



Event 1: Snatch

17:00 PT, Thursday, Nov. 30, through 17:00 PT, Monday, Dec. 4

WORKOUT

1-rep-max snatch

No time cap

Notes

The weight of the heaviest successful snatch in pounds is the athlete's score. Immediately before or after the athlete's performance of the event, the athlete must weigh in either with a judge or on video. See the [Liftoff rulebook](#) for weigh-in protocol.

Movement Standards

Snatch

For the snatch, the athlete must bring the bar from the ground to the overhead position in one smooth motion.

At the top, the arms, hips and knees must be fully locked out with the bar directly over the middle of the athlete's body and the feet in line under the body. No part of the body other than the feet may touch the ground during the execution of the lift. A muscle snatch, power snatch, squat snatch or split snatch may be used. This is NOT a ground-to-overhead any way. A clean and jerk, where the bar is lifted to the shoulders and then lifted overhead, is a no rep.





Event 1: Snatch

17:00 PT, Thursday, Nov. 30, through 17:00 PT, Monday, Dec. 4

Calculating the Weight

The snatch weight must be submitted in pounds. The barbell must be loaded evenly on both sides. The smallest acceptable weight increment is 1 lb. Plates smaller than 0.5 lb. may not be used. Weight submissions will not include fractions of a pound. If when converting from kilos to pounds the weight has a decimal, round down to the nearest pound.

15-kg barbells will be considered 35 lb., and 20-kg barbells will be considered 45 lb. Collars used to hold the weight plates on the bar will NOT be included in the total weight.

Equipment

- Barbell
- Bumper plates and change plates
- Collars

Video Submission Standards

Prior to lifting, the athlete must state to the camera how much weight is on the barbell and say the password "**Rocket.**" Filming of the barbell and plates used, as well as the athlete weigh-in, may be done before or after the lift. However, all video submissions must be uncut and unedited in order to accurately display the performance. Shoot the video from an angle so the athlete can be clearly seen meeting the movement standards for the lift.

Weigh-In Protocol

Athletes must record their body weight at the time of each Lifting event performance (snatch, clean and jerk, and the workout). Body weights will be submitted, along with scores, for validation. Body weights are to be recorded in whole pounds only (no decimals). For example, if an athlete weighs in at 165.7 lb., their weight will be recorded as 165.

If the event is conducted at an affiliate, the athlete's judge will observe the weigh-in and record the athlete's body weight on the scorecard.

For the video submissions, follow this procedure:

1. Shoes, weight belts and knee sleeves may be removed prior to recording body weight.
2. Place the scale on a hard, even surface.
3. Zoom in on the scale to show that the scale, whether digital or analog, is set to zero.
4. Keeping the scale in the frame, zoom out so that both the athlete and the scale are completely visible. With the entire athlete and scale visible in the frame, have the athlete stand on the scale. With the athlete standing on the scale, the videographer then moves in close to the scale so that the number can be clearly seen on the video.
5. Review the video to make sure that the lift, weight used, and body weight were properly recorded (and all numbers were clearly viewable on video).

This procedure may be done before or after the athlete's performance of the event, depending on the athlete's preference. Edited or cut videos will not be accepted. See the Lifting Rulebook for weigh-in protocol.



Event 1: Snatch

17:00 PT, Thursday, Nov. 30, through 17:00 PT, Monday, Dec. 4

Workout

1-rep-max snatch

No time cap

Attempts

Heaviest Lift

Athlete & Affiliate Information

Athlete Name _____ Body Weight _____ Heaviest Lift _____
Print (lb.) Weight (lb.)

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

I confirm the information above accurately represents my performance _____
Athlete Signature Date

Affiliate Copy

Individual Copy

Athlete Name _____ Body Weight _____ Heaviest Lift _____
Print (lb.) Weight (lb.)

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

I confirm the information above accurately represents the athlete's performance _____
Judge Signature Date

Event 1