

WORKOUT 1

All for time:

Male/Female Pair 1:

- 1,000/800-meter row
- 30 synchro chest-to-bar pull-ups
- 20 strict chest-to-wall handstand push-ups

Male/Female Pair 2:

- 1,000/800-meter row
- 30 synchro chest-to-bar pull-ups
- 20 strict chest-to-wall handstand push-ups
- 1,000/800-meter row
- 30 synchro chest-to-bar pull-ups
- 10 handstand walks (25 feet)

Male/Female Pair 1:

- 1,000/800-meter row
- 30 synchro chest-to-bar pull-ups
- 10 handstand walks (25 feet)

Time cap: 30 minutes

QUICK START

- Start with one pair (one man and one woman) seated on rowers with their hands off the handle.
- At “go,” the pair begins to row. The male athlete must complete 1,000 meters and the female athlete must complete 800 meters.
- When both athletes have completed their row, they move to the pull-up bar.
 - If one athlete finishes ahead of the other, they may stage at the pull-up bar.
 - Athletes must face the camera.
- The pair then completes 30 synchronized chest-to-bar pull-ups.
- Then, the pair must complete 20 strict chest-to-wall handstand push-ups (total).
 - Only one athlete may work at a time.
 - Athletes can switch at any time.
 - There is no minimum or maximum number of reps either athlete must complete.
- The second pair starts on rowers with hands off the handles.
- As soon as the first male and female pair have completed their strict chest-to-wall handstand push-ups (lockout of the final rep), the second pair can begin rowing.
 - The rowers must be reset to 0 before starting the row.
 - The first pair will rest.
- The second male and female pair complete 1,000/800 meters of rowing, 30 synchro chest-to-bar pull-ups, and 20 strict chest-to-wall handstand push-ups in the same manner as the first pair.
- Then, without rest, the same second male and female pair return to the rower and complete 1,000/800 meters of rowing, and 30 synchro chest-to-bar pull-ups.
- The second man and woman finish by completing 10 reps of a 25-foot handstand walk (total).
 - Athletes can switch at any time.
 - Only one athlete may work at a time.
 - There is no minimum or maximum amount of work either athlete must complete.
 - The first pair may stage on the rowers with hands off of the handles.

QUICK START (CONTINUED)

- As soon as the second pair have completed their handstand walks (both hands on the ground past the line), the first pair can begin their final row.
 - The rowers must be reset to 0 before starting each row.
- The first pair completes 1,000/800 meters of rowing, 30 synchro chest-to-bar pull-ups, and 10 reps of a 25-foot handstand walk in the same manner as the second pair.
- Time stops when the final handstand walk is complete (both hands touch the ground past the line).
- The team's score is the total time taken to complete the workout.

NOTES

- The camera may be repositioned to capture the monitors on the rowers and/or handstand walk.
- Pairs may stage on the rower while they wait for the other athletes to complete their work.
- The team may use only **ONE** handstand push-up station and **ONE** handstand-walk track.
- Rowers must be reset to 0 before starting each row.
- The working pair may complete the strict chest-to-wall handstand push-ups and handstand walking in any order, and may switch at any time.
- For safety, the rowers must be placed at least 5 feet in front of or behind the pull-up bars and 5 feet from the handstand push-up station.
- Athletes must face the camera during the chest-to-bar pull-ups.

TIEBREAK

- A tiebreak time will be taken after each set of chest-to-bar pull-ups.
- Teams who finish the workout will not enter a tiebreak time.
- In the event of a tie on reps completed, the time of the last set of chest-to-bar pull-ups will be entered as the tiebreak time. The team with the faster time will win the tie.

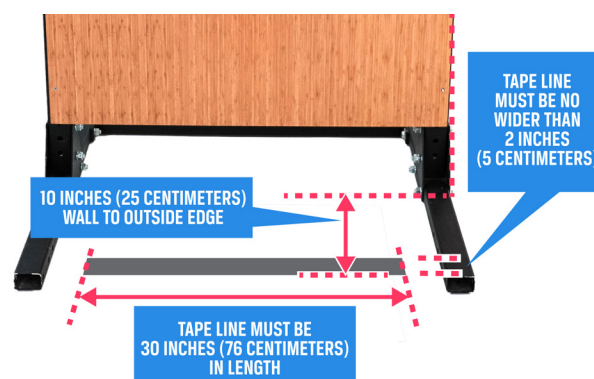
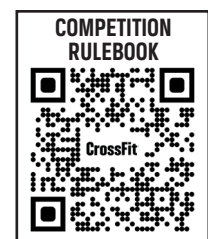
SYNCHRO REQUIREMENTS

- Chest-to-bar pull-ups: Pairs must make contact with the pull-up bar at the same time.

EQUIPMENT

- Two rowers
 - Must be Concept2 or Rogue Echo rowers. No other brands are allowed.
- Pull-up bar
- Handstand push-up station
- 25-foot handstand-walk track
- Tape to mark the handstand push-up station and handstand walk

Refer to APPENDIX D in the [2026 CrossFit Games Rulebook](#) for complete equipment details and video submission standards.

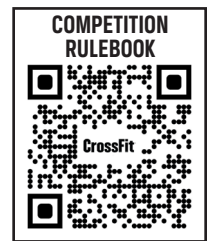


PENALTIES

Penalties may be applied to the team's total score if CrossFit HQ conducts a review of your video. CrossFit will review videos that receive significant public downvotes.

- The following penalties will be applied to the team's total score:
 - False start, touching the handle on the rower before "go" or before the previous pair completes their work = 5-second penalty per instance
 - Leaving the rower before 1,000/800 meters are reached = 10-second penalty
 - Chest-to-bar no-rep = 2-second penalty per rep
 - Handstand push-up no-rep = 2-second penalty
 - Penalty on handstand walk = 30-second penalty
- If a team advances before completing the specified number of reps or meters, their score will stop at the last correctly completed rep.
 - For example, the team is required to do 5 reps but moves on at Rep 4. The team'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 timer) 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.

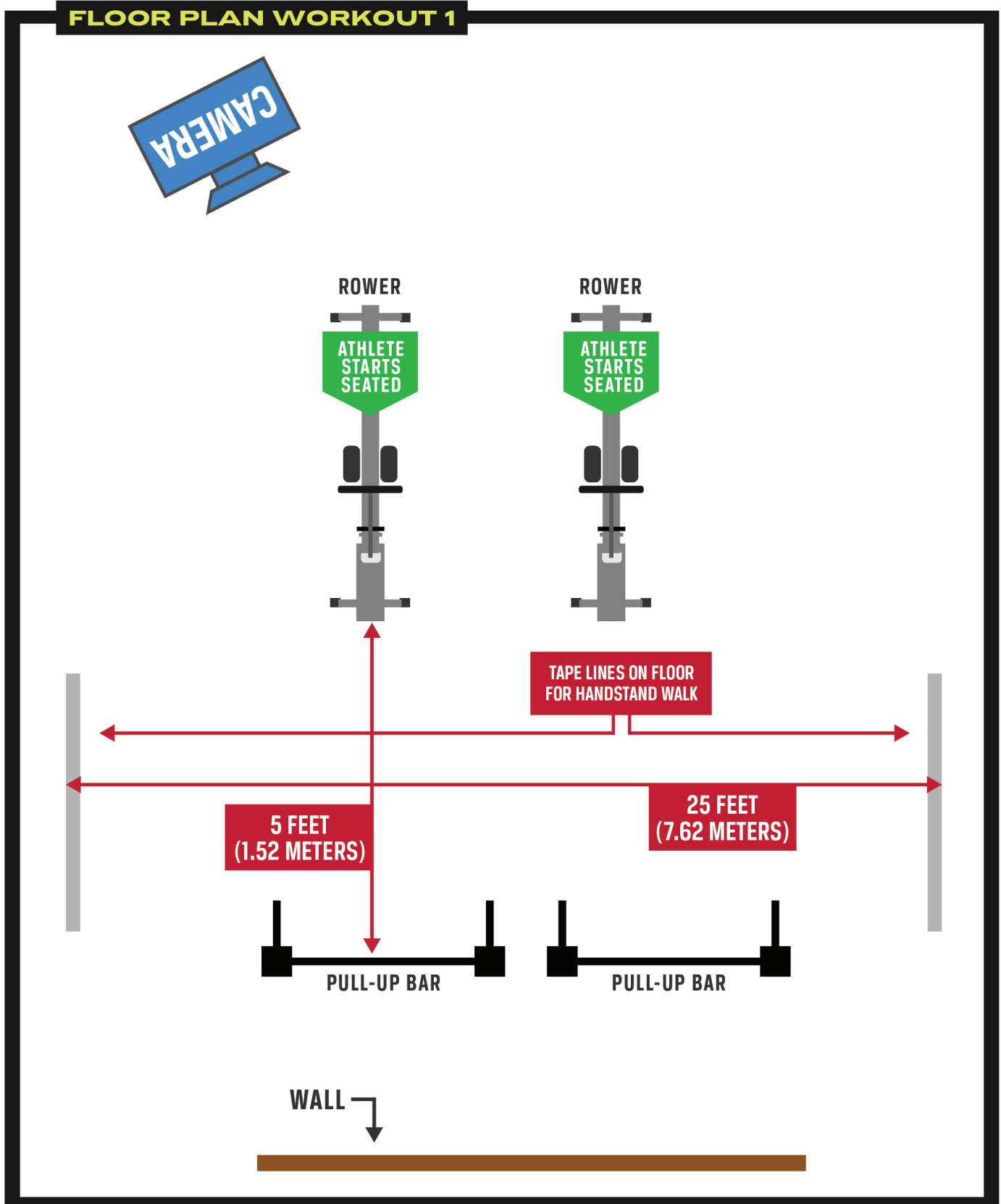


SHOP ROGUE GEAR



The floor plan below is one option based on the **REQUIRED** 5-foot distances.

Any floor plan that allows for the 5-foot distances, 25-foot handstand walk lines, and full video-capture of each movement may be used.



MOVEMENT STANDARDS

ROW

REQUIREMENTS



1



2

1. The monitor on the rower must be set to 0 at the beginning of each row and must count up to the designated distance.

- Men must row 1,000 meters.
- Women must row 800 meters.
- Teammates **MAY** reset the rower for each other between rounds.

2. Athletes must stay seated on the rower until the monitor reads the designated distance.

- If an athlete finishes ahead of their partner, they may stage at the pull-up bar and wait for their partner.

NOTES:

- Gymnastics grips are not allowed on the rower.
- The monitors **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 meters completed when the rower comes to rest. Every 100 meters (rounded down) will count as 1 rep.
 - For example, the monitor reads 287 meters when it comes to rest.
 - This will be recorded as 2 reps completed during the row.

COMMON NO-REPS

NOTE: This list is not exhaustive.

- ✗ Starting a row without resetting the rower to 0.
- ✗ Standing up from the rower prior to reaching the designated distance.
- ✗ Setting up the rower closer than 5 feet in front of or behind the pull-up bar or 5 feet from the handstand push-up station.

MOVEMENT STANDARDS

SYNCHRO CHEST-TO-BAR PULL-UP

REQUIREMENTS



1. Each rep starts with both athletes' arms fully extended and feet off the ground.
 - Any style of grip is permitted.
2. The rep is credited when both athletes' chests clearly contact the bar at or below the collarbone at the same time.
 - If one athlete reaches the top ahead of the other, they may wait for their partner.

NOTES:

- Any style of pull-up is permitted, as long as the criteria above are met.
- Athletes must face the camera during the chest-to-bar pull-ups.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Starting a rep without full extension of the arms.



- ✗ Making contact with the bar above the collarbone (neck or throat).



- ✗ Missing contact with the pull-up bar.

ADDITIONAL:

- ✗ Athletes not making contact at the same time (not synchro).
- ✗ Not facing the camera.
- ✗ Any repetitions completed with the rower(s) closer than 5 feet in front of or behind the pull-up bar.

MOVEMENT STANDARDS

STRICT CHEST-TO-WALL HANDSTAND PUSH-UP

REQUIREMENTS



1. Each rep begins and ends in the lockout position with:

- Both hands touching the tape line. Any portion of the hands may be touching the line (fingers **OK**).
- Toes against the wall.
- Both arms fully extended and shoulders in line with the body. The arms must be fully extended and in line with the body before descending.
- There is no requirement for how an athlete gets into the starting position (lockout) against the wall.
- The legs **AND** hips must remain extended throughout the entire movement.

2. At the bottom, the head must make contact with the ground.

- The head does **NOT** need to touch the tape line.

3. Each rep is credited when the athlete returns to the lockout position with:

- Toes on the wall.
- Arms, hips, and legs fully extended.
- Shoulders in line with the body.

NOTES:

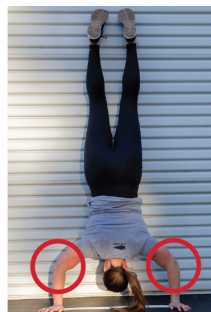
- Teams may only set up one handstand push-up station.
- Only one athlete may work at a time.
- The working pair may switch at any time
- There is no minimum number of repetitions required by either teammate.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ One or both hands coming off the designated tape line.



- ✗ Not reaching the correct finishing position.



- ✗ Any part of the foot wider than the width of the hands at lockout.

ADDITIONAL:

- ✗ Kipping or any assistance with the hips/legs.
- ✗ Any repetitions completed with the rower(s) closer than 5 feet to the handstand push-up station.

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

NOTES:

- Each 25-foot length will count as 1 rep.
- Only one athlete may work at a time.
- There is no minimum number of reps required by either athlete.
- 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.
- ✗ Starting a section before your partner has crossed the line at the end of a section (or has come down due to a failed section).

NOTE: If an athlete receives a no-rep, they may switch with the resting athlete in their pair. If an athlete is mid-section at the time cap, they will **NOT** get credit for that repetition.

WORKOUT 1

All for time:

Male/Female Pair 1:

- 1,000/800-meter row
- 30 synchro chest-to-bar pull-ups
- 20 strict chest-to-wall handstand push-ups

Male/Female Pair 2:

- 1,000/800-meter row
- 30 synchro chest-to-bar pull-ups
- 20 strict chest-to-wall handstand push-ups
- 1,000/800-meter row
- 30 synchro chest-to-bar pull-ups
- 10 handstand walks (25 feet)

Male/Female Pair 1:

- 1,000/800-meter row
- 30 synchro chest-to-bar pull-ups
- 10 handstand walks (25 feet)

Time cap: 30 minutes

MALE/FEMALE PAIR 1	1,000/800-METER ROW	18	TIME
	30 SYNCHRO CHEST-TO-BAR PULL-UPS	48	
	20 STRICT CHEST-TO-WALL HANDSTAND PUSH-UPS	68	
MALE/FEMALE PAIR 2	1,000/800-METER ROW	86	TIME
	30 SYNCHRO CHEST-TO-BAR PULL-UPS	116	
	20 STRICT CHEST-TO-WALL HANDSTAND PUSH-UPS	136	
	1,000/800-METER ROW	154	
	30 SYNCHRO CHEST-TO-BAR PULL-UPS	184	
	10 HANDSTAND WALKS (25 FEET)	194	
MALE/FEMALE PAIR 1	1,000/800-METER ROW	212	TIME
	30 SYNCHRO CHEST-TO-BAR PULL-UPS	242	
	10 HANDSTAND WALKS (25 FEET)	252	

Head Judge _____
Head Judge Name

Tiebreak Time _____

Judge _____
Judge Name

Time or Reps at 30 Min. _____

Team _____
Team Name

Athlete Signature

Athlete Copy

TEAM SEMIFINALS - WORKOUT 1

Tiebreak Time _____

Time or Reps at 30 Min. _____



Head Judge _____
Head Judge Name Judge Name Judge Signatures

Affiliate _____ Date _____

Team _____
Team Name Athlete Signature



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 it written on a whiteboard.
- 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.