



Most Common Questions & Answers for April 27th Mixed Pairs Event

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GENERAL

Q: I'm Intermediate. My partner is Novice. Which division should we do?

A: Choose the division of the "weakest link." Good form and safety come first. Next comes fun. We want the "weakest link" to safely manage the loads and everyone to have fun. If the loads are a little light for the Intermediate level partner then so be it, they'll still have fun.

Q: What's the minimum age to compete?

A: 13 and a parent must sign our waiver at the host on the day of the event.

Q: Can the same gender compete on a team?

A: No, however, we are respectful of the LBGTQ community and do make exceptions. If an exception is allowed, one of the partners MUST use the male load, one must use the female load. Talk with your Host ahead of time please.

Q: For any WOD where we have a barbell... Are we allowed to drop the barbell or do we need to put it down for the rep to count?

A: This is 100% up to your Host. Make sure you ask if they don't mention it.

Q: I won Novice at a previous Festivus Games event. Can I repeat Novice?

A: Yes, you can do Novice again. We used to have a rule that said if you won Novice you had to go to Intermediate. We no longer have that rule. Why? Because any given set of WODs might be perfectly in your wheelhouse but another set of WODs might be way out of your wheelhouse. Also, winning a local competition is also dependent on who shows up. Maybe your competition was weaker before or there were few in your division.

Q: I won Intermediate at a previous Festivus Games event. Can I do Festivus Games again?

A: Yes, you can do Festivus Games again. The only time you can't do Festivus Games is if you are a purely Rx athlete or you are over-qualified by what we have on this page. <https://festivusgames.com/divisions-qualifications/>

Q: How old do you have to be to do the Masters division?

A: The combined ages of you and your partner must be 90+ anytime in 2019.

Q: Do both athletes have to be 45+ to do Masters?

A: No, the combined ages of you and your partner must be 90+ anytime in 2019.

FESTIVUS GAMES

Q: I'm 52 and my partner is 41. What division should we do?

A: You can choose any division since you are age appropriate or Masters. But if Novice or Intermediate are where you want to go you can choose either one of them too. **You don't have to go Masters just because you meet that age requirement.**

Q: I'm 52. My partner is 39. Can I go Masters and my partner go Novice?

A: No, you have to choose one division and you'll both do the loads and movements of that division.

Q: I missed the deadline to get a free shirt OR I want an extra one. Can I get one?

A: Yes, you can order one here <http://www.endurafit.com/festivus-games>

WOD 1 – DT Synchro & Pulling for a Hero

Q: Is it true that athletes of any division, including Intermediates, can choose ring rows or pull-ups? No penalty for going ring rows instead of pull-ups?

A: That's correct. We've "equalized" the value of the ring rows and pull-ups so choose which one you want. But we do suggest you choose the one you both can contribute to. It'll be more fun to both athletes. You both must do the same movement. One can't do ring rows and the other does pull-ups.

Q: Can one athlete just do all the pull-ups if we go that route?

A: Yes, but I'd suggest you go with ring rows and let your partner contribute. It's self-less on your part and it'll be more fun for them.

WOD 2 – Hop, Skip and a Thrust

Q: Are we penalized for choosing single unders (SU) instead of double unders (DU)? Does it make us ineligible for podium?

A: Absolutely not! All athletes may choose either SU or DU but both athletes must do the same movement.

Q: I suck at DU and my partner sucks at SU. Can I do SU and my partner do DU?

A: No, you both **MUST** do the same movement.

WOD 3 – Hold Down the Floor, I'll be Right Back!

Q: Do both athletes have to do the 27-21-15-9 or do we just switch each movement where one athlete does 27 cal row, next athlete does 21 1-arm snatch and so on?

A: Both athletes, one at a time, will do all of the movements and reps, not just one. The "resting" partner will always be in a front-leaning rest (FLR).

FESTIVUS GAMES

Q: Is it 21 snatches total or 21 per arm? Same for DB squat cleans.

A: It's total, not each arm. 21 total snatches and 9 total cleans.

EQUIPMENT ALLOWED

Q: What equipment can be worn?

A: Gloves, wrist wraps, belt, elbow/knee sleeves.

Q: Can I wear deadlift straps? (anything that wraps around the bar that reduces a need to grip)

A: No, deadlift straps are not allowed.

Q: Can we bring our own rope?

A: Yes and your own rope is the only equipment of your own that you can use during the competition.

Q: This maybe a dumb question but are ammonia packets allowed?

A: Ask your Host when you get to the event, however, we'd advise against it as it'll take time you are not likely to have to spare.