



COMMUNITY CUP - WORKOUT 3

SUBMITTED BY CROSSFIT OGC

SCORE SUBMISSION DUE 5 P.M. PT SUNDAY, JUNE 15

Presented by

VELITES

WORKOUT 3

In 20 minutes, establish:

1-rep-max front squat

1-rep-max hang power clean

*All competition tiers complete the workout as written.

QUICK START

- The athlete may begin with either lift and the bar may be loaded to the athlete's preferred starting weight.
- At "go," complete as many attempts as needed to establish a 1-rep-max of the first lift.
- Then, establish a 1-rep-max of the second lift.
- Your score will be the total of your heaviest successfully completed front squat and hang power clean (recorded in pounds).

NOTES

- In the event of a failed front squat, the athlete **CAN** receive assistance reloading the bar back into the rack.
- Athletes may attempt each lift as many times as they want within the 20-minute window.
- Athletes may move on to the next lift anytime after they have established their best successful attempt of the previous lift.
- The lifts can be completed in any order.
- Any attempts completed after the 20-minute time cap will **NOT** count.
 - A lift **MUST** be completed (locked out) before the 20-minute time cap to count.
 - Any attempt still in motion at the 20-minute time cap will **NOT** count.
- Athletes may modify the weight up or down at any time.

TIEBREAK

Record the time when you have completed both lifts. This will be the tiebreak time. In the event of a tie on total weight, the athlete who finished their lifts faster will win.

EQUIPMENT

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

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



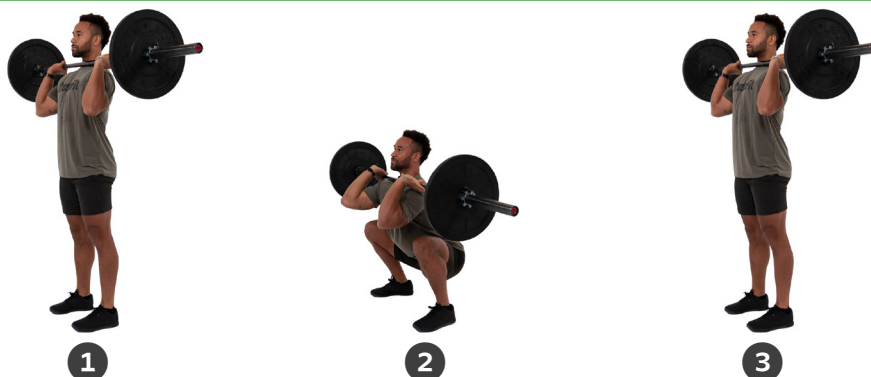
SHOP ROGUE GEAR



MOVEMENT STANDARDS

FRONT SQUAT

REQUIREMENTS



1. Each attempt begins on the athlete's shoulders in the front-rack position.
 - Any grip is permitted.
 - Racks are allowed but not required.
2. The athlete's hip crease must clearly pass below the top of the knees in the bottom position.
3. The rep is credited when:
 - The athlete's hips and knees are fully extended in the finish position.
 - The bar is resting on the athlete's shoulders in the front-rack position.
 - The athlete's feet are in line with one another when the athlete is viewed from profile.
 - Once the rep is credited, athletes do **NOT** need to re-rack the bar.

NOTES:

- Athletes **MAY** have assistance changing loads between attempts.
- Athletes **MAY** have assistance returning the bar to the rack.
- Athletes **MUST** place collars on the outside of the plates before beginning the lift.
- Athletes can go up or down in weight at any time.
- Athletes can take as many or as few attempts as needed.

COMMON NO-REPS

NOTE: This list is not exhaustive.



✗ Not reaching the bottom position with the hip crease below the knees.



✗ Re-racking or dropping the bar before reaching full hip and knee extension.

NOTES:

- Any attempts completed after the 20-minute time cap will **NOT** count.
 - A lift **MUST** be completed (locked out) before the 20-minute time cap to count.
 - Any attempt still in motion at the 20-minute time cap will **NOT** count.

MOVEMENT STANDARDS

HANG POWER CLEAN

REQUIREMENTS



1. The barbell starts on the ground.
 - Collars must be placed outside the plates.
2. The bar must first be deadlifted to extension of the hips and knees, with a brief pause before beginning the clean.
 - The athlete must receive the clean **ABOVE** parallel. A hang squat clean will **NOT** count.
3. The rep is credited when:
 - The athlete's hips and knees reach full extension.
 - The feet are in line.
 - The bar is supported in the front-rack position, with the elbows clearly in front of the hands.

NOTES:

- Athletes **MAY** have assistance changing loads between attempts.
- Athletes **MUST** place collars on the outside of the plates before beginning the lift.
- Athletes can go up or down in weight at any time.
- Athletes can take as many or as few attempts as needed.

COMMON NO-REPS

NOTE: This list is not exhaustive.



✗ Lowering the bar from the rack position before the hips and knees reach full extension.

✗ Not bringing the elbows in front of the bar.

✗ Receiving the bar with the hips below parallel (squat cleans will **NOT** count).



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1-rep-max front squat
1-rep-max hang power clean

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LOAD (WEIGHT IN POUNDS)		OUTCOME
FRONT SQUAT	ATTEMPT 1	<input type="checkbox"/> SUCCESSFUL <input type="checkbox"/> FAIL
	ATTEMPT 2	<input type="checkbox"/> SUCCESSFUL <input type="checkbox"/> FAIL
	ATTEMPT 3	<input type="checkbox"/> SUCCESSFUL <input type="checkbox"/> FAIL
	ATTEMPT 4	<input type="checkbox"/> SUCCESSFUL <input type="checkbox"/> FAIL
	ATTEMPT 5	<input type="checkbox"/> SUCCESSFUL <input type="checkbox"/> FAIL
	ATTEMPT 6	<input type="checkbox"/> SUCCESSFUL <input type="checkbox"/> FAIL
HANG POWER CLEAN	ATTEMPT 1	<input type="checkbox"/> SUCCESSFUL <input type="checkbox"/> FAIL
	ATTEMPT 2	<input type="checkbox"/> SUCCESSFUL <input type="checkbox"/> FAIL
	ATTEMPT 3	<input type="checkbox"/> SUCCESSFUL <input type="checkbox"/> FAIL
	ATTEMPT 4	<input type="checkbox"/> SUCCESSFUL <input type="checkbox"/> FAIL
	ATTEMPT 5	<input type="checkbox"/> SUCCESSFUL <input type="checkbox"/> FAIL
	ATTEMPT 6	<input type="checkbox"/> SUCCESSFUL <input type="checkbox"/> FAIL

TIME

Total of Heaviest Load of Each Lift (in Pounds) _____

Judge _____
Judge Name

Tiebreak Time _____ ☐ Rookie ☐ Novice

☐ Intermediate

Athlete _____
Athlete Name

Athlete Signature ☐ Advanced ☐ Pro

Athlete Copy

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☐ Rookie ☐ Novice ☐ Intermediate ☐ Advanced ☐ Pro

Total of Heaviest Load of Each Lift (in Pounds) _____

DISCOVER VELITES



Athlete Name _____
Print

Tiebreak Time _____

Workout Location _____ Date _____

Judge _____
Judge Name Judge Signature

SCAN TO SUBMIT SCORE

