



CrossFit®
SEMIFINALS | 2026

OFFICIAL RULEBOOK

MAD FITNESS FESTIVAL 2026

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Event Dates: May 29–31, 2026

Location: Quijote Arena, Ciudad Real, Spain

Official Status: CrossFit Games Semifinal Event

This Rulebook governs the MAD Fitness Festival Online Qualifier and the in-person semifinal event. All athletes, coaches, judges, and teams must comply with the rules herein. Failure to do so may result in penalties, disqualification, or loss of eligibility for CrossFit Games qualification.

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1. Event Overview

MAD Fitness Festival 2026 (MAD FF) is an official CrossFit Games Semifinal Event. The competition is structured as:

- Online Qualifier for:
 - Elite Individuals
 - Master +35 Individuals
 - Elite Teams
- In-Person Semifinal at Quijote Arena
 - May 29–31, 2026

The Online Qualifier selects the Elite athletes and teams who will compete live at the MAD Fitness Festival for spots at the 2026 CrossFit Games.

2. Divisions & Eligibility

2.1 Individual Divisions

- Elite Male
- Elite Female
- Master +35 Male
- Master +35 Female
- Teens Male
- Teens Female
 - Teen divisions do not participate in the Online Qualifier. Participants will be selected by *The Crown* event, based on their own rules and standards.

2.2 Team Divisions

Elite Teams (Games-Eligible)

- Four athletes: two males + two females
- Must complete the Online Qualifier registered as a team

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Community Teams

(Non-Games Eligible; in-person competition only)

Includes:

RX, Master RX, Advanced, Intermediate, Scaled, Master Scaled

Format requirements:

- **Four athletes**
- **At least one athlete must be female, no events will be modified in any case**
- **Master Teams: all four athletes must be 35+ by May 29, 2026**
- **Community Teams do NOT participate in the Online Qualifier**
- **Registration opens November 11, 2025 on Competition Corner**

2.3 Age Requirements

- **Master +35:** must be 35 years old on or before May 29, 2026
- **Teens:** teen athletes must comply with the Age Group requirements specified by *The Crown*

3. ***CrossFit Games Qualification Rules***

Finishing in a qualifying position at MAD FF does not automatically guarantee a CrossFit Games invitation.

To earn a Games invitation, athletes and teams must:

3.1 Finish in the required qualifying positions

- **Top 3 Elite Men**
- **Top 3 Elite Women**
- **Top 1 Elite Team**

3.2 Meet ALL CrossFit Games 2026 Rulebook eligibility requirements

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3.3 Pass-Down of Games Invitations

If a qualifying athlete or team is ineligible, refuses the invitation, or fails to meet CrossFit Games rules, MAD FF will pass the spot to:

- 4th place → 5th → 6th, and so on

until:

- Three eligible individuals (Men & Women)
- One eligible team

receive Games invitations.

CrossFit LLC maintains final approval authority.

4. Online Qualifier

4.1 Registration

- Opens: December 12, 2025 (00:00 CET)
- Closes: January 22, 2026 (23:59 CET)
- All payments are non-refundable

4.2 Workout Release Schedule

- WOD 1: January 19, 2026
- WOD 2: January 21, 2026
- WOD 3: January 23, 2026

4.3 Submission Deadline

All three scores + video links must be submitted by:

January 28, 2026 – (23:59 CET)

Late submissions are not accepted with no exceptions.

4.4 Submission Platform

All scores and videos must be submitted through Competition Corner.

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5. Score Submission Rules

Athletes must submit:

1. A numerical score (time, reps, load)
2. A public video link
3. Any required scorecard or form

Scores without video links will receive a zero score after the deadline. It is the athlete's responsibility to confirm a proper video link is attached.

No score changes are allowed after the deadline.

6. Video Standards and Penalty Structure

6.1 Video Requirements

Videos must:

- Be unedited or not be modified in any way
- Camera angle must show full range of motion for all movements
- Allow to visually see any display monitors and required equipment & loads
- Have athlete in camera view at all times
- Show a visible clock at all times
- Allow judges to clearly count reps

By submitting the video, the athlete grants MAD Fitness Festival a worldwide, royalty-free, perpetual license to use, reproduce, distribute, and display the video for the purposes of scoring and any related promotions.

The athlete agrees to indemnify and hold harmless MAD Fitness Festival from any claims, damages, or liabilities brought by third parties arising from the athlete's video submission.

Accepted platforms: YouTube, Vimeo, WODProof, WeTime - all of which need to be made for public viewing. Any private videos will be considered incomplete submission and scored a zero.

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6.2 Video Review Outcomes

GOOD VIDEO

Score fully accepted.

MINOR PENALTY

Small number of no-reps → proportional adjustments.

MAJOR PENALTY (15% minimum)

Significant movement deviations → at least 15% deduction.

ZERO SCORE

Applied when any of the following occurs:

- Significant flow violations
- Missing movement standards
- No visible clock
- Incomplete video

INVALID / DISQUALIFIED

Applied when:

- Edited video
- Incorrect loads/distances
- Equipment manipulation
- Fraud or intentional misrepresentation

MAD FF may invalidate an entire Qualifier submission.

7. Movement Standards & Test Compliance

Athletes must follow:

- Published movement standards
- Range of motion requirements
- Flow and equipment specifications

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Violations result in:

- Rejected reps
- Penalties
- Zero score

For Movement Standards and Test Compliance, only the official competition document will be accepted as the authoritative reference.

8. Scoring Structure & Tiebreaks

8.1 Scoring

- Each workout assigns a placement
- Placements award points
- Final ranking = total points across all workouts

8.2 Team Scoring

For team divisions, each workout produces four individual athlete scores.

The scores of all four team members are summed to generate the team's final score for that workout.

- For time events → all four times are added
- For reps events → all reps are added
- For load events → all loads are added

The summed total determines the team's placement for that workout.

Team placements then translate into points, following the same scoring grid as individual divisions.

All four athletes must submit a valid and verified score with an accompanying video. No partial-team submissions will be accepted.

8.3 Tiebreaks

If athletes/teams have equal points:

1. Highest single-event finish wins
2. If tied → compare second-best finish
3. If tied → compare third-best finish
4. If still tied → better finish in Workout 3 wins

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9. Leaderboards & Appeals

9.1 Leaderboard Timeline

Division	Unofficial List	Appeal Window	Official List
Elite Individuals	February 9th	February 9th-11th	February 13th
Elite Teams & Masters Individual	February 16th	February 16th-18th	February 20th

9.2 Appeal Procedure

- Appeals submitted only through Competition Corner will be considered
- Must include workout, score, penalty, reasoning, timestamps
- Decisions are final and non-appealable

10. Qualification to In-Person Semifinal

10.1 Invitation Numbers

Division	Online Qualifier	Wildcards	Total Field
Elite Male	30	18	48
Elite Female	30	18	48
Elite Teams	40	8	48
Masters +35 Male	24	0	24
Masters +35 Female	24	0	24

Community divisions enter through [direct registration](#)

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10.2 Acceptance Requirements

- All divisions must accept invitations within 72 hours of receiving them
- Payment must be completed to confirm participation
- Failure to accept → passed to next ranked athlete/team

10.3 Team Substitutions

- Allowed only before official check-in
- Require explicit approval from MAD FF
- No substitutions permitted after check-in closes

11. In-Person Competition Rules

Competition days by division

Division	Friday	Saturday	Sunday
Elite Individuals (M/F)	✓	✓	✓
Masters +35 Individuals (M/F)	✓	✓	✓
Teens Individuals (M/F)	✓	✓	✓
Elite Teams	✓	✓	✓
Teams RX	✓	✓	✓
Teams Master	✗	✓	✓
Teams Advanced	✗	✓	✓
Teams Intermediate	✗	✓	✓
Teams Scaled	✗	✓	✓
Teams Master Scaled	✗	✓	✓

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A complete Athlete Guide for the in-person event will be released in May 2026 with:

- Floor plans
- Heat assignments
- Movement standards
- Test flows
- Safety protocols

12. Drug Testing & Anti-Doping Policy

MAD FF follows [CrossFit LLC's drug testing standards](#).

Testing may occur:

- Anytime during the in-person event

Applies to:

- Elite Individuals
- Elite Teams

Teens & Community Divisions are not part of the Games testing pool unless notified.

Failed or refused tests result in:

- Disqualification
- Loss of eligibility
- Sanctions determined by CrossFit LLC

13. Conduct, Sportsmanship & Disqualification

All participants must uphold respectful conduct on-site and online (email, social media, messaging).

Misconduct includes:

- Harassment or abuse
- Disrespect towards staff
- Influencing judging
- Online behavior harming MAD FF or CrossFit
- Interference with fairness or safety

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MAD FF may:

- Penalize
- Invalidate scores
- Remove athletes
- Disqualify teams

Fees are non-refundable regardless of outcome.

14. Organizational Rights & Refund Policy

MAD FF reserves the right to:

- Modify workouts
- Adjust scheduling
- Request additional video evidence
- Reject scores
- Adjust the size of the athlete field in every division and number of invitations
- Remove athletes for safety or disciplinary reasons

All registration fees are non-refundable.

15. Contact Information

Email: compete@madsportevents.com

Instagram: [@mad_fitness_festival](https://www.instagram.com/mad_fitness_festival)

Website: www.madfitnessfestival.com