

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 and Exam
2	CrossFit Level 2 Trainer (CF-L2)	Level 2 Certificate Course and Exam
3	Certified CrossFit Level 3 Trainer (CF-L3)	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 (or higher credential)
 - It is highly recommended participants have: 1) at least six months of experience training individuals and groups using CrossFit methods; 2) completed the [Online Scaling Course](#); and 3) completed the [Online Spot the Flaw Course](#).
- Level 3—Current CF-L2 and passed the Certified CrossFit Trainer (CCFT) Exam.
- Level 4—Current CF-L3.
- CCFT
 - Path 1: Current 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 Level 1 test every five years, or achieve a higher level credential.
- Level 2—Repeat the two-day course and pass the Level 2 test every five years, or achieve a higher level credential.
- Level 3—Maintain current CPR. Every three years, acquire 50 continuing-education units (CEUs) and 300 coaching hours.
 - Once a trainer earns and maintains a CF-L3, he or she does not need to repeat 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 300 coaching hours.

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

Individuals with the CCFT credential may train others using CrossFit methods. The CCFT designation alone cannot be used to apply for CrossFit Affiliation. Successful completion of a Level 1 certificate course is required to apply for affiliation. A CCFT without a current CF-L2 may not call themselves a CF-L3, nor can they 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 CrossFit 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 CrossFit Affiliation?

The minimum required 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?

[Here.](#)

10. What are the costs of each credential?

- CF-L1 \$1,000 (includes one test attempt), \$150 for each test attempt thereafter within one 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 (includes one test attempt), \$150 for each test attempt thereafter within one year of course attendance.
 - For those who return every five years to maintain their CF-L2 status, the cost is \$1000 and includes one test attempt.
 - If individuals let their CF-L2 expire, they must attend the CrossFit Level 1 Certificate Course and pass the Level 1 test prior to being eligible to attend the Level 2 Certificate Course.
- CF-L3 \$150 application and \$500 exam fee.
- CF-L4 Cost to be announced upon course launch.

11. Which credentials allow 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 is a misinterpretation of the credential and therefore a violation of the CrossFit Trainer License Agreement.

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

In January 2018, a Level 2 test was added to the Level 2 Certificate Course. Passing the Level 2 test is a requirement to obtain the CrossFit Level 2 Trainer (CF-L2) credential for any individual that attends the Level 2 Course on or after January 1, 2018. Please see the [Level 2 Participant Handbook](#) for more details.

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, and this credential is valid for five years from the date of attendance. These individuals can use the CF-L2 designation and will be recognized as such in the [Trainer Directory](#), as long as the credential is kept current or a higher level credential has not been achieved. A current, valid Level 2 credential (CF-L2) 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?

Individuals who passed the former Level 2 performance test will be granted the CF-L2 credential. To maintain the CF-L2 status, they must repeat the course every five years.

To obtain higher level credentials, these individuals may apply to take the CCFT examination. Passing the CCFT exam automatically grants those with the former Level 2 performance exam the CF-L3 and CF-L4 credentials. To maintain the CF-L4 status, they must meet all recertification requirements for the CF-L3.

16. Which credentials 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, the Level 1 Certificate Course, Level 1 test, Level 2 Certificate Course and Level 2 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](#) or [Level 2 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, providing 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, it 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](#).