

EVENT 6 GRETTEL

10 rounds for time of:
3 clean and jerks
3 bar-facing burpees

♀ 95 lb.

♂ 135 lb.

Time cap: 7 min.

NOTES

Prior to starting the workout, set up the floor plan as shown. Athletes can face either direction on the clean and jerk and bar-facing burpees but must remain in front of the line closest to the camera during the clean and jerks.

This workout begins with the athlete behind the start line. At "3, 2, 1 ... go," the athlete may move to the barbell, complete 3 clean and jerks and then 3 bar-facing burpees. They will repeat this sequence until they have completed 10 rounds.

Time stops when the athlete's feet have touched the ground on the opposite side of the barbell after the final bar-facing burpee.

The athlete's score will be the total time taken to complete the event or the total number of repetitions completed at the time cap. There is no tiebreak for this event.

After the workout is complete, the athlete will walk to the camera and state the password BEFORE moving or turning off the camera.

EQUIPMENT

- Barbell, 35/45 lb.
- Bumper plates*
- Collars
- Tape to mark the floor

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 43 kg (95 lb.) and 61 kg (135 lb.).

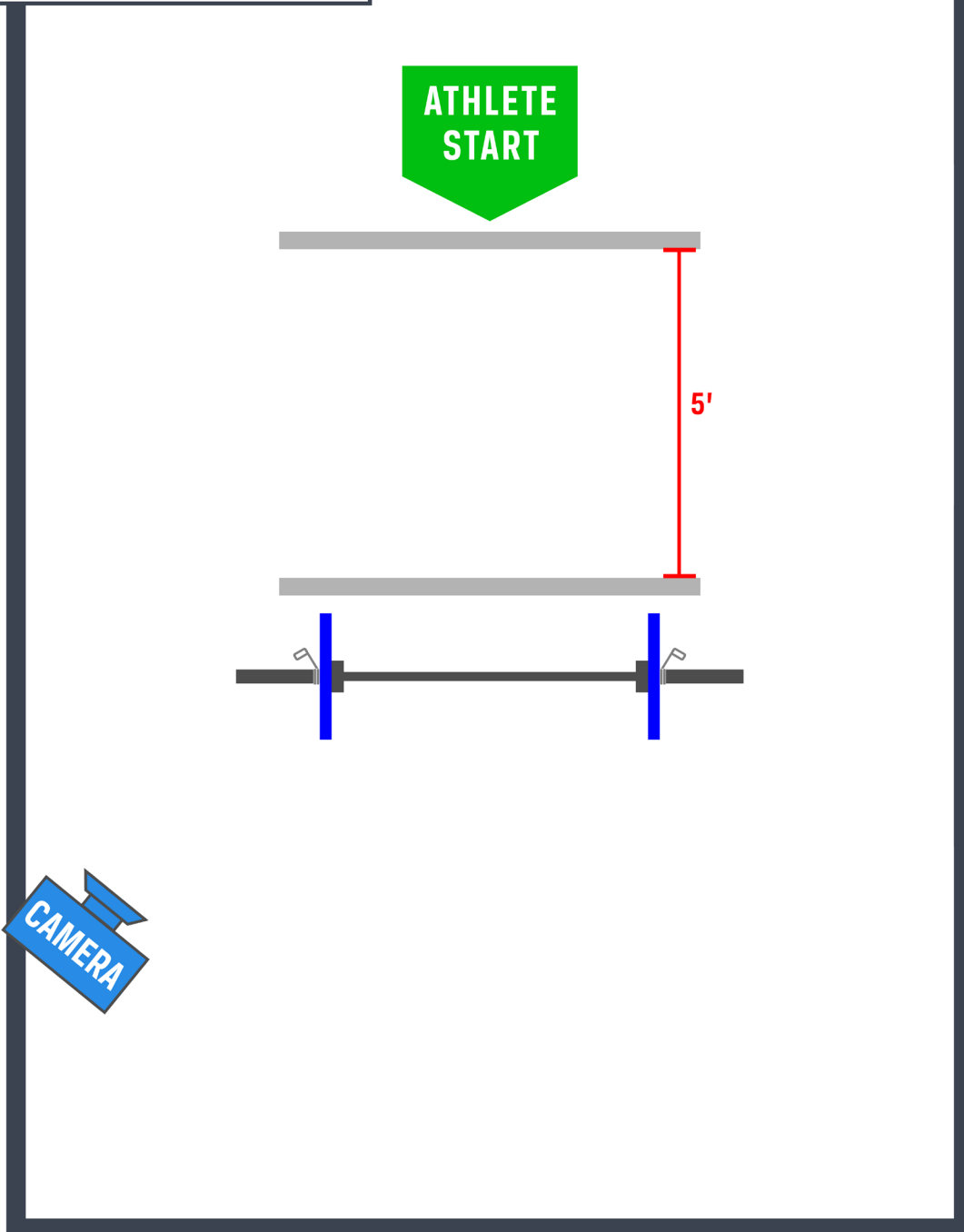
For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

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.

VIDEO SUBMISSION STANDARDS

- Film **ALL** competition area measurements so the distances and weights can be seen clearly.
- Use the camera placement provided in the floor plan.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 feet off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.

SEMIFINALS
INDIVIDUALS
FLOOR PLAN **EVENT 6**



MOVEMENT STANDARDS

CLEAN AND JERK



- The athlete and barbell must remain in front of the line closest to the camera during the clean and jerks. Stepping on the line is a no rep.
- Each rep starts with the bar on the ground.
- Power, squat, and split cleans are permitted.
- Hang cleans are **NOT** permitted.



- The bar must first be lifted to the shoulders, then locked out overhead.
- Snatching the barbell will not count.
- The athlete does **NOT** need to reach full extension of the hips and legs in the receiving position of the clean before beginning their overhead lift.



- Any style of overhead lift is acceptable (press, push press, or jerk).
- The rep is counted when the athlete's hips, knees, and arms are extended and the feet are in line.
- The bar must be over the middle of the athlete's body, or slightly behind, when viewed from profile.
- The athlete may not lower the bar until they reach the finish position.
- If the athlete receives a no rep for any reason at any time in the sequence, the entire clean and jerk must be repeated.

MOVEMENT STANDARDS

BAR-FACING BURPEE



- Each repetition starts with the athlete facing the barbell.



- Athletes may step or jump into the bottom position of the burpee.
- In the bottom position, the athlete's torso must be perpendicular to the barbell.
- The athlete's hands and feet must also be placed inside the width of the plates on the barbell.



- The athlete must clearly jump over the barbell.
- Both feet must be off the ground at the same time as the athlete passes over the bar.
- Stepping over is **NOT** permitted.
- The athlete does not need to use a two-foot takeoff.



- Each rep is counted when both feet land on the ground on the opposite side of the bar.
- From there, the athlete may begin their next rep.
- If the athlete receives a no rep at any time during the bar-facing burpee for any reason, they must repeat the entire repetition.

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	3 CLEAN AND JERKS	3 BAR-FACING BURPEES
ROUND 1	3	6
ROUND 2	9	12
ROUND 3	15	18
ROUND 4	21	24
ROUND 5	27	30
ROUND 6	33	36
ROUND 7	39	42
ROUND 8	45	48
ROUND 9	51	54
ROUND 10	57	60

Athlete Name _____
 Print

Time OR Reps at 7 Min. _____

Workout Location _____

Judge _____
 Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. _____
 Athlete Signature Date

Athlete Copy

ONLINE SEMIFINALS - INDIVIDUALS - EVENT 6

Athlete Name _____
 Print

Time OR Reps at 7 Min. _____

Workout Location _____

Judge _____
 Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. _____
 Judge Signature Date