

## Event 2: Clean and Jerk

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

### WORKOUT

1-rep-max clean and jerk

*No time cap*

### Notes

The weight of the heaviest successful clean and jerk 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

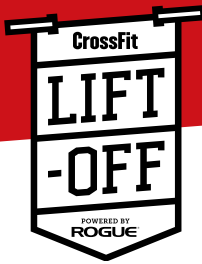
#### Clean and Jerk

During the clean, the barbell begins on the ground and must be lifted from the ground to the shoulders in one motion. A muscle clean, power clean, split clean, or squat clean may be used, as long as the barbell comes up to the rack position on the shoulders.

Once racked, a press, push press, split jerk, or push jerk may be used to lock the barbell out overhead. The barbell must pass through the front-rack position before going overhead; snatching is not permitted.

The rep is counted when the barbell is fully locked out overhead directly over the middle of the athlete's body, with the arms, hips, and knees extended, 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.





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### Calculating the Weight

The clean-and-jerk 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

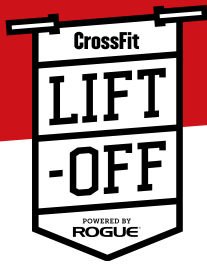
Athletes must record their body weight at the time of each Lifting event performance (snatch, clean and jerk, and the workout). Body weights will be submitted, along with scores, for validation. Body weights are to be recorded in whole pounds only (no decimals). For example, if an athlete weighs in at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



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## 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

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