About the Test
The F45 Playoffs is the world's most innovative and challenging new fitness test. This fitness test has been featured at events, both domestically and internationally, with some of the fittest athletes in the world. The disciplines selected include the following: speed, strength, agility, endurance, mobility and power. The fitness test is designed by the world's leading functional training network, F45 Training.

The Exercises
This innovative test, which will become the benchmark for fitness testing globally, includes the following exercises: Rowing, Bench Hops, RIP 60 Push up + Knee Tuck, Lateral hops, Box Jump + Burpee, Chin Up, Squat + Press, Russian Twist, Dead Ball Over the Shoulder Throw and Sprint + Lateral Hop. In summary, it is a 10 minute test comprised of 10 stations, 45 seconds work per station and 15 seconds rest to next station. The test is roughly scored per station out of 100 points (maximum achievable score is 1,000 points).

Scoring
A proprietary algorithm has been developed that rates the value of one repetition per station. Each repetition within the station has a different value based on the degree of difficulty for that movement. For example, a Box Jump + Burpee derives a higher point value per repetition than a lateral hop. We developed a "perfect" score to be 100 points per station. We then reviewed the number of reps that we tested to be the "ultimate athletes" score for that station. The "ultimate athletes" score was then divided by 100 points to establish a benchmark score per rep. For example, a Chin Up is worth 5 points as we believe that an "elite" athlete will be able to achieve 20 chin ups during the test.

Schedule
Daily from 11am - 8pm with league action from 5pm - 8pm on October 24 – 26, and 11am – 4pm on October 27.

Mon., 10/24: 11am - 2pm (open play); 5pm – 8pm: Res Cup League, Student Org. League, Staff & Faculty League
Tue., 10/25: 11am - 2pm (open play); 5pm - 8pm: Fraternity & Sorority League
Wed., 10/26: 11am - 2pm (open play); 5pm - 8pm: Club Sports League, IM League & Athletics Teams League
Thu., 10/27: 11am - 4pm: CHAMPIONSHIP COMPETITION

Format
Once registered your team will compete against another team in your division in a bracket system, with each winning team advancing to the next round.

For each team that does not fall under a division, register as "other" in the league selection and register your team to compete during open play time slots. The top two team scores from non-league play will advance to the Championships as a wildcard entry.

If your team advances all the way to finals, your team may complete in the 10 minute test four times.

Each division winning team will advance to the Championships on 10/27 to compete for a total cash prize pool of $10,000! (See prize information below).

For the first round of the competition your whole team of four does not have to compete at the same time. For this round only, each team member can compete at different times.

If your team advances (there is a live online scoreboard to tell you) past the first round, all team members must compete at the same time.

Register
All participants in the F45 Playoffs at USC must register online, accept terms and conditions and complete all waivers prior to their turn in the competition.

To register please use the link below. Register as your team of four (all male and all female) at www.f45playoffs.com
Once registered you will receive a unique ID number please have this ready when you’re about to compete.
You may register in one of the following leagues:

- **General Entry (Don’t want to affiliate)**
- **Fraternity & Sorority (Any Greek letter affiliated students)**
- **Sporting Teams (Club Sports Teams, Athletic teams, Intramural Sports teams)**
- **Student Organization or Department (Student Orgs, Faculty/Staff Teams)**
- **Residential Education (Res Cup, Housing areas)**

**Prizes**
The championship the total prize pool is $10,000!
- 1st place male team $3,000
- 2nd place male team $1,500
- 3rd place male team $500

- 1st place female team $3,000
- 2nd place female team $1,500
- 3rd place female team $500

In addition, 1st, 2nd and 3rd teams in each division will receive a trophy and each divisional team entered will receive a participation pennant.

*Notice: This money will go to the winning individuals and have no obligation from F45 to give their winnings to their respected institution.*

**The benefits for you!**
- Team bonding
- Goal setting
- Provides a purpose for training
- It’s a fun day which is an experience that cannot be replicated