QUALIFIER / WORKOUT 3

4 ROUNDS FOR TIME / 6-MINUTE CAP

MOVEMENT	WORK
Front Squat	10 / round
Wall Walk	3 / round

52 TOTAL REPS

PRESCRIBED LOAD

	WOMEN	MEN
Front Squat	30 kg	50 kg

SCORING & TIEBREAK

Finishers: completion time, lower better. Capped athletes: total valid reps at 6:00, higher better. All finishers rank ahead of capped athletes.

Single tiebreak after **Round 2 / 26 cumulative reps**, immediately after the 3rd wall walk of Round 2.

OFFICIAL JUDGE SCORECARD

ROUND	FRONT SQUATS	WALL WALKS	ROUND REPS	CUM.	TIME / NOTES
1	10	3	13	13	
2	**10**	**3**	**13**	**26**	**TB ____:____**
3	10	3	13	39	
4	10	3	13	52	

Finished within 6:00?	**YES / NO**
FINISH TIME	**_____ : _____**
CAPPED SCORE - TOTAL REPS	_____
ROUND 2 TIEBREAK	_____ : _____

MOVEMENT STANDARD

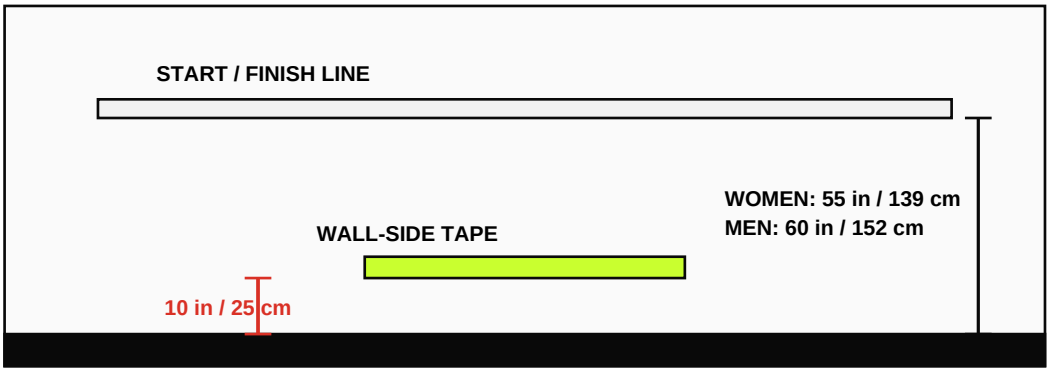
FRONT SQUAT

GOOD REP	NO-REP EXAMPLES
Bar in front rack. Hip crease clearly below top of knee at bottom. Finish standing with hips and knees fully extended.	Insufficient depth; incomplete hip/knee extension; failure to establish controlled finish position.

WALL-WALK SETUP

OFFICIAL FLOOR MARKINGS

ORIGINAL FORGEOS SETUP DIAGRAM



WALL

MARKING STANDARD

Use the wall-walk marking dimensions adopted for ForgeOS W3 from the CrossFit Open 25.3 setup standard:

Start/finish line: measure from the wall to the edge of the tape closest to the wall — **Women: 55 in (139 cm); Men: 60 in (152 cm)**.

Wall-side line: leave **10 in (25 cm)** between the tape's outside edge and the wall. This tape line must be **no longer than 30 in (76 cm)** and **no wider than 2 in (5 cm)**.

The diagram above is an original ForgeOS diagram; it does not reproduce CrossFit's published artwork.

MOVEMENT STANDARD

WALL WALK

GOOD REP	NO-REP EXAMPLES
Start with hands behind the start/finish line. Hands remain behind that line until both feet are established on the wall. At the top, reach the required wall-side hand line. During descent, keep the feet on the wall until both hands return behind the start/finish line.	Hands cross start line before both feet are on wall; required wall-side line is not reached; feet leave wall before both hands return behind start line; required finish position is not established.

Both tape lines, wall, hands and feet must remain clearly visible in the workout video.