



BOX RULES REV WITH SNAZZY UPDATES

- 1 Leave your ego at the door ...**or we'll check it for you! Never forget, somewhere a high school kid is warming up with your PR!
- 2 Set daily goals for yourself!** Never say "I can't". You won't get pity here.
- 3 Get on the Daily Schedule!**
- 4 Arrive on time.** If you're late, your work out will be shortened, not your warm up. If you don't have time to warm up, you don't have time to work out!
- 5 Warm ups are posted for a reason. Do them!**
- 6 Set up your own stations and unload your bars when you are done.** We are "coaches" and though many of us are personal trainers, we don't load/unload your bars.
- 7 Have standards.** Chest to ground...chin over bar...full extension, drop below parallel. Be ...familiar with these cues and know what they mean.
- 8 TECHNIQUE. CONSISTENCY, INTENSITY.** First comes form, then comes weight. Don't argue with your coaches when they suggest you scale the weight.
- 9 Use chalk over bucket.** Don't break off pieces of chalk or take chalk blocks out of the bucket. Go to the bucket to re-chalk.
- 10 Count your reps accurately and honestly.** No one cares what your score is but everyone cares if you cheat.
- 11 Document your scores and progress.** Write your @*#! times and loads in your WOD BOOK/Journal.
- 12 Clean up your DNA.** Ex: blood, sweat, vomit, spit, etc
- 13 Don't make us ask you for money!** Dues are due on the 1st of the month.
- 14 Let the coaches coach.** While support is great, giving technical advice and coaching is not. We have experienced coaches who know it's their job to inform, instruct and coach technique.
- 15 Introduce yourself.** We are more than a gym...we are a community. If you see a CrossFitter you haven't met yet, introduce yourself, as they may need to revive your unconscious body later!
- 16 If you don't know, ask!** If there is something you are unsure about, please ask. We would much rather you ask so we can address any issues and not risk any injury!
- 17 LAUGH! Come on!** We all look funny doing this stuff... especially you!
- 18 Please show respect to your coaches and fellow athletes!**

FOR ALMOST THREE YEARS,
THIS HAS BEEN THE RULE.
IT'S FOR QUALITY OF
COACHING AND ALLOWS US
TO BE PREPARED FOR YOU.

YOU REALLY THINK WE
DON'T KNOW? DON'T
MAKE US QUESTION YOUR
INTEGRITY!



BOX RULES - WITH SNAZZY UPDATES

NEW RULES... WELL, NONE OF THEM ARE NEW, BUT THEY ARE "ASSUMED"!

- 1 We don't pimp out Couch Mouth (ED) as a PT.** We have a triage system if you tweak or hurt something. Please don't "grab" him on the fly. Our system is in place so athletes use the right resources at the right time. Ask a head coach, we'll advise and if a solution cannot be found we'll ask Ed for a consult. So ask a Head Coach if you have a "tweaked" question.
- 2 Put your bars, weights mats, rollers, bands, boxes (etc) back after your WOD.** Your mother doesn't live here. Leave the gym in better order than you found it. And don't think we don't know who you are if you have a chronic problem with this...prepare to be razzed!
- 3 The WOD is the WOD.** We will sub out movements if you have a tweak or aggravated body part, but we don't do yesterday's WOD because you missed it, and we don't make up other WOD's because you don't like today's WOD. Welcome to CrossFit: making you prepared for the unknown and the unknowable.

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