



EVERYDAY HERO SERVICE CUP

SCORE SUBMISSION DUE 5 P.M. PT, MONDAY, SEPT. 21

Presented by



WORKOUT 1

For time:

- 50 wall-ball shots
- 50 box jump-overs
- 50 wall-ball shots
- 50 medicine-ball box step-overs
- 50 wall-ball shots
- 50 lateral burpee box jump-overs

Time cap: 25 minutes

♀ 14-lb (6-kg) medicine ball to a 10-foot target and a 20-inch box

♂ 20-lb (9-kg) medicine ball to a 10-foot target and a 24-inch box

WORKOUT VARIATIONS

Rx'd:

- ♀ 14-lb (6-kg) medicine ball to a 10-foot target and a 20-inch box
- ♂ 20-lb (9-kg) medicine ball to a 10-foot target and a 24-inch box

Scaled:

- ♀ 10-lb (4-kg) medicine ball to a 9-foot target and a 20-inch box, step-ups allowed
- ♂ 14-lb (6-kg) medicine ball to a 10-foot target and a 24-inch box, step-ups allowed

QUICK START

- Start standing tall with your hands off the ball.
- At "go," pick up the ball and complete 50 wall-ball shots.
- Then, move to the box and complete 50 box jump-overs.
- Move back to the wall for 50 more wall-ball shots.
- Carry the ball to the box and complete 50 step-overs holding the ball.
- Move back to the wall for 50 more wall-ball shots.
- Finally, complete 50 lateral burpee box jump-overs.
- Time stops after the final lateral burpee box jump-over, when the athlete's feet touch the ground on the opposite side of the box.

NOTES

- For safety, the box must be placed at least 5 feet from the wall.
- Athletes must only use one medicine ball for the workout.

TIEBREAK

- A tiebreak time will be taken after each set of wall-ball shots.
- Athletes who complete the workout will not enter a tiebreak time.
- In the event of a tie on reps completed, the athlete with the faster tiebreak time will win the tie.

EQUIPMENT

- Medicine ball
- Wall-ball target of appropriate height
- Box
 - The dimensions of the top of the box must be at least 15 inches x 15 inches (38 centimeters x 38 centimeters).

Refer to APPENDIX D in the [2026 CrossFit Games Rulebook](#) for complete equipment details, weight conversions, and video submission standards.





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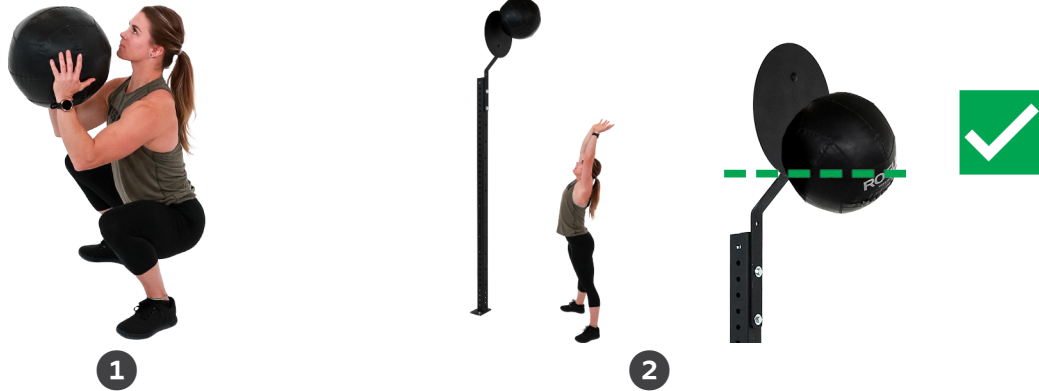
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MOVEMENT STANDARDS

WALL-BALL SHOT

REQUIREMENTS



1. Each rep starts with the ball in the support position in front of the body.
 - A squat clean is allowed, but not required, to start a set.
 - Squat until the crease of the hip is clearly below the knees (below parallel).
2. The rep is credited when the center of the ball hits the target clearly **ABOVE** the specified height.

NOTE:

- Athletes must only use one medicine ball during the workout.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ❌ Squatting at or above parallel.



- ❌ The ball hitting low on the target.



- ❌ The ball not making contact with the wall/target.

ADDITIONAL:

- ❌ Allowing the ball to drop from the target and catching it on the bounce/rebound.



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MOVEMENT STANDARDS

BOX JUMP-OVER

REQUIREMENTS



1. Each rep starts with both feet on the ground on the side of the box. The athlete may face any direction.
 - A two-foot takeoff is required.
 - A two-foot landing is NOT required.
 - Scaled athletes may step up to the box.
2. Both feet must make contact with the top of the box. Only the feet may make contact with the box.
 - Both feet must make contact with the top of the box and pass completely over the box.
 - Athletes MUST step down from the box.
 - Alternatively, the athlete may jump over the box entirely. If so, they must pass over the box and not around it.
3. The rep is credited when both feet touch the ground on the opposite side of the box.

NOTES:

- The dimensions of the top of the box must be at least 15 inches x 15 inches (38 centimeters x 38 centimeters).

COMMON NO-REPS

NOTE: This list is not exhaustive.



✗ A step-up or single-leg take-off (Rx'd only).



✗ Touching the box with the hands or knees.

ADDITIONAL:

- ✗ Jumping down from the top of the box.
- ✗ A foot and/or leg passing along the side of the box.



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MOVEMENT STANDARDS

MEDICINE-BALL BOX STEP-OVER

REQUIREMENTS



1. Each rep begins with **BOTH** feet touching the ground.

- The medicine ball can be held in any position.
- If the athlete is holding the medicine ball with one hand or on the shoulders, the free hand cannot push into the legs during the step-up.

2. Only the feet may make contact with the box.

- Both feet must make contact with the top of the box.
- The hips and knees do **NOT** need to reach full extension on the top of the box.
- The athlete may face any direction during the medicine-ball box step-over.
- The medicine ball may not rest on the thigh or make contact with the box at any point during the completion of the rep.

3. The rep is credited when:

- Both feet touch the ground on the opposite side of the box with the medicine ball held by the athlete.

NOTE:

- Athletes do NOT need to alternate their lead leg after every rep. Athletes **MUST** step down from the top of the box.

COMMON NO-REPS

NOTE: This list is not exhaustive.



❌ Resting the ball on the thighs.



❌ The medicine ball making contact with the box.



❌ Pushing into the legs with the hands.

ADDITIONAL:

- ❌ Jumping down from the top of the box.
- ❌ Using a second ball.
- ❌ A foot and/or leg passing along the side of the box.



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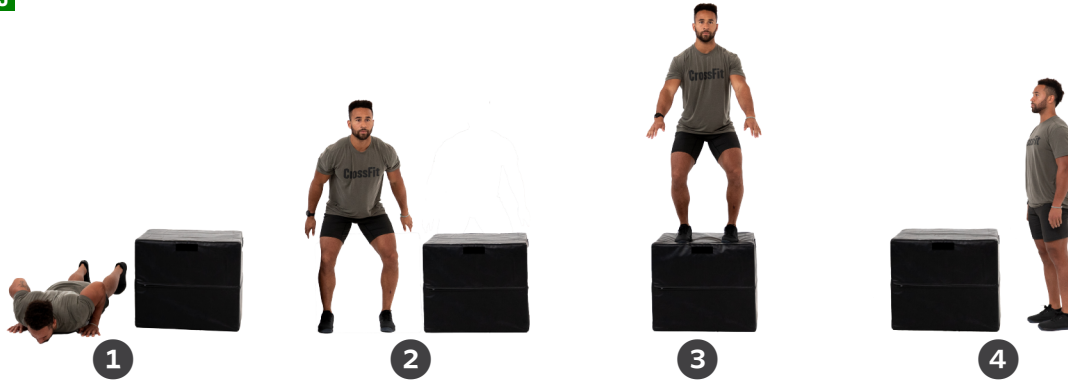
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MOVEMENT STANDARDS

LATERAL BURPEE BOX JUMP-OVER

REQUIREMENTS



1. Start on one side of the box. The chest and thighs must touch the floor at the bottom of each rep.

2. Return to both feet with the hands off the floor before jumping.

- A two-foot takeoff **MUST** be used.
- A two-foot landing is **NOT** required.
- Scaled athletes may step up to the box.

3. Only the feet may make contact with the box.

- Both feet must make contact with the top of the box and pass completely over the box.
- There is no hip or knee extension requirement on top of the box.
- Alternatively, you may jump completely over the box.

4. The rep is credited when both feet are on the opposite side of the box.

- Athletes **MUST** step down from the top of the box unless they decide to jump completely over.

NOTE: A strict lateral orientation is not required. Athletes may face any direction during the burpee or box jump-over.

COMMON NO-REPS

NOTE: This list is not exhaustive.



✗ Chest and thighs not touching the ground.

✗ Stepping up to the box or using a single-foot jump (Rx'd only).

✗ Touching the box with the hands or knees.

ADDITIONAL:

- ✗ Jumping down from the top of the box.
- ✗ A foot and/or leg passing along the side of the box.

NOTE: If a no-rep is given for any reason, the entire lateral burpee box jump-over must be repeated.



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Scaled:

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♂ 14-lb (6-kg) medicine ball to a 10-foot target and a 24-inch box, step-ups allowed

50 WALL-BALL SHOTS	50	TIME
50 BOX JUMP-OVERS	100	
50 WALL-BALL SHOTS	150	TIME
50 MEDICINE-BALL BOX STEP-OVERS	200	
50 WALL-BALL SHOTS	250	TIME
50 LATERAL BURPEE BOX JUMP-OVERS	300	

Tiebreak Time _____

Judge _____
Judge Name

Time or Reps at 25 Min. _____

Athlete _____
Athlete Name

Athlete Signature _____

Athlete Copy

EVERYDAY HERO SERVICE CUP - WORKOUT 1

Tiebreak Time _____

Time or Reps
at 25 Min. _____

Date _____

Affiliate _____

Judge _____
Judge Name

Judge Signature _____

Athlete _____
Athlete Name

Athlete Signature _____

