

# THE TOA RULEBOOK 2025

## 1. THE TOA MISSION

The Toa™ was created as a showcase for our athletes and community and a celebration of their commitment to health, wellness and the continual pursuit of improvement.

## 2. GENERAL RULES

- a. Participation in The Toa™ is contingent on athletes agreeing to all rules and policies, including, without limitation, assumption of risk, and publicity release, all of which are incorporated herein for reference, and the decisions of The Toa™, are final and binding in all respects;
- b. Changes in policies, regulations, requirements, and standards may be made at any time without advance notice. The ultimate responsibility for knowing requirements and regulations rests on the athlete;
- c. All athletes are required to complete and abide by any and all appropriate waivers and documents, pay and validly register for entry, complete all relevant online and/or on-site check-in processes;
- d. Non-professional, non-flash photography, and video cameras are permitted at The Toa™ venues/events for personal use only. 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 CrossFit Fatu Toa in each instance.
- e. Photo and Video Policy:
  - i. CrossFit Fatu Toa may, at their discretion, provide credentials to gain access to media areas 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 CrossFit Fatu Toa. Time, area, and scope of access will be at the sole discretion of CrossFit Fatu Toa. Credential(s) and access may be revoked at any time with or without cause. CrossFit Fatu Toa 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;
  - ii. Still images & Video Footage: This content may not be used for any commercial or retail purposes whatsoever, and may only be used for promotional purposes upon written permission of athlete(s) depicted in such imagery and with a written license agreement from CrossFit Fatu Toa. This content 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. Drone Policy: The operation or use of any drone, unmanned aircraft/flying systems, and remotely-controlled or radio-controlled flying machines (whether or not motorized) of all types, shapes, and sizes (collectively, “drones”) at any time on any property where The Toa™ events take place is prohibited under all circumstances without the prior consent of CrossFit Fatu Toa. This policy applies to all individuals, persons, companies, and business entities and includes, but is limited to, promoters, brand partners, athletes, tenants, renters, patrons, visitors, and guests.
- f. All athletes agree to compete in a sportsmanlike manner. Unsportsmanlike behaviour, such as arguing with an official or staff, taunting, heckling, fighting, or any conduct that would bring disrepute upon The Toa™, CrossFit Fatu Toa, other competitors, spectators or event sponsors, as determined by CrossFit Fatu Toa, in the eyes of the viewing public or the community, may be grounds for penalty, suspension, disqualification, removal from event, disqualification from future events or legal action. Any action that prevents another athlete from having a fair opportunity to compete (e.g. alteration of equipment, refusal to follow instructions) or that interferes with athlete and judge communication (e.g. external noise devices, air horns, etc.), impedes their ability to enjoy their experience, or is generally disruptive to the event, is not allowed;

### **3. TEAM COMPOSITION**

Each team shall consist of 2 male and 2 female athletes. Each athlete on a team roster must meet the following age and eligibility requirements:

- a. Be 18 years or over as at 15<sup>th</sup> August 2025;
- b. Have no physical impairments or illnesses that would endanger the athlete or others;
- c. Be physically able to participate in all events and not suffer from ANY health condition which may be aggravated by participating in The Toa™ Competition, including, but not limited to, heart conditions or high blood pressure, back, neck or other skeletal, muscular, respiratory or circulatory problems;
- d. All team members must agree and sign the competition waiver.

### **4. REGISTRATION**

Teams must declare their roster as part of the registration process. A team roster shall consist of four athletes; two men and two women. Up to four alternates may also be nominated, however, the final team list must be confirmed at check-in, prior to the commencement of competition. Team rosters MAY NOT be altered during the competition.

## **5. TEAM NAME POLICY**

Teams names shall not include profanity nor any offensive terms or phrases. Team names shall be reviewed at the registration stage and a team may be asked to select a new team name if the team's proposed name violates this policy.

## **6. CHECK-IN**

All athletes from a team must check in together. Team captains shall confirm the four competing athletes at check-in.

## **7. EVENT ANNOUNCEMENTS**

Teams will compete in multiple workouts, called "events," over multiple days. The schedule and events will be released shortly before the competition begins.

## **8. EVENT BRIEFINGS**

Teams will be briefed on events through scheduled event briefings. It is the responsibility of each competing team to attend all event briefings and all events on the competition schedule.

Athlete attendance is mandatory for the daily team briefings. The time of the briefings will be communicated to all teams. Teams who are late to or absent from a briefing may lose the right to appeal any decision made during the competition and also may be disqualified from further competition.

## **9. EVENT PROCEDURES**

- a. Teams will be assigned a Judge for every event. Judges shall not touch or move competition equipment during an event unless the equipment is likely to interfere with another team's performance or if there is a legitimate safety concern;
- b. Each team shall adhere to their judge's instructions. Non-compliance with a judge's instructions, arguing with and/or using threatening or offensive language towards a judge or member of event staff, attempting to publicly embarrass any judge or member of Event staff, Event sponsors, spectators, other athletes, or venue operator or owners, as determined by CrossFit Fatu Toa, in its sole and absolute discretion, may result in penalty or disqualification from the event and/or future events;
- c. Event Judges have the authority to stop or suspend an athlete at any point in competition if he or she feels that the Athlete is at risk of serious injury to himself/herself or others;
- d. Judgment calls made during the workout are final and are not negotiable or subject to change or modification;
- e. Teams are responsible for ensuring that they perform the workout as prescribed, including:

- i. performing all the required movements to the stipulated standard;
  - ii. completing all of the required repetitions, using the required equipment and loads, meeting the required time;
- f. Proper attire is required at all events. No attire shall interfere with event judging and the ability to assess athlete movement and/or range of motion;
- g. Athletes may not receive any outside material assistance (water, tape, chalk, rope, etc.) from spectators or coaches once an event has commenced. Athletes shall only enter the competition floor with the personal items and attire necessary for that specific event. Where athletes are permitted to bring items onto the floor, they must be kept within their own competition lane or area. Items deemed to be excessive for an event may include extra shoes, water bottles, and extra clothing and may not be permitted.

## **10. 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 a line of action of any Event Movement can and will be disallowed. It is the responsibility of the Athlete to notify their Judge of any questionable movement before the workout.

## **11. EVENT SCORING**

- a. Specific scoring formats will be provided when the event formats are announced and during on-site briefings. Any configuration of men, women, or total number of athletes contributing to the event score may be required;
- b. Events may have time penalties. Failure to complete a workout within the designated time may result in a specified penalty for any portion of the workout not completed or may result in the team not advancing to the next workout, regardless of overall rank;
- c. Events may have a minimum work requirement in terms of the amount of time, repetitions, weight, or rounds to be completed in order to advance. Any such minimums will be announced as part of the event format. Failure to complete the minimum work requirement may cause the team not to advance in the competition, regardless of overall rank;
- d. If a team does not advance to the next event for any reason (DNF, injury, etc.), that team will be ranked below all teams that started that event and will be disqualified from the competition.

## 12. EVENT LEADERBOARD RANKINGS

- a. Team performances will be ranked for each event. Points will be assigned according to a team's relative rank (i.e. performance in comparison to that of other teams). These points will be used to rank the teams on *The Toa* leaderboard;
- b. Ties on the overall leaderboard will be broken by awarding the best position to the team with the highest result in any single event. If teams remain tied after this first tiebreaker, the process continues to the next highest single result, and so forth. Ties will not be broken for single event results. More than one team can share an event rank, and each will earn the original point value;
- c. As the competition unfolds, only the top-ranked teams may be selected to continue in the competition.

## 13. EVENT APPEALS

- a. Appeals pertaining to event results must be lodged with the Head Judge immediately following the event;
- b. Judgment calls relating to movement standards made during an event are final and not negotiable or subject to change, modification, or appeal. A simple no-rep that the team disagrees with is not grounds for an appeal. In addition, athletes may not protest discrepancies related to the judging, scoring, or performance of another team;
- c. *Appealable* scenarios include:
  - i. Scorecard or leaderboard inconsistencies or errors. For example, the team's score on the leaderboard does not accurately reflect their performance on the field;
  - ii. Counting inconsistencies or errors. For example, where a team was asked to complete more than the required total number of repetitions;
  - iii. Load/weight inconsistencies or errors. For example, where the equipment was loaded incorrectly or the weight of a maximum effort was recorded incorrectly;
  - iv. Course markings or directional inconsistencies or errors. For example, where the team was given faulty directions on a course;
  - v. Equipment or monitor failure that was outside the control of the team;
  - vi. Miscommunication by a judge regarding movement standards or event order or direction. For example, where a team was held to a different standard or asked to complete movements in a different order than what was discussed during the athlete briefing;
  - vii. The actions of another team impeded the team's progress.

- d. Video, photos, cell phone media, or any other media shall not constitute grounds for changing or modifying a decision, score, or entry made by an event judge;
- e. Nothing in these procedures concerning event appeals, scoring discrepancies, event movement standards, or range of motion requirements should be read as a limitation on the Competition Committee's right to run or operate The Toa as it sees fit in its sole and absolute discretion. The Competition Committee's decisions are final. This includes the right to remove or disqualify any team from competition;
- f. Scoring protests/appeals made by anonymous individuals regarding another team's performance will not be accepted;
- g. Appeals may only be made after the team captain has signed the scorecard. Signing the team scorecard indicates the team acknowledges that they have a score. It does not mean the team agrees with the score;
- h. Missing mandatory competition responsibilities such as athlete registration or event briefings may result in the denial of an appeal.

#### **14. THE APPEAL PROCESS**

- a. All appeals should be lodged immediately following the event in question. All appeals shall be lodged by the Team captain (no coaches or other athletes may be involved) with the Head Judge. No appeals will be accepted after the completion of that competition day. On the final day of the competition, teams may only appeal their final workout within fifteen (15) minutes following the conclusion of their assigned heat;
- b. Appeal requests shall be considered in the order in which they are received;
- c. To lodge an appeal, the team captain shall fill out the Appeals Form, providing a detailed description of the issue in question, and submit it to the Head Judge;
- d. The Head Judge, involved floor judge(s), and the Competition Committee will review the submitted form and all available information pertaining to the situation;
- e. Once all the information has been gathered, the Competition Committee shall make the final ruling and then communicate the outcome to the team;

#### **15. THE TWO-APPEALS RULE**

- a. To keep the appeals process focused on legitimate issues, The Toa has instituted a *two appeals rule*. Teams will start the competition with two appeals and have the option to appeal at any time;
- b. Where, after investigation, an appeal is granted, the team shall retain their appeal count;

- c. Where, after investigation, an appeal is denied, the team shall lose one appeal from their appeal count;
- d. If a team exhausts their appeal count, they will not be allowed to make any other appeals for the remainder of the competition.

## **16. INJURY POLICY**

- a. Any athlete who is unable to finish an event due to injury, or who requires medical attention following the completion of an event, must receive clearance from the medical staff and Head Judge before returning to competition. The Head Judge will have the authority to remove the athlete from the competition based on the severity of the injury, likelihood of further injury, and other factors;
- b. If any team member is disqualified from competition due to injury, the team may continue to participate **ONLY IF** the team can potentially meet the minimum work requirements for an event. If the team cannot meet the minimum work requirements for an event without a full roster, then the team may not take the competition floor, and it will be disqualified from the competition.

## **17. REQUIRED ATTIRE/GEAR**

- 1. Proper workout attire, including shoes, is required for all events. No attire shall interfere with a judge's ability to determine whether the required movement standards and expectations for range of motion are being met. No attire shall be worn with the intent to shorten or reduce the range of motion of any movement;
- 2. Chalk, weight belts, non-tacky gloves, gymnastics wraps, hand tape, neoprene joint sleeves, and common fitness wear may be allowed during competition. In general, support gear that improves safety and/or comfort but does not confer advantage is allowed. Should the workout call for a pull-up bar, athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar and wear hand protection;
- 3. Athletes may NOT use protective gear in a manner that provides additional grip assistance or weight support, e.g., wrapping a gymnastics grip around the bar for deadlifts or pull-ups;
- 4. Common support attire that is not allowed includes but is not limited to: knee or elbow wraps, gymnastics "hook and loop" grips, and tacky non-chalk substances used to enhance grip;
- 5. Unless otherwise stated, athletes may not receive assistance moving or placing equipment during any workout. Athletes who receive outside assistance to manage or place equipment during the workout may face penalty or disqualification.

## **18. SPECIFIC ATTIRE REQUIREMENTS**

There are specific attire requirements set forth by CrossFit Fatu Toa that all athletes are required to follow during the competition. Failure to abide by these requirements may result in a warning, point deduction, or disqualification.

### **a. Shoes**

Athletes must wear sport footwear while competing; slippers, socks, and open-toed shoes are not permitted.

### **b. Weightlifting belt**

- i. The main body of the belt shall be made of non-stretch materials;
- ii. The maximum belt width is 5 inches or 13 cm, while the maximum belt thickness is 1/2 inch or 13 mm along the main length.

### **c. Knee and elbow support:**

Sleeves worn on the knees and/or elbows must conform to the following specifications:

- i. The sleeves must be constructed entirely of a single ply of neoprene or synthetic rubber or predominantly of a single ply of neoprene or synthetic rubber plus a non-supportive single layer of fabric over the neoprene;
- ii. The entire construction of the sleeves may not be such as to provide any appreciable support or rebound to the lifter's knees;
- iii. The sleeves may not be worn in a manner that provides appreciable rebound;
- iv. Knee and elbow sleeves shall not have any additional strapping, velcro, drawstrings, padding, or similar supportive devices in or on them;
- v. Knee and elbow sleeves shall be of a maximum thickness of 1/4 inch or 7 mm and a maximum length of 12 inches or 30 cm;
- vi. Only one sleeve is permitted per knee and per elbow;
- vii. Knee and elbow *wraps* of any kind are not permitted.

### **d. Wrist wraps**

- i. Wrist wraps shall not exceed 40 inches or 1 meter in length and 3 1/4 inches or 8 cm in width;
- ii. Any sleeves and Velcro patches/tabs for securing must be incorporated within the lengths listed above;



- iii. Standard sweatbands of any width may be worn if they do not provide support.

**e. Hand protection**

- i. Athletes may cover their hands and fingers in tape, gymnastic grips, or gloves for the purpose of protecting their hands from tearing, but these resources may not be used in a manner that provides additional grip assistance (i.e., wrapping gymnastics grips around a pull-up bar or barbell);
- ii. The gripping surface of the hand may not be tacky or sticky;
- iii. Gymnastics grips shall be made of a material that maintains a consistent thickness;
- iv. The grips cannot contain a dowel and the grip cannot be sewn into a fold;
- v. Lifting straps or lifting hooks are not permitted;
- vi. Tape worn on the fingers and thumb must not protrude in front of the fingertips.

**f. Adhesives and lubricants**

- i. The use of chalk (magnesium carbonate) is permitted on the body and attire. Any other adhesive products that would be used in place of chalk are prohibited. This includes but is not limited to resin, rosin, sandpaper, tacky, liquid chalk, liquid adhesives, and waxes;
- ii. The use of oil, grease, baby powder, talcum, waxes, cream, or other lubricants on the body or personal attire is not allowed if it may come in contact with any competition equipment. For example, no lubricants can be present on the thighs while weightlifting. If lubricants are used for the purpose to reduce chafing, for example inside the shoes or underwear, then such lubrication is permitted;
- iii. The use of any form of adhesive or lubricant on the footwear is forbidden. This applies to any built-in adhesive such as sandpaper. Athletes may not add tape or cloth to the heels of their shoes for handstand push-ups.

**g. Supportive suits**

- i. Lifting suits that provide support and are often known as “equipped powerlifting suits” may NOT be used;
- ii. Any garment consisting of rubberized or similar stretch material shall not be worn under the clothing if its intent is to provide support or bounce.

**h. Electronic devices**

- i. Music players and headphones may NOT be worn;

- ii. Devices such as mobile phones, tablets, or other portable media devices may not be brought to the competition floor;
- iii. Watches, WHOOP straps, and heart-rate monitors are permitted.

## **19. SPORTSMANSHIP**

- a. All athletes agree to compete in a sportsmanlike manner. Unsportsmanlike behaviour, such as arguing with an official, taunting, heckling, fighting, or participating in any conduct that would bring disrepute upon CrossFit Fatu Toa, The Toa, other competitors, spectators, or event sponsors, as determined by CrossFit Fatu Toa, in the eyes of the viewing public or the CrossFit community, may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events, or legal action.
- b. All athletes registered for The Toa agree to maintain an atmosphere of mutual respect toward each other as well as those the athlete may come in contact with while participating in The Toa. Athletes shall, at all times, conduct themselves with the highest ethical standards. Consistent with these expectations, all athletes registered for The Toa are required to:
  - i. Conduct all dealings, including but not limited to registration and participation in the Event, with honesty and fairness;
  - ii. Respect the judges;
  - iii. Respect the rights of athletes, coaches, and volunteers by encouraging an environment that is fair, welcoming, and free from discrimination and harassment of any type;
  - iv. Recognize that even the appearance of misconduct and impropriety can be damaging to the reputation of yourself, your gym, other athletes, and CrossFit Fatu Toa, and act accordingly;
- c. All athletes agree to put forth suitable effort in every workout. Deliberately doing less work or performing at a level below what one is capable of (referred to as “sandbagging”) in order to gain advantage in another workout or over another athlete or team is prohibited. Any athlete deemed by CrossFit Fatu Toa to be sandbagging may be penalized or disqualified from competition as CrossFit Fatu Toa sees fit in its sole discretion;
- d. Any action that prevents another athlete from having a fair opportunity to compete (e.g., abuse or alteration of equipment or refusal to follow instructions), that interferes with athlete and judge communication (e.g., external noise devices, bull horns, air horns), or that is generally disruptive to the event is not allowed and may be grounds for disqualification;
- e. Athletes will be held accountable for the behaviour of their coaches, teammates, team managers, supporters, and guests. If the conduct of any member of such a group or groups is deemed by CrossFit Fatu Toa to be unsportsmanlike or disruptive to the competition, then the coach, teammate, supporter, guest, or athlete is subject to the same disciplinary actions;

- f. This is not an exhaustive list and is meant as a guide for athletes, coaches, and other attendees. This is not intended as a limitation on CrossFit Fatu Toa's rights to operate The Toa in any manner it sees fit. CrossFit Fatu Toa reserves the right to terminate the participation of any athlete, coach, staff, volunteer, judge, visitor, guest, supporter, teammate and/or spectator attending or viewing The Toa with no further obligation or duty to such individual;
- g. A lack of integrity, or any actions that reveal an intent to cheat or circumvent the rules or intent of the rules of The Toa, including lying (as one example), will result in disqualification.
- h. CrossFit Fatu Toa has and may delegate to an on-site director the absolute authority on any final ruling, including, without limitation, disqualification of an athlete, removal of spectator(s), or dismissal of any attendee.