



COMMUNITY CUP - WORKOUT 1

CROSSFIT GAMES EVENT 1

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

Presented by



WORKOUT 1

CrossFit Games Event 1

For time:

1,000-meter row

Then,

5 rounds of:

25 pull-ups

7 shoulder-to-overheads

Time cap: 20 minutes

VARIATIONS	ROW	PULL-UP	SHOULDER-TO-OVERHEAD
LEVEL 10 - LEVEL 7	1,000 METERS	25 PULL-UPS	♀ 85 lb (38 kg) ♂ 135 lb (61 kg)
LEVEL 6 & LEVEL 5	1,000 METERS	15 PULL-UPS	♀ 65 lb (29 kg) ♂ 95 lb (43 kg)
LEVEL 4 & LEVEL 3	1,000 METERS	15 RING ROWS	♀ 45 lb (20 kg) ♂ 65 lb (29 kg)
LEVEL 2 & LEVEL 1	1,000 METERS	10 RING ROWS	♀ 35 lb (15 kg) ♂ 45 lb (20 kg)

QUICK START

- Start seated on the rower with your hands off of the handle.
- At “go,” complete your row.
- Remain seated on the rower until the monitor clearly reads the designated distance.
- Then, move to the pull-up bar (or rings) and complete the designated reps for your level.
- Then, move to the barbell and complete 7 shoulder-to-overheads with the designated weight.
- Continue in this fashion until you have completed 5 rounds of pull-ups and shoulder-to-overheads.
- Time stops at the completion of the final shoulder-to-overhead.
- Your score will be the time taken to complete the workout.

NOTE

- For safety, the rower should be placed at least 5 feet from the barbell and not directly in front of a pull-up bar or rings.



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TIEBREAK

- Record the time when you have completed the row.
- In the event of a time cap where athletes tie on total reps completed, the athlete who completed the row faster will win the tie.
- Athletes who complete the workout under the time cap will not enter a tiebreak score.

EQUIPMENT

- Concept 2 or Rogue Echo rower
- 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.
- Pull-up bar or rings



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

MOVEMENT STANDARDS

ROW

REQUIREMENTS



- The monitor must be set to 0 at the beginning of each row.
 - The monitor must count UP to the designated distance.
 - Any damper setting may be used.
- Remain seated until the monitor clearly reads 1,000 meters.

NOTE:

- For safety, the rower should be placed at least 5 feet from the barbell and not directly in front of a pull-up bar or rings.

COMMON NO-REPS

NOTE: This list is not exhaustive.

- ✗ Standing up from the rower prior to reaching 1,000 meters.

SHOP ROGUE GEAR



MOVEMENT STANDARDS

PULL-UP (LEVEL 10 - LEVEL 5)

REQUIREMENTS



1



2

1. Start each rep with arms fully extended and feet off the ground.
 - Any style of grip is permitted.
2. The rep is credited when the chin clearly breaks the horizontal plane of the pull-up bar.

NOTES:

- Any style of pull-up is permitted as long as the criteria above are met.
- While performing pull-ups, the barbell MUST remain at least 5 feet from the pull-up bar for safety.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Starting a rep without full extension of the arms.



- ✗ Not breaking the horizontal plane of the pull-up bar with the chin.

ADDITIONAL:

- ✗ Any reps completed with the barbell closer than 5 feet to the pull-up bar.

MOVEMENT STANDARDS

RING ROW (LEVEL 4 - LEVEL 1)

REQUIREMENTS

Setup:

- Before the workout begins, hold the hang position with arms extended, a straight body position, and the feet together.
- Walk the feet out until the athlete is leaning back at least 45 degrees in the hang (straight arm) position.
- Place a tape line behind the athlete's heels.
- During the workout, athletes must set up with their feet beyond the tape line.



1

1. Start each rep with:

- A straight body position.
- Arms fully extended.
- The feet beyond the established tape line.

2. The rep is credited when the rings clearly make contact with the torso.



2

COMMON NO-REPS

NOTE: This list is not exhaustive.

- ✗ Starting a rep without full extension of the arms.
- ✗ Rings not making contact with the body.
- ✗ A deliberate kip or assistance from the legs.
- ✗ Starting a repetition with the feet on or behind the tape line.

MOVEMENT STANDARDS

SHOULDER-TO-OVERHEAD

REQUIREMENTS



1. The rep starts with the bar at the shoulders on the front of the body.

- When the bar is taken from the ground, you do NOT need to reach full extension of the hips and legs in the receiving position of the clean before beginning the overhead lift.
- Any style of overhead lift is acceptable (press, push press, or jerk).

2. The rep is credited when:

- Hips, knees, and arms are extended.
- The feet are in line.
- The bar is over or slightly behind the middle of your body when viewed from profile.

NOTES:

- The bar must start on the ground. Racks are not allowed.
- For safety, the bar should remain at least 5 feet from the rower or other barbells/plates.

COMMON NO-REPS

NOTE: This list is not exhaustive.



✗ Lowering the barbell before fully extending the hips, knees, or arms.



✗ Finishing with the bar in front of the body.



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LEVEL 10 - LEVEL 7

For time:

1,000-meter row

Then,

5 rounds of:

25 pull-ups

7 shoulder-to-overheads

Time cap: 20 minutes

LEVEL 6 - LEVEL 3

For time:

1,000-meter row

Then,

5 rounds of:

15 reps of pull-ups or ring rows, based on level

7 shoulder-to-overheads

Time cap: 20 minutes

LEVEL 2 - LEVEL 1

For time:

1,000-meter row

Then,

5 rounds of:

10 ring rows

7 shoulder-to-overheads

Time cap: 20 minutes

1,000-METER ROW (10 REPS)	10	TIME
-- PULL-UPS OR -- RING ROWS		
7 SHOULDER-TO-OVERHEADS		
-- PULL-UPS OR -- RING ROWS		
7 SHOULDER-TO-OVERHEADS		
-- PULL-UPS OR -- RING ROWS		
7 SHOULDER-TO-OVERHEADS		
-- PULL-UPS OR -- RING ROWS		
7 SHOULDER-TO-OVERHEADS		
-- PULL-UPS OR -- RING ROWS		

Time or reps at 20 Min. _____

JUDGE _____

Judge Name

Tiebreak Time _____

ATHLETE _____

Athlete Name

Athlete Signature

Athlete Copy

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Time or reps at 20 Min. _____

Tiebreak Time _____

TRY WURO NOW



AFFILIATE _____ DATE _____

JUDGE _____ Judge Name _____ Judge Signature _____

ATHLETE _____ Athlete Name _____ Athlete Signature _____

SCAN TO SUBMIT SCORE

