

## WORKOUT 1

For time:

10 50-foot shuttle runs

20 overhead squats

30 burpees over the bar

Rest 1 minute

30 burpees over the bar

20 overhead squats

10 50-foot shuttle runs

**Time cap: 12 minutes**

♀ 80 lb (36 kg)

♂ 115 lb (52 kg)

## WORKOUT VARIATIONS

### Individuals, 16-54 age-group divisions

♀ 80 lb (36 kg)

♂ 115 lb (52 kg)

### Teenagers 14-15, Masters 55-64 age-group divisions

♀ 55 lb (25 kg)

♂ 75 lb (34 kg)

### Masters 65+ age-group divisions

♀ 55 lb (25 kg), front squats

♂ 75 lb (34 kg), front squats

## QUICK START

- Start facing the line with both feet clearly behind it.
- At "go," begin the shuttle runs.
  - Each shuttle run rep = 50 feet (25 feet out + 25 feet back).
- After completing the shuttle runs, move to the barbell and complete 20 overhead squats.
- Then, drop the barbell and complete 30 lateral burpees over the bar.
- Then, rest exactly 1 minute, starting from the completion of the last burpee (when both feet touch the ground on the opposite side of the bar).
- Start standing tall. After exactly 1 minute of rest, begin 30 lateral burpees over the bar.
- Then, complete 20 overhead squats.
- Finally, complete 10 shuttle runs.
- Your score is the total time taken to complete the workout, **INCLUDING THE REST PERIOD**.
- Time stops when both feet have passed the line on the final shuttle run.

## NOTES

- Athletes **MUST** use a continuous clock; **the clock does not stop during the rest period**.
  - Your score is the total time taken to complete the workout, **INCLUDING THE REST PERIOD**.
- Once the workout begins, no one except the athlete may touch the barbell.
- There is no required floorplan for the workout. Athletes must use a 25-foot distance for the shuttle run.
- Care should be taken to set up enough lifting space between multiple athletes completing the workout at the same time. It is recommended there is a minimum 10 feet between barbells.

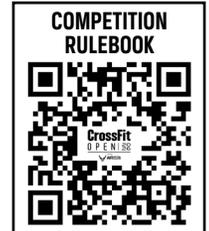
## TIEBREAK:

- A tiebreak time will be taken after the completion of the first set of burpees.
- Athletes who complete the workout will not enter a tiebreak time.
- In the event of a tie on reps, 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.
- Collars
- Tape **MUST** be used to indicate the 25-foot shuttle run course.

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



SHOP ROGUE GEAR

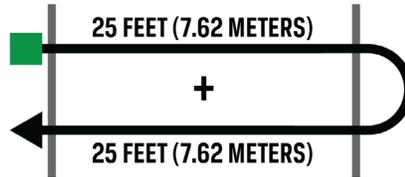


**MOVEMENT STANDARDS**

**SHUTTLE RUN**

**REQUIREMENTS**

**1 REP = 50 FEET (15.24 METERS)**



1. Both feet begin behind the start line.
2. Both feet must cross the line, AND one hand must touch the ground past the line at every turnaround.
3. Each rep of the shuttle run is credited when the athlete has traveled 25 feet down and 25 feet back (50 feet total).
  - The athlete can simply run past the start/finish line to complete the 10th (final) rep.

**COMMON NO-REPS**

**NOTE:** This list is not exhaustive.



✘ Turning around with only one foot across the line.



✘ Turning around with one or both feet on the line.

**ADDITIONAL:**

✘ Missing the touch of the hand over the line.

**NOTE:** If an athlete is given a no-rep, they must return to the side of the no-rep and perform the turnaround again correctly.

**MOVEMENT STANDARDS**

**OVERHEAD SQUAT**

**REQUIREMENTS**



1



2



3

1. The barbell begins on the ground.
2. With the bar in the overhead position, the crease of the hips must pass below the tops of your knees at the bottom.
  - You may squat snatch the first rep when the bar is taken from the floor.
3. The rep is credited when:
  - Your hips, knees, and arms are fully extended.
  - The bar is directly over or slightly behind the middle of the body.

**COMMON NO-REPS**

NOTE: This list is not exhaustive.



✗ Squatting at or above parallel.



✗ Not standing to full extension of the knees and hips.



**ADDITIONAL:**

✗ Any part of the body other than the hands contacting the bar.

**MOVEMENT STANDARDS**

**FRONT SQUAT (MASTERS 65+ ONLY)**

**REQUIREMENTS**



Masters 65+ athletes will perform front squats instead of overhead squats.

1. The bar is held at the front-rack position.
  - The bar must be taken from the floor.
  - Any grip is permitted.
2. The crease of the hip must clearly pass below the top of the knees in the bottom position.
  - A full squat clean is allowed, but not required, when the bar is taken from the floor.
3. The rep is credited when:
  - The athlete's hips and knees are fully extended.
  - The bar is held at the front-rack position.

**COMMON NO-REPS**

NOTE: This list is not exhaustive.



**ADDITIONAL:**

- ✘ Lowering the bar before reaching full extension of the hips and knees.

**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.
5. The rep is credited when the athlete is on the opposite side of the barbell.

**NOTES:**

- All athletes (including Masters 55+) must jump over the bar.
- Teenagers or 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.

✗ 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.

### WORKOUT 1

For time:

- 10 50-foot shuttle runs
- 20 overhead squats
- 30 burpees over the bar
- Rest 1 minute
- 30 burpees over the bar
- 20 overhead squats
- 10 50-foot shuttle runs

**Time cap: 12 minutes**

- ♀ 80 lb (36 kg)
- ♂ 115 lb (52 kg)

<b>10 50-FOOT SHUTTLE RUNS</b>	10	
<b>20 OVERHEAD SQUATS</b>	30	
<b>30 BURPEES OVER THE BAR</b>	60	
	<b>REST 1 MINUTE</b>	<b>TIME</b>
<b>30 BURPEES OVER THE BAR</b>	90	
<b>20 OVERHEAD SQUATS</b>	110	
<b>10 50-FOOT SHUTTLE RUNS</b>	120	

### WORKOUT VARIATIONS

#### Individuals, 16-54 age-group divisions

- ♀ 80 lb (36 kg)
- ♂ 115 lb (52 kg)

#### Teenagers 14-15, Masters 55-64 age-group divisions

- ♀ 55 lb (25 kg)
- ♂ 75 lb (34 kg)

#### Masters 65+ age-group divisions

- ♀ 55 lb (25 kg), front squats
- ♂ 75 lb (34 kg), front squats

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

Judge \_\_\_\_\_  
Judge Name

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

Athlete \_\_\_\_\_  
Athlete Name

\_\_\_\_\_  
Athlete Signature

Athlete Copy

### QUARTERFINALS - INDIVIDUAL & AGE-GROUP DIVISIONS - WORKOUT 1

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

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

Athlete Name \_\_\_\_\_  
Print

Affiliate \_\_\_\_\_

Date \_\_\_\_\_

Judge \_\_\_\_\_  
Judge Name

\_\_\_\_\_  
Judge Signature

