

MAYHEM AFFILIATE



OVERVIEW

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RUNNING THE CROSSFIT OPEN AT YOUR GYM

This resource is meant to help answer any questions you may have about running the CrossFit Open at your gym and will give you some ideas on how to make the experience more fun for your community. If you have any questions, feel free to email me at Christi@mayhemnation.com.

Why should my members consider signing up for the Open if they're not advanced enough to qualify for the next level?

Participating in the Open will likely bring your gym's community closer. During these few weeks, athletes connect and celebrate with each other through the added intensity and motivation of these workouts, and push each other to be better. Also, the Open gives important data on each athlete's performance, which can be a helpful guide for setting realistic goals for the future. They find out what their strengths and weaknesses are, so they know what they should work on moving forward if they want to continue to advance in the sport. It's also nice to have proof that they're improving over the years as they compare their Open scores year after year.

General 2023 CrossFit Open Details:

- The CrossFit Open will take place over three weeks, from Feb. 16 - March 6.
- The cost to officially register for the Open is \$20 and athletes can sign-up at <http://games.crossfit.com/register/open>
- For details about official rules, divisions, teams, and more go here: <https://games.crossfit.com/rules>
- Registered athletes must complete the Open workouts at a licensed CrossFit affiliate gym and have their scores validated by the affiliate manager, or they can submit a video of their workout (with specific video guidelines that must be upheld). Now that pandemic restrictions are no longer in place in most areas, registered judges will no longer be able to validate scores in place of affiliate managers. **I repeat: to officially compete in the Open this year, workouts must be completed at a licensed CrossFit affiliate or athletes can submit a video of their workout for scoring.**
- Workouts are announced on Thursdays at noon Pacific time. Athletes have until 5 PM Pacific time the following Monday to submit scores. The Affiliate Manager must then validate scores by 5 PM Pacific time on Wednesday.
- Athletes who are not signed up for the Open can still do the Open workouts. They just don't require judging or score submission.

How We Will Program the Open Workouts on Mayhem Affiliate:

The Open workouts will be programmed for classes every Friday during the Open. You can choose to do this workout that day or we will also have an alternative workout programmed for you. Throughout the week, we will be sensitive to the volume of the body and will try to offer as much variance as possible, since we won't know the details of the Open workout until Thursday each week. If you would rather do the Open workouts over the weekend, feel free to adjust the week to work best for you.

Preparing for the Open: Judging

For an athlete to have a valid score in the Open (if they officially register), they must be individually judged throughout each workout. As the gym owner/manager, you need to think about how you will accomplish this. Things to consider:

- How many athletes are officially signed up and require judging? How many heats do you want to hold? Use this information to determine how many judges you need and start asking around and forming your judge list.
- Will you require judges to take the official CrossFit Judges Course (<https://www.crossfit.com/online-courses/judges-course>)?
- Can members be judges or only coaches?
- You may want to consider an incentive for judges to want to help. You can get them Open shirts that say Judge on the back, provide food, etc. But this might not be necessary. Some gyms have a general belief that if you sign up for the Open and want to be judged, you should either volunteer as a judge or help set up/clean up equipment. If you have a great community, members will likely want to help.
- Other things to consider: if you hold the Open workout on a certain day/time and an athlete can't make it, can they be judged on a different day/time? Do you allow redos if they're disappointed in their performance? Athletes can choose to submit a video instead of being judged. Is there an Open Gym time that they could do this? Think through these things in advance and make sure your coaches know the answers as well. Questions will likely come up.

Preparing for the Open: After the Workout is Announced

Once the Open workout is announced on Thursdays, it's time to start planning. Do you need to have heat times for athletes to sign-up? If you're planning to have one big Open workout session (such as on Friday nights or Saturday mornings), I would suggest coming up with heat times and allowing athletes to sign-up in advance. This will help ensure that everything runs smoothly and that everyone has a judge. Make sure there is a buffer between heats, it's always needed.

For example, the workout is announced and it's a 12-minute AMRAP. Plan to have heats every 20 minutes. Find out how many judges you have available to help. If the judges are also participating in the Open, consider that as well (so you may have one-less judge available per heat, for example, because they're doing the workout). This will tell you how many heats you need.

Then, make an Open post in your private gym Member Facebook Group. The post should announce the workout, have some encouraging words, and then give details on the heat times, how many athletes per heat, and how to sign-up. Athletes can comment with their preferred time, or you can have an online sign-up process.

Preparing for the Open: Setup

Print out the Open score shirts and have pens and clipboards available for your judges. Set up the workout floor in advance as much as possible. Have the necessary equipment in an organized fashion so that athletes can jump right in. There should be a designated warm-up area as well where athletes can prepare for the workout. Make sure the warm-up is displayed in this area. Coaches might not be able to lead a warm-up between heats, so having the warm-up available is helpful. Before the first heat, discuss the workout with your judges, review the standards, and answer any questions they may have. Judges should also discuss the standards with their athletes before each heat.

Fun Ideas for Holding the Open at Your Gym:

- Create CrossFit Open shirts for your athletes. Logos can be found here: <https://open.crossfit.com/resources>
- You can hold “Friday Night Lights”. Pick two athletes to go head-to-head in the Open workout each Friday night to kick off each workout. Athletes should of course volunteer for this.
- You can create teams that compete against each other in a fun gym competition. Each coach at your gym can be a team leader or choose certain members to be team leaders, and then have them draft their team. Or, make the teams completely random and draw names from a hat. Have fun with it with team names, shirts, themes, etc. Scoring can be based on anything you want: best team photo of the week, best theme, performance in the workout, participating in the workout, judging athletes, taking the Judges Course, etc. You can choose to have different divisions, like Scaled and RX, or just one big division. Anything you want! Some gyms choose to charge a small fee for participating and will then use that money towards fun prizes for the winners.
- You can add some fun games to lighten the mood as well, such as relay races and such, or mini-challenges throughout the week...all of which can help teams accumulate points in the team competition.
- You can have different themes for each workout, such as Marvel night, movies, etc. Mayhem has done this and everyone really enjoyed it.
- Celebrate the end of the Open and ask everyone to bring a dish to share.

Lastly, don't forget to celebrate each workout! Take lots of pictures, post about PRs and personal victories, and bring your community together throughout the Open. It's a truly magical experience every year.