

WORKOUT 2

For time:

3 rounds of:
20 lateral burpee box jump-overs
10x50-foot shuttle runs

Then, 3 rounds of:
100 double-unders
50-foot handstand walk

♀ 20-inch box

♂ 24-inch box

Time cap: 15 minutes

WORKOUT VARIATIONS

14-15, 16-54 age-group divisions:

♀ 20-inch box, 50-foot handstand walk

♂ 24-inch box, 50-foot handstand walk

55-64 age-group divisions:

♀ 20-inch box, handstand walk may be broken into 5-foot sections

♂ 24-inch box, handstand walk may be broken into 5-foot sections

65+ age-group divisions:

♀ 20-inch box (may step **OR** jump to the box), 14 plate walks instead of handstand walk

♂ 20-inch box (may step **OR** jump to the box), 14 plate walks instead of handstand walk

QUICK START

- Athletes start standing next to the box.
- At "go," complete 20 lateral burpee box jump-overs.
- Then, move to the start of the 25-foot section and complete 10 shuttle runs.
 - Each rep is 50 feet total: 25 feet down and 25 feet back.
- After completing 3 rounds of lateral burpee box jump-overs and shuttle runs, pick up the jump rope and complete 100 double-unders.
- Then, move back to the start of the 25-foot section and complete a 50-foot handstand walk.
 - Each 25-foot section counts as 1 rep.
 - 55-64 divisions may mark 5-foot sections on the floor. Each repetition is still only counted when 25 feet is completed.
 - 65-69 and 70+ divisions will complete plate walks.
- Continue in this fashion until you have completed 3 rounds of double-unders and handstand walking.
- Time stops when you complete the final handstand walk (both hands clearly over the line).
- Your score is the total time taken to complete the workout.

NOTES

- Burpees must be completed in an orientation that allows the chest to be visible on camera at the bottom of each rep.
- There is no rest between the first 3 rounds of burpee box jump-overs/shuttle runs and the second 3 rounds of double-unders/handstand walks.

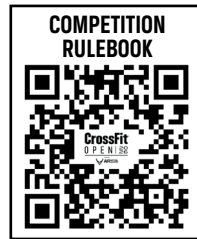
TIEBREAK

- 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

- Box of appropriate height — the top of the box must be at least 15-by-15 inches (38-by-38 centimeters).
- Jump rope
- Tape **MUST** be used to indicate 25-foot spacing for the shuttle run and handstand walk.
- 65-69, 70+ divisions **ONLY**:
 - 20-inch (50-centimeter) box. The maximum dimensions of the top of the box are 30-by-24 inches (76-by-61 centimeters).
 - 25-lb (10-kg) competition bumper plates (or plates that measure 1.25 inches [3.175 centimeters] thick with an 18-inch [45-centimeter] diameter).

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.

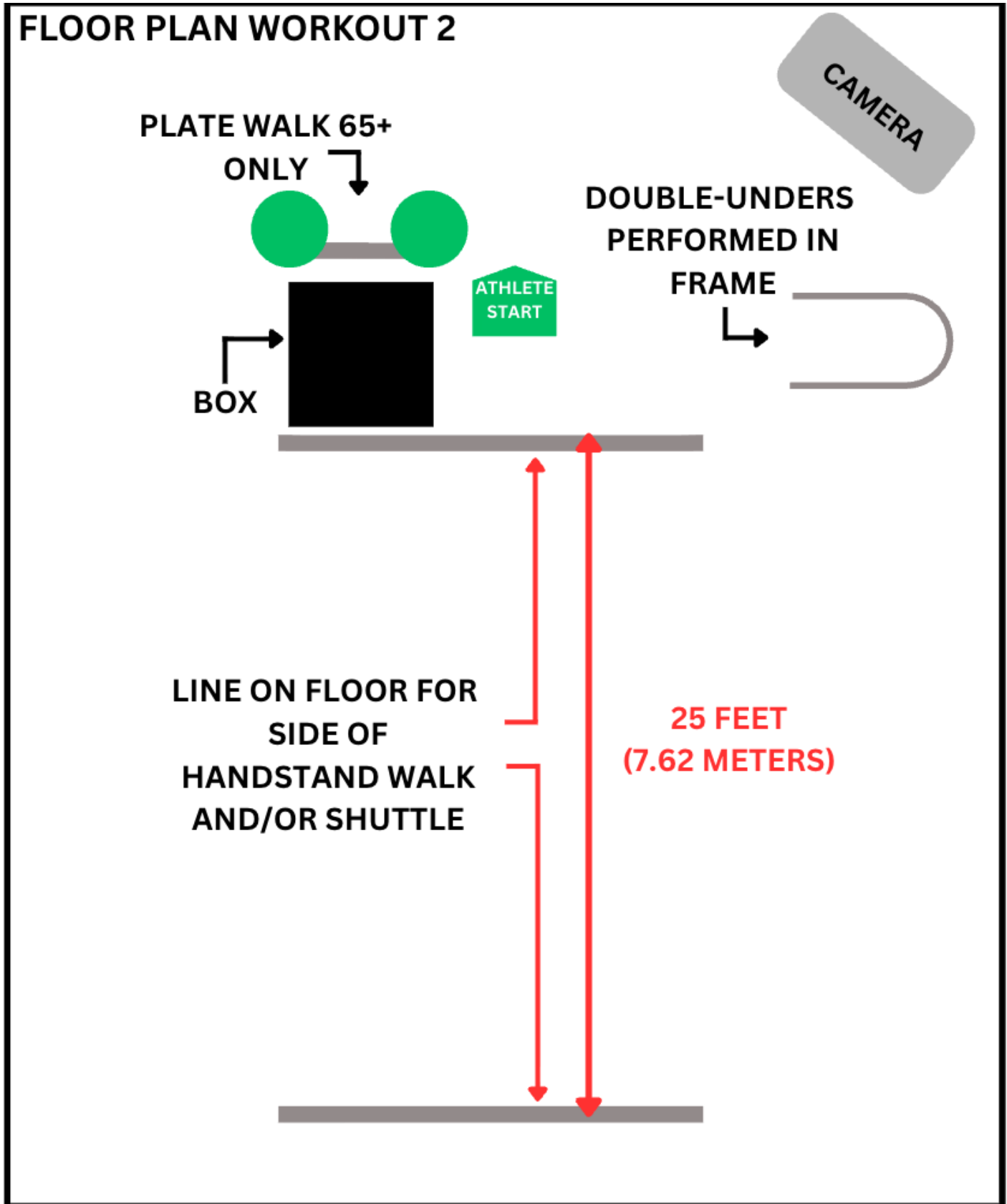
- The following penalties will be applied to the athlete's total score:
 - False start: begins before "go" = 5-second penalty
 - Burpee no-rep = 4-second penalty
 - Double-under penalty = 2-second penalty
 - Penalty on shuttle runs = 15-second penalty
 - Penalty on handstand walk = 30-second penalty
 - Penalty on plate walks = 30-second penalty
- 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.



The floor plan below is one option based on the **REQUIRED** 25-foot distance.

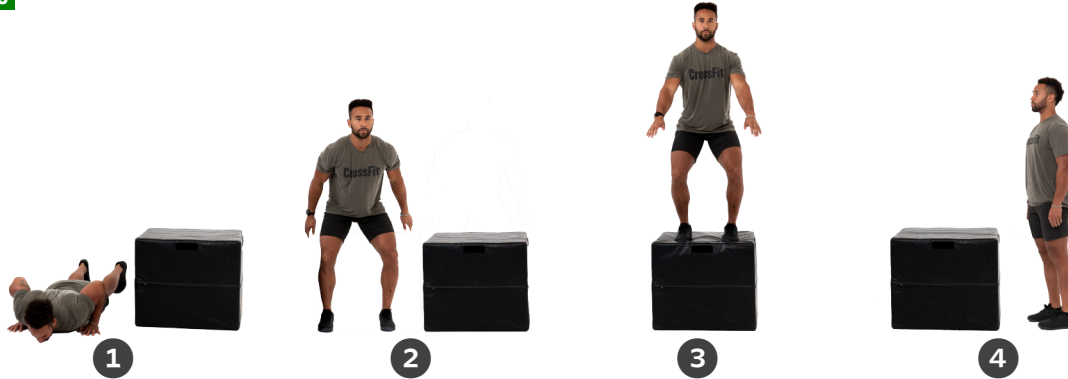
Any floor plan that allows for the 25-foot distance and full video-capture of each movement may be used.



MOVEMENT STANDARDS

LATERAL BURPEE BOX JUMP-OVER

REQUIREMENTS



1. Start on one side of the box. The chest and thighs must touch the floor at the bottom of each rep.
 - The chest must be visible on camera on the ground on BOTH sides of the box
2. Return to both feet with the hands off the floor before jumping.
 - A two-foot takeoff MUST be used.
 - A two-foot landing is NOT required.
 - For 65+ divisions, athletes may step OR jump up to the box. A two-foot takeoff is NOT required.
3. Both feet must make contact with the top of the box. Only the feet may make contact with the box.
 - There is no hip or knee extension requirement on top of the box.
 - Alternatively, the athlete may jump over the box entirely. If so, they must pass over the box and not around it.
4. The rep is credited when both feet are on the opposite side of the box.
 - Athletes MUST step down from the top of the box unless they decide to jump completely over.

NOTE: A strict lateral orientation is not required. Athletes may face the box during the burpee or box jump-over.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Chest and thighs not touching the ground.
 - If the chest is not visible on camera (e.g., behind the box) at the bottom of the burpee, the rep will not count.
- ✗ Stepping up to the box or using a single-foot jump (14-17, 35-64 divisions only).
- ✗ Touching the box with the hands or knees.

ADDITIONAL:

- ✗ Jumping down from the top of the box.
- ✗ Pushing into the legs during the box jump-over.

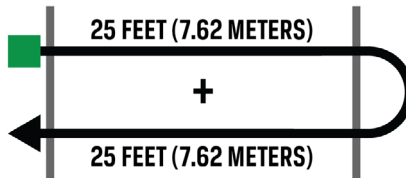
NOTE: If a no-rep is given for any reason, the entire lateral burpee box jump-over must be repeated from either side.

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

DOUBLE-UNDER

REQUIREMENTS



- The rope passes under the feet twice during a single jump.
- The rope must spin forward.

COMMON NO-REPS

NOTE: This list is not exhaustive.

- ✘ Crediting attempts instead of successful reps.
- ✘ Spinning the rope backward.

MOVEMENT STANDARDS

HANDSTAND WALK

REQUIREMENTS



1. When kicking up, your hands (including your fingers) must be placed on the ground **BEHIND** the line.
2. Both hands, including palms and fingers, must touch the ground completely clear of the line marking the end of the length before your feet touch the ground.
 - If at any time you come down from your hands before finishing the 25-foot section, you must repeat the entire section.
 - **Masters 55-64** may come down after every 5-foot section. Regardless, each repetition is counted when the athlete completes 25 feet.
 - You are not required to kick down after completing a segment.

NOTES:

- Each 25-foot length will count as 1 rep.
 - **Masters 55-64** may come down after every 5-foot section. Regardless, each repetition is counted when the athlete completes 25 feet.
- Athletes **MUST** use a camera setup that clearly shows the body, including a clear view of the hands, during the handstand walk.
- There is no designated width of the handstand walk lane.
- Athletes must walk forward (cannot walk backward).

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Placing your hands or fingers on or over the line when kicking up.



- ✗ Finishing with one or both hands on the line instead of clearly over the line.

ADDITIONAL:

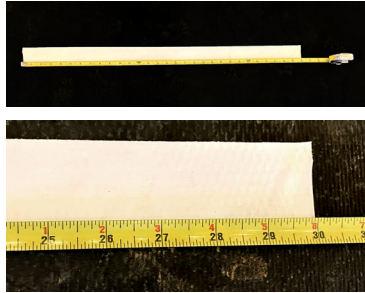
- ✗ Any portion of the body touching the ground before both hands are clearly touching the ground over the line at the finish of a section.

NOTE: If the athlete receives a no-rep at any time for any reason, they must complete the entire section again. If an athlete is mid-section at the time cap, they will **NOT** get credit for that repetition.

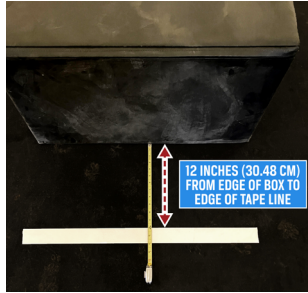
MOVEMENT STANDARDS

PLATE WALK ON BOX (65-69, 70+ DIVISIONS ONLY)

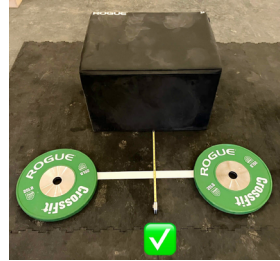
SETUP REQUIREMENTS



1



2



3

1. Before starting, place a 30-inch long strip of tape on the ground (the tape must be a maximum of 2 inches wide).
2. Then place a 20-inch box 12 inches from the tape. The edge of the box must be parallel to the tape line.
 - The maximum dimensions of the top of the box are 30-by-24 inches (76-by-61 centimeters).
 - The box may be oriented in either direction as long as the edge is parallel to the tape line.
3. Then, place two 25-lb (10-kg) competition bumper plates (or plates that measure a minimum 1.25 inches [3.175 centimeters] thick with an 18-inch [45-centimeter] diameter) on the tape line.
 - As long as the plates are touching the tape line, any width or distance from the box is acceptable.

REQUIREMENTS



1



2



3

1. Start with both hands on the tape line (fingers or palms OK).
2. With only the feet in contact with the box, touch one hand to the top of each plate.
 - With both hands on a plate, walk both hands back to the tape line. The fingers may extend beyond, or over, the plates.
3. The cycle is credited when both hands are back on the tape line.
 - Seven cycles must be completed without coming down (unbroken), which will count as 1 rep on the scorecard.
 - The athlete must complete 14 cycles (2 reps on the scorecard) before moving back to the double-unders.

NOTES:

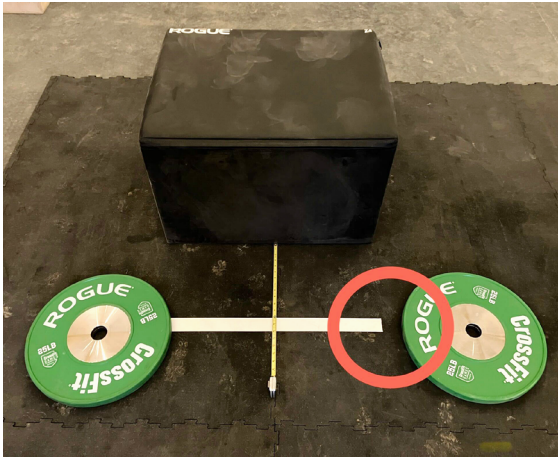
- To mimic the handstand walk, athletes will complete 14 cycles.
- One cycle = stepping each hand to a plate and back down to the floor.
- Athletes must complete 7 cycles without coming down or receiving a no-rep (unbroken) which will count as 1 rep on the scorecard.

MOVEMENT STANDARDS

PLATE WALK ON BOX (65-69, 70+ DIVISIONS ONLY) (CONTINUED)

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✘ Setting up the box with one or both plates not touching the line.



- ✘ Both hands are not clearly on top of a plate before returning to the ground.



- ✘ Touching any part of the body (other than the feet) on the top of the box.

ADDITIONAL:

- ✘ Coming down from the box before completing 7 cycles.
- ✘ Any reps where the hands are not clearly visible on camera.

NOTE: If an athlete receives a no-rep at any time, they must complete the entire 7-cycle repetition again.

WORKOUT 2

For time:

3 rounds of:

20 lateral burpee box jump-overs
10x50-foot shuttle runs

Then, 3 rounds of:

100 double-unders
50-foot handstand walk

♀ 20-inch box

♂ 24-inch box

Time cap: 15 minutes

20 BURPEE BOX JUMP-OVERS			20	
10 SHUTTLE RUNS			30	
20 BURPEE BOX JUMP-OVERS			50	TIME
10 SHUTTLE RUNS			60	
20 BURPEE BOX JUMP-OVERS			80	TIME
10 SHUTTLE RUNS			90	
100 DOUBLE-UNDERS			190	TIME
50-FOOT HANDSTAND WALK	25 FEET	25 FEET	191	
100 DOUBLE-UNDERS			292	TIME
50-FOOT HANDSTAND WALK	25 FEET	25 FEET	293	
100 DOUBLE-UNDERS			394	TIME
50-FOOT HANDSTAND WALK	25 FEET	25 FEET	395	

WORKOUT VARIATIONS

14-15, 16-54 age-group divisions:

♀ 20-inch box, 50-foot handstand walk

♂ 24-inch box, 50-foot handstand walk

55-64 age-group divisions:

♀ 20-inch box, handstand walk may be broken into 5-foot sections

♂ 24-inch box, handstand walk may be broken into 5-foot sections

65+ age-group divisions:

USE SCORECARD ON NEXT PAGE

♀ 20-inch box (may step **OR** jump to the box), 14 plate walks instead of handstand walk

♂ 20-inch box (may step **OR** jump to the box), 14 plate walks instead of handstand walk

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 2

Time or Reps at 15 Min. _____

Tiebreak Time _____

FREE WRISTBANDS



VELITES

Athlete Name _____
Print

AFFILIATE _____ Date _____

Judges _____
Head Judge Name Judge Name

Judge Signatures

SCAN TO SUBMIT SCORE



WORKOUT 2

For time:

3 rounds of:

20 lateral burpee box jump-overs
10x50-foot shuttle runs

Then, 3 rounds of:

100 double-unders
14 plate-walk cycles

♀ 20-inch box

♂ 20-inch box

Time cap: 15 minutes

20 BURPEE BOX JUMP-OVERS			20	
10 SHUTTLE RUNS			30	
20 BURPEE BOX JUMP-OVERS			50	TIME
10 SHUTTLE RUNS			60	
20 BURPEE BOX JUMP-OVERS			80	TIME
10 SHUTTLE RUNS			90	
100 DOUBLE-UNDERS			190	TIME
14 PLATE-WALK CYCLES	7 CYCLES	7 CYCLES	191	
100 DOUBLE-UNDERS			292	TIME
14 PLATE-WALK CYCLES	7 CYCLES	7 CYCLES	293	
100 DOUBLE-UNDERS			394	TIME
14 PLATE-WALK CYCLES	7 CYCLES	7 CYCLES	395	

WORKOUT VARIATIONS

65+ age-group divisions:

♀ 20-inch box (may step **OR** jump to the box), 14 plate walks instead of handstand walk

♂ 20-inch box (may step **OR** jump to the box), 14 plate walks instead of handstand walk

USE THIS SCORECARD

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 2

Time or Reps at 15 Min. _____

Tiebreak Time _____

FREE WRISTBANDS



VELITES

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.