

WOD-liiga 2025 – briefly in English!

WOD-liiga is an entry-level online pair competition for CrossFit enthusiasts, every month. It is designed with love for you and your workout partner! Season 2025 is now in action, and you can take part in any competition you wish!

- Buy a pass [here!](#) (Sry these are in Finnish due to Reppi.fi limitations :())
- Sign up for the monthly competitions [here!](#)
- The Fall competitions for 2025 are 20.-27.8., 15.-22.10. and 10.-17.12.

WOD-liiga offers more accessible weights than elite competitions and does not require skills like muscle-ups or handstand walks. However, some challenging movements like snatches, toes-to-bar (T2B), chest-to-bar (C2B), double-unders (DU), and kipping handstand push-ups (HSPU) might appear, but not frequently. Importantly, you can progress if one of you can perform the movement.

You don't have to join every competition; you can choose events that fit your schedule and you're even allowed to change partners for different competitions. The league's competitions consist of one or two intense workouts completed in about 15 minutes, designed to leverage each partner's strengths. These events can easily integrate into a gym's programming, replacing a 60-minute guided class with a competition format that includes warm-up, setup, competing, and cleanup.

Scaled versions of movements and weights are available, making the competitions inclusive for different skill levels and age groups. Scoring is based on trust, with participants or their coaches acting as judges, ensuring integrity in the counting of reps.

WOD-liiga aims to unite CrossFit enthusiasts through challenges every other month (6 per year), fostering community engagement and discussion. It is organized by functional fitness enthusiasts for the love of the sport. **Participation costs are: €35 for a pass to 6 competitions or €20 for 3, with single event entry at €10.** If you are not satisfied after three events, you get your money back!

Signing up for competitions is done through Reppi.fi before workout announcements, which are made monthly on the WOD-liiga Instagram (@wodliiga). Competitors have eight days (from Wednesday to next Wednesday) to complete the workout at their gym and submit results.

The 2025 season includes a different-themed competition every month, with a break for the CrossFit Open. **Categories are available for male, female, and mixed pairs across open and Masters age groups.** Your age is decided for each competition based on what it is on the start day of the competition.

Rewards include certificates for the top 10 pairs in each category per month, with the top three pairs receiving free entries to future competitions. **The primary goal, however, is personal improvement and increasing the love for our sport <3**

Please stay safe, as we cannot be there to be responsible for your safety while doing the event! Always scale and do everything according to your ability. If you feel like you are not able to do that month's event safely, email us at tuki@reppi.fi and we will cancel your attendance and return the participation right to your Reppi account, so you are not charged for that month's event!