



EVERYDAY HERO SERVICE CUP

SCORE SUBMISSION DUE 5 P.M. PT, MONDAY, SEPT. 21

Presented by



WORKOUT 4

For time:

100 double-unders
50 alternating dumbbell snatches
100 double-unders

♀ 35-lb (15-kg) dumbbell

♂ 50-lb (22.5-kg) dumbbell

Time cap: 5 minutes

WORKOUT VARIATIONS

Rx'd:

♀ 35-lb (15-kg) dumbbell, double-unders

♂ 50-lb (22.5-kg) dumbbell, double-unders

Scaled:

♀ 20-lb (10-kg) dumbbell, single-unders

♂ 35-lb (15-kg) dumbbell, single-unders

QUICK START

- Start standing tall with the rope in hand.
- At “go,” complete 100 double-unders.
- Move to the dumbbell and complete 50 alternating dumbbell snatches.
- Finally, move back to the rope and complete 100 double-unders.
- Time stops when the athlete’s feet touch the ground after the final double-under.

TIEBREAK

- A tiebreak time will be taken after the first set of double-unders.
- Athletes who complete the workout will not enter a tiebreak time.
- In the event of a tie on reps completed, the athlete with the faster tiebreak time will win the tie.

EQUIPMENT

- Dumbbell
 - If using an adjustable dumbbell, the largest plates allowed are standard-sized 10-lb (5-kg) metal change plates (9 inches in diameter). In addition, when the dumbbell is at rest, the top of the handle cannot be less than 2.5 inches off the ground. Kettlebells, fat bells, or other nontraditional dumbbells are not allowed.
- Jump rope

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





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MOVEMENT STANDARDS

DOUBLE-UNDER AND SINGLE-UNDER (SCALED ONLY)

REQUIREMENTS



- The rope passes under the feet twice during a single jump.
 - Scaled athletes will complete single-unders — the rope must pass around the feet once during a single jump.
- The rope must spin forward.

COMMON NO-REPS

NOTE: This list is not exhaustive.

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



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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.

NOTE:

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

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Placing the nonworking 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.



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100 DOUBLE-UNDERS

100

50 ALTERNATING
DUMBBELL SNATCHES

150

100 DOUBLE-UNDERS

250

TIME

Tiebreak Time _____

Judge _____

Judge Name

Time or Reps at 5 Min. _____

Athlete _____

Athlete Name

Athlete Signature

Athlete Copy

EVERYDAY HERO SERVICE CUP - WORKOUT 4

SERVE & GUARD
WHAT MATTERS



Affiliate _____

Judge _____

Judge Name

Athlete _____

Athlete Name

Tiebreak Time _____

Time or Reps

at 5 Min. _____

Date _____

Judge Signature

Athlete Signature

SCAN TO SUBMIT SCORE

