

WORKOUT 2

For time:

30 lateral burpee box jump-overs
40-calorie row
30 deadlifts
40-calorie row
30 lateral burpee box jump-overs

♀ 225 lb (102 kg), 24-inch box

♂ 315 lb (143 kg), 30-inch box

Time cap: 15 minutes

QUICK START

- Start standing tall next to the box.
- At “go,” complete 30 lateral burpee box jump-overs.
 - Athletes **MUST** use a setup that ensures the chest is visible on the ground on both sides of the box.
- Then, move to the rower and complete a 40-calorie row.
- Next, move to the barbell and complete 30 deadlifts.
 - Athletes must face the camera during the deadlifts.
- Then, return to the rower for a second 40-calorie row.
 - Athletes may have assistance resetting the rower.
- Finally, return to the box and complete 30 lateral burpee box jump-overs.
- Your score will be the total time taken to complete the workout.
 - Time stops when both feet are on the ground on the opposite side of the box on the final burpee box jump-over.

NOTES

- The rower must be 5 feet (1.52 meters) from the box and 5 feet from the barbell.
- Gymnastics grips are not allowed during this workout.

TIEBREAK

- Record the time after each 40-calorie row. The **LAST** completed 40-calorie row 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

- Box of appropriate height — the top of the box must be at least 15-by-15 inches (38-by-38 centimeters).
- Rogue Echo rower or C2 rower are the only rowers permitted.
- 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

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 to the athlete's finishing time:
 - False start, moving to begin the lateral burpees prior to "go" = 5-second penalty
 - Receiving any assistance with barbell = 5-second penalty for each instance
 - Burpee no-rep = 4-second penalty
 - Leaving the rower at 39 calories before the monitor reaches 40 = 10-second penalty
 - Deadlift no-rep = 5-second penalty
- 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.

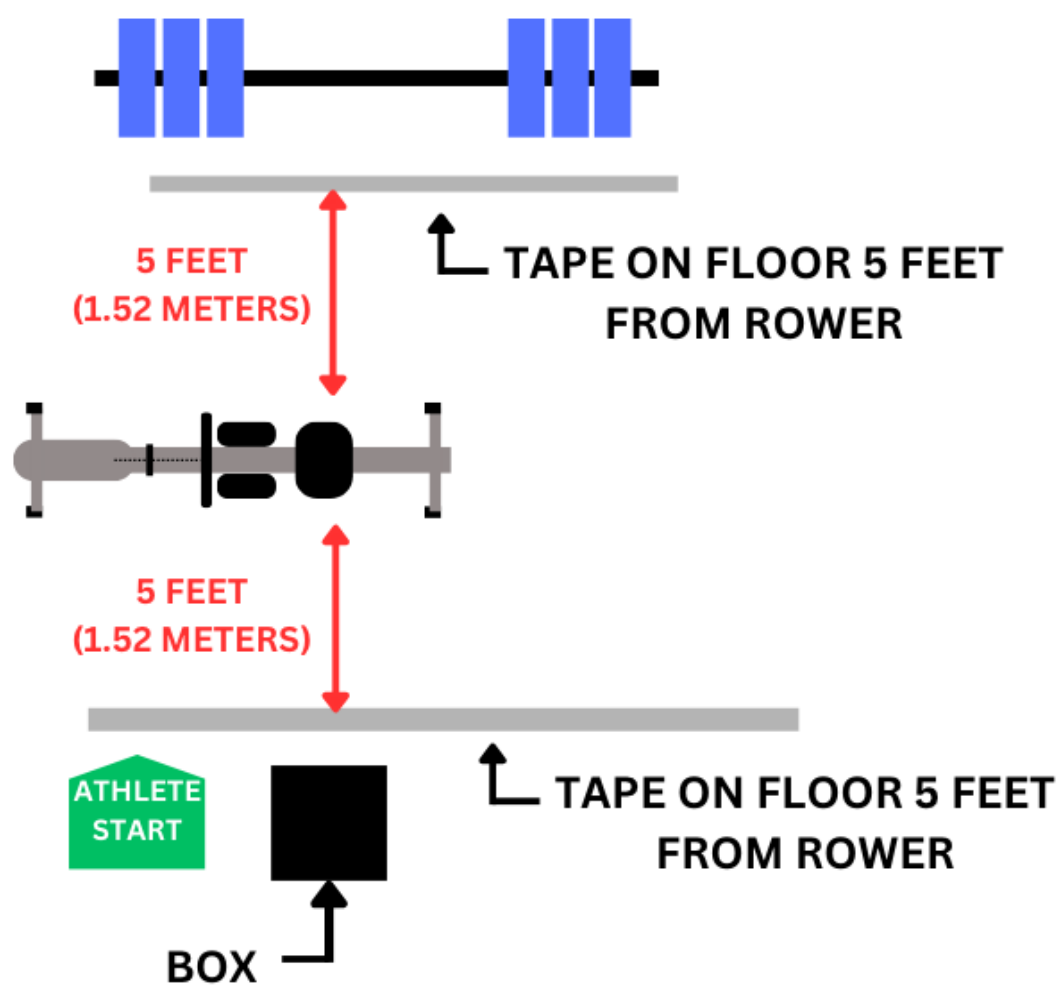
See Section 4, "Online Semifinals," in the [2026 CrossFit Games Rulebook](#) for video review penalty information.



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.

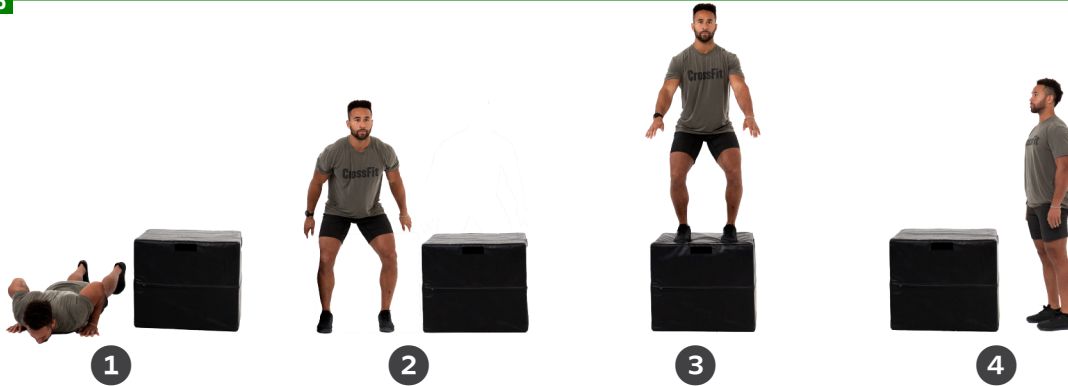
FLOOR PLAN WORKOUT 2



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 **BOTH** sides of the box.

2. Return to both feet with the hands off the floor before jumping to the box.

- A two-foot takeoff **MUST** be used.
- A two-foot landing is **NOT** required.
- Both feet must make contact with the top of the box.

3. Only the feet may make contact with the box.

- There is no hip or knee extension requirement on top of the box.
- Alternatively, you may jump completely over the box.

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.
- Crossing or touching the 5-foot line between the box and the rower is expected (and acceptable) during this movement.

COMMON NO-REPS

NOTE: This list is not exhaustive.



✗ Chest and thighs not touching the ground.

✗ Stepping up to the box or using a single-foot jump.

✗ 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. If the chest is not visible on camera (e.g., behind the box) at the bottom of the burpee, the rep will not count.

MOVEMENT STANDARDS

ROW

REQUIREMENTS



1. The monitor must be set to 0 at the beginning of each row.
 - The monitor must count **UP** to the designated calories.
 - Any damper setting may be used at any time.
2. Remain seated until the monitor clearly reads 40 calories.

NOTE:

- Gymnastics grips are not allowed during this workout.
- The monitor **MUST** be clearly shown at the end of each row.
- The camera may be moved to meet this requirement. Using multiple cameras is **NOT** allowed.
- Athletes may receive assistance resetting the rower between rounds.
- If the time cap is reached during the row, record the calories completed when the rower comes to rest.

COMMON NO-REPS

NOTE: This list is not exhaustive.

- ✘ Standing up from the rower prior to reaching 40 calories.
- ✘ Starting the final round without resetting the monitor to 0.

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.

NOTE:

- Athletes **MUST** face the camera when performing deadlifts.
- Feet and barbell must remain behind the line 5 feet from the rower.
- Gymnastics grips are not allowed during this workout.

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.



- ❌ Deliberately bouncing the bar.

ADDITIONAL:

- ❌ Any reps completed facing away from the camera will **NOT** count.
- ❌ Stepping on or over the line 5 feet from the rower.

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30 BURPEE BOX JUMP-OVERS	30	
40-CALORIE ROW	70	
30 DEADLIFTS	100	TIME
40-CALORIE ROW	140	
30 BURPEE BOX JUMP-OVERS	170	TIME

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 2

Time or Reps at 15 Min. _____

Tiebreak Time _____

FREE WRISTBANDS

HEAD JUDGE _____
Head Judge Name Judge Name Judge Signatures

SCAN TO SUBMIT SCORE



AFFILIATE _____ DATE _____



ATHLETE _____
Athlete Name Athlete Signature

VELITES

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.