



COMMUNITY CUP - WORKOUT 4

SUBMITTED BY IRON HOUSE CROSSFIT

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

Presented by

VELITES®

WORKOUT 4

Iron House CrossFit

2 rounds for time of:

150 double-unders

100 air squats

50 alternating dumbbell snatches

Time cap: 20 minutes

VARIATIONS	JUMP ROPE	AIR SQUAT	DUMBBELL SNATCH
LEVEL 10 - LEVEL 7	150 DOUBLE-UNDERS	100 AIR SQUATS	♀ 35 lb (15 kg) ♂ 50 lb (22.5 kg)
LEVEL 6	225 SINGLE-UNDERS OR 75 DOUBLE-UNDERS	100 AIR SQUATS	♀ 35 lb (15 kg) ♂ 50 lb (22.5 kg)
LEVEL 5	225 SINGLE-UNDERS OR 75 DOUBLE-UNDERS	100 AIR SQUATS	♀ 20 lb (10 kg) ♂ 35 lb (15 kg)
LEVEL 4 & LEVEL 3	150 SINGLE-UNDERS OR 50 DOUBLE-UNDERS	75 AIR SQUATS	♀ 20 lb (10 kg) ♂ 35 lb (15 kg)
LEVEL 2 & LEVEL 1	50 SINGLE-UNDERS	50 AIR SQUATS	♀ 10 lb (5 kg) ♂ 20 lb (10 kg) OR LIGHTER IF NEEDED

QUICK START

- Start standing tall with your rope in hand.
- At “go,” complete your designated reps on the jump rope.
- Then, place your rope on the ground and complete the designated squats.
- Then, complete the 50 alternating dumbbell snatches.
- Complete another round of each movement.
- Time stops at the completion of the final dumbbell snatch.
- Your score will be the time taken to complete the workout.

NOTES

- Level 6 - Level 3 athletes may choose a combination of single-unders or double-unders. If choosing to complete double-unders, each repetition will count as 3 single-unders when entering scores.

TIEBREAK

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

EQUIPMENT

- Jump rope
- Dumbbell based on the requirements of your level

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



MOVEMENT STANDARDS

DOUBLE-UNDER/SINGLE-UNDER

REQUIREMENTS



- The rope passes under the feet twice during a single jump.
- For levels performing single-unders, the rope passes under the feet once for each jump.
- The rope must spin forward.

NOTES:

- Level 6 - Level 3 athletes may choose a combination of single-unders or double-unders.
- In the event of a time cap during the jump rope, every double-under completed will count as 3 reps on the scorecard.
- For example: 53 completed double-unders = 159 reps on the scorecard.

COMMON NO-REPS

NOTE: This list is not exhaustive.

- ✗ Crediting attempts instead of successful reps.
- ✗ Spinning the rope backward.

SHOP ROGUE GEAR



MOVEMENT STANDARDS

AIR SQUAT

REQUIREMENTS



1



2



3

1. Each rep starts with the athlete standing tall with the hips and knees fully extended.
2. The crease of the hip 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.

COMMON NO-REPS

NOTE: This list is not exhaustive.

- ✗ Squatting at or above parallel.
- ✗ Not standing to full extension of the knees and hips.

MOVEMENT STANDARDS

ALTERNATING DUMBBELL SNATCH

REQUIREMENTS



1. Each rep starts with both heads of the dumbbell on the ground.
2. Lift the dumbbell overhead in one motion.
 - A partial squat in the receiving position is allowed but **NOT** required.
3. The rep is credited when:
 - Knees, hips, and elbow of the working arm are fully extended.
 - The middle of the dumbbell is in line with or behind the body when viewed from the side.

NOTES:

- Athletes **MUST** alternate hands after each successful rep.

COMMON NO-REPS

NOTE: This list is not exhaustive.



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

NOTE: If a no-rep is given for any reason, the athlete must repeat the repetition, starting with either arm.



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VELITES

LEVEL 10 - LEVEL 7

2 rounds for time of:
 150 double-unders
 100 air squats
 50 alternating dumbbell snatches

LEVEL 6 & LEVEL 5

2 rounds for time of:
 225 single-unders or 75 double-unders
 100 air squats
 50 alternating dumbbell snatches

LEVEL 4 & LEVEL 3

2 rounds for time of:
 150 single-unders or 50 double-unders
 75 air squats
 50 alternating dumbbell snatches

LEVEL 2 & LEVEL 1

2 rounds for time of:
 50 single-unders
 50 air squats
 50 alternating dumbbell snatches

--DOUBLE-UNDERS --SINGLE-UNDERS	
--AIR SQUATS	
50 ALTERNATING DUMBBELL SNATCHES	
--DOUBLE-UNDERS --SINGLE-UNDERS	
--AIR SQUATS	
50 ALTERNATING DUMBBELL SNATCHES	

TIME

JUDGE _____
 Judge Name

Time or reps at 20 Min. _____

Tiebreak Time _____

ATHLETE _____
 Athlete Name

Athlete Signature

Athlete Copy

COMMUNITY CUP - WORKOUT 4

\$25 OFF WITH
CFCOMCUP26

AFFILIATE _____ DATE _____

JUDGE _____
Judge Name

Judge Signature

ATHLETE _____
Athlete Name

Athlete Signature

Time or reps at 20 Min. _____

Tiebreak Time _____

SCAN TO SUBMIT SCORE

