



## MOVEMENT STANDARDS

### Overall

- Collars (clips) must be used on the barbell for all lifts. Athletes may provide their own collars.
- Collars (clips) must be on the outside of all weights.
- Wearing shoes is required.
- Wrapping tape on the pull-up bar is not allowed.
- Wearing hand protection (grips) is allowed.
- All grip types are allowed (e.g. rubber, leather).
- All events will start with a countdown from 10 with beeps on 3, 2, 1 and a longer beep at Go. In case of a technical issue a similar backup method will be used.
- Dropping barbells from overhead is a no-rep. Athletes may drop barbells from their hips.
- Stay within your competition lane, leaving the lane during a movement will result in a no-rep.
- Athletes ages 4-6 may have ONE adult on the competition floor with them.
  - This adult may:
    - Help count reps
    - Model movements (without equipment)
    - Change weights at appropriate times
    - Set the rower damper, screen and help secure and release foot straps.
  - This adult may NOT:
    - Argue with the judge.
    - Interfere with the judges ability to see the athlete.
    - Assist the athlete with completing any movements.
  - If an adult is not following these rules or behaving in a manner deemed inappropriate by the head judge, the adult will be removed from the competition floor. Athletes are welcome to have another adult step onto the competition floor to help them with the remainder of their workout.



## MOVEMENT STANDARDS (continued)

### Bar Muscle Up

- Start Position
  - Start each rep with arms fully extended and feet off the ground.
- Execution
  - Pass through a dip before lockout over the bar.
- End Position (Rep Completion)
  - Arms are fully extended in the support position.
  - Shoulders are directly over, or slightly in front of, the bar when viewed from the side.
- Prohibited Actions / No-Rep Criteria
  - Starting a rep without full extension of the arms.
  - Any portion of the foot rising above the pull-up bar during the kip
  - Any part of the arm (besides the hands) touching the bar during the rep.
  - Lowering before reaching full extension of the arms at lockout (top of each rep).
  - Removing the hands and/or resting on the torso while above the bar.
  - Any other gymnastics movements are NOT allowed (e.g., uprises or rolls to support)

### Clean & Jerk

- Start Position
  - The barbell starts on the ground.
- Execution
  - The barbell must be lifted to the shoulders in one continuous motion for the clean.
  - The bar must finish in the front rack position with elbows in front of the bar.
  - The jerk begins from the front rack position.
  - Once on the shoulders, any shoulder to overhead method is permitted to lock the barbell out overhead.
- End Position (Rep Completion)
  - Arms, hips, and knees are fully extended with barbell overhead.
  - The bar is over or behind the middle of the body.
  - Feet are in line under the body.
- Prohibited Actions / No-Rep Criteria
  - Snatches.
  - Hang Clean (exception- ages 4-6 scaled will complete below the knee cleans)
  - Not passing through the front rack position before going overhead.
  - Lowering the barbell before fully extending the hips, knees, or arms.
  - Lowering the bar before the feet have returned in line.
  - Finishing with the bar in front of the body.
  - Bouncing the barbell between consecutive repetitions.
- Allowed Actions
  - A squat clean, muscle clean, power clean, or split clean may be used.
  - Any shoulder to overhead method is allowed for the jerk.
- Note
  - In the event of a no-rep for any reason at any time, the entire clean and jerk must be repeated. A missed overhead lift may not be reattempted from the front-rack position.

Continued...



## MOVEMENT STANDARDS (continued)

### Deadlift

- Start Position
  - The barbell starts on the ground (both plates touching the ground).
    - Hands must be outside the knees. No sumo deadlifts.
    - Any style of grip is permitted.
- End Position (Rep Completion)
  - Hips and knees reach full extension.
  - Head and shoulders are behind the bar when viewed from the side.
- Prohibited Actions / No-Rep Criteria
  - Lowering the barbell before reaching full extension of the knees or hips.
  - Finishing with the head and/or shoulders in front of the bar.
  - Deliberately bouncing the bar

### Double Dumbbell Hang Squat Clean

- Start Position
  - Each rep starts with the dumbbells below the hips and the arms extended.
    - A deadlift from the ground is required to start a set.
- Execution
  - The dumbbells must be brought to the rack position and the athlete must squat below parallel (the crease of the hips descends below the knees).
    - The athlete may choose to complete a hang power clean then a front squat to meet the requirements of the movement.
- End Position (Rep Completion)
  - The dumbbells are at the shoulders.
  - The elbows are in front of the hands.
  - The hips and knees reach full extension.
  - The feet are in line.
- Prohibited Actions / No-Rep Criteria
  - Squatting at or above parallel.
  - Not standing to full extension of the knees and hips and/or lowering the dumbbells before full extension of the knees and/or hips



## MOVEMENT STANDARDS (continued)

### Double-Under

- Start Position
  - Standing upright and ready to initiate the movement.
- Execution
  - A double-under is defined as a single jump during which the rope passes twice beneath the feet before landing.
  - The rope must make two full revolutions per jump.
  - The athlete must leave the ground with both feet simultaneously and land on both feet—no skipping or alternating footwork allowed.
- Rope Handling
  - The rope must be controlled by the athlete's hands only.
  - No assistance from other body parts (e.g., arms, legs, or torso) is permitted to manipulate the rope.
  - Intentional restarts or pauses between reps are allowed but will not count toward the total unless the rope completes two passes during a single jump.
  - Rope must spin forward.
- Prohibited Actions / No-Rep Criteria
  - Missed revolutions, trips, or single unders do not count.
  - Rope must not strike the athlete's body mid-rep in a way that interrupts the movement.

### Front Squat

- Start Position
  - The bar is held at the front-rack position.
    - The bar must be taken from the floor.
    - Any grip is permitted.
- Execution
  - The crease of the hip must clearly pass below the top of the knees in the bottom position.
    - A full squat clean is allowed, but not required, when the bar is taken from the floor.
- End Position (Rep Completion)
  - The athlete's hips and knees are fully extended.
  - The bar is held at the front-rack position.
- Prohibited Actions / No-Rep Criteria
  - Squatting at or above parallel.
  - Not standing to full extension of the knees and hips.
  - Lowering the bar before reaching full extension of the hips and knees.



## MOVEMENT STANDARDS (continued)

### Jumping Bar Muscle Up

- Start Position
  - The athlete's head must be below the pull-up bar when the athlete is standing tall.
  - The athlete may stand on a plate or a box if needed.
- Execution
  - At the bottom, the arms must be fully extended.
  - Use arms pulling and/or legs jumping to complete a bar muscle up.
  - Pass through a dip before lockout over the bar.
- End Position (Rep Completion)
  - Arms are fully extended in the support position.
  - Shoulders are directly over, or slightly in front of, the bar when viewed from the side.
- Prohibited Actions / No-Rep Criteria
  - Starting a rep without full extension of the arms.
  - Any portion of the foot rising above the pull-up bar during the kip
  - Any part of the arm (besides the hands) touching the bar during the rep.
  - Lowering before reaching full extension of the arms at lockout (top of each rep).
  - Removing the hands and/or resting on the torso while above the bar.
  - Any other gymnastics movements are NOT allowed (e.g., uprises or rolls to support)

### Jumping Chest to Bar

- Start Position
  - The bar must be at least (NOTED below) inches above the top of the head when the athlete is standing tall.
    - 7-9: 4 inches
    - 4-6: 3 inches
  - Overhand grip must be used.
- Execution
  - At the bottom, the arms must be fully extended.
  - Use arm pull and/or leg jump to achieve a position where the chin breaks the horizontal plane of the bar
- End Position (Rep Completion)
  - The rep is credited when the chest clearly makes contact with the bar at or below the collarbone.
- Prohibited Actions / No-Rep Criteria
  - Not extending arms at the beginning of each rep.
  - Chest not making contact with the bar at or below the collarbone.
  - Underhand or mixed grip.



## MOVEMENT STANDARDS (continued)

### Jumping Pull-Up

- Start Position
  - The bar must be at least (NOTED below) inches above the top of the head when the athlete is standing tall.
    - 7-9: 4 inches
    - 4-6: 3 inches
  - Overhand grip must be used.
- Execution
  - At the bottom, the arms must be fully extended.
  - Use arm pull and/or leg jump to achieve a position where the chin breaks the horizontal plane of the bar
- End Position (Rep Completion)
  - The rep is credited when the chin breaks the horizontal plane of the bar.
- Prohibited Actions / No-Rep Criteria
  - Not extending arms at the beginning of each rep.
  - Chin not breaking the horizontal plane of the bar.
  - Underhand or mixed grip.

### Overhead Squat

- Start Position
  - For each set, the barbell begins on the ground.
  - Your hips, knees, and arms are fully extended.
  - The bar is directly over or slightly behind the middle of the body.
- Execution
  - With the bar in the overhead position, the crease of the hips must pass below the tops of your knees at the bottom.
    - You may squat snatch the first rep when the bar is taken from the floor.
- End Position (Rep Completion)
  - Your hips, knees, and arms are fully extended.
  - The bar is directly over or slightly behind the middle of the body.
- Prohibited Actions / No-Rep Criteria
  - Squatting at or above parallel.
  - Not standing to full extension of the knees and hips.
  - Any part of the body other than the hands contacting the bar.



## MOVEMENT STANDARDS (continued)

### Plate Hops

- Start Position
  - Standing on the floor with a 10# plate in front of them.
- Execution
  - The athlete must leave the ground with both feet simultaneously and land on the plate with both feet simultaneously.
  - Immediately leave the plate with both feet simultaneously and land on the ground with both feet simultaneously
  - Knee/Hip extension is not required.
- End Position (Rep Completion)
  - When the athlete has returned to the ground with the plate in front of them.
- Prohibited Actions / No-Rep Criteria
  - Jumping one foot at a time.
  - Missing the plate with one or both feet.
  - Touching or holding equipment.

### Pull-Up

- Start Position
  - Each rep begins with fully extended arms and feet off the ground.
    - Any style of grip is permitted.
- Execution
  - Any style of pull-up is permitted, as long as the start and end positions are met.
- End Position (Rep Completion)
  - The rep is credited when the chin clearly breaks the horizontal plane of the bar.
- Prohibited Actions / No-Rep Criteria
  - Arms not fully extended at the start.
  - Chin not breaking the horizontal plane.
  - Touching the posts of the rig to assist with the pull-up.



## MOVEMENT STANDARDS (continued)

### PVC Hang Squat Clean

- Start Position
  - Each rep starts with the PVC below the hips and the arms extended.
    - A deadlift from the ground is required to start a set.
- Execution
  - The PVC must be brought to the front rack position and the athlete must squat below parallel (the crease of the hips descends below the knees).
    - The athlete may choose to complete a hang power clean then a front squat to meet the requirements of the movement.
- End Position (Rep Completion)
  - The PVC is at the shoulders.
  - The elbows are in front of the hands.
  - The hips and knees reach full extension.
  - The feet are in line.
- Prohibited Actions / No-Rep Criteria
  - Squatting at or above parallel.
  - Not standing to full extension of the knees and hips and/or lowering the PVC before full extension of the knees and/or hips.

### Rebounds

- Start Position
  - Athletes begin at their specified position.
- Execution
  - The athlete must leave the ground with both feet simultaneously and land on both feet.
  - Repeat connected rebounds.
  - Knee/Hip Extension is not required.
- Prohibited Actions / No-Rep Criteria
  - Jumping with a single leg or alternating legs.
  - Touching or holding equipment.



## MOVEMENT STANDARDS (continued)

### Row

- Start Position (First Row)
  - Athlete is seated on the rower with feet secured and hands OFF the handle.
  - The monitor must be set to zero before the start.
  - Athletes begin rowing only after the official “Go” signal.
- Start Position (Second Row)
  - Athlete is seated on the rower with both feet secured BEFORE hands touch the handle/initiate the row.
  - The monitor must be reset to zero before the start.
- Execution
  - Athlete rows continuously until the specified distance is completed.
  - The monitor must count UP to the designated distance.
  - Any damper setting may be used.
- End Position (Rep Completion)
  - Feet must stay secured until the monitor clearly reads 1,000 meters.
    - If time cap is reached during the row, every 100 meters (rounded down, when the rower comes to a rest) = 1 rep.
- Prohibited Actions / No-Rep Criteria
  - Starting before the official signal.
  - Starting any round without resetting the monitor to 0.
  - Standing up from the rower prior to reaching 1,000 meters.

### Single-Under

- Start Position
  - Standing upright and ready to initiate the movement.
- Execution
  - The rope must make one full revolution per jump.
  - The athlete must leave the ground with both feet simultaneously and land on both feet.
  - Rope must spin forward.
- End Position (Rep Completion)
  - Repetitions are counted only when the rope passes cleanly beneath the feet during one jump.
- Prohibited Actions / No-Rep Criteria
  - Controlling or assisting the rope by anything other than the athlete’s hands.
  - Missed revolutions, tripping, and incomplete rope passes.
  - Alternating foot landings invalidate the rep.
  - Rope striking the athlete’s body mid-rep in a way that interrupts the movement.
- Allowed Actions
  - Intentional restarts or pauses between reps are allowed but will not count toward the total unless the rope completes one pass during a single jump.

**End of Movement Standards**



## Event 1

### QUICK START

- Start standing tall behind the dumbbells or below the pull-up bar.
- At “go,” pick up the dumbbells OR jump to the pull-up bar and begin accumulating reps.
- You can complete the movements in any order, using any rep scheme, alternating between the movements as needed.
  - 13-15 RX complete 80 double dumbbell hang squat cleans and 40 Bar Muscle Ups in any order or rep scheme.
  - 13-15 Scaled complete 80 double dumbbell hang squat cleans and 40 Jumping Bar Muscle Ups in any order or rep scheme.
  - 10-12 RX complete 80 double dumbbell hang squat cleans and 40 Jumping Bar Muscle Ups in any order or rep scheme.
  - 10-12 Scaled complete 80 double dumbbell hang squat cleans and 40 Jumping Chest to Bar Pull-ups in any order or rep scheme.
  - 7-9 RX complete 60 double dumbbell hang squat cleans and 30 Pull-ups in any order or rep scheme
  - 7-9 Scaled complete 60 double dumbbell hang squat cleans and 30 Jumping Pull-ups in any order or rep scheme
  - 4-6 RX complete 60 double dumbbell hang squat cleans and 30 Pull-ups in any order or rep scheme
  - 4-6 Scaled complete 60 PVC hang squat cleans and 30 Jumping Pull-ups in any order or rep scheme
- Your score is the total time taken to complete the workout.
- Time stops at the lockout of the final movement.

### NOTES

- There is no minimum or maximum number or reps that must be completed before alternating movements.
- Gymnastics grips cannot be used during the dumbbell hang squat cleans.
- For safety, the dumbbells MUST remain in the designated area.
- Athletes may NOT receive any assistance managing/moving their dumbbells (exception: ages 4-6)

### TIEBREAK:

- A tiebreak time will be taken after completing a total of 60 reps (combined from each movement).
  - Example 1: 50 dumbbell hang squat cleans + 10 bar muscle-ups = 60 reps, note tiebreak time.
  - Example 2: 30 dumbbell hang squat cleans + 30 bar muscle-ups = 60 reps, note tiebreak time.
  - Example 3: 60 dumbbell hang squat cleans = 60 reps, note tiebreak time.
  - The above list is NOT exhaustive
- Athletes who reach the time cap will enter their tiebreak time. In the event of a tie on reps completed, the athlete with the faster time will win the tiebreak.



## Event 2

### QUICK START

- Start standing tall.
- At “go,” pick up the rope and complete 50 double-unders.
  - 13-15 RX Double-unders
  - 13-15 Scaled Single Unders
  - 10-12 RX Double-unders
  - 10-12 Scaled Single Unders
  - 7-9 RX Single Unders
  - 7-9 Scaled Plate Hops
  - 4-6 RX Plate Hops
  - 4-6 Scaled Rebounds
- Then, complete 10 deadlifts at the first weight (lightest).
  - 13-15 Males and Females are required to use a 35-lb bar
  - 10-12 Males and Females are required to use a 35-lb bar
  - 7-9 RX Males and Females are required to use a 35-lb bar
  - 7-9 Scaled Males are required to use a 35-lb bar
  - 7-9 Scaled Females are required to use a 15-lb bar
  - 4-6 RX Males and Females are required to use a 15-lb bar
  - 4-6 Scaled Males and Females are required to use a 5-lb bar
- Complete 2 more rounds (for a total of 3 rounds) of 50 double-unders and 10 deadlifts at the lightest weight.
- Then, increase the weight on the bar to the middle weight, and complete 2 rounds of 50 double-unders and 10 deadlifts.
- Then, increase the weight and complete a final round of 50 double-unders and 10 deadlifts at the heaviest weight
- Your score is the total time taken to complete the workout.
- Time stops when the final deadlift has been locked out.

### NOTES

- Athletes may have assistance from Garage Games volunteers loading their bar.
- Gymnastics grips are not allowed during this workout.

### TIEBREAK:

- A tiebreak time will be taken after the final deadlift at the lightest and middle weights (i.e., the end of the third and fifth rounds).



# Garage Games Juniors 2026

Saturday, June 27, 2026; hosted by CrossFit Gallant

## Event 3

### QUICK START

- Start seated on the rower with hands off of the paddle.
- At “go,” complete age division required meters of rowing listed below:
  - 13-15 1,000 meters
  - 10-12 800 meters
  - 7-9 600 meters
  - 4-6 300 meters
- Then, move to the barbell and complete 30 clean and jerks.
  - 13-15 Males and Females are required to use a 35-lb bar
  - 10-12 RX Males and Females are required to use a 35-lb bar
  - 10-12 Scaled Males are required to use a 35-lb bar
  - 10-12 Scaled Females are required to use a 15-lb bar
  - 7-9 RX Males and Females are required to use a 15-lb bar
  - 7-9 Scaled Males are required to use a 15-lb bar
  - 7-9 Scaled Females are required to use a 5-lb bar
  - 4-6 Males and Females are required to use a 5-lb bar; bar must go below the knee on each rep (no plates on the bar).
- After completing 30 clean and jerks, move back to the rower and complete the second 1,000\*\* meter (or age distances listed above) row.
- Then, move to the barbell, and complete 30 overhead squats.
- Time stops at lockout of the final overhead squat.
- Your score will be the total time taken to complete the workout.

### NOTES

- Gymnastics grips are not allowed during this workout.
- Athletes may NOT receive any assistance managing/moving their barbell (exception: ages 4-6)
- Athletes MAY receive assistance resetting the rower to 0.
- If the time cap is reached during the row, every 100 meters (rounded down, when the rower comes to rest) = 1 rep
  - Example: 287 meters = 2 reps

### TIEBREAK:

- A tiebreak will be taken after each completed row. The LAST completed row will be your tiebreak time.