

WORKOUT 1

For time:

18 hang cleans
1 rope climb
15 hang cleans
2 rope climbs
12 hang cleans
3 rope climbs
9 hang cleans
4 rope climbs
6 hang cleans
5 rope climbs
3 hang cleans
6 rope climbs

♀ 95 lb (43 kg), 15-foot (4.57-meter)
rope climb

♂ 135 lb (61 kg), 15-foot (4.57-meter)
rope climb

Time cap: 15 minutes

QUICK START

- Start standing tall, facing the barbell.
- At “go,” pick up the barbell and complete 18 hang cleans.
 - Athletes must face the camera during the hang cleans.
- Then, move back to the rope and complete 1 rope climb.
- Next, return to the barbell and perform 15 hang cleans.
- Then, perform 2 rope climbs.
- Repeat this sequence, completing rounds of 12 hang cleans and 3 rope climbs, 9 hang cleans and 4 rope climbs, and 6 hang cleans and 5 rope climbs.
- In the final round, perform 3 hang cleans.
- Then, move to the rope and complete 6 rope climbs.
- Your score will be the total time taken to complete the workout.
 - Time stops when you touch the top of the final rope climb.

NOTES

- Athletes may **NOT** receive assistance with the barbell or rope at any time.
- For safety, the rope must be placed at least 5 feet (1.52 meters) from the barbell.
- Gymnastics grips are not allowed during this workout.

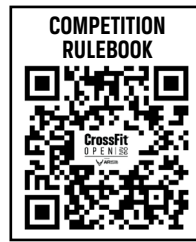
TIEBREAK

- Record the time after each completed set of rope climbs. The LAST completed set will be the tiebreak time.
- Athletes who complete the workout under the time cap will not enter a tiebreak time.
- If athletes tie on total reps, the athlete with the faster tiebreak time will win the tie.

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 the video. CrossFit will review videos that receive significant public downvotes.

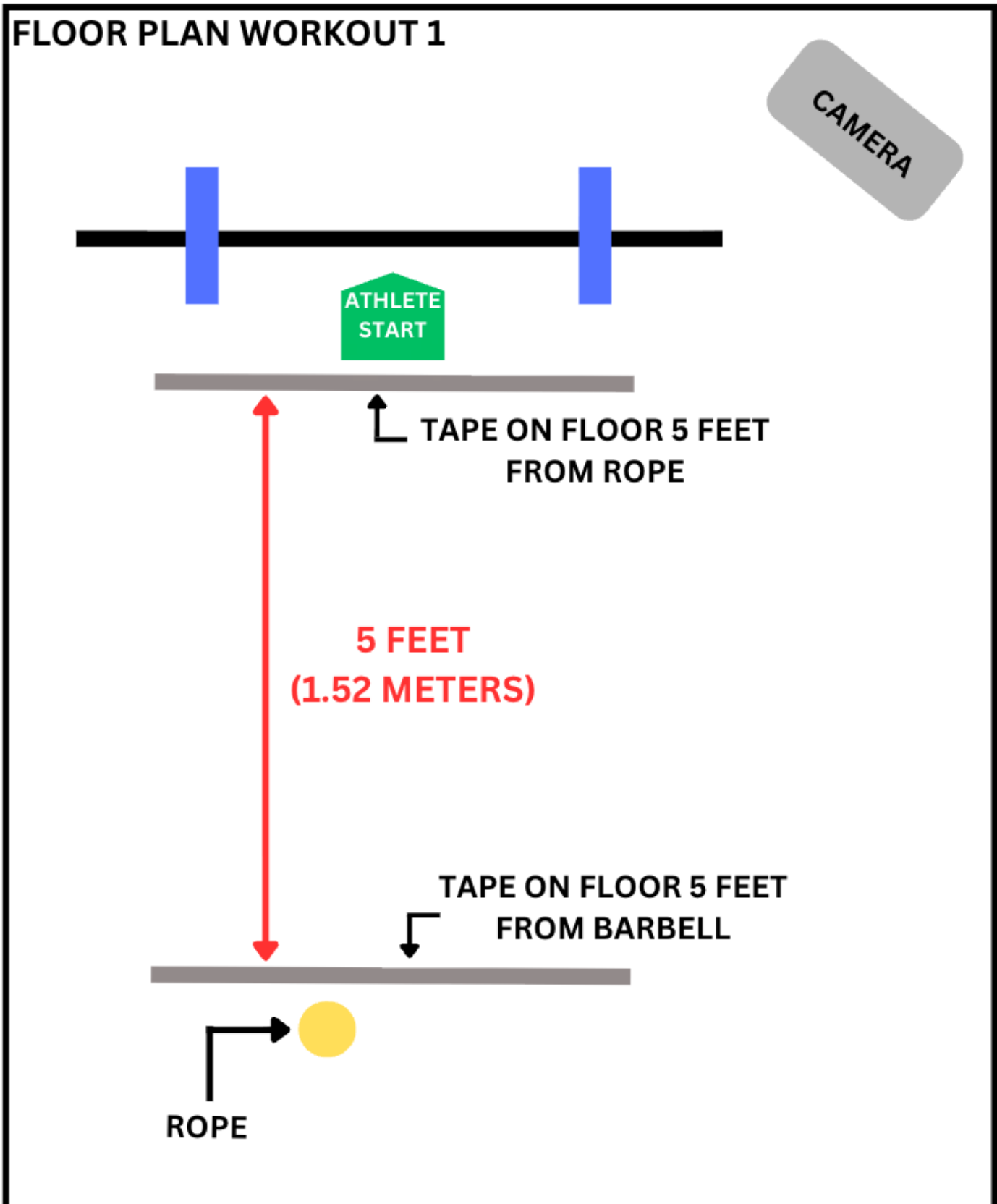
- The following penalties will be applied from the athlete's total score:
 - False start, moving to touch the barbell before "go" = 5-second penalty
 - No-rep on the hang cleans = 2-second penalty
 - No-rep on a rope climb, to include any reps completed with the barbell closer than 5 feet or receiving assistance steadying the rope = 10-second penalty
 - Receiving any assistance with barbell = 5-second penalty for each instance
- If an athlete advances before completing the specified number of reps or meters/calories, their score will stop at the last correctly completed rep.
 - For example, the athlete is required to do 6 reps but moves on at Rep 4. The athlete's score will be 4, 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** 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

HANG CLEAN

REQUIREMENTS



1. Start each rep with the bar in the hang position.
 - A clean from the ground is allowed, but not required, to start a set.
 - The barbell must be below the hips with the arms extended (straight) at the beginning of each rep.
2. The bar must be lifted to the shoulders.
 - Any style of 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.



- ✘ Not straightening the arms in the hang position.

NOTES:

- Stepping on or over the line 5 feet from the rope.
- Any rep(s) completed facing away from the camera will **NOT** count.

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 barbell.
- When measuring the 15-foot 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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18 HANG CLEANS	18	
1 ROPE CLIMB	19	
15 HANG CLEANS	34	TIME
2 ROPE CLIMBS	36	
12 HANG CLEANS	48	TIME
3 ROPE CLIMBS	51	
9 HANG CLEANS	60	TIME
4 ROPE CLIMBS	64	
6 HANG CLEANS	70	TIME
5 ROPE CLIMBS	75	
3 HANG CLEANS	78	TIME
6 ROPE CLIMBS	84	

Head Judge _____
Head Judge Name

Time or Reps at 15 Min. _____

Judge _____
Judge Name

Tiebreak Time _____

Athlete _____
Athlete Name

Athlete Signature

Athlete Copy

INDIVIDUAL SEMIFINALS WORKOUT 1

Time or Reps at 15 Min. _____

Tiebreak Time _____

SHOP YETI



HEAD JUDGE _____
Head Judge Name Judge Name Judge Signatures

AFFILIATE _____ DATE _____

ATHLETE _____
Athlete Name Athlete Signature

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 on the score submission screen:
 - L1 Certificate or higher
 - Advanced Judges Course
 - Valid judges names will auto populate, judges whose credentials are not valid will not appear as options.
- 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.