



WORKOUT 5

Heavy Isabel

For time:

30 snatches

Time cap: 10 minutes

WORKOUT VARIATIONS

14-15, 60-64 divisions

♀ 85 lb (38 kg)
♂ 135 lb (61 kg)

16-17, 50-59 divisions

♀ 105 lb (47 kg)
♂ 155 lb (70 kg)

35-39 division

♀ 145 lb (66 kg)
♂ 215 lb (98 kg)

40-49 divisions

♀ 125 lb (56 kg)
♂ 185 lb (83 kg)

65+ divisions

♀ 75 lb (34 kg)
♂ 105 lb (47 kg)

QUICK START

- Start standing with your back to the barbell.
- At “go,” turn around and complete 30 snatches.
 - Snatches must be completed facing the camera.
- Your score will be the total time to complete all 30 snatches.

NOTES

- Time stops when you complete the final snatch.
- If time-capped, your score will be the total number of reps completed.
- A tiebreak time is taken after every 5 reps (see Tiebreak section below for more information).
- If the workout is completed before the time cap, there is no tiebreaker.
- Collars must be used on the barbell on the outside of the plates.
- Athletes **CANNOT** receive assistance with their barbell at any time.
- For safety, no other equipment may be within 5 feet of the athlete at any time.

TIEBREAK

Record the time after every 5 reps of snatches. The last completed set of 5 snatches will be your tiebreak time. In the event of a tie, the athlete with the better tiebreak time will be ranked higher.

EQUIPMENT

- Barbell, plates, and collars
 - Men/boys are required to use a 45-lb (20-kg) barbell
 - Women/girls are required to use a 35-lb (15-kg) barbell

Refer to APPENDIX D in the [2025 CrossFit Games Rulebook](#) for complete equipment details and video submission standards.

PENALTIES

Penalties may be deducted from the athlete’s total score if CrossFit HQ conducts a review of your video. CrossFit will review videos that receive significant public downvotes.

- The following penalties will be added to the athlete’s finishing time:
 - False start, athlete turns around before “go” = 5-second penalty
 - Snatch no-rep = 10-second penalty
 - Receiving any assistance with equipment = 5-second penalty per instance

See APPENDIX D in the [2025 CrossFit Games Rulebook](#) for video review penalty information.

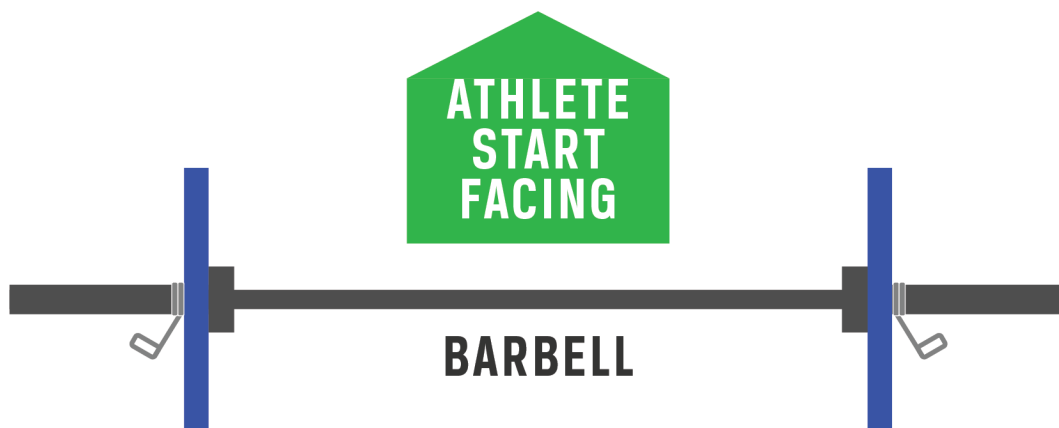




The floor plan below is one option based on the **REQUIRED** distances.

Any floor plan that allows for the required distances and full video-capture of each movement may be used.

FLOOR PLAN WORKOUT 5



MOVEMENT STANDARDS

SNATCH

REQUIREMENTS



1



2



3

1. Each rep starts with the bar on the ground.
2. The barbell must be lifted overhead in one motion (no clean and jerks).
 - Any style of snatch is permitted, except a hang snatch.
3. The rep is credited when:
 - Hips, knees, and arms are extended.
 - The bar is over the middle of or slightly behind the body when viewed from profile.
 - The feet are in line.

NOTE: Athletes must face the camera.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Lowering the bar before full extension of the knees, hips, or arms.



- ✗ Finishing with the bar in front of the body.



- ✗ Deliberately bouncing the barbell between consecutive reps.

ADDITIONAL:

- ✗ Any repetition completed facing away from the camera.

SHOP ROGUE GEAR





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5 SNATCHES		5
5 SNATCHES		10
5 SNATCHES		15
5 SNATCHES		20
5 SNATCHES		25
5 SNATCHES		30

Head Judge _____
Head Judge Name

Time or Reps at 10 Min. _____

Judge _____
Judge Name

Tiebreak Time _____

Athlete _____
Athlete Name

Athlete Signature _____

Athlete Copy

IN-AFFILIATE SEMIFINALS - AGE GROUPS - WORKOUT 5

Time or Reps at 10 Min. _____

Athlete Name _____
Print

Tiebreak Time _____

Workout Location _____

Date _____

Judges _____
Head Judge Name

Judge Name

Judge Signatures

BE AN AGENT OF STRENGTH



SCAN TO SUBMIT SCORE





2025 CROSSFIT VIDEO SUBMISSION CHECKLIST

- ☐ Introduce the Head Judge and Floor Judge prior to the workout.
- ☐ Ensure both judges possess:
 - ☐ L1 Certificate or higher
 - ☐ 2025 Judges Course
 - ☐ Advanced Judges Course
- ☐ Ensure the Floor Judge is visible on camera during the workout.
- ☐ Film **ALL** competition measurements:
 - ☐ Loading of any required equipment
 - ☐ Height/dimensions of any required equipment
 - ☐ Distances between equipment
- ☐ Use the camera placement provided in the floor plan. Place the camera at least 3 feet off the ground.
 - ☐ The camera **MAY** be moved in order to show all movements, provided that the athlete remains in frame when performing work.
 - ☐ Ensure the judge does not obstruct the view of the athlete.
 - ☐ Ensure the athlete is shown from the required angle(s).
- ☐ Videos must be uncut and unedited. Using multiple cameras is not allowed. Videos shot with a fisheye lens or other effect may be rejected.
- ☐ A clock or timer must be visible throughout the workout. Do **NOT** use a countdown timer.
- ☐ Review the quality of your video submission on YouTube prior to submitting the link with your score.
- ☐ Submit a working YouTube link at the time of your score submission.