



2019

GRANITE GAMES RULE BOOK

The Granite Games Competition Rule Book is the intended benchmark for the Granite Games and all the Granite Games supported, sanctioned or sponsored competitions (individually an “Event” and collectively, the “Events”).

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1. THE GRANITE GAMES

- a. The Granite Games was forged with the goal of celebrating the competitive spirit of athletes of all levels and creating a festival atmosphere that unites fitness enthusiasts from all genres of sports.
- b. The Granite Games consists of three stages of competition: the Granite Games Throwdowns, the Granite Games Open, and a three-day long competition known as The Granite Games Championship.

2. GENERAL RULES

- a. To participate in any stage of the Granite Games, every athlete (whether competing individually or as part of a team, each "Athlete") must agree to any and all Rules and Policies, including, without limitation, the Assumption of Risk, and Publicity Release, all of which are incorporated herein by reference, and to the decisions of the Granite Games, which are final and binding in all respects.
- b. All Athletes are required to have completed and abide by the appropriate waivers and documentation as outlined by the Granite Games, paid and validly registered for entry, completed an online and/or on-site check-in process, and must be wearing official event identification and/or credentials where specified.
- c. The Granite Games prohibits athletes from using any performance enhancing, illegal substances. If it is found that an Athlete is under the influence or use of such substances, the Granite Games reserves the right to disqualify the Athlete from the competition and / or revoke any prizes earned while under the influence or during the use of such substances.
- d. All Athletes agree to compete in a sportsmanlike manner.
 - i. Unsportsmanlike behavior, such as arguing with an official or representative of the Granite Games, taunting, heckling, fighting or any conduct which would bring disrepute upon the Granite Games, the competition, other competitors, or spectators or event sponsors, as determined by the Granite Games, in the eyes of the viewing public or the community, may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events or legal action.
 - ii. Any action that prevents another athlete from having a fair opportunity to compete (e.g., abuse or alteration of equipment, refusal to follow instruction) or that interferes with Athlete and Event Judge Communication (e.g., external noise devices, bull horns, air horns, etc.), or is generally disruptive to the Event, is not allowed.
 - iii. The Granite Games prohibits athletes from using any performance enhancing, illegal substances. If it is found that an athlete is under the influence or use of such substances The Granite Games reserves the rights to disqualify the Athlete and/or team from the competition and/or revoke any prizes earned while under the influence or during the use of such substances. The CrossFit Games Drug Testing Policy applies to all athletes entered into all Granite Games competitions.
 - iv. This is not an exhaustive list and is meant as a guide to the Athlete, coaches and other attendees. This is not intended as a limitation on The Granite Games' rights to operate The Granite Games in any manner it sees fit. The Granite Games, reserves the right to terminate any Athlete, coach, staff, volunteer, judge, visitor, guest, supporter, teammate and/or spectator participating in, attending or viewing any sponsored, sanctioned or supported Granite Games Event at any time, with no further obligation or duty to such individual.
 - v. The Granite Games, has, and may, delegate to an Onsite Director, the absolute authority on any final ruling including, without limitation, disqualification of an athlete, removal of spectator(s) or dismissal of any attendee.
 - vi. It is the sole responsibility of the winners and/or compensated athletes to present valid identification when requested, and to comply with paying any and all applicable taxes in

connection with any prizes, whether or not such prize is cash. All prizes are subject to applicable taxes and withholding and prize winner's compliance with, and agreement to, the Granite Games' prize affidavit.

- vii. All information provided, either in registration submissions, video submissions, scores, times, reps or rounds completed, must be the complete truth. A lack of integrity, or any actions that evince an intent to cheat or circumvent the Rules or intent of the Rules of the Granite Games, including lying (as one example)—will result in disqualification.
- viii. Granite Games reserves the right, in its sole and absolute discretion, to invite past winners, guest athletes, teams or others to participate in any stage of the competition. This decision may be made to preserve the traditions and spirit of the Granite Games or for any other reason at the sole discretion of Granite Games, LLC.
- e. As a sanctioned CrossFit event, the Granite Games refers to the CrossFit Games Rulebook for any rule, standard, or stipulation not covered in the Granite Games Rulebook.

3. PARTICIPATION REQUIREMENTS

- a. Subject to Granite Games' age restrictions and other requirements, anyone who is able to perform the workouts as prescribed may attempt to register to compete as an Athlete. Such registration is subject to each prospective Athlete's affirmative agreement to comply with the Granite Games' policies, rules and regulations, as determined by the Granite Games, in its sole and absolute discretion.
- b. All registrations are final. No refunds or transfers will be permitted, regardless of reason (injury, illness, change in work schedule, deployment, pregnancy, etc.). Following the Granite Games Open and prior to the Granite Games Championship, Athletes in the Trio Divisions (Team of 3 division) may substitute an athlete for a fee of \$50. The substitution did not have to compete in the Granite Games Open.
- c. The Granite Games reserves the right, in its sole and absolute discretion, to invite past winners, guest athletes, teams or others, to participate in any stage of competition. This decision may be made to preserve the traditions and spirit of the Granite Games or for any other reason at the sole discretion of the Granite Games.
- d. All Athletes must validly and truthfully register online at www.thegranitegames.com and it is the Athlete's sole responsibility to provide current, valid and truthful information, including email address.
- e. Athletes must be at least 14 years old at the time they register for a Granite Games Event. If Athletes are younger than 18 years old, they must provide additional parental consent during the online registration. If an Athlete participates in a Granite Games Throwdown or were to qualify and wishes to compete at the Granite Games Championship, a parent or guardian must be onsite.

4. GRANITE GAMES THROWDOWNS

1. General Rules

- a. To participate in any stage of the Granite Games, every Athlete (whether competing individually or as part of a team, each "Athlete") must agree to any and all Rules and Policies, including, without limitation, the Assumption of Risk, and Publicity Release, all of which are incorporated herein by reference, and to the decisions of the Granite Games, which are final and binding in all respects.
- b. All Athletes are required to have completed and abide by the appropriate waivers and documentation as outlined by the Granite Games, paid and validly registered for entry, completed an online and/or on-site check-in process, and must be wearing official event identification and/or credentials where specified.
- c. The Granite Games prohibits Athletes from using any performance-enhancing, illegal substance. If it is found that an Athlete is under the influence or use of such substances, the Granite Games reserves the right to disqualify the Athlete from the

competition and/or revoke any prizes earned while under the influence or during the use of such substances.

- d. All Athletes agree to compete in a sportsmanlike manner.
 - a. Unsportsmanlike behavior, such as arguing with an official or representative of the Granite Games, taunting, heckling, fighting or any conduct which would bring disrepute upon the Granite Games, the competition, other competitors, or spectators or event sponsors, as determined by the Granite Games, in the eyes of the viewing public or the community, may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events or legal action.
 - b. Any action that prevents another Athlete from having a fair opportunity to compete (e.g., abuse or alteration of equipment, refusal to follow instruction) or that interferes with Athlete and Event Judge Communication (e.g., external noise devices, bull horns, air horns, etc.), or is generally disruptive to the Event, is not allowed.
 - c. The Granite Games prohibits Athletes from using any performance-enhancing, illegal substance. If it is found that an Athlete is under the influence or use of such substances, the Granite Games reserves the right to disqualify the Athlete from the competition and/or revoke any prizes earned while under the influence or during the use of such substances.
 - d. This is not an exhaustive list and is meant as a guide to Athletes, Coaches and other attendees. This is not intended as a limitation on the Granite Games' rights to operate the Granite Games in any manner it sees fit. The Granite Games reserves the right to terminate any athlete, coach, staff, volunteer, judge, visitor, guest, supporter, teammate and/or spectator participating in, attending or viewing any sponsored, sanctioned or supported Granite Games Event at any time, with no further obligation or duty to such individual.
 - e. The Granite Games has, and may, delegate to an Onsite Director the absolute authority on any final ruling, including, without limitation, disqualification of an athlete, removal of spectator(s) or dismissal of any attendee.
 - f. All information provided, either in registration submissions, video submissions, scores, times, reps or rounds completed, must be the complete truth. A lack of integrity, or any actions that evince an intent to cheat or circumvent the Rules or intent of the Rules of the Granite Games, including lying (as one example)—will result in disqualification.
- 2. Registration Process
 - a. Athlete registration for the Granite Games Throwdowns will go live on various dates throughout the year. These will be announced and documented at www.thegranitegames.com.
 - b. Subject to Granite Games' age restrictions and other requirements, anyone who is able to perform the workouts as prescribed may attempt to register to compete as an athlete. Such registration is subject to each prospective athlete's affirmative agreement to comply with the Granite Games' policies, rules and regulations, as determined by the Granite Games, in its sole and absolute discretion.
 - c. Athletes must be at least 14 years old at the time they register for a Granite Games Throwdown. If athletes are younger than 18 years old, they must provide additional parental consent during the online registration. If an athlete participates in a Granite Games Throwdown, a parent or guardian must be onsite.

- d. All registrations are handled by each individual host. It is up to their sole discretion whether refunds or transfers will be permitted.
 - e. The team captain must validly and truthfully register all athletes online at www.thegranitegames.com and it is the athlete's sole responsibility to provide current, valid and truthful information, including email address.
3. Leaderboard
- a. Each Throwdown location has a stand-alone leaderboard for their respective events.
 - b. It is the sole responsibility of the Throwdown host to manage and update their leaderboard and verify that all scores are accurate.
 - c. Each Throwdown will also have a global leaderboard that is an accumulation of all local host leaderboards.
 - d. The top 15 ranked teams per division (Scaled Female, Intermediate Female, Scaled Male, Intermediate Male) on the global leaderboard will automatically qualify to compete at the 2019 Granite Games Championship in their respective divisions.
 - e. Teams that qualify for the Granite Games Championship must compete in the same division they competed in during the Throwdown.
4. Competition Procedure
- a. For all levels of the Granite Games Competitions and Qualifying Events, the Workout Format will be released by the Granite Games and communicated uniformly to all athletes online and/or onsite at athlete briefings.
 - b. Workout Format will include the following:
 - i. Required movements:
 - 1. Starting and ending ranges of the movement
 - 2. Prohibited technique, accessories and/or equipment, if any
 - 3. Adjustments by Division, if any
 - ii. Required number of repetitions and/or repetition scheme
 - iii. Required equipment
 - iv. Required amount of weight
 - 1. All weights will be released in pounds
 - 2. It is the Athlete's sole responsibility to use at least the exact poundage (i.e., if using kilogram plates, the athlete will need to use appropriate combinations of plates to achieve the correct poundage).
 - 3. For the purpose of The Granite Games competitions, 15 kg weightlifting bars will be considered to be 35 pounds, and 20 kg bars will be considered to be 45 pounds.
 - v. Time domain or time limit
 - vi. Scoring details
 - c. Scoring format will be announced before the start of competition.
 - i. The team with the best performance over multiple workouts in a competition wins and/or advances.
 - ii. The winner is determined by lowest point total. Point values for each finishing position will be released before the start of the workout.
 - iii. Ties on the overall leaderboard will be broken by awarding the best position to the athlete or team who has the highest result in any single workout. If athletes or teams are still tied, the process continues to their next highest single result, and so forth. Ties will not be broken for single event results.

More than one athlete or team can share an event result and all will earn the original point value.

- d. Judging and/or validation are mandated during Granite Games Throwdown competitions and required to make any Granite Games workout result at these levels official.
 - i. All potential Event Judges are highly encouraged to complete the CrossFit Games Judges Course, available online, and are encouraged to have a CrossFit Level One Certificate or previous judging experience.
 - ii. Judges are responsible for enforcing the movement standards and validating the athlete or team's score.
 - iii. Any infraction to the Movement Standards or Range of Motion will result in loss of the repetition(s).
 - 1. Uncommon Movement Clause: Any movement deemed uncommon, out of the ordinary or used to amend, shorten or change the accepted Movement Standard or Range of Motion, including line of action of any Event Movement, can and will be disallowed. It is the responsibility of the athlete to notify their Judge or the Granite Games of any questionable movement before the workout.
 - 2. Physical limitations in Range of Motion from prior physical defects or temporary/permanent injuries that are obvious and clearly definable by demonstration and are brought to the attention of a Judge or the Granite Games prior to the beginning of the competition may be granted an exception at the sole discretion of the Granite Games. These cases are very rare, and will be handled on a case-by-case basis.
 - iv. Judges are required to watch all Judges' Briefings videos provided by The Granite Games.
 - v. Judges are instructed not to touch competition equipment or move equipment during a workout unless the equipment will interfere with another athlete's performance or if there is a legitimate safety concern.
 - vi. Non-compliance with a Judge's instructions, bickering with or questioning of a Judge or Event Staff, attempting to show up or publicly embarrass any Judge, Event staff, Granite Games, Event sponsors, spectators, other athletes or venue operator or owners, as determined by The Granite Games (Including Event staff), in its sole and absolute discretion, may result in penalty or disqualification of the athlete from an Event and/or future Events.
 - vii. Event Judges and Onsite Directors have the authority to stop or suspend an athlete at any point in competition if he/she feels that athlete is at risk of serious injury to himself/herself or others.
 - viii. Judgment calls made during the workout are final and are not negotiable or subject to change or modification.
- e. The athlete is responsible for making sure they perform the workout as prescribed, including performing all the required movements to the described standard, counting and completing all of the required reps, using the required equipment and loads, meeting the required time and meeting all submission requirements.
- f. Proper attire is required at all Events.
 - i. No attire shall interfere with Event Judging and the ability to see the Event Movement Standard or Range of Motion.

- ii. Subject to Granite Game’s prior approval, non-branded belts, non-tacky gloves, hand tape, neoprene joint sleeves and common fitness wear may be allowed during competition. However, no grip assistance or weight support may be derived from any device worn. In general, gear is allowed that improves safety and/or comfort, but does not confer advantage.
 - iii. Once an athlete enters the competition surface, they may not receive any outside material assistance (water, tape, chalk, jumping rope etc.) from spectators or coaches.
- 5. Appeals Process
 - a. All appeals, scoring discrepancies, or questions about the submission of scores should be done immediately following the event in question.
 - i. All appeals must be made on the same day as the competitive event.
 - ii. No appeals will be accepted after completion of that competition day.
 - b. Only affected athletes or members of the team may appeal a result. Non-related parties may not appeal on behalf of another.
 - c. Athletes may not appeal their own performance based on the judging, scoring or performance of another athlete or team.
 - d. Onsite Appeals, Event Protests, Scoring Discrepancies or Ruling Questions will be immediately filed with the Event Head Judge on the floor during the Event in question. If the Event Head Judge is unavailable, any Head Judge or Floor Director can begin the protest process.
 - i. Signing your individual or team score sheet indicates you are agreeing to your score and time for the event. Appeals made after a score sheet is signed will be deemed invalid and rejected.
 - ii. Athletes may not protest discrepancies related to the judging, scoring or performance of another athlete or team.
 - iii. All parties involved will have the opportunity to present the known facts at the next most convenient time.
 - iv. For all Onsite Appeals, Event Protests, Scoring Discrepancies or Ruling Questions the following process will be used:
 - 1. The competing athlete files the protest to the Event Head Judge of the competition Event in question by relating their name, team name, division, and reason for protest.
 - 2. The Event Head Judge, athlete/team and that athlete/team’s Event Judge or Judges during the competition Event in question will all communicate to fact find and define the issue in protest.
 - 3. All information will then be presented to the Director of Judging or their assigned designee for a final ruling.
 - v. Judgment calls made during the workout are final and are not negotiable or subject to change or modification.
 - vi. The Granite Games has final authority on all Athlete Event Protest rulings, and may designate this authority to the Onsite Director.
 - vii. iVideo, photos, cell phone media or any other media will not constitute grounds for changing or modifying a decision, score or entry made by an Event Judge. The Onsite Director, Competition Director, or their designee may ask for any related media, but its availability may or may not guarantee use or admissibility in the overall decision process.

- viii. Nothing in these rules including Event Protests, Scoring Discrepancies and Event Movement Standards, Range of Motion and Judging Applications should be read as a limitation on The Granite Games' right to run or operate The Granite Games Events as it sees fit in its sole and absolute discretion.
- ix. The Director of Judging and The Granite Games Throwdown's decision is final. This includes the right to remove or disqualify any team or athlete at The Granite Games' sole and absolute discretion.
- x. The Granite Games staff have final authority on all appeal or protest rulings.

5. GRANITE GAMES OPEN

1. General Rules

- a. The Granite Games Open is a series of workouts that will be released on the official Granite Games website: www.thegranitegames.com.
 - i. Athletes must complete each workout per the prescribed requirements to be ranked on the final overall Granite Games Leaderboard.
 - ii. The top qualifying individual athletes in each division will be invited to compete onsite at The Granite Games Championship.
- b. Each workout for that week will be released on Wednesday at 5:00 PM Central Time. Athletes will have until the following Monday at 7:00 PM Central Time, to validly complete the workout and submit their results.
- c. Athletes may complete the workouts for the Granite Games Open as many times as they desire, and resubmit new scores until submission closes at 7:00 PM Central Time.
- d. Registration for the 2019 Granite Games Open closes on Monday, April 15th, 2019 at 5:00 PM Central Time.
- e. Once the workout score submissions closes on Monday at 7:00 PM Central Time, an athlete will not be able to submit any score for that workout.
- f. It is the sole responsibility of the athlete to ensure the timely and successful submission of their workout each week.
- g. Scores do not need to be validated by a coach or judge, however The Granite Games highly recommends the use of one to ensure scores submitted are valid and the athlete completed the workout per the prescribed movement standards.
- h. Video submissions of workouts at the time of score submission are not required.
 - i. The top male and female athletes will be asked to submit a video(s) of their Granite Games Open workout(s), chosen at random. *The Granite Games highly recommends that all athletes competing for an individual competitor spot or a Co-Ed Team of 4 spot at the 2019 Granite Games Championship video their Granite Games Open events.*
 - 1. Video submissions will not be requested from any athlete competing in the scaled division.
 - ii. The Granite Games reserves the right to request video validation of any score submission they deem necessary.
- i. Invalidation of any online scoring submission is the sole right of The Granite Games.
 - i. Reasons for invalidation include, but are not limited to:
 - 1. Violation of the movement standards
 - 2. Violation of the workout format
 - 3. Miscounting repetitions
- j. The Granite Games website will host the only official leaderboard for the Granite Games Open.
 - 1. Each athlete may submit their official score for the event multiple times until the close of score submission; the entered score will appear on the

- leaderboard once submitted. Furthermore, scores may be adjusted and removed at any time at the discretion of The Granite Games.
2. Common reasons for adjustment and/or removal of scores include unacceptable movement standards, improper rep counts or poor quality of video submission.
 3. If an athlete skips a workout, has a workout invalidated or cannot complete the stated minimum score, they will still be listed on the leaderboard with the lowest score.
- k. There are three levels of workout available.
- i. During the Granite Games Open, athletes do not need to complete all workouts at the same level. They may select different workout levels for each individual workout - scaled or as prescribed (AsRx) level.
 - ii. Athletes do not need to complete all workouts at the same level, they may select a workout level for each individual workout.
- l. The Granite Games has a unique leaderboard layout.
- i. Scores for AsRx workouts will always rank higher than scores for scaled workouts.
 - ii. There is one leaderboard with all scores, but athletes will be able to filter the leaderboard by age and gender.
- m. Video Submission Guidelines for submitting videos for validation:
- i. Create a YouTube (<http://www.youtube.com/yt/about/getting-started.html>) or Vimeo (<https://vimeo.com/join>) account. Use only these two methods of video submission.
 - ii. Use any video recording device you want to capture your workout, but you are responsible for the video quality (i.e., if we cannot verify the movements, your video may be rejected).
 - iii. Before the workout begins:
 1. The athlete must identify themselves by their full name
 2. Identify which workout they are completing.
 3. The athlete must verify that the prescribed weights are being used by showing on the video the weights/bars to be used.
 4. Where target or equipment measurements are involved, the athlete must verify the prescribed height/distance by showing the measurement on video.
 5. The athlete must be positioned during the workout so that the athlete's completion of each movement as prescribed by the movement and workout standards may be verified.
 6. Clocks/Time Required Workouts
 - a. A running clock in the frame is mandatory in every workout recording.
 - b. Using timing apps such as WODProof are acceptable ways to demonstrate workout time.
 7. All video submissions must be one continuous shot, from the introduction of the athlete, verification of weights/measurements through the completion of the workout. Any editing of the video footage will lead to the video being deemed as invalid and the athlete's workout score for that submission will not be accepted.
 8. Title your video with the workout number, and your name. Enter the workout and your time/reps in the description.

9. Once you have successfully uploaded your video, follow the instructions for submitting a video link into our scoring system, as well as enter your score into the scoring system.
10. Video submissions and scores may be Validated, Invalidated, or Amended after review from the Granite Games Judging Team.
11. Athletes submitting videos are advised to have someone strictly watching their movement to ensure each repetition meets standards, and that the camera captures the movement clearly. Penalties may be assessed due to an athlete not meeting the movement standards, or due to improper camera angles that do not permit the Judge to determine if the standard is being met.
12. UNEARNED REPS: the Granite Games Judging Team and Staff reserve the right to judge independently whether an athlete's reps meet the movement and workout standards and count as good or not. If they cannot clearly see the movements being performed, The Granite Games retains the right to reject the video and the score. If it is determined that an athlete has been given five or more unearned reps, the Granite Games reserves the right to deduct the unearned reps from the final score or reject the video entirely. For time: each rep is worth five seconds.

2. Registration Process

- a. Athlete registration for the 2019 Granite Games Open will go live February 20th at 12:00 PM Central Time.
- b. Athlete registration for the 2019 Granite Games Open will close on April 15th at 5:00 PM Central Time.
- c. Any athlete willing to compete at the 2019 Granite Games in any and all divisions is required to compete in the Granite Games Open. **There is NO team qualifier - every athlete must complete the Granite Games Open individually.** The only exceptions pertain to teams that qualified during a Granite Games Throwdown (top 15 teams of each division on global leaderboard), teams or individuals invited to fill wild card spots, or athletes in the Trio (Team of 3 Division) who pay a fee of \$50 after the Granite Games Open and prior to the Granite Games Championship to act as a substitute for another athlete who completed the Granite Games Open.
- d. The Granite Games Open will take place over the course of two weeks:
 - i. The first series of workouts will be released on Wednesday, April 10th at 5:00 PM Central Time and all corresponding scores will be due no later than Monday, April 15th at 7:00 PM Central Time.
 - ii. The second series of workouts will be released on Wednesday, April 17th at 5:00 PM Central Time and all corresponding scores will be due no later than Monday, April 22nd at 7:00 PM Central Time.
- e. One leaderboard will be used during the Granite Games Open. All scores will be listed on the same leaderboard, but scores will be filtered by age group and gender.
- f. Subject to Granite Games' age restrictions and other requirements, anyone who is able to perform the workouts as prescribed may attempt to register to compete as an athlete. Such registration is subject to each prospective athlete's affirmative agreement to comply with The Granite Games' policies, rules and regulations, as determined by the Granite Games, in its sole and absolute discretion.
- g. All registrations are final. No refunds or transfers will be permitted, regardless of reason (injury, illness, change in work schedule, deployment, pregnancy, etc.).

- h. The Granite Games reserves the right, in its sole and absolute discretion, to invite past winners, guest athletes, teams or others, to participate in any stage of competition. This decision may be made to preserve the traditions and spirit of the Granite Games or for any other reason at the sole discretion of the Granite Games.
 - i. All athletes must validly and truthfully register online at www.thegranitegames.com and it is the athlete's sole responsibility to provide current, valid and truthful information, including email address.
 - j. Athletes must be at least 14 years old at the time they register for a Granite Games Event. If athletes are younger than 18 years old, they must provide additional parental consent during the online registration. If an athlete were to qualify and wishes to compete at the Granite Games, a parent or guardian must be onsite at the Granite Games.
 - k. Athlete are qualification is based on the athlete's age at 11:59pm on 05/01/19..
3. Registration Details
- a. Registration prices are listed below. All payments are final. No refunds or transfers will be permitted, regardless of reason (injury, illness, change in work schedule, deployment, pregnancy, etc.)
 - i. Individual Online Qualifier – US \$25 per athlete
 - b. The Granite Games is not responsible for any inaccurate entry information, whether caused by website users or by any of the equipment or programming associated with or utilized in The Granite Games. The Granite Games assumes no responsibility for any error, omission, interruption, deletion, defect, or delay in operation or transmission of any website related to The Granite Games, or for communications line failure, or for theft or destruction, tampering, or unauthorized access to entries, registration, participation and/or entry information. The Granite Games is not responsible for any problems or technical, hardware, or software malfunctions of any telephone network or telephone lines, failed, incorrect, inaccurate, incomplete, garbled or delayed electronic communications, whether caused by the sender or by any of the equipment or programming associated with or utilized in The Granite Games, computer online systems, servers or providers, computer equipment, software, failure of any email, submission or entry to be received by The Granite Games due to technical problems, human error or traffic congestion, unavailable network connections on the internet or any website, or any combination thereof, including any injury or damage to the participant's or any other person's computer relating to or resulting from participating in The Granite Games or downloading any materials related to The Granite Games.
 - c. The Granite Games reserves the right, at its sole discretion, to disqualify any individual it finds to be tampering with the entry, registration or submission process or the operation of the Granite Games or the website, or any website related to the Granite Games; to be acting in violation of the Official Rules; or to be acting in an unsportsmanlike or disruptive manner, or with intent to annoy, abuse, threaten or harass any other person. Any use of robotic, macro, automatic, programmed, or the like, entry methods will void all such entries by such methods. In the event of a dispute as to entries submitted by multiple users having the same identifying information, The Granite Games reserves the right to determine, in its sole discretion, the correct submission in accordance with the rules.
 - d. If, for any reason, The Granite Games is not capable of running as planned by reason of infection by computer virus, bugs, worms, tampering, unauthorized intervention, fraud, technical failures, or any other causes beyond the control of The Granite Games, which, in the sole opinion of The Granite Games, are corrupt or affect the administration, security, fairness, integrity or proper conduct of The Granite Games, they reserve the right, at its sole discretion, to void suspect registrations or submissions and/or to cancel, terminate, modify or suspend

The Granite Games and select the winner from among all eligible, non-suspect registrations or submissions received prior to cancellation, termination or suspension. The Granite Games has no obligation to operate or produce The Granite Games (or any part thereof). In the event that The Granite Games are cancelled, The Granite Games (or any party) has no obligation to award any prize money. Any and all decisions by The Granite Games concerning eligibility, qualifying for and judging related to The Granite Games is final and not subject to challenge or appeal. The Granite Games shall own and shall have no obligation to return or maintain any materials submitted as part of the qualification or registration process for The Granite Games.

4. Competition Procedures

- a. For all levels of The Granite Games Competitions and Qualifying Events, the Workout Format will be released by The Granite Games and communicated uniformly to all athletes online and/or onsite at athlete briefings.
- b. Workout Format will include the following:
 - i. Required movements:
 1. Starting and ending ranges of the movement
 2. Prohibited technique, accessories and/or equipment, if any
 3. Adjustments by division, if any
 - ii. Required number of repetitions and/or repetition scheme
 - iii. Required equipment
 - iv. Required amount of weight
 1. All weights will be released in pounds
 2. It is the athlete's sole responsibility to use at least the exact poundage (i.e., if using kilogram plates, the athlete will need to use appropriate combinations of plates to achieve the correct poundage).
 3. For the purpose of The Granite Games competitions, 15 kg weightlifting bars will be considered to be 35 pounds, and 20 kg bars will be considered to be 45 pounds.
 - v. Time domain or time limit
 - vi. Scoring details
 - vii. Filming and submission guidelines, if any
- c. Scoring format will be announced before the start of competition.
 - i. The athlete or team with the best performance over multiple workouts in a competition wins and/or advances.
 - ii. Competitions may determine the winner by highest point total or lowest point total, or any method or combination of methods The Granite Games selects. Point values for each finishing position will be released before the start of the workout.
 - iii. Ties on the overall leaderboard will be broken by awarding the best position to the athlete or team who has the highest result in any single workout. If athletes or teams are still tied, the process continues to their next highest single result, and so forth. Ties will not be broken for single event results. More than one athlete or team can share an event result and all will earn the original point value.
 - iv. Some workouts may have time penalties. Failure to complete a workout in the designated time may result in a specified penalty for any portion of the workout not completed, or may result in the athlete or team not advancing to the next workout, regardless of overall rank.
 - v. Some workouts may have a minimum amount of time, repetitions, weight or rounds required in order to advance. Any such minimums will be announced as part of the

- Workout Format. Failure to reach a minimum will cause the athlete to not advance in the competition.
- vi. If an athlete does not advance to the next workout for any reason (DNF, injury, disqualification, etc.), they will be ranked below all competitors who started that workout.
 - vii. Scaling or modifying the workout is prohibited and will cause the athlete to not advance
- d. Judging and/or validation are mandated during Granite Games competitions and required to make any Granite Games workout result at these levels official. Judges are not mandated during the Granite Games Open, however if your overall scores place you in the top males/females, you will be asked to submit a video of one of your qualifying workouts to verify the score. The Granite Games highly recommends athletes have a coach or judge validate their score prior to submission to ensure that movement standards for that event are upheld and if an athlete feels they may make the top athletes to video all of their workouts in preparation for having to submit one for validation.
- i. Judges are responsible for enforcing the movement standards and validating the athlete's or team's score.
 - ii. "Judges" are inclusive of Event Judges and in the case of the Granite Games Open, describes the person validating the athlete's movement standards and online score submission.
 - iii. All video submissions will be judged and validated by The Granite Games judging team.
 - iv. Any infraction to the Movement Standards or Range of Motion will result in loss of the repetition(s).
 - 1. Uncommon Movement Clause: Any movement deemed uncommon, out of the ordinary or used to amend, shorten or change the accepted Movement Standard or Range of Motion including line of action of any Event Movement can and will be disallowed. It is the responsibility of the athlete to notify their Judge or The Granite Games of any questionable movement before the workout.
 - 2. Physical limitations in Range of Motion from prior physical defects or temporary or permanent injuries that are obvious and clearly definable by demonstration and are brought to the attention of a Judge or The Granite Games prior to the beginning of the competition may be granted an exception at the sole discretion of The Granite Games. These cases are very rare, and will be handled on a case-by-case basis.
 - v. Judges are instructed not to touch competition equipment or move equipment during a workout unless the equipment will interfere with another athlete's performance or if there is a legitimate safety concern.
 - vi. Non-compliance with a Judge's instructions, bickering with or questioning of a Judge or Event Staff, attempting to show up or publicly embarrass any Judge, Event staff, Granite Games, Event sponsors, spectators, other athletes or venue operator or owners, as determined by The Granite Games (Including Event staff), in its sole and absolute discretion, may result in penalty or disqualification of the Athlete from an Event and/or future Events.
- e. The Athlete is responsible for making sure they perform the workout as prescribed, including performing all the required movements to the described standard, counting and completing all

of the required reps, using the required equipment and loads, meeting the required time and meeting all submission requirements.

- f. Proper attire is required at all Events.
 - i. No attire shall interfere with Event Judging and the ability to see the Event Movement Standard or Range of Motion.
 - ii. Subject to Granite Games' prior approval, non-branded belts, non-tacky gloves, hand tape, neoprene joint sleeves and common fitness wear may be allowed during competition. However, no grip assistance or weight support may be derived from any device worn. In general, gear is allowed that improves safety and/or comfort, but does not confer advantage.
 - iii. Once an athlete enters the competition surface, they may not receive any outside material assistance (water, tape, chalk, jumping rope etc.) from spectators or coaches.
5. Appeals Process
- a. All appeals, scoring discrepancies, or questions about the submission of scores should be done immediately following the event in question.
 - i. All appeals must be made within 24 hours after score submissions.
 - ii. No appeals will be accepted after this deadline.
 - iii. All appeals should be sent to support@thegranitegames.com
 - b. All appeals, scoring discrepancies, or questions about the adjustments of scores should be completed within 24 hours of score reviews.
 - i. All appeals must be made within 24 hours after adjustments.
 - ii. No appeals will be accepted after this deadline.
 - c. Appeals made during the Granite Games Open should be addressed in a time and date stamped documented email including all facts sent to The Granite Games Staff at support@thegranitegames.com.
 - d. Only affected athletes, members of the team, or coaches of the affected team may appeal a result. Non-related parties may not appeal on behalf of another
 - e. Athletes may not appeal their own performance based on the judging, scoring or performance of another Athlete or Team.
 - f. For all inquiries during the Granite Games Open, the following process will be used:
 - i. The competing athlete immediately notifies the Granite Games Staff at support@thegranitegames.com about the result in question by relating their name and reason for protest. Please note, inquiries will be answered in the order they are received. Scoring protests/appeals made by anonymous individuals in regards to another athlete or team's performance will not be accepted.
 - ii. The Granite Games Staff and athlete will communicate to fact find and define the issue in protest.
 - iii. Meeting submission requirements and deadlines are the responsibility of the athlete.
 - iv. All undetermined rulings, late or potentially late submissions must be communicated to the Granite Games staff at support@thegranitegames.com immediately, time and date stamped, in a documented email.
 - v. Judgment calls made during the workout are final and are not negotiable or subject to change or modification.

6. GRANITE GAMES CHAMPIONSHIP

1. Registration Process
 - a. After the culmination of the Granite Games Open, Athletes will be filtered into a division that will best suit their Athletic abilities. If an Athlete qualifies for an Individual spot at the 2019

- Granite Games, they may choose to compete as an Individual or combine their score with two or three other Athletes to submit a team for ranking.
- b. Individual registration begins on Friday, April 26th, 2019 with the first round of invites being sent out at 12:00 PM Central Time on April 26th, 2019 and the second round being sent out at 12:00 PM Central Time on April 28th, 2019.
 - i. The following Granite Games Open placeholders will receive an invite to compete as individuals in the 2019 Granite Games (*registration fees apply):
 1. Pro Individual Division – Top 35 Men / Top 35 Women Pro Individual Division
 2. Teens (14-15) – Top 10 Boys / Top 10 Girls
 3. Teens (16-18) – Top 10 Boys / Top 10 Girls
 4. Masters 35+ – Top 10 Men / Top 10 Women
 5. Masters 40+ – Top 10 Men / Top 10 Women
 6. Masters 45+ – Top 10 Men / Top 10 Women
 7. Masters 50+ – Top 10 Men / Top 10 Women
 8. Masters 55+ – Top 10 Men / Top 10 Women
 9. Masters 60+ – Top 10 Men / Top 10 Women
 - ii. Athlete are qualification is based on the athlete's age at 11:59pm on 05/01/19.
 - iii. The Granite Games reserves the right to offer wild card spots through invitations to any Athlete in any division it so chooses.
 - iv. Athletes will have 48 hours to accept an invitation or decline their individual spot for the Granite Games. If an Athlete fails to respond within the 48-hour window, their spot will be added back into our tiered registration
 - v. Earned spots are non-transferrable: If a winner declines their guaranteed entry, their spot will be added back into our tiered registration.
 - c. If an Athlete does not qualify as an individual, they may create a Co-Ed Team of 4.
 - i. Team rosters must consists of a minimum of 4 Athletes (2 females, 2 males) and a maximum of 6 Athletes (3 females, 3 males).
 - ii. Teams will be ranked based on their team score, which will be the aggregate of the top two (2) male and top two (2) female scores posted by team members on the leaderboard.
 - iii. The Co-Ed Team of 4 registration process begins at 8:00 PM Central Time on April, 24th, 2019. Athletes will have between April 24th, 2019 at 8:00 PM Central Time and April 30th, 2019 at 10:00 AM Central Time to submit their team rosters.
 - iv. You may adjust your team roster until April 30th, 2019 at 10:00 AM Central Time. The team captain is responsible for adjusting the roster.
 - v. No adjustments or substitutions to your team roster may be made after the deadline. If you are unable to complete an active team of four (4) from your team roster of six (6), the team is officially out of contention.
 - vi. After all Teams of 4 have been ranked, starting at 12:00 PM Central Time on April 30th, 2019 the following placeholders will receive an invite to compete as a Team of 4 in the 2019 Granite Games (*registration fees apply):
 1. Co – Ed Teams of 4 – Top 35
 - vii. The Granite Games reserves the right to offer wild card spots through invitations to any Athlete/Team in any division it so chooses.
 - viii. Co-Ed Teams will have 48 hours to accept or decline their invitation for the Granite Games. Correspondence will be sent to the team captain. If a team captain fails to respond within the 48- hour window, the team spot will be added back into our tiered registration.

- ix. Second round invites for the Co-Ed Team of 4 division will be sent out at 12:00 PM Central Time on May 2nd, 2019. If a team captain fails to respond within the 48-hour window, the team spot will be added back into our tiered registration.
- d. If an athlete does not qualify as an individual they may create a same-gender Team of 3 (known as a Trio)
 - i. Teams will be ranked based on their team score, which is made up of their combined individual scores from the Granite Games Open.
 - ii. The Trio registration process begins at 8:00 PM Central Time on April 24th, 2019. Athletes will have between April 24th, 2019 at 8 PM Central Time and April 26th, 2019 at 10:00 AM Central Time to submit their team rosters.
 - iii. After all Teams of 3 have been ranked, starting April 26th, 2019, the following placeholders will receive an invite to compete as a Team of 3 in the 2019 Granite Games (*registration fees apply):
 - 1. AsRx+ Teams of 3 – Top 40 Male Teams/Top 40 Female Teams
 - 2. AsRx Teams of 3 – Top 40 Male Teams/Top 40 Female Teams
 - 3. Intermediate Teams of 3 – Top 60 Male Teams/Top 60 Female Teams
 - iv. Teams will now have been filtered into a division that will best suit their athletic abilities. If a team qualifies for a Team of 3 spot for the 2019 Granite Games Championship, this will be their division to compete in.
 - v. Teams will have 48 hours to accept or decline their invitation for the Granite Games. Correspondence will be sent to the team captain. If a team captain fails to respond within the 48-hour window, the team spot will be added back into our tiered registration.
 - vi. Earned spots are non-transferrable: If a winner declines their guaranteed entry, their spot will be added back into our tiered registration.
 - vii. Remaining spots in all divisions after our tiered registration closes will be made available during our Open Registration window beginning on May 6th, 2019 at 6:00 PM Central Time.
 - viii. All Scaled Team of 3 spots and remaining Intermediate Team of 3 spots will be filled during the Open Registration window.
 - 1. Scaled open registration begins May 6th, 2019 at 6 PM Central Time.
 - 2. Intermediate open registration begins May 6th, 2019 at 7PM Central Time.
- 2. Registration Details
 - a. Registration prices are listed below. All payments are final. No refunds or transfers will be permitted, regardless of reason (injury, illness, change in work schedule, deployment, pregnancy, etc.)
 - i. Granite Games Pro Individual – US \$325
 - ii. Granite Games Individual – US \$250
 - iii. Granite Games Teams of 3 – US \$680
 - iv. Granite Games Teams of 4 – US \$900
 - b. The Granite Games is not responsible for any inaccurate entry information, whether caused by website users or by any of the equipment or programming associated with or utilized in the Granite Games. The Granite Games assumes no responsibility for any error, omission, interruption, deletion, defect, or delay in operation or transmission of any website related to the Granite Games, or for communications line failure, or for theft or destruction, tampering, or unauthorized access to entries, registration, participation and/or entry information. The Granite Games is not responsible for any problems or technical, hardware, or software malfunctions of any telephone network or telephone lines, failed, incorrect, inaccurate,

incomplete, garbled or delayed electronic communications, whether caused by the sender or by any of the equipment or programming associated with or utilized in the Granite Games, computer online systems, servers or providers, computer equipment, software, failure of any email, submission or entry to be received by the Granite Games due to technical problems, human error or traffic congestion, unavailable network connections on the internet or any website, or any combination thereof, including any injury or damage to the participant's or any other person's computer relating to or resulting from participating in the Granite Games or downloading any materials related to the Granite Games.

- c. The Granite Games reserves the right, at its sole discretion, to disqualify any individual it finds to be tampering with the entry, registration or submission process, or with the operation of the Granite Games or the website, or any website related to the Granite Games; to be acting in violation of the Official Rules; or to be acting in an unsportsmanlike or disruptive manner, or with intent to annoy, abuse, threaten or harass any other person. Any use of robotic, macro, automatic, programmed, or the like, entry methods will void all such entries by such methods. In the event of a dispute as to entries submitted by multiple users having the same identifying information, the Granite Games reserves the right to determine, in its sole discretion, the correct submission in accordance with the rules.
 - d. If, for any reason, the Granite Games is not capable of running as planned by reason of infection by computer virus, bugs, worms, tampering, unauthorized intervention, fraud, technical failures, or any other causes beyond the control of the Granite Games, which, in the sole opinion of the Granite Games, are corrupt or affect the administration, security, fairness, integrity or proper conduct of the Granite Games, they reserve the right, at its sole discretion, to void suspect registrations or submissions and/or to cancel, terminate, modify or suspend the Granite Games and select the winner from among all eligible, non-suspect registrations or submissions received prior to cancellation, termination or suspension. The Granite Games has no obligation to operate or produce The Granite Games (or any part thereof). In the event that The Granite Games are cancelled, the Granite Games (or any party) has no obligation to award any prize money. Any and all decisions by the Granite Games concerning eligibility, qualifying for and judging related to The Granite Games is final and not subject to challenge or appeal. The Granite Games shall own and shall have no obligation to return or maintain any materials submitted as part of the qualification or registration process for the Granite Games.
3. General Rules
- a. Athletes and Teams will complete multiple workouts over 3-4 days. Details will be released prior to the start of any workout and will be consistent for all eligible Athletes at the time of release. The Athlete and Team that stands atop the leaderboard in their competitive division at the end of the competition will earn 1st place in that division at The Granite Games.
 - b. Schedule of Events: The schedule and workouts will be released before the competition begins. The date, location and travel information for The Granite Games will be distributed on The Granite Games website and/or through email to each competing Athlete.
 - i. It is the responsibility of each competing Athlete and Team to meet all required travel and scheduling commitments. This includes, but is not limited to, all Event briefings, competition schedules, non-competition appearances and media commitments. Athletes are required to designate a point of communication with Granite Games at Athlete registration and maintain this through the entire duration of the event.
 - c. Athlete Check-In will take place on Wednesday or Thursday of event week, depending upon your division, and is mandatory. Any Athlete or Team not checked in during their set check-in time (the day prior to competition) is not guaranteed event access and can be disqualified from competition.

- i. Athletes / Teams may be granted a late check-in the morning of the event, prior to the start of the Athlete Briefings and the first event, for special circumstances. The Granite Games reserves the right to deny special requests. Athletes / Teams in need of this must contact The Granite Games staff prior to the Monday of event week to request a late check-in.
 - ii. All competing members of a team are required to complete check-in individually. Another Athlete/person/team member may not complete check-in for any other individual.
 - iii. Substitutions on Teams of 3 may be made at the time of check-in, but no changes to team rosters may be made once check-in is complete.
 - iv. The Granite Games makes no guarantee that Athlete registration and check-in access will be available after the day prior to competition. Once the first workout has begun, any Athletes or Teams who have not checked in will be disqualified from competition.
 - v. Proof of age and residency is required in the form of a valid and generally accepted form of identification—a state driver’s license, passport, birth certificate, or other officially verified form of proof.
- d. Event Movement Standards and required Range of Motion shall be delivered or prescribed prior to the start of competition.
 - i. The defined method in which the Athlete shall meet the Range of Motion standards will be announced by The Granite Games. Delivery can be in the form of online media, written document, or Athlete Briefing either with or without demonstration. Regardless of delivery method, the Athlete is required to meet or exceed the Event Movement Standard requirements during all competition. (Example: If Squat Snatch is prescribed as the Event Movement Standard, a Power Snatch will not meet the standard, unless otherwise stated).
 - ii. Delivery of the Event Movement Standard and required Range of Motion to all participating Athletes in the Individual and Team of 4 divisions will occur during an Athlete Briefing just prior to competition. This briefing will typically be delivered by the Head Judge or a designee of the Onsite Director, with or without visual demonstration. There will be an opportunity for Athletes to have questions answered at the briefing. Athlete attendance is mandatory for the daily Athlete and Team Briefings. The time and location of such briefings will be communicated to Athletes prior to the start of the competition. The Granite Games reserves the right to make changes to the date, time and location of Athlete Briefings based on changes to the event schedule. Any such changes will be properly communicated with all Athletes in advance. Athletes and Teams who are absent from these briefings may be subject to the loss of protest rights during the competition and may also be disqualified from further competition.
 - iii. Delivery of the Event Movement Standard and required Range of Motion to all participating Athletes in the Individual and Trio Division (Team of 3 divisions) will occur during an online Athlete Briefing just prior to competition. This briefing will typically be delivered by the Head Judge or a designee of the Onsite Director, with or without visual demonstration. There will be an opportunity for Athletes to have questions answered at the briefing. Athlete attendance is mandatory for the daily Athlete and Team Briefings. The time and location of such briefings will be communicated to Athletes prior to the start of the competition. The Granite Games reserves the right to make changes to the date, time and location of Athlete Briefings based on changes to the event schedule. Any such changes will be properly

- communicated with all athletes in advance. Athletes and Teams who are absent from these briefings may be subject to the loss of protest rights during the competition and may also be disqualified from further competition.
- iv. Demonstration of the Event Movement Standard applying the acceptable Range of Motion, or demonstration of unacceptable Range of Motion is not required and will be used as needed.
 - e. Onsite Judges will validate scores for each workout an Athlete or Team performs.
 - f. Individuals will be ranked on their performance in each workout. Based on their relative rank, they will be assigned points. Their total points will be ranked on the Overall Leaderboard. The top Athletes on the Overall Leaderboard will advance, or win the competition.
 - i. Athletes and Teams will be ranked after each workout.
 - ii. At different stages of the competition, only the top Athletes and Teams will advance.
 - g. Team scoring format(s) will be released when the workouts are announced.
 - i. Any configuration of male, female or total number of Athletes is fair game.
 - ii. All or none of the Team members may be required to contribute to a Team score.
 - iii. If a Team member is injured, the Team may continue competing until such time that they are unable to complete the workout as prescribed. At this point, the team will receive a DNF for the workout and will not advance in the competition.
 - h. For Onsite Appeals, Event Protests, Scoring Discrepancies or Ruling Questions Athletes need to follow the appeals process outlined in this rules guide.
 - i. As of June 1, 2015, *Coaches, personal therapy providers, photographer / videographers or Athlete entourage are considered general admission spectators and will not be allowed access to warm-up areas or restricted Athlete Only areas.*
 - j. Athlete Rehabilitative Medical Staff (soft tissue and body care providers) will be provided by The Granite Games to all Athletes in a designated restricted access area. Any Athletes requesting the use of their own personal therapy providers (massage, PT, chiropractic, etc.) must do so in designated locations within general admission access area.
 - k. Photography and Footage. Non-professional, non-flash photography and video cameras are permitted at The Granite Games venues/events for personal use only. All cameras (video and still) must be hand-held with interchangeable or telephoto lens no longer than 5 inches in length. Monopods, tripods, and cameras with telephoto or interchangeable lenses greater than 5 inches in length (professional photography equipment) are not permitted. Spectators, attendees, visitors and guests may not distribute, use, reproduce, stream, upload, transmit, broadcast, link, exploit or license any description, account, images, pictures, film, digital, video or audio recording, in whole or in part, for any commercial purpose without the prior express written consent of The Granite Games in each instance.
 - i. The Granite Games may provide credential(s) necessary to gain access to media areas at The Granite Games for the sole and exclusive purpose of editorial coverage and athlete media relations. All credentialed media must be on editorial assignment or be otherwise authorized by The Granite Games. Time, area, and scope of access will be at the sole discretion of The Granite Games. Credential(s) and access may be revoked at any time by The Granite Games with or without cause. The Granite Games reserves the right in its sole and absolute discretion to grant or deny any application or request for a credential and may revoke credentials at any time in its sole discretion, for any reason or no reason.
 - ii. Still images: Still images may not be used for any commercial or retail purposes whatsoever, and may only be used for promotional purposes upon written permission of the Athlete(s) depicted in such images and with a written license agreement from

The Granite Games. Photography is for personal or editorial use only. Any other use such as, but not limited to, commercial and promotional use, is prohibited and strictly enforced.

- iii. Video Footage: Video footage may not be used for commercial or retail purposes whatsoever and may be only used for promotional purpose upon written consent of the athlete(s) involved and with a written license agreement by The Granite Games. All footage clips made available online or uploaded onto websites shall not exceed 15 seconds in length, and in no event shall any individual clip, however used, distributed, published or displayed, exceed 15 seconds in length.

4. Competition Procedures

- a. For all levels of The Granite Games Competitions and Qualifying Events, the Workout Format will be released by the Granite Games and communicated uniformly to all Athletes online and/or onsite at Athlete Briefings.
- b. Workout Format will include the following:
 - i. Required movements:
 - 1. Starting and ending ranges of the movement
 - 2. Prohibited technique, accessories and/or equipment, if any
 - 3. Adjustments by division, if any
 - ii. Required number of repetitions and/or repetition scheme
 - iii. Required equipment
 - iv. Required amount of weight
 - 1. All weights will be released in pounds
 - 2. It is the Athlete's sole responsibility to use at least the exact poundage (i.e., if using kilogram plates, the Athlete will need to use appropriate combinations of plates to achieve the correct poundage).
 - 3. For the purpose of The Granite Games competitions, 15 kg weightlifting bars will be considered to be 35 pounds, and 20 kg bars will be considered to be 45 pounds.
 - v. Time domain or time limit
 - vi. Scoring details
- c. Scoring format will be announced before the start of competition.
 - i. The Athlete or Team with the best performance over multiple workouts in a competition wins and/or advances.
 - ii. Competitions may determine the winner by highest point total or lowest point total, or any method or combination of methods The Granite Games selects. Point values for each finishing position will be released before the start of the workout.
 - iii. Ties on the overall leaderboard will be broken by awarding the best position to the Athlete or Team who has the highest result in any single workout. If Athletes or Teams are still tied, the process continues to their next highest single result, and so forth. Ties will not be broken for single event results. More than one Athlete or Team can share an event result and all will earn the original point value.
 - iv. Some workouts may have time penalties. Failure to complete a workout in the designated time may result in a specified penalty for any portion of the workout not completed, or may result in the Athlete or Team not advancing to the next workout, regardless of overall rank.
 - v. Some workouts may have a minimum amount of time, repetitions, weight or rounds required in order to advance. Any such minimums will be announced as part of the

- Workout Format. Failure to reach a minimum will cause the Athlete to not advance in the competition.
- vi. If an Athlete does not advance to the next workout for any reason (DNF, injury, disqualification, etc.), they will be ranked below all competitors who started that workout.
 - vii. Scaling or modifying the workout is prohibited and will cause the Athlete to not advance.
- d. Judging and/or Validation are mandated during Granite Games competitions and required to make any Granite Games workout result at these levels official.
- i. All potential Event Judges are required to complete the CrossFit Games Judges Course, available online (a link will be provided when the course is available) and encouraged to have a CrossFit Level One Certificate or previous judging experience.
 - ii. Judges are responsible for enforcing the movement standards and validating the Athlete or Team's score.
 - iii. "Judges" are inclusive of Event Judges and describes the person validating the Athlete's movement standards and online score submission.
 - iv. Any infraction to the Movement Standards or Range of Motion will result in loss of the repetition(s).
 - 1. Uncommon Movement Clause: Any movement deemed uncommon, out of the ordinary or used to amend, shorten or change the accepted Movement Standard or Range of Motion including line of action of any Event Movement can and will be disallowed. It is the responsibility of the Athlete to notify their Judge or the Granite Games of any questionable movement before the workout.
 - 2. Physical limitations in Range of Motion from prior physical defects or temporary or permanent injuries that are obvious and clearly definable by demonstration and are brought to the attention of a Judge or The Granite Games prior to the beginning of the competition may be granted an exception at the sole discretion of the Granite Games. These cases are very rare, and will be handled on a case-by-case basis.
 - v. Judges are instructed not to touch competition equipment or move equipment during a workout unless the equipment will interfere with another Athlete's performance or if there is a legitimate safety concern.
 - vi. Non-compliance with a Judge's instructions, bickering with or questioning of a Judge or Event Staff, attempting to show up or publicly embarrass any Judge, Event staff, Granite Games, Event sponsors, spectators, other Athletes or venue operator or owners, as determined by The Granite Games.^[BJ1] (Including Event staff), in its sole and absolute discretion, may result in penalty or disqualification of the Athlete from an Event and/or future Events.
 - vii. Event Judges and Onsite Directors have the authority to stop or suspend an Athlete at any point in competition if he or she feels that Athlete is at risk of serious injury to himself/herself or others.
 - viii. Judgment calls made during the workout are final and are not negotiable or subject to change or modification.
- e. The Athlete is responsible for making sure they perform the workout as prescribed, including performing all the required movements to the described standard, counting and completing all of the required reps, using the required equipment and loads, meeting the required time and meeting all submission requirements.

- f. Proper attire is required at all Events.
 - i. No attire shall interfere with Event Judging and the ability to see the Event Movement Standard or Range of Motion.
 - ii. Subject to Granite Games' prior approval, non-branded belts, non-tacky gloves, hand tape, neoprene joint sleeves and common fitness wear may be allowed during competition. However, no grip assistance or weight support may be derived from any device worn. In general, gear is allowed that improves safety and/or comfort, but does not confer advantage.
 - iii. Once an Athlete enters the competition surface, they may not receive any outside material assistance (water, tape, chalk, jumping rope etc.) from spectators or coaches.
- 5. Appeals Process
 - a. Onsite Appeals, Event Protests, Scoring Discrepancies or Ruling Questions must be immediately filed through the Online Score Dispute system on the Granite Games homepage. **All scoring disputes and appeals must be submitted within 60 minutes following the completion of the heat in which the event in question took place. Submissions made after this deadline will not be considered valid.**
 - b.**
 - i. Signing your individual or team score sheet indicates you are agreeing to your score and time for the event. Appeals made after a score sheet is signed will be deemed invalid and rejected.
 - c. Athletes may not protest discrepancies related to the judging, scoring or performance of another Athlete or Team.
 - d. All parties involved will have the opportunity to present the known facts at the next most convenient time.
 - e. For all Onsite Appeals, Event Protests, Scoring Discrepancies or Ruling Questions, the following process will be used:
 - i. The competing Athlete (no other Athletes or Persons may be involved) files the protest in the online system.
 - ii. The Event Head Judge, Athlete's Event Judge, or Judges during the competition Event in question will all communicate to fact-find and define the issue in protest.
 - iii. All information will then be presented to the Director of Judging or their assigned designee for a final ruling.
 - iv. The final ruling will be communicated back to the Athlete through the online system.
 - f. Judgment calls made during the workout are final and are not negotiable or subject to change or modification.
 - g. The Granite Games has final authority on all Athlete Event Protest rulings, and may designate this authority to the Onsite Director.
 - h. Video, photos, cell phone media or any other media will not constitute grounds for changing or modifying a decision, score or entry made by an Event Judge. The Onsite Director, Competition Director, or their designee may ask for any related media, but its availability may or may not guarantee use or admissibility in the overall decision process.
 - i. Nothing in these rules including Event Protests, Scoring Discrepancies and Event Movement Standards, Range of Motion and Judging Applications should be read as a limitation on the Granite Games' right to run or operate The Granite Games Events as it sees fit in its sole and absolute discretion.
 - j. The Director of Judging and the Granite Games' decision is final. This includes the right to remove or disqualify any Team or Athlete at the Granite Games' sole and absolute discretion.
 - k. The Granite Games staff have final authority on all appeal or protest rulings.