



THE FITNESS LEAGUE 2020
-
COMPETITION RULEBOOK EN

*When one makes a Revolution, one cannot mark time;
one must always go forward – or go back.*

Rich Froning

Table of Contents

1. General Organization	3
2. Teams	5
3. Categories & Standards	6
4. Teams Registration	7
5. Captain	8
6. Rankings	9
7. Workouts	9
8. Fair-Play & Respect	10
9. T-Shirts & Naming Boards	11
10. Documents	11
11. Signatures	12

I. General Organization

THE FITNESS LEAGUE is a fitness championship for TEAMS, offering to the CrossFit affiliate* boxes the opportunity to compete through 4 seasonal matches (EDITION).



WINTER EDITION



CrossFit **Wavre**



07/03/2020



SPRING EDITION



CrossFit **Tournai**



13/06/2020



SUMMER EDITION



To be defined



12/09/2020



AUTUMN EDITION



To be defined



21/11/2020

* Non CrossFit affiliate cross-training fitness centers are allowed.

At the end of each EDITION, a table will determine the ranking of the TEAMS and a podium will reward the best TEAMS.

We will also publish a general ranking on the website of THE FITNESS LEAGUE (www.thefitnessleague.be).

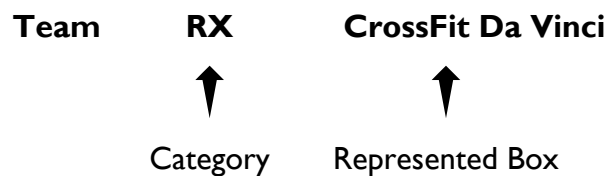
After the last EDITION, a podium will reward the best TEAMS of the general ranking of THE FITNESS LEAGUE 2020.

It is allowed for TEAMS to only participate to one or several EDITIONS. Only the TEAMS who participate to the 4 EDITIONS will be taken into account for the final ranking. Along the year, loyal TEAMS to The Fitness League will be rewarded.



2. Teams

1. Each TEAM will be made by 2 athletes MALE + 2 athletes FEMALE
2. Each TEAM represents a box, it registers as follows:









Examples:

- ✓ Team RX CrossFit Da Vinci
 - ✓ Team MASTERS CrossFit Wavre
 - ✓ Team SCALED CrossFit Hasselt
3. One of the 4 athletes in the TEAM is the Captain. The Captain must be member, staff or coach at the represented box.
 4. The athletes of the TEAM are selected by the Captain and doesn't necessarily have to be member of the represented box.
 5. The composition of each TEAM may vary for each EDITION.
 6. In case of a replacement, the Captain should warn the organization by email at info@thefitnessleague.be.
 7. There can be no replacement during an EDITION!

3. Categories & Standards

It is possible to register your TEAM in one of the following categories:

RX		MASTERS130+		SCALED	
The RX category is a category with a good level of Fitness. It suits for experienced intermediate athletes or elite athletes.		The 130+ category is a category with a good level of Fitness. The 2 Males should be 35 years old or more, the 2 Females should be 30 years old or more.		The Scaled category is a category with a basic level of Fitness. It suits for low experienced intermediate athletes or beginner athletes.	
2M / 2F		2M (35+) / 2F (30+) (*)		2M / 2F	
30 TEAMS		30 TEAMS		30 TEAMS	
	SNATCH 60Kg/40Kg		SNATCH 50Kg/30Kg		SNATCH 40Kg/25Kg
	MU BAR(**) HSPU		CHEST2BAR(**) HSPU		PULLUP(**) PUSH UP

(*) The 2 Males should be 35 years old or more the day of the EDITION they compete in.
The 2 Females should be 30 years old or more the day of the EDITION they compete in.

(**) For these gymnastic movements, female athletes may use an elastic

4. Teams Registration

1. The registration is open to each person willing to participate with his TEAM at THE FITNESS LEAGUE.
2. The web links allowing to register for each EDITION will be published on the website of THE FITNESS LEAGUE.
3. During the registration the Captain will have to mention the name of the athletes composing the TEAM.
4. Changes in the TEAM composition between the registration and the event must be noticed by email at info@thefitnessleague.be.
5. The Captains commits to participate to the 4 EDITIONS.

5. Captain

1. The Captain is responsible for the selection and registration of the athletes of his TEAM.
2. The Captain will receive a Captain T-shirt during the 1st EDITION.
3. The Captain will sign all the scorecards.
4. The Captain is responsible of the naming board.
5. In case of any objection, only the Captain is allowed to communicate with the HEAD JUDGE.
6. The Captain must pay the registration at least 30 days before the beginning of the EVENT.
7. If the Captain wishes to transfer his title, he can do it via an official document. He has to request the document by email at info@thefitnessleague.be, at least 30 days before the beginning of the next EDITION.



6. Rankings

At the end of each EDITION:

- ✓ A ranking will be established for this EDITION.
- ✓ A podium will reward the best TEAMS of each category.

After the last EDITION:

- ✓ A general ranking and a podium will reward the best TEAMS of the season 2020 of THE FITNESS LEAGUE.

7. Workouts

- ✓ There will be 4 WORKOUTS by EDITION to determine the fittest TEAMS.
- ✓ The WORKOUTS and the planning will be announced in the week before each EDITION.
- ✓ The WORKOUTS will be programmed by very know programmers in Belgium.
- ✓ The WORKOUTS will be judged by our internal independent judging team.
- ✓ The leaderboard will be kept online on Competition Corner.

8. Fair-Play & Respect

1. THE FITNESS LEAGUE is a competition celebrating the positive values of sport as respect, health, courage and diversity.
2. The TEAMS respect the rules and standards of the different EDITIONs in the spirit and the values of sport.
3. During each EDITION the TEAMS agree to observe the basic notion of respect to the entire community.
4. The Captains are responsible for the behavior of each athlete.
5. In case of non-respect of the sport values against their opponents, the judges or the volunteers, the organization reserves the right to disqualify a TEAM. The TEAM could be disqualified for a workout, an EDITION, or the entire competition depending on the facts.



9. T-Shirts & Naming Boards

1. During the first EDITION all the athletes of all TEAMS will receive a t-shirt offered by THE FITNESS LEAGUE.
2. One naming board per TEAM is offered. In case of loss of your naming board, the TEAM will necessarily buy another one at THE FITNESS LEAGUE, for the price of 30€.

10. Documents

1. The Rulebook: it must be signed by the Captain and sent by mail at THE FITNESS LEAGUE (info@thefitnessleague.be).
2. By signing the Rulebook all the athletes of the TEAM accept the general conditions on the website of THE FITNESS LEAGUE (www.thefitnessleague.be).
3. Captain transfer document: to request by email at THE FITNESS LEAGUE.
4. Hosting box document: to complete during the first visit of THE FITNESS LEAGUE at the box for organizing the EDITION.

II. Signatures

<p>For the TEAM</p> <p>.....</p> <p>Captain</p>	<p>For THE FITNESS LEAGUE</p> <p>Jonathan Meinguet Event Director</p>  <p>Vincent Rampelbergs Technical Director</p> 
--	---