



THE FITNESS LEAGUE 2024
-
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. Categories & Standards	5
3. Teams	7
4. Teams Registration	8
5. Competition days	8
6. Captain	9
7. Rankings & Rewards	10
8. Workouts	11
9. Fair-Play & Respect	11
10. Documents	12
11. Signatures	12

I. General Organization

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



WINTER EDITION



Lotto Mons Expo
Mons



17/02 & 18/02 /2024



SPRING EDITION



Sport Vlaanderen
Gent



08/06 & 09/06 /2024



SUMMER EDITION



To be confirmed



31/08 & 01/09 /2024



AUTUMN EDITION



Tour & Taxi
Brussels



30/11 & 01/12 /2024

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 (<https://thefitnessleague.be/ranking-2024/>).

After the AUTUMN EDITION, a podium will reward the best TEAMS of the general ranking of THE FITNESS LEAGUE 2024.

It is allowed for TEAMS to only participate to one or several EDITIONS. If a TEAM does not participate to an EDITION, the TEAM will not be included in the General Ranking.



2. Categories & Standards

It is possible to register your **TEAM of 4 athletes** in one of the following categories:

RX	INTER/MASTER	SCALED	BEGINNER
WEIGHTLIFTING	WEIGHTLIFTING	WEIGHTLIFTING	WEIGHTLIFTING
Snatch 80/55Kg C&J 100/70Kg - - -	Snatch 60/35Kg C&J 75/55Kg - - -	Snatch 40/25Kg C&J 55/35Kg - - -	GTOH 20/15Kg - Push press 20/15Kg Thruster 20/15Kg Deadlift 40/30Kg
GYMNASTIC	GYMNASTIC	GYMNASTIC	GYMNASTIC
- Toes-to-bar - Pull-up Chest-to-bar Muscle-up bar Muscle-up ring* Rope climb Handstand Walk 2,5m	- Toes-to-bar - Pull-up Chest-to-bar* Muscle-up bar** - Rope climb* Handstand Walk** 2,5m	Leg raises Toes-to-bar* Ring row Pull-up* - - - -	Knee raises - Ring row - - - -
OTHER SKILLS	OTHER SKILLS	OTHER SKILLS	OTHER SKILLS
Double-under Box jump - -	Double-under Box jump - -	Single-under Box step - -	Single-under Box step Push-up on box Air squat

* 2 athletes / 4

** 1 athlete / 4

For the MASTER category, the sum of the ages of all participants must be 140 years or more.

It is possible to register your **TEAM of 2 athletes** in one of the following categories:

PARENT/KID	TEENS
WEIGHTLIFTING	WEIGHTLIFTING
Deadlift Kid KB 8Kg Deadlift Parent KB 24/16Kg Push Press Kid DB 5Kg (2 hands) Push Press Parent DB 10Kg Thruster Kid DB 5Kg (2 hands) Thruster Parent DB 10Kg	Deadlift 30Kg C&J 15Kg Push Press 15Kg Thruster 10Kg (2 hands) KB Swing 16Kg
GYMNASTIC	GYMNASTIC
Push Up (on box) Air Squat Knee Raise Sit Up	Push Up (on box) Air Squat Knee Raise Leg Raise * Sit Up
OTHER SKILLS	OTHER SKILLS
Single Under (rope skips) Box step Burpee Row	Single Under (rope skips) Box step (weighted 5kg) Burpee Row

** 1 athlete / 2*

For the PARENT/KID category, the kids should be aged between 6 and 11. He/She can team up with his/her daddy, mummy, or any other adult willing to participate.

For the TEENS category, both athletes should be aged between 12 and 15. The teams can be MM, FF, or MF.

3. Teams

1. For the categories RX, MASTER, INTER, SCALED & BEGINNERS, each TEAM will be made by 2 athletes MALE + 2 athletes FEMALE
2. For the categories PARENT/KID & TEENS, each TEAM will be made by 2 athletes.
3. Each TEAM represents a CrossFit box, a fitness center, a programming, or a sponsor. It registers as follows:



Examples:

- ✓ CrossFit The Crypt RX
 - ✓ Basic-Fit Liège PARENT/KID
 - ✓ Scope Athlete TEENS
 - ✓ Reign Body Fuel MASTERS
4. One of the athletes in the TEAM is the Captain. The Captain is administratively responsible for the TEAM.
 5. The athletes of the TEAM are selected by the Captain.
 6. The composition of each TEAM may vary for each EDITION.
 7. If a Captain has to pass over his/her role, he/she should warn the organization by email at info@thefitnessleague.be.

There can be no replacement during an EDITION. If a replacement has to be done during an EDITION, the team can continue the competition for fun, but is disqualified for this EDITION.

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. Competition days

1. Each category competes on one day.
2. The categories SCALED, BEGINNERS & MASTERS will compete on Saturdays.
3. The categories RX, INTER, PARENT/KID & TEENS will compete on Sundays.

6. Captain

1. The Captain is responsible for the selection and registration of the athletes of his TEAM.
2. The Captain will sign all the scorecards.
3. The Captain is responsible of the naming board.
4. In case of any objection, only the Captain is allowed to communicate with the HEAD JUDGE.
5. The Captain must pay the registration at least 30 days before the beginning of the EVENT.
6. 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.



7. Rankings & Rewards

At the end of **each EDITION**:

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

In **RX** category:

- ✓ The first team will receive a prize money of 1000€**
- ✓ The second team will receive a prize money of 750€**
- ✓ The third team will receive a prize money of 500€**

In **all** categories:

- ✓ The teams on the podium will receive gifts and packages from our partners.
- ✓ The teams on the podium will receive a 20% discount for the next edition*.

For **the champions** of THE FITNESS LEAGUE season 2024:

- ✓ A **GENERAL RANKING** will be established for the championship.
- ✓ A podium will reward the best TEAMS of the season 2024 of THE FITNESS LEAGUE.

In **RX** category:

- ✓ The top 5 receive 15% for the 2025 Winter Edition

In **MASTERS** category:

- ✓ The top 5 receive 15% for the 2025 Winter Edition

In **INTERMEDIATE** category:

- ✓ The top 10 receive 20% for the 2025 Winter Edition, in RX category.

In **SCALED** category:

- ✓ The top 10 receive 20% for the 2025 Winter Edition, in INTERMEDIATE category.

In **all** categories:

- ✓ The teams on the podium will receive gifts and packages from our partners.

* except for the Autumn Edition – Edition tickets & discounts are not valid for the 2025 championship.

** Prize money fees will be paid via bank transfer.

All discount codes will be sent by email.

8. 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 judged by our internal independent judging team.
- ✓ The leaderboard will be kept online on Competition Corner.

9. 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.

10. Documents

1. By registering to an EDITION you implicitly sign this Rulebook.
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.

11. Signatures

For THE FITNESS LEAGUE

Jonathan Meinguet
& Vincent Rampelbergs
Event Directors

