

WORKOUT 1

5 rounds of:

7 squat snatches
3 rope climbs to 15 feet

♀ 95 lb (43 kg)
♂ 135 lb (61 kg)

Time cap: 15 minutes

WORKOUT VARIATIONS

16-17, 35-54 age-group divisions:

♀ 95 lb (43 kg)
♂ 135 lb (61 kg)

14-15 age-group divisions:

♀ 65 lb (29 kg)
♂ 95 lb (43 kg)

55-64 age-group divisions:

♀ 65 lb (29 kg), 12-foot rope climb
♂ 95 lb (43 kg), 12-foot rope climb

65+ age-group divisions:

♀ 55 lb (25 kg), power snatch + overhead squat OK,
12-foot rope climb
♂ 75 lb (34 kg), power snatch + overhead squat OK,
12-foot rope climb

QUICK START

- Athletes start facing the barbell.
- At "go," pick up the bar and complete 7 squat snatches.
 - The bar must remain at least 5 feet from the rope at all times.
 - Stepping on the 5-foot line is a no-rep.
- Then, move to the rope and complete 3 rope climbs.
 - If the barbell is closer than 5 feet to the rope, the rope climbs will not count.
- Continue in this manner until you have completed 5 rounds.
- Time stops when the final rope climb is completed (the touch at the top).
- Your score is the total time taken to complete the workout.

NOTES

- Athletes **CANNOT** receive assistance with their barbell or rope at any time.
- For safety, the rope must be placed at least 5 feet from the barbell.
- Athletes must face the camera during the snatches.

TIEBREAK

- A tiebreak time will be taken after each round. The **LAST** completed round will be your tiebreak time.
- Athletes who complete the workout will not enter a tiebreak time.
- In the event of a tie on reps completed, your last completed round will be your tiebreak time.

EQUIPMENT

- Barbell
 - Men are required to use a barbell with a minimum 28-millimeter diameter (e.g., a 45-lb/20-kg barbell or a Rogue C70/C70s barbell).
 - Women are required to use a barbell with a minimum 25-millimeter diameter (e.g., a 35-lb/15-kg barbell or a Rogue C68/C68s barbell).
 - Training barbells or other specialty barbells are not allowed.
- Bumper plates
 - Maximum of 18 inches (45 centimeters) diameter.
- Collars
- Climbing rope
- Tape **MUST** be used to indicate 5-foot spacing is maintained between all equipment.

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

PENALTIES

Penalties may be applied to 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 applied to the athlete's total score:
 - False start: moving to touch the barbell before "go" = 5-second penalty
 - No-rep on a squat snatch = 5-second penalty
 - No-rep on a rope climb, to include assistance steadying the rope = 10-second penalty
 - Assistance with the barbell = 5-second penalty for each instance
- If an athlete advances before completing the specified number of reps or meters/cals, their score will stop at the last correctly completed rep..
 - Example: The athlete is required to do 10 reps, but moves on at Rep 7. The athlete's score will be 7, regardless of the total number of repetitions completed after moving forward incorrectly.
- Editing a video submission in **ANY** way (to include adding a clock) may result in a 0 score, invalidation, or further sanction.

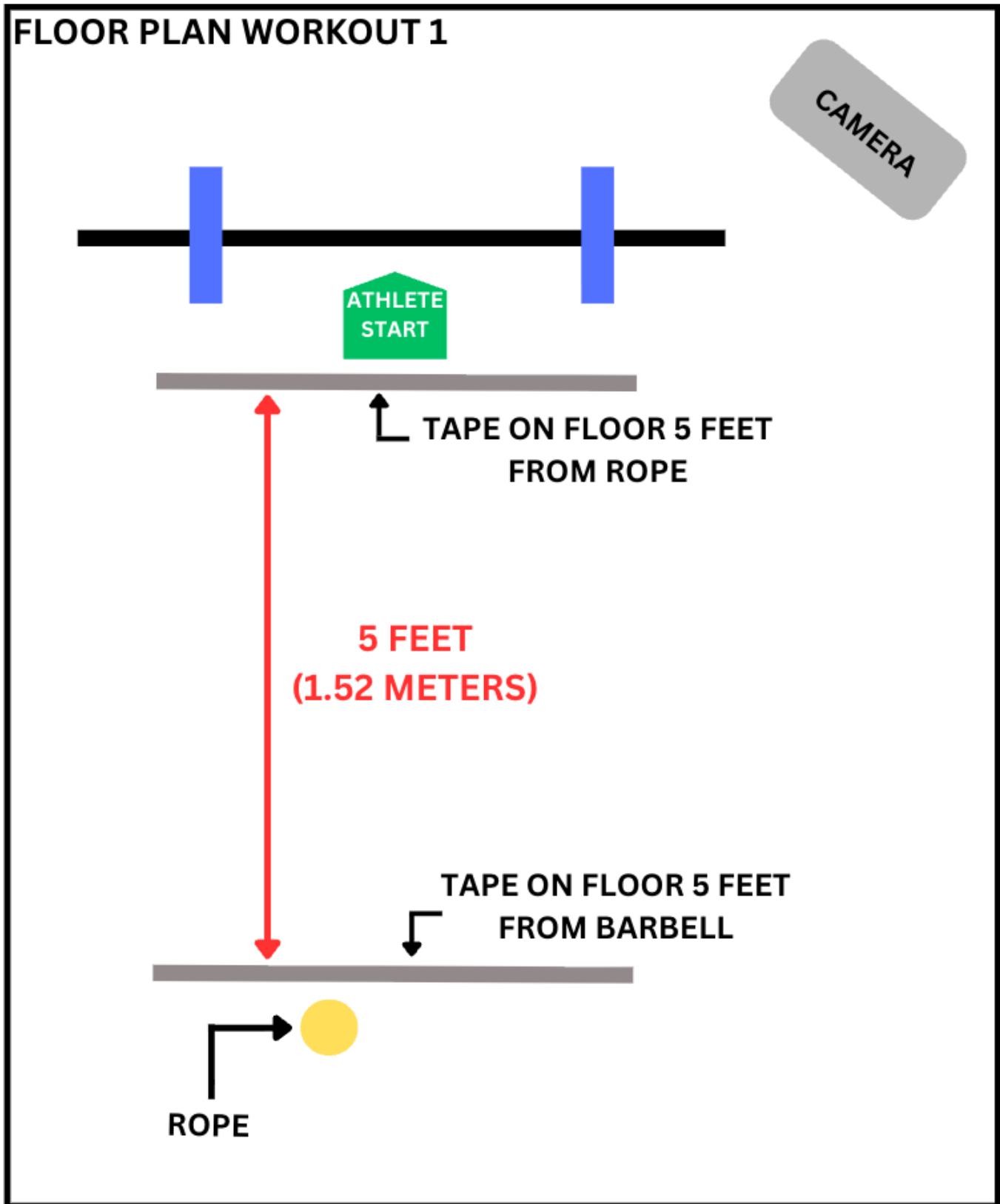
See Section 4, "Online Semifinals," in the [2026 CrossFit Games Rulebook](#) for video review penalty information.



SHOP ROGUE GEAR



The floor plan below is one option based on the **REQUIRED** 5-foot distances.
Any floor plan that allows for the 5-foot distances and full video-capture of each movement may be used.



MOVEMENT STANDARDS

SNATCH

REQUIREMENTS



1. Each rep starts with the bar on the ground.
2. The barbell must be lifted overhead in one motion (no clean and jerks).
 - A squat snatch is required.
 - The athlete must remain in motion until the barbell is received in the squat position with the crease of the hip below the the top of the knee.
 - A power snatch followed by an overhead squat will **NOT** count.
 - **Masters 65+ ONLY:** A power snatch followed by an overhead squat is allowed.
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.

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 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:

- ✗ The knee, or any other part of the body except the feet, touching the floor.
- ✗ A power snatch followed by an overhead squat (Masters 65+ exempt).
- ✗ Stepping on or over the 5-foot line from the rope.
- ✗ Facing away from the camera.
- ✗ Receiving assistance with the bar at any time may result in a penalty.

MOVEMENT STANDARDS

ROPE CLIMB

REQUIREMENTS



1. Each rep starts with both feet on the ground.
 - Any style of climbing is permitted.
 - The athlete may jump into the rope climb.
2. The rep is credited when one hand clearly touches above the designated mark.
 - There are no requirements during the descent of the climb.

NOTES:

- The rope **MUST** be at least 5 feet from the rower.
- When measuring the 15-foot (4.57 meter) or 12-foot (3.65 meter) rope climb, you must measure from the surface from which the athlete is jumping (e.g., if using a crash mat, measure from the top of the crash mat to the top of the rope).
- Athletes **CANNOT** receive assistance steadying the rope between climbs.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Not clearly touching above the designated mark.
- ✗ Any reps completed with the barbell closer than 5 feet to the rope.

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7 SQUAT SNATCHES	7	TIME
3 ROPE CLIMBS	10	
7 SQUAT SNATCHES	17	TIME
3 ROPE CLIMBS	20	
7 SQUAT SNATCHES	27	TIME
3 ROPE CLIMBS	30	
7 SQUAT SNATCHES	37	TIME
3 ROPE CLIMBS	40	
7 SQUAT SNATCHES	47	TIME
3 ROPE CLIMBS	50	

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Head Judge _____
Head Judge Name

Time or reps at 15 Min. _____

Judge _____
Judge Name

Tiebreak Time _____

Athlete _____
Athlete Name

Athlete Signature

Athlete Copy

AGE-GROUP SEMIFINALS WORKOUT 1

Time or reps at 15 Min. _____

Tiebreak Time _____

SHOP YETI



Athlete Name _____
Print

AFFILIATE _____ Date _____

Judges _____
Head Judge Name Judge Name

Judge Signatures

SCAN TO SUBMIT SCORE



2026 CROSSFIT VIDEO SUBMISSION CHECKLIST

- Introduce the Head Judge and Floor Judge prior to the workout.
- Ensure both judges possess the following by searching for each judge by last name (<https://trainerdirectory.crossfit.com/>):
 - L1 Certificate or higher
 - Advanced Judges Course
- State the password and/or show the date and time via time.is.
- Ensure the Floor Judge is visible on camera during the entire 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 the athlete remains in frame when performing work.
 - Ensure the floor judge is visible on camera but 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.