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EVENT 3: HOW TO BE SINGLE

WEIGHT LIFTING LADDER

Female: Hang Clean & Jerk

Male: Overhead Squat

RX

Female: 95-105-115-125-135-145-165-185

Male: 135-145-155-165-185-195-205-215

TIEBREAKER:

Number of Overall Attempts in the ladder: Lower Number the better.

Attempts on an unsuccessful round round will not be counted

NOTES & FAQ:

- Workout Starts with All Athletes behind the designated lane
- Athletes will have 50 second to successfully complete the lift. They have multiple attempts during that window. After the 50 seconds if they complete the lift successfully, they have 10 seconds to move to the next bar
- THE LIFTS MUST BE FULLY EXECUTED DURING THE 50 s WINDOW. STARTING THE LIFT AT 49 s and FINISHING IT AT 53 s WILL BE A NO REP>
- As a tie breaker, the remaining successful pairs will be allowed to continue lifting till failure or they complete the ladder.

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XPODIUM

QUALIFYING



Overhead Squat



- The hip crease must be below the top of the knee at the bottom. A full squat snatch is permitted, but not required, to start the movement if standard depth is achieved.
- Athletes also can choose to power clean the bar
- Athletes must be careful when dropping the barbell especially overhead. Should the barbell falls or rolls out of the designated area for each lift it will be credited as no rep



Hang Clean & Jerks

- Each rep must start from the bar on the ground with both plates touching the floor
- Athletes must deadlift the bar and full extend before descending to the hand position (above the knee cap)
- The rep is credited when the athlete's hips and knees are fully extended, and the bar is resting on the shoulders with the elbows in front of the bar and both feet must be in line.
- Hang Power and hang squat Clean are allowed
- 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.
- The rep is credited when: The barbell is locked out overhead, and arms, hips, and legs are extended.
 - The bar is over or slightly behind the center of the body, with feet in line.
 - A press, push press, push jerk, or split jerk are all permitted as long as the required finish position is achieved.
- Athletes must wait for validation from the judge before lowering down the bar.
- Athletes can have as many attempts as needed in the window of time assigned.
- Receiving any assistance other than adjusting loading is not permitted unless safety is an immediate concern.



- For the Hang Clean the Barbell must go from the floor to a full deadlift position with arms, hips and knees extended before proceeding to execute the lift

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QUALIFYING



SCORE CARD: INDIVIDUAL RX

Record as YY / YN / N N	FEMALE FAME	MALE
	Hang Clean & Jerk	Overhead Squat
ROUND 1		
ROUND 2		
ROUND 3		
ROUND 4		
ROUND 5		
ROUND 6		
ROUND 7		
ROUND 8		
TOTAL ROUNDS:		
TOTAL ATTEMPTS:		

ATHLETE NAME: _____ CAT: _____ ROUNDS: _____

JUDGE NAME: _____ Athlete Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____

EVENT 3

ATHLETE NAME: _____ CAT: _____ ROUNDS: _____

JUDGE NAME: _____ Athlete Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____