



2018-2019 Garage Games Junior Champions

WoDs and Standards v1.0

WoD 1a “Oly Complex” Teen divisions only

5’ time cap (clock counts upward in one minute intervals)

Squat Clean

Shoulders to Overhead

Athlete will have 5 minutes to make up to 5 successful lifts (maximum of one successful lift per minute). This is an Oly complex consisting of two distinct movements – 1 squat clean and 1 shoulder to overhead. The squat clean (see movement standards below) must be completed before the shoulder to overhead begins. “Clustering” is not allowed. The shoulder to overhead portion may be a strict press, push press, push jerk or split jerk. If the athlete completes the squat clean but fails on the shoulder to overhead, the lift is considered a failed attempt and the entire complex must be repeated if time allows.

- Athlete builds their bar for first lift before WoD starts
- Athletes must change their own weights, no help allowed.
- Weight can be increased, decreased or remain the same for each lift

Score is the total combined weight of all the successful lifts (up to 5).

WoD 1b “Hot Lava” Youth divisions only

5’ time cap (clock counts upward)

The hot lava course is marked on the floor with a start/finish line at one end and a turnaround line exactly 25 feet from the start/finish line.

The athlete uses two plates to traverse the race course. The floor is considered to be “hot lava” between the start/finish line and the turnaround line. Athlete must be on a plate at all times while in the “hot lava”. Athlete moves by putting a plate down on the “hot lava” then steps or jumps to that plate. Athlete picks up second plate and places it in the “hot lava” ahead of them and then steps on that plate repeating the process until athlete completely crosses the turnaround line. Athlete then reverses direction and continues the process until athlete is able to jump and land both feet over the finish line. If athlete puts any body part in the “hot lava”, a 3 burpee penalty is assessed on the spot and must be completed before athlete can continue on the course.

(2) 10# plates per athlete



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Score is the time to complete the 50 foot race. If the time cap is reached before the athlete finishes the course, the score is entered as 5:00 and reps = 0 if the first 25 feet were not completed or 1 if the athlete successfully made it to the turnaround point before time ran out.

WoD 2 "By 3's"

8' AMRAP (clock counts downward)

Ascending ladder 3-6-9-12-15-18-21...

deadlifts

box jump overs

Youth (7-9) 1.0pood (36#) kettlebell, 20", Youth (10-12) 1.5pood (54#) kettlebell, 20", Teen (13-15) 115#/95#, 24"/20" Teen (16-18) 175#/145#, 24"/20"

Score is the total reps completed before the 8 minutes expire. An athlete may scale the weight as approved by the head judge however score for this WoD will be entered as scaled and will be ranked below all Rx athletes.

WoD 3 "Jumping Francore"

12' time cap (clock counts upward)

3 RFT

<u>Youth (7-9)</u>	<u>Youth (10-12)</u>	<u>Teen (13-15)</u> <u>Teen (16-18)</u>
50 single-unders	50 double-unders or 100 single-unders	50 double-unders or 150 single-unders
9 thrusters	9 thrusters	9 thrusters
15 jumping pull-ups	15 pull-ups	15 pull-ups
30 sit-ups	30 sit-ups	30 sit-ups

Youth (7-9) 5# dumbbells, jumping pull-ups

Youth (10-12) 15# bar

Teen (13-15) 45#/35# barbell

Teen (16-18) 75#/55# barbell

Score is the time all reps are successfully completed unless time cap is reached before completion of all reps. In cases where the time cap is reached, the score will be entered as 12:00 and the number of reps successfully completed prior to the time cap. An athlete may



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scale the weight as approved by the head judge however score for this WoD will be entered as scaled and will be ranked below all Rx athletes.

WoD 4 "Row Off"

5' time cap (clock counts downward)

Max calorie row.

Score is the number of calories on the rower at the 5:00 mark. Calories "coasted" after the clock has stopped do not count.

Movement Standards v1.0

Body Weight Movements

Box Jump Overs

Athlete jumps on to the box with both feet and jumps off the other side to complete 1 rep. Full extension on top of the box is NOT required. Both feet must come in contact with the top of the box and no other part of the body can touch the box.

Double-unders

These are standard double-unders with the rope passing twice around the body in a forward motion with each jump. Swinging the rope backward is not permitted. For the rep to count, the rope must clear under the feet twice during the jump. Attempts where the rope catches before clearing twice do not count. You are permitted to use your own rope.

Single-unders

These are standard single-unders with the rope passing once around the body in a forward motion with each jump. Swinging the rope backward is not permitted. For the rep to count, the rope must clear once under the feet during the jump. Attempts where the rope catches before clearing once do not count. You are permitted to use your own rope.

Pull-ups

Movement begins with athlete hanging from bar with arms fully extended and feet off the ground. Athlete must bring chin above the horizontal plane of the bar at the top of the rep. Kipping, butterfly or strict pull-ups are allowed as long as arms are fully extended at the bottom of each rep and the feet do not touch the ground or any other objects. Bands and other aids are not allowed.

Jumping Pull-ups

Athlete must be positioned so that there is a minimum of 6 inches between the top of the athlete's head (while standing tall) and the bottom of the bar. Athletes may use a platform to reach the appropriate height. Movement begins with athlete lowering body so that arms



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become fully extended. Athlete jumps while pulling at the same time bringing the chin clearly over the top of the horizontal plane of the pull-up bar.

Sit-ups

Performed with an abmat on the floor, this movement requires full range of motion to count as a good rep. At the bottom of the rep, the shoulder blades should touch the ground and the arms should be over the head with hand touch to the ground. At the top of the sit-up, the upper torso should be upright enough so that the shoulders are over the hip crease. Judges will look for armpits over the hip crease to determine proper ROM at the top of the movement. Swinging the arms during the movement is allowed. Yoga mats are allowed as long as they are laid out flat under the athlete's buttocks and legs and do not give an undue advantage to the athlete.

Weighted Movements

Deadlift

The barbell or kettlebell begins on the ground and must touch the ground between each rep. The athlete's knees and hips must be extended at the top, with the shoulders behind the bar or kettlebell. The athlete's hands must be outside their knees if using a barbell but shall be inside their knees when using a kettlebell. *Safety Note: Athletes should use proper technique when performing the deadlift. Judges will stop an athlete if an unsafe condition persists.*

Dumbbell Thruster

The dumbbell thruster movement starts with one dumbbell in each hand with one end resting on the top of the shoulder. Athlete must squat to depth where hip crease is below the parallel plane on the top of the knee. Athlete stands and thrusts the dumbbells overhead in one continuous movement. At the top of the movement, athlete's knees, hips and arms are fully extended with dumbbells directly over the midline of the body. Arms must be locked out and feet under the shoulders or hips for rep to count.

Squat Clean

For teen divisions, the movement starts with the bar at rest on the ground and must be lifted to the front rack in a single motion. Youth divisions will start from the hang position. The athlete must pass through a full squat with the hips below the knees before standing with the bar in the front rack position. At the top of the rep, the hips and knees are fully extended, feet are in line with the body and the bar is clearly on the athlete's shoulders (collar bone and anterior deltoids) with the elbows high in front of the bar. Catching the bar in a full squat or during descent into a squat is the desired standard, however youth divisions may perform a clean and a front squat together which shall count as one rep.

Shoulder to Overhead

This movement requires the athlete to move the bar from front rack to overhead position with arms fully locked out and behind the ears. Hips and knees should be fully extended in the overhead lockout position. The athlete must show control of the bar in the lockout before returning the bar to the ground. The athlete may use any of the following methods to bring the



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bar from front rack to overhead – push press, push jerk or split jerk. Safety Note: *Athlete should not drop the bar from above the waist unless bailing out of a bad lift.*

Thrusters

This is the standard barbell thruster. The bar begins on the ground. No racks are allowed. The thruster begins with the athlete in the bottom of a front squat position with the hip crease clearly below the top plane of the athlete's knees. From this position the athlete must bring the barbell to a full lockout overhead with the hips, knees and arms fully extended and the bar directly over the body. Athlete may "cluster" their first rep when bringing the bar off the ground.