



CG GAMES
FINALS 2021

ATHLETE'S GUIDE



CG GAMES FINALS 2021 INDIVIDUAL ATHLETE'S GUIDE

HIGH FIVE!

You hustled and pushed through challenges to make it to CG Games Finals! Are you ready to Rise Above your competition? CG Games Finals is a day-long fitness event held in Arlington, TX, that will challenge your strength, agility, endurance, and overall athleticism. To get to this point, you had to compete and rank among the top Athletes in the nation.

This Athlete's Guide governs all facets of the CG Games competition. Your performance in each event is judged, validated, and ranked on the CG Games Finals Leaderboard.

For a successful competition, Athletes must read the entire Athlete's Guide to understand the guidelines, requirements, and competition events. It is each Athlete's responsibility to know and follow the requirements and event rules. No adjustments in times or results shall be made if an Athlete fails to follow the guidelines or proper event format for any reason whatsoever.

TOP 5 THINGS TO REMEMBER

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

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DEFINITIONS

- **Athlete:** A CG Games contender who is ready to take on the CG Games Finals competition! Athletes are responsible for reading the Athlete's Guide, understanding the events prior to the competition, attending the event briefings, and following the rules and guidelines detailed in the Athlete's Guide.
- **Athlete's Guide:** The CG Games Finals rule book containing detailed information about the event formats, movement standards, and general guidelines. Athletes must thoroughly review the CG Games website, checklists, and all pre-event communications in preparation for the competition.
- **Event Directly Responsible Individual (DRI):** A head Judge assigned to each event who is responsible for the overall Athlete experience. Each event has separate DRIs that oversee briefing, scoring, Judges, and event flow.
- **Judge:** CG Trainer responsible for judging their assigned Athletes and upholding the standards described in the Athlete's Guide. Judges provide guidance, encouragement, and can issue penalties when necessary. Judges shall have the authority to disqualify any Athlete who does not abide by the rules and standards outlined in this Athlete's Guide.
- **Competition Corner:** Website that hosts all event scores and the CG Games Finals Leaderboard.
- **Warm-up Zone:** A designated area for Athletes to stretch and adequately prepare for the competition events. Only CG Games Finals Athletes, staff, Event DRIs, Judges, and Volunteers are allowed in the Warm-Up Zones. Spectators are to remain in the designated spectator areas and are not allowed in the Warm-Up Zones. The location and recommended time to be in the Warm-Up Zone is on the Schedule of Events and Venue Maps in the CG Games Finals app.
- **Briefing Zone:** A designated area where DRIs cover important information pertaining to the specific event, rules, cut-off times, potential penalties, and most importantly, any last-minute changes or procedures to the events that have occurred, or may potentially occur due to weather-related forecasts. This is hosted for the benefit of all Athletes. Only CG Games Finals Athletes, staff, Event DRIs, Judges, and Volunteers are allowed in the Briefing Zones. Spectators are to remain in the designated spectator areas and are not allowed in the Briefing Zones. The time and location of event briefings are on the Schedule of Events and Venue Maps in the CG Games Finals app.



GENERAL POLICIES

ATHLETE CONDUCT

As the fitness competition for Camp Gladiator, CG Games showcases our core values of integrity, positivity, loyalty, teamwork, and passion. These values guide the way we think, communicate, and interact with those around us.

Integrity: Athletes conduct themselves in a manner that reflects positively on the CG community. They do the right thing when no one else is watching!

Positivity: Athletes treat fellow competitors, Judges, staff members, Volunteers, spectators, and members of the public with fairness, respect, and courtesy at all times. Athletes do not use derogatory, abusive, or threatening speech directed toward any group of people.

Loyalty: Athletes put forth suitable effort in every event in every competition round. Deliberately doing less work or performing at a level below what one is capable of (referred to as "sandbagging") to gain an advantage in another event or over another Athlete or Team is prohibited. Any Athlete deemed by Event DRIs or Judges to be sandbagging may be disqualified from competition as CG sees fit in its sole discretion.

Teamwork: Athletes agree to compete in a sportsmanlike manner. Unsportsmanlike behavior, such as arguing with an event official or Judge, taunting, heckling, fighting, or participating in any conduct that would bring disrepute upon CG, the competition, other Athletes, spectators, or event sponsors, as determined by CG Games, may be grounds for disqualification, removal from the event, or disqualification from future events.

Passion: Any action that prevents another Athlete from having a fair opportunity to compete (e.g., refusal to follow instructions), that interferes with Athlete and Judge communication (e.g., external noise devices, bull horns, air horns), or that is generally disruptive to the event is not allowed.

This is not an exhaustive list and is meant as a guide for Athletes and other attendees. This is not intended to limit CG's rights to operate CG Games in any manner it sees fit. CG may disqualify and eject Athletes from CG Games without notice, recourse, refund, or return if (a) Athletes are or CG suspects that they are, in any way involved in fraudulent or illegal activity; (b) if CG believes they are disruptive, disorderly, loud, harassing, abusive or a safety risk of/to CG, its customers, or their property.

ATHLETE SAFETY

Personal health, fitness level, and preparation should guide an Athlete's approach to the competition. Athletes should consult with an independent, licensed medical professional familiar with their medical history and conditions regarding their ability to participate in CG Games.



MEDICAL ISSUES: During the competition, stop at the first sign of a medical problem such as chest pain or discomfort, breathing difficulties, light-headedness, or unusually high heart rate and seek medical attention immediately. Should Athletes experience any medical issues, notify the nearest Judge or official who can dispatch appropriate medical attention.

REMOVAL: Medical personnel or event officials shall have ultimate and final authority to remove Athletes from the competition if they are determined to be physically incapable of continuing the competition without risk of serious injury or death.

UNDER THE INFLUENCE: If Athletes appear to be intoxicated or under the influence of drugs, they will be immediately pulled from the competition and disqualified.

EVENT GUIDELINES

APPAREL: Competing with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sports top at all times while competing.

RULE CHANGES: CG reserves the right to make rule changes at any time, provided all Athletes are notified in writing or at the event briefings.

GUIDELINES: It is an Athlete's responsibility to know and follow the event rules. No adjustments in times or results shall be made if Athletes fail to follow the proper event format for any reason whatsoever.

MISSED EVENT: Athletes who miss their assigned time for an event due to injury or undergoing medical treatment or assessment receive a maximum time for the incomplete event.

TEAM CHANGES: To make a team replacement, Athletes must contact the Camper Support Team at (512) 601-8111 or use the Live Chat feature, 8:00 a.m. - 6:00 p.m. CT, Monday - Friday before **Friday, November 5, 2021, at 6:00 pm CT**. It is highly recommended that only complete Teams compete at CG Games Finals.

Teams can make replacements if the following standards are met:

- Replacement Athlete competed at outdoor CG Games Prelims. Individuals that competed in virtual CG Games Prelims cannot replace a teammate that competed at outdoor CG Games Prelims.
- Replacement Athlete must be within the Team's eligible age group (i.e., the replacement Athlete must be from the same or older age division as the teammate they are replacing).
- Replacement Athlete must have recorded a time in the CG Games Prelims event that is slower than the Athlete they are replacing.
- No more than two replacements can be made per team.
- No more than two CG Trainers can be on a team.



Teams are encouraged to have one reserved Athlete who can fill in at the last minute due to injury or absence. If a Team has a last-minute replacement, the Team Captain and replacement Athlete must declare the change at Packet Pick-up and receive approval before picking up their bibs.

In addition to the criteria mentioned above, a team replacement declared at Packet Pick-up must meet the following criteria:

- Cannot be an individual already competing in CG Games Finals
- Cannot be a CG Trainer or Judge assigned to a role at CGG Finals

INCOMPLETE TEAMS: Team events are designed for four Athletes and will not be modified for Teams smaller than four. If a Team competes with less than four Athletes, they receive the maximum time for the two chip timed events in the Opening Round and are significantly disadvantaged in the two rep counting events.

- Chip timed events are designed for all four Athletes to receive their time, and one Team member cannot receive two times.
- CG Games still requires a Team with less than four Athletes to perform the same number of reps for rep counting events. The Event Briefing DRI can explain more about each specific event.

REGISTRATION TRANSFERS: CG does not allow the transfer of registrations to another person - no exceptions are 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.

VENUE DETAILS

COMPETITION

CG Games Finals is in Arlington, TX, at Globe Life Field, home of the Texas Rangers, on **Saturday, November 13, 2021, from 7:00 am - 7:00 pm CT**. The stadium is located at 734 Stadium Dr, Arlington, TX 76011.

PACKET PICK UP

Athletes are highly encouraged to attend the Party on the Plaza at Globe Life Field to pick up their Athlete packet on **Friday, November 12, 2021, from 12:00 - 8:00 pm CT**. Athletes who cannot pick up their packet on Friday have another opportunity on Saturday, November 13, from 6:00 - 7:00 am CT.

Athletes must bring their photo ID and Competition Corner confirmation email received the week of CG Games Finals. All Athletes must pick up their packet, even if on a Team. Athletes cannot pick up another teammate's packet.

CG GAMES FINALS SCHEDULE

Athletes must know their competition time to plan their day accurately. [Click here](#) to view the CG Games Finals schedule and more!

**WRISTBANDS**

A wristband is affixed to an Athlete's wrist at packet pick-up to identify Athletes as official competitors and must be worn during the event. The wristband is required by the venue, and Athletes cannot enter without it on their wrist.

ATHLETE HOME PLATE HANGOUT

This area is for Athletes to rest, watch events, and securely store their belongings between events. Home Plate Hangout is located near Section 113 - 116, and Athletes are encouraged to use the stadium seating and concourse area.

Athletes must be actively warming up, competing, transitioning to a briefing zone, receiving treatment, or leaving the competition area to be on the field. Athletes are encouraged to be at Home Plate Hangout during all other times.

ATHLETE RECOVERY ZONE

Located in the outfield, the Athlete Recovery Zone is a space to stretch, warm up, rehydrate, and receive treatment from two incredible sponsors, Airrosti and Theragun. Athletes can visit this zone anytime throughout the day but must refrain from entering the competition areas if not competing.

SPECTATORS

Designated spectator areas are marked for each event. Spectators of any age are not allowed on the field. Spectators are not permitted to assist Athletes while competing or crossing the finish line with participating Athletes. This policy allows each Athlete adequate time to celebrate their accomplishment without interfering with other competitors and ensures the safety of all Athletes, Volunteers, and Judges.

WEATHER CONDITIONS

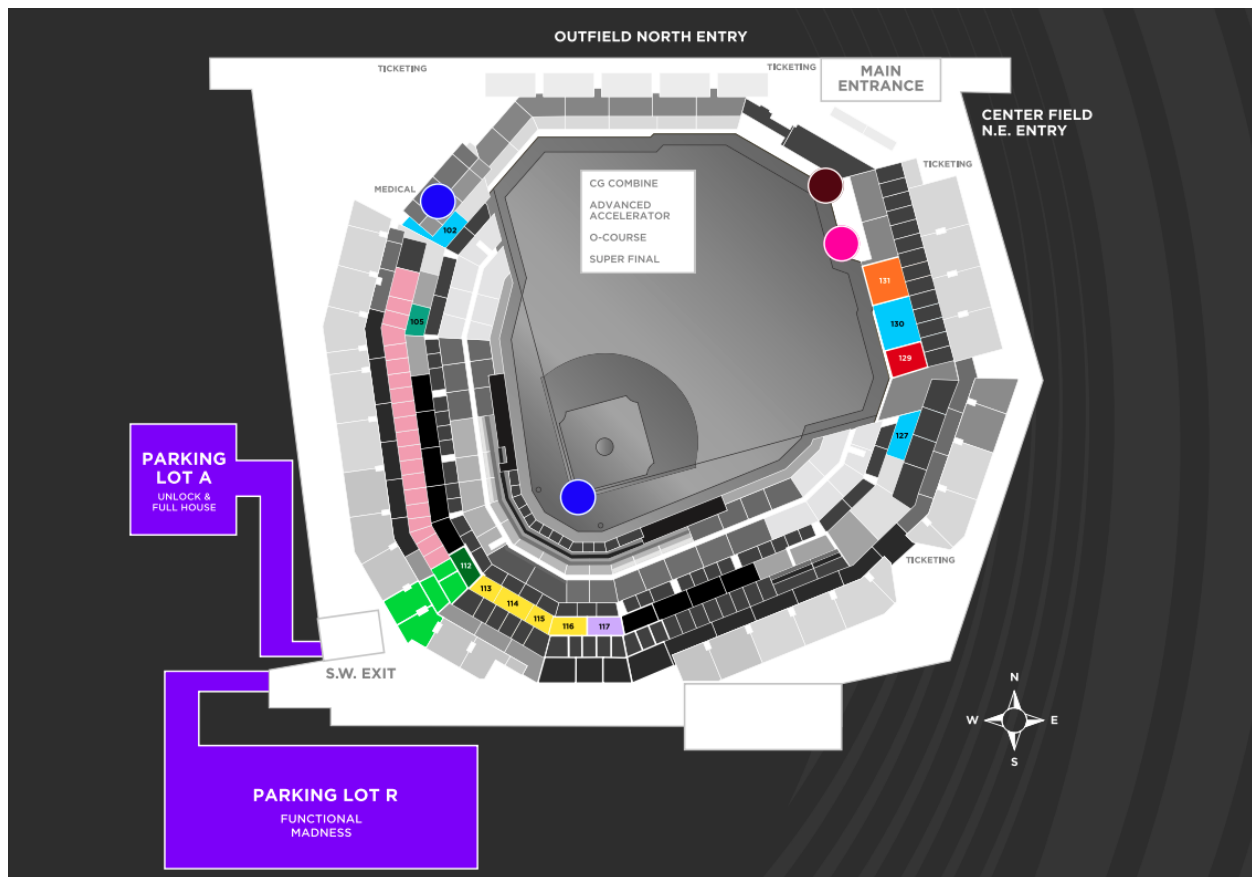
The weather in Texas during November can be unpredictable. The average temperature is 65°F, but temperatures vary, and rain is possible. Four events are hosted in the enclosed stadium, and three events are located outside. Check weather conditions and forecasts before traveling to Texas or arriving at the event.

COMPETITION DETAILS

This year introduces a new CG Games Finals format that includes Opening and Semi-Finals Rounds and culminates in the inspiring Super Finals event. All Athletes compete in the Opening Round, with the top 50% from each division advancing to the Semi-Finals based on ranking. Opening Round events are evenly weighted (25% each) to qualify Athletes for Semi-Finals.

This new design allows Athletes to push harder than ever before, leaving nothing behind on the field. After facing off in two new Semi-Finals events, the top four Individuals and Teams from each division advance to the Super Finals event, where Athletes test their limits on the classic obstacle course. To qualify for Super Finals, 50% of the total score comes from the Open Round and 50% comes from Semi Finals (25% for each Semi Finals event).

Athletes can access the Competition Corner Leaderboard through the CG Games Finals app to view their overall ranking and see if they advance to the Semi-Finals or Super Finals round. See more information regarding scoring on the next page.





OPENING ROUND			
EVENT NAME: Unlock Location: Parking Lot A Style: Endurance & Peak Scoring: Rep based	Event Name: O-Course Location: Field Style: Agility & Peak Scoring: Chip timed	Event Name: Functional Madness Location: Parking Lot R Style: Strength & Peak Scoring: Chip timed	Event Name: CG Combine Location: Field Style: Strength & Agility Scoring: Hand timed

SEMI-FINALS ROUND	
EVENT NAME: Advanced Accelerator Location: Field Style: Interval & Peak Scoring: Rep based	Event Name: Full House Location: Parking Lot A Style: Endurance & Peak Scoring: Hand timed (Individual) or rep based (Teams)

DIVISIONS

The following divisions are competing at the 2021 CG Games Finals competition.

DIVISIONS				
Individual		Team		
Male 18-29	Female 18-29	Male 18-29	Female 18-29	Co-ed 18-29
Male 30-39	Female 30-39	Male 30-39	Female 30-39	Co-ed 30-39
Male 40-49	Female 40-49	Male 40-49	Female 40-49	Co-ed 40-49
Male 50+	Female 50+	Male 50+	Female 50+	Co-ed 50+

CHIP TIMER & BIB NUMBER

New and improved this year! Chip timers are secured to the back of an Athlete's bib like at CG Games Prelims, and a separate chip timing device will not be worn. Below are some guidelines regarding the chip timer and bib number:

- Athletes receive their bib at packet pick-up.
- Athletes must affix their bib number to their shirts before starting their first event.
- Athletes must wear their issued bib number on the front of their body, clearly visible at all times while competing in any event.
- The last two digits on the bib indicate an Athlete's ranking in their division and their lane or stall number for several events.
- 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.
- Unauthorized bib selling or cheating in any form is not allowed.
- Athletes must stay at least 15 feet away from the timing mats when they are not competing.
- If an Athlete loses their chip timer and bib during an event, they must notify the chip timer representative or an Event DRI at the finish line to make efforts to recover the missing bib.



SCORING

Athletes receive scores faster than ever before through the Competition Corner Leaderboard found on the CG Games Finals app. To access scores throughout the competition, Athletes click on the Scores icon in the app and can view results.

For Chip Timed Events: Athlete's scores are captured by the chip timer when they cross over the chip timing pad at the finish line. Chip timing is used on Functional Madness and the O-Course in the Opening Round only, and Athletes do not sign off on their time for the chip timed events.

For Manually Counted or Timed Events: Athlete's scores are captured by their Judges and documented on a paper scoresheet. Athletes review the written score and sign off on the scoresheet along with their Judge before exiting the competition area.

- Athletes must complete all Opening Round events, receiving a time for each event.
- Individuals and Teams are ranked amongst the other Athletes in their division.
- Athletes cannot record a time beyond the max time of the event. If Athletes miss an event or are unable to finish an event, whether by injury, infraction, or any other reason, they receive a max time for the incomplete event.
- Max times are noted in each event description.
- Athletes are ranked in every event amongst those in their division and can see the overall Athlete ranking to determine if they advance to the next round.

SCORING PROTEST PERIOD

The protest period for timing and results, disqualifications, or other penalties issued is **40 minutes** immediately after Athletes finish an event. Disputes are not accepted after this 40 minute window. It is each Athlete's sole responsibility to check the Leaderboard for any discrepancies in their score.

Any scoring disputes an Athlete wishes to raise regarding results, penalties, or other issues that affect the event's outcome can be raised by going to competitioncorner.net, signing in to their account, and clicking "Dispute Score" for CG Games Finals 2021. More information on this process can be found in this [FAQ](#).

During the protest period, athletes can also bring any disputes to the **Athlete Scoring Table** located near Athlete Home Plate Hangout. Scoring disputes are documented using the same process noted in the FAQ above. Athletes are not allowed to contact event officials or Judges with questions or disputes on their score. All Athletes must follow the dispute process noted above.

- Only the registered Athlete can submit a challenge (if on a team, only the Team Captain can submit a challenge on the Team's behalf).
- The system will not allow Athletes to submit duplicate disputes.
- Athletes can check on the real-time status of their dispute.
- Athletes can message back and forth with the Scoring Team for faster resolution.
- Athletes receive an email anytime something changes on their dispute.



CASH PRIZES

- Cash prizes are awarded after Super Finals to the first and second place Individuals or Teams in each division.
- First place Individuals in each division receive \$1,200 while second place Individuals in each division receive \$600. First place Teams in each division receive \$2,500, while second place Teams in each division receive \$1,000.
- Prize money shall be offered equally between men and women's divisions in both amount and depth.

OPENING ROUND EVENT: UNLOCK

[Watch this video](#) for a short overview of this event!

OVERVIEW

Athletes complete a series of mat exercises and laps until they “unlock” the third piece of equipment to accumulate maximum reps during the event duration. The movements in this event include Slam Ball Over-the-Shoulder Drop, Sandbell Push-Up Pull Through, and Weighted Jump Rope.

This event is scored by the total reps Athletes accumulate in 12 minutes. Every rep performed for the movements are equal to one point towards the Athlete's overall score. This event represents 25% of the Athlete's overall ranking in the Opening Round.

- This event is located in Parking Lot A.
- Athletes complete the event one time.
- Each Athlete has an assigned Judge in their designated stall.
- Judges count exercise reps and ensure that each rep is conducted according to the movement standards.

INDIVIDUAL DETAILS

- Athletes begin the event in a designated stall.
- The following equipment is in each stall:
 - Heavy Slam Ball for Over-the-Shoulder Drop
 - CG Mat and Hyperwear Sandbell for Push-Up Pull Through
 - Heavy Battle Rope for Jump Rope
- At the Event DRI's signal, Athletes begin their first lap.
- Athletes run a lap around the event perimeter (approximately 400 yards).
- After the first lap, Athletes return to their stall and complete these movements in the order indicated:
 - Slam Ball Over-the-Shoulder Drop: 20 reps
 - Sandbell Push-Up Pull Through: 20 reps
- Once the designated reps are completed, Athletes run a second lap with a sandbell located at the stall entry. This is the only lap completed with a sandbell.
- After the second lap with the sandbell, Athletes return to their stall and complete these movements in the order indicated:
 - Slam Ball Over-the-Shoulder Drop: 10 reps
 - Sandbell Push-Up Pull Through: 10 reps



- Once the designated reps are completed, Athletes run a third and final lap.
- After the third lap, Athletes return to the stall and 'unlock' the third piece of equipment.
- Athletes stay in their stall for the remainder of the event to complete as many reps as possible (AMRAP) of these movements in the order indicated:
 - Slam Ball Over-the-Shoulder Drop: 5 reps
 - Sandbell Push-Up Pull Through: 5 reps
 - Weighted Jump Rope: 30 reps
- During the AMRAP portion, the Athlete's Judge will count each rep as 1 point towards their overall score. The quicker an athlete "Unlocks" their Jump Rope, the more time they will have for their AMRAP portion, allowing them more time to earn more points.
- A buzzer will sound at the 12-minute mark indicating the end of the event.
- An Athlete's score will be the total reps accumulated during the AMRAP portion of the event after the third lap.
- Before exiting the event area, Athletes receive a total rep count from their Judge and sign-off on their scoresheet.

MOVEMENT STANDARDS

Slam Ball Over-the-Shoulder Drop

- Athletes must pick up the slam ball from the ground and pass the ball vertically over their shoulder, dropping the slam ball behind their body.
- The slam ball must cross over the Athlete's shoulder at the top of their stance with hips locked out.
- Athletes receive a **no rep** for this movement if:
 - The slam ball does not cross over the shoulder vertically.
 - The slam ball is not dropped from near the shoulder to the ground.
 - Hips are not locked out in the standing position.

Slam Ball Over-The-Shoulder Drop			
Division	Weight	Division	Weight
Women 18-29 Women 30-39 Women 40-49	30 lbs.	Men 18-29 Men 30-39 Men 40-49	40 lbs.
Women 50+	25 lbs.	Men 50+	30 lbs.

Sandbell Push-up Pull Through

- Athletes must touch their chest to the ground and release their hands at the bottom of the push-up.
- In the high plank position, an athlete's knees must be off the ground when moving the sandbell from one side to the other.
- Athletes must pull the sandbell from one side of the body to the other, clearing the body completely. Athletes do not need to clear the mat, only their body.



- Athletes must pull the sandbell across from underneath their body with the opposite hand.
- Athletes' hands must stay on their mat for their push-ups and sandbell transfer. Athletes can not move off their mat for any reason.
- Athletes receive a **no rep** for this movement if:
 - They do not flash their hands at the bottom of the push-up.
 - They do not come up and down on their push-ups on their toes.
 - They do not clear their body with the sandbell during the pull through.
 - They do not pull underneath using the opposite hand.

Sandbell Push-Up Pull Through	
Division	Weight
Women (all divisions)	15 lbs
Men (all divisions)	20 lbs

Weighted Jump Rope

- Athletes have two options available for jump rope length:
 - 100 inches (black tubing) or 116 inches (red tubing)
- One rep is counted every time Athletes jump over the rope.
- Athletes receive a **no rep** for this movement if:
 - The rope is not cleared

Running Lap

- All divisions run the same distance - approximately 400 yards.
- Athletes may be disqualified if they run a route other than the one designated.

OPENING ROUND EVENT: FUNCTIONAL MADNESS

[Watch this video](#) for a short overview of the event!

OVERVIEW

Athletes race through an equipment-packed functional course that tests their ability to run, jump, throw, crawl and carry. Athletes begin with a run, progress through four lanes alternating between heavy rucksacks, dumbbells, sandbells, and body-weight movements, and end with a sprint to the finish line. This event represents 25% of the Athlete's overall ranking in the Opening Round.

- This event is located in Parking Lot R
- Athletes complete the course one time.
- This is a chip-timed event - chip timers are secured on the Athlete's bib.
- **UPDATE:** The max time for this event is 20 minutes.
- Judges are present on the course to ensure that each exercise is performed according to the movement standards.



EVENT DETAILS

- Athletes begin with a run, approximately 200 yards, before entering Lane 1 of the Functional Madness course.
- Each lane of the course is approximately 120 yards.

Lane One:

- After completing the run, Athletes enter Lane 1.
- Athletes begin with foot placement behind the lane start line before completing Burpee Broad Jumps for **60 yards**.
- Athletes perform a Broad Jump from the lane start line.
- After each Broad Jump, Athletes complete a Burpee from the spot they landed.
- Athletes repeat this sequence of Burpee Broad Jumps for 60 yards.
- At the 60 yard mark, Athletes grab a slam ball and perform a Slam Ball Toss with an Over-the-Shoulder drop for **60 yards**.
- After each toss, Athletes 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 it from the chest.
- Athletes put this sequence on repeat until they have traveled 60 yards and finish the lane by tossing the slam ball across the lane end line.
- Athletes pick up the slam ball and transition with it into Lane 2.

Lane Two:

- Athletes perform two Slam Ball Ground to Overhead every 10 yards for **60 yards**.
- Athletes start with a Slam Ball Carry for 10 yards. Athletes can carry the slam ball however they choose.
- At each 10 yard mark, Athletes touch the slam ball to the ground, press it overhead, repeat this movement for a second time, return the slam ball to the chosen carry position, and continue to the next 10 yard mark.
- Athletes must have both feet on our painted lines before starting their two Slam Ball Ground to Overhead movements and can not leave the line until the second rep has been completed.
- After completing the last Slam Ball Ground to Overhead at the 60 yard mark, Athletes drop the slam ball and pick up a rucksack.
- Athletes begin with the rucksack on their shoulder.
- Athletes perform a Rucksack Ground to Shoulder Carry every 10 yards for **60 yards**.
- At each 10 yard mark, Athletes drop the rucksack to the ground, release their hands, place it back on their shoulder, then continue to the next 10 yard mark.
- After completing the last Rucksack Ground to Shoulder Carry at the 60 yard mark, Athletes transition to Lane 3 with the rucksack.

Lane Three:

- At the start line for Lane 3, Athletes place the rucksack on the ground, pick it back up with one hand, and perform a Rucksack Single-Arm Carry for 10 yards.
- At the 10 yard mark, Athletes place the rucksack on the ground before switching hands.
- Athletes then perform a Rucksack Single-Arm Carry for another 10 yards, placing the rucksack on the ground before switching hands for the next carry.
- After completing Rucksack Single-Arm Carry for **60 yards**, Athletes drop the rucksack and pick up a dumbbell set.
- Athletes begin with the dumbbells in a Farmer's Carry position.



- Athletes alternate between Farmer's Carry and Weighted Bear Crawl for **60 yards**, switching the movement every 10 yards.
- Athletes perform a Dumbbell Farmer's Carry to the first 10 yard mark, then transition to Weighted Bear Crawl.
- Athletes then perform a Weighted Bear Crawl to the next 10 yard mark and transition back to the Farmer's Carry.
- Athletes put this sequence on repeat until they travel 60 yards, finishing the lane with a Farmer's Carry to the lane end line.
- Athletes keep the dumbbells in hand and transition to Lane 4.

Lane Four:

- At the starting line for Lane 4, Athletes begin with one dumbbell in an Overhead Carry and one dumbbell in a Farmer's Carry.
- Every 10 yards, Athletes alternate which hand is performing the Overhead Carry and the Farmer's Carry. Athletes must touch both dumbbells to the ground before alternating the movements for each hand.
- Athletes put this sequence on repeat until they travel **60 yards**.
- At the 60 yard mark, Athletes place the dumbbells on the ground and complete body-weight movements for the remaining 60 yards of the lane.
- Athletes begin by placing their feet on the line and performing a Forwards Crab Walk for **30 yards**.
- Upon reaching the 30 yard mark with their hands, Athletes change position to begin Frog Jumps for **30 yards**.
- Athletes place their body weight on their hands and jump their feet forward, landing their feet to the outside of their hands. Athletes place their hands forward and repeat this process until they travel to the lane end line.

Final Sprint to Finish

- Once Athletes touch the lane end line, they proceed to the final run lane.
- Athletes complete a final run which is approximately 150 yards.
- Athlete's finish time is recorded once they cross the finish line chip timing pad.

MOVEMENT STANDARDS

Should an Athlete not perform the correct movement standard as defined below, a Judge either makes the Athlete repeat the movement or issue a penalty of 3 Burpees to be performed at the spot of the infraction. On the penalty Burpees, Athletes must touch their chest to the ground, fully lock their hips out once they stand up, and touch their hands together overhead with their feet off the ground.

Burpee Broad Jump

- Feet must hop backward as Athletes move their chest towards the ground.
- Athletes cannot fall forward on their hands when moving their chest towards the ground.
- Feet must jump and land at the same time on the broad jump.
- The chest must touch the ground with each Burpee.
- Athletes can stand up however they choose but cannot take any steps forward.



Slam Ball Toss with Over-the-Shoulder Drop

- Athletes perform a toss from the chest.
- Side tosses, overhead tosses, underhand tosses, or any other variation is not allowed.
- Athletes must drop the slam ball behind them over the shoulder.
- Athletes cannot step forward during the slam ball toss.

Slam Ball Ground to Overhead

- Athletes can carry the Slam Ball however they choose.
- Athletes must come to a complete stop at each line to complete their two Slam Ball Ground to Overhead.
- Athletes cannot toss the slam ball forward to their line. The slam ball must stay in hand or be dropped straight down.

SLAM BALL MOVEMENTS	
Division	Weight
Women (all divisions)	20 lbs.
Men (all divisions)	30 lbs.

Rucksack Ground to Shoulder Carry

- Athletes must carry the rucksack on either shoulder.
- Athletes touch the rucksack to the ground at the line.

Rucksack Single-Arm Carry

- Athletes can only use one hand when carrying the rucksack.
- Athletes can only progress forward if carrying the rucksack with one hand.
- Athletes must place the rucksack on the ground when transitioning hands.

RUCKSACK MOVEMENTS			
Division	Weight	Division	Weight
Women 18-29 Women 30-39 Women 40-49	40 lbs.	Men 18-29 Men 30-39 Men 40-49	80 lbs.
Women 50+	30 lbs.	Men 50+	60 lbs.

Dumbbell Farmer's Carry

- Both dumbbells must be in Athletes hands at their side while traveling to the next lane marker.



Dumbbell Bear Crawl

- Equal weight must be on the hands and feet in the bear crawl position.

Dumbbell Overhead and Farmer's Carry

- Athletes must have one dumbbell in an Overhead Carry and the other dumbbell in a Farmer's Carry at their side to make forward progress.
- Athletes must touch both dumbbells to the ground every 10 yards.

DUMBBELL MOVEMENTS	
Division	Weight
Women (all divisions)	20 lbs.
Men (all divisions)	30 lbs.

Crab Walk

- Athletes must keep their hips elevated when making forward progress.
- Athletes must travel with their feet forward.

Frog Jump

- Frog Jumps are performed like a frog jump and not a bear crawl.
- Both hands move at the same time to make forward progress.
- Feet progress to the hands in a jumping or stepping motion.

OPENING ROUND EVENT: CG COMBINE

[Watch this video](#) for a short overview of the event!

OVERVIEW

This event combines strength and agility like never before! Whether competing as an Individual or Team, Athletes complete separate agility and strength lanes and end the event by combining both lanes for an ultimate finish. This event represents 25% of the Athlete's overall ranking in the Opening Round.

- This event is located inside the stadium on the field.
- Each lane has a dedicated Judge.
- Judges keep overall working time and ensure that each movement is performed according to the movement standards.

INDIVIDUAL DETAILS

CG Combine includes 25 lanes, and Athletes are partnered with another Athlete from their division in the same lane. This is a stopwatch-timed event that uses an interval timer for when to begin each segment. Intervals for each lane follow this schedule:



WORKING INTERVAL TIMER [start time noted in minutes]		
Segment	Athlete 1	Athlete 2
Agility starts	0:00	9:00
Strength starts	1:30	10:30
Strength, Agility combo starts	3:30	12:30
Agility, Strength combo starts	6:00	15:00

Agility Segment

- Athletes begin this event in the Side Shuffle position.
- On the interval timer, Athletes complete 6 Side Shuffles for a 5 yard distance.
- Athletes touch the 5 yard cone line with one hand, shuffle back to the start line, and touch the start line with one hand.
- Once 6 Side Shuffles are complete and they touch the start line with one hand, Athletes then sprint to an agility ladder and perform In-and-Out Hops.
- Athletes progress down the ladder in an In-and-Out Hop pattern (two feet out, two feet in, two feet out, etc.)
- Athletes then sprint to an agility ring to complete 10 Agility Ring Steps.
- Athletes put one foot inside the ring, then the other inside, then one foot outside the ring, then the other foot out.
- After completing the Agility Ring Steps, Athletes sprint to the hurdles to complete 3 Forward Hurdle Hop Overs.
- Athletes then sprint to a second agility ring to complete another 10 Agility Ring Steps.
- Athletes sprint to a second agility ladder to perform In-and-Out Hops.
- Athletes sprint to the end line, touch the end line with one hand, and sprint back to the start line.
- Judges stop the Athlete's working time as soon as they cross the start line.
- Athletes rest the remainder of the interval time until the strength segment begins.
- Judges document the Athlete's working time for this segment on the scoresheet.

Strength Segment

- Athletes move over to the strength lane, pick up the RAM from the start line, and place it on their shoulder for a RAM Carry.
- On the interval timer, Athletes travel to the first cone line and complete 8 RAM Alternating Reverse Lunges. During the lunges, the RAM must stay on the shoulder.
- After completing the last rep, Athletes travel to the next cone line and complete another 8 RAM Alternating Reverse Lunges.
- Athletes then carry the RAM to the halfway point and place it on the ground.
- At the halfway point, Athletes pick up a steelbell. Athletes can hold the steelbell in any way they choose.
- Athletes carry the steelbell to the next cone line and complete 8 Ground to Overhead.



- Athletes then carry the steelbell to the next cone line and complete another 8 Ground to Overhead.
- Athletes sprint to the end line, touch it with one foot, and then transition to a Steelbell Overhead Carry.
- Athletes complete a Steelbell Overhead Carry back to the halfway point, place the steelbell on the ground, and pick up the RAM.
- Athletes then perform a RAM Overhead Carry back to the start line. As soon as one foot touches the start line, Athletes can place the RAM on the ground.
- Judges stop the Athlete's working time as soon as they cross the start line.
- Athletes rest the remainder of the interval time until the combination segment begins.
- Judges document the Athlete's working time for this segment on the scoresheet.

Strength then Agility Combination Segment

- Athletes stay at the strength lane, pick up the RAM from the start line, and place it on their shoulder for a RAM Carry.
- On the interval timer, Athletes travel to the first cone line and complete 8 RAM Alternating Reverse Lunges.
- Athletes then travel to the next cone line and complete another 8 RAM Alternating Reverse Lunges.
- Athletes carry the RAM to the halfway point and place it on the ground.
- At the halfway point, Athletes pick up a steelbell.
- Athletes carry the steelbell to the next cone line and complete 8 Ground to Overhead.
- Athletes then carry the steelbell to the next cone line and complete another 8 Ground to Overhead.
- Athletes travel to the end line, touch it with one foot, and place the steelbell on the ground.
- Athletes transition to the agility lane and start with a sprint to an agility ladder and perform In-and-Out Hops.
- Athletes then sprint to an agility ring to complete 10 Agility Ring Steps.
- Athletes then sprint to the hurdles and complete 3 Forward Hurdle Hop Overs.
- Athletes then sprint to a second agility ring to complete 10 Agility Ring Steps.
- Athletes then sprint to a second agility ladder to perform In-and-Out Hops.
- Athletes then sprint to the agility start line, touch the start line with their hand and perform 6 Side Shuffles for a 5 yard distance to complete the combination lanes.
- Judges stop the Athlete's working time as soon as they cross the start line.
- Athletes rest the remainder of the interval time until the next combination segment begins.
- Judges document the Athlete's working time for this segment on the scoresheet.

Agility then Strength Combination Segment

- Athletes stay at the agility lane and begin the lane in the Side Shuffle position.
- On the interval timer, Athletes complete 6 Side Shuffles for a 5 yard distance.
- Once the Side Shuffles are complete and they touch the start line with one hand, Athletes sprint to an agility ladder and perform In-and-Out Hops.
- Athletes then sprint to an agility ring to complete 10 Agility Ring Steps.
- Athletes then sprint to the hurdles and complete 3 Forward Hurdle Hop Overs.
- Athletes then sprint to a second agility ring to complete 10 Agility Ring Steps.
- Athletes then sprint to a second agility ladder to perform In-and-Out Hops.
- Athletes sprint to the lane end line, transition to the strength lane, and pick up the steelbell for a Steelbell Overhead Carry.



- Athletes complete a Steelbell Overhead Carry back to the halfway point, place the steelbell on the ground, and pick up the RAM.
- Athletes then perform a RAM Overhead Carry back to the start line. As soon as one foot touches the start line, Athletes can place the RAM on the ground.
- Judges stop the Athlete's working time as soon as they cross the start line.
- Athletes rest the remainder of the interval time until the combination segment begins.
- Judges document the Athlete's working time for this segment on the scoresheet.

MOVEMENT STANDARDS

Side Shuffle

- Athletes must keep hips from turning and feet from crossing.
- Athletes must touch the start line and 5 yard line with one hand
- Athletes receive a **3 second penalty** for this movement if:
 - Athletes' feet cross during the side shuffle
 - One hand does not touch the line

In-and-Out Hops

- Athletes place 2 feet in each square and 2 feet to the side of the square per square of the ladder in a forward motion. This is performed as a hopping motion.
- Athletes receive a **3 second penalty** for this movement if:
 - Athletes displace a ladder so that forward progress cannot be made
 - Athletes do not perform 2 feet in, 2 feet out motion

Agility Ring Steps

- As they step inside the ring, athletes' weight must be on grass for the rep to count (versus stepping on the ring only).
- The entire foot does not have to be in the ring, but the entire foot must fully exit the ring.
- Judges must see the weight distribution inside the ring.
- Both feet inside and then both feet out of the ring equals one rep.
- This is performed as a running motion: In, In, Out, Out alternating feet. Failure to do this will result in a penalty.
- Athletes receive a **3 second penalty** for this movement if:
 - Athlete does not have feet inside the ring during ring in-and-out
 - Athlete moves one foot in while moving a foot out simultaneously (toe-tap movement).

Forward Hurdle Hop Overs

- Athletes clear each hurdle individually in a jumping motion.
- Athletes must hop over the hurdle with their feet together.
- Athletes' feet must travel over and above the actual hurdle, not to the side.
- Athletes receive a **3 second penalty** for this movement if:
 - Athlete jumps or steps over hurdles one foot at a time
 - Athlete knocks over a hurdle

RAM Alternating Reverse Lunges

- Athletes must carry the RAM on either their shoulder or their back across two shoulders. Athletes can not carry on the front of their bodies.



- Athletes must touch their knee to the ground.
- Athletes must place both feet on the ground under their hips when they stand up.
- Athletes must have complete hip lockout once both feet are on the ground under their hips.
- Athletes receive a **3 second penalty** for this movement if:
 - RAM is not on their shoulder
 - Athletes knee does not make contact on the reverse lunge
 - Athletes do not lock their hips out while feet are under their hips.

RAM MOVEMENTS			
Division	Weight	Division	Weight
Women 18-29 Women 30-39 Women 40-49	33 lbs.	Men 18-29 Men 30-39 Men 40-49	44 lbs.
Women 50+	22 lbs.	Men 50+	33 lbs.

Steelbell Ground to Overhead

- The range of motion requires that the entire steelbell clear the top of the head at the top of the range of motion and that any portion of the steelbell touch the ground at the bottom range of motion.
- Athletes receive a **3 second penalty** for this movement if:
 - Athletes do not clear the top of their heads on each movement
 - Athletes do not touch the steelbell to the ground on each movement

STEELBELL MOVEMENTS	
Division	Weight
Women (all divisions)	30 lbs.
Men (all divisions)	50 lbs.

Steelbell and RAM Overhead Carry

- Athletes carry the Steelbell overhead once they finish the strength lane back to the RAM.
- Athletes must have the Steelbell overhead before making any forward progress.
- Once transitioning to the RAM, Athletes must have the RAM overhead before making any forward progress.



OPENING ROUND EVENT: O-COURSE

[Watch this video](#) for a short overview of the event!

OVERVIEW

Athletes run a total distance between 200 and 300 yards in a down-and-back pattern as they maneuver through physical obstacles, including monkey bars, large hurdles, balance beams, and other obstacles. The event includes other equipment-based exercises that involve rucksacks, sandbells, and drag bags. This event represents 25% of the Athlete's overall ranking in the Opening Round.

- Athletes run this course one time.
- This is a chip timed event - chip timers are secured on the Athlete's bib.
- **UPDATE:** The max time for this event is 15 minutes.
- Four athletes are released at a time, approximately every 30 seconds.

COURSE DETAILS

Athletes encounter the following obstacles or exercises on the course (in no particular order):

Sandbell Toss

- Athletes may not take steps with the sandbell.

Sled Push

- Athletes will load their sandbell on a sled and push down the lane 40 yards.

Sandbell Carry High Agility Hurdle

- Athletes must hold a sandbell while having a foot step in every square.

Balance Beam

- Athletes must walk a tri-sectional balance beam without falling and must have a foot cross the white tape line before jumping off the beam to complete the obstacle.

Side Steps

- Athletes hop from one slanted side step to the other.

Low Crawl

- Athletes must crawl a distance of approximately 20 yards with a bungee net approximately two feet above the ground.

Monkey Bars

- Athletes must touch and bear weight with one hand on every bar.

Over & Under Hurdles

- Athletes must go over and under these obstacles.

Rucksack Farmer's Carry

- Athletes will carry two rucksacks down the lane and back.



Marine Hurdles

- Athletes must clear these hurdles without jumping from wall to wall or walking along the outside border.

Cargo Net Climb

- Athletes clear an ascending, horizontal, and descending suspended net.

SKLZ Bag Backpedal

- Athletes must face towards the bag while holding a strap attached to the loaded bag.

SKLZ Bag Forward Sprint

- Athletes must face forward while holding a strap attached to a loaded bag.

Slanted Wall

- Athletes run up a slanted wall and jump off onto a landing pad.

OBSTACLE FAILURE:

- **UPDATE:** After 3 unsuccessful attempts on any obstacle or movement on the course, Athletes must complete 10 Burpees to advance.

STOPPAGES/PENALTIES:

- Balance Beam
 - Athletes fail to walk the full distance of the beam (so that their foot crosses the white tape line).
 - Must start back at the beginning of the beam.
- Sandbell Toss
 - Athletes take steps with the sandbell.
 - Athletes must go back to the spot of the foul.
- High Agility Hurdle
 - Foot misses a square.
 - Athletes must stop and put a foot in the missed square.
- Monkey Bars
 - Athletes must put at least one weight-bearing hand on each bar.
 - Athletes can alternate hands progressing forward.
 - Athletes can not skip any bars.
 - Athletes must restart the monkey bar obstacles if a bar is skipped.
- Cargo Net Climb
 - Athletes must travel through the entrance and finish through the exit. Jumping on or off the sides will result in a stoppage, and obstacles will need to be completed again properly.

**DISQUALIFICATION:**

- Athlete interferes with another competitor results in a forfeiture of that timed challenge. Athletes will have one more chance to record a time for that challenge before disqualification from CG Games Finals.

SEMI-FINALS EVENT: ADVANCED ACCELERATOR

[Watch this video](#) for a short overview of the event!

OVERVIEW

It's time for everyone's favorite workout - burpees and sprints! Athletes progress through a series of intervals with a RAM to advance to shorter sprint distances in this event.

- This event is located inside the stadium on the field.
- Each lane has a dedicated Judge.
- Judges count reps and ensure that each movement is performed according to the movement standards.

INDIVIDUAL DETAILS

Athletes perform six intervals followed by an As Many Reps As Possible (AMRAP) Round where they earn points for this 10 minute event.

Each interval contains 5 RAM Burpees and a down and back sprint, followed by a 30 second rest timed by the Judge. After two intervals at a 50 yard sprint distance, Athletes progress to a 40 yard distance for the next two intervals and again to the 30 yard distance for the next two intervals. After completing six intervals, Athletes move to the 20 yard sprint distance during the final 30 second rest. After the rest time, Athletes transition to the AMRAP round of 5 RAM Burpees and a 20 yard sprint down and back. Athletes do not rest during the AMRAP round and spend the remainder of the event time here. Athletes final score is the total number of reps completed in the AMRAP round.

The total time for this event is 10 minutes.

- Athletes begin this event in the standing position with the RAM on the ground.
- On the field timer, Athletes complete 5 RAM Burpees.
- Athletes jump their feet behind them, touch their chest to the RAM, jump feet back in, stand up with hips locked, and lift the RAM overhead.
- After 5 RAM Burpees, Athletes sprint to the lane end line, touch the end line with one hand, and sprint back to the 50 yard mark.
- Once Athletes cross the 50 yard mark, Judges start a 30 second timer for the rest time.
- Athletes repeat the same RAM Burpee and Sprint sequence one more time before advancing to the 40 yard distance for the next two intervals.
- Athletes complete two intervals with the 5 RAM Burpees, Sprints, and 30 second rest at the 40 yard distance before advancing to the 30 yard distance.



- Athletes then complete two intervals with the 5 RAM Burpees, Sprints, and 30 second rest at the 30 yard distance before advancing to the 20 yard distance.
- Athletes get their final 30 second rest after the last interval at the 30 yard distance before the AMRAP round.
- The AMRAP round includes the 5 RAM Burpees and a 20 yard down and back sprint.
- Athletes must always complete 5 RAM Burpees before beginning a sprint.
- At this point, every RAM Burpee and 20 yard sprint earns Athletes 1 rep or point.
 - 1 RAM Burpee = 1 point
 - 1 sprint down = 1 point
 - 1 sprint back = 1 point
- A horn will sound at the 10 minute mark indicating the end of the event.
- Athlete's scores are the total reps accumulated on the RAM Burpees and Sprints during the AMRAP round.
- Before exiting the event area, Athletes receive a total rep count from their Judge and sign off on their scoresheet.

MOVEMENT STANDARDS

RAM Burpee

- Athletes must touch their chest to the RAM at the bottom of their burpee.
- Athletes must lock their hips out once they stand up
- RAM must clear the top of the Athlete's head at the top of the burpee.

RAM MOVEMENTS			
Division	Weight	Division	Weight
Women 18-29 Women 30-39 Women 40-49	33 lbs.	Men 18-29 Men 30-39 Men 40-49	44 lbs.
Women 50+	22 lbs.	Men 50+	33 lbs.

Sprints

- Athletes must touch the ground at the opposite end of the start line.
- Athletes must high-five the next runner at the start line
- If an Athlete is completing multiple sprints, they must also touch the start line with their hand before sprinting again.



SEMI-FINALS EVENT: FULL HOUSE

[Watch this video](#) for a short overview of this event!

OVERVIEW

Athletes have three total rounds in this event. Athletes complete a series of exercises followed by a run and rest until the next round begins. The scoreboard reflects Athlete's total working time in this 15 minute event.

- This event is located in Parking Lot A.
- Athletes complete the event one time.
- Each Athlete has an assigned Judge in their designated stall.
- Judges count exercise reps and ensure that each rep is conducted according to the movement standards.

INDIVIDUAL DETAILS

The total time for this event is 15 minutes.

- Athletes start in their designated stall which includes the following equipment:
 - CG Mat for Burpees
 - Dumbbell for Alternating Dumbbell Snatches
 - Hyperwear Sandbell for Sandbell Sit-ups
 - Plyo Box for Box Jump Overs
- Athletes begin on the mat and complete three, 5 minutes rounds in this event.
- A field timer sounds for each round at minute 0, minute 5, and minute 10. The maximum time is 5 minutes per round.
- On the field timer, Athletes complete 10 Burpees on the mat.
- Athletes then rotate to complete 20 Alternating Dumbbell Snatches.
- Athletes then rotate to complete 10 Sandbell Sit-ups at the other mat.
- Athletes then rotate to complete 10 Box Jump Overs.
- After the last Box Jump Over, Athletes complete a run around the event perimeter.
- When Athletes return to the mat in their stall, the Judge stops their working time and Athletes rest until the next 5 minute timer sounds.
- Athletes complete the same sequence noted above for three total rounds to receive an overall working time.
- The field timer sounds at the 15 minute mark indicating the end of the event.
- Athlete's scores are the total working time of the three rounds added together.
- Before exiting the event area, Athletes receive an overall working time from their Judge and sign off on their scoresheet.

MOVEMENT STANDARDS

Dumbbell Snatches

- Athletes hips lockout as the dumbbell is overhead.
- Athletes catch the dumbbell overhead with complete lockout.
- Both heads of the dumbbell must touch the ground between each rep.
- Athletes must transfer the dumbbell below their head.



DUMBBELL SNATCHES			
Division	Weight	Division	Weight
Women 18-29 Women 30-39 Women 40-49	25 lbs.	Men 18-29 Men 30-39 Men 40-49	35 lbs.
Women 50+	20 lbs.	Men 50+	30 lbs.

Box Jump Over

- Athletes can jump or step up and over the box.
- Athletes must touch both feet on the ground on the opposite side of the box to earn one rep.
- If Athletes are jumping over the box, they must clear over the top of the box and not to the side of the box.

BOX JUMP OVERS	
Division	Heigh
Women (all divisions)	16 inches
Men 18-29 Men 30-39 Men 40-49	20 inches
Men 50+	16 inches

Sandbell Sit-ups

- Athletes will start with the sandbell overhead on the ground.
- Athletes must keep the sandbell in their hands at all times.
- Sandell touching the ground overhead and sandbell touching the ground in front of the toes earns one rep.

SANDBELL SIT-UPS	
Division	Weight
Women (all divisions)	15 lbs.
Men (all divisions)	20 lbs.

Burpee

- Chest touches the ground.
- Complete hip lockout in the standing position.
- Athletes must make contact overhead with their fingertips
- Athletes must hop at the top of the movement.



ATHLETE CHECKLIST

PRE-EVENT

- Access the [CG Games Finals website](#)
- Study the Athlete's Guide
- Review the [Schedule of Events](#)
- Attend Pick-up Packet
 - Friday, Nov 12, 12:00 - 8:00 pm @ Globe Life Field ****RECOMMENDED****
 - Saturday, Nov 13, 6:00 - 7:00 am @ Globe Life Field
- Bring to Packet Pick-up:
 - Photo ID
 - Competition Corner Confirmation Email

EVENT DAY

- 6:00 am: Gates Open
- 7:00 - 7:20 am: Attend Athlete Welcome at Home Plate Hangout

WHAT TO BRING

- Bib with chip timer
- Wristband (must wear the wristband received at Packet Pick-up to enter the venue)
- Small Soft Cooler (only Athletes can bring a cooler)
- Snacks
- Water Bottle
- Sunscreen
- Sunglasses
- Socks
- Athletic Shoes
- Safety Pins
- Athletic Gloves
- Cooler Weather Attire
- Inclement Weather Attire

WHAT TO PACK

- Money for Concessions or CG Gear Store
- Body Glide
- Hat or Visor
- Antibacterial Gel or Wipes
- Contacts or Rx Glasses
- Towel
- Hair Ties
- Chapstick
- Post-Competition Clothing
- Game Face!