

— ATHLETE'S GUIDE —

CGGAMES
PRELIMS 2020

CG GAMES PRELIMS ATHLETE'S GUIDE 2020

WUT WUT!

Are you ready to Rise Above? Join over 15,000 Athletes nationwide at an epic fitness event that tests endurance, strength, agility and speed!

This Athlete's Guide governs all facets of the CG Games competition. Your performance will be judged, validated and ranked on the CG Games Scoreboard. The top qualifying Teams and Individual Athletes in each division will have the opportunity to compete in CG Games Finals at Globe Life Field, home of the Texas Rangers, in Arlington, TX!

TOP 5 THINGS TO REMEMBER

1. Be Positive
2. Have Fun
3. Challenge Yourself
4. Be a Good Sport
5. Take Care of Yourself

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GENERAL POLICIES

ATHLETE CONDUCT

- **Respect:** You are expected to treat other Athletes, volunteers, competition staff, Judges and spectators with respect. Any unsportsmanlike conduct may result in a disqualification.
- **Refusal:** CG will disqualify and eject you from CG Games without notice, recourse, refund, or return to you if (a) you are or CG suspects that you are, in any way involved in fraudulent or illegal activity; (b) if CG believes you are disruptive, disorderly, loud, harassing, abusive or a safety risk of/to CG, its customers, or their property.
- **Headphones or Headsets:** Headphones which are inserted to or covering the ears are not allowed while you are competing. If you are found using these items while competing, you will be asked to remove them and put them away.
- **Distraction:** While competing, do not use a cell phone or a smartwatch in a distracting manner. A "distracting manner" includes but is not limited to: making and receiving phone calls, sending and receiving text messages, playing music, using social media, and taking photographs.
- **Apparel:** Competing with a bare torso is prohibited. In addition to your bib, you must wear a shirt, jersey, or sport top at all times while competing. Athletes/Trainers can make custom shirts, but must follow the guidelines below:
 - *Does NOT include the CG or CG Games logo - can use "Wut Wut" or "Better Together"
 - *Does NOT include other fitness programs' logos or likeness (ex: Gold's Gym, Crossfit, etc.)
 - *Does NOT include offensive language
- **Under the Influence:** If you appear to be intoxicated or under the influence of drugs or alcohol, you will be immediately pulled from the competition and disqualified.

ATHLETE SAFETY

- **Tips for a Safe Event Day:** It will be hot outside! Please plan for the heat, especially if your wave time is later in the day. Here are some tips on how you can best prepare:
 - **Hydrate:** Start hydrating a few days before the competition. Drink plenty of water and fluids before, during, and after CG Games.
 - **Packing:** Bring plenty of water with you to CG Games Prelims! Pack a cooler with water and other hydrating fluids for your recovery. Pro tip: bring cooling towels for a refreshing treat after you complete!
 - **Gloves:** The turf could be hot during your wave time. Bring athletic gloves to keep your hands protected while on the course!
- **Overall Health:** Personal health, fitness level and preparation should guide your approach to the competition. You should consult with an independent, licensed, medical professional who is familiar with your medical history and conditions regarding your ability to participate in CG Games.
- **Medical Issues:** During the competition, STOP at the first sign of a medical problem such as, but not limited to, chest pain/discomfort, breathing difficulties, light-headedness, or unusually high heart rate and seek medical attention. Should you experience any medical issues, please notify the nearest Judge or competition staff who will dispatch appropriate medical attention.

- **Removal:** Medical personnel and/or CG Games Judges shall have ULTIMATE and FINAL authority to remove you from the competition if you are determined to be physically incapable of continuing the competition without risk of serious injury to yourself or others.
- **Incomplete Event:** Should you not be able to finish the competition due to injury or while undergoing medical treatment or assessment, you will receive the max time on the CG Games scoreboard.

COMPETITION GUIDELINES

- **Rule Changes:** CG reserves the right to make rule changes at any time provided all Athletes are notified in writing and/or in person prior to the start of the competition.
- **Judges:** CG Games Judges shall have authority to disqualify any Athlete.
- **Spectators:** Spectators are not allowed on the track or field. Spectators are not permitted to provide assistance to Athletes while competing or cross the finish line with participating Athletes. This policy will allow each competitor adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all volunteers, Athletes and Judges.
- **Finish Line:** Athletes who have already competed are not permitted to cross the finish line with participating Athletes. This policy will allow each competitor adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all Athletes, volunteers and Judges.
- **Guidelines:** It is your responsibility to know and follow the competition rules. No adjustments in times or results shall be made if you fail to follow the proper competition format for any reason whatsoever.
- **Prepare:** Thoroughly review the CG Games website, checklists and all pre-event communications so you are prepared for the competition.
- **Transgender Policy:** CG is committed to ensuring that all Athletes have equal access and opportunities to participate in CG events in a manner that is fair to all competitors while preserving the integrity of the competition. All Athletes may select their gender. Athletes who register in a gender category other than the gender assigned to them at birth, or different than the gender by which they have identified during registration, are representing to CG that:
 - Their gender in their everyday life matches their registration gender.
 - They have obtained civil documents with their registration gender identified (e.g., state ID or driver's license).
- **Doping Policy:** CG does not condone drug use for Athlete performance. CG will not conduct drug testing before the competition, but if evidence is provided that you are using drugs to enhance your performance, you could be disqualified.

COMPETITION DAY DETAILS

ATHLETE WARM-UP ZONE

- **Purpose:** The Warm-Up Zone is a designated area for Athletes to stretch and adequately prepare for the competition. The expectation is that Athletes will warm-up on their own prior to competing.
- Only CG Games Athletes, competition officials, Judges, and volunteers are allowed in the Warm-Up Zones. Spectators are to remain in the designated spectator areas and will not be allowed in the Warm-Up Zones.

ATHLETE HOLDING ZONE

- **Purpose:** The Holding Zone is the designated area for Athletes to line up according to their wave time prior to starting the competition. A Trainer or volunteer will direct Athletes where to stand and when to start the course.
- Only CG Games Athletes, competition officials, Judges, and volunteers are allowed in the Holding Zone. Spectators are to remain in the designated spectator areas and will not be allowed in the Holding Zone.

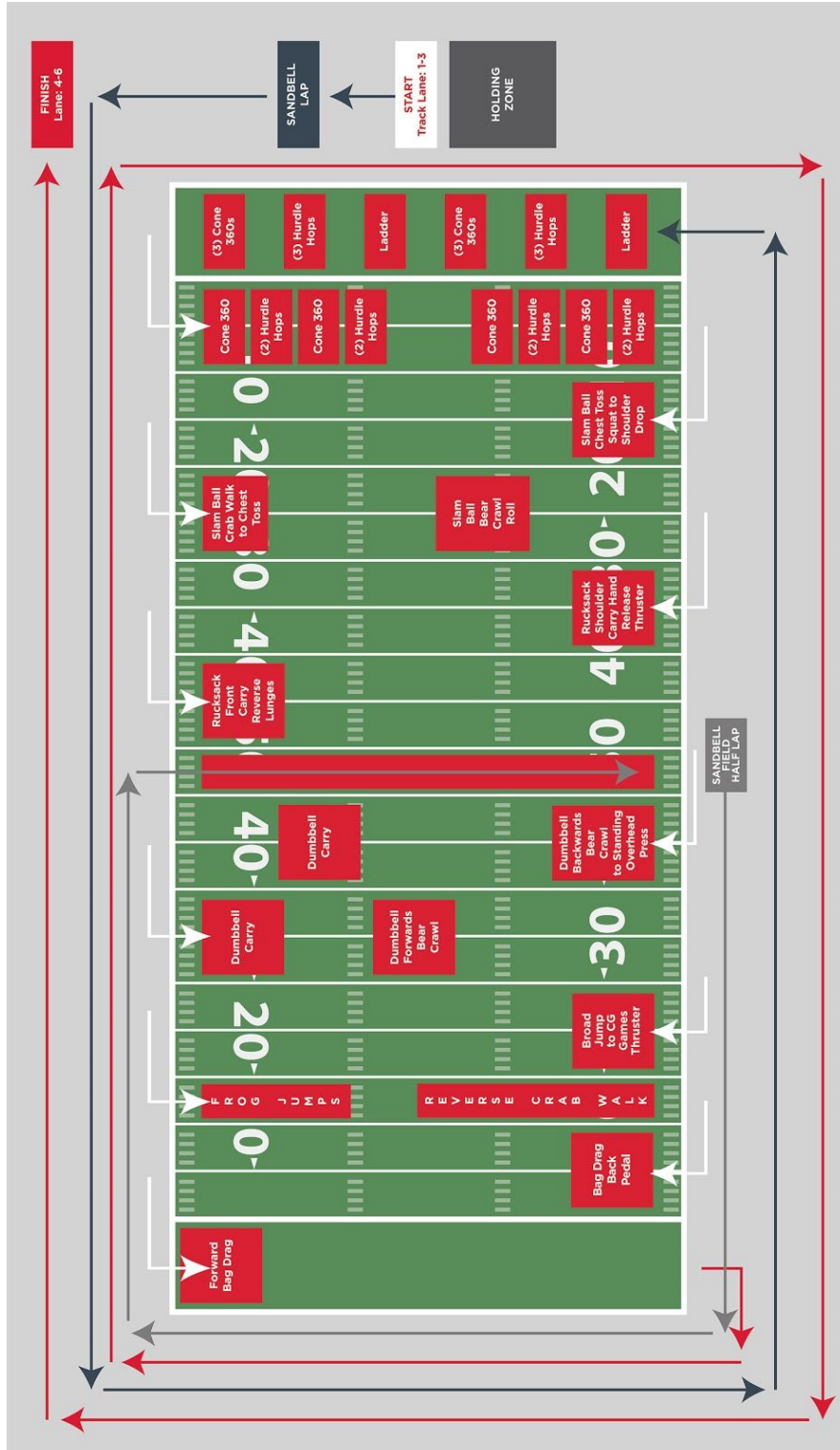
BIB NUMBERS

- **Visible:** You must wear your issued bib number on the front of your body, clearly visible at all times while competing. Bib numbers identify the official Athletes competing. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear the issued bib number is STRICTLY PROHIBITED and may result in disqualification.
- **Transfer:** CG does not allow the transfer of your registration to another person - no exceptions will be made to this rule. Any attempt to transfer a registration to another person will result in DISQUALIFICATION and suspension from future participation in any CG competition.
- **Integrity:** Unauthorized bib selling or cheating in any form is not allowed. Should you witness this, please report the activity with as many details as possible to a Judge or competition official. Situations will be investigated.

SCORING

- Athletes will be limited to signing up for two wave times.
- If Athletes wish to retest the course, they will have to wait for the designated re-testing times that will take place throughout the day (time depending on location).
- Athletes will receive one total time upon completion of the course.
- The Athlete's best score will be reflected on the CG Games scoreboard.

OVERVIEW: COURSE LAYOUT IMAGE



SUMMARY

- Athletes will be released by a Judge every 20-45 seconds depending on the location. The race clock will start as soon as the Athlete is released and crosses the start timing mat
- Athlete performs exercises in this order: 1 Sandbell Lap, Lane 1-6, Sandbell Field Half Lap, Lane 7-12, Final Lap. Each lane is 53 1/3 yards long
- Athlete must complete all the movements in a lane before entering a new lane
- **Penalties:** Any penalty assigned to an Athlete by a Judge will result in 3 CG Games Thrusters at the spot of the penalty. A CG Games Thruster is defined as:
 - A non-jumping chest-to-ground burpee
 - Includes a hand release at the bottom of the burpee
 - Athlete must 'stand tall', meaning they rise fully vertical with knees and hips locked, and spine vertical before starting the next rep
- There are some traveling movements throughout the course that if an Athlete needs to regress, we will allow it with a one-time penalty of 6 CG Games Thrusters per traveling movement
 - A regression to a movement is defined as a movement that is derived from the originally intended movement and requires less 'effort' to accomplish
 - Athletes will let the Judge in the lane know if they are going to regress. Athletes must perform 6 CG Games Thrusters before performing the regression:
 - Hurdle Hops (Lanes 1 & 2)
 - Crabwalk (Lanes 4 & 10)
 - Bear Crawl (Lanes 4, 7 & 8)
 - Lunges (Lane 6)
 - Broad Jump (Lane 9)
 - Frog Jumps (Lane 10)

COMPETITION COURSE DETAILS

SANDBELL LAP				
MOVEMENT	DISTANCE	EQUIPMENT	WOMEN'S WEIGHT	MEN'S WEIGHT
Sandbell Lap	300 meters	Sandbell	15 lbs.	20 lbs.

SANDBELL LAP

- Athlete will start the course by running a lap around the track with a sandbell
- The sandbell may be carried in any manner by the Athlete
- Once the Athlete has completed the lap, the Athlete will drop the sandbell in the 'drop zone' and enter the field to begin performing a series of exercises down 12 lanes

LANE 1: FORWARD AGILITY	
MOVEMENT	EQUIPMENT
2 In, 2 Out Hops	Agility Ladder
Hurdle Hops	Hurdles
Cone 360s	Cones

LANE 1: FORWARD AGILITY

- Athlete will enter Lane 1, the Forward Agility Lane
- Athlete will complete the following series of exercises:
 - 2 In, 2 Out Hops on an Agility Ladder
 - 3 Forward Hurdle Hops
 - 3 Cone 360s
 - 2 In, 2 Out Hops on an Agility Ladder
 - 3 Forward Hurdle Hops
 - 3 Cone 360s
- Judges will be looking for the below while the Athlete performs the following exercises:
 - 2 In, 2 Out Hops
 - Two feet must plant within each square of the ladder in a two feet in, two feet out pattern
 - Two feet in each square and two feet to the side of the square, per square of the ladder in a forward motion
 - Forward Hurdle Hops
 - Athlete will clear each hurdle individually in a jumping motion
 - Feet must travel over and above the hurdle, not to the side of the hurdle
 - Cone 360s
 - Both 'weight bearing' feet to travel around each cone
- **Penalties:** 3 CG Games Thrusters per occurrence for each and any of the following:
 - If the Athlete displaces a ladder so that forward progress can not be made, the Athlete must straighten the ladder and perform 3 CG Games Thrusters before progressing through the rest of the course
 - If the Athlete knocks over the hurdle, they must pick it back up and perform 3 CG Games Thrusters before progressing through the rest of the course
 - If the Athlete knocks over a cone, the Athlete must upright the cone and perform 3 CG Games Thrusters before progressing through the rest of the course
 - If the Athlete does not have both 'weight bearing' feet traveling around each cone
- Penalized Regression on the Hurdle Hops:
 - If an Athlete is unable to jump with both feet together, leaving the ground and landing at the same time, they may choose to regress this movement by jumping over one foot at a time.
 - Opting into this regression will result in a one-time penalty of 6 CG Games Thrusters
- Once the Athlete has completed Lane 1, the Athlete will then move on to Lane 2

LANE 2: LATERAL AGILITY	
MOVEMENT	EQUIPMENT
Cone 360s	Cones
Lateral Hurdle Hops	Hurdles

LANE 2: LATERAL AGILITY

- Athlete will enter Lane 2, the Lateral Agility Lane
- Athlete will shuffle the entire lane, alternating between Cone 360s and Lateral Hurdle Hops, completing the following series:
 - Lateral Shuffle to Cone 360s
 - Lateral Shuffle to 2 Hurdle Hops
 - Lateral Shuffle to Cone 360s
 - Lateral Shuffle to 2 Hurdle Hops
 - Athlete will switch lead foot half way down the lane
 - Lateral Shuffle to Cone 360s
 - Lateral Shuffle to 2 Hurdle Hops
 - Lateral Shuffle to Cone 360s
 - Lateral Shuffle to 2 Hurdle Hops
- Judges will be looking for the below while the Athlete performs the following exercises:
 - Lateral Shuffle
 - Athlete must keep hips square, meaning hips stay parallel to the lane line
 - Athlete must keep feet from crossing
 - Cone 360s
 - Both 'weight bearing' feet to travel around each cone
 - Lateral Hurdle Hops
 - Athlete will clear each hurdle individually in a jumping motion laterally
 - Feet must travel over and above the actual hurdle, not in front or behind the hurdle
 - Half-Way Point
 - Athlete will switch directions to lead with the opposite leg
- **Penalties:** 3 CG Games Thrusters per occurrence for each and any of the following:
 - If the Athlete knocks over the hurdle, they must pick it back up and perform 3 CG Games Thrusters before progressing through the rest of the course
 - If the Athlete knocks over a cone, the Athlete must upright the cone and perform 3 CG Games Thrusters before progressing through the rest of the course
 - If the Athlete does not have both 'weight bearing' feet traveling around each cone
- Penalized Regression on the Hurdle Hops:
 - If the Athlete is unable to jump with both feet together, leaving the ground and landing at the same time, they may choose to regress this movement by jumping over one foot at a time
 - Opting into this regression will result in a one-time penalty of 6 CG Games Thrusters
- Once the Athlete has completed Lane 2, the Athlete will then move on to Lane 3

LANE 3: SLAM BALL				
MOVEMENT	DISTANCE	EQUIPMENT	WOMEN'S WEIGHT	MEN'S WEIGHT
Slam Ball Chest Toss Squat to Shoulder Drop	Entire Lane	Slam Ball	15 lbs.	25 lbs.

LANE 3: SLAM BALL

- Athlete will enter Lane 3, a Slam Ball Lane
- Athlete will complete a Slam Ball Chest Toss Squat to Shoulder Drop down the entire lane
- Athlete will run to the slam ball, pick it up, drop it over their shoulder, take a step back to pick up the slam ball and toss from the chest again
- Athlete will then put this sequence on repeat until they have traveled the entire length of the lane, finishing the lane by tossing their slam ball across the far sideline
- Judges will be looking for the below while the Athlete performs the Slam Ball Chest Toss Squat to Shoulder Drop:
 - Athlete to perform a toss from the chest
 - Side tosses, overhead tosses, underhand tosses or any other variation of a toss will not be allowed
 - Athlete to drop the slam ball over their shoulder behind them
- **Penalties:** 3 CG Games Thrusters per occurrence for each and any of the following:
 - If any toss is not from the chest
 - Failing to drop the slam ball over the shoulder behind them
 - If the Athlete takes more than one step with the slam ball
- Once the Athlete has completed Lane 3, the Athlete will then move on to Lane 4

LANE 4: SLAM BALL				
MOVEMENT	DISTANCE	EQUIPMENT	WOMEN'S WEIGHT	MEN'S WEIGHT
Slam Ball Crab Walk to Chest Toss	Half Lane	Slam Ball	15 lbs.	25 lbs.
Slam Ball Bear Crawl Roll	Half Lane	Slam Ball	15 lbs.	25 lbs.

LANE 4: SLAM BALL

- Athlete will enter Lane 4, a Slam Ball Lane
- Athlete will complete a Slam Ball Crab Walk to Chest Toss to the halfway point followed by a Slam Ball Bear Crawl Roll to the end of the lane
- Athlete will begin their crab walk at the side line and will toss the slam ball from their chest
- Athlete will then forward crab walk to the spot where their slam ball stopped rolling
- Athlete will repeat this sequence until the slam ball has crossed the midpoint cone
- Athlete will transition from a forward crab walk to a forward bear crawl once their feet touch the midpoint cone line
- Athlete will bear crawl to the slam ball and roll it forward with their hands
- Athlete continues bear crawling and rolling the slam ball until the ball crosses and their hand touches the sideline
- Judges will be looking for the below while the Athlete performs the following exercises:
 - Slam Ball Crab Walk to Chest Toss
 - Athlete to perform a toss from the chest
 - Athlete may do a sit-up before performing a chest toss if they wish
 - Athlete to crab walk until the slam ball crosses the line and their feet cross the midpoint line
 - Slam Ball Bear Crawl Roll
 - Athlete to have palms down and weight bearing hands during their bear crawl
 - Athlete to begin their bear crawl at the midpoint line
 - Athlete can not interfere with another competitor's slam ball
- **Penalties:** 3 CG Games Thrusters per occurrence for each and any of the following:
 - Athlete does not chest toss the slam ball
 - Athlete does not have palms down or weight-bearing hands during the bear crawl
 - Athlete does not begin their bear crawl at the midpoint line
 - Athlete interferes with another competitor's slam ball
- Penalized Regression on the Crab Walk:
 - If an Athlete is unable to make forward progress in the crab walk with their hips off the ground, they may slide in a sitting position (scoot) in order to make progress
 - Opting into this regression will result in a one-time penalty of 6 CG Games Thrusters
- Penalized Regression on the Bear Crawl:
 - If an Athlete cannot bear crawl with knees off the ground, they may opt in to regressing the movement on their knees
 - Opting into this regression will result in a one-time penalty of 6 CG Games Thrusters
- Once the Athlete has completed Lane 4, the Athlete will then move on to Lane 5

LANE 5: RUCKSACK					
MOVEMENT	QTY	DISTANCE	EQUIPMENT	WOMEN'S WEIGHT	MEN'S WEIGHT
Rucksack Shoulder Carry Hand Release Thruster	5	Every 10 yards	Rucksack	30 lbs.	50 lbs.

LANE 5: RUCKSACK

- Athlete will enter Lane 5, a Rucksack Lane
- Athlete will complete a Rucksack Shoulder Carry Hand Release Thruster down the entire lane
- Athlete will carry the rucksack on their shoulder and perform 5 Rucksack Thrusters down the entire lane
- Athlete must carry the rucksack on their shoulder as they travel the length of the lane
- Athlete will drop their rucksack at the immediate vicinity of the cone line, touch their chest to the rucksack or ground and flash their hands
- Some part of the Athlete's body must break the cone line during the hand release thruster
- Athlete will then lift the rucksack on their shoulder and carry it to the next cone, repeating the drop and chest to the rucksack or ground
- Judges will be looking for the below while the Athlete performs the Rucksack Shoulder Carry Hand Release Thruster:
 - Athlete to carry the rucksack on their shoulder
 - Athlete to touch their chest to the rucksack or ground
 - Athlete to release their hands during the thruster
 - Athlete to perform 5 Rucksack Thrusters
- **Penalties:** 3 CG Games Thrusters per occurrence for each and any of the following:
 - Athlete makes forward progress not carrying the rucksack on their shoulder
 - Athlete does not touch their chest to the rucksack or ground
 - Athlete does not perform all 5 Rucksack Thrusters
 - Athlete does not flash their hands during the Rucksack Thruster
- Once the Athlete has completed Lane 5, the Athlete will then move on to Lane 6

LANE 6: RUCKSACK					
MOVEMENT	QTY	DISTANCE	EQUIPMENT	WOMEN'S WEIGHT	MEN'S WEIGHT
Rucksack Front Carry Reverse Lunges	10	Every 5 yards	Rucksack	30 lbs.	50 lbs.

LANE 6: RUCKSACK

- Athlete will enter Lane 6, a Rucksack Lane
- Athlete will complete Rucksack Front Carry Reverse Lunges down the entire lane
- Athlete may carry the rucksack in any manner as long as it is in front of the body at the time they start their first reverse lunge
- Every 5 yards, the Athlete will reverse lunge, making knee to ground contact on each leg at the cone line
- Athlete completes this lane by having a foot touch or cross the sideline
- Judges will be looking for the below while the Athlete performs the Rucksack Front Carry Reverse Lunge:
 - Rucksack to be carried in any manner in front of the body
 - Both knees to touch the ground at the cone line
 - Athlete to touch or cross their foot on the far sideline to complete the lane
- **Penalties:** 3 CG Games Thrusters per occurrence for each and any of the following:
 - Athlete carries the rucksack in a way that is not in front of the body
 - Athlete does not make knee-to-ground contact on both knees
 - Athlete drops the rucksack before touching or crossing the far sideline
- Penalized Regression on the Lunges:
 - If an Athlete is unable to complete knee-to-ground reverse lunges, they may instead opt for 2 CG Games Thrusters at each reverse lunge cone line
- Once the Athlete has completed Lane 6, the Athlete will then drop their rucksack off, pick up a sandbell and take off on a half lap

SANDBELL FIELD HALF LAP			
MOVEMENT	DISTANCE	WOMEN'S WEIGHT	MEN'S WEIGHT
Sandbell Field Half Lap	Approx. 200 meters	15 lbs.	20 lbs.

SANDBELL FIELD HALF LAP

- Athlete will take off on a half lap around the field with a sandbell
- The sandbell may be carried in any manner by the Athlete

- Once the Athlete has completed the half lap, the Athlete will drop the sandbell in the 'drop zone' and enter into Lane 7

LANE 7: DUMBBELL					
MOVEMENT	QTY	DISTANCE	EQUIPMENT	WOMEN'S WEIGHT	MEN'S WEIGHT
Dumbbell Backwards Bear Crawl to Standing Overhead Press	7	35 yards	Dumbbell	15 lbs.	20 lbs.
Dumbbell Carry	N/A	18 1/3 yards	Dumbbell	15 lbs.	20 lbs.

LANE 7: DUMBBELL

- Athlete will enter Lane 7, a Dumbbell Lane
- Athlete will complete a Dumbbell Backwards Bear Crawl to Standing Overhead Press down to the cone followed by a Dumbbell Carry to the end of the lane
- Athlete will start with dumbbells on the sideline, facing away from the direction of travel
- Athlete will begin backwards bear crawling with their dumbbells
- Upon completing the standing overhead press at the immediate vicinity of the cone line, Athlete will stand up and press their dumbbells over head, clearing the crown of their head with the bottom of the dumbbells
- Athlete will repeat this sequence, backwards bear crawling and standing overhead press 7 times throughout the lane
- Upon reaching the 7th cone line, the Athlete will stand up and carry their dumbbells the remaining distance in this lane in a forward facing direction
- Judges will be looking for the below while the Athlete performs the following exercises:
 - Dumbbell Backwards Bear Crawl to Standing Overhead Press
 - Standing overhead press must take place at the immediate vicinity of the cone line
 - Hands are weight-bearing
 - During the standing overhead press, the bottom of the dumbbells must clear the crown of the head
 - Dumbbell Carry
 - Both dumbbells are in the Athlete's hand while they travel to the end of the lane
- Penalties:** 3 CG Games Thrusters per occurrence for each and any of the following:
 - Hands not bearing the weight of the bear crawl
 - Athlete does not perform a standing overhead press at the vicinity of the cone line
 - The bottom of the dumbbells does not clear the crown of the head
 - Athlete does not stand up during the standing overhead press
- Penalized Regression on the Backwards Bear Crawl:
 - If an Athlete cannot bear crawl with knees off the ground, they may opt in to regressing the movement on their knees
 - Opting into this regression will result in a one-time penalty of 6 CG Games Thrusters
- Once the Athlete has completed Lane 7, the Athlete will then move on to Lane 8

LANE 8: DUMBBELL				
MOVEMENT	DISTANCE	EQUIPMENT	WOMEN'S WEIGHT	MEN'S WEIGHT
Dumbbell Carry	18 ½ yards	Dumbbell	15 lbs.	20 lbs.
Dumbbell Forward Bear Crawl	35 yards	Dumbbell	15 lbs.	20 lbs.

LANE 8: DUMBBELL

- Athlete will enter Lane 8, a Dumbbell Lane
- Athlete will complete a Dumbbell Carry down to the cone followed by a Dumbbell Forward Bear Crawl to the end of the lane
- Athlete must dumbbell bear crawl the full distance, completing the lane by touching one dumbbell on the far sideline
- Judges will be looking for the below while the Athlete performs the following exercises:
 - Dumbbell Carry
 - Both dumbbells are in the Athlete's hand while they travel to the end of the lane
 - Dumbbell Forward Bear Crawl
 - Hands to bear weight on the dumbbells
 - A dumbbell to start on the cone line and end on the far sideline
- **Penalties:** 3 CG Games Thrusters per occurrence for each and any of the following:
 - Hands not bearing the weight of the bear crawl
 - Dumbbells not starting on the cone line
 - A dumbbell not ending on the far sideline
- Penalized Regression on the Bear Crawl:
 - If an Athlete cannot bear crawl with knees off the ground, they may opt in to regressing the movement on their knees
 - Opting into this regression will result in a one-time penalty of 6 CG Games Thrusters
- Once the Athlete has completed Lane 8, the Athlete will then move on to Lane 9

LANE 9: BODY WEIGHT		
MOVEMENT	QTY	DISTANCE
Broad Jump to CG Games Thruster	10	Every 5 yards

LANE 9: BODY WEIGHT

- Athlete will enter Lane 9 to complete Broad Jump to CG Games Thruster down the entire lane
- Athlete will begin by touching the ground and broad jumping from the sideline
- Every 5 yards the Athlete must perform a CG Games Thruster
- Athlete will repeat this movement until they reach a cone line
- Some part of the Athlete's body must break the cone line during the CG Games Thruster
- Athlete must perform a CG Games Thruster at every cone line:
 - Athlete lays down
 - Athlete releases their hands from the ground by lifting them up briefly
 - Athlete then stands up
- The Athlete will repeat this sequence of Broad Jumps and CG Games Thrusters down the entire lane
- The Athlete must touch the ground with both hands before every broad jump
- Once the Athlete's feet land on or beyond the far sideline, the Athlete has completed the lane
- Judges will be looking for the below while the Athlete performs the following exercises:
 - Broad Jump
 - Athlete may only progress forward by broad jumping, no steps allowed
 - Broad jumps to start on the far sideline and end on the opposite sideline
 - Both hands to touch the ground before every broad jump
 - Both feet must leave and land at the same time during the broad jump
 - CG Games Thruster
 - Some part of the Athlete's body to break the cone line before performing a CG Games Thruster
 - Hands to come off the ground while in the lying position
- **Penalties:** 3 CG Games Thrusters per occurrence for each and any of the following:
 - Athlete progresses forward in any other way than broad jumping
 - Broad Jumps not starting and ending on the sidelines
 - Both hands not touching the ground per broad jump on either the inside or outside of the legs
 - Some part of the Athlete's body does not break the cone line before performing a CG Games Thruster
 - Both hands not releasing from the ground per CG Games Thruster
- Penalized regression on the broad jump:
 - If an Athlete is not able to perform the broad jump with both feet leaving and landing simultaneously, a regression may be opted into. This regressed movement is a forward jump by which one foot leaves the ground before the other and one foot lands prior to the other.
 - Opting into this regression will result in a one-time penalty of 6 CG Games Thrusters
- Once the Athlete has completed Lane 9, the Athlete will then move on to Lane 10

LANE 10: BODY WEIGHT	
MOVEMENT	DISTANCE
Frog Jumps	35 yards
Reverse Crab Walk	18 ½ yards

LANE 10: BODY WEIGHT

- Athlete will enter Lane 10 to complete Frog Jumps to the cone, followed by a Reverse Crab Walk
- Athlete will begin with hands on the sideline
- Athlete will place their body weight on their hands and jump their feet forward landing their feet to the outside of their hands. Athlete will then place their hands forward and repeat this process until they have travelled to the reverse crab walk cone line
- Upon reaching the cone line with their hands, the Athlete changes position to begin the reverse crab walk
- Athlete performs a reverse crab walk until a hand touches the sideline
- Judges will be looking for the below while the Athlete performs the following exercises:
 - Frog Jumps
 - The frog jumps to be performed like a frog jump and not a bear crawl
 - Both hands move at the same time to progress forward
 - Feet progress to the hands in a jumping or stepping motion
 - Reverse Crab Walk
 - A hand to start on the crab walk cone line
 - A hand to touch the far sideline before completing the lane
- **Penalties:** 3 CG Games Thrusters per occurrence for each and any of the following:
 - During the frog jump, the Athlete does not move their hands at the same time to progress forward
 - Athlete's feet do not move simultaneously towards the hands
 - The crab walk doesn't start and end with one hand on the midpoint line and sideline respectively
- Penalized Regression on the Frog Jump:
 - If an Athlete is unable to simultaneously jump both feet forward, a regressive movement may be opted into by which one foot progresses forward and then another
 - Opting into this regression will result in a one-time penalty of 6 CG Games Thrusters
- Penalized Regression on the Reverse Crab Walk:
 - If an Athlete is unable to make forward progress in the crab walk with their hips off the ground, they may slide in a sitting position (scoot) in order to make progress.
 - Opting into this regression will result in a one-time penalty of 6 CG Games Thrusters
- Once the Athlete has completed Lane 10, the Athlete will then move on to Lane 11

LANE 11: BAG DRAG

MOVEMENT	DISTANCE	EQUIPMENT	WOMEN'S WEIGHT	MEN'S WEIGHT
Bag Drag Back Pedal	Entire Lane	Bag Drag	50 lbs.	75 lbs.

LANE 11: BAG DRAG

- Athlete will enter Lane 11, a Bag Drag Lane
- Athlete will complete a Bag Drag Back Pedal down the entire lane
- Athlete completes this lane by pulling the bag backwards until their foot touches or crosses the sideline
- Athlete will then transition into Lane 12 through the cone gate
- Judges will be looking for the below while the Athlete performs the Bag Drag Back Pedal:
 - Athlete must hold the belt or strap to drag the bag back
 - Athlete can wear the belt if they want to do so
 - Athlete must keep hips square to the start line when dragging
 - Athlete is finished when the Athlete's foot touches or crosses the sideline
- **Penalties:** 3 CG Games Thrusters per the following occurrences:
 - Athlete picks up the bag at any point
 - Athlete doesn't touch or cross the sideline with 1 foot before transitioning to Lane 12
 - The Athlete's hips do not stay square and result in turning of the hips
- Once the Athlete has completed Lane 11, the Athlete will then move on to Lane 12

LANE 12: BAG DRAG

MOVEMENT	DISTANCE	EQUIPMENT	WOMEN'S WEIGHT	MEN'S WEIGHT
Forward Bag Drag	Entire Lane	Bag Drag	50 lbs.	75 lbs.

LANE 12: BAG DRAG

- Athlete will enter Lane 12, a Bag Drag Lane
- Athlete will complete a Forward Bag Drag down the entire lane
- Athlete completes the lane when their foot touches or crosses the far sideline
- Judges will be looking for the below while the Athlete performs the forward bag drag:
 - The Athlete's hips to stay square indicating a forward drag
- **Penalties:** 3 CG Games Thrusters per the following occurrences:
 - Athlete picks up the bag at any point
 - Athlete's bag does not cross the sideline
 - Athlete does not drop off the bag in the bag drop off zone
 - Athlete's hips do not stay square and result in turning of the hips
- Once the Athlete has completed Lane 12, the Athlete will then drop the bag and take off on a final lap

FINAL LAP	
MOVEMENT	DISTANCE
Final Lap	Approx. 500 meters

FINAL LAP

- The Athlete will take off around the field and exit onto the track to complete a lap before finishing the course
- The Athlete will follow the cone line around the field to exit onto the track
- The approximate distance is 500 meters

ATHLETE CHECKLIST

PRE-EVENT:

- Study the competition events in the Athlete's Guide
- Stretch, hydrate and rest
- Sign up for your 2 waves through TimeTap

EVENT DAY:

- What to bring:
 - Small Soft Cooler
 - Snacks
 - Water Bottles
 - Sunscreen
 - Sunglasses
 - Socks
 - Competition Attire
 - Athletic Shoes
 - Athletic Gloves
 - Inclement Weather Attire

MISCELLANEOUS:

- Body Glide
- Hat/Visor
- Antibacterial Gel or Wipes
- Contacts or Rx Glasses
- Towel
- Hair Ties
- Chapstick
- Post-Competition Clothing
- Game Face!