

## ***"DUCK, DUCK, GOOSE"***

**3 ROUNDS FOR TIME:**

**10 WALL WALKS (ALTERNATING REPS)**

**10 WORM CLEAN & JERKS**

**20 TOES-TO-BAR (SHARED, ONE ATHLETE WORKING AT A TIME)**

**20 WORM PUSH PRESS**

**TIME CAP - 14:00**

### **WEIGHTS/MOVEMENTS PER DIVISION**

**RX:** WALL WALK DISTANCE - 10" FROM WALL | WORM - 200LBS/150LBS | 20 TOES-TO-BAR

**RX MASTERS:** WALL WALK DISTANCE - 10" FROM WALL | WORM - 150LBS/100LBS | 15 TOES-TO-BAR

**INTERMEDIATE:** WALL WALK DISTANCE - 20" FROM WALL | WORM - 150LBS/100LBS | 15 TOES-TO-BAR

**INTERMEDIATE MASTERS:** WALL WALK DISTANCE - 20" FROM WALL | WORM - 100LBS/70LBS | 15 TOES-TO-BAR

**NOVICE:** WALL WALK DISTANCE - 30" FROM WALL | WORM - 100LBS/70LBS | 20 WEIGHTED SIT UPS - 20LBS/14LBS MEDICINE BALL

**NOVICE MASTERS:** WALL WALK DISTANCE - 30" FROM WALL | WORM - 100LBS/70LBS | 20 WEIGHTED SIT UPS - 14LBS/10LBS MEDICINE BALL

### **FLOW**

This workout begins with athletes standing on the starting mat. At the call of 3,2,1, GO!... Athletes will move to the wall and perform 10 Wall Walks (total), these reps are alternating reps. Once the Wall Walks are complete, athletes will move to the Worm and perform 10 Worm Clean & Jerks. Once the Worm Clean & Jerks are complete, athletes will ensure the Worm is still in front of the marked tape line before moving to the pull up bar. At the pull up bar, athletes will accumulate 20 Toes-to-Bar. For Intermediate Divisions, athletes will accumulate 15 Toes-to-Bar. For Novice Divisions, athletes will accumulate 20 Weights Sit Ups at the weights listed. These are shared reps, no minimum work requirement between the athletes. One athlete working at a time. Once complete, athletes will move back to the Worm and perform 20 Worm Push Presses. Once again, before heading back to the wall for the next round of Wall Walks, athletes will ensure the Worm is still in front of the marked tape line before continuing.

This format will continue for 3 rounds TOTAL. Time will be called when the team is on the finishing mat. If a team does not complete the reps under the given time cap, the score will be the total amount of reps completed within the time cap.

### **GENERAL/EQUIPMENT STANDARDS**

- Starting mat will be in front of the crowd. Finishing mat will be at the wall.
- Wall Walks are ALTERNATING reps. Each athlete will perform 5 reps each, alternating with their partner.
- The next partner can only start their Wall Walk rep once the other partner has their chest back to the floor. A no rep will be called if an athlete starts too early and will have to start the rep from the starting position on the floor.
- Each rep of the Worm Clean & Jerks will be from the ground and must go to the opposite side of each rep. Contact on the other shoulder must be made before dropping the Worm on the other side. a lockout overhead is not required.
- The Toes-to-Bar or Weighted Sit Ups are shared reps and an accumulation of the required reps. There is no minimum work requirement for any of the athletes.
- The Worm Push Presses do not require a full lockout overhead.
- The Worm MUST be in front of the marked tape line AT ALL TIMES. The judge will prompt the team to either move forward during the reps or prompt the team to move the worm forward before starting the next movement.
- THERE WILL BE NO ASSISTANCE FROM THE JUDGES UNLESS SAFETY IS A CONCERN.

## **MOVEMENT STANDARDS**

### **ALTERNATING WALL WALKS (ALL DIVISIONS)**

These reps **MUST** be alternating. The other athlete may only begin their rep once the other athlete has returned back to the starting position with the chest on the floor. Every rep begins and ends with the athlete lying down, with the chest, feet, and thighs touching the ground, both hands on the starting line (55" for women's divisions, 60" for men's divisions).. At the start and finish of each rep, both hands must touch the starting line (fingers touching is OK). **BOTH** hands must remain on the tape until both feet are on the wall. At the top of the movement, both hands must touch the tape line at the 10-inch mark from the wall before the athlete may descend. Intermediate divisions will be 20 inches from the wall, Novice divisions will be 30 inches from the wall. Any part of the hand may touch the tape line. On the descent, the feet **MUST** remain on the wall until both hands are touching the start line. The rep is credited when the athlete returns to the starting position, with both hands touching the starting line and the chest, thighs, and feet touching the ground. Any part of the hand may make contact with the tape line.

### **WORM CLEAN & JERKS (ALL DIVISIONS)**

Each rep begins with the worm on the floor. Athletes must lift the worm to the shoulder in one smooth motion. The worm must be resting on the shoulder of both athletes at the same time before the jerk portion begins. Each rep of the jerk begins with the worm on the shoulders and finishes with the worm resting on the opposite shoulder. The worm must be moved to the opposite shoulder at the same time and must be in contact with the shoulder simultaneously for the rep to count. The worm must then go to the floor and be touching the floor simultaneously before starting the next rep. Touch and go reps are permitted.

### **TOES-TO-BAR (RX & INTERMEDIATE DIVISIONS)**

Athletes begin by hanging from the pull-up bar with arms extended. The heels must be brought back behind the bar. Overhand, underhand, or mixed grips are all permitted. The rep is credited when both feet contact the bar between the hands at the same time. Any part of the feet may make contact with the bar.

### **WEIGHTED SIT UPS (NOVICE DIVISIONS)**

Begin each rep of the sit-up with your back in contact with the floor, knees bent with your feet on the ground, and the medicine ball touching the floor above your head. The rep is credited when you have raised your torso so your chest is upright, your shoulders are over your hips and the medicine ball is touching the ground between the legs. AbMats are permitted. During the rep the medicine ball cannot come in contact with any other part of the body including the head at any time.

### **WORM PUSH PRESS (ALL DIVISIONS)**

Each rep of the shoulder to overhead begins with the worm on the shoulders and finishes with the worm resting on the opposite shoulder. The worm must be moved by the athletes to the opposite shoulder at the same time and must be in contact with the shoulder simultaneously for the rep to count.

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