



WODAPALOOZA

*Mexico
City*



asdeporte®

TABLE OF CONTENTS

TABLE OF CONTENTS	2
1. WODAPALOOZA MEXICO	3
1.1. INTRODUCTION & MISSION STATEMENT	3
1.2. RULEBOOK PURPOSE	3
1.3. ABBREVIATIONS	3
2. POLICIES, RULES, & GUIDELINES	3
2.1. PARTICIPATION GUIDELINES	3
2.2. DRUG POLICY	3
2.3. PHOTO, VIDEO, & LIKENESS USE POLICY	4
2.4. EQUITY, FAIRNESS, & CONDUCT	4
2.5. AGE REQUIREMENTS	5
2.6. REGISTRATIONS & REFUNDS	5
2.7. WEATHER & ENVIRONMENTAL CONDITIONS	6
2.8. PRIZE WINNINGS	6
3. STANDARD COMPETITION PROCEDURES	7
3.1. SCHEDULE	7
3.2. WORKOUT FORMAT	7
3.3. SCORING FORMAT	7
3.4. JUDGES	8
3.5. BRIEFINGS	9
3.6. UNCOMMON MOVEMENT CLAUSE	9
3.7. PHYSICAL LIMITATIONS IN THE RANGE OF MOTION	9
3.8. MEDICAL, INJURIES, WORKOUT ATTENDANCE	9
3.9. ATTIRE REQUIREMENTS	10
3.10. ONLINE CHALLENGE & QUALIFIER APPEALS	10
3.11. ON-SITE EVENT APPEALS - RULES, GUIDELINES, & PROCESS	11
3.12. ON-SITE ATHLETE REGISTRATION	12
3.13. ATHLETE HANDBOOKS	12
4. 2026 SEASON DETAILS	14
4.1. WODAPALOOZA MEXICO	17
4.5. THE GAUNTLET	17
5. LEGAL STUFF	17
6. AMENDMENTS	18

1. WODAPALOOZA

1.1. INTRODUCTION & MISSION STATEMENT

Wodapalooza is more than a festival presented by AsDeporte and WZA Sports LLC. It's a global platform that inspires healthier living by connecting people through fitness. Through competitions, events, and experiences, we provide athletes and fans a stage to showcase their hard work, connect with others, and create lasting habits.

The season comprises Wodapalooza LATAM Cup, Wodapalooza Mexico Online Challenge & Qualifier and Wodapalooza Mexico.

1.2. RULEBOOK PURPOSE

This rulebook outlines guidelines to ensure fairness, safety, and consistency. Updates may be made as needed. All changes will be documented in the amendment section.

1.3. ABBREVIATIONS

WZA Mexico: Wodapalooza Mexico

WZA Mexico OCQ or OCQ - Wodapalooza Mexico Online Challenge & Qualifier

WZA LATAM Cup: Wodapalooza LATAM Cup

2. POLICIES, RULES, & GUIDELINES

2.1. PARTICIPATION GUIDELINES

To participate in any stage of Wodapalooza Mexico, all athletes must agree to all applicable rules and policies, including, without limitation, those found within this document, all assumptions of risk, and publicity releases.

All athletes are required to complete and abide by any appropriate waivers and documents, pay and validly register for entry, complete all relevant online and/or on-site check-in processes, and wear official event identification and/or credentials, when and where specified as outlined by Wodapalooza Mexico, to participate in any/all WZA Sports LLC/As Deporte events.

Information provided, either in registration or video submissions, scores, times, reps, or rounds completed, must be a complete truth. A lack of integrity, or any actions that evidence an intent to cheat or circumvent the Rules or intent of the Rules, including lying, for example, will result in disqualification.

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.

For the latest, up-to-date information, refer to this document, the official rulebook.

2.2. DRUG POLICY

Wodapalooza Mexico prohibits athletes from using any performance-enhancing or illegal substances. If it is found that an athlete is under the influence or use of such substances during any stage of the competition, Wodapalooza Mexico 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.

Wodapalooza Mexico adheres to the CrossFit Games Official Drug-Testing Policy, available [here](#).

2.3. PHOTO, VIDEO, & LIKENESS USE POLICY

Non-professional, non-flash photography and video cameras are permitted at Wodapalooza Mexico venues/events for personal use only. All cameras (video and still) must be hand-held with an interchangeable or telephoto lens no longer than five (5) inches long. Monopods, tripods, and cameras with telephoto or interchangeable lenses greater than five (5) inches at full lens extension (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 Wodapalooza Mexico in each instance.

Wodapalooza Mexico may, at its 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 an editorial assignment or authorized by Wodapalooza Mexico. The time, area, and scope of access will be at Wodapalooza Mexico's sole discretion. Credential(s) and access may be revoked at any time with or without cause. Wodapalooza Mexico 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.

Still images & Video Footage: This content may not be used for any commercial or retail purposes and may only be used for promotional purposes upon written permission of the athlete(s) depicted in such imagery and with a written license agreement from Wodapalooza Mexico. 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.

By attending this Event, you consent to being photographed, filmed, and/or otherwise recorded, and to any use, by Wodapalooza Mexico, event sponsor(s), event vendors, and each of their respective successors, assigns, affiliates, employees, agents, representatives and licensees (the "event parties") of my likeness, voice, and name in connection with the event parties use or exploitation of the event content, in any manner and media, in perpetuity.

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 the property of Mexico City or at any property offsite where a Wodapalooza Mexico event occurs is prohibited under all circumstances except under the terms and conditions of a written permission from Wodapalooza Mexico. This policy applies to all individuals, persons, companies, and business entities and includes, but is not limited to, promoters, brand partners, athletes, tenants, renters, patrons, visitors, and guests. Permission to stay on the property may, at the discretion of Wodapalooza Mexico, be revoked for any person[s] in violation of this policy. Additionally, it is illegal without proper licensing. Any individuals found in violation may be subject to legal action.

2.4. EQUITY, FAIRNESS, & CONDUCT

All athletes agree to compete in a sportsmanlike manner. Unsportsmanlike behavior, such as arguing with an official or staff, taunting, heckling, fighting, or any conduct that would bring disrepute upon Wodapalooza Mexico, the competition, other competitors, spectators, or event sponsors, as determined by Wodapalooza Mexico, in the eyes of the viewing public or the community, may be grounds for penalty or suspension.

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 the athlete. 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.

Wodapalooza Mexico 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 Wodapalooza Mexico Event at any time, with no further obligation or duty to such individual.

Wodapalooza Mexico has and may delegate to an On-site Director the absolute authority on any final ruling, including, without limitation, the disqualification of an athlete, removal of spectator(s) or coaches, or dismissal of any attendee.

This is not an exhaustive list and is intended as a guide for athletes, coaches, and other attendees. This is not intended as a limitation on Wodapalooza Mexico's right to operate the competition in any manner it sees fit.

Wodapalooza Mexico has adopted the CrossFit Games Transgender Policy, section 9.01 of the CF Rulebook [found here](#).

2.5. AGE REQUIREMENTS

An athlete's age will be based on years only and will not take into consideration months until a subsequent change in age. An athlete's age on the first day of competition is the age to use for the respective division or team. For example, if an athlete is 35 years, 7 months, and 4 days old on Day 1 of their on-site competition, their official age is 35.

All divisions: Require all athletes to be 13 or older as of the first day of the participating competition.

For athletes participating in the WZA Mexico OCQ, their age is determined by the start of the Wodapalooza Mexico event for which they are qualifying.

2.6. REGISTRATIONS & REFUNDS

All registrations are final. No refunds or transfers are permitted unless specifically stated otherwise, regardless of the reason (injury, illness, change in work schedule, deployment, pregnancy, etc). For any additional information regarding transfers or teammate swaps, please refer to the specific event section of this document for directions and guidelines.

Wodapalooza Mexico reserves the right to invite past WZA 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 WZA.

Athletes must validly and truthfully register online with the appropriately outlined and corresponding digital registration platform(s) with all required information.

Minor athletes: athletes under 18 must obtain parental consent during all registrations and have a parent or guardian present for the entire duration of any on-site event.

International athletes: International athletes may be required to obtain a VISA to gain entry into Mexico to participate. It is suggested that those athletes begin the application process of applying for and obtaining such documents well in advance of the on-site competition.

2.7. WEATHER & ENVIRONMENTAL CONDITIONS

Wodapalooza outdoor events are subject to variable weather and environmental conditions, including but not limited to rain, wind, heat, cold, and other unforeseen elements. By registering for and participating in Wodapalooza Mexico, all athletes acknowledge and accept these inherent risks.

Wodapalooza Mexico reserves the right, in its sole discretion, to delay, modify, suspend, or cancel any portion of the event due to weather conditions or other factors that may impact athlete safety, event operations, or overall experience.

Such decisions may be made with little or no advance notice. No refunds, credits, or compensation will be provided due to weather-related impacts, schedule changes, or event modifications.

For the safety of all participants, outdoor competition will be delayed if lightning is detected within a 8-kilometer radius of the venue. Competition will be paused for a minimum of 30 minutes and will resume only when conditions are deemed safe by event organizers.

Updates will be communicated every 30 minutes for all delays via the event app, athlete messaging platforms, and email.

2.8. PRIZE WINNINGS

Cash prizes will be deposited by Asdeporte after deducting the applicable tax withholdings mandated by Mexican law. Asdeporte will be responsible for remitting these withholdings to the Mexican Tax Administration Service (SAT). It is the sole responsibility of the winning athlete to present a valid official identification, as well as to comply with any additional tax obligations, filings, or taxes applicable in their country of origin or tax residence regarding the receipt of such prize.

3. STANDARD COMPETITION PROCEDURES

3.1. SCHEDULE

Event schedules will be released via email to each competing athlete no later than 45 days before the start of competition. It is the responsibility of each competing athlete & Team to meet required travel and

scheduling commitments.

3.2. WORKOUT FORMAT

All workouts will be released to all athletes before the competition begins.

Athletes are 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.

For all levels of Wodapalooza Mexico competitions and qualifying events, the workout format will be released and communicated uniformly to all athletes online and/or on-site at athlete briefings. The workout format will include the following:

- Required movements to include starting and ending ranges of the movement, prohibited techniques, accessories, and/or equipment, and all adjustments by Division, if any.
- Required number of repetitions and/or repetition scheme
- Required equipment
- Required amount of weight, which will be released in pounds
- Time-domain or time limit
- Scoring details
- Filming and submission guidelines, if any.

WEIGHT REQUIREMENTS

It is the athlete's responsibility to use the correct poundage and/or pre-determined conversion as published by Wodapalooza Mexico. Collars, while required, cannot be included as part of the weight.

In the case of the WZA Mexico OCQ, kilogram conversions will be provided. If an athlete is unable to meet the exact kilogram conversions, they must use a load that is, at a minimum, as heavy as the prescribed load (i.e., 20lb wall ball converted to 9kg; the athlete may use a 10kg wall ball if they do not possess 9kg). 15kg weightlifting bars will be considered to be 35 pounds, and 20kg bars will be considered to be 45 pounds.

If a workout requests the athlete to determine the weight (i.e., 1 rep-max), the official weight must be recorded in pounds. If converting kilograms to pounds, round to the nearest pound (.5 and up round up, .4 and below round down, i.e., 200.1 to 200.4lb rounds down to 200 lb vs. 200.5 to 200.9lb rounds up to 201 lb.) Any weight increase with change plates must result in a whole number (no decimal points).

3.3. SCORING FORMAT

The athlete or Team with the best performance over multiple workouts wins and/or advances.

On-Site Scoring Format: Athletes will be ranked on their performance on each workout. Based on their rank, they will be assigned points. They will be ranked on the overall leaderboard sequentially based on their total accumulated points (i.e., higher points = higher placement). After the event, the athletes with the highest point total will be declared winners. The point index is based on a sliding point system where each workout has a potential of 100 points. 1st = 100 points, 2nd = 95 points, 3rd = 90 points, etc. The point system can and will be adjusted for the number of competitors/teams in each division.

Online Challenge & Qualifier Scoring Format: Scoring follows a "golf style" system, similar to that used by the CFG Open. An athlete's individual placement within their division equates to the number of points they

receive for each workout. For example, 1st place is 1 point, 2nd place is 2 points, 3rd place is 3 points, etc. At the conclusion, athletes with the least amount of total points will be placed at the top of the leaderboard, and others will be ranked accordingly in order from lowest to highest.

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 remain 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.

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 event, regardless of overall rank.

Some workouts may have a minimum amount of time, repetitions, weight, or rounds required to advance. Any minimums will be announced as part of the workout format. Failure to reach the minimum requirements will prohibit the athlete or Team from advancing in the competition. If an athlete does not advance to the next workout for any reason (DNF, injury, etc.), they will be ranked below all competitors who started that workout.

For on-site events, scaling or modifying workout(s) is prohibited and will prohibit advancing. Official times are electronically recorded by each judge's stopwatch. Floor cameras will serve as backup and validation in the event of an appeal.

Workouts may use chip timers for timing. The chip will be placed on the same area of the body for all athletes; failure to do so may result in a DNF for the workout. The time for each athlete will be recorded when the timer reaches the finish mat or crosses the finish line.

Initial score submissions will determine heat reseeding, regardless of any active appeals at the end of the day. Wodapalooza Mexico will address appeals promptly, but will not delay heat assignments due to pending appeals.

3.4. JUDGES

"Judges" are inclusive of event Judges and describe the person validating athlete movement standards and online score submissions. All potential event Judges are recommended to complete the CrossFit Games Judges Course and are encouraged to have previous judging experience. Judges are not mandated during the Wodapalooza Mexico OCQ.

Judges are instructed not to touch or move competition equipment during a workout unless expressly indicated otherwise, the equipment will interfere with another athlete's performance, or if there is a legitimate safety concern.

Non-compliance with a judge's instructions, bickering with or questioning event Staff, attempting to show up or publicly embarrass any judge, event staff, Wodapalooza Mexico, event sponsors, spectators, other athletes, or venue operator or owners, as determined by Wodapalooza Mexico (Including staff), may result in penalty or disqualification from the event and/or future events.

Event Judges and On-site Directors have the authority to stop or suspend an athlete at any point in the competition if he or she feels that the athlete is at risk of serious injury to himself/herself or others.

3.5. BRIEFINGS

Event movement standards and required range of motion shall be delivered or prescribed before the competition during the athlete briefings. Briefing schedules and athlete attendance requirements will be released to all athletes before the start of the competition, which will be either virtual or in-person.

Wodapalooza Mexico 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 to all athletes in advance. If a translator is needed, please email mexico@wodapalooza.com in advance.

The defined method by which the athlete meets the Range of Motion standard will be announced by Wodapalooza Mexico. Delivery can be in the form of online media, written documents, or athlete briefings, either with or without demonstration. Regardless of delivery method, the athlete is required to meet or exceed the Event Movement Standard requirements during all competitions.

3.6. 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. Any infraction of the Movement Standards or Range of Motion will result in the loss of repetition(s).

3.7. PHYSICAL LIMITATIONS IN THE RANGE OF MOTION

Physical limitations in the 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 staff before competition, may be granted an exception at Wodapalooza Mexico's sole discretion. These cases are very rare and will be handled on a case-by-case basis.

3.8. MEDICAL, INJURIES, WORKOUT ATTENDANCE

Wodapalooza Mexico medical staff will be available at all on-site events for athletes to ensure a safe and successful event. The role of our medical staff is to support athletes through education and counseling, preventive care, on-site treatment, and, when necessary, off-site referral. The medical staff will have a presence on both sides of every stage to facilitate immediate response for all medical emergencies, as well as decontamination of equipment between heats.

All on-site injuries must be communicated to the Director of Medical and/or the Director of Athletes. If an athlete can perform the minimum workout requirement and/or takes the floor, they will continue in the competition, and their score will be reflected on the leaderboard.

If an athlete or Team member is injured, the team may continue competing until such time as they are unable to complete the workout as prescribed. Then, the athlete/Team will receive a DNF for the workout.

Teams may request a teammate substitution, mid-event, by contacting the Director of Athletes at Athlete Headquarters for approval. In the case a substitution is honored, the team may proceed in the competition

but will receive a zero/DNF for any workout that is completed after the substitution has taken place. Wodapalooza Mexico reserves the right to deny or approve teammate substitution requests.

If an athlete or Team is unable to participate in a workout for any reason (injury, no show, etc.), the athlete or Team will be withdrawn from the competition. The athlete or Team will retain the points they have earned from the workouts in which they participated up to the point of withdrawal and will be ranked accordingly within the final leaderboard.

The Director of Medical and the Competition Director will have the authority to remove any athlete from competition based on the severity of the injury, the likelihood of further injury, and other injury-related safety factors at the discretion of the on-site directors.

During on-site competition, the medical staff will make access to the field of play at the request of the athlete, a judge, and/or the judgment of the field medical lead assigned to the stage in question. Should further care or transport be needed, Wodapalooza Mexico will facilitate that access with on-site EMS as well.

3.9. ATTIRE REQUIREMENTS

Athletes must wear sport footwear while competing. Slippers, socks, and open-toed shoes are not permitted. An exception may be made for swim workouts. Shoes may not be altered from their original manufactured state to increase the sole's height.

Garments that provide floating assistance (i.e., buoyancy shorts) are not permitted.

Athletes may cover their hands and fingers with tape, gymnastics grips, or gloves for protection from tearing. These resources may not be used in a manner that provides additional grip assistance (i.e., wrap gymnastics grips around a pull-up bar or barbell). The grips cannot contain a dowel, and the grip cannot be sewn into a fold.

Subject to Wodapalooza Mexico's prior approval, 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 an advantage.

Electronic devices such as watches, wearables, and heart-rate monitors are permitted. All other electronics, such as music players and headphones, may not be worn. Portable media devices such as mobile phones or tablets are not permitted.

Before entering the Competition Stage, athletes may be notified by event staff to bring only certain items onto the floor. Athletes should only enter the competition floor with the personal items or attire that are necessary for that specific event. If athletes are permitted to bring items onto the floor, they must be kept within their own competition lane. Items deemed to be excessive for an event may include extra shoes, water bottles, and extra clothing, and may not be permitted.

Proper attire is required at all events. No attire shall interfere with event Judging and the ability to see the Event Movement Standards or Range of Motion.

3.10. ONLINE CHALLENGE & QUALIFIER APPEALS - RULES, GUIDELINES, & PROCESS

For all inquiries during the OCQ, the athlete immediately notifies staff at mexico@wodapalooza.com about the result in question by stating their name & reason for the protest. Inquiries will be answered in the order they are received.

Scoring protests/appeals made by anonymous individuals regarding another athlete or the team's performance will not be accepted.

Staff & athletes will communicate to fact-find and define the issue in protest. Meeting submission requirements & deadlines is the responsibility of the athlete. All undetermined rulings and late or potentially late submissions must be communicated to staff immediately, time and date stamped, in an email to mexico@wodapalooza.com.

Judgment calls made during the video review period are final and are not negotiable or subject to change or modification. However, if a mistake is made on the part of a judge, Wodapalooza Mexico reserves the right to further review and reassess on a case-by-case basis.

3.11. ON-SITE EVENT APPEALS - RULES, GUIDELINES, & PROCESS

At the conclusion of a workout, all athletes must sign their scorecards and ensure their scorecard has a score/time recorded by the judge. Signing the individual or team scorecard indicates that the athlete acknowledges that they have a score. It does not mean the athlete agrees with the score. Appeals may only be made after signing the scorecard.

Only affected athletes, exclusively those in the individual divisions, the team captain of a team, the legal guardian representing any athlete under 18 years of age, or an athlete or team's coach may appeal a result. No other parties may appeal on behalf of an athlete or team.

All appeals and scoring discrepancies should be addressed immediately following the event in question. All appeals or scoring discrepancies must be filed within 60 minutes of the athlete or team's score being published on the leaderboard via a web link provided in the Athlete Handbook, at Athlete Headquarters in the athlete village, or on the athlete or team captain's Competition Corner profile. No appeals will be accepted after the completion of that competition day unless otherwise stated.

Scores entered after 11:00 PM in the timezone of the on-site event are subject to appeal into the following day. Appeals must be submitted by 11:00 AM the following day.

On the final event of the final day of the competition for all divisions, athletes may only appeal their workout score immediately following the conclusion of their assigned heat.

The appeals team will review the facts presented and make a ruling. The athlete will be notified of this ruling via email. In the case that they need additional information or to speak in person, they will contact the appealing party via the info provided in the form.

An athlete or team cannot appeal the following movements that are deemed no reps by the judge. Movements include, but are not limited to, squat depth, hip extension, etc. In rare cases, an athlete's or team's appeal may include specific movements resulting in a no rep, as defined by Wodapalooza Mexico. Movements include, but are not limited to, rope climbs, sled drag with straps, etc.

Athletes may appeal discrepancies related to the judging, scoring, or performance of another athlete or Team. An athlete or team's appeal can include the following:

- Total number of repetitions completed
- Total time
- Barbell or other implement loading errors and equipment failures
- Stage or course directional inconsistencies
- Scorecard or leaderboard errors
- Miscommunication of movement standards
- Another athlete or team's score

Wodapalooza Mexico staff have final authority on all appeal or protest rulings.

Wodapalooza Mexico follows the "Two Appeal Rule". Athletes/Teams will start the competition with two appeals. Following each event, athletes have the option to submit an appeal (see the eligible list above). If, after investigation, the appeal is granted, the athlete/team will retain their appeal count. If, after investigation, the appeal is denied, the athlete/team will lose one appeal from their appeal count. If an athlete/team exhausts their appeal count, they will not be allowed to make any other appeals over the remainder of the competition. Appeals of another athlete's/ team's score will not count towards the two appeals rule as long as the appeal is granted.

Missing mandatory competition responsibilities, such as athlete registration or event briefings, may result in a loss of an appeal at the Head Judge's discretion without prior communication.

Wodapalooza Mexico will accept one outside video submission for your appeal. The video link must be uploaded via the Competition Corner appeals system. The video must not be edited in any way, shape, or form. Video uploads and appeals must be submitted within the appeals window. Failure to follow these guidelines may be grounds for immediate denial of the appeal and/or loss of the appeal.

Wodapalooza Mexico is not responsible for errors or technical difficulties on behalf of the user/wireless carrier/any technology provider.

Wodapalooza Mexico will not provide any public internet access or connectivity for participants. If needed, athletes will have access to iPads located at Athlete Headquarters to submit an appeal.

The on-site Director, Competition Director, or their designee may ask for related media, and its availability may or may not guarantee use or admissibility in the overall decision process.

Nothing in these rules, including event appeals, scoring discrepancies, event movement standards, and range of motion, should be read as a limitation on Wodapalooza Mexico's right to run or operate the Event as it sees fit in its sole and absolute discretion.

The Director of Judging and Wodapalooza Mexico's decision is final. This includes the right to remove or disqualify any Team or athlete at Wodapalooza Mexico's sole and absolute discretion.

3.12. ON-SITE ATHLETE REGISTRATION

Athlete Registration is mandatory and will take place in person the day before their division competition starts. It is the responsibility of each athlete and team to meet all required scheduling commitments. Dates, times, and locations of on-site registration will be available in the Athlete Handbook and communicated to all athletes via email before the competition.

Athletes must provide a valid form of identification. Accepted proof of identification includes a state driver's license, passport, military ID, birth certificate, and other officially verified forms of identification.

Athletes may be granted a late check-in before the first event for special circumstances. Wodapalooza Mexico reserves the right to deny special requests. Athletes must contact staff no later than one (1) week before the start of the event at mexico@wodapalooza.com.

Gymreapers Wodapalooza makes no guarantee that on-site athlete registration access will be available after the assigned registration day. Once the first workout begins on-site, athletes or Teams who have not checked in will be disqualified from the competition.

3.13. ATHLETE HANDBOOKS

Wodapalooza Mexico will provide an Athlete Handbook for the Mexico City event.

Athlete Handbooks are an extension of the Rulebook; it is the responsibility of the athletes to review and abide by all guidelines.

4. 2026 SEASON DETAILS

4.1. WODAPALOOZA MEXICO ONLINE CHALLENGE & QUALIFIER

DATES

August 18, 2026 - August 26, 2026

FORMAT

All online challenge workouts are structured to allow athletes to perform them remotely.

Athletes are required to complete the workouts to the designated standards based on their division selection and submit scores within the required window. The top athletes within each division will qualify for the WZA Mexico on-site event.

Score and video submissions will be required to be eligible to qualify to compete at Wodapalooza Mexico.

DIVISIONS

- Elite Male
- Elite Female
- Rx Male
- Rx Female
- Intermediate Male
- Intermediate Female
- Teens Boys 13-15
- Teens Girls 13-15
- Teens Boys 16-18
- Teens Girls 16-18
- Masters Men 35-39
- Masters Women 35-39
- Masters Men 40-44
- Masters Women 40-44
- Masters Men 45+
- Masters Women 45+

REGISTRATION

Registration will go live on July 8th, 2026 on Competition Corner. All registration & service fees are due at the time of registration; all sales are final. The deadline for registration is August 26, 2026, at 8:00 PM Mexico City Time / 10:00 PM ET.

REGISTRATION FEES

All individual divisions: \$360 MXN + service fees

REGISTRATION TRANSFERS

All sales are final, no refund or registration transfers will be accepted.

4.2. WODAPALOOZA LATAM CUP

DATES

The 2026-2027 LATAM Cup Season consists of a series of Partner Events held throughout Latin America beginning in August 2026 and concluding in November 2026.

FORMAT

The Wodapalooza LATAM Cup is the official Latin American qualification pathway to Wodapalooza Mexico.

Athletes earn qualification by competing at designated LATAM Cup Partner Events. Each Partner Event awards qualification spots to Wodapalooza Mexico based on the divisions approved for that event.

Athletes may compete in multiple Partner Events throughout the season to improve their opportunity to qualify.

ELIGIBLE DIVISIONS

LATAM Cup qualification is available in the following Individual divisions:

- Elite Male
- Elite Female
- Rx Male
- Rx Female
- Intermediate Male
- Intermediate Female
- Teens Boys 13-15
- Teens Girls 13-15
- Teens Boys 16-18
- Teens Girls 16-18
- Masters Men 35-39
- Masters Women 35-39
- Masters Men 40-44
- Masters Women 40-44
- Masters Men 45+
- Masters Women 45+

Divisions offered at each Partner Event may vary. Qualification opportunities are limited to divisions officially approved for that event.

PARTNER EVENTS

Each LATAM Cup Partner Event operates independently and is responsible for its own competition format, workouts, judging standards, registration process, athlete communication, and event operations.

Athletes must comply with both this Rulebook and the official rules established by each Partner Event.

QUALIFICATION TO WODAPALOOZA MEXICO

Qualification spots are awarded to the highest-finishing eligible athletes in each qualifying division at each Partner Event.

The number of qualification spots available per division will be announced before the start of each Partner Event.

If a qualified athlete has already secured a qualification through another LATAM Cup Partner Event, the qualification spot will roll down to the next eligible athlete, provided the athlete meets all event requirements.

Qualified athletes will receive instructions to complete their Wodapalooza Mexico registration. Failure to register within the specified deadline will result in forfeiture of the qualification spot, and the invitation may roll down to the next eligible athlete.

Athletes are responsible for all registration fees, travel, accommodations, visas, and any other expenses associated with competing at Wodapalooza Mexico.

FINAL AUTHORITY

WZA Sports LLC reserves the right to validate all qualification results, resolve eligibility questions, issue or revoke qualification invitations, and make any adjustments necessary to preserve the integrity of the LATAM Cup qualification process.

4.3. WODAPALOOZA MEXICO

DATES & LOCATION

December 4-6, 2026, in Mexico City.

DIVISIONS & SPOTS AVAILABLE

Individuals: Elite (20M/20F), Rx (20M/20F), Intermediate (20M/20F), Teens 13-15 (20M/20F), Teens 16-18 (20M/20F), Masters 35-39 (20M/20F), Masters 40-44 (20M/20F), Masters 45+ (20M/20F)

Co-Ed Pairs: Rx (20), Intermediate (60), Open (40)

Male/Male Pairs: Rx (20), Intermediate (60), Open (40)

Female/Female Pairs: Rx (20), Intermediate (60), Open (40)

Divisions and spot allocation are subject to change at the discretion of Wodapalooza Mexico.

Division winners will receive an invite to Gymreapers Wodapalooza Miami Beach 2027 for all divisions that are also available in the same format in WZA Miami 2027. Registration fees will apply.

Master's Age Requirements - please see section 2.5 of this document for all age requirements.

INVITES & QUALIFICATION

All individual divisions will be invited based on qualification through the WZA LATAM Cup and the WZA Mexico OCQ. Each invited athlete will be given a set amount of time to accept their invitation and complete

registration. If the athlete does not register by the deadline provided to them, they forfeit their spot, and WZA Mexico will backfill spots as needed. Dates at which invites will start will be communicated before the WZA Mexico OCQ event. Athletes will be provided a link to accept the invite and complete registration through Competition Corner. All registration & service fees are due at the time of registration; all sales are final.

LATAM Cup Invite Criteria:

- Elite: 10M / 10F Invited spots available
- Rx: 10M / 10F Invited spots available
- Intermediate: 10M / 10F Invited spots available
- Teens 13-15: 10M / 10F Invited spots available
- Teens 16-18: 10M / 10F Invited spots available
- Masters 35-39: 10M / 10F Invited spots available
- Masters 40-44: 10M / 10F Invited spots available
- Masters 45+: 10M / 10F Invited spots available

Qualification & invites per division per WZA Mexico OCQ:

The number of qualification spots available per division through the OCQ is subject to change based on the number of WZA LATAM Cup Partner Events offering that division. The number of available spots through the OCQ may increase, but will not be fewer than the minimum allocations listed below.

- Elite: (Male) 1st - 8th | (Female) 1st - 8th
- Rx: (Male) 1st - 10th | (Female) 1st - 10th
- Intermediate: (Male) 1st - 10th | (Female) 1st - 10th
- Teens 13-15: (Boys) 1st - 10th | (Girls) 1st - 10th
- Teens 16-18: (Boys) 1st - 10th | (Girls) 1st - 10th
- Masters 35-39: (Male) 1st - 10th | (Female) 1st - 10th
- Masters 40-44: (Male) 1st - 10th | (Female) 1st - 10th
- Masters 45+: (Male) 1st - 10th | (Female) 1st - 10th

PAIRS OPEN REGISTRATION

All Pairs divisions will be open for registration on a first-come, first-served basis; no qualification or prerequisite is required for registration. Registration will go live on a TBA date. Event registration can be found on the [Gymreapers Wodapalooza website](#) & the Competition Corner Event Page.

Deadline for all registrations: October 26, 2026, at 8:00 PM Mexico City Time or until divisions sell out. Registration fees will include athlete kits and full access to the event. All registration & service fees are due at the time of registration; all sales are final.

Athletes may only compete in one division within the Wodapalooza Mexico event.

REGISTRATION FEES

Elite Individual | \$5500 MXN per person + service fees

Individual | \$4500 MXN per person + service fees

Pairs | \$7900 MXN per pair + service fees

REGISTRATION TRANSFERS

Athletes competing in an individual division may not transfer or substitute their spot for any reason. Athletes competing as a pair are eligible to substitute one (1) athlete for a valid extenuating circumstance. Once one substitution has been made, teams are unable to make any further substitutions.

Deadline to substitute an athlete: October 12, 2026, at 8:00 PM Mexico City Time. All substitution inquiries must be made via email to mexico@wodapalooza.com before the above deadline. The team will be charged a one-time fee of \$1500 MXN.

ADDITIONAL PASSES

COACH PASS

Athletes will have the opportunity to purchase a single Coach Pass for an additional cost per entity during checkout when registering for the event. A Coach Pass will grant full access to the event, including the Athlete Village.

Coach Pass purchases will be limited as follows: one (1) per Individual, one (1) per Pair, and one (1) per Team of three. All sales are final; no refunds or credits will be applied.

GUARDIAN PASS

Minors will receive one (1) Guardian Pass per individual. Due to age, we require minors to have a legal guardian present in Athlete Village. A Guardian Pass will grant full access to the event and Athlete Village. Credentials are non-transferable.

Guardians must be declared at registration and must be 18 years or older. Designated guardians must be on-site to register with their respective athlete and receive their credentials.

4.4. THE GAUNTLET

DATES

Friday, December 4 - Sunday, December 6, 2026

FORMAT

The Gauntlet workout consists of three (3) 15-minute stations, with a 5:00 rest between each station. Start strong, finish fast.

DIVISIONS

Offering Individual and Same Gender Pair options in all available levels.

IRON PRO

This division is intended for experienced athletes who can sustain longer cardio efforts and confidently cycle moderate-to-heavy loads or hit a max lift with a barbell.

IRON LITE

This division is intended for experienced athletes who can sustain longer cardio efforts and confidently cycle moderate-to-lighter loads or hit a max lift with a barbell.

GRIT PRO

This division is intended for athletes who can sustain longer cardio efforts and move heavier sandbag loads efficiently, and is well-suited for athletes who excel at odd-object work, conditioning, and high-effort, grit-style workouts.

GRIT LITE

This division is intended for athletes who can sustain longer cardio efforts and move moderate sandbag loads efficiently, and is well-suited for athletes who excel at odd-object work, conditioning, and high-effort, grit-style workouts.

REGISTRATION

Registration opens TBC.

REGISTRATION FEES

Registration fees TBC.

REGISTRATION TRANSFERS

Athletes may request to transfer their spot to another athlete, provided the athlete remains in the same division registration.

To request a transfer, athletes must speak to the Athlete Relations Head Staff on-site or email mexico@wodapalooza.com and receive confirmation.

5. LEGAL STUFF

1. Disclaimer of Liability for Technical and Technological Failures

WZA Sports LLC, Asdeporte, their affiliates, operators, sponsors, and collaborators (hereinafter, "**The Organization**") are not responsible for inaccurate, incomplete, or incorrect registration information, whether caused by website users, human error, or by any of the equipment or programming associated with or utilized in the event systems.

The Organization assumes no responsibility for any error, omission, interruption, deletion, defect, or delay in the operation or transmission of any website related to **Wodapalooza Mexico**, nor for communication line failures, theft, destruction, alteration, or unauthorized access to entries, registrations, participation, or athlete information.

Furthermore, The Organization is not responsible for any problems, technical, hardware, or software malfunctions of any telephone network or lines, failed, incorrect, inaccurate, incomplete, or delayed electronic communications—regardless of whether caused by the sender or by any equipment or programming associated with or utilized in the event—nor for failures in online systems, servers, providers, computer equipment, software, or the failure of any email, video submission, or entry to be received due to technical problems, internet traffic congestion, or any combination thereof, including any injury or damage to the participant's or any other person's

computer or device resulting from participation or downloading any materials related to Wodapalooza Mexico.

2. Conduct, Fraud, and Right to Disqualification

The Organization reserves the right, at its sole discretion, to disqualify any individual who:

- Tamper with, manipulates, or attempts to compromise the entry process, online qualification (*Online Qualifiers*), or the operation of the official Wodapalooza Mexico website and platforms.
- Acts in violation of the official Event Rules.
- Engages in unsportsmanlike, disruptive behavior, or acts with the intent to annoy, abuse, threaten, or harass any other participant, judge, volunteer, or staff member.

Any use of automated, robotic, programmed, macro, or similar entry methods will immediately void all entries submitted by such methods. In the event of a dispute regarding entries submitted by multiple users sharing the same identifying information, The Organization reserves the exclusive right to determine the valid entry in accordance with the official rules.

3. Force Majeure, Cancellation, and Event Modification

If for any reason the event or its qualifying stages cannot run as planned due to computer viruses, technical failures, unauthorized tampering, fraud, adverse weather conditions, natural disasters, health emergencies, government orders or restrictions, or any other cause beyond the reasonable control of The Organization that affects the administration, security, fairness, integrity, or proper conduct of the event, The Organization reserves the right, at its sole discretion, to:

1. Void suspect registrations or submissions.
2. Cancel, modify, postpone, or suspend the event in any of its phases.
3. Select qualifiers or winners from among all eligible, non-suspect entries received prior to the cancellation, modification, or suspension.

The Organization has no absolute obligation to run or produce the event (or any part thereof) if conditions do not permit. In the event of a definitive cancellation of the event due to force majeure not attributable to The Organization, The Organization shall have no obligation to award any cash or in-kind prize purse.

4. Finality of Decisions and Ownership of Materials

All decisions made by The Organization and its judging staff concerning eligibility, judging, movement validation (*rep counting*), time penalties, and scoring in any stage of Wodapalooza Mexico are **final, definitive, and binding**, and are not subject to challenge, appeal, or any judicial or administrative recourse.

All videos, materials, data, and documents submitted as part of the qualification or registration process shall become the exclusive property of The Organization, with no obligation to return them or maintain them in private files.

5. Image Rights and Audiovisual Release

By registering and participating in Wodapalooza Mexico, the athlete grants The Organization a free, express, and irrevocable authorization and assignment of rights to use their name, voice, image, likeness, photography, video, and audiovisual representation captured during the in-person event or submitted during the qualifying phases. The Organization may exploit such material in any medium now known or hereafter devised (including television, social media, streaming, and promotional or commercial materials), globally and indefinitely, without any right to additional financial compensation for the participant.

6. Governing Law and Jurisdiction

For the interpretation, fulfillment, and resolution of any dispute arising from these regulations and participation in the event, the parties expressly submit to the applicable laws and the jurisdiction of the competent courts of Mexico City, waiving any other venue or jurisdiction that may correspond to them by reason of their present or future domiciles.

6. AMENDMENTS