

WORKOUT 2

2022 TQF2 Repeat

For time:

- 15 synchro line-facing burpees
- 2 shuttle runs (Pair 1)
- 2 shuttle runs (Pair 2)
- 20 synchro line-facing burpees
- 3 shuttle runs (Pair 1)
- 3 shuttle runs (Pair 2)
- 25 synchro line-facing burpees
- 4 shuttle runs (Pair 1)
- 4 shuttle runs (Pair 2)
- 30 synchro line-facing burpees
- 5 shuttle runs (Pair 1)
- 5 shuttle runs (Pair 2)
- 25 synchro line-facing burpees
- 4 shuttle runs (Pair 1)
- 4 shuttle runs (Pair 2)
- 20 synchro line-facing burpees
- 3 shuttle runs (Pair 1)
- 3 shuttle runs (Pair 2)
- 15 synchro line-facing burpees
- 2 shuttle runs (Pair 1)
- 2 shuttle runs (Pair 2)

Time cap: 20 minutes

QUICK START

- Start with all four athletes standing behind the start line.
- At “go,” the team will run across the floor to the opposite side and begin their first set of synchronized line-facing burpees.
 - The first repetition of each round of burpees must begin with all athletes facing the start line.
- When the team has completed the burpees, any two athletes begin the shuttle runs, starting behind the burpee line.
 - The team may choose any two athletes to run first.
 - These do not need to be the same athletes or pairs from round to round.
- The first two athletes must complete the shuttle runs before the next two athletes run.
- When all athletes have completed the runs, the team will start the next set of burpees.
- The team will continue in this order until the workout is complete or the time cap is reached.
- Time stops when the final two athletes cross the finish line after their last shuttle run.
- The team’s score is the total time taken to complete the workout or the number of repetitions completed at the time cap.

TIEBREAK

- A tiebreak time will be taken after each round of shuttle runs is completed by both pairs. The team’s last completed shuttle run will be used as a tiebreak.
- Teams that finish the workout will not enter a tiebreak time.
- If teams tie on total reps completed, the team with the faster tiebreak time will win the tie.

SYNCHRO REQUIREMENTS

- Synchro burpees: All four athletes must have their chest and thighs on the ground at the same time.

EQUIPMENT

- Tape to mark the shuttle run distance and burpee line.

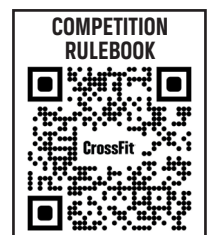
Refer to APPENDIX D in the [2026 CrossFit Games Rulebook](#) for complete equipment details and video submission standards.

PENALTIES

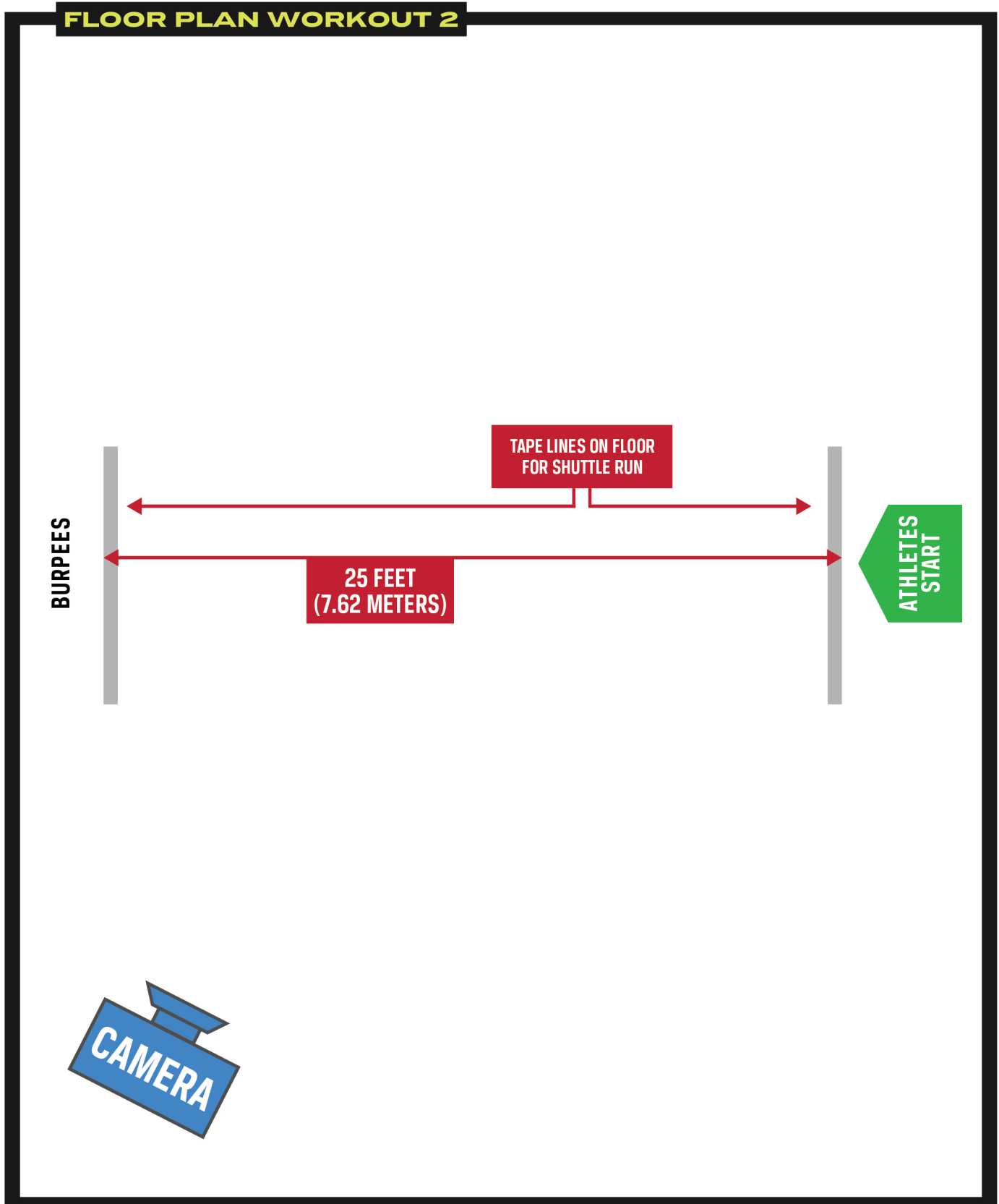
Penalties may be applied to the team’s total score if CrossFit HQ conducts a review of your video. CrossFit will review videos that receive significant public downvotes.

- The following penalties will be applied to the team’s total score:
 - False start, crossing the line before “go” = 5-second penalty
 - Shuttle-run no-rep = 15-second penalty
 - Burpee no-rep = 4-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 athlete/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.



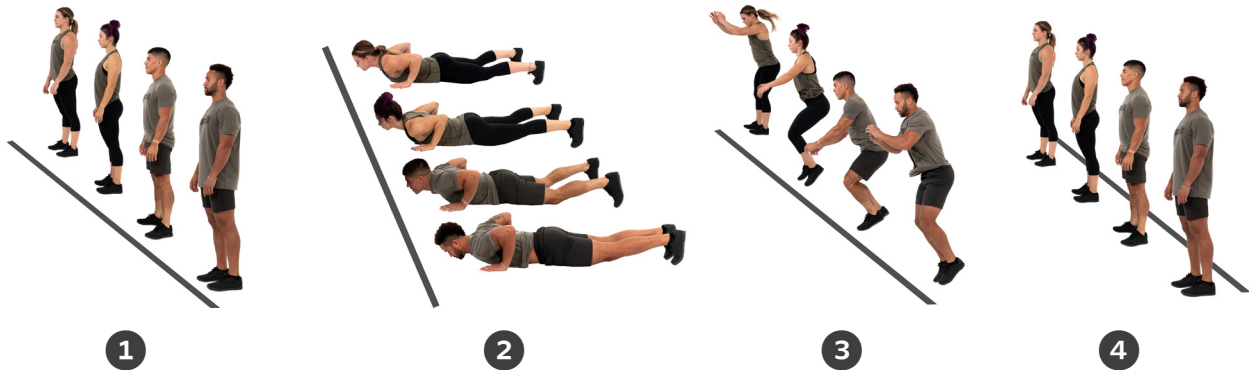
The floor plan below is one option based on the **REQUIRED** 25-foot distances.
Any floor plan that allows for the full video-capture of each movement may be used.



MOVEMENT STANDARDS

SYNCHRONIZED LINE-FACING BURPEE

REQUIREMENTS



1. Each rep starts with all athletes facing the shuttle-run line.
2. In the bottom position, all four athletes must be perpendicular to the line.
 - Athletes may step or jump in and out of the bottom position.
 - All four athletes must have their chests and thighs to the ground at the same time.
 - Hands must remain behind the line (head over the line is OK as long as the hands are clearly behind the line).
 - If some athletes reach the bottom position ahead of the others, they may wait for their teammates.
3. Athletes must jump over the line. A two-foot takeoff **IS REQUIRED**.
 - A two-foot landing is not required.
4. Each rep is credited when all athletes touch the ground on the opposite side of the line. From there, they may begin their next rep.

COMMON NO-REPS

NOTE: This list is not exhaustive.

- ✘ Moving out of the bottom position before all four teammates have their chests and thighs on the ground.
- ✘ Stepping over the line (not jumping).
- ✘ Any part of the athlete touching the line at any time.

NOTE: If a no-rep is given for any reason, all four athletes must complete another rep starting on either side of the line.

SHOP ROGUE GEAR

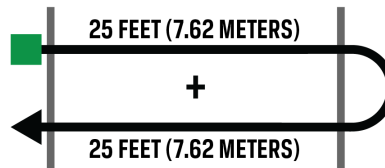


MOVEMENT STANDARDS

SHUTTLE RUN

REQUIREMENTS

1 REP = 50 FEET (15.24 METERS)



1



2



3

1. Each rep starts with both athletes' feet clearly behind the start line.
2. At each turnaround, both feet and one hand must touch the ground over the line before the athlete may return.
3. On the final shuttle run, the athletes must simply pass the line to complete the rep.

NOTES:

- Each rep of the shuttle run = 50 feet (15.24 meters).
 - 25 feet (7.62 meters) down + 25 feet (7.62 meters) back.
- There is no synchro requirement during the shuttle run.
 - The second pair cannot start their shuttle runs until both athletes in the first pair have completed theirs.
- Both athletes must complete the 50-foot shuttle run for the rep to count.
- Both pairs must complete the designated number of shuttle runs each round.
- After each set of burpees, the team may choose any two athletes to run first.
- These do not need to be the same athletes or pairs from round to round.

COMMON NO-REPS

NOTE: This list is not exhaustive.

- ✘ Touching the line or not stepping over the line at each turnaround.
- ✘ An athlete in the second pair begins their shuttle run before both athletes in the first pair are across the line.

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

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- 15 synchro line-facing burpees
- 2 shuttle runs (Pair 1)
- 2 shuttle runs (Pair 2)

Time cap: 20 minutes

15 SYNCHRO BURPEES	15	
2 SHUTTLE RUNS (PAIR 1)	17	
2 SHUTTLE RUNS (PAIR 2)	19	
20 SYNCHRO BURPEES	39	TIME
3 SHUTTLE RUNS (PAIR 1)	42	
3 SHUTTLE RUNS (PAIR 2)	45	
25 SYNCHRO BURPEES	70	TIME
4 SHUTTLE RUNS (PAIR 1)	74	
4 SHUTTLE RUNS (PAIR 2)	78	
30 SYNCHRO BURPEES	108	TIME
5 SHUTTLE RUNS (PAIR 1)	113	
5 SHUTTLE RUNS (PAIR 2)	118	
25 SYNCHRO BURPEES	143	TIME
4 SHUTTLE RUNS (PAIR 1)	147	
4 SHUTTLE RUNS (PAIR 2)	151	
20 SYNCHRO BURPEES	171	TIME
3 SHUTTLE RUNS (PAIR 1)	174	
3 SHUTTLE RUNS (PAIR 2)	177	
15 SYNCHRO BURPEES	192	TIME
2 SHUTTLE RUNS (PAIR 1)	194	
2 SHUTTLE RUNS (PAIR 2)	196	

Head Judge _____
Head Judge Name

Tiebreak Time _____

Judge _____
Judge Name

Time or Reps at 20 Min. _____

Team _____
Team Name

Athlete Signature

Athlete Copy

TEAM SEMIFINALS - WORKOUT 2

Tiebreak Time _____

Time or Reps
 at 20 Min. _____

FREE WRISTBANDS



VELITES

Head Judge _____
Head Judge Name Judge Name Judge Signatures

Affiliate _____ Date _____

Team _____
Team 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 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.