

### WORKOUT 4

Starting every minute until you cannot complete the lift:

1 deadlift

\*When you cannot complete a lift at the prescribed weight, or you complete the final lift, complete as many cleans as possible in the time remaining.

♀ See loading chart below

♂ See loading chart below

**Time cap: 10 minutes**

### QUICK START

- Start standing tall with your hands off of the barbell.
- At “go,” complete 1 deadlift.
- Rest in the time remaining.
- Load the bar to the second designated weight for your division (see loading charts below).
  - You may have assistance loading your barbell and/or use multiple barbells.
  - Collars must be placed over the outside of all plates.
  - Gymnastics grips or lifting straps are not allowed during this workout.
- At the start of the next minute, complete 1 deadlift at the second weight.
- Continue lifting every minute until you reach a load you cannot complete.
  - Athletes may **NOT** skip a load in the progression.
  - Athletes may reattempt a missed lift within the designated lifting period.
  - Athletes may **NOT** reattempt a missed lift after the designated lifting period.
- After a failed lift, or after the athlete completes the ladder, complete as many cleans as possible in the time remaining. Then the workout is over.
  - Example: If an athlete fails the lift and has 40 seconds remaining, they complete as many cleans as possible in the 40 seconds remaining in the current lifting window.
  - Example: If an athlete finishes a lift and decides they do not want to attempt the next lift, they may use the entire 60 seconds of the next lifting window to accumulate clean reps.
  - Example: If an athlete completes the final lift of the ladder and has 30 seconds remaining, they complete as many cleans as possible in the 30 seconds remaining in the current lifting window.
- The number of cleans completed will act as your tiebreak score.
- Your score is the total number of deadlifts completed.

### NOTES

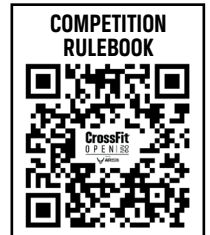
- Athletes may have assistance loading their bar and/or use multiple bars.
  - It is recommended that athletes stage a second barbell with the power-clean load used for the tiebreak.
- Any deadlift started (barbell is off of the ground) before the end of the designated lifting period that is successfully completed WILL count.
- Regardless of when the lift is completed, the timer does **NOT** stop or reset in any way for the duration of the workout.
- Collars must be placed over the outside of the plates.
- Gymnastics grips or lifting straps **CANNOT** be used during the workout.
- The timer must start at 0, count up for the duration of the workout, and remain in clear view of the camera at all times.

### TIEBREAK

- When you reach a weight you cannot lift, complete as many cleans in the time remaining within the designated lifting period.
- In the event of a tie on weight lifted, the athlete who completed more cleans will win the tie.
- If you complete the final lift in the ladder, immediately complete as many cleans in the time remaining within the designated lifting period to establish a tiebreak score.
  - No clean repetitions may be completed after the 10-minute time cap.

### 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



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.

- If an athlete advances before successfully completing the specified weight for the designated lifting window, their score will stop at the last correctly completed deadlift.
- 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.



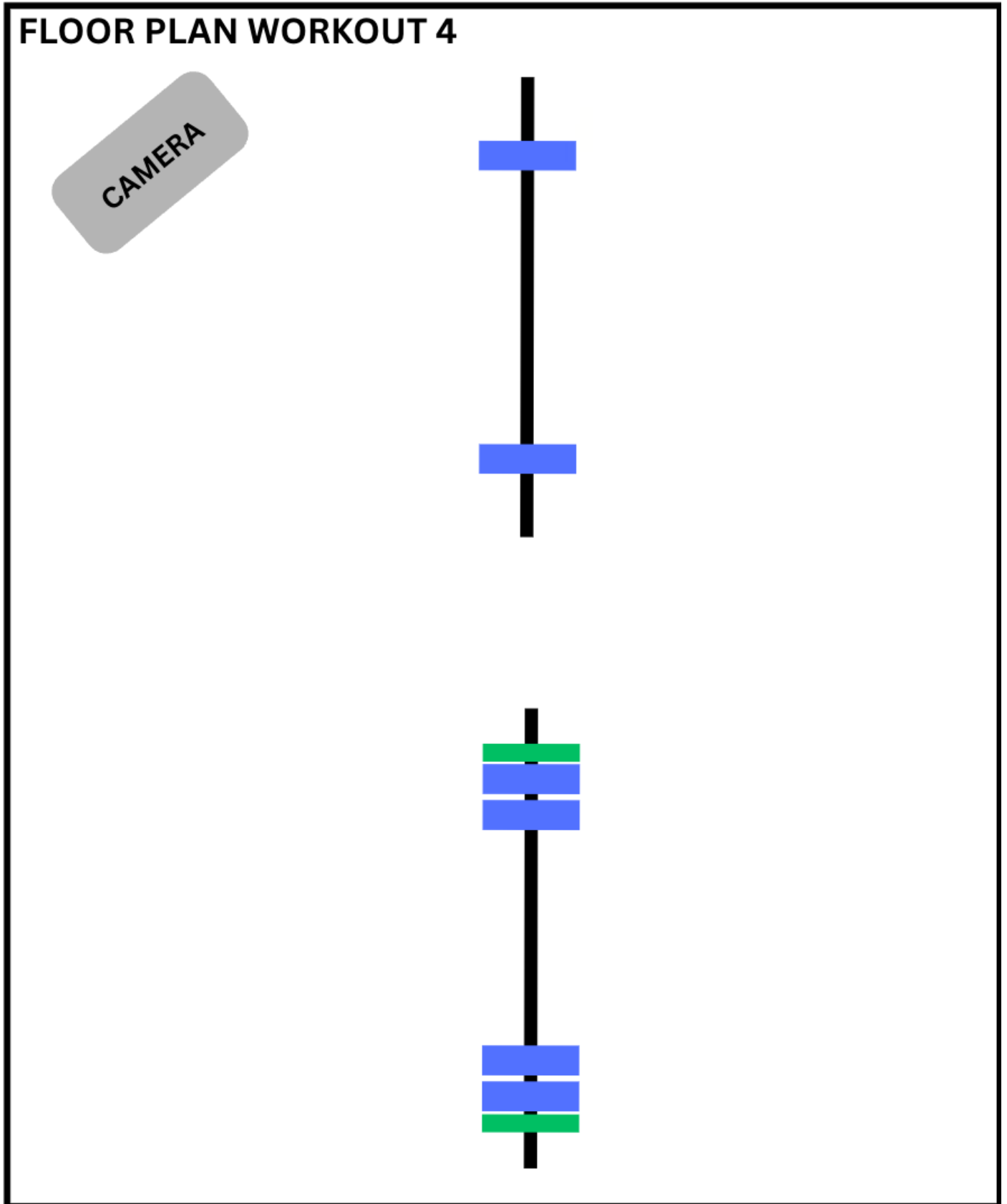
### ♀ LOADING

Time	14-15 GIRLS	16-17 GIRLS	35-49 WOMEN	50-59 WOMEN	60-64 WOMEN	65+ WOMEN
0:00-1:00	125(56kg)	185(83kg)	225(102kg)	185(83kg)	155(70kg)	125(56kg)
1:00-2:00	135(61kg)	195(88kg)	235(106kg)	195(88kg)	165(75kg)	145(65kg)
2:00-3:00	145(65kg)	205(93kg)	245(111kg)	205(93kg)	175(79kg)	155(70kg)
3:00-4:00	155(70kg)	215(97kg)	255(115kg)	215(97kg)	185(83kg)	165(75kg)
4:00-5:00	165(75kg)	225(102kg)	265(120kg)	225(102kg)	195(88kg)	175(79kg)
5:00-6:00	175(79kg)	235(106kg)	275(125kg)	235(106kg)	205(93kg)	185(83kg)
6:00-7:00	185(83kg)	245(111kg)	285(129kg)	245(111kg)	215(97kg)	195(88kg)
7:00-8:00	195(88kg)	255(115kg)	295(134kg)	255(115kg)	225(102kg)	205(93kg)
8:00-9:00	205(93kg)	265(120kg)	305(138kg)	265(120kg)	235(106kg)	215(97kg)
9:00-10:00	215(97kg)	275(125kg)	315(143kg)	275(125kg)	245(111kg)	225(102kg)
TIEBREAK LOAD	65(29kg)	95(43kg)	95(43kg)	95(43kg)	65(29kg)	65(29kg)

### ♂ LOADING

Time	14-15 BOYS	16-17 BOYS	35-49 MEN	50-59 MEN	60-64 MEN	65+ MEN
0:00-1:00	185(83kg)	275(125kg)	365(165kg)	275(125kg)	225(102kg)	185(83kg)
1:00-2:00	205(93kg)	315(143kg)	375(170kg)	315(143kg)	275(125kg)	225(102kg)
2:00-3:00	215(97kg)	335(152kg)	405(184kg)	335(152kg)	315(143kg)	275(125kg)
3:00-4:00	225(102kg)	345(156kg)	435(198kg)	355(161kg)	335(152kg)	295(134kg)
4:00-5:00	245(111kg)	355(161kg)	445(202kg)	365(165kg)	345(156kg)	325(147kg)
5:00-6:00	255(115kg)	365(165kg)	455(207kg)	375(170kg)	355(161kg)	335(152kg)
6:00-7:00	275(125kg)	375(170kg)	465(211kg)	385(175kg)	365(165kg)	345(156kg)
7:00-8:00	285(129kg)	385(175kg)	475(215kg)	395(179kg)	375(170kg)	355(161kg)
8:00-9:00	295(134kg)	395(179kg)	485(220kg)	405(184kg)	385(175kg)	365(165kg)
9:00-10:00	305(138kg)	405(184kg)	500(227kg)	415(188kg)	395(179kg)	375(170kg)
TIEBREAK LOAD	95(43kg)	135(61kg)	135(61kg)	135(61kg)	95(43kg)	95(43kg)

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



### MOVEMENT STANDARDS

#### DEADLIFT

##### REQUIREMENTS



1. The barbell starts on the ground (both plates touching the ground).
  - Hands must be outside the knees. No sumo deadlifts.
  - Any style of grip is permitted.
2. The rep is credited when:
  - Hips and knees reach full extension.
  - Head and shoulders are behind the bar when viewed from the side.

##### NOTES:

- Gymnastics grips or lifting straps of any kind are not allowed.

##### COMMON NO-REPS

NOTE: This list is not exhaustive.



##### ADDITIONAL:

- ✗ Any reps completed not facing the camera.
- ✗ Any rep not completed before the one minute lifting window will not count.

### 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:

- ✗ Any reps completed not facing the camera

### WORKOUT 4

Starting every minute until you cannot complete the lift:

1 deadlift

\*When you cannot complete a lift at the prescribed weight, or you complete the final lift, complete as many power cleans as possible in the time remaining in the current lifting window.

♀ See loading chart below

♂ See loading chart on next page **Time cap: 10 minutes**

### ♀ LOADING

Time	14-15 GIRLS		16-17 GIRLS		35-49 WOMEN		50-59 WOMEN		60-64 WOMEN		65+ WOMEN	
0:00-1:00	125 lb 56 kg	1	185 lb 83 kg	1	225 lb 102 kg	1	185 lb 83 kg	1	155 lb 70 kg	1	125 lb 56 kg	1
1:00-2:00	135 lb 61 kg	2	195 lb 88 kg	2	235 lb 106 kg	2	195 lb 88 kg	2	165 lb 75 kg	2	145 lb 65 kg	2
2:00-3:00	145 lb 65 kg	3	205 lb 93 kg	3	245 lb 111 kg	3	205 lb 93 kg	3	175 lb 79 kg	3	155 lb 70 kg	3
3:00-4:00	155 lb 70 kg	4	215 lb 97 kg	4	255 lb 115 kg	4	215 lb 97 kg	4	185 lb 83 kg	4	165 lb 75 kg	4
4:00-5:00	165 lb 75 kg	5	225 lb 102 kg	5	265 lb 120 kg	5	225 lb 102 kg	5	195 lb 88 kg	5	175 lb 79 kg	5
5:00-6:00	175 lb 79 kg	6	235 lb 106 kg	6	275 lb 125 kg	6	235 lb 106 kg	6	205 lb 93 kg	6	185 lb 83 kg	6
6:00-7:00	185 lb 83 kg	7	245 lb 111 kg	7	285 lb 129 kg	7	245 lb 111 kg	7	215 lb 97 kg	7	195 lb 88 kg	7
7:00-8:00	195 lb 88 kg	8	255 lb 115 kg	8	295 lb 134 kg	8	255 lb 115 kg	8	225 lb 102 kg	8	205 lb 93 kg	8
8:00-9:00	205 lb 93 kg	9	265 lb 120 kg	9	305 lb 138 kg	9	265 lb 120 kg	9	235 lb 106 kg	9	215 lb 97 kg	9
9:00-10:00	215 lb 97 kg	10	275 lb 125 kg	10	315 lb 143 kg	10	275 lb 125 kg	10	245 lb 111 kg	10	225 lb 102 kg	10
<b>TIEBREAK LOAD</b>	65 lb 29 kg	REPS	95 lb 43 kg	REPS	95 lb 43 kg	REPS	95 lb 43 kg	REPS	65 lb 29 kg	REPS	65 lb 29 kg	REPS

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

Number of deadlifts completed \_\_\_\_\_

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

Tiebreak, number of cleans completed \_\_\_\_\_

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

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

Athlete Copy

### AGE-GROUP SEMIFINALS WORKOUT 4

Heaviest lift completed \_\_\_\_\_

Tiebreak, number of cleans completed \_\_\_\_\_

LIFT WITH 2POOD



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

AFFILIATE \_\_\_\_\_ Date \_\_\_\_\_

Judges \_\_\_\_\_  
Head Judge Name Judge Name Judge Signatures

SCAN TO SUBMIT SCORE



### WORKOUT 4

Starting every minute until you cannot complete the lift:

1 deadlift

\*When you cannot complete a lift at the prescribed weight, or you complete the final lift, complete as many power cleans as possible in the time remaining in the current lifting window.

♀ See loading chart on previous page

♂ See loading chart below

**Time cap: 10 minutes**

### ♂ LOADING

Time	14-15 BOYS		16-17 BOYS		35-49 MEN		50-59 MEN		60-64 MEN		65+ MEN	
0:00-1:00	185 lb 83 kg	1	275 lb 125 kg	1	365 lb 165 kg	1	275 lb 125 kg	1	225 lb 102 kg	1	185 lb 83 kg	1
1:00-2:00	205 lb 93 kg	2	315 lb 143 kg	2	375 lb 170 kg	2	315 lb 143 kg	2	275 lb 125 kg	2	225 lb 102 kg	2
2:00-3:00	215 lb 97 kg	3	335 lb 152 kg	3	405 lb 184 kg	3	335 lb 152 kg	3	315 lb 143 kg	3	275 lb 125 kg	3
3:00-4:00	225 lb 102 kg	4	345 lb 156 kg	4	435 lb 198 kg	4	355 lb 161 kg	4	335 lb 152 kg	4	295 lb 134 kg	4
4:00-5:00	245 lb 111 kg	5	355 lb 161 kg	5	445 lb 202 kg	5	365 lb 165 kg	5	345 lb 156 kg	5	325 lb 147 kg	5
5:00-6:00	255 lb 115 kg	6	365 lb 165 kg	6	455 lb 207 kg	6	375 lb 170 kg	6	355 lb 161 kg	6	335 lb 152 kg	6
6:00-7:00	275 lb 125 kg	7	375 lb 170 kg	7	465 lb 211 kg	7	385 lb 175 kg	7	365 lb 165 kg	7	345 lb 156 kg	7
7:00-8:00	285 lb 129 kg	8	385 lb 175 kg	8	475 lb 215 kg	8	395 lb 179 kg	8	375 lb 170 kg	8	355 lb 161 kg	8
8:00-9:00	295 lb 134 kg	9	395 lb 179 kg	9	485 lb 220 kg	9	405 lb 184 kg	9	385 lb 175 kg	9	365 lb 165 kg	9
9:00-10:00	305 lb 138 kg	10	405 lb 184 kg	10	500 lb 227 kg	10	415 lb 188 kg	10	395 lb 179 kg	10	375 lb 170 kg	10
<b>TIEBREAK LOAD</b>	95 lb 43 kg	REPS	135 lb 61 kg	REPS	135 lb 61 kg	REPS	135 lb 61 kg	REPS	135 lb 61 kg	REPS	95 lb 43 kg	REPS

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

Number of deadlifts completed \_\_\_\_\_

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

Tiebreak, number of cleans completed \_\_\_\_\_

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

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

Athlete Copy

### AGE-GROUP SEMIFINALS WORKOUT 4

Number of deadlifts completed \_\_\_\_\_

Tiebreak, number of cleans completed \_\_\_\_\_

LIFT WITH 2POOD



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

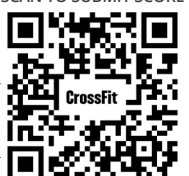
AFFILIATE \_\_\_\_\_ Date \_\_\_\_\_

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](https://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.