

WORKOUT 4

As many reps as possible in
10 minutes of:

Clean and jerks

♀ 145 lb (65 kg)

♂ 205 lb (93 kg)

QUICK START

- Begin with all four athletes standing tall.
- At “go,” Athlete 1 completes 1 clean and jerk, followed by Athlete 2, Athlete 3, and Athlete 4.
 - The athletes may lift in any order to begin the workout.
 - Once the order has been established, the team must keep the same lifting order for the remainder of the workout.
 - The next lifter may not begin their rep(s) until the previous lifter’s barbell has returned to the ground.
- Then, Athlete 1 completes 2 clean and jerks, followed by Athlete 2, Athlete 3, and Athlete 4.
- Keeping the lifting order, continue adding 1 repetition after each member of the team has successfully completed each round.
 - The next lifter cannot begin until the working athlete has completed the required reps for the current round.
- The team’s score is the total number of repetitions completed before the 10-minute time cap.

NOTES

- Only two barbells can be used: one men’s barbell setup and one women’s barbell setup.
- The barbells must remain at least 5 feet from each other.
- The male and female bars must be facing each other.
- The next athlete cannot begin their rep(s) until the current lifter’s bar has touched the ground.
- No one, except the teammates competing, can assist with the barbells.
- Athletes may start in any order. Once the lifting order has been established, it **MUST** be maintained for the rest of the workout.
- Stepping **ON** or **OVER** the line will result in an immediate no-rep.

TIEBREAK

- A tiebreak time will be taken after each round is complete.
- In the event that teams tie on total reps completed, the team with the faster tiebreak time will win the tie.

SYNCHRO REQUIREMENTS

- None

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 to mark the floor

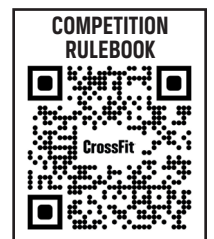
Refer to APPENDIX D in the [2026 CrossFit Games Rulebook](#) for complete equipment details and video submission standards.

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 barbell before "go" or lifting the barbell off the floor before the current lifter's barbell has touched the floor = 1-rep penalty
 - Clean-and-jerk 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 athlete 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 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.



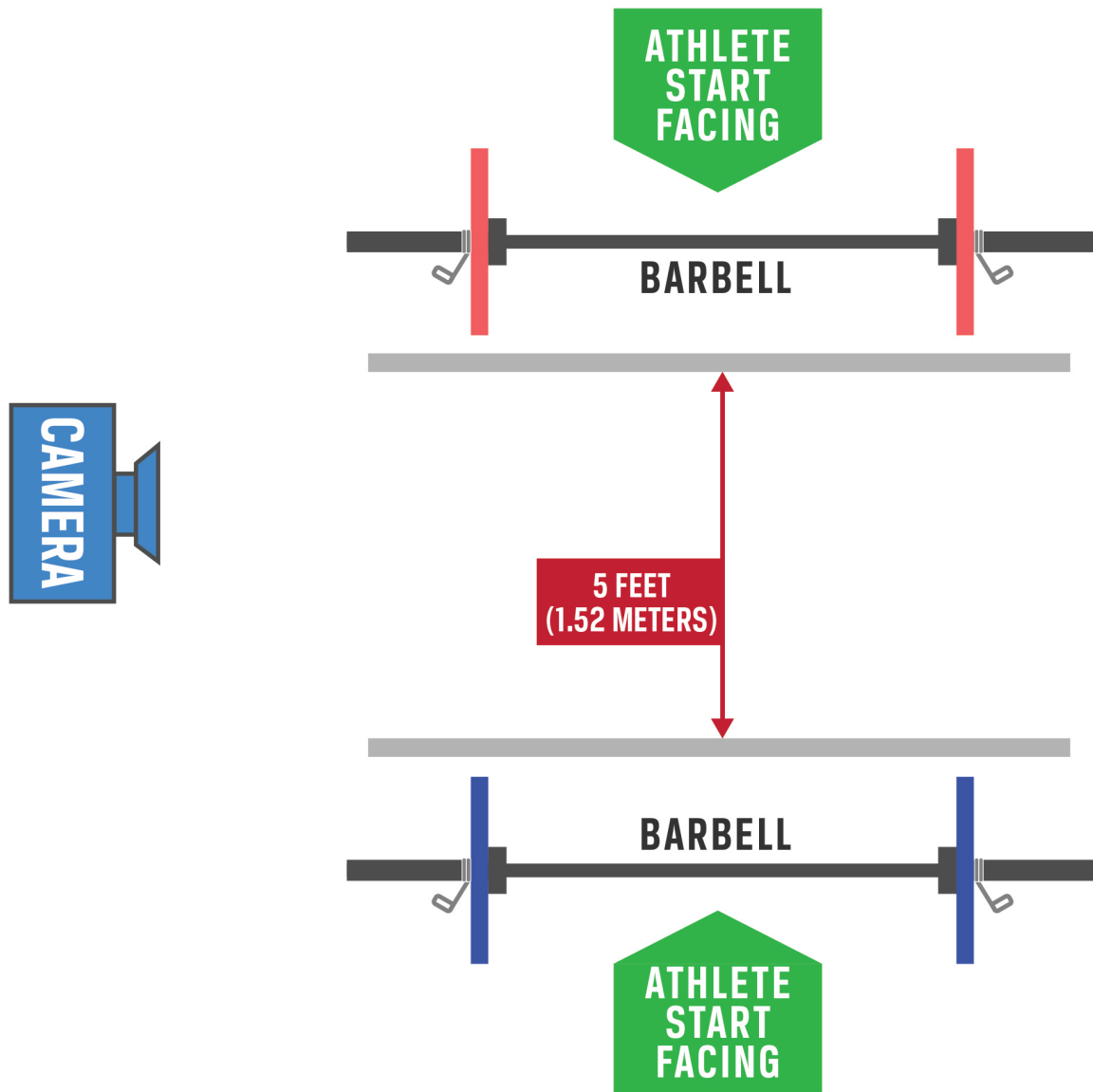
SHOP ROGUE GEAR



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

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

FLOOR PLAN WORKOUT 4



MOVEMENT STANDARDS

CLEAN AND JERK

REQUIREMENTS



1. Each rep starts with the bar on the ground.
2. The bar must be lifted to the shoulders, then locked out overhead (no snatches).
 - Any style of clean, except a hang clean, is permitted.
 - Full extension of the hips and legs is **NOT** required after receiving the clean before starting the overhead lift.
3. Any style of overhead lift is acceptable (press, push press, or jerk/split jerk).
4. The rep is credited when:
 - Hips, knees, and arms are extended.
 - The feet are in line.
 - The bar is over or behind the middle of the body when viewed from the side.

NOTES:

- Athletes must face each other during the clean and jerks.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✘ Lowering the barbell before fully extending the hips, knees, or arms.
- ✘ Lowering the barbell before the feet have returned in line.
- ✘ Finishing with the bar in front of the body.
- ✘ Bouncing the barbell between consecutive repetitions.

ADDITIONAL:

- ✘ Facing away from your teammates.
- ✘ Stepping on or over the line.
- ✘ Beginning the rep(s) before the current lifter's bar has touched the ground.

NOTE: In the event of a no-rep for any reason at any time, the entire clean and jerk **MUST** be repeated. A missed overhead lift may **NOT** be reattempted from the front-rack position.

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 ♂ 205 lb (93 kg)

	ATHLETE 1	ATHLETE 2	ATHLETE 3	ATHLETE 4	
ROUND 1	1 CLEAN AND JERK	1 CLEAN AND JERK	1 CLEAN AND JERK	1 CLEAN AND JERK	
	1	2	3	4	
ROUND 2	2 CLEAN AND JERKS	2 CLEAN AND JERKS	2 CLEAN AND JERKS	2 CLEAN AND JERKS	TIME
	6	8	10	12	
ROUND 3	3 CLEAN AND JERKS	3 CLEAN AND JERKS	3 CLEAN AND JERKS	3 CLEAN AND JERKS	TIME
	15	18	21	24	
ROUND 4	4 CLEAN AND JERKS	4 CLEAN AND JERKS	4 CLEAN AND JERKS	4 CLEAN AND JERKS	TIME
	28	32	36	40	
ROUND 5	5 CLEAN AND JERKS	5 CLEAN AND JERKS	5 CLEAN AND JERKS	5 CLEAN AND JERKS	TIME
	45	50	55	60	
ROUND 6	6 CLEAN AND JERKS	6 CLEAN AND JERKS	6 CLEAN AND JERKS	6 CLEAN AND JERKS	TIME
	66	72	78	84	
ROUND 7	7 CLEAN AND JERKS	7 CLEAN AND JERKS	7 CLEAN AND JERKS	7 CLEAN AND JERKS	TIME
	91	98	105	112	
ROUND 8	8 CLEAN AND JERKS	8 CLEAN AND JERKS	8 CLEAN AND JERKS	8 CLEAN AND JERKS	TIME
	120	128	136	144	
ROUND 9	9 CLEAN AND JERKS	9 CLEAN AND JERKS	9 CLEAN AND JERKS	9 CLEAN AND JERKS	TIME
	153	162	171	180	
ROUND 10	10 CLEAN AND JERKS	10 CLEAN AND JERKS	10 CLEAN AND JERKS	10 CLEAN AND JERKS	TIME
	190	200	210	220	

Head Judge _____
Head Judge Name

Tiebreak Time _____

Judge _____
Judge Name

Reps at 10 Min. _____

Team _____
Team Name

Athlete Signature

Athlete Copy

TEAM SEMIFINALS - WORKOUT 4

Tiebreak Time _____

Reps at 10 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.