



ALLSTAR 2023 RULE BOOK

For over a decade, the Allstar Alliance competition has played a prominent part of the fitness scene in Australia. Hundreds of gyms and CrossFit affiliates across the country, and thousands of athletes like you have been a part of this competition. Not only is Allstar Alliance the biggest Teams competition in Australia, it is also an institution of our sport.

In 2023, we are proud to present to you our biggest and best season yet. Whether you choose to participate in our [Team Series](#) (MM/FF) or our [Pair Series](#) (MM & FF), you will have the opportunity to qualify for the Allstar Alliance Championship and be in contention for a prize pool and prizes of over \$25,000. For the first time in Allstars history, we will also be running our event in [New Zealand](#) and [Bali](#).

Allstar Alliance has been the steppingstone for almost every Australian CrossFit Games athlete, in their journey to achieve their CrossFit goals. Could you be the next CrossFit Games athlete to follow this path?

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ALLSTAR TEAM SERIES

TEAMS ADMISSION

- Each team receives entry for all 4 athletes competing.
- Team's must consist of 4 team members (2 males & 2 females). Exceptions may be made for all female gyms and in the instance of injury at the sole discretion of Allstars.

TEAM NAMES

It is important that the correct information is entered when registering. Please have pride in your affiliate and include your box name.

- Have pride in your Affiliate by including your Affiliate/Functional Fitness Gym name within your Team name.
- This is a national competition and people across Australia check the scoreboard.

CHANGING TEAM MEMBERS

- You can change team members up to the day of an event as well as between your qualifier event and the Championship to enable your team to be established based on fitness and availability.
- All replacement team members MUST fill in a waiver before taking to the competition floor.
- Team members cannot be substituted once the event starts.

CATEGORIES

- The Allstar Affiliate Series is open to all athletes catering for Beginner, Intermediate, Advanced and Masters Athletes.
- All workouts can be scaled, and we would encourage all athletes to participate and have fun regardless of their lifting ability.

REFUNDS

There is a no refund policy in effect. If there are any queries, please contact info@allstaralliance.com.au

JUDGING / VOLUNTEERS

- Every team registered for the Allstar Qualifiers will be asked to provide 2 judges.
- These judges may be athletes from your team or volunteers from your affiliate.
- Each team will need their judges present as required by the schedule that will be confirmed on the Wednesday prior to the competition.
- Judges will only be required for one heat per workout per day and these judges may be rotated around your team.
- Judges will need to assemble along with the teams competing in that heat 10 mins prior to the heat start.
- Judges must attend the Judge's briefing held by the Judge coordinator held directly proceed their allocated judging time.

If a team does not provide 2 judges for their allocated heat and/or fails to attend the judge briefing, they will be deducted points from the leader board.

The Allstar Alliance Team Series is a community event, and we hope that all competitors embrace this judging policy should anyone have any queries please don't hesitate to contact us.

Please be aware of the following if considering being a volunteer:

- If you volunteer for the weekend you are committing to Allstars for the weekend, not just a heat/event/wave or until something else comes up, you must be available the entire weekend (this does not mean you will be judging the entire time though).
- Judges will have access to movement standards and judging criteria and will also be briefed on their responsibilities at the event. Judges will be required to judge in certain heats during the weekend.
- All enquiries regarding judging please forward emails to judges@allstaralliance.com.au

RULES

It is up to each judge and athlete to read and understand all competition rules, if you have any questions regarding rules of the competition, please direct your questions to

- Athletes MUST complete and return a waiver by the cut-off date, or the team will NOT be able to compete.
- Athletes and judges must watch and fully understand the Movement Standards video, or penalties may apply.
- Athletes and judges must attend ALL briefs or penalties may apply.
- Judges must be ready to go in the judges marshalling area no later than 10 minutes prior to heat timing.
- Athletes must be in the warm-up area no later than 10 minutes prior to heat and will be called to the marshalling area from there.
- Athletes will wait in the marshalling area and receive a quick brief prior to moving out onto the floor.
- Teams will wait until their name is called and must move to their designated lane.
- Judges' decisions are final and are not to be argued with. If there is an appeal, consult the Head Judge prior to leaving the floor, once you have left the floor, decisions are final. Arguing with a judge may result in disqualification, this is at the Head Judges discretion.
- Team Captains must sign for their team score, once signed, the score is final.

If an athlete receives an injury whilst competing, the Head Judge must be notified immediately. If an athlete suffers any open wounds (such as torn hands), your judge must be notified at the completion of the workout and all equipment must be cleaned.

ALLSTARS ONLINE COMPETITIONS

REGISTRATION

Register for all events through Competition Corner using the links found on our registration page. Registrations for the Pairs and Team Championship will be provided closer to the event.

VIDEO STANDARDS

Videos MUST be included in your score submission to be eligible to place. Any invalid videos will be deleted from the leader board.

Normal video submission rules apply as per the CrossFit Open or CrossFit Masters Online Qualifiers.

- All videos must include the Athletes names (Team Name / Pair Name) and workout name.
- All videos should be uncut and unedited to accurately display the performance.
- A Clock or Timer, with a running workout time must be clearly visible throughout the workout.
- If in use, the monitor of the rower should be clearly visible throughout the entire workout.
- If in use, the weight of the medicine ball and measure the height of the target must be provided before the workout.
- Athletes must always be full in shot of the camera.
- Video must be shot from an angle so all exercises can be clearly seen meeting the movement standards.
- Weights of equipment must be displayed at the beginning of the Video.
- Videos shot with fisheye or similar lens will be rejected due to the visual distortion these lens can cause.
- Only one video will be accepted for judging per workout, if a penalty is given no substitute videos will be requested/accepted and/or judged.
- Failure to abide by the video standards will result in the video being rejected and the score being deemed invalid.

ONLINE JUDGING / SCORING

Judging will commence the week preceding the closure of Allstar Pairs Online event under the direction of the Allstar Head Judges.

Penalties can/will be given where workout standards have not been met and/or where video submissions have not been provided as requested.

Judging will be as follows.

SCORE REJECTED

Score will be rejected if one or more of the following apply

No Video is provided as requested

Video provided does not meet video standards

More than 20 no reps counted.

MAJOR PENALTY

15% Penalty

More than 5 No Reps however less than 20 No Reps counted.

MINOR PENALTY

Reduction by number of no reps counted
Less than 5 No Reps counted.

NO PENALTY

Scored as Submitted

UNCOMMON MOVEMENT

15% Penalty / Score Rejection (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.)

Judging Decisions are final and at the full discretion of Allstars. If there are any queries, please
Contact judges@allstaralliance.com.au

Thank you for your support and we look forward to seeing you at the 2023 Allstars Championships.