

## 2025 Fog City CF Open: An Announcement

Summary:

- Fog City CF will not participate in the 2025 CrossFit Open due to CrossFit HQ's new gender classification policy, which contradicts Fog City's values of inclusion and safety.
- The new policy requires individuals to register with their birth-assigned gender and allows anonymous challenges to gender and performance validity.
- Fog City CF will host our own Open event with the same CrossFit Open WODs, various competition levels, and prizes Feb 27-Mar 17. **Sign up [here](#)!**
- We will encourage donations to LGBTQ+ organizations in lieu of officially signing up for the Open with CrossFit.

Dear FCCF Members,

Every year since the beginning of Fog City CF (FCCF) in 2020, we have participated in the [CrossFit Open](#). We love the competition, camaraderie, and seeing the community come together to achieve new heights.

However, there have been times in the past when our values at FCCF were in conflict with CrossFit HQ's policies and values, and unfortunately, this year is one of those times. **Therefore, FCCF will not participate as an affiliate in the CrossFit Open this year.**

Please read on to understand why we aren't participating, and what we plan to do next.

This year, CrossFit HQ has added a [new gender classification policy](#) that does not align with our values of inclusion and safety for all members, specifically for the trans and non-binary members of our community. This new policy requires individuals to register with their gender assigned at birth, regardless of "legal, medical...or personal documentation" or an individual's lived gender identity. Additionally, it allows anyone to anonymously challenge someone's gender and the validity of their performance — something we find both disturbing and antithetical to the spirit of community. This change goes against CrossFit HQ's established standard since 2019 of allowing trans athletes to participate with their chosen identities, and frankly, it makes us at FCCF furious.

With all that is happening currently with anti-trans and anti-DEI policies attempting to erase LGBTQ+, Black, and other identities, we want to ensure that all our members feel safe and included and can count on Fog City CF to support them exactly as they are.

**The good news is that we are going to host our own event at FCCF** that allows us to continue our annual tradition of celebrating community with challenging, friendly competition. **Sign up [here](#)**, and please see details below on this year's Fog City CF Open, which mirrors how we have run similar events in the past when not affiliated with CrossFit HQ, and for our advocacy plans.

If you have any questions or feedback, please email [bod@fogcitycf.com](mailto:bod@fogcitycf.com).

Thank you,  
The Fog City CF Board  
(Hillary, Gordon, Dani, Darrell, and Lindsey W.)

## FCCF 2025 Open Logistics

- 3 weeks of (past) CrossFit Open WODs, Feb 27 - Mar 17.
- WODs released on Thursday, and you'll have until Monday to complete.
- WODs will be programmed on Saturday mornings 3/1, 3/7, 3/14; workouts can be done off-hours provided members have access.
- Options for athletes to compete at different levels, Rx, Scaled, Beginners, Masters, Teens.
- Everyone logs their scores on BTWB / Fog City Internal Leaderboard.
- **New for this year!** We will create teams based on most frequently attended class time and crown the fittest class time at Fog City CF!
- Fog City CF will not be validating scores for official CrossFit Open participation. Reach out to Hillary directly if you'd like to discuss options.
- Prizes -- for performance and for fun!
- Party after to celebrate community accomplishments (*date & location TBD*).

## Advocacy

- We will be making our stance known with CrossFit HQ that we disagree with the rule change and advocating for the reinstatement of the prior rulebook policy on gender classification.
- We have signed the [Out Foundation's petition](#) for CrossFit HQ to change their gender classification policy.
- We encourage everyone participating in the Fog City Open this year to donate their \$20 to organizations that support the LGBTQ+ community or an organization of their choice (*see recommendations below*).
- We will continue to post in all communications and ads that inclusion is one of our main values and we welcome people of any race, background, ethnicity, orientation, gender, and religion.
- Continued affiliation with CrossFit will be evaluated by the Board through November to decide whether to renew.

Fog City CF sponsored organizations from prior fundraisers:

[Our Family Coalition](#)

[Camp Indigo](#)

[OUT Foundation](#)

[SF LGBT Center](#)

Other recommended organizations:

[National Center for Lesbian Rights](#)

[Lambda Legal](#)

[The Trevor Project](#)

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