



Event 7



17:00 PT, Wed., Sept. 26, through 17:00 PT, Mon., Oct. 1, 2018

Rx'd Workout

1-rep-max* complex of:

Deadlift / hang clean / hang clean and jerk

* Official weight recorded in pounds

Scaled Workout

No change.

Time cap: 10 minutes

Tiebreak: None

Equipment

- Barbell
- Standard bumper plates (18-in. diameter)
- Optional metal plates no smaller than ½ lb.
- Collars

For each workout, be sure the athletes have adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

Description

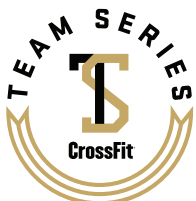
Prior to starting the workout, the barbell may be preloaded with the first athlete's starting weight for the complex. This workout begins with the barbell on the floor and the athlete standing tall. After the call of "3, 2, 1... go!" the first athlete may begin the barbell complex. To complete the complex, athletes must first verbally state the weight on the bar before deadlifting the bar, reaching full extension of the hips and knees with shoulders behind the bar. The athlete then can hang clean (either power or squat), again reaching full extension of the hips and knees, this time with the barbell on the shoulders with elbows in front of the bar at the top of the movement. After lowering the barbell to the hang position with arms straight, the athlete must again perform a hang clean (either power or squat), reaching full extension of the hips and knees

at the top with the barbell on the shoulders and elbows in front of the bar. Finally, the athlete must perform a jerk (split jerk or push jerk), finishing with arms locked out and barbell over the center of the body when viewed from the side. The second athlete then will complete the same complex. Athletes may make as many attempts as they'd like within the 10-minute time frame.

Judges will record only successfully completed barbell complexes, and only the highest single attempt by each athlete will count toward the team's score. Only one athlete may be working at a time and only one barbell may be used per athlete for this workout. At any time, athletes may switch by touching hands. If an athlete begins the complex prior to the 10-minute mark, he or she will be allowed to continue and the lift will count if it is successfully completed. The team's score will be the combined weight (in pounds) of each athlete's best individual attempt at the barbell complex. For example, if Athlete 1 successfully completes 225 lb. and Athlete 2 successfully completes 255 lb., the team's score for this event will be 480 lb.

Video Submission Standards

Teams opting to have their score validated by video submission are still required to use an on-site judge. Prior to starting, film the equipment to be used so the barbell and plates can be clearly seen. All video submissions should be uncut and unedited in order to accurately display the performance. The team's judge and a clock or timer with the running workout time clearly visible should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



presented by 5.11

Movement Standards

Deadlift



This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed.

Hang Clean



A muscle clean, power clean, squat clean or split clean may be used as long as the barbell starts from the hang and comes up to the shoulders, with the hips and knees fully extended, the feet in line and the elbows in front of the bar.



Starting at the floor, the athlete lifts the barbell until hips and knees reach full extension and the shoulders are behind the bar. The arms must be straight throughout. A pause here is necessary before beginning the rest of the complex in order for the effort to count. This is also the starting position of each repetition of the hang clean and must be reached after the deadlift and again prior to the second hang clean.

Jerk



At the top, the elbows, shoulders, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line. If the athlete is unsuccessful in the first jerk attempt, he or she may attempt it again as long as the bar doesn't drop below the rack position/shoulders.



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Scorecard

	Athlete 1	Athlete 2
Deadlift / Hang Clean / Hang Clean and Jerk Complex		
	Total Weight (in pounds)	

Team Name _____ **Total Weight (in pounds)** _____
Print

Workout Location _____ **Judge** _____ **Has judge passed CrossFit's Online Judges Course?** Y / N
Name of Affiliate Judge Name

I confirm the information above accurately represents our team's performance for this event _____
Team Captain Signature Date

Affiliate Copy

Team Copy

Team Name _____ **Total Weight (in pounds)** _____
Print

Workout Location _____ **Judge** _____ **Has judge passed CrossFit's Online Judges Course?** Y / N
Name of Affiliate Judge Name

I confirm the information above accurately represents the team's performance for this event _____
Judge Signature Date