in accordance with the rules. If, for any reason, the New Zealand Nationals are not capable of running as planned by reason of infection by computer virus, bugs, worms, tampering, unauthorised intervention, fraud,

technical failures, or any other causes beyond the control of New Zealand Nationals organisers/staff/employees, which, in the sole opinion of New Zealand Nationals organisers/staff/employees, are corrupt or affect the administration, security, fairness, integrity or proper conduct of the New Zealand Nationals, New Zealand Nationals organisers/staff/employees reserves the right, at its sole discretion, to void suspect registrations or submissions and/or to cancel, terminate, modify or suspend the New Zealand Nationals and select the winner from among all eligible, non-suspect registrations or submissions received prior to cancellation, termination or suspension.

New Zealand Nationals organisers/staff/employees has no obligation to operate or produce the New Zealand Nationals (or any part thereof) and there is no obligation to broadcast the New Zealand Nationals, even if the New Zealand Nationals takes place. In the event that the New Zealand Nationals are cancelled, New Zealand Nationals organisers/staff/employees (or any party) has no obligation to award any prize money. Any prize money will be paid out within 90 days of competition end. Any and all decisions by New Zealand Nationals organisers/staff/employees concerning eligibility, qualifying for and judging related to the New Zealand Nationals is final and not subject to challenge or appeal.

New Zealand Nationals organisers/staff/employees shall own and shall have no obligation to return or maintain any materials submitted as part of the qualification or registration process for the New Zealand Nationals. In no event will New Zealand Nationals organisers/staff/employees be responsible or liable for damages or losses of any kind, including direct, indirect, incidental, consequential or punitive damages arising out of access to and use of the New Zealand Nationals website or the downloading from and/or printing of material downloaded from said site.

## **- Waivers**

As part of the registration process, and for all stages of the New Zealand Nationals, athletes must agree, without limitation, to comply with the rules and guidelines stipulated in this Rule Book, the Assumption of Risk Waiver and the Publicity Release Waiver.

Athletes have voluntarily chosen to participate in the New Zealand Nationals competitions provided New Zealand Nationals Ltd. All participants understand there are inherent risks in all aspects of physical training and acknowledge that they are aware of the possible strenuous nature of the competition and the potential for undesirable physiological results including, but not limited to, abnormal blood pressure, muscle soreness, fainting, heart attack and/or death., The competition may involve weight lifting, gymnastic movements, strenuous body weight exercises and other high exertion activities, and that they are not obligated to perform nor participate in any activity that they do not wish to do, and that it is their right to refuse such participation at any time during the competition. All participants understand that should they feel light-headed, faint, dizzy, nauseated, or experience pain or discomfort, they are to stop the activity and inform an official. All participants give the competition staff of the venue permission to seek emergency medical services should they become injured or ill with the understanding that they are responsible for any expenses incurred., All participants WAIVE ANY AND ALL CLAIMS that they have or may have in the future against the New Zealand Nationals competition, held by New Zealand Nationals Ltd, and its directors, officers, employees, agents, volunteers and independent contractors (all of whom are hereinafter collectively referred to as "the Releasees"). All participants agree to RELEASE THE RELEASEES from any and all liability for any loss, damage, injury or expense that any participant may suffer, or that their next of kin may suffer as a result of their participation in the New Zealand Nationals competition held by New Zealand Nationals Ltd, due to any cause whatsoever including negligence, breach of contract, or breach of any statutory or other duty of care. All participants agree to HOLD HARMLESS AND

INDEMNIFY THE RELEASEES from any and all liability for any damage to the property of, or personal injury to, any third party, resulting from my participation in the New Zealand Nationals competition, activity or service provided by the releases., This agreement shall be binding upon all participants, their successors, representatives, heirs, executors, assigns, or transferees. If any portion of this agreement is held invalid, all participants agree that the remainder of the agreement shall remain in full legal force and effect.

Use of picture(s)/film/likenesses; All participants agree to allow the New Zealand Nationals competition, its agents, officers, principals, employees and volunteers to use picture(s), film and/or likeness of any participants for advertising purposes. In the event a participant chooses not to allow the use of the same for said purpose, all participants understand that they must inform the New Zealand Nationals competition of this in writing before the commencement of the competition, and understand this may remove their right to compete in the New Zealand Nationals competition.

## **Individual Online Qualifier Workouts**



For all Individual Online Qualifier workouts, the workout format will be released by New Zealand Nationals organisers/staff/employees and communicated uniformly to all athletes online at [www.newzealandnationals.com](http://www.newzealandnationals.com). The workout format may include, but not be limited by the following;

1. Required movements,
2. Start and end ranges of the movement,
3. Prohibited technique, accessories and/or equipment, if any,
4. Adjustments or scaling by division, if any,
5. Required number of repetitions and/or repetition scheme,
6. Required equipment,
7. Required amount of weight (collars or clips are not to be counted in the total weight),
8. Time domain or time limit,
9. Scoring details; competitions may determine the winner by highest point total or lowest point total, or any method or combination of methods New Zealand Nationals organisers/staff/employees selects. Point values for finishing position will be released before the start of the workout,
10. Filming and submission guidelines; in all stages of competition, including the Online Qualifier, it is the athlete's responsibility to adhere to the workout format. This includes performing all required movements to the described standard, counting and completing all required repetitions, using the required equipment and loads, meeting the required time and meeting all submission standards.

Modifying the workout format in any way is prohibited and will void an athlete's score. Only New Zealand Nationals organisers/staff/employees may provide official variations of workouts for athletes to perform.

#### **- Judging**

Judging is, and validation may be, required to make any Individual Online Qualifier workout result official. Judges are responsible for enforcing movement and workout standards, and for confirming the athlete's score by signing the athlete's scorecard. For the Individual Online Qualifier, judges may perform their duties at an affiliate by judging and confirming scores to be submitted online.

#### **- Uncommon Movement Clause/Range of Motion Exceptions**

Any violation of the prescribed workout format, including the movement standards or range of motion, will result in the repetition(s) being disallowed. Therefore, athletes and judges should be familiar with the 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 New Zealand Nationals organisers/staff/employees of any questionable movement before the workout."

In addition, athletes and judges should be aware that certain athletes with physical limitations in a specific range of motion may be granted an exception, at New Zealand Nationals organisers/staff/employees sole discretion, from performing the prescribed range of motion for the workout.

A limitation in the range of motion must be due to prior physical limitations or injuries that are obvious and clearly definable by demonstration. Any limitation must be brought to the attention of a judge or New Zealand Nationals organisers/staff/employees PRIOR to the

beginning of the competition. Such instances are extremely rare and will be handled on a case-by-case basis.

Grips: Used for the purpose of hand protection is acceptable. For the purpose of grip is considered grounds for a penalty or disqualification.

### **- Score Submission, Validation and Video Submission**

Competitors are required to submit videos of each workout in the form of a YouTube link. Videos must have a judge and you (the athlete) for the entire duration of the workout, and must be in a position to show all repetitions meet the required movement standards. Prior to submitting a video, competitors should review the video to ensure their reps meet the required standards, the camera angle (as outlined on the scorecard) permits the judge and viewer to determine if the movement standards are being met and there are no technical problems or adjustments with the video itself.

It is the sole responsibility of the athlete to ensure the timely and successful submission of their workout scores or videos. Submissions that are incomplete (missing information such as the complete score, the affiliate name, the judge's name or containing video links that do not work, etc...), will not be accepted. Athletes must have their score confirmed by uploading a video (as a YouTube Link) of their workout during the submission of their score via the submission box or when requested, within 48 hours from the time of the request.

The video will be reviewed and scored by New Zealand Nationals organisers/staff/employees. As part of this video review process, the athlete's posted score may be accepted, modified or invalidated. Reasons for modification or invalidation of a score include, but are not limited to;

1. Failure to follow the video submission guidelines exactly
2. Violation of the workout format, especially movement standards
3. Workout attire which prevents the judge from determining if the athlete is meeting the movement standards
4. Miscounting repetitions. Video submissions may be invalidated or adjusted without warning and after the close of the Online Qualifier.

Athletes are required to submit their scores for each block within the allocated time frame. All of Block One scores must be submitted by 11:59pm on the 14th August, and Block Two scores must be submitted by 11:59pm on the 38th August. The only exception is in the instance an exemption is granted prior to the closure of submission.

### **- Video Scoring Protocol**

There are four possible outcomes in the judging and scoring of online video submissions;

1. Good Video.  
The athlete meets the required movement standards on all repetitions in the workout and the score they posted is correct. Their score will be accepted.
2. Valid with Minor Penalty.  
Over the course of the video, the athlete demonstrates less than 5% of the total reps as "no-reps" which may be removed from the athlete's final score as required. This penalty is used for video submissions where the score needs to be adjusted by fewer than 5% of the total reps. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly.

3. Valid with Major Penalty.

Over the course of the video, the athlete demonstrates 10% of the total reps or more as “no-reps.” In this case, the score may be modified by subtracting 15% from the total rep count. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly.

4. Invalid.

Over the course of the video, the athlete fails to complete the workout as required, a significant and unacceptable number of reps performed are “no-reps” or the video does not contain the criteria listed in the video submission standards. The athlete’s score will be rejected and the video will be removed from the New Zealand Nationals website. The athlete will have to submit a new video prior to the score submission deadline to receive a score for this workout.

**- Late Submissions**

Athletes who have failed to submit scores by the deadline will have the ability to complete a late submission, at the sole discretion of New Zealand Nationals organisers/staff/employees. A late submission is required to be submitted for consideration no more than 24 hours post the closure of the respective block. If a late submission is accepted, the athlete may incur an administration fee of \$25 per score accepted for submission. After 24 hours (11:59pm of the following day), no further scores will be accepted and will remain as zero.

**- Online Qualifier Workouts: Appeals**

Only the affected athlete(s) may appeal a result. Coaches, team managers, teammates or non-related parties may not appeal on behalf of the affected athlete. Athletes may not appeal their own performance based on the judging, scoring or performance of another athlete or team. Judgement calls made during the workout are final and are not negotiable or subject to change or modification.

Violation of the judging standards by an individual may see that individual or submitted score being disqualified. All appeals should be made via the [contact us](#) page. In this submission, the athlete should list the workout in question, their original score, the modified score and the reason given for the score modification. The athlete will also provide a brief explanation for why they are appealing the decision.

**- New Zealand Nationals Leaderboard**

The New Zealand Nationals website will host the only official Leaderboards for the New Zealand Nationals. Athletes and Teams will be ranked on the Leaderboard based on their performance relative to other athletes in their division. 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 remain tied after this first tie-breaker, 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. The athlete or team with the best performance across multiple workouts in a competition wins that competition.

## **- Online Qualifier Video and Judging Requirements For Finals Qualifiers**

Any athlete who qualifies for the New Zealand Nationals Finals may be required to submit a video of any Online Qualifier workout/s. New Zealand Nationals organisers/staff/employees may request videos for review at any time. New Zealand Nationals organisers/staff/employees will review at least one video prior to sending out finals invitations.

## **Finals Competition (Individual National Finals)**

The top athletes, based on their performance during the Individual Online Qualifier, will advance to the New Zealand Individual National Finals event. The 2024 Individual National Finals will take place at the Mercury Baypark, Mount Maunganui, New Zealand, from the 14th and 15th December, 2024

## - NZ Individual Nationals Invitation Process

Invitations to the Individual National Finals will be emailed by Monday 9th September, to the top qualifying male and female athletes in each division.

Individual National Final invites by division;

| <b>Division</b>        | <b>Male</b> | <b>Female</b> |
|------------------------|-------------|---------------|
| <b>Elite</b>           | <i>Tba.</i> | <i>Tba.</i>   |
| <b>Rx</b>              | <i>Tba.</i> | <i>Tba.</i>   |
| <b>Scaled</b>          | <i>Tba.</i> | <i>Tba.</i>   |
| <b>Masters (35-42)</b> | 10          | 10            |
| <b>Masters (43-49)</b> | 10          | 10            |
| <b>Masters (50+)</b>   | 10          | 10            |
| <b>Teen (14-15)</b>    | 5           | 5             |
| <b>Teen (16-17)</b>    | 5           | 5             |

These competitors will have until 5pm on Thursday 19th September to accept their invitation to the finals or forfeit their spot.

## - NZ Individual Nationals Registration Process

Individual competitors have not officially accepted their invitations until they have replied 'accepted' to their invitations and paid the entry fee (cost TBA). All payments are final. No refunds or transfers will be permitted, regardless of reason. Once the invitation is accepted and payment is received, competitors will be emailed (within 72 hours) a registration confirmation.

New Zealand Nationals organisers/staff/employees reserve the right to move or remove any individual competitor to another division or from the competition to preserve the integrity of the competition.

## Team Nationals

Affiliates, Gyms and/or Teams who successfully register for the 2024 New Zealand Nationals Team Event, will compete at the New Zealand Team Nationals at Mystery Creek Events Centre, Waikato, New Zealand, from the 26th-27th October 2024.

## - Team Nationals Invitation Process

In 2024, Affiliates/Gyms will NOT be invited to compete at the New Zealand Team Nationals. Rather, there will be an 'OPEN INVITE' to the entire of New Zealand based Affiliates/Gyms. Gyms may register as many teams as they choose from day one of registration.

There is NO Online Qualifier held for the New Zealand National Teams Event in the 2024 season.

#### - **Masters**

In 2024, there will be the continuation of the Masters division in the New Zealand Team Nationals competition. Those being team members between the age of 35 - 44, and 45+. Masters teams will consist of four (4) athletes; 2 male and 2 female. Each person within the Masters team will be required to be of the age of their category, at the time of registration.

This division will see similar requirements to that of the RX division with the inclusion of a number of higher level gymnastic movements often seen in the Elite division. As a guide, competitors should have completed all workouts in the 2024 CrossFit Open as prescribed, and at least two team members should be competent across all gymnastic movements seen at local Fitness and/or CrossFit competitions.

It is required that a minimum of 10 teams per age register to compete. In the instance the minimum entries are not met by the 30th April, the entries may be refunded, and the competition spots allocated to other divisions.

#### - **Registration**

Teams competing across the three divisions will compete for the Overall National Title. Teams who successfully complete the registration process and pay the team registration fee will compete at the Team Finals.

1. **Team.** Entry Cost; \$690 (+*Stripe fees*)
2. **Masters Team.** Entry; \$590 (+*Stripe fees*)

All payments are final. No refunds or transfers will be permitted, regardless of reason.

Once a team has successfully registered for the New Zealand Team Nationals and payment has been received, the team point of contact will receive an email from New Zealand Nationals organisers/staff/employees containing instructions for team registration prior to the competition.

A team entry cannot be on-sold to any other team wishing to compete at the New Zealand Nationals. Teams who purchase an entry through this method will not be permitted to compete.

#### - **Eligibility Requirements**

Teams will consist of three (3) males and three (3) females. Teams who register must train primarily at the same gym (defined as the same physical location) starting no later than the 8th of August of the current competition season. Athletes may only compete for one team

each during the New Zealand Nationals. Any athlete requiring assistance to determine their eligibility for a team should [contact us](#) prior to joining the team.

Athletes competing for a team must train primarily at that team's gym (whether a CrossFit affiliate or not) for the duration of the same competition year of the corresponding New Zealand Nationals. New Zealand Nationals requires that the majority of a team member's training days and workouts take place at the team gym starting 5th August 2024 this competition year.

Team members are required to continue training primarily at the team location until the end of the New Zealand Nationals. In accordance with this rule, creating a team consisting of athletes who train more at other locations than at the team gym is not acceptable. For team athletes to be eligible to compete in any stage of the New Zealand Nationals, they must adhere to the More Than Half Rule. The More Than Half Rule means that team athletes must train at the designated team location more than half of their training days per week, AND must train for more sessions at the team facility than at any other single location or combination of other locations.

Therefore, for the duration of the New Zealand Nationals, the More Than Half Rule requires:

1. At least four (4) training days must be completed at the team gym if the athlete trains six (6) or seven (7) days a week.
2. At least three (3) training days must be completed at the team gym if the athlete trains four (4) or five (5) days a week.

The exception to this rule is for Masters teams, which will consist of (2) males and (2) females, and do not need to reside and train primarily in the same location. Or ineligible teams, who have elected that they are in-eligible (*see in-eligible teams below*).

- **Team Competition: Judging**

*Tba.*

- **Affiliates/Gyms with More Than One Team, Or New Affiliates/Gyms**

More than one team may come from an affiliate or gym, as long as all members of each team consistently train at that physical location in accordance with all team rules. For Affiliates or Gyms with multiple locations, each location must register its own team. Teams may not include athletes who work out more at other locations (as stipulated above) even if the other locations share a name, owner, membership plan or programming.

Being a trainer or coach at a gym does not automatically qualify that individual to compete for that gym. The trainer or coach must train at the team location in accordance with all team eligibility rules. However, athletes who train at one Affiliate or Gym and coach at another (or others) must be careful not to blur the line between where they train and where they coach or they may have their eligibility as team athletes challenged, potentially resulting in the disqualification of the athlete and/or team.

An Affiliate or Gym which opens within the competition season (after 8th August of the competition year) may enter a team or teams, and that team (and the individuals in that team) may represent the new Affiliate or Gym, provided they meet the More Than Half Rule from within 30 days of opening, onwards. However, if an individual chooses to represent

their previous Affiliate or Gym, after the new Affiliate or Gym opens, they must continue to represent that Affiliate or Gym for the remainder of the competition season.

New Zealand Nationals reserve the right to terminate any team, or teammate, or athlete, participating in, any sponsored, sanctioned or supported New Zealand Nationals Event at any time, with no further obligation or duty to such individual.

#### **- Ineligible Teams**

Ineligible teams (meaning teams consisting of members that are unable to comply with the more-than half rule - see above) will have the ability to enter the 2024 New Zealand Team Nationals. These teams will however, be UNABLE to podium, or receive cash prize payouts (if competing in the Elite Division). Ineligible Teams must elect (during registration) to be in-eligible during onsite registration, and will be identified on the online leaderboard.

### **Finals Events (Individual and Teams): On-Site Briefing**

Delivery of the event format, including movement standards and required range of motion, to all participating athletes will occur during athlete briefings prior to competition in those events. The Head Judge, head of Athlete Relations or a designee of the on-site Director, with or without visual demonstration, will typically deliver briefings. There will be an opportunity for athletes to ask questions at briefings.

Athlete attendance is mandatory for all athlete briefings. The time and location of the briefings will be communicated to all athletes. Athletes who are late to, or absent from, a briefing may lose the right to appeal any decision made during the competition and may also be disqualified from further competition.

Demonstration of an events' movement standards, including the acceptable ranges of motion, or demonstration of unacceptable movements or ranges of motion, is not required. Such demonstration methods will be used as needed. Judges will confirm scores and enforce movement standards for each event an athlete or team performs.

Judges may attend athlete briefings as well as their own briefings to prepare for each event. New Zealand Nationals organisers/staff/employees have the authority to stop or suspend an athlete at any point in competition if he or she feels the athlete is at risk of serious injury to himself/herself or others. Judges are instructed not to touch competition equipment or move equipment during an event unless the equipment will interfere with another athlete's performance or if there is a legitimate safety concern.

Non-compliance with a judge's instructions, bickering with or questioning of a judge or staff, attempting to show up or publicly embarrass any judge, staff, sponsor, spectator, other athletes or venue operator or owners, as determined by New Zealand Nationals Organisers/staff/employees, in its sole and absolute discretion, may result in penalty or disqualification of the athlete from the competition and/or future competitions. This includes derogatory comments from an athlete's coach, representative, teammate(s), supporters, guests or entourage.

### **Finals Events (Individual and Teams): Scoring**



Specific scoring formats will be provided when the event formats are announced and during on-site briefings. For teams, any configuration of male, female or total number of athletes contributing to the event score may be used.

Events may have time penalties. Failure to complete an event in the designated time may result in a specified penalty for any portion of the event not completed, or may result in the athlete or team not advancing to the next event, regardless of overall rank.

Events may have a minimum work requirement in terms of the amount of time, repetitions, weight or rounds to be completed in order to advance. Any such minimums will be announced as part of the event format. Failure to complete the minimum work requirement may cause the athlete or team to not advance in the competition.

Events may use chip timing (transponders) for official timing. For chip-timed events, 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 transponder reaches the finish mat or crosses the finish line.

If an athlete or team does not advance to the next event for any reason (DNF, injury, etc...), they will be ranked below all competitors or teams who started that event and may be disqualified from the competition.

## **Finals Events (Individual and Teams): Appeals**

On-site appeals, event protests, or scoring questions will be filed by the athlete or team with the athlete relations team, by completing an appeals form, immediately following the event or no later than 60 mins of the published completion time of the event. Judgement calls made during an event are final and are not negotiable or subject to change, modification or appeal. In addition, athletes may not protest discrepancies related to the judging, scoring or performance of another athlete or team.

For all on-site appeals, event protests, or scoring questions, the following process will be used;

1. The competing athlete OR competing team point of contact only, will fill in an appeals form found at the athlete relations desk.
2. The event Head Judge, the judge(s) involved and the on-site Competition Director will review the Appeal and communicate to complete the fact-finding process for the issue in question.
3. The event Head Judge or designee from New Zealand Nationals staff will provide the final decision and resolve the issue via email.

New Zealand Nationals organisers/staff/employees have final authority on all athlete event appeal decisions, and may designate this authority to the Head Judge. Video, photos, cell phone media or any other media will not constitute grounds for changing or modifying a decision, score or entry made by New Zealand Nationals organisers/staff/employees.

The Head Judge, 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. Nothing in these procedures concerning event appeals, scoring discrepancies, event movement standards or range of motion requirements should be read as a limitation on New Zealand Nationals right to run or operate any New Zealand Nationals supported, sanctioned or sponsored event as it sees fit in its sole and absolute discretion.

New Zealand Nationals organisers/staff/employees decisions are final. This includes the right to remove or disqualify any team or athlete at New Zealand Nationals organisers/staff/employees sole and absolute discretion.

## **Finals Events (Individual and Teams): Injury Policy**

Any athlete (individual or team) who is unable to finish an event due to injury, or who requires medical attention following the completion of an event, must receive clearance from the Medical Staff and the Head Judge or Competition Director before being allowed to return to competition.

## **Finals Events (Individual and Teams): Proper Attire/Gear**

Proper workout attire, including shoes, is required for all events. No attire shall interfere with a judge's ability to determine if the required movement standards and range of motion are being met. The Head Judge and/or Competition Director has final say on what attire, gear or equipment is allowed on the competition floor. Once an athlete enters the competition floor, they may not receive any outside material assistance (water, tape, chalk, gloves, etc.) from spectators or coaches.

## **Individual Awards**

### **- Rookie of the Year**

This award is presented to the highest placed rookie in the Elite (formerly RX) division at the Individual National Finals. In order to be eligible for this award, a competitor must register for and compete for the first time in the Elite division. Additionally, the recipient of this award must display two core values;

1. Integrity. *This means to do the right thing in a reliable way. A personality trait that many admire, that means to have a moral compass that does not waver. That you are forever honest and firm in your moral principles.*

2. Pursuit of Success. *This means to strive for your best possible result in each stage of the Nationals competition, and display the most potential as a competitor in the sport of fitness.*

Awards are decided by the directing staff of the New Zealand Nationals events. All awards are final and may not be challenged/gifted/rejected on the premise these awards are not based on placing, rather recognition of effort, contribution or the like.

## **Team Awards**

- **Best dressed**

*Tba.*

## **Sportsmanship/Conduct**

All athletes agree to compete in a sportsmanlike manner. Unsportsmanlike behaviour, such as arguing with an official or representative of the New Zealand Nationals, taunting, heckling, fighting or any conduct that would bring disrepute upon the New Zealand Nationals, the competition, other competitors, or spectators or event sponsors, as determined by New Zealand Nationals organisers/staff/employees, in the eyes of the viewing public, may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events or legal action.

All athletes agree to put forth suitable effort in every workout or event. Deliberately doing less work, or performing at a level less than one is capable of (referred to as “sandbagging”) in order to gain advantage in another workout or over another athlete or team is prohibited.

Any athlete deemed by New Zealand Nationals organisers/staff/employees to be “sandbagging” may be penalised or disqualified from competition, as New Zealand Nationals organisers/staff/employees sees fit in its sole discretion.

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 judge communication (e.g. external noise devices, bull horns, air horns, etc.), or is generally disruptive to the event, is not allowed.

Athletes will be held accountable for the behaviour of their coaches, teammates, team managers, supporters and guests. If the conduct of any member of such a group or groups is deemed by New Zealand Nationals organisers/staff/employees to be unsportsmanlike or disruptive to the competition, then the coach, teammate, supporter, guest, and/or athlete is subject to the same disciplinary actions. This is not an exhaustive list and is intended as a guide for the athlete, coaches and other attendees. This is not intended as a limitation on New Zealand Nationals organisers/staff/employee’s rights to operate the New Zealand Nationals in any manner it sees fit.

New Zealand Nationals reserve 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 New Zealand Nationals Events at any time, with no further obligation or duty to such individuals. This may include, if required, removing that person from any venue used by the New Zealand Nationals, at any time in order to ensure the integrity of the competition.

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 New Zealand Nationals, including lying (as one example), will result in disqualification.

New Zealand Nationals organisers/staff/employees 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.

## **Drugs Policy**

*Tba.*

## **Merchandise/Memorabilia**

Any merchandise and/or memorabilia provided by New Zealand Nationals, or created by New Zealand Nationals that will be given to competitors to take home will be available at the conclusion of prize-giving at respective competitions, those being the New Zealand Team Nationals or the Individual National Finals.

New Zealand Nationals reserves the right to hold onto any merchandise and/or memorabilia from any particular event.

Merchandise and/or memorabilia includes but is not limited to;

1. Event T-Shirts
2. Competitors/Teams name cards
3. Event signage,
4. Winner cheques, and
5. Event and/or competition prizes.

## Refunds Policy

By making payment, any competitor and/or spectator acknowledges their entry fee either as a competitor or spectator or is non-refundable regardless of the circumstance.

- **Refund by replacement (special circumstances)**

Any changes or transfers requested by a competitor (or in the instance of the teams competition, the team point of contact) and agreed on by New Zealand Nationals organisers/staff/employees will result in the following fees:

1. **Team.** Prior to 1st September: Transfer of entry to another team at a cost of \$25 (+ *stripe fee*).
2. **Team.** 1st September - 1st October: Transfer of entry to another team at a cost of \$172.50 (+ *stripe fee*).
3. **Team.** 1st October - 13th October: Transfer of entry to another team at a cost of \$345 (+ *stripe fee*).
4. **Team.** 13th October: No Transfers will be accepted.

5. **Individual.** Prior to 1st November: Transfer of entry to another individual at a cost of \$25 (+ *stripe fee*).
6. **Individual.** 1st November - 1st December: Transfer of entry to another individual at a cost of \$119.50 (+ *stripe fee*).
7. From December 1st onwards: No Transfers will be accepted.

- **Cancellation**

If for any reason, that being unforeseen, unexpected and/or outside the control of the New Zealand Nationals organisers/staff/employees an event is cancelled competitors and spectators will receive a partial refund for entry fees as follows:

1. Online Qualifier: N/A.
2. Individual National Finals  
Refund = Cost of entry, less cost of t-shirts\*, less incurred costs\*\*, less \$25 (administration/processing fee).
3. Team Nationals  
Refund = Cost of entry, less cost of t-shirts\*, less incurred costs\*\*, less 5% (administration/processing fee).
4. Spectator tickets  
Refund = Cost of ticket/s, less 20% (administration/processing fee)\*\*.

\*Cost of t-shirts will only be subtracted in the instance the t-shirts have been ordered and paid for by the New Zealand Nationals organisers. In the instance the cost of t-shirts are not refunded, the t-shirts will be available for collection.

*Note: Athletes or teams that have not selected to purchase t-shirts will be exempt from this rule.*

\*\*Any costs that have been incurred by the New Zealand Nationals organisers/competition that are non-refundable may also be deducted before any refund is made.

If for any reason, that being unforeseen, unexpected and/or outside the control of the New Zealand Nationals organisers/staff/employees an event is postponed competitors and spectators will not receive a refund for entry fees.

In the instance an event is postponed, by approval of the New Zealand Nationals organisers, competitors may pass on their entry to the next appropriate competitor/s or team.

## **Media Policy**

No photographer, videographer or other person will be allowed on the competition floor without prior approval from the event management.

By capturing any photos, film, media or the like, at a New Zealand Nationals Event you understand and agree to the following:

1. All content that you capture is the property of the New Zealand Nationals Ltd, for your and the events unlimited use,
2. All content will be cleared for publishing (after the fact) by Event Management and,
3. Your content must be fair, free from bias, professional and must display the New Zealand Nationals, its staff, venues, competitors and volunteers in a positive manner. If the instant arises, you agree to remove and/or destroy any content at the request of the event directors/owners, this includes and is not limited to, any content you have shared or sold.



## **Volunteer Policy**

“I, the undersigned Volunteer, desire and agree to volunteer for New Zealand Team Nationals, the athletic fitness event, scheduled for Labour Weekend at Mystery Creek Events Centre. For the avoidance of doubt, this Waiver and Release shall be effective and applicable at all times during which I act as a volunteer and render personal services to New Zealand Nationals Ltd, including but not limited to during the days for the preparation and the days for the clean-up and dismantling of the Team Nationals Event. I understand that the scope of my relationship with New Zealand Nationals Ltd is limited to a volunteer position and that no compensation is expected or will be paid in return for services provided by me; that New Zealand Nationals Ltd will not provide any benefits traditionally associated with employment to volunteers; that I am responsible for personal injury or illness as a result of my volunteer services to the New Zealand Team Nationals, including, without limitation, health, medical and personal injury or insurance; that I am responsible for my own automobile insurance to the extent that the scope of my volunteer services may require me to drive.

I, the Volunteer, acknowledge that the New Zealand Team Nationals Event is an athletic event which carries with it inherent and potential risks. The risks include, but are not limited

to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to athletes, but are also inherent and present for volunteers.

In consideration of my selection as a volunteer and ability to participate in the New Zealand Team Nationals Event in such capacity, which participation is of material value to me, I for myself, and on behalf of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby assume all the risks of participating and/or volunteering in any activity while at the New Zealand Team Nationals Event, whether or not under the direction of New Zealand Nationals Ltd, and release New Zealand Nationals Ltd and its successors, assigns, affiliates, members, directors, agents, employees, contractors, sponsors and other representatives (collectively, the "Released Parties") from any and all claims in connection with the foregoing which I might otherwise have now or in the future in connection with the event. I realise that I am waiving and releasing claims which may arise from negligence or carelessness on the part of the Released Parties, from dangerous or defective equipment or property owned, maintained or controlled by the Released Parties or because of their possible liability without fault. I acknowledge that this Waiver and Release will be used by the Released Parties and that it will govern my actions and responsibilities at the New Zealand Team Nationals Event and my relationship with the Released Parties. I further understand and agree as follows:

**Waiver and Release:** I, the Volunteer, for myself, and on behalf of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby waive, release and discharge, and hold harmless the Released Parties from any and all liability, claims, and demands of whatever kind of nature, either in law or in equity, which arise or may hereafter arise from the services I provide to the Released Parties in connection with or in any way related to the New Zealand Team Nationals Event. I understand and acknowledge that this Waiver and Release discharges the Released Parties from any liability or claim that I may have against them with respect to bodily injury, personal injury, illness, death, property damage or other damages and expenses that may result from the services I provide to New Zealand Nationals Ltd or occurring while I am providing volunteer services in connection with or in any way related to the New Zealand Team Nationals Event.

**Medical Treatment:** I hereby waive, release and discharge the Released Parties from any claim whatsoever which arises or may hereafter arise on account of any first-aid treatment or other medical services rendered in connection with an emergency during my tenure as a volunteer with New Zealand Nationals Ltd.

**Personal Property:** I understand that any items I may bring are my responsibility, and the New Zealand Team Nationals Event is in no way responsible for lost, missing, stolen or damaged items.

**Photographic Release:** I understand that at the New Zealand Team Nationals Event or at related events or activities, I may be photographed, videoed or similarly recorded. I grant and convey to New Zealand Nationals Ltd all right, title, and interests in any and all photographs, images, video, or audio recordings of me or my likeness created by New

Zealand Nationals Ltd in connection with my volunteer services at New Zealand Team Nationals.

Confidentiality. In the course of volunteering for New Zealand Team Nationals, I may deal with or otherwise be exposed to confidential information regarding the Released Parties, athletes and other volunteers, as well as their respective contact information, date of birth, social security number, health, behaviour and other personal information, as applicable. I agree to keep any and all such confidential information in the strictest confidence.

Other. I hereby warrant that I am of legal age and competent to enter into this Waiver and Release, that I have read this Waiver and Release carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Waiver and Release without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Waiver and Release. This Waiver and Release represents my complete understanding regarding these issues contemplated herein and no oral representations, statements or inducements have been made to me by the Released Parties apart from this Waiver and Release. If any provision of this Waiver and Release is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Waiver and Release and shall not affect the validity and enforceability of any remaining provisions.

As a volunteer, I express my understanding and intent to enter into this Waiver and Release of Liability willingly and voluntarily.”