



Saturday April 27th - Crossfit Maven, Rochester, MI - [REGISTER HERE](#)

Saturday May 4th - NORTHVILLE ATHLETIX, NORTHVILLE, MI - [REGISTER HERE](#)

Saturday May 4th - CrossFit Cornerstone, Cincinnati, OH - [REGISTER HERE](#)

REGISTRATION OPENS TUESDAY January 23rd @7am

If you have voucher(s) to redeem, you can email us to get an early registration invite sent to you

LEX ARTIS NEW INSTAGRAM PAGE

EVENT PHOTOS

[MAVEN LOCATION EVENT PHOTOS](#)

[Cornerstone Event Photos](#)

[Northville Photos](#)

2024 Event Programming

HEAT ASSIGNMENTS

MAVEN HEATS

NORTHVILLE HEATS

CORNERSTONE HEATS

WELCOME TO THE 2024 ROOKIE RUMBLES

Are you new to all of this functional movement performed at high intensity? Have you ever done a competition before? Are you coming off your very first Open? Well, this event is for you!

This will be a partner event with two divisions:

“Full Rookie” Division. Two “Rookies” get together and form a team. This can be male-male or female-female.

“Pro-Am” Division. This is where two people form a team where one person has been around the block and has more experience, but the other person is fairly new to all of this stuff. (again, male-male or female-female teams ONLY)

The big question becomes...what do we define as a rookie?

“Am I a Rookie?” - SEE BELOW!

Programming will be written to be challenging, but approachable.

T-shirts are included in the price of registration. Registration Closes two weeks prior or when the event sells out (whichever comes first).

There will be one written movement standard for this event, but scaling will be allowed. If you do scale a movement your team is just eliminated from prizes.

Am I a “Rookie”?

We have had this question since we started this event. Unfortunately, the answer isn't simple. People come from all different backgrounds with vastly different strengths and weaknesses. A former cross country runner may have a 6 minute mile, but when it comes to moving weight around they are a novice. Someone may have come from a strongman background have a 500# backsquat, but they also have a 27min fran time. Just because someone can do one thing well doesn't automatically make them a “Pro”.

If you are able to do the Crossfit Benchmark workouts, as they are written - for the purposes of this event we would call you a “PRO”. This doesn’t mean you have to be “competitive”, but if you walk into the gym and see one of these on the board for the WOD, you know you can get through it. (exclude “Lynn”, “Elizabeth”, and “Amanda” from this list. Movements from those named girl workouts will NOT show up at this event for certain).

So, if you are someone that walks in and sees pull ups and knows there’s no chance you’re doing that workout as written, we would consider you a “Rookie”. If an RX Fran, Jackie, Helen, Nancy, etc are not in your bag, we would consider you a “rookie”.

If you are someone that can get yourself through all of these workouts (notice, I didn’t say post the best time on the board, just get through them) we would consider you a “Pro” for this event.

The role of the “Pro” for this event is NOT to show how strong, fast, awesome you are. The role of the “pro” is to provide support to a potential rookie that may be a little nervous entering the event. It could also be a fun time competing with a partner of a different skill level than you. But, don’t expect this event to provide the “pro” a stage to show off their unbroken muscle up skills...

Athletes that have been doing CF for years could STILL BE “Rookies” in our book. Athlete’s that may have been considered “pros” at one time, may now be more “rookie” level (after a long time off from the gym, after an injury, after having a baby, etc). We could have 50 year old games athletes that should be considered “pros” and the same age athletes firmly fitting in the “rookie” division.

Bottom line, be honest with yourself and your abilities. The prize packages offered are not worth being a tool and calling yourself a “rookie” just to dominate the division. Ultimately, when the day is over and you’re standing on the podium, if you have no business being in the rookie division, the entire room now knows who you are. If you feel you are a “rookie”, we will trust you. We wish we had the ability to vet every individual that signs up, but unfortunately we’re working on the honor system.

LEX ARTIS SCALING POLICY

Lex Artis events will have ONE WRITTEN STANDARD for an event. If you perform the workout as we have it written in the full event write up, you have competed as prescribed.

Unless we state otherwise, WE ALLOW SCALING AT ANY OF OUR EVENTS! Athletes can choose to scale ANY MOVEMENT, ANY REP COUNT, ANY WEIGHT to meet their own personal abilities. Once you scale any part of the written workout your score will be entered into the leaderboard as a “scaled” score and it will fall below any team’s score that did that workout (scored part of a workout) as prescribed. We will still judge you on your new standard, we will still keep your score, and it will still show up on the leaderboard. You will not however be eligible for the podium. If you only scale one scored part of one workout, that is the ONLY score that will show up on the leaderboard as “scaled”, all others will show that you did them as prescribed.

IF you choose to scale a workout or part of a workout, YOU MUST LET YOUR JUDGE KNOW PRIOR TO STARTING THE WORKOUT. You do not need to email us days or weeks ahead of time letting us know (this can be 100% a gametime decision).

LEX ARTIS EVENT REFUND POLICY

24 HOUR CANCELLATION RULE

Once you sign up for an event, you have 24 hours to withdraw for a full refund of your entry fee (MINUS PROCESSING AND PLATFORM FEES). Requests MUST be made via email to info@lex-artis.net and time stamped within 24 hours of your registration receipt.

GREATER THAN 30 DAY RULE

24 hours after your registration until 30 days prior to the event the MAXIMUM REFUND GRANTED WILL BE 50% of your registration fee MINUS PROCESSING AND PLATFORM FEES.

30 DAY RULE

At 30 Days prior to the event THERE WILL BE NO REFUNDS GRANTED

ALL REFUND REQUESTS MUST BE SUBMITTED VIA EMAIL TO [INFO@LEX-ARTIS.NET](mailto:info@lex-artis.net). NO OTHER FORM OF COMMUNICATION WILL BE HONORED FOR REFUNDS.

- ASKING FOR A CREDIT TO A FUTURE EVENT IS A REFUND
- HOW MANY TEAMS WE MAY OR MAY NOT HAVE ON A WAITING LIST DOES NOT CHANGE OUR REFUND POLICY
- INJURIES DO NOT CHANGE THIS REFUND POLICY

LEX ARTIS TEAM CHANGES POLICY

After you sign up for an event, the team captain (the person who signed up via Throwdowns.com) will have a Throwdowns Account (username and password). That team captain has the ability to login to www.throwdowns.com and get into the team details for the event. From there they can edit teammates, team name, shirts, division, etc. You do NOT need to email Lex Artis to make changes to your registration.

AT 30 DAYS PRIOR TO THE EVENT DATE THIS FEATURE IS TURNED OFF (*this is when we export information to process shirt orders and make heat schedules*)

Lex Artis reserves the right to turn this editing feature off earlier than 30 days prior

Changes to team information CAN POSSIBLY be made within 30 days, but requests must be sent to info@lex-artis.net. Changes requested are not guaranteed in every situation

LEX ARTIS TRANSFER POLICY

Transferring your registration to another individual or team is 100% depending on the event itself. For some events this is a very easy swap. Other events can ONLY handle transfers when you are replacing yourself or your team with someone of the same gender, division, weight needs, etc. **ALL TRANSFER REQUESTS must be emailed to INFO@LEX-ARTIS.NET. NO OTHER FORM OF COMMUNICATION WILL BE RESPONDED TO FOR TRANSFER REQUESTS.** All requests are handled on a case by case basis. If we are able to accommodate your request there is **NO FEE** involved with processing a transfer.

LEX ARTIS WAITING LIST POLICY

Once an event sells out, the ticket option will automatically change to WAITLIST SPOT ONLY. There will be a 100% NON REFUNDABLE fee of \$5/athlete (total fee will depend on individual or team size). Waitlists will be limit to 10% of the total capacity of the event itself. If/when a spot opens up, an invoice will be generated and sent to the email address that signed up for the waitlist. That person will have 3 days to pay the invoice to secure their (or their team) spot in the event. If the invoice is NOT paid, the invoice will be cancelled and they will be dropped back down to the bottom of the waiting list. At 30 days prior to the event, the 3 day rule on the invoice will NO LONGER BE IN EFFECT. IF a waitlist still exists at that time ALL teams on the waiting list will be emailed and the spot will be given on a first come, first serve basis.

E-mails requesting to be added to waiting lists will NOT be honored.

LEX ARTIS WORKOUT RELEASE POLICY

Lex Artis Event Management reserves the right to release workouts for events whenever we see fit. Our general rule is ~30 days prior to an event. If an event has multiple dates it will be ~30 days prior to the FIRST weekend

LEX ARTIS PHOTO POLICY

By signing up for an event you are NOT guaranteed to get photos of yourself (or multiple photos of yourself). We do our best to capture the event, but there are 100-200 of you and only one photographer. If guaranteed photos of yourself are a priority you must bring your own photographer to shoot only you from behind the caution tape. This doesn't change the fact that we do TRY OUR BEST to get photos of everyone competing.

Photos will ALWAYS be posted within one week (7 days) of the event taking place. Photos will be placed into an online album and shared via social media. The link will also be posted to our website. Photos

can be downloaded from this link. You are welcome to download and use these photos however you wish.