

OUTDOOR ATHLETE'S GUIDE

CG GAMES
PRELIMS 2021

PRESENTED BY

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CG GAMES PRELIMS OUTDOOR ATHLETE'S GUIDE 2021

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 aspects of the CG Games competition. Athletes' performance is judged, validated, and ranked on the CG Games Scoreboard. The top qualifying Individual Athletes in each division have the opportunity to compete in CG Games Finals at Globe Life Field, home of the Texas Rangers, in Arlington, TX, on Saturday, November 13, 2021!

Athletes must read the entire Athlete's Guide to understand the event rules, guidelines, and requirements to have a successful competition. Each Athlete is responsible for knowing and following 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. For additional requirements, please also review the CG Games terms and conditions. Athletes can view the event video [HERE](#).

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GENERAL POLICIES

ATHLETE CONDUCT

- **RESPECT:** Athletes are expected to treat other Athletes, volunteers, competition staff, and Judges with respect. Any unsportsmanlike conduct may result in disqualification.
- **REFUSAL:** CG will disqualify and eject an Athlete from CG Games without notice, recourse, refund, or return if (a) an Athlete is or CG suspects they are, in any way involved in fraudulent or illegal activity; (b) if CG believes an Athlete is disruptive, disorderly, loud, harassing, abusive or a safety risk of/to CG, its customers, or their property; or (c) you violate any rules or policies governing CG Games.
- **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.
- **UNDER THE INFLUENCE:** Athletes appearing to be intoxicated or under the influence of drugs or alcohol will be immediately removed from the competition and disqualified.
- **APPAREL:** Competing topless (i.e. with a bare torso) is prohibited. All Athletes must wear a shirt, jersey, or sports top at all times while competing. Athletes can make custom shirts but must follow the guidelines below:
 - The design does NOT include the CG or CG Games logo - Athletes may only use the phrases "Wut Wut" or "Better Together"
 - The design does NOT include other gym or fitness program logos or likeness (i.e., Gold's Gym, Crossfit, OTF, etc.)
 - The design does NOT include offensive language
- **HEADPHONES/HEADSETS:** Headphones that are inserted into or covering the ears are not allowed while competing. Athletes found using these items while competing will be asked to remove them before starting the event.

ATHLETE SAFETY

- **TIPS FOR A SAFE EVENT DAY:** Athletes should plan for the heat, especially if their scheduled wave time is later in the day. Here are helpful tips on how to best prepare for competition day:
 - Start hydrating a few days before the competition. Drink plenty of water and fluids before, during, and after CG Games Prelims.
 - Bring plenty of supplies to CG Games Prelims! Pack a cooler with water, snacks, and other hydrating fluids for faster recovery. **Pro tip:** bring cooling towels for a refreshing treat after competing!
 - The course turf could be hot during the competition, so bring athletic gloves to keep hands protected while on the course!
- **OVERALL HEALTH:** Personal health, fitness level, and preparation should guide each 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. By participating in CG Games, each Athlete certifies to CG that he or she is in good medical condition and is not aware of any medical problems or restrictions that would prevent them from participating in CG Games.
- **MEDICAL ISSUES:** During the competition, you must STOP at the first sign of a medical problem, such as chest pain/discomfort, breathing difficulties, light-headedness, or unusually high heart rate, and seek immediate medical attention. Should Athletes experience any medical issues, he or she should notify the nearest Judge or competition staff who will help facilitate appropriate medical attention.
- **REMOVAL:** Medical personnel and/or CG Games Judges have ULTIMATE and FINAL authority to remove Athletes from the competition if an Athlete is determined to be physically incapable of continuing the competition without risk of serious injury to the Athlete or others.
- **INCOMPLETE EVENT:** If an Athlete is not able to finish the competition due to injury, or while undergoing medical treatment/assessment or for any other reason, he or she receives a maximum time of 60 minutes 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 have the authority to disqualify any Athlete. Judges may postpone, cancel or modify the format of CG Games.
- **SPECTATORS:** Spectators are not allowed on the track or field. Spectators are not permitted to provide assistance to Athletes while they are competing or to cross the finish line with participating Athletes. This policy allows each Athlete adequate time to celebrate their accomplishment without interfering with other Athletes and ensure the safety of all volunteers, Athletes, and Judges.
- **FINISH LINE:** Athletes who finish competing are not permitted to cross the finish line with participating Athletes. This policy allows each Athlete adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all Athletes, volunteers, and Judges.
- **GUIDELINES:** It is an Athlete's responsibility to know and follow the competition rules. No adjustments in times or results will be made if Athletes fail to follow the proper competition format for any reason whatsoever.
- **PREPARE:** To prepare for the competition, thoroughly review the CG Games website, Athlete checklists, and all pre-event communications. Terms and conditions apply.
- **GENDER 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 Division. Athletes who register in a gender Division 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) and provide such documentation to CG upon request.
- **DOPING POLICY:** CG has a zero-tolerance policy regarding drug use, including steroids or performance-enhancing drugs. CG will not conduct drug testing before the competition, but if evidence is provided that an Athlete uses drugs to enhance their performance, they will be disqualified and may be banned from participating in CG Games or other CG events in the future.

COMPETITION DAY DETAILS

ATHLETE WARM-UP ZONE

- The Warm-Up Zone is a designated area for Athletes to stretch and adequately prepare for the competition. Athletes are expected to warm-up on their own before competing.
- Only CG Games Athletes, competition officials, Judges, and volunteers are allowed in the Warm-Up Zone. Spectators must remain in the designated spectator areas and are not allowed in the Warm-Up Zone.

ATHLETE HOLDING ZONE

- The Holding Zone is the designated area for Athletes to line up according to their wave time before starting the competition. A CG Trainer or volunteer directs 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 are not allowed in the Holding Zone.

BIB NUMBERS/CHIP TIMER

- Athletes must wear their issued bib number/chip timer on the front of their body, clearly visible at all times while competing. Bib numbers identify the official Athletes competing.
- Folding, cutting, intentional alteration of any kind, or failure to wear the issued bib number is strictly prohibited and may result in disqualification.
- CG does not allow the transfer of 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.
- Unauthorized bib selling or cheating in any form is not allowed. Should anyone witness this, they should report the activity to a Judge or competition official. Situations will be investigated.

TIMETAP

- Athletes receive a TimeTap email from a third party which is used to schedule wave time(s) for CG Games Prelims.
- Athletes are limited to signing up for 2 wave times.
- Athletes can reschedule or cancel their wave time(s) through TimeTap up until 24 hours of their scheduled wave time(s).

SCORING

- Athletes receive one total time upon completion of the course.
- Athlete's best score is reflected on the CG Games scoreboard.

COURSE SUMMARY + DETAILS

- Athletes are released at the start line by a Judge or volunteer every 20-45 seconds, depending on the location.
- The race clock/chip timer starts when Athletes are released and cross the start timing mat.
- Athletes perform the course in this order:
 - One Sandbell Lap
 - Lane 1-6
 - Sandbell Field Half Lap
 - Lane 7-12
 - Final Lap
 - Each lane is 53 ½ yards long
- Athletes must complete all the movements in a lane before entering a new lane.
- Any penalty assigned to Athletes by a Judge results in 3 CG Games Thrusters at the penalty spot. A CG Games Thruster is defined as:
 - A non-jumping chest-to-ground burpee
 - Includes a hand release at the bottom of the burpee
 - Athletes must 'stand tall,' meaning they rise fully vertical with knees and hips locked and spine vertical before starting the next rep
- For certain traveling movements throughout the course, Athletes can perform a one-time penalty of 6 CG Games Thrusters per traveling movement should Athletes need to regress the movement.
 - A regression to a movement is defined as a movement derived from the originally intended movement and requires less 'effort' to accomplish.
 - Athletes inform the lane Judge if they are going to regress. Athletes must perform 6 CG Games Thrusters before performing the regression:
 - Hurdle Hops (Lanes 1 & 2)
 - Crab Walks (Lanes 4 & 10)
 - Bear Crawls (Lanes 4, 7 & 8)
 - Lunges (Lane 6)
 - Broad Jumps (Lane 9)
 - Frog Jumps (Lane 10)

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

SANDBELL LAP

- Athletes start the course by running a lap around the track with a sandbell
- Athletes may carry the sandbell in any manner
- Once Athletes complete the lap, they drop the sandbell in the 'drop zone' and enter the field to perform 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

- Athletes enter Lane 1, the Forward Agility Lane
- Athletes complete the following exercise series:
 - 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 look for the below while Athletes perform each exercise:**
 - 2 In, 2 Out Hops
 - Athletes plant 2 feet in each square of the ladder in a 2 feet in, 2 feet out motion
 - 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
 - Forward Hurdle Hops
 - Athletes clear each hurdle individually in a jumping motion
 - Feet travel over and above the hurdle, not to the side of the hurdle
 - Cone 360s
 - Both 'weight bearing' feet travel around each cone

PENALTIES

- 3 CG Games Thrusters per occurrence for each and any of the following and must be performed before progressing through the rest of the course
 - Athletes displace a ladder so that forward progress cannot be made (which must be straightened by the Athlete)
 - Athletes knock over a hurdle (which must be reset by the Athlete)
 - Athletes knock over a cone (which must be repositioned upright by the Athlete)
 - Athletes do not have both 'weight bearing' feet traveling around each cone

- Penalized regression on the Hurdle Hops:
 - If Athletes cannot 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 in to this regression results in a one-time penalty of 6 CG Games Thrusters

- Once Athletes complete Lane 1, they can advance to Lane 2

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

LANE 2: LATERAL AGILITY

- Athletes enter Lane 2, the Lateral Agility Lane
- Athletes shuffle the entire lane, alternating between Cone 360s and Lateral Hurdle Hops, completing the following exercise series:
 - Lateral Shuffle to Cone 360s
 - Lateral Shuffle to 2 Hurdle Hops
 - Lateral Shuffle to Cone 360s
 - Lateral Shuffle to 2 Hurdle Hops
 - Athletes switch lead foot halfway 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 look for the below while Athletes perform each exercise:**
 - Lateral Shuffle
 - Athletes keep hips square, meaning hips stay parallel to the lane line
 - Athletes keep feet from crossing

- Cone 360s
 - Both 'weight bearing' feet travel around each cone
- Lateral Hurdle Hops
 - Athletes clear each hurdle individually in a jumping motion laterally
 - Feet travel over and above the actual hurdle, not in front or behind the hurdle
- Half-Way Point
 - Athletes switch directions to lead with the opposite leg

PENALTIES

- 3 CG Games Thrusters per occurrence for each and any of the following and must be performed before progressing through the rest of the course
 - Athletes displace a ladder so that forward progress cannot be made (which must be straightened by the Athlete)
 - Athletes knock over a hurdle (which must be reset by the Athlete)
 - Athletes knock over a cone (which must be repositioned upright by the Athlete)
 - Athletes do not have both 'weight bearing' feet traveling around each cone
- Penalized regression on the Hurdle Hops:
 - If Athletes cannot 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 in to this regression results in a one-time penalty of 6 CG Games Thrusters
- Once Athletes complete Lane 2, they can advance 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

- Athletes enter Lane 3, a Slam Ball Lane
- Athletes start with the ball and foot placement behind the lane start line
- Athletes complete a Slam Ball Chest Toss Squat to Shoulder Drop down the entire lane
- 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 again
- Athletes 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 look for the below while Athletes perform the Slam Ball Chest Toss Squat to Shoulder Drop:**
 - Athletes perform a toss from the chest. Side tosses, overhead tosses, underhand tosses, or any other variation of a toss is not be allowed
 - Athletes 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 Athletes take more than one step with the slam ball
- Once Athletes complete Lane 3, they can advance 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

- Athletes enter Lane 4, a Slam Ball Lane
- Athletes start with the ball behind the lane start line, but feet can be over the lane start line when beginning the first movement
- Athletes 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
- Athletes begin their crab walk at the sideline and toss the slam ball from their chest
- Athletes forward crab walk to the spot where their slam ball stopped rolling
- Athletes repeat this sequence until the slam ball has crossed the midpoint cone
- Athletes transition from a forward crab walk to a forward bear crawl once their feet touch the midpoint cone line
- Athletes bear crawl to the slam ball and roll it forward with their hands
- Athletes continue bear crawling and rolling the slam ball until the ball crosses the sideline and their hand touches the sideline
- **Judges look for the below while Athletes perform the following exercises:**
 - Slam Ball Crab Walk to Chest Toss
 - Athletes perform a toss from the chest. Athletes may do a sit-up before performing a chest toss if desired
 - Athletes crab walk until the slam ball crosses the line and their feet cross the midpoint line
 - Slam Ball Bear Crawl Roll
 - Athletes have palms down and weight-bearing hands during their bear crawl
 - Athletes begin their bear crawl at the midpoint line
 - Athletes do not interfere with another Athlete's slam ball

PENALTIES

- 3 CG Games Thrusters per occurrence for each and any of the following:
 - Athletes do not chest toss the slam ball
 - Athletes do not have palms down or weight-bearing hands during the bear crawl
 - Athletes do not begin their bear crawl at the midpoint line
 - Athletes interfere with another Athlete's slam ball
- Penalized regression on the Crab Walk:
 - If Athletes cannot make forward progress in the crab walk with their hips off the ground, they may slide/scoot in a sitting position to make forward progress
 - Opting in to this regression results in a one-time penalty of 6 CG Games Thrusters
- Penalized regression on the Bear Crawl:
 - If Athletes cannot bear crawl with knees off the ground, they may opt in to regressing the movement on their knees
 - Opting in to this regression results in a one-time penalty of 6 CG Games Thrusters
- Once Athletes complete Lane 4, they can advance 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

- Athletes enter Lane 5, a Rucksack Lane
- Athletes complete a Rucksack Shoulder Carry Hand Release Thruster down the entire lane
- Athletes carry the rucksack on their shoulder and perform 5 Rucksack Thrusters down the entire lane
- Athletes must carry the rucksack on their shoulder as they travel the length of the lane
- Athletes drop their rucksack at the 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
- Athletes lift the rucksack on their shoulder and carry it to the next cone, repeating the rucksack drop and chest to the rucksack or ground movement
- **Judges look for the below while Athletes perform the Rucksack Shoulder Carry Hand Release Thruster:**
 - Athletes carry the rucksack on their shoulder
 - Athletes touch their chest to the rucksack or ground
 - Athletes release their hands during the Thruster
 - Athletes perform 5 Rucksack Thrusters

PENALTIES

- 3 CG Games Thrusters per occurrence for each and any of the following:
 - Athletes make forward progress not carrying the rucksack on their shoulder
 - Athletes do not touch their chest to the rucksack or ground
 - Athletes do not perform all 5 Rucksack Thrusters
 - Athletes do not flash their hands during the Rucksack Thruster
- Once Athletes complete Lane 5, they can advance 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

- Athletes enter Lane 6, a Rucksack Lane
- Athletes complete Rucksack Front Carry Reverse Lunges down the entire lane
- Athletes can 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, Athletes perform a reverse lunge, making knee to ground contact on each leg at the cone line
- Athletes complete this lane when a foot touches or crosses the sideline
- **Judges look for the below while Athletes perform the Rucksack Front Carry Reverse Lunge:**
 - The rucksack is carried in any manner in front of the body
 - Both knees touch the ground at the cone line
 - Athletes 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:
 - Athletes carry the rucksack in a way that is not in front of the body
 - Athletes do not make knee-to-ground contact on both knees
 - Athletes drop the rucksack before touching or crossing the far sideline
- Penalized regression on the Lunges:
 - If Athletes cannot complete knee-to-ground reverse lunges, they may opt for 2 CG Games Thrusters at each reverse lunge cone line
- Once Athletes complete Lane 6, they drop their rucksack, pick up a sandbell, and take off on a field 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

- Athletes complete a half-lap around the field with a sandbell
- Athletes may carry the sandbell in any manner
- Once Athletes complete the half lap, they drop the sandbell in the 'drop zone' and advance to 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 ½ yards	Dumbbell	15 lbs.	20 lbs.

LANE 7: DUMBBELL

- Athletes enter Lane 7, a Dumbbell Lane
- Athletes 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
- Athletes start with dumbbells on the sideline, facing away from the direction of travel
- Athletes begin backward bear crawling with their dumbbells
- Upon arriving at the immediate vicinity of the cone line, Athletes stand up and press their dumbbells overhead, clearing the crown of their head with the bottom of the dumbbells
- Athlete repeat this sequence, backward bear crawling and standing overhead press 7 times down the lane
- Upon reaching the 7th cone line, Athletes stand up and carry their dumbbells the remaining distance of the lane in a forward-facing direction
- **Judges look for the below while Athletes perform the following exercises:**
 - Dumbbell Backwards Bear Crawl to Standing Overhead Press
 - Hands are weight-bearing
 - Standing overhead press takes place at the immediate vicinity of the cone line
 - Dumbbells fully clear the crown of the head on the standing overhead press
 - Dumbbell Carry
 - Both dumbbells are in Athletes hands while they travel to the end of the lane

PENALTIES

- 3 CG Games Thrusters per occurrence for each and any of the following:
 - Hands do not bear the weight of the bear crawl
 - Athletes do 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
 - Athletes do not stand up during the standing overhead press
- Penalized regression on the Backwards Bear Crawl:
 - If Athletes cannot bear crawl with knees off the ground, they may opt in to regressing the movement on their knees
 - Opting in to this regression results in a one-time penalty of 6 CG Games Thrusters
- Once Athletes complete Lane 7, they can advance 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

- Athletes enter Lane 8, a Dumbbell Lane
- Athletes complete a Dumbbell Carry down to the cone line followed by a Dumbbell Forward Bear Crawl to the end of the lane
- Athletes must dumbbell bear crawl the full distance, completing the lane by touching one dumbbell on the far sideline
- **Judges look for the below while Athletes perform the following exercises:**
 - Dumbbell Carry
 - Both dumbbells are in Athletes hands while traveling to the end of the lane
 - Dumbbell Forward Bear Crawl
 - Hands 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 do not bear the weight of the bear crawl
 - Dumbbells do not start on the cone line
 - A dumbbell not ending on the far sideline
- Penalized regression on the Bear Crawl:
 - If Athletes cannot bear crawl with knees off the ground, they may opt in to regressing the movement on their knees
 - Opting in to this regression results in a one-time penalty of 6 CG Games Thrusters
- Once Athletes complete Lane 8, they can advance to Lane 9

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

LANE 9: BODY WEIGHT

- Athletes enter Lane 9 to complete Broad Jump to CG Games Thruster down the entire lane
- Athletes begin by touching the ground and broad jumping from the sideline
- Every 5 yards, Athletes perform a CG Games Thruster
- Athletes 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
- Athletes perform a CG Games Thruster at every cone line:
 - Athletes lay down, release their hands from the ground, and then stand up
- Athletes repeat this sequence of Broad Jumps and CG Games Thrusters down the entire lane
- Athletes must touch the ground with both hands before every broad jump
- Athletes complete the lane once their feet land on or beyond the far sideline

- **Judges look for the below while Athletes perform the following exercises:**
 - Broad Jump
 - Athletes can 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 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:
 - Athletes progress forward in any other way other than broad jumping
 - Broad Jumps do not start and end on the sidelines
 - Both hands do not touch the ground on the outside or inside of the legs for each broad jump
 - Some part of the Athlete's body does not break the cone line before performing a CG Games Thruster
 - Both hands do not release from the ground during the CG Games Thruster
- Penalized regression on the broad jump:
 - If Athletes cannot perform the broad jump with both feet leaving and landing simultaneously, they may opt in to regressing the movement. This regressed movement is a forward jump by which one foot leaves the ground before the other and one foot lands before the other.
 - Opting in to this regression results in a one-time penalty of 6 CG Games Thrusters
- Once Athletes complete Lane 9, they can advance to Lane 10

LANE 10: BODY WEIGHT	
MOVEMENT	DISTANCE
Frog Jumps	35 yards
Reverse Crab Walk	18 ⅓ yards

LANE 10: BODY WEIGHT

- Athletes enter Lane 10 to complete Frog Jumps to the cone, followed by a Reverse Crab Walk
- Athletes begin with hands on the sideline
- 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 Reverse Crab Walk cone line
- Upon reaching the cone line with their hands, Athletes change position to begin the Reverse Crab Walk
- Athletes perform a Reverse Crab Walk until a hand touches the sideline
- **Judges look for the below while Athletes perform the following exercises:**
 - Frog Jumps
 - Frog Jumps are 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 Reverse 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:
 - Athletes do not move their hands at the same time to progress forward
 - Athlete's feet do not move simultaneously towards the hands
 - Reverse Crab Walk does not start and end with one hand on the midpoint line and sideline, respectively
- Penalized Regression on the Frog Jump:
 - If Athletes cannot simultaneously jump both feet forward, a regressive movement may be opted in to by which one foot progresses forward and then another
 - Opting in to this regression results in a one-time penalty of 6 CG Games Thrusters
- Penalized Regression on the Reverse Crab Walk:
 - If Athletes cannot 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 in to this regression results in a one-time penalty of 6 CG Games Thrusters
- Once Athletes complete Lane 10, they can advance 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

- Athletes enter Lane 11, a Bag Drag Lane
- Athletes complete a Bag Drag Back Pedal down the entire lane
- Athletes complete this lane by pulling the bag backward until their foot touches or crosses the sideline
- Athletes transition to Lane 12 through the cone gate
- **Judges look for the below while Athletes perform the following exercises:**
 - Athletes hold the belt or strap to drag the bag back
 - Athletes can wear the belt if they want to do so
 - Athletes keep hips square to the start line when dragging
 - Athletes finish when their foot touches or crosses the sideline

PENALTIES

- 3 CG Games Thrusters per the following occurrences:
 - Athletes pick up the bag at any point
 - Athletes do not touch or cross the sideline with a foot before transitioning to Lane 12
 - Athletes hips do not stay square and result in turning of the hips
- Once Athletes complete Lane 11, Athletes can advance 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

- Athletes enter Lane 12, a Bag Drag Lane
- Athletes complete a Forward Bag Drag down the entire lane
- Athletes complete the lane when their foot touches or crosses the far sideline
- Athletes then drop the bag and continue to the final lap
- **Judges look for the below while Athletes perform the following exercises:**
 - Athletes hips stay square indicating a forward drag

PENALTIES

- 3 CG Games Thrusters per the following occurrences:
 - Athletes pick up the bag at any point
 - Athlete's hips do not stay square and result in turning of the hips
- Once Athletes complete Lane 12, they can drop the bag and advance to the final lap

FINAL LAP	
MOVEMENT	DISTANCE
Final Lap	Approx. 500 meters

FINAL LAP

- Athletes take off around the field and exit onto the track to complete a lap before finishing the course
- Athletes 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 Athlete's Guide
- Stretch, hydrate, and rest!
- Sign up for wave time(s) through TimeTap

EVENT DAY:

- Small Soft Cooler
- Snacks
- Water Bottles
- Sunscreen
- Sunglasses
- Socks
- Competition Attire
- Athletic Shoes (recommend no cleats)
- 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!