

PRELIM RULES AND REGULATIONS

CGGAMES
2018

CG GAMES PRELIM ATHLETE RULE GUIDE

ENDURANCE EVENT:

OVERVIEW:

- 10 SandBell Thrusters
- 20 Squat Jacks
- 30 High Plank Toe Touches
- 1st Lap - SandBell Carry
- 2nd Lap - No SandBell
- 10 SandBell Thrusters
- 20 Squat Jacks
- 30 High Plank Toe Touches
- 1st Lap - SandBell Carry
- 2nd Lap - No SandBell

ATHLETES:

- Athlete starts at a stall with a judge, CG Mat and SandBell
- Athlete must return to the same stall and judge after each lap that is completed
- When judge says 'GO,' your time starts
- Athlete performs 10 Sandbell Thrusters
 - **SandBell Thrusters:**
 - A 'thruster' refers to a non-jumping chest-to-ground burpee
 - Athlete can not drop the SandBell during the thruster and must hold it during their descent
 - Hands may come off the SandBell once the SandBell is on the ground, and then perform a push-up
 - Athlete holds the SandBell with arms extended down as they stand tall
 - 'Standing tall' means Athletes rise fully vertical, with knees and hips locked and spine vertical before starting the next rep. Judges will have a vertical dowel rod to judge 'standing tall'
 - Athlete must touch their chest to the SandBell
 - **NO REPS - Thrusters:**
 - Athlete doesn't touch their chest to the SandBell
 - Athlete doesn't lock knees
 - Athlete doesn't lock hips
 - Athlete doesn't stand tall (Judge will have a dowel rod to verify)

- Upon completion of 10 CG Games Thrusters, Athletes perform 20 Squat Jacks
 - **Squat Jacks:**
 - Athlete must squat low enough to touch their shoes
 - During the squat, Athlete must place feet wider than shoulder width (Judge's discretion)
 - When in the standing/upright position, Athlete must extend hips and spine so they are vertical and upright. Athletes hands must touch over their head while feet come together on the ground
 - **NO REPS - Squat Jack:**
 - Athlete doesn't touch shoes
 - Athlete doesn't touch hands above head
 - Athlete doesn't extend fully upright (Judges will have a dowel rod to measure 'vertical integrity')
- **PENALTIES - Squat Jack:** - If Athlete can not physically touch their toes during this exercise, the Athlete must touch below the knee and will incur a one minute penalty per occurrence (per set)
- Upon completion of 20 Squat Jacks, Athlete must perform 30 High Plank Toe Touches
 - **High Plank Toe Touch:**
 - A High Plank Toe-Touch starts in the plank position with the Athlete's hands and feet on the ground, arms and legs extended with the trunk elevated
 - Athlete must hold hips off the ground during the entire duration of exercise
 - Athlete brings one foot up and off the ground while touching that foot with the opposite hand. Athlete then places that hand and foot back on the ground and repeats this with the other hand and foot
 - Count one rep each time the hand and foot touch
 - Reps must be alternating
 - **NO REPS - High Plank Toe Touch:**
 - Athlete doesn't elevate hips off the ground
 - Athlete doesn't make 'obvious' hand to foot contact (Judge should not question whether contact was made)
 - **PENALTIES - High Plank Toe Touch:**
 - If Athlete can not physically perform this exercise by making hand to foot contact, they may take a one minute penalty and perform a hand to knee touch instead. The Athlete will incur a one minute penalty will be per occurrence (per set)
 - **SandBell Weight:**
 - Men - 20lbs
 - Women - 15lbs

STRENGTH EVENT:

OVERVIEW:

- Dumbbell High Plank Row - 20 Fast Count
 - Hand Release Push-Ups - 10
 - SandBell Overhead Press - 10
 - Hand Release Push-Up - 8
 - SandBell Overhead Press - 8
 - Hand Release Push-Up - 6
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- SandBell Overhead Press - 6
 - Dumbbell High Plank Row - 20 Fast Count
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- **Dumbbell High Plank Row:**
 - Start in the high plank position with a dumbbell in each hand
 - Perform a row by pulling the weight off the ground and bringing your elbow back
 - Elbow must break the plane of the back
 - Each row counts as one rep
 - One dumbbell must be on the ground at all times
 - Athletes may take breaks to accomplish this exercise
 - Modified reps from the knees will be allowed but will incur a time penalty
 - **NO REPS - Dumbbell High Plank Row:**
 - Athlete's elbow doesn't break the plane of their back
 - Athlete's knees fall below six inches (cone used to measure)
 - **PENALTY:**
 - If any reps are performed on the knees, a 30 second penalty will incur
 - **Hand Release Push-Up:**
 - Start in the high plank position and lower your body down into a push-up
 - Knees must come higher than six inches (measured by a six inch cone) at the top of the push-up
 - Push-ups from the knees are allowed, but the knees must come off the ground at least six inches at the top for the rep to count
 - **NO REPS - Hand Release Push-Up:**
 - Hands don't come off the ground at the bottom of the push-up
 - Knees don't elevate higher than six inches at the top of the rep
 - Elbows don't lock at the top of the rep
 - **SandBell Overhead Press:**
 - In the kneeling position, raise the SandBell up with both hands over the head
 - Athletes have the option to have both knees down, or one knee up and one knee down
 - The entirety of the SandBell must go below the Athlete's chin at the

bottom of the rep

- The Athletes elbows must lock at the top of the push-up

- **NO REPS - SandBell Overhead Press:**

- Athlete doesn't lock elbows at the top of the rep
- Athlete doesn't bring entire SandBell below chin
- Athlete comes out of the kneeling position to elevate the SandBell

- **Weights:**

- Dumbbells:
 - Men - 20lbs
 - Women - 12lbs
- SandBell:
 - Men - 25lbs
 - Women - 15lbs

AGILITY EVENT:

OVERVIEW:

- 10 x 10 Box Drill (sprint/shuffle/backpedal/shuffle)
- 10 Lateral Hurdle Hops (6 inch mini hurdle)
- Speed Ladder - lateral one foot in, one foot out (Ickey Shuffle)
 - Ickey Shuffle instruction video: bit.ly/Ickey_Shuffle
- 10 Agility Ring Steps (one foot in, one foot out, repeat. Forward or lateral accepted)
- Cone Touch
- 10 x 10 Box Drill
 - **Box Drill:**
 - The box is 10 yards by 10 yards
 - Athlete must start behind the 'start cone'
 - Athlete must travel around the outside of the corner cones
 - Feet must travel around each cone, not over the top of the cone
 - Athlete must keep hips from turning and feet from crossing during the shuffle
 - Athlete must maintain a backwards position throughout the duration of the backpedal
 - Athletes must travel around the start cone from the shuffle position before entering the box to begin the Lateral Hurdle Hops
 - A 5 second penalty will occur for every cone knocked over
 - **Lateral Hurdle Hops:**
 - Athlete performs 10 Lateral Hurdle Hops
 - Athlete must hop over the hurdle with feet together
 - If an Athlete jumps, or steps over one foot at a time, a penalty of 10 seconds is incurred as a one time penalty
 - Feet must travel over and above the actual hurdle, not in front or behind the hurdle
 - **NO REPS**
 - Hurdle falls over. Athlete picks it up and resumes

- **Speed Ladder:**
 - Athlete moves through the ladder with a side to side pattern, 1 foot out, 2 feet in, 1 foot out, etc, keeping one foot always on the outside and one foot always in the square (Ickey Shuffle)
- **NO REPS**
 - A 5 second penalty for every square or foot placement missed
 - Displaced ladders that prevent the Athlete from completing the ladder drill must be straightened by the Athlete, and then the drill must be completed. A displaced ladder is such that a square can not be stepped in
- **Agility Ring:**
 - Athlete performs 10 Agility Ring Steps
 - Athlete puts one foot in the ring, then the other in, then one foot out, then the other out
 - Both feet in and both feet out of the ring equals one rep
 - As they step in the ring, the Athlete's weight must be on grass for the rep to count (versus stepping on the ring only)
 - Any part of the Athlete's foot in the ring counts (entire foot doesn't have to be in the ring)
 - The Judge must see the weight distribution inside the ring
- **NO REP**
 - Feet don't step inside the circle
 - Moving a foot in while moving a foot out at the same time (a toe tap movement)
- **Cone Touch:**
 - Athlete touches with their hand, the nearest corner cone to the agility ring before sprinting back to and around the Box Drill start cone
- **Box Drill:**
 - The same pattern as before is completed (sprint/shuffle/backpedal/shuffle)
 - The time stops when the Athlete touches the start cone with their hand

INTERVAL EVENT:

OVERVIEW:

- A total of six rounds must be completed
- A Field Timer will run a clock that the entire field will work off of. The Field Timer will start their clock and blow a whistle every 70 seconds. This whistle indicates that it is time to for the Athlete to start the interval
- Each Athlete will have a personal Judge
- Each Judge will have their own stopwatch to time their Athlete
- The Judge times only their Athlete's working time
- During the Athlete's rest time, the Judge's clock is stopped
- The exercise should be completed BEFORE the next whistle at 70 seconds, allowing the Athlete to rest for a short time before the next Field Timer's whistle blow

- Athlete will perform 6 rounds of interval exercises:
 - **Interval:**
 - Rounds 1 and 2:
 - 15 yard sprint, 4 times (down and back = 1 time)
 - Rounds 3 and 4:
 - 25 yards sprint, 3 times (down and back = 1 time)
 - Rounds 5 and 6:
 - 35 yard sprint, 2 times (down and back = 1 time)
 - Note: the Athlete will pick up a cone on the far line and bring it back to the start line. Athlete must touch the start line with their hand before they change direction. Athlete may drop the cone near the line to free up their hand to make this line touch
 - After a total of 6 rounds, the Athlete's Judge stops the clock, which represents the Athletes 'working' time
 - If an Athlete doesn't make it back to the start line prior to the whistle blow, indicating it's time to start again, the Athlete will finish the round they are on and continuously start the next round. The judge will not stop their working time in this instance
 - An Athlete has a maximum of seven minutes to complete the interval event. Seven minutes refers to the Field Timer's clock, not the personal Judge's working time clock
 - Penalties:
 - Not bringing a cone back - 5 seconds added to the overall working time per cone
 - If an Athlete doesn't complete the work in 7 minutes, they get a max time of 7 minutes as their working time

PEAK EVENT:

OVERVIEW:

- Bear Crawl Bag Drag - 50 Yards
- SandBell Toss with Broad Jump - 50 Yards
- SandBell Toss 50 Yards Down & 50 Yards Back - 100 Yards Total
- SandBell Run - 50 Yards
- Bag Drag Backpedal - 35 Yards
- Bag Drag Forward - 15 Yards
- **Weights:**
 - Men
 - Drag - 75 lbs (fixed weight)
 - SandBell Toss & Run - 20 lbs
 - Women
 - Drag - 50 lbs (fixed weight)
 - SandBell Toss & Run - 15 lbs
- **Bear Crawl Bag Drag:**
 - Athlete must start entirely behind the inside of the endzone

- Athlete must bear crawl the entire bag beyond the 50 yard line before detaching the belt
- Athlete must keep their palms flat on the ground during the bear crawl
- Athlete must keep weight on their hands
- Athlete may drop to knees to rest but can not make forward progress on their knees (no crawling)
- **Sandbell Toss With Broad Jump:**
 - Athlete tosses the SandBell with feet stationary (no jumping forward)
 - Athlete broad jumps until the Sandbell is between their feet (any part of the Sandbell breaking the plane qualifies)
 - Hands must touch the ground before every jump to ensure squat position
 - During broad jump, both feet must leave the ground and land at the same time
 - Athlete may not dive to the SandBell as part of the chest to ground movement
 - After they touch the SandBell with their hand, they then must touch their chest to the SandBell before taking their next SandBell toss (this motion is that of a 'Thruster')
 - Athlete is finished when both the SandBell has crossed the initial starting line, and they have jumped across the initial starting line
- **SandBell Toss Down & Back:**
 - Athlete tosses the SandBell down the field, runs to the SandBell, picks it up, and throws it again
 - Athlete may not take steps with the SandBell in their hands
 - Athlete may make forward movement into their throw but may not complete a step
 - SandBell must be thrown over the 50 yard line to change direction and throw back to where they started
 - Athlete is finished when the SandBell lands across the start line
- **SandBell Run:**
 - This consists of a 50 yard run back to the bag, at which point the Athlete drops the SandBell and begins the Bag Drag Back-Pedal
 - The Athlete may hold the SandBell in any manner
- **Bag Drag Back-Pedal:**
 - Athlete must hold the belt or strap to drag the bag back
 - Athlete must keep hips square to the start line when dragging
 - Athlete will transition from a backpedal to a forward drag 15 yards out from the finish line once the Athlete's foot has crossed the 15 yard line (a judge will communicate when this has happened)
 - Athlete is finished when the entire bag crosses the finish line
- **PENALTIES & NO REPS:**
 - Athlete does not have palms flat and weight distributed on hands during bear crawl, will result in one warning. Any other occurrences result in a ten

second penalty

- For Athletes that can not leave the ground and land with both feet simultaneously during their broad jump, a gross penalty of 30 seconds will be added
- Athlete doesn't touch ground before broad jumping
- Athlete takes steps to SandBell. Athlete must go back to the spot of the foul and start again
- Athlete doesn't touch chest to SandBell. Athlete must perform the move correctly
- Athlete takes steps on the SandBell toss - 3 second penalty per occurrence
- Athlete doesn't drag the entire bag across the 50 yard line. Athlete must get the bag across before starting the SandBell toss
- If the Athlete drags the bag with hands on the bag, as opposed to the strap or the belt, a 10 second penalty will result
- Athlete doesn't touch the ground before broad jumping. This action will result in the Athlete coming back to the spot of the last jump and completing it again, this time touching the ground prior to the jump