



COMMUNITY CUP - WORKOUT 2

CROSSFIT GAMES EVENTS 3/4/5

SCORE SUBMISSION DUE 5 P.M. PT MONDAY, AUG 31

Presented by



WORKOUT 2

CrossFit Games Events 3/4/5

CrossFit Total

1-rep-max back squat

1-rep-max press

1-rep-max deadlift

QUICK START

- After completing your warm-up, begin with the squat.
- At “go,” complete up to three attempts to establish your 1-rep-max back squat.
 - Start a timer to record the tiebreak time (the time when you have completed all three movements).
 - You may rest as much as needed between attempts.
 - You cannot complete more than three attempts.
 - You are not required to take all three attempts.
- Then, establish a 1-rep-max press, following the same format above.
- Then, establish a 1-rep-max deadlift, following the same format above.
- Your score will be the total of your heaviest successfully completed squat, press, and deadlift (recorded in pounds).

NOTES

- In the event of a failed squat or press, the athlete **CAN** receive assistance reloading the bar back into the rack.
- Athletes may attempt each lift up to three times.
- Athletes may move on to the next lift anytime after they have established their best successful attempt of the previous lift.
- The lifts must be completed in order.
- Athletes may modify the weight up or down at any time.

TIEBREAK

- Record the time when you have completed all three movements. This will be the tiebreak time. In the event of a tie on total weight, the athlete who finished their lifts faster will win.

EQUIPMENT

- Barbell, plates, and collars
 - 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).
 - Level 1 and Level 2 athletes may use a lighter bar (e.g., a training bar) if necessary.
 - During the deadlift, bumper plates may be a maximum of 18 inches (45 centimeters) in diameter.
- Rack

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

SHOP ROGUE GEAR



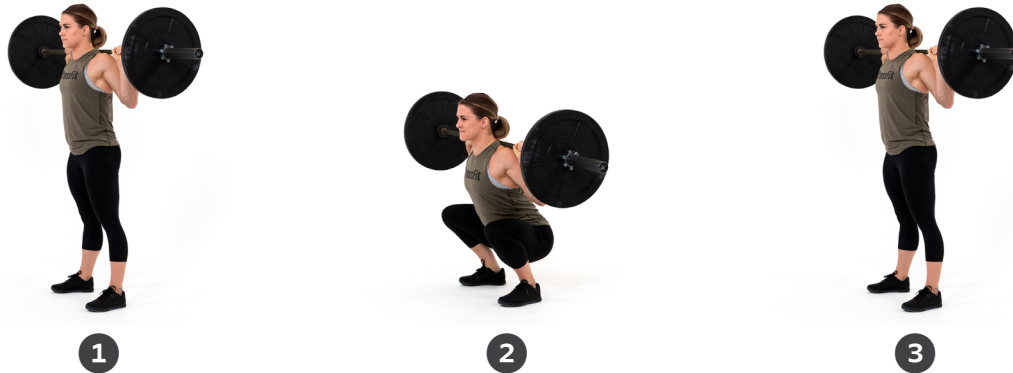
COMPETITION
RULEBOOK



MOVEMENT STANDARDS

BACK SQUAT

REQUIREMENTS



1. The bar must be placed on the back.
2. The athlete's hip crease must **CLEARLY** pass below the top of the knees in the bottom position.
3. The rep is credited when:
 - The athlete's hips and knees are fully extended.
 - The bar is resting on the athlete's shoulders.
 - The athlete's feet are in line with one another when the athlete is viewed from profile.
 - Athletes **MUST** reach full hip and knee extension **BEFORE** racking the barbell.

NOTES:

- A squat rack, jerk blocks, or other implements may be used to support the barbell.
- Spotters may be used. Any attempt where the spotter makes contact with the lifter will NOT count as a successful lift.
- Collars **MUST** be on the outside of the plates before beginning the lift.

COMMON NO-REPS

NOTE: This list is not exhaustive.



✗ Not squatting deep enough.



✗ Not standing to full extension of the hips and/or knees.

ADDITIONAL:

✗ Racking the bar before full extension.

MOVEMENT STANDARDS

PRESS

REQUIREMENTS



1. The rep starts with the bar at the shoulders on the front of the body.
 - The hips and legs must remain extended.
 - The heels must remain on the ground.
 - The bar may only travel up from its original starting position (no rebound to start the press).
2. The rep is credited when:
 - The arms are extended.
 - The bar is over or slightly behind the middle of your body when viewed from profile.

NOTE:

- A squat rack, jerk blocks, or other implements may be used to support the barbell.

COMMON NO-REPS

NOTE: This list is not exhaustive.



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

ADDITIONAL:

- ✗ Lowering the barbell before reaching full extension of the arms.
- ✗ Bending (flexing) the hips and/or legs at any time during the press.
- ✗ The heels raising off of the ground at any time during the press.
- ✗ Lowering (rebounding) the bar before pressing the bar upward.

MOVEMENT STANDARDS

DEADLIFT

REQUIREMENTS



1. The barbell starts on the ground (both plates touching the ground).

- Hands must be outside the knees. No sumo deadlifts.
- Any style of grip is permitted.

2. The rep is credited when:

- Hips and knees reach full extension.
- Head and shoulders are behind the bar when viewed from the side.

NOTE:

- Gymnastics grips are not allowed during this workout.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Lowering or releasing the barbell before reaching full extension of the knees or hips.



- ✗ Finishing with the head and/or shoulders in front of the bar.



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WORKOUT 2

CrossFit Total

1-rep-max back squat

1-rep-max press

1-rep-max deadlift

BACK SQUAT

ATTEMPT 1

ATTEMPT 2

ATTEMPT 3

BEST LIFT

PRESS

ATTEMPT 1

ATTEMPT 2

ATTEMPT 3

BEST LIFT

DEADLIFT

ATTEMPT 1

ATTEMPT 2

ATTEMPT 3

BEST LIFT

TIME OF LAST LIFT

JUDGE _____
Judge Name

Total of 3 best lifts _____

Tiebreak Time _____

ATHLETE _____
Athlete Name

Athlete Signature

Athlete Copy

COMMUNITY CUP - WORKOUT 2

Total of 3 best lifts _____

Tiebreak Time _____

SHOP YETI GEAR



AFFILIATE _____ DATE _____

JUDGE _____
Judge Name

Judge Signature

ATHLETE _____
Athlete Name

Athlete Signature

SCAN TO SUBMIT SCORE

