VIRTUAL ATHLETE'S GUIDE

CG GAMES

PRELIMS 2021

PRESENTED BY LÄRABAR.

CG GAMES PRELIMS
VIRTUAL ATHLETE'S GUIDE 2021

(VIRTUAL) HIGH FIVE!

We're excited that you registered for virtual CG Games Prelims! Are you ready to take on the challenge and Rise Above the competition?!

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

ATHLETE SAFETY

- **TIPS FOR A SAFE EVENT DAY:** Even though Athletes may compete virtually, it will still be hot outside! Here are helpful tips on how Athletes can best prepare to compete in virtual CG Games Prelims:

  - Start hydrating a few days before the competition. Drink plenty of water and fluids before, during, and after each event.

  - Bring plenty of supplies to Virtual CG Games Prelims! Have a cooler with water, snacks, and other hydrating fluids for faster recovery. **Pro tip: bring cooling towels for a refreshing treat after competing!**

  - Use athletic gloves at your discretion to keep hands protected while competing!

- **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 cannot 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 40 minutes on the virtual 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 before 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.

- **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:** The Athlete's Guide contains detailed information about the event format, movement standards, and Zoom best practices. Athletes must thoroughly review the CG Games website, checklists, and all pre-event communications in preparation for the competition. Terms and conditions apply.

- **TRANSFERS:** CG does not allow the transfer of registrations to another person - no exceptions will be made to this rule. Any attempt to transfer a registration to another person results in disqualification and suspension from future participation in any CG competition.

- **INTERNET POLICY:** Athletes must have working internet to participate in virtual CG Games Prelims. If Athletes experience any technical issues, they may be asked to start an event over. If Athletes cannot finish in time due to technical problems, they receive the max time.

- **UNABLE TO COMPETE:** If an Athlete registered for virtual CG Games Prelims but can no longer compete, they must cancel their wave time on TimeTap.

- **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 will 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 DETAILS

DEFINITIONS + ROLES

- **ATHLETE:** A CG Games competitor who is ready to take on the virtual CG Games Prelims competition! Athletes are responsible for reading the Athlete's Guide, understanding the events before competing, following the rules and guidelines described in the Athlete's Guide, and having the proper virtual set-up and internet connection.

- **ZOOM:** The platform that virtual CG Games Prelims utilizes for the competition. Athletes must download, sign-in, and familiarize themselves with Zoom before competing. Athletes are encouraged to update the most recent Zoom version for the best competition experience (instructions).

- **EVENT OFFICIAL:** A Head Judge who oversees their assigned Judges and is responsible for the overall Athlete experience during that wave time. Event Officials can answer Athletes' final questions before competing and assign them to a breakout room with a Judge.

- **JUDGES:** A CG Trainer responsible for judging their assigned Athlete and upholding the standards described in this Athlete's Guide. Judges provide form correction, encouragement and enter scores on the virtual CG Games Prelims Scoreboard.

- **MAIN ROOM:** Athletes are placed in the main room after logging on to their wave time Zoom link. Event Officials are present when Athletes enter the main room. The main room is where Athletes may ask the Event Official any final questions before transitioning to a breakout room.

- **BREAKOUT ROOM:** Athletes are sent to a breakout room by the Event Official to complete the virtual CG Games Prelims events with their Judge. Athletes remain in this breakout room for approximately 30 minutes until all virtual CG Games Prelims events are completed, and the Athlete's score is entered on the scoreboard. Athletes leave the Zoom room once their scores are entered.

PREPARATION

- **EQUIPMENT:** Athletes must have the following equipment to compete in virtual CG Games Prelims. It is recommended that Athletes borrow the appropriate weight and mat size from another Athlete or CG Trainer, if necessary. **Athletes will be disqualified from the competition if they do not have the correct dumbbell size or mat/measured dimensions.**

    - **Laptop:** Athletes should not use a phone or tablet for the competition
    - **Single dumbbell:** See weight chart in Event 1 details
    - **Large CG Mat:** Dimensions: 65" x 30"
        - If Athletes do not have a mat or their mat is not the correct length, they must use a measuring tool and tape or another marker to designate a 65" length to ensure the full distance is traveled for mat shuffles.

- **SPACE REQUIREMENTS:**
    - Athletes must compete in a space no smaller than 10' x 10'.
    - Athletes must be in a space that allows for a side view of their full-body when on the mat and in the standing position with hands overhead.
    - Judges may ask Athletes to adjust their location or camera position if they cannot see the Athlete properly.

- **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).

- **ZOOM:** See the Technology + Zoom Best Practices section for how Athletes can prepare and improve these aspects before the competition.

WARM-UP

Athletes must stretch and adequately warm-up before joining their Zoom room. The Event Official and Judges are not responsible for leading Athletes through a warm-up.

COMPETING

Athletes should log in early to ensure that they can access Zoom successfully. Once in the main Zoom room, Athletes must update their Zoom name to display their first and last name. Once this is updated, Athletes are sent to their breakout room by the Event Official, where their Judge is waiting. Athletes can be unmuted when in the breakout room with their Judge. Athletes should be ready to complete the first event as soon as they enter the breakout room. Judges instruct Athletes when to begin each event and coach Athletes through the events.

Here is the schedule Athletes can expect while in their breakout room:
- **Event 1:** approximately 8-15 minutes (max time 20 minutes)
- **Rest:** 8 minutes
- **Event 2:** approximately 8-15 minutes (max time 20 minutes)
- **Scores & Wrap-Up:** 5 minutes

SCORING

- Event times are ranked amongst the other Athlete' times within a Division.
- Athlete's overall score is an accumulated time combined from both events.
- The max time for each event is 20 minutes. Athletes cannot record a time beyond the max time of each event.

TECHNOLOGY + ZOOM RECOMMENDATIONS

Virtual CG Games Prelims is a unique opportunity to compete against the best-of-the-best from the convenience of home! To have a successful virtual CG Games Prelims competition, it is important to review and adhere to the following recommendations.

DEVICE

- Athletes should use a laptop rather than a phone or tablet when competing. Using a phone or tablet can affect the competition experience.
- Check that the laptop is fully charged and has a power source ready while competing. It is recommended that Athletes also have a back-up power source ready.
- Athletes should connect to the internet using an ethernet cable ([instructions](#)) or have a very strong Wi-Fi connection. It is recommended that Athletes compete from a location with access to the internet and be close to the router, if possible.
- If WiFi connection issues occur, try [these steps](#).

VISUAL

- Athletes must have their video turned on during the competition.
- Athletes must ensure there is sufficient lighting in their competition space and that any lighting is forward-facing. For example, Athletes should not compete with an open garage door or window behind them, which creates a silhouette and Judges cannot view Athletes properly.
- Athletes should find a background with few distractions and rearrange their space if necessary.
- Athletes should place their device around waist-level or higher to showcase their full-body while standing and while on the mat.
- Athletes must be in a space that allows for a side and standing view of their full-body when on the mat and in the standing position with hands overhead.
- Athletes should "test the shot" before going live! During this test, Athletes can determine

where and how to place their device for the competition securely.

● Athletes may need to adjust their location, lighting, or camera position if a Judge cannot see them properly.

ZOOM BEST PRACTICES

● Athletes must have a Zoom account to access virtual CG Games Prelims. Athletes cannot share a Zoom account and cannot share the same laptop when competing. Each Athlete must be logged in to Zoom separately using their laptop.

● It is recommended that Athletes download the Zoom software for the laptop. Click here to download Zoom Software & Application: https://zoom.us/download

● Athletes can use the Zoom 101 Set-Up & Download tutorial for set-up assistance.

● Athletes must create a Zoom profile prior to the competition (instructions) and be familiar with how to log into their Zoom account (instructions).

● If already using Zoom, Athletes should update to the most current version for the best competition experience (instructions).

● Athletes can join a test meeting to familiarize themselves with Zoom and its features.

COMPETITION EVENTS

EVENT # 1

OVERVIEW

Athletes complete three rounds with four different movements. Reps decrease each round and include a 30-second rest between each round. Athletes can only transition to the next exercise once they have completed the reps for the previous exercise. This event is timed and is part of the accumulated total for an Athlete's overall virtual CG Games Prelims ranking.

- This event is timed using a stopwatch
- The max time for this event is 20 minutes
- Athletes complete this event one time
- Judges count exercise reps and ensure that each rep is performed according to the movement standards
- Judges inform Athletes when to start and stop each exercise

DETAILS & RULES

- Athletes need a single dumbbell for this event:

DUMBBELL SIZE	
MEN 18-29 / 30-39 / 40-49	30 lbs.
MEN 50+	25 lbs.
WOMEN 18-29 / 30-39 / 40-49	20 lbs.
WOMEN 50+	15 lbs.

- Athletes must use the dumbbell size noted for their division
- Athletes should borrow a dumbbell from a friend or CG Trainer to have the appropriate weight for the competition. **Athletes will be disqualified from the competition if they do not have the correct dumbbell size or mat/measured dimensions**
- Athletes must use the large CG Mat (65" x 30") or measure out the appropriate mat distance (65") as described in the Competition Preparation section
- Athletes complete the designated exercises and rep number in the order described
- At the Judge's signal, Athletes begin the event starting with the following exercises:
    - 20 Single-Arm Squat to Press (10R, 10L)
    - 20 Alternating Plank Rows
    - 20 Alternating Dumbbell Snatches
    - 20 Mat Shuffles
- Once Athletes complete 20 Mat Shuffles, they must rest for 30 seconds

- After the rest, Athletes complete the exercises again, decreasing by four reps:
    - 16 Single-Arm Squat to Press (8R, 8L)
    - 16 Alternating Plank Rows
    - 16 Alternating Dumbbell Snatches
    - 16 Mat Shuffles
- Once Athletes complete 16 Mat Shuffles, they must rest for 30 seconds
- After the rest, Athletes complete the exercises a final time, decreasing by four reps:
    - 12 Single-Arm Squat to Press (6R, 6L)
    - 12 Alternating Plank Rows
    - 12 Alternating Dumbbell Snatches
    - 12 Mat Shuffles
- Judges stop the timer when Athletes complete their last mat shuffle

MOVEMENT STANDARDS
- **Single-Arm Squat to Press**
    - This is a single dumbbell movement. Athletes cannot use two dumbbells
    - Athletes split the total reps between sides (i.e. 10 right side, 10 left side, etc.)
    - Elbows must touch knees in the squat position
    - Elbows must lockout overhead in the press movement

- **Alternating Plank Row**
    - This is a single dumbbell movement. Athletes cannot use two dumbbells
    - Knees must be off the ground in the plank position
    - Elbow must break the plane of the back
    - The dumbbell must alternate hands between reps

- **Alternating Snatch**
    - This is a single dumbbell movement. Athletes cannot use two dumbbells
    - Athletes must alternate arms for each snatch
    - Athletes can only change hands below head height but do not have to set the dumbbell on the ground to change hands
    - Both heads of the dumbbell must touch the ground between each rep
    - Athletes must complete a full range of motion by fully extending their shoulder and elbow to 'catch' the dumbbell at the top of the movement

- **Mat Shuffle**
    - This movement must be completed using the large CG mat or using the measurements described in the Competition Preparation section
    - Athletes should complete this movement off the mat
    - Athletes feet must clear the top or bottom of the mat and one hand must touch the ground to complete one rep
    - Athletes cannot cross their feet in the shuffle movement

NO REPS/PENALTIES
- Athletes must abide by the movement standards above
- Judges communicate any missed reps to Athletes
- A time penalty is assessed if Athletes do not complete all the reps. The time penalty is 5 seconds per missed rep added to an Athlete's total working time

EVENT # 2

OVERVIEW

Athletes perform an interval series where they work for 20 seconds and then rest for 20 seconds. Athletes complete multiple reps of three exercises during the working intervals and complete the event with a "sprint" exercise to the finish! Athletes can only transition to the next exercise once they have completed the reps for the previous exercise. This event is timed and is part of the accumulated total for an Athlete's overall CG Games Prelims ranking.

- This event uses an interval timer and is timed using a stopwatch
- The max time for this event is 20 minutes
- Athletes complete this event one time
- Judges count exercise reps ensuring that each rep is performed according to the movement standards
- Judges inform Athletes when to start and stop for each interval

DETAILS & RULES
- Judges set an interval timer for 20 seconds
- Athletes complete a series of intervals where they work for 20 seconds and then rest for 20 seconds. Athletes perform the exercises in the order described and must complete the designated reps before transitioning to the next exercise:
    - 90 Squat Jacks
    - 60 Straight Leg Alternating V-ups
    - 30 Hand Release Push-up with Shoulder Taps
- At the Judge's signal, Athletes begin the event
- Athletes start by completing as many reps as possible of Squat Jacks in 20 seconds.
- Athletes then rest for 20 seconds when instructed by the Judge
- At the Judge's signal, Athletes start working again, completing as many reps as possible of Squat Jacks in 20 seconds (adding toward their total rep count)
- These intervals continue until Athletes complete 90 Squat Jack reps
- Once Athletes complete 90 Squat Jacks, they transition to Straight Leg Alternating V-ups, then Hand Release Push-up with Shoulder Taps using the same interval format with 20 seconds working and 20 seconds resting
- Once Athletes complete 30 Hand Release Push-ups with Shoulder Taps, they immediately transition to 15 CG Games Thrusters to be completed as fast as possible
- Judges stop the timer once Athletes complete the last CG Games Thruster

MOVEMENT STANDARDS
- **Squat Jack**
  - Athletes must squat low enough to touch their shoes
  - When in the 'up' position, Athletes must extend the hips and spine so they are vertical and upright
  - Hands must touch over their head while feet come together
  - One rep is counted each time Athlete's hands touch overhead

- **Straight Leg Alternating V-up**
  - Athletes lay on their backs with legs straight and both hands over their head on the ground.
  - One leg at a time Athletes lift their leg straight up and make contact with their opposite hand.
  - Once both feet and both hands make contact with the ground Athletes can switch to the opposite side.
  - One rep is counted each time a hand touches a foot

- **Hand Release Push-up with Shoulder Taps**
  - Athletes lay on the ground, release their hands, and perform a push-up
  - In the high-plank, or 'up' position, Athletes reach across and make hand contact to the opposite shoulder
  - Right hand to left shoulder, left hand to right shoulder (order does not matter)
  - Some part of the Athlete's fingers or hand must make contact with their shoulder
  - In the high-plank position, Athletes knees must come off the ground when performing the shoulder tap

- **CG Games Thruster**
  - A 'thruster' refers to a non-jumping chest-to-ground burpee
  - Athletes must touch their chest to the ground
  - Athlete's hands must release from the ground
  - Athletes must stand 'tall', meaning they rise fully vertically with knees and hips locked and spine vertical before starting the next rep

NO REPS/PENALTIES
- Athletes must abide by the movement standards above
- Judges communicate any missed reps to Athletes
- A time penalty is assessed if Athletes do not complete all the reps. The time penalty is 5 seconds per missed rep added to an Athlete's total working time