

### WORKOUT 3

For time:

3 rounds of:

30 wall-ball shots

100-foot (4x25 feet) handstand walk

100 double-unders

Then, 3 rounds of:

15 wall-ball shots

50-foot (2x25 feet) handstand walk

50 double-unders

♀ 20-lb (9-kg) medicine ball, 10-foot target

♂ 30-lb (14-kg) medicine ball, 10-foot target

**Time cap: 25 minutes**

### QUICK START

- Start standing tall.
- At “go,” pick up the medicine ball and complete 30 wall-ball shots.
- Then, perform a 100-foot (30.48-meter) handstand walk, completed in 25-foot (7.62-meter) sections.
  - Each 25-foot (7.62-meter) section will count as 1 repetition.
  - Athletes must use a 25-foot (7.62-meter) floor setup.
- Next, move to the jump rope and complete 100 double-unders.
- Continue until you have completed 3 rounds of 30 wall-ball shots, a 100-foot handstand walk, and 100 double-unders.
- Then, return to the wall for 15 wall-ball shots.
- Then, perform a 50-foot (15.24-meter) handstand walk, completed in 25-foot (7.62-meter) sections.
  - Each 25-foot (7.62-meter) section will count as 1 repetition.
  - Athletes must use a 25-foot (7.62-meter) floor setup.
- Next, move to the jump rope and complete 50 double-unders.
- Complete a total of 3 rounds of 15 wall-ball shots, a 50-foot handstand walk, and 50 double-unders.
- Time stops when the feet touch the ground after the final double-under.
- Your score will be the time it takes to complete all 6 rounds of the workout.

### NOTES

- During the handstand walk, each 25-foot section is considered 1 rep.
- Athletes must use a 25-foot floor setup.
- If the time cap is reached in the middle of a 25-foot section, the athlete will not receive credit for that rep.

### 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, the athlete with the faster tiebreak time will win.

### EQUIPMENT

- Medicine ball of appropriate weight
- 10-foot wall-ball shot target
- Jump rope
- Tape **MUST** be used to mark the 25-foot (7.62-meter) lines of the handstand walk.

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.

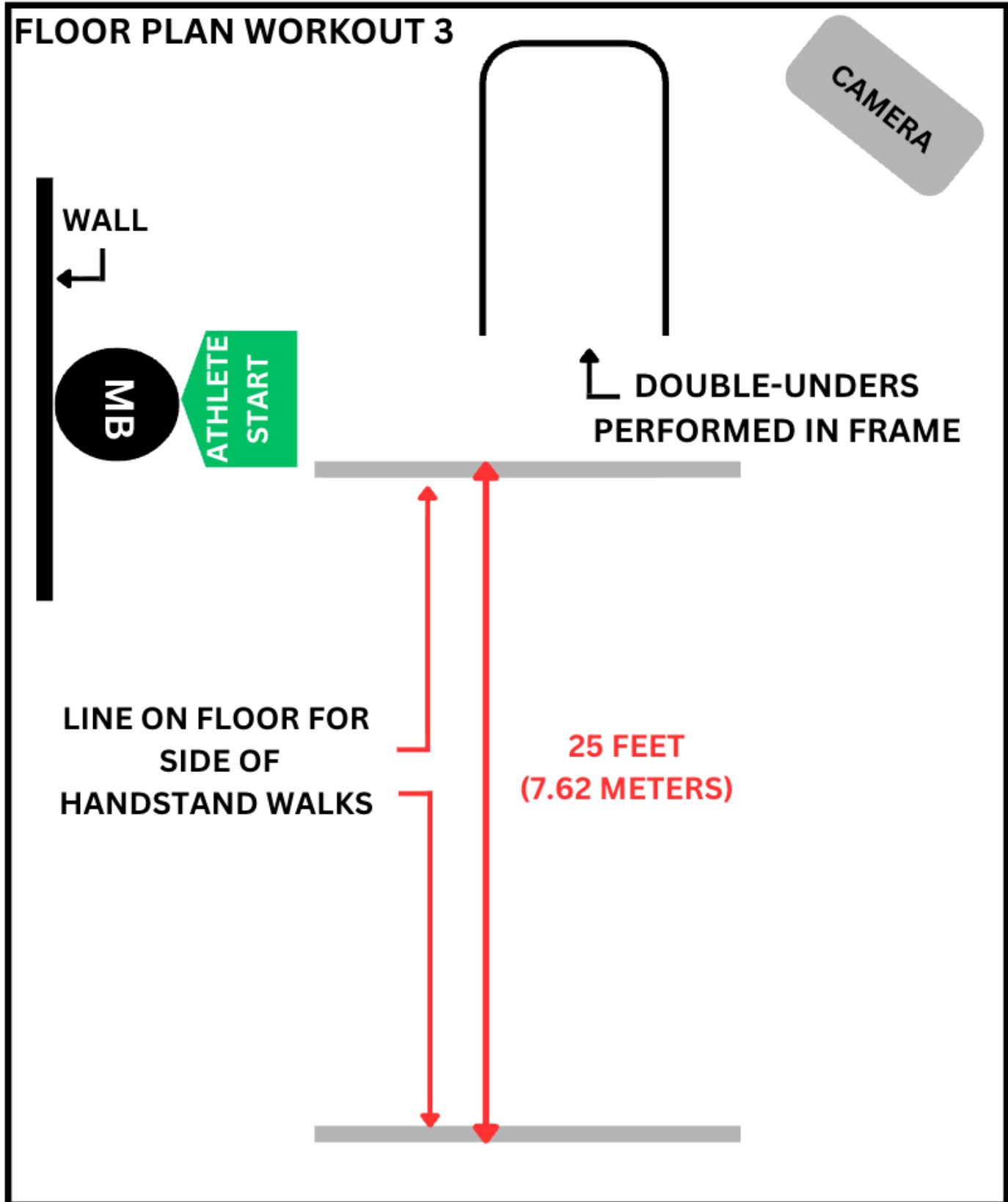
- The following penalties will be applied to the athlete's finishing time:
  - False start, moving to touch the medicine ball before "go" = 5-second penalty
  - No-rep on wall-ball shots = 2 seconds per rep
  - Penalty on handstand walk = 30-second penalty
  - Penalty on double-unders = 2-second penalty
  - Receiving any assistance with the equipment = 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** 25-foot distances.

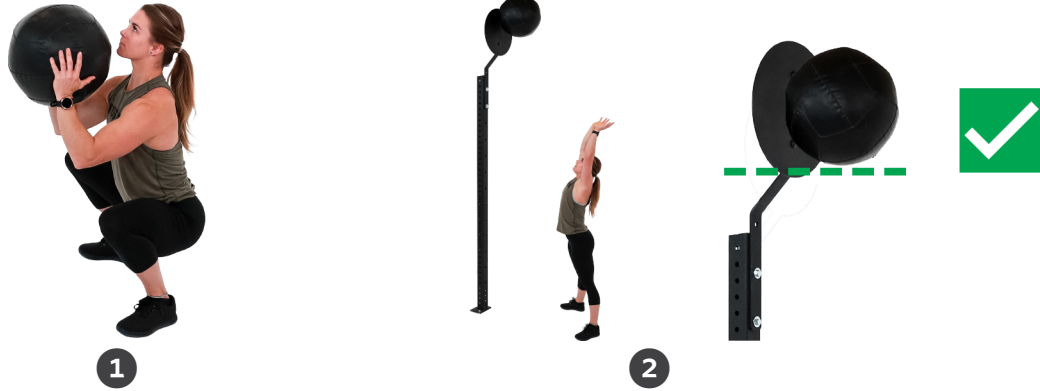
Any floor plan that allows for the 25-foot distances and full video-capture of each movement may be used.



## MOVEMENT STANDARDS

### WALL-BALL SHOT

#### REQUIREMENTS



1. Each rep starts with the ball in the support position in front of the body.
  - A squat clean is allowed, but not required, to start a set.
  - Squat until the crease of the hip is clearly below the knees (below parallel).
2. The rep is credited when the center of the ball hits the target clearly **ABOVE** the specified height.

#### COMMON NO-REPS

NOTE: This list is not exhaustive.



✗ Squatting at or above parallel.



✗ The ball hitting low on the target.



✗ The ball not making contact with the wall/target.

#### ADDITIONAL:

✗ Allowing the ball to drop from the target and catching it on the bounce/rebound.

## 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 (7.62-meter) section, you must repeat the entire section.
  - You are not required to kick down after completing a segment.

#### NOTES:

- Each 25-foot length will count as 1 rep.
- Athletes **MUST** use a camera setup that clearly shows the entire body, including a clear view of the hands, during the handstand walk.
- There is no designated width of the handstand walk lane.

#### 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

### 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.

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**Time cap: 25 minutes**

|                                |     |     |     |     |     |             |
|--------------------------------|-----|-----|-----|-----|-----|-------------|
| <b>30 WALL-BALL SHOTS</b>      |     |     |     |     | 30  |             |
| <b>100-FOOT HANDSTAND WALK</b> | 31  | 32  | 33  | 34  |     |             |
| <b>100 DOUBLE-UNDERS</b>       |     |     |     |     | 134 |             |
| <b>30 WALL-BALL SHOTS</b>      |     |     |     |     | 164 | <b>TIME</b> |
| <b>100-FOOT HANDSTAND WALK</b> | 165 | 166 | 167 | 168 |     |             |
| <b>100 DOUBLE-UNDERS</b>       |     |     |     |     | 268 |             |
| <b>30 WALL-BALL SHOTS</b>      |     |     |     |     | 298 | <b>TIME</b> |
| <b>100-FOOT HANDSTAND WALK</b> | 299 | 300 | 301 | 302 |     |             |
| <b>100 DOUBLE-UNDERS</b>       |     |     |     |     | 402 |             |
| <b>15 WALL-BALL SHOTS</b>      |     |     |     |     | 417 | <b>TIME</b> |
| <b>50-FOOT HANDSTAND WALK</b>  | 418 |     | 419 |     |     |             |
| <b>50 DOUBLE-UNDERS</b>        |     |     |     |     | 469 |             |
| <b>15 WALL-BALL SHOTS</b>      |     |     |     |     | 484 | <b>TIME</b> |
| <b>50-FOOT HANDSTAND WALK</b>  | 485 |     | 486 |     |     |             |
| <b>50 DOUBLE-UNDERS</b>        |     |     |     |     | 536 |             |
| <b>15 WALL-BALL SHOTS</b>      |     |     |     |     | 551 | <b>TIME</b> |
| <b>50-FOOT HANDSTAND WALK</b>  | 552 |     | 553 |     |     |             |
| <b>50 DOUBLE-UNDERS</b>        |     |     |     |     | 603 |             |

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

Time or Reps at 25 Min. \_\_\_\_\_

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

Tiebreak Time \_\_\_\_\_

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

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

Athlete Copy

### INDIVIDUAL SEMIFINALS WORKOUT 3

Time or Reps at 25 Min. \_\_\_\_\_

Tiebreak Time \_\_\_\_\_



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](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.