



## AGE GROUP QUALIFIER

17:00 PT, THURSDAY, MARCH 12, THROUGH 17:00 PT, MONDAY, MARCH 16

Presented by



### EVENT 5

1-rep-max clean and jerk

No time cap

### NOTES

The clean and jerk begins with the barbell on the ground and finishes when the athlete is standing at full extension with the bar locked out overhead. Once the athlete has achieved lockout at the top, the barbell may be dropped. There is no limit to the number of attempts an athlete can make.

Your score MUST be recorded in pounds. The minimum weight increment allowed is 1 lb. If lifting in kilos, you must convert your score to pounds prior to submitting. Round up to the nearest pound to record your score. Men are required to use a 45-lb. (20-kg) bar. Women are required to use a 35-lb. (15-kg) bar. Collars cannot be included in the weight.

Before or after the event, the athlete will need to complete a weigh-in. Their body weight on the scale must be clearly shown in addition to the barbell and plates used for their lift. The athlete must clearly state in their video: "2020 Age Group Online Qualifier, Event 5."

The score for this event will be the maximum weight successfully completed.

### TIEBREAK

This event includes a tiebreak. In the event of a tie, the athlete with the lower body weight will be ranked higher.

### EQUIPMENT

- Barbell
- Standard bumper plates (18-inch diameter) and change plates
- Collars to secure the plates on the barbell
- Scale for athlete weigh-in

\*The official weight must be recorded in pounds. Note: If converting kilograms to pounds, round up to the nearest pound. Collars cannot be included in the weight.

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 event standards video may be disqualified from the competition.

### VIDEO SUBMISSION STANDARDS

- Film the plates and barbell so the loads can be seen clearly.
- Prior to each lift, the athlete must clearly state the weight being attempted and say, "2020 Age Group Online Qualifier, Event 5."
- Videos must be uncut and unedited to accurately display the performance.
- Shoot the video so the exercise can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.

This event also requires a weigh-in, which may be completed prior to or after the lift. Shoes, weight belts, and knee sleeves may be removed prior to recording body weight. Place the scale on a hard, even surface. Zoom in to show that the scale is set to zero. Then show the athlete stepping onto the scale. You may need to zoom in and zoom out to show the athlete on the scale and the scale's reading of the athlete's weight.

Video submissions for this event must display the heaviest successful clean and jerk, the plates and bar used, and the weigh-in procedure in one uncut and unedited clip.

### MOVEMENT STANDARDS

#### CLEAN AND JERK



- Start the rep with the barbell on the ground.
- Any style of clean, except a hang clean, is permitted.
- If the knee touches the floor during the attempt, the rep will not count.



- The lift must have two distinct phases: the clean and the jerk.
- Snatching is not permitted.
- The barbell must make contact with the shoulders.
- It is NOT necessary to lock out the hips and legs to complete the clean before lifting the bar overhead.
- If the jerk is missed and brought back to the front rack, the athlete may NOT reattempt the jerk.



- The rep is credited when the barbell reaches full lockout overhead, with the hips, knees, and arms fully extended, and the bar directly over, or slightly behind, the middle of the body.
- Any overhead lift is permitted as long as the required finish position is achieved.



# AGE GROUP QUALIFIER SCORECARD

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**EVENT 5**  
 1-rep-max clean and jerk  
 No time cap

**1-REP-MAX CLEAN AND JERK**  
 MUST BE RECORDED IN POUNDS

**ATHLETE BODY WEIGHT**  
 MUST BE RECORDED IN POUNDS

1-Rep-Max Clean and Jerk Weight \_\_\_\_\_

Athlete Name \_\_\_\_\_ Print Athlete Body Weight \_\_\_\_\_

Event Location \_\_\_\_\_ Name of Affiliate Judge \_\_\_\_\_ Judge Name Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this event. \_\_\_\_\_ Athlete Signature Date

Affiliate Copy

Athlete Copy

**EVENT 5** 1-Rep-Max Clean and Jerk Weight \_\_\_\_\_

Athlete Name \_\_\_\_\_ Print Athlete Body Weight \_\_\_\_\_

Event Location \_\_\_\_\_ Name of Affiliate Judge \_\_\_\_\_ Judge Name Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this event. \_\_\_\_\_ Judge Signature Date