

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

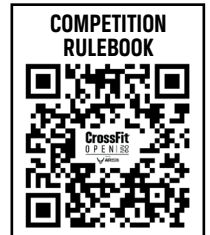
- Athletes may have assistance loading their bar and/or use multiple bars.
 - It is recommended that athletes stage a second barbell with the power-clean load used for the tiebreak.
- Any deadlift started (barbell is off of the ground) before the end of the designated lifting period that is successfully 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.



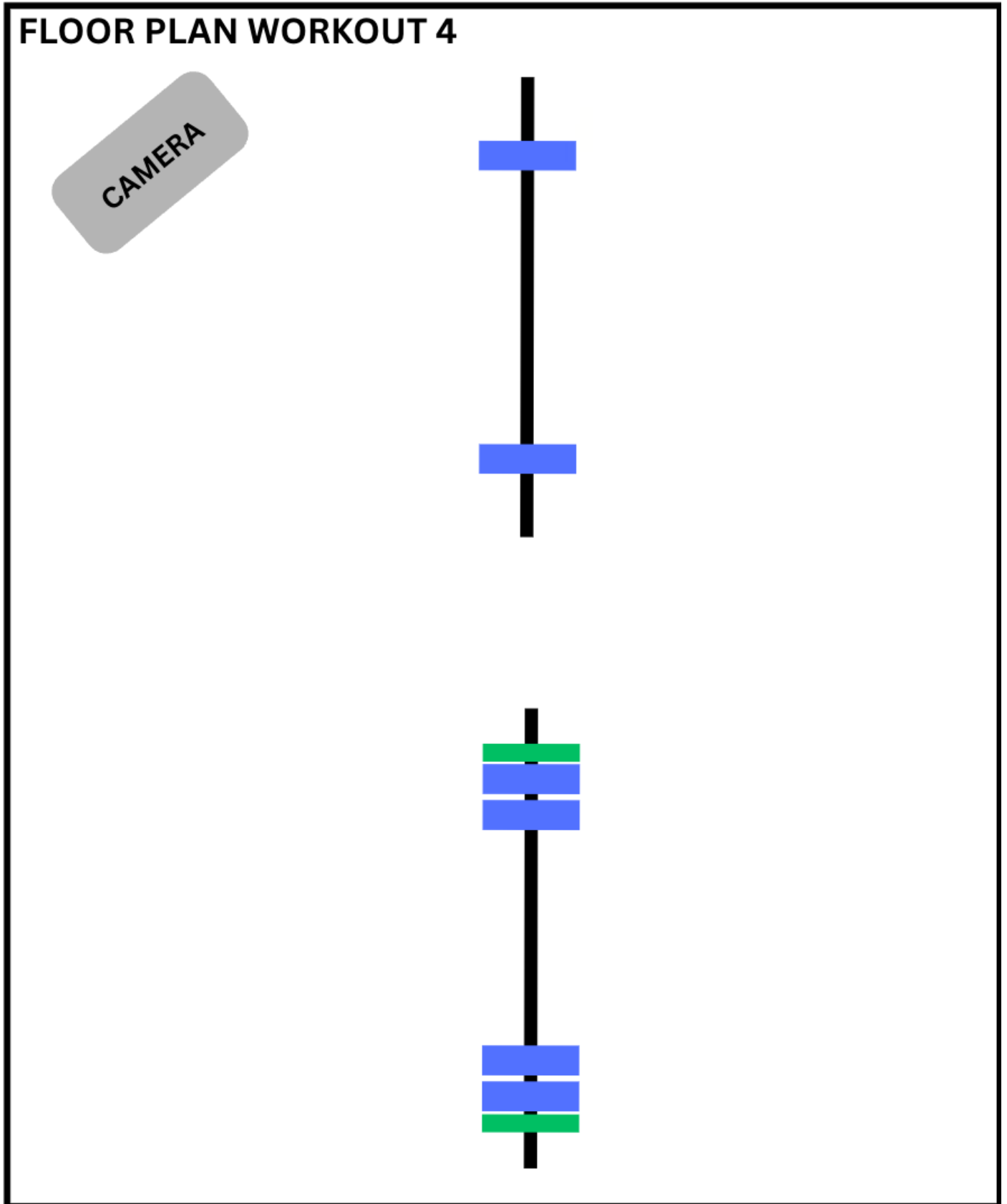
♀ LOADING

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.



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



- ❌ Finishing with the head and/or shoulders in front of the bar.

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
TIEBREAK LOAD	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



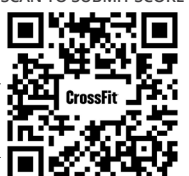
Athlete Name _____
Print

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
TIEBREAK LOAD	95 lb 43 kg	REPS	135 lb 61 kg	REPS	135 lb 61 kg	REPS	135 lb 61 kg	REPS	95 lb 43 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.
- 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.