



Overview

Fittest of the Coast is a premier competition season based out of coastal South Carolina. The competition season consists of an online qualifier (Coastal Qualifier), a Team Championship and an Individual Championship. Championship events will be held on different weekends and athletes can qualify and compete in both events.

Through just its first two years of existence, Fittest of the Coast has given away more than \$25,000 in cash and prizes to podium winners. Since 2020, more than 1,500 athletes have participated in a Fittest of the Coast competition season.

The hallmark of a FOTC event is the athlete experience which is second to none. FOTC strives to create a professional competition experience for the everyday athlete. See below for more information on the 2021-22 FOTC season.

SECTIONS

- Section 1 - Coastal Qualifier Overview - Page 2
- Section 2 - Coastal Qualifier Workout Release Dates - Page 3
- Section 3 - Coastal Qualifier Workout Submission Deadlines - Page 3
- Section 4 - Coastal Qualifier Scaling Workouts - Page 3
- Section 5 - Coastal Qualifier Scaled Division - Page 3
- Section 6 - Coastal Qualifier Movements and Standards - Page 3
- Section 7 - Coastal Qualifier Workout Submission Guidelines - Page 4
- Section 8 - Coastal Qualifier Workout Disputes - Page 4
- Section 9 - Eligibility - Page 4
- Section 10 - Regions (Individual Championship Only) - Page 5
- Section 11 - Championship Divisions & Number of Spots - Page 5
- Section 12 - Individual Championship Info - Page 7
- Section 13 - Team Championship Info - Page 7
- Section 14 - Championship Invite Process & Registration Dates - Page 8
- Section 15 - Championship Event Workout Movement Expectations - Page 8
- Section 16 - Coastal Qualifier Gym Initiative Program - Page 8
- Section 17 - Coastal Qualifier Team Challenge Info - Page 9
- Section 18 - Refund Policy - Page 10

Section 1 – Coastal Qualifier Overview

Coastal Qualifier | September 30 – November 1, 2021

The Coastal Qualifier serves as the official way to earn a spot at a Fittest of the Coast championship event.

Athletes will perform five workouts over a five week period. One workout will be released each Thursday and athletes will have until the following Monday night at 9pm (EST) to submit their scores. Athletes in qualifying positions must be prepared to submit at least one workout video should they earn a qualifying spot.

Registration for the Coastal Qualifier opens on Sunday, August 1 and will close on Monday, October 4 at 9pm.

Athletes can compete to qualify for both the Team and Individual Championships. If an athlete wants to earn a spot in both the Team & Individual Championships, athletes must register for both online events. Qualifying workouts for both the Team & Individual Championships will be the same.

To earn a spot at the Individual Championship, an athlete will complete the weekly workout and submit his/her score to the Individual Qualifier leaderboard.

To earn a spot at the Team Championship, both athletes on the team must complete the workout. The team captain will submit both scores to the team leaderboard. Team scores will be summed (totaled) to create one score. Athletes do not need to complete the workouts together or be from the same gym.

If an athlete wants to earn a spot in both the Team and Individual Championship events, they only need to complete a weekly Coastal Qualifier workout once. An athlete’s score will be the same for both the Individual and Team Coastal Qualifier leaderboard. The score will need to be submitted on both leaderboards.

Athletes must compete in the Coastal Qualifier and finish inside the qualifying line for their division to earn an invite to a Fittest of the Coast Championship. If an athlete chooses to not accept his/her invite, a backfill invite may be sent to the next athlete down the list. There are divisions offered to athletes that do not qualify, but still want to compete - these spots are limited and will sell out fast.

Athletes who register for the Coastal Qualifier **Individual Championship** will select one of the following divisions: (Ages based on an athlete’s age as of June 1, 2022. See Section 9 for more details)

<i>Men 18-34</i>	<i>Women 18-34</i>
<i>Men 35-39</i>	<i>Women 35-39</i>
<i>Men 40-44</i>	<i>Women 40-44</i>
<i>Men 45-49</i>	<i>Women 45-49</i>
<i>Men 50-54</i>	<i>Women 50-54</i>

<i>Men 55-59</i>	<i>Women 55-59</i>
<i>Men 60+</i>	<i>Women 60+</i>
<i>Boys Teen 14-17</i>	<i>Girls Teen 14-17</i>
<i>Men Scaled</i>	<i>Women Scaled</i>

Athletes who register for the Coastal Qualifier **Team Championship** will select one of the following divisions:

(Ages based on an athlete’s age as of June 1, 2022. See Section 9 for more details. Athlete’s can register for more than one team, but can only accept an invite from one team. See Section 9 for info on teams with mixed ages.)

Male Team (18-34)	Female Team (18-34)	Co-Ed Team (18-34)
Male Team (35-44)	Female Team (35-44)	Co-Ed Team (35-44)
Male Team (45-54)	Female Team (45-54)	Co-Ed Team (45-54)
Male Team (55+)	Female Team (55+)	
Male Team (14-17)	Female Team (14-17)	
Male Scaled	Female Scaled	Co-Ed Scaled

Section 2 – Coastal Qualifier Workout Release Dates

Workouts during the Coastal Qualifier will be released each Thursday at 7pm on Facebook and YouTube.

- Week 1 - Thursday, September 30, 2021
- Week 2 - Thursday, October 7, 2021
- Week 3 - Thursday, October 14, 2021
- Week 4 - Thursday, October 21, 2021
- Week 5 - Thursday, October 28, 2021

Section 3 - Coastal Qualifier Workout Submission Deadlines

Workout scores will be required to be submitted online each week by Monday at 9pm. Late scores will not be accepted.

- Week 1 - Monday, October 4 at 9pm
- Week 2 - Monday, October 11 at 9pm
- Week 3 - Monday, October 18 at 9pm
- Week 4 - Monday, October 25 at 9pm
- Week 5 - Monday, November 1 at 9pm

Section 4 - Coastal Qualifier Scaling Workouts

Scaled variations of workouts will be available for all divisions and athletes can elect to scale a workout if they choose. Should an athlete scale a workout, the score will fall behind all prescribed scores.

Section 5 - Coastal Qualifier Scaled Division

A scaled division has been added to the Coastal Qualifier Team and Individual online competitions. This division **WILL NOT** award any spots to a Championship event, but can be utilized by athletes who are not ready to RX workouts. See Section 11 for info on Scaled Divisions.

Section 6 - Coastal Qualifier Movements and Standards

All movements and weights will be similar to what you would see in other online qualifiers like the CrossFit Games. Detailed movement standards will be included with each workout release.

Section 7 - Coastal Qualifier Workout Submission Guidelines

All athletes must utilize the Coastal Qualifier scorecard, which will be released each week and follow the movement standards outlined by FOTC for the given workout.

Athletes are encouraged to use a judge. Athletes without judges must record and submit a video recording.

All athletes who earn a qualifying spot must be prepared to submit at least one workout video at the conclusion of the Coastal Qualifier. FOTC will notify athletes via email with video requests.

Judges are not required to take an online judging certification course, but must adhere to the standards outlined by FOTC for the given workout.

Section 8 - Coastal Qualifier Workout Disputes

Any workout dispute can be made by emailing fittestofthecoast@gmail.com. Any workout dispute made after Wednesday, November 3 at 9 pm will not be accepted. Fittest of the Coast reserves the right to make changes to any score.

Section 9 – Eligibility*Individual Championship Eligibility:*

Any athlete can compete in the Individual Championship. Athletes in the 18-34, 35-39, 40-44, 45-49 & 50-54 divisions, will be placed in regions based on their geographic location. Athletes in the 55-59, 60+ & Teen divisions will not have regions. Each region will award a select number of spots to the Individual Championship.

Regions:

Coastal Region - Any athlete with a residence in South Carolina east of U.S. Route 1.

Mainland Region - Any athlete living outside of the Coastal Region boundary.

Please email fittestofthecoast@gmail.com with any questions regarding your region.

Team Championship Eligibility:

There are no restrictions on location for the Team Championship. Any athlete from any area can compete to earn a spot at the FOTC Team Championship. Athletes do not need to be from the same gym or same area to compete as a team.

Age Eligibility:

The athlete's age as of June 1, 2022, will determine their age division for the Coastal Qualifier and Championship Competitions.

For the Individual Division, athletes can elect to compete down a division if they choose. The only division where athletes cannot compete down a division is the teen division.

For the Team Division, teams can elect to compete down a division if they choose. The only division where teams can not compete down a division is the teen division.

Both members of a team must meet age requirements for the selected division, unless competing down a division.

Here is an example of a team competing down a division: Athlete A is 46 years old and Athlete B is 40, the athletes can choose to compete in the 35-44 division. They **CANNOT** compete in the 45-54 division.

Section 11 – Regions (Individual Championship Only)

Athletes competing as an individual during the Coastal Qualifier will be placed in regions based on their geographic location. Athletes in the 18-34, 35-39, 40-44, 45-49 & 50-54 divisions, will be placed in regions based on their geographic location. Athletes in the 55-59, 60+ & Teen divisions will not have regions. Each region will award a select number of spots to the Individual Championship.

Regions:

Coastal Region - Any athlete with a residence in South Carolina east of U.S. Route 1.

Mainland Region - Any athlete living outside of the Coastal Region boundary.

Please email fittestofthecoast@gmail.com with any questions regarding your region.

Section 11 – Championship Divisions & Number of Spots

Below are the total number of available qualifying spots and divisions for both the FOTC Individual and Team Championships. Spots are subject to change following the completion of registration for the Coastal Qualifier.

Individual Championship Qualifying Divisions:

Division	Available Spots	Eligibility
Men's & Women's 18-34 RX	40 Spots	<p>25 spots will be awarded from the Coastal Qualifier Coastal Region leaderboard – athletes ranked 1-25</p> <p>15 spots will be awarded from the Coastal Qualifier Mainland Region leaderboard – athletes ranked 1-15</p>
Men's & Women's 18-34 Intermediate	40 Spots	<p>30 spots will be awarded from the Coastal Qualifier Coastal Region leaderboard – athletes ranked 26-55</p> <p>10 spots will be awarded from the Coastal Qualifier Mainland Region leaderboard – athletes ranked 16-25</p>
Men's & Women's 35-39	30 Spots	<p>20 spots will be awarded from the Coastal Qualifier Coastal Region leaderboard – athletes ranked 1-20</p> <p>10 spots will be awarded from the Coastal Qualifier Mainland Region leaderboard – athletes ranked 1-10</p>
Men's & Women's 40-44	30 Spots	<p>20 spots will be awarded from the Coastal Qualifier Coastal Region leaderboard – athletes ranked 1-20</p> <p>10 spots will be awarded from the Coastal Qualifier Mainland Region leaderboard – athletes ranked 1-10</p>
Men's & Women's 45-49	20 Spots	<p>15 spots will be awarded from the Coastal Qualifier Coastal Region leaderboard – athletes ranked 1-15</p> <p>5 spots will be awarded from the Coastal Qualifier Mainland Region leaderboard – athletes ranked 1-5</p>

Men's & Women's 50-54	20 Spots	15 spots will be awarded from the Coastal Qualifier Coastal Region leaderboard – athletes ranked 1-15 5 spots will be awarded from the Coastal Qualifier Mainland Region leaderboard – athletes ranked 1-5
Men's & Women's 55-59	10 Spots	The top 10 ranked athletes from the Coastal Qualifier leaderboard will receive an invite to the Individual Championship.
Men's & Women's 60+	10 Spots	The top 10 ranked athletes from the Coastal Qualifier leaderboard will receive an invite to the Individual Championship.
Boys & Girls Teen 14-17	10 Spots	The top 10 ranked athletes from the Coastal Qualifier leaderboard will receive an invite to the Individual Championship.
Men's & Women's Masters Intermediate	Up to 20 Spots	Open to any non-qualifying athlete 35 years or older. Up to 20 spots per male & female division will be available.
Men's & Women's Scaled	Up to 20 Spots	Open to any non-qualifying athlete. Up to 20 spots per male & female division will be available.

Team Championship Qualifying Divisions:

<i>Division</i>	<i>Available Spots</i>	<i>Eligibility</i>
Male Team RX	20 Teams	Top 20 teams from Male Team 18-34 Coastal Qualifier leaderboard
Female Team RX	20 Teams	Top 20 teams from Female Team 18-34 Coastal Qualifier leaderboard
Co-Ed Team RX	20 Teams	Top 20 teams from Co-Ed Team 18-34 Coastal Qualifier leaderboard
Male Team Intermediate	20 Teams	Teams ranked 21-40 from Male Team 18-34 Coastal Qualifier leaderboard
Female Team Intermediate	20 Teams	Teams ranked 21-40 from Female Team 18-34 Coastal Qualifier leaderboard

Co-Ed Team Intermediate	20 Teams	Teams ranked 21-40 from Co-Ed Team 18-34 Coastal Qualifier leaderboard
Male Team Scaled	20 Teams - open to the first 20 teams who register.	Any participating team from the Coastal Qualifier leaderboard
Female Team Scaled	20 Teams - open to the first 20 teams who register.	Any participating team from the Coastal Qualifier leaderboard
Co-Ed Team Scaled	20 Teams - open to the first 20 teams who register.	Any participating team from the Coastal Qualifier leaderboard
Male Team 35-44	20 Teams	Top 20 teams from Male Team 35-44 Coastal Qualifier leaderboard
Female Team 35-44	20 Teams	Top 20 teams from Female Team 35-44 Coastal Qualifier leaderboard
Co-Ed Team 35-44	20 Teams	Top 20 teams from Co-Ed Team 35-44 Coastal Qualifier leaderboard
Male Team 45-54	10 Teams	Top 10 teams from Male Team 45-54 Coastal Qualifier leaderboard
Female Team 45-54	10 Teams	Top 10 teams from Female Team 45-54 Coastal Qualifier leaderboard
Co-Ed Team 45-54	10 Teams	Top 10 teams from Co-Ed Team 45-54 Coastal Qualifier leaderboard
Male Team 55+	10 Teams	Top 10 teams from Male Team 55+ Coastal Qualifier leaderboard
Female Team 55+	10 Teams	Top 10 teams from Female Team 55+ Coastal Qualifier leaderboard
Male Team 14-17	10 Teams	Top 10 teams from Male Team 14-17 Coastal Qualifier leaderboard
Female Team 14-17	10 Teams	Top 10 teams from Female Team 14-17 Coastal Qualifier leaderboard

Section 12 – Individual Championship Info

The 2022 FOTC Individual Championship will be held April 2-3, 2022 at RH Acres in Myrtle Beach, South Carolina. All qualifying athletes can expect to compete in at least four scoring workouts and a possible Final Workout, which will be worth double points.

Athletes should be prepared to complete workouts across two days. A tentative schedule will be released to athletes with their invite to compete.

All qualifying athletes will be eligible to compete for cash prizes. Through the first two years of the FOTC Individual Championship, more than \$25,000 in cash and prizes have been awarded. Total cash amounts will be announced prior to the start of the Individual Championship. Athlete registration will be between \$125-150/athlete.

All qualifying athletes can expect to receive the following for qualifying (subject to change):

- Athlete Lane Card
- Athlete Shirt
- Misc. Piece of Apparel (previously Born Primitive Shorts, Booty Shorts & Joggers)
- Athlete Welcome Bag with Assorted Gifts

Section 13 – Team Championship Info

The 2022 FOTC Team Championship will be held on January 22-23, 2022 in Charleston, South Carolina, at the North Charleston Coliseum & Performing Arts Center within the Convention Center portion of the facility.

All competing teams can expect to compete in at least four scoring workouts and a possible Final Workout, which will be worth double points. Athletes should be prepared to complete workouts on both days of the competition weekend. Team registration will be between \$250-300/team.

All competing teams can expect to receive the following for qualifying (subject to change):

- Athlete Lane Card
- Athlete Shirt
- Misc. Piece of Apparel (previously Born Primitive Shorts, Booty Shorts & Joggers)
- Athlete Welcome Bag with Assorted Gifts

Section 14 – Championship Invite Process & Registration Dates

Below are the dates athletes can expect to receive invites to compete at a FOTC Championship event along with registration dates. All athletes who earn a spot to a championship event will be notified via email.

Team and Individual Championship Announcement | **Wednesday, November 10, 2021**

Team Championship Registration Dates | Wednesday November 11 - Monday November 22, 2021

Team Championship Backfill Registration & Scaled Division Dates | Thursday, November 25 - Monday, December 6, 2021

Individual Championship Registration Dates | Monday, December 13, 2021 - Monday, January 3, 2022

Individual Championship Wild Card, Scaled, Men's & Women's Masters Intermediate Registration Dates | Wednesday, January 5, - Monday, January 17, 2022

Section 15 – Championship Event Workout Movement Expectations

Any qualifying athlete/team should be prepared to see any movement from the Coastal Qualifier at a FOTC Championship event. Weights and skills will be scaled appropriately by division.

Section 16 – Coastal Qualifier Gym Initiative Program

As part of FOTC's mission to support the local gym, Fittest of the Coast will give back 20% of the Coastal Qualifier registration fees back to the local gym.

At the conclusion of registration for the Coastal Qualifier, FOTC will tally the amount of athletes registered from each gym and give that percentage back in the form of a check. Gyms will be required to submit information via an online form to be eligible to receive a check.

Any unclaimed money will be given back to a non-profit/charity of FOTC's choice.

Section 17 - Coastal Qualifier Team Challenge

In addition to serving as the qualifier for Fittest of the Coast, the Coastal Qualifier will also serve as a team competition - the Coastal Qualifier Team Challenge. Any gym with at least 10 participating athletes can take part in the Team Challenge.

Gyms will be divided into divisions based off the number of athletes registered. See below for divisions. Gyms must have at least 10 athletes in the Coastal Qualifier to participate.

Division 1 - Gyms with 10-20 athletes

Division 2 - Gyms with 21-40 athletes

Division 3 - Gyms with 41+ athletes

How it Works:

Each gym will designate a team captain. Each week, the team captain will submit a roster by the score submission Monday of that week's workouts. Rosters must be submitted by 9pm. Team captains will submit rosters on www.fittestofthecoast.com.

Weekly Roster Sizes:

Each week, a team captain will fill out a roster with his team's athletes. Roster sizes will vary based on division.

Division 1 Weekly Roster Size - 5 athletes

Division 2 Weekly Roster Size - 7 athletes

Division 3 Weekly Roster - 9 athletes

Roster Rules

Division 1 Roster Rules - Athletes cannot be in the roster two weeks in a row. A different roster must be made each week.

Division 2 Roster Rules - Athletes cannot be in the roster two weeks in a row. An athlete can only appear in his team's weekly roster up to two times over the five weeks. A different roster must be made each week.

Division 3 Roster Rules - Athletes can not be in the roster two weeks in a row. An athlete can only appear in his team's weekly roster up to two times over the five weeks. A different roster must be made each week.

Scoring

Scoring will be based on a weekly total on how that week's roster performs. Scoring will be a reverse scoring order (the same as the Coastal Qualifier Leaderboard). A team's weekly score will be the total points of the roster. The lower the points, the better.

At the end of the five week's a team's score will be the sum of all five weeks. Leaderboards will be posted each week with updates.

Weekly Score Example:

Athlete 1 - 5th place on workout in his division - 5 points

Athlete 2 - 25th place on workout in his division - 25 points

Athlete 3 - 56th place on workout in his division - 56 points

Athlete 4 - 11th place on workout in his division - 11 points

Athlete 5 - 1st place on workout in his division - 1 point

Total Points for Week - 98 points

Section 18 - Refund Policy

There are no refunds for any Fittest of the Coast event.