

WORKOUT 3

As many reps as possible in 20 minutes of:

10 synchro alternating dumbbell snatches

15 synchro toes-to-bars

50 synchro double-unders

*Three athletes synchro

♀ 50 lb (22.5 kg)

♂ 70 lb (32.5 kg)

QUICK START

- All four athletes start standing tall.
- At “go,” three athletes will pick up their dumbbells and begin snatching.
- When the team completes 10 reps, they will move to the pull-up bar.
- Three athletes will complete 15 synchronized toes-to-bars.
 - Athletes must face the camera during the toes-to-bars.
- Then, the team will move to the jump ropes.
- Three athletes will complete 50 synchro double-unders.
- The team will continue in this fashion for 20 minutes.
- The team’s score will be the total number of reps completed in 20 minutes.

NOTES

- Three athletes work at a time during all movements.
- Teammates can switch at any time. There is no minimum or maximum number of repetitions required by a teammate.
- The resting teammate may stage at the next station while they wait for the team to finish.
- The dumbbells must remain at least 5 feet away from the pull-up bar for safety.
- No one except the teammates competing can assist with the equipment.

TIEBREAK

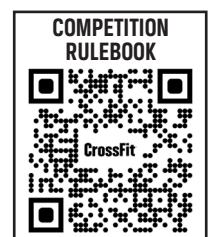
- A tiebreak time will be taken after each round is completed.
- In the event that a team ties on reps completed, their **LAST** completed round time will be used to break the tie.

SYNCHRO REQUIREMENTS

- Dumbbell snatches: Three athletes reach full extension overhead at the same time.
- Toes-to-bars: Three athletes make contact with the pull-up bar at the same time.
- Double-unders: Three athletes jump in unison.

EQUIPMENT

- Dumbbells
 - Two 50-lb dumbbells
 - Two 70-lb dumbbells
 - If using an adjustable dumbbell, the largest plates allowed are standard-sized 10-lb (5-kg) metal change plates (9 inches in diameter). In addition, when the dumbbell is at rest, the top of the handle cannot be less than 2.5 inches off the ground. Kettlebells, fat bells, or other non-traditional dumbbells are not allowed.
- Pull-up bar
- Jump ropes



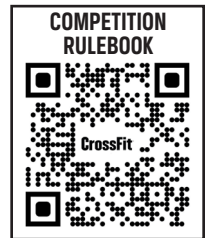
Refer to APPENDIX D in the [2026 CrossFit Games Rulebook](#) for complete equipment details and video submission standards.

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, moving to touch the dumbbell before "go" = 1-rep penalty
 - Dumbbell snatch no-rep = 1-rep penalty
 - Toes-to-bar no-rep = 1-rep penalty
 - Double-under no-rep = 1-rep penalty
 - Any nonteam member assisting with equipment = 1-rep penalty for each instance
- If a team advances before completing the specified number of reps, 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

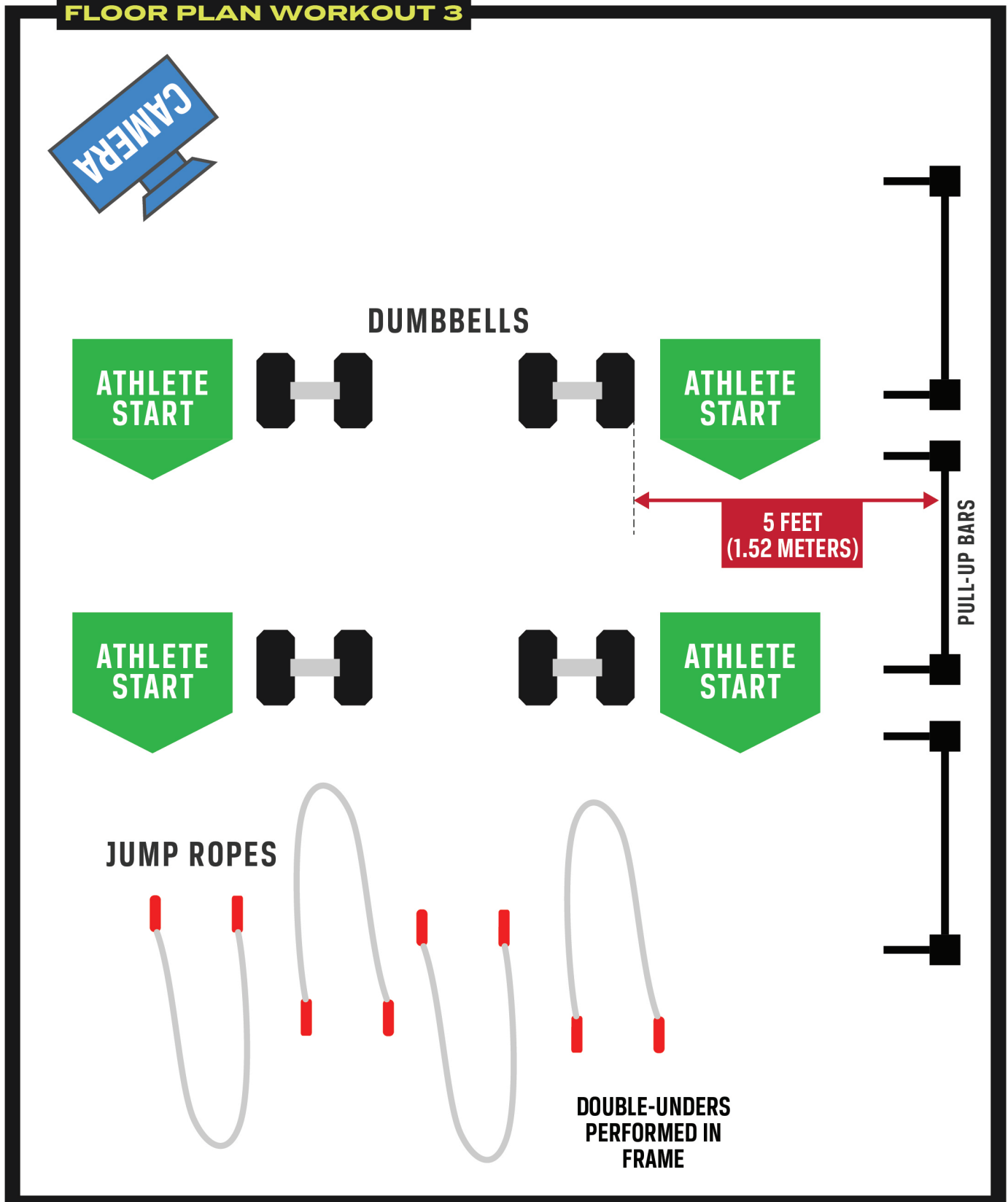


The floor plan below is one option based on the **REQUIRED** 5-foot distances.

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

Any pull-up bar configuration may be used as long as athletes reach the finish position of the toes-to-bars in sync.

FLOOR PLAN WORKOUT 3



MOVEMENT STANDARDS

SYNCHRONIZED DUMBBELL SNATCH

REQUIREMENTS



1. Each rep starts with both heads of the dumbbell on the ground.
 - Lift the dumbbell overhead in one motion.
 - A partial squat in the receiving position is allowed but **NOT** required.
2. The rep is credited when all athletes have:
 - Knees, hips, and elbow of the working arm fully extended.
 - The middle of the dumbbell in line with, or behind, the body when viewed from the side.
 - The three athletes **MUST** be synchronized at the top of each rep.
 - If an athlete arrives at the finish position ahead of the others, they may wait for their teammates.

NOTES:

- Athletes are **NOT** required to alternate arms after each rep.
- Athletes are **NOT** required to use the same arm as their teammates.
- Athletes may switch at any time.
- Gymnastics grips are not allowed during the dumbbell snatches.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Placing the non-working hand/arm on the thigh or body.



- ✗ Touching only one head of the dumbbell to the ground, or not touching the ground at all.



- ✗ Lowering the dumbbell before reaching full extension of the elbow, knees, or hips.



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



- ✗ Lowering the dumbbell before all members of the team have reached lockout.

NOTES:

- If any teammate at any time receives a no-rep, all three athletes must repeat the rep.
 - The next rep may start on either arm with any three athletes.
- Gymnastics grips may **NOT** be used during the dumbbell snatches.

MOVEMENT STANDARDS

SYNCHRONIZED TOES-TO-BAR

REQUIREMENTS



1. Athletes begin by hanging from the pull-up bar with arms extended.
 - The heels must be brought back behind the bar.
 - Overhand, underhand, or mixed grips are all permitted.
2. The rep is credited when all three athletes' feet contact the bar between the hands at the same time. Any part of the feet may make contact with the bar.
 - If one athlete reaches the bar ahead of the others, they may wait at the top with their feet in contact with the bar.

NOTES:

- Athletes may switch at any time.
- Athletes must face the camera during the toes-to-bars.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Only one foot contacting the pull-up bar or both feet not contacting at the same time.
- ✗ Not contacting the pull-up bar with the feet.
- ✗ Heels in front of the vertical plane of the pull-up bar between reps.
- ✗ Athletes out of sync when contacting the bar.

ADDITIONAL:

- ✗ Contacting the pull-up bar outside the hands.
- ✗ Any reps performed with the dumbbells closer than 5 feet to the pull-up bar.
- ✗ Facing away from the camera during the toes-to-bars.

NOTE: If a no-rep is given for any reason, all three athletes must repeat the entire repetition. The next rep may be done with any three athletes.

MOVEMENT STANDARDS

SYNCHRONIZED DOUBLE-UNDER

REQUIREMENTS



1. All three athletes must pass the rope forward, around the body twice in a single jump.
2. Athletes' feet must touch the ground at the same time.

COMMON NO-REPS

NOTE: This list is not exhaustive.

- ✘ Athletes landing with their feet at distinctly different times than their teammates.
- ✘ If given a no-rep, all three athletes must stop before starting again. The next rep can be done with any three athletes.

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	10 SYNCHRO DUMBBELL SNATCHES	15 SYNCHRO TOES-TO-BARS	50 SYNCHRO DOUBLE-UNDERS	TIEBREAK TIME
ROUND 1	10	25	75	
ROUND 2	85	100	150	
ROUND 3	160	175	225	
ROUND 4	235	250	300	
ROUND 5	310	325	375	
ROUND 6	385	400	450	
ROUND 7	460	475	525	
ROUND 8	535	550	600	
ROUND 9	610	625	675	
ROUND 10	685	700	750	
ROUND 11	760	775	825	
ROUND 12	835	850	900	
ROUND 13	910	925	975	
ROUND 14	985	1000	1050	
ROUND 15	1060	1075	1125	

Head Judge _____
Head Judge Name

Tiebreak Time _____

Judge _____
Judge Name

Reps at 20 Min. _____

Team _____
Team Name

Athlete Signature

Athlete Copy

TEAM SEMIFINALS - WORKOUT 3

Tiebreak Time _____

Reps at 20 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.