



COMMUNITY CUP - WORKOUT 3

SUBMITTED BY CROSSFIT MILPITAS

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

Presented by



WORKOUT 3

CrossFit Milpitas

For total reps, complete 3 rounds of as many reps as possible in 4 minutes of:

10 shuttle runs (50 feet)

21 toes-to-bars

In the time remaining, complete the following:

Round 1: As many snatches as possible

Round 2: As many overhead squats as possible

Round 3: As many squat snatches as possible

Rest 2 minutes between rounds.

One shuttle run is 25 feet down and 25 feet back.

VARIATIONS	SHUTTLE	TOES-TO-BAR	BARBELL LOAD
LEVEL 10 & LEVEL 9	10 SHUTTLE RUNS	21 TOES-TO-BARS	♀ 95 lb (43 kg) ♂ 135 lb (61 kg)
LEVEL 8 & LEVEL 7	10 SHUTTLE RUNS	21 TOES-TO-BARS	♀ 85 lb (38 kg) ♂ 115 lb (52 kg)
LEVEL 6	10 SHUTTLE RUNS	15 TOES-TO-BARS	♀ 65 lb (29 kg) ♂ 95 lb (43 kg)
LEVEL 5	10 SHUTTLE RUNS	15 TOES-TO-BARS	♀ 45 lb (20 kg) ♂ 65 lb (29 kg)
LEVEL 4 & LEVEL 3	7 SHUTTLE RUNS	15 KNEE RAISES	♀ 35 lb (15 kg) ♂ 45 lb (20 kg) POWER SNATCH TO OVERHEAD SQUAT OK
LEVEL 2 & LEVEL 1	7 SHUTTLE RUNS	9 SIT-UPS	♀ PVC ♂ PVC POWER SNATCH TO OVERHEAD SQUAT OK



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QUICK START

- Start standing behind the start line.
- At "go," complete the designated number of shuttle runs.
 - Each shuttle run rep is 25 feet down + 25 feet back.
- Then, move to the pull-up bar (or ground) and complete the designated reps of toes-to-bars, knee raises, or sit-ups for your level.
- Then, move to the barbell and complete as many reps as possible in the time remaining of:
 - In Round 1, complete as many snatches as possible.
 - In Round 2, complete as many overhead squats as possible.
 - In Round 3, complete as many squat snatches as possible.
 - A repetition must be completed (locked out) **BEFORE** the 4-minute time cap for the rep to count.
- Rest exactly 2 minutes between rounds.
- Your score will be the **TOTAL** number of repetitions completed.
 - **ALL** repetitions completed in the workout count toward your score.

NOTES

- For safety, the barbell should not be placed directly in front of the pull-up bar.
- If multiple athletes are completing the workout at the same time, place the barbells clear of the run track.
- Using a clock that counts up from 0, the workout intervals are as follows:

TIME	ACTION
0-4 MINUTES	ROUND 1
4-6 MINUTES	REST
6-10 MINUTES	ROUND 2
10-12 MINUTES	REST
12-16 MINUTES	ROUND 3

TIEBREAK

- Record the number of reps of each barbell movement.
- In the event of tie on total reps, the athlete who completed more reps of the last barbell movement will win the tie.

EQUIPMENT

- Tape or cones to mark the 25-foot running distance
- 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).
 - Collars must be placed on the outside of the plates.
 - Dumbbells for Levels 1 and 2.
- Pull-up bar

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

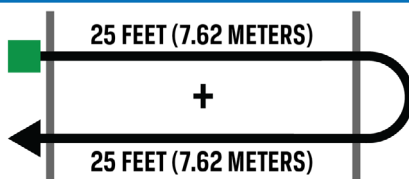


MOVEMENT STANDARDS

SHUTTLE RUN

REQUIREMENTS

1 REP = 50 FEET (15.24 METERS)



1



2



3

1. Both feet begin behind the start line.
2. Both feet must cross the line, **AND** one hand must touch the ground past the line at every turnaround.
3. Each rep of the shuttle run is credited when the athlete has traveled 25 feet down and 25 feet back (50 feet total).
 - The athlete can simply run past the start/finish line to complete the final rep.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Turning around with only one foot across the line.



- ✗ Turning around with one or both feet on the line.

ADDITIONAL:

- ✗ Missing the touch of the hand over the line.

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

MOVEMENT STANDARDS

TOES-TO-BAR (LEVEL 10 - LEVEL 5)

REQUIREMENTS



1. Athletes begin by hanging from the pull-up bar with arms extended.
 - The heels must be brought back behind the vertical plane of the bar.
 - Overhand, underhand, or mixed grips are all permitted.
2. The rep is credited when both feet contact the bar between the hands at the same time.
 - Any part of the feet may make contact with the bar.

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 remaining in front of the vertical plane of the pull-up bar at the start of the rep.

ADDITIONAL:

- ✗ Contacting the pull-up bar outside the hands.

MOVEMENT STANDARDS
KNEE RAISES (LEVEL 4 & LEVEL 3)
REQUIREMENTS


Levels 3 and 4 will perform hanging knee raises instead of toes-to-bars.

1. Athletes begin by hanging from the pull-up bar with arms extended.

- The heels must be brought back behind the vertical plane of the bar.
- Overhand, underhand, or mixed grips are all permitted.

2. The rep is credited when the athlete's knees rise above the hips.

COMMON NO-REPS

NOTE: This list is not exhaustive.

- ✗ Not bringing the knees above the hips.
- ✗ Heels remaining in front of the vertical plane of the pull-up bar at the start of the rep.

MOVEMENT STANDARDS
SIT-UPS (LEVEL 2 & LEVEL 1)
REQUIREMENTS


Levels 1 and 2 will perform sit-ups instead of toes-to-bars.

1. The athlete must begin with the back in contact with the floor, feet anchored, and hands touching the floor above the head.

- Athletes must use dumbbells to anchor their feet.
- AbMats are permitted.

2. The rep is credited when both hands touch the feet.

COMMON NO-REPS

NOTE: This list is not exhaustive.

- ✗ Not touching the floor above the head to start the repetition.
- ✗ Not touching both feet to finish the repetition.

MOVEMENT STANDARDS

SNATCH

REQUIREMENTS



1. Each rep starts with the bar on the ground.
2. The barbell must be lifted overhead in one motion (no clean and jerks).
 - During Round 1, any type of snatch is allowed, to include power snatches.
 - During Round 3 only, the athlete must receive the bar below parallel (the crease of the hips lower than the knees).
 - Level 4 - Level 1 athletes may complete a power snatch followed by an overhead squat.
3. The rep is counted when:
 - Hips, knees, and arms are extended.
 - The bar is over the middle of or slightly behind the body when viewed from profile.
 - The feet are in line.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ❌ Squatting to parallel or above parallel (in Round 3).
- ❌ Lowering the bar before full extension of the knees, hips, or arms.
- ❌ Finishing with the bar in front of the body.
- ❌ Deliberately bouncing the barbell between consecutive reps.

ADDITIONAL:

- ❌ The knee, or any other part of the body except the feet, touching the floor.
- ❌ A power snatch followed by an overhead squat (Level 4 - Level 1 exempt).

MOVEMENT STANDARDS

OVERHEAD SQUAT

REQUIREMENTS



1



2



3

1. The barbell begins on the ground.
2. With the bar in the overhead position, the crease of the hips must pass below the tops of the knees at the bottom.
 - You may squat snatch the first rep when the bar is taken from the floor.
3. The rep is credited when:
 - Your hips, knees, and arms are fully extended.
 - The bar is directly over or slightly behind the middle of the body.

COMMON NO-REPS

NOTE: This list is not exhaustive.



✗ Squatting at or above parallel.



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



ADDITIONAL:

✗ Any part of the body other than the hands contacting the bar.



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LEVEL 10 - LEVEL 7

For total reps, complete 3 rounds of as many reps as possible in 4 minutes of:
10 shuttle runs (50 feet)
21 toes-to-bars

LEVEL 6 & LEVEL 5

For total reps, complete 3 rounds of as many reps as possible in 4 minutes of:
10 shuttle runs (50 feet)
15 toes-to-bars

LEVEL 4 & LEVEL 3

For total reps, complete 3 rounds of as many reps as possible in 4 minutes of:
7 shuttle runs (50 feet)
15 knee raises

LEVEL 2 & LEVEL 1

For total reps, complete 3 rounds of as many reps as possible in 4 minutes of:
7 shuttle runs (50 feet)
9 sit-ups

ALL LEVELS

In the time remaining, complete:

Round 1: As many snatches as possible

Round 2: As many overhead squats as possible

Round 3: As many squat snatches as possible

Rest 2 minutes between rounds.

TIME		
0-4 MINUTES	--SHUTTLE RUNS	
	--TOES-TO-BARS, 15 KNEE RAISES, OR 9 SIT-UPS	
	SNATCHES	
4-6 MINUTES	REST	
6-10 MINUTES	--SHUTTLE RUNS	
	--TOES-TO-BARS, 15 KNEE RAISES, OR 9 SIT-UPS	
	OVERHEAD SQUATS	
10-12 MINUTES	REST	
12-16 MINUTES	--SHUTTLE RUNS	
	--TOES-TO-BARS, 15 KNEE RAISES, OR 9 SIT-UPS	
	SQUAT SNATCHES	

JUDGE _____
Judge Name

ATHLETE _____
Athlete Name

Athlete Signature

Reps at 16 Min. _____

Tiebreak Reps _____

Athlete Copy

COMMUNITY CUP - WORKOUT 3

SHOP YETI GEAR



AFFILIATE _____ DATE _____

JUDGE _____
Judge Name

Judge Signature

ATHLETE _____
Athlete Name

Athlete Signature

Reps at 16 Min. _____

Tiebreak Reps _____

SCAN TO SUBMIT SCORE

