



26.3:

For time:

2 rounds of:

12 burpees over the bar

12 cleans, weight 1

12 burpees over the bar

12 thrusters, weight 1

2 rounds of:

12 burpees over the bar

12 cleans, weight 2

12 burpees over the bar

12 thrusters, weight 2

2 rounds of:

12 burpees over the bar

12 cleans, weight 3

12 burpees over the bar

12 thrusters, weight 3

Time cap: 16 minutes

♀ 65, 75, 85 lb (29, 34, 38 kg)

♂ 95, 115, 135 lb (43, 52, 61 kg)

WORKOUT VARIATIONS

Rx'd (Ages 16-54):

♀ 65, 75, 85 lb (29, 34, 38 kg)

♂ 95, 115, 135 lb (43, 52, 61 kg)

Teenagers 14-15:

♀ 45, 55, 65 lb (20, 25, 29 kg)

♂ 65, 85, 95 lb (29, 38, 43 kg)

Masters 55+:

♀ 55, 65, 75 lb (25, 29, 34 kg)

♂ 75, 95, 115 lb (34, 43, 52 kg)

Scaled (Ages 16-54):

♀ 45, 55, 65 lb (20, 25, 29 kg), may step over barbell

♂ 65, 85, 95 lb (29, 38, 43 kg), may step over barbell

Scaled Teenagers 14-15, Scaled Masters 55+:

♀ 35, 45, 55 lb (15, 20, 25 kg), may step over barbell

♂ 55, 75, 85 lb (25, 34, 38 kg), may step over barbell

QUICK START

- Start standing tall.
- At "go," begin by completing 2 rounds of:
 - 12 burpees over the barbell
 - 12 cleans at the lightest weight
 - 12 burpees over the bar
 - 12 thrusters at the lightest weight
 - Athletes must change their own weights.
- Then, complete 2 rounds of:
 - 12 burpees over the barbell
 - 12 cleans at the middle weight
 - 12 burpees over the bar
 - 12 thrusters at the middle weight
 - Athletes must change their own weights.
- Then, complete 2 rounds of:
 - 12 burpees over the barbell
 - 12 cleans at the heaviest weight
 - 12 burpees over the bar
 - 12 thrusters at the heaviest weight
- Time stops at the completion (lockout) of the final thruster.



NOTES

- Time does not stop at any time during this workout.
- Athletes **MUST**:
 - Use exactly the prescribed weights during each round.
 - Use one barbell during the workout.
 - Change their own weights (no outside assistance is allowed).
 - Place collars on the outside of the plates.
- Athletes may change the weights at any time after completing their second and fourth rounds of thrusters.

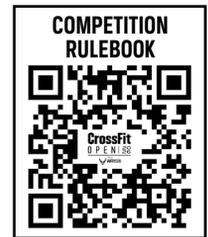
TIEBREAK

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

EQUIPMENT

- Barbell
 - Men are required to use a 45-lb (20-kg) barbell.
 - Women are required to use a 35-lb (15-kg) barbell.
- Bumper plates
 - Must be standard bumper plates 18 inches (45 centimeters) in diameter.
 - Scaled Teenagers and Scaled Masters athletes using smaller plates must place the bar on risers (e.g., other bumper plates) or use a lighter barbell (i.e., training bar with standard bumper plates) to achieve the minimum bar height of 8.5 inches during the burpees.
- Collars
- ALL DIVISIONS: May use **ONLY** one barbell

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



SHOP ROGUE GEAR





MOVEMENT STANDARDS

LATERAL BURPEE OVER THE BAR

REQUIREMENTS



1. Start on one side of the barbell.
2. The chest and thighs must touch the floor at the bottom of each rep.
 - A strict lateral orientation is **NOT** required. Athletes may face the bar during the burpee or the jump.
3. Return to both feet with the hands off the floor.
 - Jumping or stepping in and out of the bottom of the burpee is permitted.
4. The athlete must jump over the barbell (both feet must be off the ground).
 - A two-foot takeoff or a two-foot landing is **NOT** required.
 - Scaled divisions **MAY** step over the barbell.
5. The rep is credited when the athlete is on the opposite side of the barbell.

NOTES:

- Scaled Teenagers and Scaled Masters athletes using smaller plates must place the bar on risers (e.g., other bumper plates) or use a lighter barbell (i.e., training bar with standard bumper plates) to achieve the minimum bar height of 8.5 inches during the burpees.

COMMON NO-REPS

NOTE: This list is not exhaustive.



✘ Chest and/or thighs not touching the ground.



✘ Stepping over the barbell (except Scaled divisions).



✘ Making contact with the bar (tripping) as you jump over.

NOTE: If a no-rep is given for any reason, the athlete must repeat the entire burpee, starting on either side of the barbell.



MOVEMENT STANDARDS

CLEAN

REQUIREMENTS



1. Start each rep with the bar on the ground.

- If using an empty barbell, or a barbell with smaller than standard bumper plates, each rep must begin with the barbell clearly below the knees.

2. The bar must be lifted to the shoulders.

- Any style of clean, except a hang clean, is permitted.

3. The rep is credited when the bar is on the shoulders and:

- Hips and knees are extended.
- Feet are in line.
- Elbows are in front of the bar when viewed from profile.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Lowering the barbell before fully extending the hips and knees.

- ✗ Not bringing the elbows in front of the bar.

- ✗ Bouncing the barbell between consecutive repetitions.

NOTES:

- Having a coach or other individual assist with changing weights is **NOT** allowed.
- Using more than one barbell during the workout is **NOT** allowed.



MOVEMENT STANDARDS

THRUSTER

REQUIREMENTS



1. The crease of the hips must clearly pass below the top of the knees in the bottom position (below parallel).

2. The rep is credited when:

- Hips, knees, and arms are fully extended.
- The bar is directly over, or behind, the middle of the body when viewed from the side.

NOTES:

- Each round of thrusters begins with the barbell on the ground. A squat clean is allowed, but not required, to start a set.
- Athletes **MUST**:
 - Use one barbell for the entire workout.
 - Change their own weights (no outside assistance is allowed).
 - Place collars over the plates.

COMMON NO-REPS

NOTE: This list is not exhaustive.



❌ Squatting to parallel or above parallel (the hip crease is at or above the knee).



❌ Lowering the barbell before reaching full extension of the knees, hips, or arms.



❌ Finishing with the barbell in front of the body.

NOTES:

- Performing a front squat followed by any style of jerk (rebending the hips and/or legs) is **NOT** allowed.
- Having a coach or other individual assist with changing weights is **NOT** allowed.
- Using more than one barbell during the workout is **NOT** allowed.



26.3:

For time:

2 rounds of:

- 12 burpees over the bar
- 12 cleans, weight 1
- 12 burpees over the bar
- 12 thrusters, weight 1

2 rounds of:

- 12 burpees over the bar
- 12 cleans, weight 2
- 12 burpees over the bar
- 12 thrusters, weight 2

2 rounds of:

- 12 burpees over the bar
- 12 cleans, weight 3
- 12 burpees over the bar
- 12 thrusters, weight 3

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WEIGHT 1	12 BURPEES OVER THE BAR	12	TIME
	12 CLEANS, WEIGHT 1	24	
	12 BURPEES OVER THE BAR	36	
	12 THRUSTERS, WEIGHT 1	48	
	12 BURPEES OVER THE BAR	60	
	12 CLEANS, WEIGHT 1	72	
	12 BURPEES OVER THE BAR	84	
	12 THRUSTERS, WEIGHT 1	96	
WEIGHT 2	12 BURPEES OVER THE BAR	108	TIME
	12 CLEANS, WEIGHT 2	120	
	12 BURPEES OVER THE BAR	132	
	12 THRUSTERS, WEIGHT 2	144	
	12 BURPEES OVER THE BAR	156	
	12 CLEANS, WEIGHT 2	168	
	12 BURPEES OVER THE BAR	180	
	12 THRUSTERS, WEIGHT 2	192	
WEIGHT 3	12 BURPEES OVER THE BAR	204	TIME
	12 CLEANS, WEIGHT 3	216	
	12 BURPEES OVER THE BAR	228	
	12 THRUSTERS, WEIGHT 3	240	
	12 BURPEES OVER THE BAR	252	
	12 CLEANS, WEIGHT 3	264	
	12 BURPEES OVER THE BAR	276	
	12 THRUSTERS, WEIGHT 3	288	

Athlete _____

Athlete Name

Athlete Signature

Judge _____

Judge Name

Judge Signature

Tiebreak Time _____

Time or
Reps at 16 Min. _____

Rx'd Scaled

Athlete Copy

WORKOUT 26.3

Time or Reps at 16 Min. _____ Rx'd Scaled

Athlete _____

Athlete Name

Tiebreak Time _____

Judge _____

Judge Name

Judge Signature

Workout Location _____

Date _____

