

EVENT 4

For total weight:

M1, max snatch

M2, max clean and jerk

W1, max snatch

W2, max clean and jerk

Order: M/M/W/W

Time cap: 19 min.

*Athletes who clean and jerk in this workout must complete Ingrid in Event 6.

NOTES

Prior to starting the workout, set up the floor plan as shown. **The lifting athlete must face the camera. The lifting platform must be completely clear of all other equipment and non-lifting athletes before the lifting athlete begins their attempt.**

The workout begins with a barbell on the platform, set for the first man's attempt. At "3, 2, 1 ... go," each athlete will have four and half minutes for a maximum of three attempts, (following the schedule below). **Athletes can make no more than three attempts within their lifting window. Each athlete must declare the weight they are attempting before every lift.** After the men have finished their lifts, the team will have one minute to change the barbell for the first woman. Teams may prestage a women's barbell loaded to the first woman's first weight.

Athletes may receive help changing the weight for the lifting athlete between attempts. The weight can be adjusted up or down between attempts. Athletes do not need to make all three attempts. However, they may not make more than three attempts. If an athlete chooses not to take an attempt, the start time for the next lifter does not change.

- 0:00 - 4:30 - M1 snatches
- 4:30-9:00 - M2 clean and jerks
- 9:00 - 10:00 - Stage the women's barbell
- No athletes may lift on the platform during this time.
- 10:00-14:30 - W1 snatches
- 14:30-19:00 - W2 clean and jerks
- When the clock reaches 19:00, the workout is over.

The team's score will be the sum of each athlete's heaviest successful lift, recorded in pounds. There is no tiebreak.

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

EQUIPMENT

- One judge
- barbells, 35/45 lb.
- Bumper plates
- Collars
- Tape to mark the floor

If converting kilograms to pounds, round up to the nearest pound.

Any weight increases with change plates must result in a whole number (no decimal points). Collars cannot be included in the weight.

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

Any team that 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.

ONLINE SEMIFINALS - TEAMS

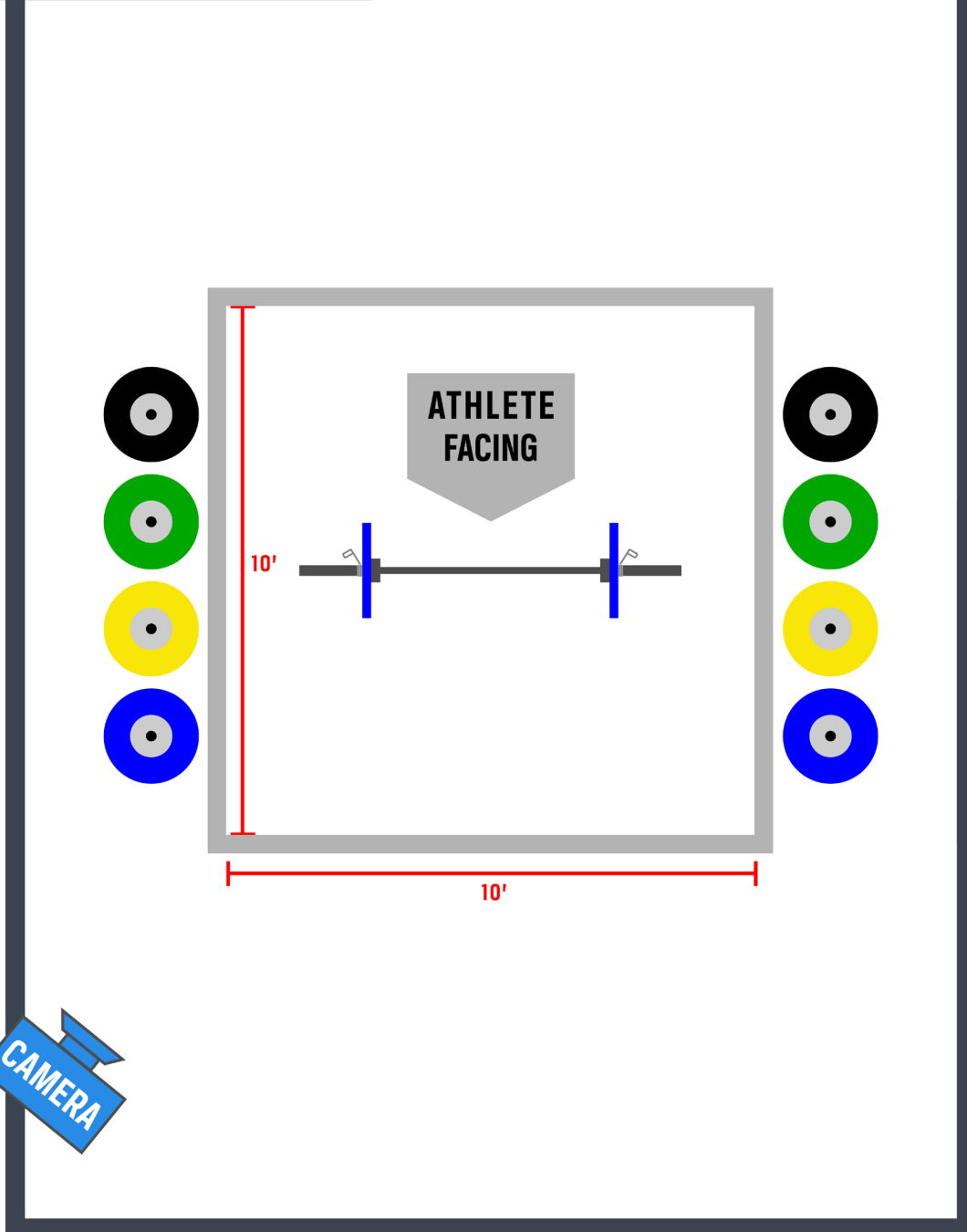
WEEK 3: 12:00 P.M. (NOON) PT FRIDAY, JUNE 11, THROUGH 12:00 P.M. (NOON) PT SATURDAY, JUNE 12

WEEK 4: 12:00 P.M. (NOON) PT FRIDAY, JUNE 18, THROUGH 12:00 P.M. (NOON) PT SATURDAY, JUNE 19

Presented by



SEMIFINALS
TEAMS
FLOOR PLAN **EVENT 4**



MOVEMENT STANDARDS

SNATCH



- The athlete and barbell must remain in the 10-by-10 box facing the camera.
- Collars must be placed outside the plates.
- If the athlete's feet or the plates on the barbell touch or cross the lines at any time, the rep will not count.
- Each rep starts with the bar on the ground.
- Power, squat, and split snatches are permitted.
- Hang snatches are **NOT** permitted.



- The rep is counted when the athlete's hips, knees, and arms are extended with their feet in line.
- The bar must be over the middle or slightly behind the athlete's body when viewed from profile.
- The athlete may not lower the bar until they reach the finish position.
- If the athlete touches the ground with anything other than their feet, the rep will not count (i.e., touching a knee on the ground is a no rep).
- Any repetition where the bar has left the ground before the end of the lifter's window and that is successfully completed will count.

MOVEMENT STANDARDS

CLEAN AND JERK



- The athlete and barbell must remain in the 10-by-10 box facing the camera.
- Collars must be placed outside the plates.
- If the athlete's feet or the plates on the barbell touch or cross the lines at any time, the rep will not count.
- 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 shoulder, 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 with their feet in line.
- The bar must be over the middle or slightly behind the athlete's body when viewed from profile.
- The athlete may not lower the bar until they reach the finish position.
- If the athlete touches the ground with anything other than their feet, the rep will not count (i.e., touching a knee on the ground is a no rep).
- If the athlete fails the jerk and brings the barbell back to the front rack, the athlete may **NOT** reattempt the jerk.

ONLINE SEMIFINALS - TEAMS

WEEK 3: 12:00 P.M. (NOON) PT FRIDAY, JUNE 11, THROUGH 12:00 P.M. (NOON) PT SATURDAY, JUNE 12
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TIME ON CLOCK	ATHLETE	MOVEMENT	WEIGHT (LB.)
0:00 - 4:30	M1	MAX SNATCH	ATTEMPT 1 _____ ATTEMPT 2 _____ ATTEMPT 3 _____
4:30 - 9:00	M2	MAX CLEAN AND JERK	ATTEMPT 1 _____ ATTEMPT 2 _____ ATTEMPT 3 _____
9:00 - 10:00	STAGE WOMEN'S BARBELL NO ATHLETES LIFTING DURING THIS TIME		
10:00 - 14:30	W1	MAX SNATCH	ATTEMPT 1 _____ ATTEMPT 2 _____ ATTEMPT 3 _____
14:30 - 19:00	W2	MAX CLEAN AND JERK	ATTEMPT 1 _____ ATTEMPT 2 _____ ATTEMPT 3 _____

Athlete Name _____ **Combined Total Weight (lb.)** _____
Print

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 - TEAMS - EVENT 4

Athlete Name _____ **Combined Total Weight (lb.)** _____
Print

Workout Location _____ **Judge** _____
Judge Name

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