

WORKOUT 4

For time:

5-4-3-2-1 reps of snatches

5 shuttle runs (50 feet) after each set

♀ 155 lb (70 kg)

♂ 225 lb (102 kg)

Time cap: 10 minutes

QUICK START

- Start standing tall, facing the barbell.
- At "go," complete 5 snatches.
 - Athletes must face the camera during the snatches.
- Then, complete 5, 50-foot shuttle runs.
 - Athletes must use a 25-foot (7.62-meter) setup.
 - Each 50 feet (25 feet out and 25 feet back) will count as 1 rep.
- Next, return to the barbell and complete 4 snatches.
- Then, complete 5, 50-foot shuttle runs.
- Repeat this sequence with 3 snatches, 2 snatches, and 1 snatch, completing 5, 50-foot shuttle runs after each set of snatches.
- Your score will be the total time taken to complete all of the reps.
- Time stops when you cross the finish line of the final shuttle run.

NOTES

- It is recommended to have 10 feet of unobstructed space in all directions for performing snatches.

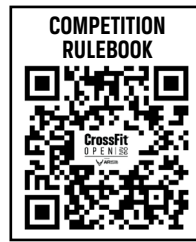
TIEBREAK

- 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

- 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 25-foot (7.62-meter) lines of the shuttle run.

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 total score:
 - False start, moving to touch the barbell before "go" = 5-second penalty
 - No-rep on snatches = 10 seconds per rep
 - No-rep on shuttle run = 15-second penalty
 - Receiving assistance with the 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 5 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.

FLOOR PLAN WORKOUT 4

LINES ON FLOOR FOR
SIDE OF SHUTTLE
RUNS

25 FEET
(7.62 METERS)

ATHLETE
START

CAMERA

MOVEMENT STANDARDS

SNATCH

REQUIREMENTS



1. Each rep starts with the bar on the ground.
2. The barbell must be lifted overhead in one motion (no clean and jerks).
 - Any style of snatch is permitted, **EXCEPT** a hang snatch.
3. The rep is credited when:
 - Hips, knees, and arms are extended.
 - The bar is over the middle of or slightly behind the body when viewed from profile.
 - The feet are in line.

NOTE: Athletes must face the camera during the snatches.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Lowering the bar before full extension of the knees, hips, or arms.



- ✗ Finishing with the bar in front of the body.



- ✗ Deliberately bouncing the barbell between consecutive reps.

ADDITIONAL:

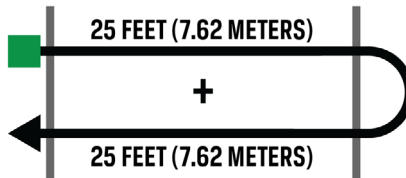
- ✗ The knee, or any other part of the body except the feet, touching the floor.
- ✗ Receiving assistance with the bar at any time may result in a penalty.
- ✗ Any repetitions performed facing away from the camera.

MOVEMENT STANDARDS

SHUTTLE RUN

REQUIREMENTS

1 REP = 50 FEET (15.24 METERS)



1



2



3

1. Both feet begin behind the start line.
2. Both feet must cross the line, **AND** one hand must touch the ground past the line at every turnaround.
3. Each rep of the shuttle run is credited when the athlete has traveled 25 feet down and 25 feet back (50 feet total).
 - The athlete can simply run past the start/finish line to complete the 5th (final) rep.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Turning around with only one foot across the line.



- ✗ Turning around with one or both feet on the line.

ADDITIONAL:

- ✗ Missing the touch of the hand over the line.

NOTE: If an athlete is given a no-rep, they must return to the side of the no-rep and perform the turnaround again correctly.

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5 SNATCHES	5	
5 SHUTTLE RUNS	10	
4 SNATCHES	14	TIME
5 SHUTTLE RUNS	19	
3 SNATCHES	22	TIME
5 SHUTTLE RUNS	27	
2 SNATCHES	29	TIME
5 SHUTTLE RUNS	34	
1 SNATCH	35	TIME
5 SHUTTLE RUNS	40	

Head Judge _____
Head Judge Name

Time or Reps at 10 Min. _____

Judge _____
Judge Name

Tiebreak Time _____

Athlete _____
Athlete Name

Athlete Signature

Athlete Copy

INDIVIDUAL SEMIFINALS WORKOUT 4

Time or Reps at 10 Min. _____

Tiebreak Time _____

LIFT WITH 2POOD



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.