



Official Scoring

2023 Vickery Intramural Open

Each week teams will compete for points through the following listed methods...
Points scored will start March 8th, 2023

How to get your scores to count - Everything **BUT** your weekly workout score **HAS** to be emailed to zach@vickeryathletics.com by **MONDAY** for the previous week.

Ways to Score Points (pts) (Important Scoring Details in Scoring Video)

- **Participate in the Workout (1pt/week):** Do the workout before Monday each week in ANY CAPACITY, ANY WHERE. If out of the gym text 30sec video to Zach for credit.
- **Spirit Award (8pts/week):** The team that shows the most energy, participation, and general spirit on SATURDAY MORNINGS get the weekly Spirit Award.
- **Sweat Award (6pts/week):** The person who shows the most effort, awareness, and technical skill in ANY version of the workout will take home these points for their team.
- **Top RX and Scaled Scores will awarded 4 pts (potentially male/female)**
- **Rank 2- 8 Rx and 2-8 Scaled :** The top 2-8 scores will receive 1 pt each.
 - Scoring rank subject to change depending on scale/rx divisions and male/female divisions.
 - Potential score achievable EACH week has the possibility of changing.
- **Bring a Friend to Try a Class (1pt per new friend):** When a member brings a friend to try out the gym during ANY CLASS they will be awarded a point (regardless of signing up that friend) Please reach out to Zach to set up a trial class.
- **Signing up a New Member (6pts per new sign up):** If a member directly brings a new member into the gym their team will be awarded 5pts.
 - A NEW MEMBER MUST PAY FOR THEMSELVES. NO FORM OF FINANCIAL SUPPORT CAN BE GIVEN TO NEW MEMBERS (besides family). Penalty -100 points.
- **Honest Review of the Gym OR Social Media Post Promoting Gym (1pt per person limit):** Do an honest review (Google, FB, or Yelp) or social media post of the gym and email a screen shot to Zach. (Please do not use the word "CrossFit" in your review, I beg of you). Each member can only submit 1 review, old reviews do not count. Stories do not count as posts.
- **DEATH MATCH (8pts/week):** Each Week a Deathmatch will be held after the regular workouts heats on Saturday Morning. It could be anything this year, not even the same version of the workout. Each team picks team members to participate, those team members cannot participate twice OR score in the that weeks workout. **Failure to participate will forfeit 50 points from your team.**
- **Pod Race Gamble: 4 Points**
- **Jedi Trials: 6 points each**
 - Details - Unknown

FAQ



- **Is there a place to always see all the info about the VA Open?**

<https://www.vickeryathletics.com/intramural2023>

- **What if I can't make it one week?**

That is ok, do ANY version of the workout and send a video in to get a participation point. Do a review, recruit your friends, tons of ways to score.

- **How do we sign up for Saturday Morning Workouts?**

Every week at 2pm on Thursday Zach will email an Eventbrite link. You can register for specific time slots (heats) to workout on Saturday Morning. I will open enough spots for everyone to workout, the earlier you get on the better time you will get.

- **What happens if I am not signed up? That mean I can't workout on Saturdays?**

Well you should of signed up.... Just kidding ...kinda. Feel free to register for a heat. You can do the workout without a judge on your own during a heat.

- **Can Death Match Participants score in the RX/Scaled workout? Can they be the same every week?**

No DM Participants are removed from RX/Scaled scoring that week. So plan carefully. No they cannot be the same person every and Captains/Leaders are eligible as champions.

- **What if I have reviewed the gym on ALL platforms?**

Hmm, well thanks for doing that. You can do a social media post shamelessly plugging our gym in anyway. Send it to Zach and it will count.

- **When do we get our shirts?**

UH Hopefully soon.

- **If am gone Saturday but still want to put a RX or Scaled score.... When can I do it?**

The most popular time is 7:30pm on Thursday after class. The Thursday coach will stay after and supervise. Bring someone to judge/count if you want your score to count. If you don't care about your score counting towards RX or Scaled then do it on your own when you can and send 30sec video.

- ****Scoring Note- There will not be any unforeseen major changes to scoring, despite how much it may or may not help children in need.**