



### 26.1:

For time:

- 20 wall-ball shots
- 18 box jump-overs
- 30 wall-ball shots
- 18 box jump-overs
- 40 wall-ball shots
- 18 medicine-ball box step-overs
- 66 wall-ball shots
- 18 medicine-ball box step-overs
- 40 wall-ball shots
- 18 box jump-overs
- 30 wall-ball shots
- 18 box jump-overs
- 20 wall-ball shots

**Time cap: 12 minutes**

- ♀ 14-lb (6-kg) medicine ball, 9-foot target, 20-inch box
- ♂ 20-lb (9-kg) medicine ball, 10-ft target, 24-inch box

### WORKOUT VARIATIONS

**Rx'd:** (Ages 16-54)

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

**Teenagers 14-15:**

- ♀ 10-lb (4-kg) medicine ball, 9-foot target, 20-inch box
- ♂ 14-lb (6-kg) medicine ball, 10-foot target, 24-inch box

**Masters 55+:**

- ♀ 14-lb (6-kg) medicine ball, 9-foot target, 20-inch box (may step up)
- ♂ 20-lb (9-kg) medicine ball, 9-foot target, 24-inch box (may step up)

**Scaled:** (Ages 16-54)

- ♀ 10-lb (4-kg) medicine ball, 9-foot target, 20-inch box (may step up)
- ♂ 14-lb (6-kg) medicine ball, 10-foot target, 24-inch box (may step up)

**Scaled Teenagers 14-15:**

- ♀ 10-lb (4-kg) medicine ball, 9-foot target, 20-inch box (may step up)
- ♂ 14-lb (6-kg) medicine ball, 10-foot target, 24-inch box (may step up)

**Scaled Masters 55+:**

- ♀ 10-lb (4-kg) medicine ball, 8-foot target, 20-inch box (may step up)
- ♂ 14-lb (6-kg) medicine ball, 8-foot target, 24-inch box (may step up)

### QUICK START

- Start standing tall. At "go," pick up the ball and complete 20 wall-ball shots.
- Then, move to the box and complete 18 box jump-overs.
- Then, complete 30 wall-ball shots and 18 box jump-overs.
- Then, complete 40 wall-ball shots.
- Then, move to the box and complete 18 box step-overs while holding the medicine ball.
- Then, complete 66 wall-ball shots and 18 medicine-ball box step-overs.
- Then, complete 40 wall-ball shots, move to the box and complete 18 box jump-overs (no medicine ball).
- Then, complete 30 wall-ball shots and 18 box jump-overs.
- Then, complete 20 wall-ball shots.
- Time stops when the ball hits the target on the last wall-ball shot.

### NOTES

- Only one medicine ball may be used during the workout.
- The box must be placed at least 10 feet away from the wall-ball station for safety.

### TIEBREAK

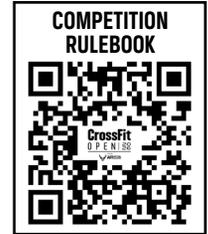
- A tiebreak time will be taken after each set of box jump-overs and each set of box step-overs.
  - The LAST completed set of box jump-overs or box step-overs will be your tiebreak time.
- In the event of a tie on reps, the athlete with the faster tiebreak will win the tie.
- Athletes who complete the workout under the time cap will not enter a tiebreak score.



### 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.

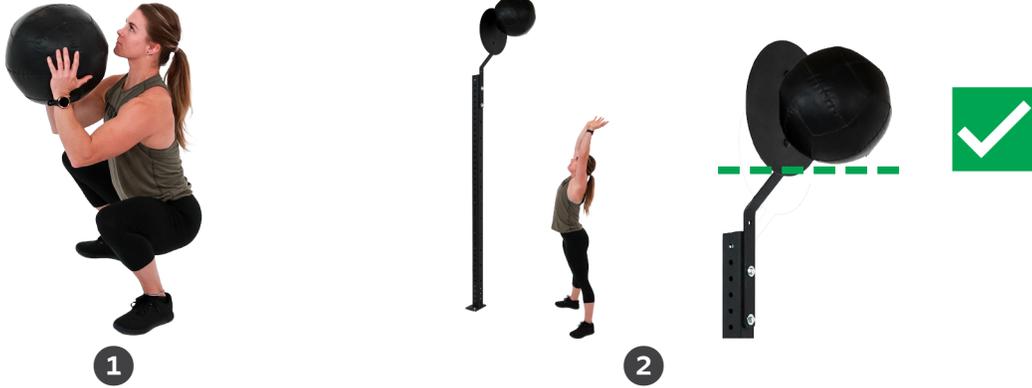




### MOVEMENT STANDARDS

#### 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.

##### 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.

SHOP ROGUE GEAR





### MOVEMENT STANDARDS

#### BOX JUMP-OVER

##### REQUIREMENTS



1. Each rep starts with both feet on the ground on the side of the box.

2. For 14-17, 35-54 Rx'd divisions only, a two-foot takeoff is required.

- For 55+ divisions, and all scaled variations, athletes may step **OR** jump up to the box. A two-foot takeoff is **NOT** required.

For all:

- A two-foot landing is **NOT** required.
- The athlete may face any direction.
- Both feet must make contact with the top of 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.

##### NOTE:

- 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.



- ✗ (14-17, 35-54 Rx'd divisions only) A step-up or single-leg takeoff.



- ✗ Touching the box with the hands or knees.

##### ADDITIONAL:

- ✗ Jumping down from the top of the box.



### MOVEMENT STANDARDS

#### MEDICINE-BALL 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 may not 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 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.
- Athletes **MUST** step down from the top of the box.

3. The rep is credited when:

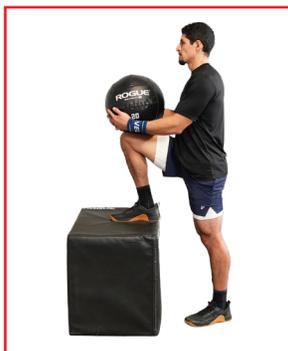
- Both feet touch the ground on the opposite side of the box with the medicine-ball held by the athlete.

##### NOTE:

- Athletes do **NOT** need to alternate their lead leg after every rep.

##### COMMON NO-REPS

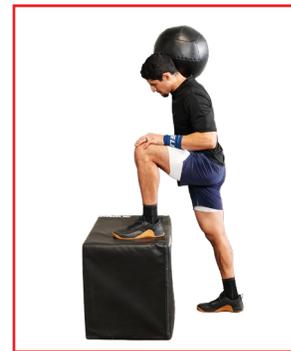
NOTE: This list is not exhaustive.



✘ 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.



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20 WALL-BALL SHOTS	20	
18 BOX JUMP-OVERS	38	
30 WALL-BALL SHOTS	68	TIME
18 BOX JUMP-OVERS	86	
40 WALL-BALL SHOTS	126	TIME
18 MEDICINE-BALL BOX STEP-OVERS	144	
66 WALL-BALL SHOTS	210	TIME
18 MEDICINE BALL BOX STEP-OVERS	228	
40 WALL-BALL SHOTS	268	TIME
18 BOX JUMP-OVER	286	
30 WALL-BALL SHOTS	316	TIME
18 BOX JUMP-OVERS	334	
20 WALL-BALL SHOTS	354	TIME

Athlete \_\_\_\_\_

Athlete Name

Athlete Signature

Judge \_\_\_\_\_

Judge Name

Judge Signature

Tiebreak Time \_\_\_\_\_

Time or Reps at 12 Min. \_\_\_\_\_

Rx'd  Scaled

Athlete Copy

### WORKOUT 26.1

Time or Reps at 12 Min. \_\_\_\_\_  Rx'd  Scaled

Athlete \_\_\_\_\_

Athlete Name

Tiebreak Time \_\_\_\_\_

Judge \_\_\_\_\_

Judge Name

Judge Signature

Workout Location \_\_\_\_\_

Date \_\_\_\_\_

