



CROSSFIT CREDENTIAL FAQ

VERSION 1.0

EFFECTIVE DATE 2019 JULY 01

TABLE OF CONTENTS

General Overview 2

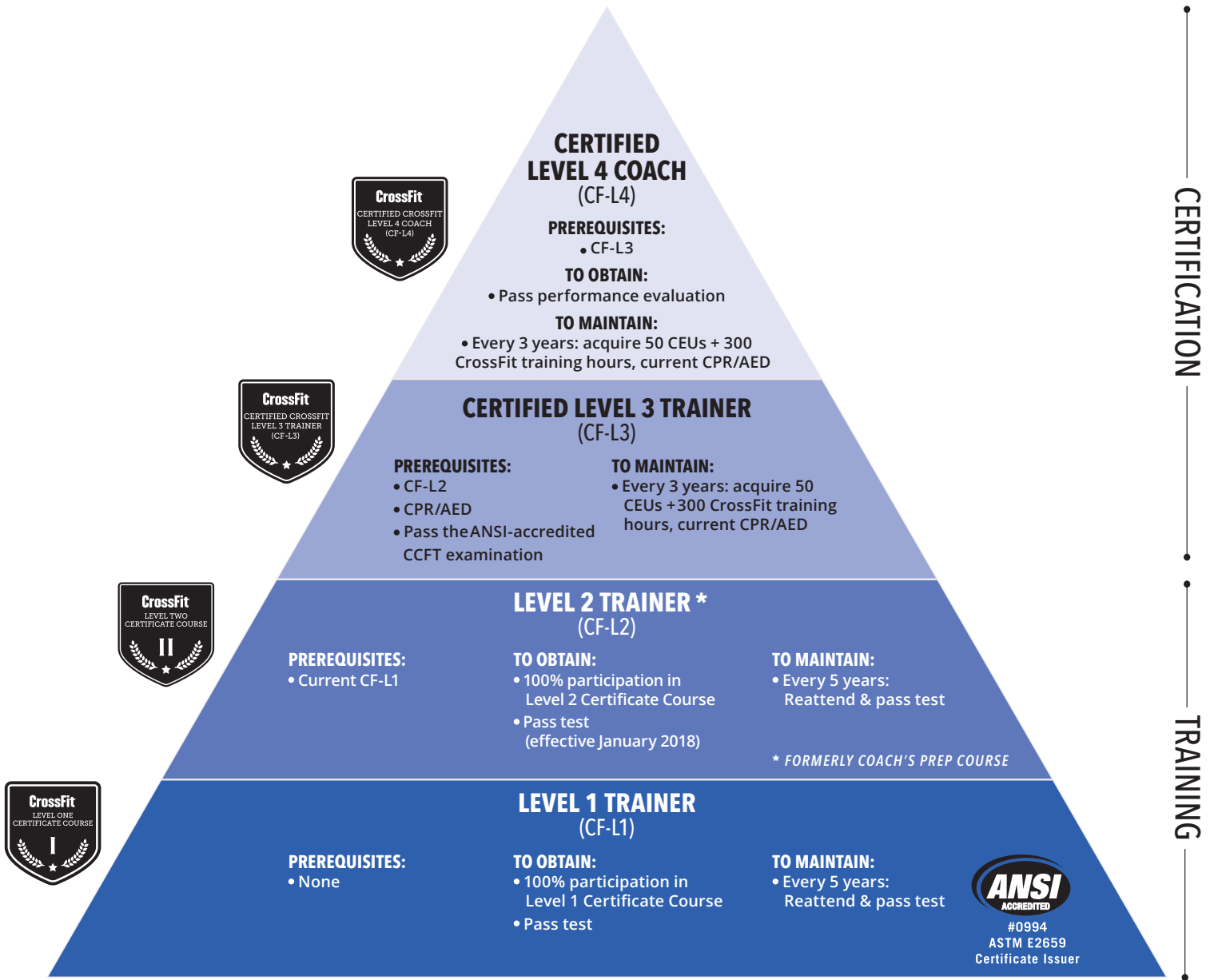
I. The CrossFit Level 1 Certificate Course..... 6

II. The CrossFit Level 2 Certificate Course 9

III. The CrossFit Level 3 Certification and Certified CrossFit Trainer (CCFT) Examination..... 11

IV. The CrossFit Level 4 Certification and Certified CrossFit Coach (CCFC) Evaluation..... 13

GENERAL OVERVIEW



GENERAL OVERVIEW, CONTINUED

1. What trainer credentials are offered by CrossFit?

LEVEL	CREDENTIAL (ABBREVIATION)	RELATED COURSE AND/OR EXAM
1	CrossFit Level 1 Trainer (CF-L1)	CrossFit Level 1 Certificate Course and Test
2	CrossFit Level 2 Trainer (CF-L2)	CrossFit Level 2 Certificate Course and Test
3	Certified CrossFit Level 3 Trainer (CF-L3)*	Certified CrossFit Trainer (CCFT) Examination
4	Certified CrossFit Level 4 Coach (CF-L4)**	Certified CrossFit Coach (CCFC) Evaluation

**The Certified CrossFit Level 3 Trainer (CF-L3) credential is an additional designation, earned by meeting specific eligibility requirements and passing the Certified CrossFit Trainer (CCFT) examination.*

***The Certified CrossFit Level 4 Coach (CF-L4) credential is an additional designation, earned by meeting specific eligibility requirements and passing the Certified CrossFit Coach (CCFC) evaluation.*

2. What are the prerequisites for each credential?

CREDENTIAL	REQUIREMENTS
CF-L1	<p>Required</p> <ul style="list-style-type: none"> At least 17 years old at the time of testing
CF-L2	<p>Required</p> <ul style="list-style-type: none"> Current CF-L1 <p>Recommended</p> <ul style="list-style-type: none"> Six months or 50 hours of experience training individuals and groups using CrossFit Completion of the online Lesson Planning course Completion of the online Scaling course Completion of the online Spot the Flaw course
CF-L3	<p>Required</p> <ul style="list-style-type: none"> Current CF-L2 At least 18 years old at the time of application Current CPR/AED training 750 hours of coaching CrossFit for groups and individuals <ul style="list-style-type: none"> Hours must be accrued while holding a current CF-L1 or CF-L2 credential and must have been accumulated within the last five years

GENERAL OVERVIEW, CONTINUED

CREDENTIAL	REQUIREMENTS
CCFT	<p>Required</p> <ul style="list-style-type: none"> • At least 18 years old at the time of application • Current CPR/AED training • 1,500 hours of active strength and conditioning training at the collegiate or professional level, accrued within the last five years <ul style="list-style-type: none"> ◦ Hours must have occurred during employment for a college/university or professional sports team using training for general physical preparedness (GPP); sport-specific training is not applicable for this requirement. <p><i>The CCFT does not qualify the credential holder to use the CF-L3 designation or maintain status as the licensee of a CrossFit affiliate. Only individuals qualifying via path 1 are afforded the CF-L3.</i></p>
CF-L4	<p>Required</p> <ul style="list-style-type: none"> • Current CF-L3 • Current CPR/AED training
CCFC	<p>Required</p> <ul style="list-style-type: none"> • Current CCFT • Current CPR/AED training <p><i>The CCFC does not qualify the credential holder to use the CF-L4 designation or maintain status as the licensee of a CrossFit affiliate. Only individuals qualifying via path 1 are afforded the CF-L4.</i></p>

Additionally, candidates for CrossFit trainer credentials must:

- have no outstanding balances for prior CrossFit Certificate or Specialty Courses,
- have no pending legal cases with CrossFit, Inc.,
- have no known documented violations of the Code of Conduct, and
- have no known documented violations of the CrossFit Trainer License Agreement.

3. Where can I find more information on each credential?

Links are provided for each below.

CREDENTIAL	COURSE/EXAM INFORMATION	ADDITIONAL MATERIALS
CF-L1 (Certificate)	Level 1 Certificate Course and Test	CrossFit Level 1 Participant Handbook CrossFit Level 1 Training Guide
CF-L2 (Certificate)	Level 2 Certificate Course and Test	CrossFit Level 2 Participant Handbook CrossFit Level 2 Training Guide & Workbook

GENERAL OVERVIEW, CONTINUED

CREDENTIAL	COURSE/EXAM INFORMATION	ADDITIONAL MATERIALS
CF-L3 and CCFT (Certifications)	Certified CrossFit Trainer Examination	Candidate Handbook Study Materials
CF-L4 and CCFC (Certifications)	Certified CrossFit Coach Evaluation	Coming soon

4. What is the difference between a certificate and a certification?

Certificate programs provide training and course work in a specific subject and then assess knowledge attained during the course. At the CrossFit Level 1 and Level 2 Certificate Courses, over the course of two days, CrossFit staff review the conceptual framework of CrossFit methodology and movements specific to each level, and participants are then tested on this material. Passing the test demonstrates that the individual learned the material taught in the course. Only material presented in the course and supporting course materials is tested.

A certification is an assessment only (e.g., an exam). A certification exam tests an individual's current skills and expertise gained from an entire body of knowledge across a given profession. This is the proper designation for the CCFT and CCFC. Individuals are tested on their capabilities across the profession of CrossFit training. Although a certification has eligibility requirements, a scope and defined parameters, no single course prepares participants for the exam. Instead, passing the exam demonstrates knowledge and competency across a profession. Anything that is within the stated scope of the certification may be tested.

5. What if I hold a Level 1, 2, 3, or "Coach" credential from a course I attended prior to 2008?

These credentials are no longer valid and must be updated by taking the current associated courses and tests.

6. Is there a way to verify my own or someone else's trainer status?

Yes. All current CrossFit trainers are listed in the public [Trainer Directory](#). If you are unable to locate your listing and hold a current CrossFit Level 1, 2, 3, or 4 trainer credential, or if you would like to update your listing, please submit the [Trainer Directory request form](#).

7. What credential is required to apply to become a CrossFit affiliate?

The minimum required credential to apply for affiliation is the CF-L1. Since 2002, the Level 1 has served as the first step for a CrossFit trainer: an introductory course that provides a comprehensive review of the core concepts and methodology of CrossFit along with an introduction to CrossFit culture and community. It is an important experience for anyone seeking affiliation with CrossFit.

8. Which credentials are accredited?

The CrossFit Level 1 is an ANSI-accredited Certificate and the CCFT is an ANSI-accredited Certification.

I. THE CROSSFIT LEVEL 1 CERTIFICATE COURSE

1. Do I have to attend the course, or can I just take the test?

Individuals are required to meet all certificate requisites (per section 2.4 of the [Level 1 Participant Handbook](#)) in order to earn the CrossFit Level 1 Trainer Certificate, which include:

- Attendance for the entire two-day course from approximately 9 a.m.–5 p.m. both days, including:
 - 100% exposure to all lectures
 - 100% participation in all practical sessions
 - 100% participation in all workouts
 - passing the CrossFit Level 1 test in person
- Signing the CrossFit Level 1 Trainer License Agreement
- Agreeing to the policies in the [Level 1 Participant Handbook](#)
- Agreeing to the Waiver & Release of Liability
- Agreeing to the Confidentiality Agreement
- Paying all course/test fees in full

2. Where can I find CrossFit Level 1 Certificate Courses?

Course locations and dates are posted on our [CrossFit Level 1 Certificate Course page](#).

3. What are the fees for the Level 1?

All current fees associated with the Level 1 can be found [here](#). A minimum deposit of 50% of the total course fee is required at the time of registration. Remaining fees will automatically be billed two weeks prior to the course date. A 20% fee will be added if the participant registers 14 days or fewer prior to the course date.

4. Is the course presented in English only?

All courses are presented primarily in English. However, in some locations outside the United States, translators are available at the course. Translator availability is noted under the “Language” section of each specific course registration page.

5. Is the Level 1 test available in languages other than English?

Yes. The Level 1 test is available in the following languages:

Arabic—عربي	Italian—Italiano	Portuguese—Português
Chinese—中文	Japanese—日本語	Russian—Россия
French—Français	Korean—한국어	Latin American Spanish—Español
German—Deutsche	Polish—Język Polski	European Spanish—Castellano

6. What if the test is not offered in my primary and/or preferred language?

Please email testing@crossfit.com at least two weeks prior to your course to request assistance.

I. THE CROSSFIT LEVEL 1 CERTIFICATE COURSE, CONTINUED

7. How do I study for the test?

The test is based on material presented during the two-day course and in the [CrossFit Level 1 Training Guide](#). Information from both should be used to prepare for the test. Additionally, we recommend reviewing section 7 of the [Level 1 Participant Handbook](#).

8. Is the CrossFit Level 1 Training Guide available in languages other than English?

Yes. The CrossFit Level 1 Training Guide is available in the languages linked below:

Arabic— عربي	Italian— Italiano	Portuguese— Português
Chinese— 中文	Japanese— 日本語	Russian— Россия
French— Français	Korean— 한국어	Latin American Spanish— Español
German— Deutsche	Polish— Język Polski	European Spanish— Castellano

9. What happens if I fail the test?

You will have one year from the date of your course attendance to pass the test. You are permitted a total of three test attempts. This includes one test attempt at the course and two retest attempts. There is a mandatory 30-day waiting period between attempts. If you are unable to pass the test within one year or three test attempts, whichever occurs first, you will need to reattend the full course.

10. Will I receive a certificate if I pass the test?

Yes. Once you meet all certificate requisites (see above), your Level 1 Certificate will be mailed to the address provided during registration. Certificates will arrive within four to six weeks for locations in the United States and eight to 12 weeks for locations outside the United States.

11. Does the Level 1 Certificate expire?

Yes. Your Level 1 Certificate is valid for five years from the date of issue, which is the date you pass the test and complete all certificate requisites. Prior to expiration, you must either revalidate your CF-L1 or earn the CF-L2 to keep your CrossFit trainer status current.

12. What can I do with my CrossFit Level 1 Trainer (CF-L1) credential?

You may list your designation in an email signature, resume, or bio on a website as:

"Your Name, CF-L1"

"Your Name, CrossFit Level 1 Trainer"

You may not state or imply that you are certified.

Additionally, CrossFit trainers cannot use the CrossFit brand name to advertise, market, promote, or solicit business or service in any way unless you own or work for a licensed CrossFit affiliate.

I. THE CROSSFIT LEVEL 1 CERTIFICATE COURSE, CONTINUED

13. How do I keep my trainer status current?

As a CF-L1, you have the following options:

- Option 1—CF-L1 revalidation
 - Reattend the full two-day course and pass the test
- Option 2—Earn the CrossFit Level 2 Trainer (CF-L2) credential
 - Current CF-L1 required
 - Attend the full two-day course and pass the test

II. THE CROSSFIT LEVEL 2 CERTIFICATE COURSE

1. Where can I find CrossFit Level 2 Certificate Courses?

Course locations and dates are posted on our [CrossFit Level 2 Certificate Course page](#).

2. What are the fees for the Level 2?

All current fees associated with the Level 2 can be found [here](#). A minimum deposit of 50% of the total course fee is required at the time of registration. Remaining fees will automatically be billed two weeks prior to the course date. A 20% fee will be added if the participant registers 14 days or fewer prior to the course date.

3. Is the course presented in English only?

All courses are presented primarily in English. However, in some locations outside the United States, translators are available at the course. Translator availability is noted under the “Language” section of each specific course registration page.

4. Is the Level 2 test available in languages other than English?

Yes, the Level 2 test is available in the following languages:

French—Français	Portuguese—Português
German—Deutsche	Latin American Spanish—Español
Italian—Italiano	European Spanish—Castellano

5. What if the test is not offered in my primary and/or preferred language?

Please email testing@crossfit.com at least two weeks prior to your course to request assistance.

6. How do I study for the test?

The test is based on material presented during the two-day course and in the [CrossFit Level 2 Training Guide & Workbook](#). Information from both should be used to prepare for the test. Additionally, we recommend reviewing section 7 of the [Level 2 Participant Handbook](#).

7. Is the CrossFit Level 2 Training Guide & Workbook available in languages other than English?

Yes, the Level 2 Training Guide & Workbook is available in the languages linked below:

French— Français	Portuguese— Português
German— Deutsche	Latin American Spanish— Español
Italian— Italiano	European Spanish— Castellano
Chinese— 中文	

II. THE CROSSFIT LEVEL 2 CERTIFICATE COURSE, CONTINUED

8. Is the Level 2 test offered in all course locations?

No. A list of locations where the test is not offered can be found on page 12, under section 4.1 of the [CrossFit Level 2 Participant Handbook](#).

9. If I attend the course in a location where the test is not offered, will I receive a CrossFit Level 2 Trainer Certificate?

Yes. If you attend the course in a location where the test is not offered, you will not be required to take the test and will receive a Level 2 Certificate by attending and fully participating in the course.

10. What happens if I fail the test?

You will have one year from the date of your course attendance to pass the test. There is no mandatory waiting period between attempts. If you are unable to pass the test within one year, you will need to reattend the full course.

11. Does the Level 2 Certificate expire?

Yes. Your Level 2 Certificate is valid for five years from the date of issue, which is the date you pass the test and complete all certificate requisites. Prior to expiration, you must either revalidate your CF-L2 or earn the CF-L3 to keep your CrossFit trainer status current.

12. How do I keep my trainer status current?

As a CF-L2, you have the following options:

- Option 1—CF-L2 revalidation
 - Reattend the full two-day course and pass the test
- Option 2—Earn the CrossFit Level 3 (CF-L3) credential
 - Current CF-L2 required
 - Current CPR/AED training required
 - 750 hours of CrossFit coaching within the last five years as a CF-L1 or CF-L2 required
 - Pass the CCFT exam

13. What if I have the Coaches Prep Course Certificate?

The Coaches Prep Course (CPC) was renamed the CrossFit Level 2 Certificate Course. Anyone with a CPC Trainer Certificate has been granted a Level 2 Certificate. This credential is valid for five years from the date of attendance and is kept current as described above.

14. What credential do I hold if I passed the former Level 2 performance evaluation offered from January 2008 to January 2010?

Individuals who passed the former Level 2 performance evaluation have been granted the CF-L2 credential. To maintain CF-L2 status, they must repeat the course every five years. To obtain higher-level credentials, these individuals may apply to take the Certified CrossFit Trainer (CCFT) exam.

Passing the CCFT exam automatically grants those with the former Level 2 performance evaluation the CF-L3 and CF-L4 credentials. To maintain the CF-L4 status, they must meet the same recertification requirements as the CF-L3. The CF-L4 designation earned via the old L2 performance evaluation does not grant the CCFC credential.

III. THE CROSSFIT LEVEL 3 CERTIFICATION AND CERTIFIED CROSSFIT TRAINER (CCFT) EXAMINATION

1. Is there a course for the Certified CrossFit Level 3 Certification?

No. The CrossFit Level 3 Trainer (CF-L3) credential is earned by taking and passing the Certified CrossFit Trainer (CCFT) exam.

2. Do I have to take the exam at a CrossFit affiliate or course location?

No. The CCFT exam is administered worldwide at Pearson VUE testing centers. For a current list of testing center locations, visit the CrossFit examination section of the [Pearson VUE](#) website.

3. What are the fees for the CCFT?

All associated CCFT fees can be found on the [CrossFit Certifications](#) page.

4. What is the application process?

You must meet all eligibility requirements (outlined above) and initiate the application process on the [CrossFit Certifications](#) page. If your application is rejected, you will have one year to submit a complete application at no additional cost. After one year, you will be required to reapply and pay an additional application fee.

If your application is approved, you will receive an email notification to pay the examination fee. Once paid, you will be directed to the [Pearson VUE website](#) to schedule your exam. You have one year from the date of your accepted application to schedule, take, and pass your exam. During this time, your eligibility requirements must remain current.

5. Is the CCFT exam available in languages other than English?

No, not at this time.

6. How can I study for the CCFT exam?

Study guidance is available on the [CrossFit Certifications](#) page.

7. What if I fail the CCFT exam?

If you do not pass, a waiting period of 90 days is required between all retest attempts. If your application is still valid, you will receive a notification email with instructions on registering for a retest at that time. If you do not pass within one year from your application date (i.e. application is expired), you will need to reapply.

8. What if my CrossFit Level 2 Trainer Certificate expires before I am able to pass the CCFT exam?

You will be required to revalidate your CF-L2 before being permitted to schedule your next exam.

9. Does the CCFT expire?

Yes. The CCFT is valid for three years from the date of issue.

III. THE CROSSFIT LEVEL 3 CERTIFICATION AND CERTIFIED CROSSFIT TRAINER (CCFT) EXAMINATION, CONTINUED

10. How do I maintain my CCFT credential?

The CCFT credential is maintained through recertification. You must complete the recertification process prior to your expiration date as follows:

- Abide by CrossFit Standards of Professional Practice (outlined in the [Candidate Handbook](#))
- Maintain a current CPR certificate
- Complete continuing professional development (CPD) activity requirements:
 - Complete the Learning Needs Assessment
 - Complete 50 continuing education units (CEUs)
 - Submit verification of all CPD activities and corresponding CEUs in your activity log
- Complete 300 contact hours of coaching individuals or groups
- Submit payment for recertification fees and verify your contact information.

11. How do I earn continuing education units?

A list of CrossFit Approved Providers can be found on the CrossFit Certifications [Continuing Education](#) page.

12. What happens if I do not complete the recertification process prior to my expiration date?

Late recertifications are considered on a case-by-case basis. The late recertification process is outlined in the [Candidate Handbook](#), including applicable late fees.

Expired credential holders who do not complete the late recertification process must start a new application, which includes meeting all current eligibility requirements and passing the examination.

13. What is the difference between the CCFT and the CF-L3?

All individuals who pass the CCFT exam have the CCFT credential and may train others using the CrossFit methodology.

The CF-L3 is a CrossFit-specific designation granted only to individuals who have achieved certification utilizing CrossFit training. Individuals with the CF-L3 have previously attended the CF-L1 and CF-L2 courses and have prior experience coaching others using the CrossFit methodology. A CF-L3 credential holder may apply for CrossFit affiliation, and/or maintain his or her status as a licensee.

The CCFT alone cannot be used to apply for affiliation, nor does it allow for the use of the CrossFit name for business or promotional purposes. Individuals who have only the CCFT credential may not use the CF-L3 designation, nor can they attain the CF-L4.

IV. THE CROSSFIT LEVEL 4 CERTIFICATION AND CERTIFIED CROSSFIT COACH (CCFC) EVALUATION

More information coming soon.

