



2017-2018 Garage Games Junior Champions`

WoDs and Standards v1.1

WoD 1 "Clean a Burpee"

12' time cap (clock counts upward)

21-15-9

Squat Cleans

Burpees over bar

Youth (7-9) weighted PVC 5.5 to 6#, Youth (10-12) 15#, Teen (13-15) 55#/35#, Teen (16-18) 75#/55# (youth with naked bar may perform hang squat cleans, all others clean from the floor)

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 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 2a "Max Snatch" Teen (16-18) division only

5' to find max snatch (clock counts down)

Athlete may preload the bar before the WoD begins. Athlete shall change their own weights during the WoD. Score is the weight of the heaviest successful lift.

WoD 2b "Snatches, Lunges and Toes to Bar, Oh My!"

12' time cap (clock counts upward)

5 RFT

20 dumbbell snatches (L+R=2)

40' dumbbell overhead walking lunges

12 toes to bar

40' dumbbell overhead walking lunges

Youth (7-9) 5#, knee raises, Youth (10-12) 10#, knee raises, Teen (13-15) 20#/15#, Teen (16-18) 35#/25#



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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 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 "Mute Sports Chipper"

15' time cap (clock counts upward)

<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
40 dumbbell thrusters	40 dumbbell thrusters	40 wall balls
30 sit-ups	30 sit-ups	30 sit-ups
20 HRPUs	20 HRPUs	20 HRPUs
10 kettlebell deadlifts	10 kettlebell deadlifts	10 deadlifts
20 HRPUs	20 HRPUs	20 HRPUs
30 sit-ups	30 sit-ups	30 sit-ups
40 dumbbell thrusters	40 dumbbell thrusters	40 wall balls
50 single-unders	50 double-unders or 100 single-unders	50 double-unders or 150 single-unders

Youth (7-9) 5# dumbbells, 0.5pood/18lb kettlebell

Youth (10-12) 10# dumbbells, 1.0pood/36lb kettlebell

Teen (13-15) wallball 14#/10# 10'/9', deadlift 115#/105#

Teen (16-18) 50 double-unders or 150 single-unders, wallball 20#/14# 10'/9', deadlift 185#/155#

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 15:00 and the number of reps successfully completed prior to the time cap. 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.



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Movement Standards v1.0

Body Weight Movements

Burpees Over Barbell

The athlete must be parallel to the barbell at the bottom position, with the athlete's chest and thighs touching the ground. The athlete must come to their feet and must jump over the barbell with two feet to the other side where the athlete will start the next rep. Athlete must jump over the barbell from both feet and land on both feet. One-footed jumping or stepping over is not permitted. Athlete does not need to fully extend hips during jump.

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.

Knee Raises (High Knees)

Hang from pull-up bar with palms facing away from body. Raise knees together above parallel of the thigh. Lower knee with full hip and leg extension so that feet go behind the vertical plane of the pull-up bar.

Knees to Elbows

Hang from pull-up bar with palms facing away from body with shoulders and arms fully extended. Bring knees and elbows together so that both knees touch the elbows or upper arms just above the elbows simultaneously. Lower knee with full hip and leg extension so that feet go behind the vertical plane of the pull-up bar.

Toes to Bar

Hang from pull-up bar with palms facing away from body with shoulders and arms fully extended. Bring both feet together so that toes (top of shoe and bottom of shoe ok) touch the bar in between the hands simultaneously. Then revert back to the hang position with shoulders and arms fully extended and feet passing through (to the rear) of the vertical plane of the bar.

Hand Release Push-ups (HRPU)

The HRPU begins with athlete's chest and thighs in contact with the floor. Athlete must raise



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hands off the floor before commencing the push up. Athlete raises body to plank position with arms locked out to complete the rep. Hand release push-ups from the knees are considered scaled for scoring purposes. Wormy push-ups are permitted in the youth divisions if athlete is only using hands and arms to push body up and full plank and arm lockout is achieved at the end of the rep.

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

Clean and Jerk

In this movement, the barbell goes from ground to overhead in two distinct movements – a clean (ground to front rack) and a jerk (shoulder to overhead). In the first portion of this movement, the bar must start on the floor and be brought to front rack position by power clean or squat clean. The second part of this movement requires the athlete to move the bar from front rack to overhead 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 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.*

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 Snatch

The dumbbell snatch movement starts with the dumbbell on the ground and ends with the dumbbell overhead and arms, hips and knees fully locked out. Athlete must alternate arms for each lift. The dumbbell must come in full contact with the ground at the bottom of the movement. Both ends of the dumbbell should touch the ground before next repetition begins.



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Bouncing the dumbbell is not permitted. The non-lifting hand may not be in contact with the body during the movement.

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 thrusters 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.

Snatch

This is a standard snatch or power snatch in which the barbell moves from the ground to overhead in one motion without stopping at the shoulders. This can be a muscle snatch, a power snatch, a squat snatch or a split snatch. A clean and jerk is not permitted. For this movement, the bar must start on the ground (every rep must start on the ground). Touch and goes are permitted however bouncing the bar is not allowed. The movement ends with the bar overhead, arms fully locked out, hips and knees fully extended and the bar is over the athlete's heels. Safety Note: *Athlete should not drop the bar from above the waist unless bailing out of a bad lift.*

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.

Dumbbell Overhead Walking Lunges

In all the divisions the walking weighted lunge should be performed by placing one foot/leg in front of the athlete's body with the trailing knee touching the ground. Athletes must perform a walking lunge by alternating the forward and trailing legs while holding a dumbbell overhead with one arm fully locked out. Youth (7-9) division may hold the dumbbell on the shoulder.