



## **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) and an in-person championship event for individuals and pairs (2-person teams) on February 10-12, 2023, in Charleston, SC, at the Charleston Convention Center.

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**Section 1 – Coastal Qualifier Overview**

**Coastal Qualifier | September 29 – October 25, 2022**

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 four week period. One workout will be released each Thursday at 7pm (EST) and athletes will have until the following Tuesday night at 9pm (EST) to submit their scores.

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

Athletes can compete and qualify as both an individual and team if they choose. If an athlete wants to earn a spot in both individual and team, athletes must register for both online events. Qualifying workouts for both the teams & individuals will be the same.

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

For teams, 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 as an individual and team, 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.

Athletes who register for the Coastal Qualifier as an **Individual** will select one of the following divisions: (Ages based on an athlete’s age as of February 9, 2023. See Section 9 for more details)

<i>RX Men (no age restrictions)</i>	<i>RX Women (no age restrictions)</i>
<i>Intermediate Men (no age restrictions)</i>	<i>Intermediate Women (no age restrictions)</i>
<i>Scaled Men (no age restrictions)</i>	<i>Scaled Women (no age restrictions)</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>

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

(Ages based on an athlete's age as of February 9, 2023. 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.)

RX Men Team (no age restrictions)	RX Female Team (no age restrictions)	RX Co-Ed Team (no age restrictions)
Intermediate Men Team (no age restrictions)	Intermediate Female Team (no age restrictions)	Intermediate Co-Ed Team (no age restrictions)
Scaled Men Team (no age restrictions)	Scaled Female Team (no age restrictions)	Scaled Co-Ed Team (no age restrictions)
Male Team (35-44)	Female Team (35-44)	Co-Ed Team (35-44)
Male Team (45+)	Female Team (45+)	

## **Section 2 – Coastal Qualifier Workout Release Dates**

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

Week 1 - Thursday, September 29, 2022

Week 2 - Thursday, October 6, 2022

Week 3 - Thursday, October 13, 2022

Week 4 - Thursday, October 20, 2022

## **Section 3 - Coastal Qualifier Workout Submission Deadlines**

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

Week 1 - Tuesday, October 4 at 9pm

Week 2 - Tuesday, October 11 at 9pm

Week 3 - Tuesday, October 18 at 9pm

Week 4 - Tuesday, October 25 at 9pm

## **Section 4 - 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 5 - 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 are required to 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.

All workouts must be submitted by 9pm EST on Tuesday night of the given workout week. Late submissions will not be accepted.

### **Section 6 - Coastal Qualifier Workout Disputes**

Any workout dispute can be made by emailing [fittestofthecoast@gmail.com](mailto:fittestofthecoast@gmail.com). Any workout dispute made after Wednesday, October 26 at 9 pm will not be accepted. Fittest of the Coast reserves the right to make changes to any score.

### **Section 7 – Age Eligibility**

The athlete's age as of February 9, 2023, will determine their division for age divisions.

Individual athlete's can compete down a division. For example, a 40-year athlete can compete in the 35-39 age division.

For the Team Division, teams can elect to compete down a division if they choose.

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+ division.

**Section 8 – Championship Divisions & Number of Spots**

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

**Individual Qualifying Divisions:**

<b><i>Division</i></b>	<b><i>Available Spots</i></b>
Men RX	20 Spots
Women RX	20 Spots
Men Intermediate	25 Spots
Women Intermediate	25 Spots
Men Scaled	20 Spots
Women Scaled	20 Spots
Men 35-39	20 Spots
Women 35-39	20 Spots
Men 40-44	15 Spots
Women 40-44	15 Spots
Men 45-49	10 Spots
Women 45-49	10 Spots
Men 50-54	10 Spots
Women 50-54	10 Spots
Men 55-59	5 Spots
Women 55-59	5 Spots
Men 60+	5 Spots
Women 60+	5 Spots
Boys Teen 14-17	10 Spots
Girls Teen 14-17	10 Spots

**Team Championship Qualifying Divisions:**

<b><i>Division</i></b>	<b><i>Available Spots</i></b>
Male Team RX	20 Teams
Female Team RX	20 Teams
Co-Ed Team RX	20 Teams
Male Team Intermediate	30 Teams
Female Team Intermediate	30 Teams
Co-Ed Team Intermediate	30 Teams
Male Team Scaled	20 Teams

Female Team Scaled	20 Teams
Co-Ed Team Scaled	20 Teams
Male Team 35-44	10 Teams
Female Team 35-44	10 Teams
Co-Ed Team 35-44	10 Teams
Male Team 45+	10 Teams
Female Team 45+	10 Teams
Co-Ed Team 45-54	10 Teams

### **Section 9 – Championship Event Info**

The 2023 FOTC Championship will be held February 10-12, 2023 at the Charleston Convention Center in Charleston, South Carolina. All qualifying athletes and teams can expect to compete in at least five scored workouts.

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

Individuals will compete Friday, February 10 - Saturday, February 11, 2023. Teams will compete Saturday, February 11 - Sunday, February 12, 2023.

### **Section 10 – 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. Registration fees will be between \$150-\$160 for individual athletes and \$300-\$320 for teams. There is a strict no refund policy. Athletes will have the option of purchasing registration insurance, which will provide athlete's the opportunity to receive a full refund.

*Qualifying Athletes Announced Via Email* | **November 4, 2022**

Registration Dates | **November 4 - November 25, 2022**

Backfill Registration & Scaled Division Dates | **November 28**

### **Section 11 – 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 12 – Championship Event Scoring Disputes**

Any scoring dispute can be brought to the attention of the dedicated Fittest of the Coast rules official at the championship event. Fittest of the Coast reserves the right to be the final decision on all scoring disputes.

### **Section 13 – Performance Enhancing Drug Protocol**

Any athlete currently listed on CrossFit's sanctioned athlete list for banned drugs will not be allowed to participate in Fittest of the Coast.