



EVERYDAY HERO SERVICE CUP

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

Presented by



WORKOUT 3A AND 3B

Workout 3A:

On a 15-minute clock, for time:

10 shuttle runs
15 clean and jerks
10 shuttle runs
12 clean and jerks
10 shuttle runs
9 clean and jerks
10 shuttle runs
9 clean and jerks

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

♀ 95-lb (43-kg) barbell

♂ 135-lb (61-kg) barbell

Time cap: 15 minutes

Workout 3B:

At 15:00, athletes will have 3 minutes to establish:

1-rep-max clean and jerk

WORKOUT VARIATIONS

Rx'd:

♀ 95-lb (43-kg) barbell

♂ 135-lb (61-kg) barbell

Scaled:

♀ 65-lb (29-kg) barbell

♂ 95-lb (43-kg) barbell

QUICK START

- Start with both feet behind the start line of the shuttle run.
- At "go," complete 10 50-foot shuttle runs.
 - Each shuttle run rep is 25 feet down and 25 feet back.
- Then, move to the barbell and complete 15 clean and jerks.
- Continue in this fashion for:
 - 10 shuttle runs and 12 clean and jerks.
 - 10 shuttle runs and 9 clean and jerks.
 - A final round of 10 shuttle runs and 9 clean and jerks.
- Your score is the total time taken to complete the event.
- Record the time when the final clean and jerk is completed (full extension of the hips, knees, and arms with the bar over or behind the middle of the body).
- With the timer still running, rest until the 15-minute time cap.
- Then, in 3 minutes, establish a 1-rep-max clean and jerk.
 - You may take as many attempts as needed within the 3-minute time cap.
 - You may adjust the weight up or down as needed.
 - Any successful attempt that has started (bar is off the ground) before the time cap will count.
- Your score will be the heaviest successful lift completed in pounds.



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NOTES

- Workouts 3A and 3B are separate scores and must be completed together.
 - You may not combine separate attempts.
 - If the workout is completed multiple times, both scores must reflect the same 18-minute session (e.g., you cannot submit a score from 3A you completed on a Monday and a score from 3B you completed on a Tuesday).
- If multiple athletes are working in the same heat, it is recommended there is at least 5 feet between barbells for safety.
- 5-lb increments are the minimum weight increase that may be added (2.5-lb/1.25-kg change plates).
- Athletes **MAY** receive assistance loading the bar and may stage a second bar for 3B.
- If an athlete finishes ahead of the 3A time cap, they may complete warm-up lifts before 3B starts at 15 minutes.
- Use one continuous timer following the chart below:

ACTION	TIME
WORKOUT 3A	0-15 MINUTES
WORKOUT 3B	15-18 MINUTES

TIEBREAK

- For Workout 3A, a tiebreak time will be taken after each set of shuttle runs.
 - Athletes who complete the workout will not enter a tiebreak time.
 - In the event of a tie on reps, the athlete with the faster tiebreak time will win the tie.
- In the event of a tie on load for Workout 3B, the athlete's score on 3A will be used to break the tie.

EQUIPMENT

- Barbell
 - 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).
 - Training barbells or other specialty barbells are not allowed.
- Bumper plates
 - Must be standard bumper plates 18 inches (45 centimeters) in diameter.
 - During Workout 3B, the minimum loading increment is 5 lb (2.5-lb/1.25-kg change plates). No smaller plates will be allowed.
- Collars
- Tape **MUST** be used to indicate the 25-foot shuttle run course.

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





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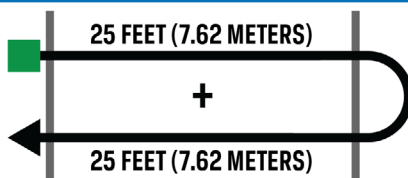


MOVEMENT STANDARDS

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.
 - The athlete can simply run past the start/finish line to complete the 10th (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.



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MOVEMENT STANDARDS

CLEAN AND JERK

REQUIREMENTS



1. Each rep starts with the bar on the ground.
2. The bar must be lifted to the shoulders, then locked out overhead (no snatches).
 - Any style of clean, except a hang clean, is permitted.
 - Full extension of the hips and legs is **NOT** required after receiving the clean before starting the overhead lift.
3. Any style of overhead lift is acceptable (press, push press, or jerk/split jerk).
4. The rep is credited when:
 - Hips, knees, and arms are extended.
 - The feet are in line.
 - The bar is over or behind the middle of the body when viewed from the side.

NOTES:

- If multiple athletes are performing this workout at the same time, it is recommended that barbells are no closer than 5 feet from the active running lane.

COMMON NO-REPS

NOTE: This list is not exhaustive.



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



- ❌ Lowering the barbell before the feet have returned in line.



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



- ❌ Bouncing the barbell between consecutive repetitions.

NOTE: In the event of a no-rep for any reason at any time, the entire clean and jerk **MUST** be repeated. A missed overhead lift may **NOT** be reattempted from the front rack position.



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WORKOUT TIMELINE

ACTION	TIME
3A	0:00 - 15:00
3B	15:00 - 18:00

10 SHUTTLE RUNS	10	TIME
15 CLEAN AND JERKS	25	
10 SHUTTLE RUNS	35	TIME
12 CLEAN AND JERKS	47	
10 SHUTTLE RUNS	57	TIME
9 CLEAN AND JERKS	66	
10 SHUTTLE RUNS	76	TIME
9 CLEAN AND JERKS	85	

Tiebreak Time _____

Judge _____

Judge Name

Time or Reps at 15 Min. _____

Athlete _____

Athlete Name

Athlete Signature

Athlete Copy

EVERYDAY HERO SERVICE CUP - WORKOUT 3A

SERVE & GUARD
WHAT MATTERS



Affiliate _____

Judge _____

Judge Name

Athlete _____

Athlete Name

Tiebreak Time _____

Time or Reps

at 15 Min. _____

Date _____

Judge Signature

Athlete Signature

SCAN TO SUBMIT SCORE





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WORKOUT 3B

At 15:00, athletes will have 3 minutes to establish:

1-rep-max clean and jerk

WORKOUT TIMELINE

ACTION	TIME
3A	0:00 - 15:00
3B	15:00 - 18:00

	LOAD (WEIGHT IN POUNDS)
ATTEMPT 1	
ATTEMPT 2	
ATTEMPT 3	
ATTEMPT 4	
ATTEMPT 5	

Judge _____
Judge Name

Heaviest Load (in Pounds) _____

Athlete _____
Athlete Name

Athlete Signature

Athlete Copy

EVERYDAY HERO SERVICE CUP - WORKOUT 3B

Heaviest Load (in Pounds) _____

SERVE & GUARD
WHAT MATTERS



Affiliate _____

Date _____

Judge _____
Judge Name

Judge Signature

Athlete _____
Athlete Name

Athlete Signature

SCAN TO SUBMIT SCORE

