

1. What are the available credentials for trainers in CrossFit?

LEVEL	CREDENTIAL (Abbreviation)	ASSOCIATED COURSES OR EXAM
1	CrossFit Level 1 Trainer (CF-L1)	Level 1 Certificate Course
2	CrossFit Level 2 Trainer (CF-L2)	Level 2 Certificate Course (Formerly the Coach's Prep Course)
3	Certified CrossFit Level 3 Trainer (CF-L3)	Level 1 and Level 2 Certificate Courses, Certified CrossFit Trainer (CCFT) Exam
4	Certified CrossFit Level 4 Coach (CF-L4)	CrossFit Coach Performance Evaluation

There is also the Certified CrossFit Trainer (CCFT) credential, which is earned by meeting eligibility requirements and passing the Certified CrossFit Trainer (CCFT) examination.

2. What are the prerequisites for each level?

- Level 1—None.
- Level 2—Current CF-L1 plus:
 - It is highly recommended participants have: 1) at least six months of experience training individuals and groups using CrossFit methods; and 2) completed the [Online Scaling Course](#).
- Level 3—Current CF-L1, CF-L2, and passed the Certified CrossFit Trainer (CCFT) Exam.
- Level 4—Current CF-L3.
- CCFT
 - Path 1: Current CF-L1, CF-L2, 750 hours of CrossFit coaching experience, current CPR certificate.
 - Path 2: 1,500 hours of general physical preparedness (GPP) coaching at the collegiate or professional level, current CPR certificate.

3. Once a credential is earned, how is it maintained?

- Level 1—Repeat the two-day course and pass the written test every five years, or achieve a higher level.
- Level 2—Repeat the two-day course every five years.
- Level 3—Maintain current CPR. Every three years, acquire 50 continuing-education units (CEUs) and 900 coaching hours.
 - Once a trainer earns and maintains a CF-L3, he or she does not need to reacquire the CF-L1 or CF-L2 every five years.
- Level 4—Maintain a current CF-L3.
- CCFT—Maintain current CPR. Every three years, acquire 50 continuing-education units (CEUs) and 900 coaching hours.

4. For those who only achieve the CCFT (versus the CF-L3), what can they do?

Those with the CCFT credential may train others using CrossFit methods (same as L1 certificate holders) and use of the CCFT designation. However, the CCFT designation alone cannot be used to apply for affiliation. You must have attended the Level 1 to apply for affiliation. The CCFT without a current L1 and L2 also will not allow you to call yourself a CF-L3, nor apply for the Performance Evaluation to attain the CF-L4.

5. How do I use my credential?

This is the title or designation that you can use after your name on an email signature, resume or bio on a website. Designations must be formatted according to the one of the two examples shown below for each level.

Level 1:

John Smith, CF-L1
John Smith, CrossFit Level 1 Trainer

Level 2:

John Smith, CF-L2
John Smith, CrossFit Level 2 Trainer

Level 3:

John Smith, CF-L3
John Smith, Certified CrossFit Level 3 Trainer

Level 4:

John Smith, CF-L4
John Smith, Certified CrossFit Level 4 Coach

CCFT:

John Smith, CCFT
John Smith, Certified CrossFit Trainer

6. Where is the Trainer Directory to verify other trainers?

[Here.](#)

7. Where can I find out more about each credential?

- [Level 1 and Level 2](#)
- [Level 3 and Level 4](#)
- [CCFT](#)

8. What credential is necessary for affiliation?

The credential necessary for affiliation is the CF-L1 (attend the Level 1 Certificate Course, pass the test and maintain the credential). 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.

9. Where can I find CrossFit courses or certifications?

[Here.](#)

10. What are the costs of each credential?

- CF-L1 \$1,000 (includes one test attempt), \$150 for each test attempt thereafter within a year of course attendance.
 - For those who return every five years to maintain their CF-L1 status, the cost is \$500 and includes one test attempt.
 - If individuals let their CF-L1 expire, costs increase to \$1000 to reattend.
- CF-L2 \$1,000
- CF-L3 \$150 application fee, and then \$500 exam fee.
- CF-L4 \$500

11. Which credential allows me to say “I am certified”?

Only those with the CF-L3, CF-L4, and/or CCFT credentials can say they are “certified” trainers (CF-L3, CCFT) or coaches (CF-L4). Refer to Question 5 for titles you can use with a Level 1 or Level 2 credential.

The use of the words “certified” or “certified trainer/coach” in relation to the CF-L1 or CF-L2 credentials is a misrepresentation and is not supported by CrossFit.

12. Is there a curriculum test for the CF-L2, as there is for the CF-L1?

At the present time, there is not.

13. What if I hold an L1, 2, 3 or "Coach" credential from before 2008?

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

14. What if I have the Coach’s Prep Course Certificate?

The Coach’s Prep Course was renamed the Level 2 Certificate Course. Anyone with a CPC Trainer Certificate automatically holds a Level 2 Trainer Certificate. These individuals can use the CF-L2 designation, and will be recognized as such in the [Trainer Directory](#), so long as they kept it current (if not achieve a higher level). It is also a prerequisite for the CF-L3.

15. What credential is held by those who passed the former Level 2 performance test offered from January 2008-January 2010?

If those individuals are not interested in earning higher credentials, they have the CF-L2. To maintain this CF-L2 status, they need to keep it current (if not achieve a higher level).

If those individuals want higher credentials, they need to pass the CCFT exam and maintain it. Passing the CCFT examination automatically grant these individuals CF-L3 and CF-L4 credentials, as they already passed a performance-based coaching evaluation. In order to maintain these credentials, the CF-L3 must be kept current.

16. Which courses are accredited?

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

17. What courses or exams available in languages other than English?

The default language for all courses and exams is English.

At the present time, only the Level 1 Certificate Course and test are available in additional languages. Certain countries, primarily in Europe, Latin America and Asia, have a translator during the course. This is noted on the event registration page where available. See Section 3.3 of the Level 1 [Participant Handbook](#) for more information regarding the languages accommodations.

It is our intention to have the higher-level courses, materials or exams in additional languages. However, there is a thorough process for translating our materials, especially tests, due to the necessity to maintain security and accuracy. We are excited by the international growth of CrossFit and appreciate your patience as we work to provide additional language offerings.

18. What is the distinction between a “Certificate Course” and a “Certification”?

By American National Standards Institute (ANSI) standards, if you provide the course work, training and education toward the attainment of the knowledge being tested, it is a curriculum-based “certificate program.” The Level 1 Certificate Course is exactly that. In two days, CrossFit staff review the conceptual framework of CrossFit methodology and foundational movements, and then participants are tested on this material. Passing the test demonstrates that the individual learned the material taught at the course.

If there is only an assessment (e.g., an exam) of an individual’s current skills or knowledge gained from an entire body of knowledge across a given profession and professional experience, this is a “certification.” This is the proper designation for the CCFT and CrossFit Coach Performance Evaluation. 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 across a profession. Anything that is within the stated scope of the certification is fair game to be tested. More information regarding certificate programs versus certification can be found [here](#).