



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 13-15, 2026, in Charleston, SC, at the Charleston Convention Center.

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Section 1 – Coastal Qualifier Overview

Coastal Qualifier | October 2 – October 29, 2025

The Coastal Qualifier serves as the official way to earn a spot at the 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 Wednesday night at 9pm (EST) to submit their scores.

Registration for the Coastal Qualifier opens on Friday, August 1 and will close on Wednesday, October 8 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 the 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 13, 2026. See Section 9 for more details)

<i>Pro/RX Men (no age restrictions)</i>	<i>Pro/RX Women (no age restrictions)</i>
<i>Intermediate Men (no age restrictions)</i>	<i>Intermediate Women (no age restrictions)</i>
<i>Novice Men (no age restrictions)</i>	<i>Novice 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>Men 65+</i>	<i>Women 65+</i>
<i>Boys Teen 16-18</i>	<i>Girls Teen 16-18</i>
<i>Boys Teen 13-15</i>	<i>Girls Teen 13-15</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 13, 2026. See Section 9 for more details. Athletes 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.)

Pro/RX Men Team (no age restrictions)	Pro/RX Female Team (no age restrictions)	Pro/RX Team (no age restrictions)
Intermediate Men Team (no age restrictions)	Intermediate Female Team (no age restrictions)	Intermediate Co-Ed Team (no age restrictions)
Novice Men Team (no age restrictions)	Novice Female Team (no age restrictions)	Novice Co-Ed Team (no age restrictions)
Male Team (35+)	Female Team (35+)	Co-Ed Team (35+)
Male Team (45+)	Female Team (45+)	Co-Ed Team (45+)
Male Team (55+)	Female Team (55+)	

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, October 2, 2025

Week 2 - Thursday, October 9, 2025

Week 3 - Thursday, October 16, 2025

Week 4 - Thursday, October 23, 2025

Section 3 - Coastal Qualifier Workout Submission Deadlines

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

Week 1 - Wednesday, October 8 at 9pm

Week 2 - Wednesday, October 15 at 9pm

Week 3 - Wednesday, October 22 at 9pm

Week 4 - Wednesday, October 29 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 Open. 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 at the conclusion of the Coastal Qualifier.

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 Wednesday night of the given workout week. Late submissions will not be accepted.

Section 6 - Coastal Qualifier Score Video Review Process

A score that is penalized or determined to be invalid by a representative of Fittest of the Coast during the Coastal Qualifier may be appealed by the athlete who submitted the score. Appeals can be made by emailing kyle@fittestofthecoast.com. Any appeals made after Monday, November 3 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 13, 2026, will determine their division for age divisions.

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

Individual teen division athletes can compete up a division. For example, a 15-year athlete can compete in the 16-18 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+ 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.

FOTC reserves the right to invite and allow any athlete the ability to participate in the Championship event. FOTC reserves the right to prohibit any athlete the ability to participate in the Championship event.

Individual Qualifying Divisions:

<i>Division</i>	<i>Available Spots</i>	<i>Qualifier Leaderboard Ranking</i>
Men Pro	19 Spots	Athletes ranked 1-19 in Pro/RX
Women Pro	19 Spots	Athletes ranked 1-19 in Pro/RX
Men RX	38 Spots	Athletes ranked 20-57 in Pro/RX
Women RX	38 Spots	Athletes ranked 20-57 in Pro/RX
Men Intermediate	57 Spots	Athletes ranked 1-57 in Intermediate
Women Intermediate	57 Spots	Athletes ranked 1-57 in Intermediate
Men Novice	38 Spots	Athletes ranked 1-38 in Novice
Women Novice	38 Spots	Athletes ranked 1-38 in Novice
Men 35-39	29 Spots	Athletes ranked 1-29 in 35-39
Women 35-39	19 Spots	Athletes ranked 1-19 in 35-39
Men 40-44	28 Spots	Athletes ranked 1-28 in 40-44
Women 40-44	19 Spots	Athletes ranked 1-19 in 40-44
Men 45-49	19 Spots	Athletes ranked 1-19 in 45-49
Women 45-49	19 Spots	Athletes ranked 1-19 in 45-49
Men 50-54	10 Spots	Athletes ranked 1-10 in 50-54
Women 50-54	10 Spots	Athletes ranked 1-10 in 50-54
Men 55-59	9 Spots	Athletes ranked 1-9 in 55-59
Women 55-59	9 Spots	Athletes ranked 1-9 in 55-59
Men 60-64	9 Spots	Athletes ranked 1-9 in 60+
Women 60-64	9 Spots	Athletes ranked 1-9 in 60+
Men 65+	6 Spots	Athletes ranked 1-6 in 65+
Women 65+	6 Spots	Athletes ranked 1-6 in 65+
Boys Teen 16-18	19 Spots	Athletes ranked 1-19 in 16-18
Girls Teen 16-18	19 Spots	Athletes ranked 1-19 in 16-18
Boys Teen 13-15	9 Spots	Athletes ranked 1-9 in 13-15
Girls Teen 13-15	9 Spots	Athletes ranked 1-9 in 13-15

Team Championship Qualifying Divisions:

Division	Available Spots	Qualifier Leaderboard Ranking
Male Team Pro	19 Teams	Teams ranked 1-19 in Pro/RX
Female Team Pro	19 Teams	Teams ranked 1-19 in Pro/RX
Co-Ed Team Pro	19 Teams	Teams ranked 1-19 in Pro/RX
Male Team RX	38 Teams	Teams ranked 20-57 in Pro/RX
Female Team RX	19 Teams	Teams ranked 20-38 in Pro/RX
Co-Ed Team RX	38 Teams	Teams ranked 20-57 in Pro/RX
Male Team Intermediate	38 Teams	Teams ranked 1-38 in Intermediate
Female Team Intermediate	38 Teams	Teams ranked 1-38 in Intermediate
Co-Ed Team Intermediate	38 Teams	Teams ranked 1-38 in Intermediate
Male Team Novice	38 Teams	Teams ranked 1-38 in Novice
Female Team Novice	38 Teams	Teams ranked 1-38 in Novice
Co-Ed Team Novice	38 Teams	Teams ranked 1-38 in Novice
Male Team 35+	19 Teams	Teams ranked 1-19 in 35+
Female Team 35+	19 Teams	Teams ranked 1-19 in 35+
Co-Ed Team 35+	19 Teams	Teams ranked 1-19 in 35+
Male Team 45+	19 Teams	Teams ranked 1-19 in 45+
Female Team 45+	19 Teams	Teams ranked 1-19 in 45+
Co-Ed Team 45+	19 Teams	Teams ranked 1-19 in 45+
Male Team 55+	9 Teams	Teams ranked 1-9 in 55+
Female Team 55+	9 Teams	Teams ranked 1-9 in 55+

Section 9 – Championship Event Info

The 2026 FOTC Championship will be held February 13-15, 2026 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 13 and Saturday, February 14, 2026. Teams will compete Saturday, February 14 and Sunday, February 15, 2026.

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 for individual athletes will be \$200 and \$390 for teams. There is a strict no refund policy. Athletes will have the option of purchasing registration insurance, which will provide athletes the opportunity to receive a full refund due to injury or other outlined circumstances.

Qualifying Athletes Announced Via Email | **By November 6, 2025**

Registration Dates | **November 6 - November 23, 2025**

Backfill Registration Division Dates | **November 25 - December 5, 2025**

Section 11 – Championship Event Workout Movement Expectations

Any qualifying athlete/team should be prepared to see a variety of skills, movements and time domains at the FOTC Championship event. Weights and skills will be scaled appropriately by division. Outdoor workouts like swimming or running may be programmed. Any division that will experience a swimming workout will be notified prior to registration for the Championship.

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 through the official dispute procedure announced by FOTC. Fittest of the Coast reserves the right to be the final decision on all scoring disputes.

Section 13 – Replacement of a Teammate (Qualifier)

Teams can replace a teammate due to injury or other related issues keeping the athlete from competing in the Coastal Qualifier. Teams can sub out a teammate up until Wednesday, October 8 at 9pm ET. Any post-date teammate changes will be made on a case-by-base basis. Fittest of the Coast reserves the right to refuse any teammate change request.

(Championship Event)

Teams can replace a teammate due to injury or other related issues keeping the athlete from competing at the Fittest of the Coast Championship event. Teams can sub out a teammate up until 72 hours prior to the competition. Any day-of-athlete changes will be made on a case-by-base basis. Fittest of the Coast reserves the right to refuse any teammate change request.

Section 14 – 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. If registered in the Coastal Qualifier, the athlete's scores will not count and will be removed from competition.

Section 15 – Kids Exhibition Division

Fittest of the Coast offers two kids exhibition divisions (6-9 and 10-12) at the Championship Event. All kids will get to participate in one workout. Participating kids will receive a t-shirt, athlete lane card, misc item, participant medal and one spectator ticket (good for one (1) parent/guardian). Limited spaces will exist. The cost to participate is \$65.

Section 16 – Cash Prizes

Cash prizes are awarded in PRO divisions and Masters Individual divisions. The official cash prize purse will be no less than \$22,000 for Fittest of the Coast 2026.