

FUELLED BY



DAO® FITNESS

QUALIFYING EVENT



EVENT 2 TOTAL TEAM RELAY

10 MIN WORKOUT TO STABLISH 1 RM:

Minute 0 to 5

Male 1: Clean & Hang Clean

Female 1: Back Squat

Minute 5 to 10

Male 2: Front Squat

Female 2: Snatch & Hang Snatch

PLATES FOR ALL DIVISIONS

6 by 10 lbs

6 by 15 lbs

8 by 25 lbs

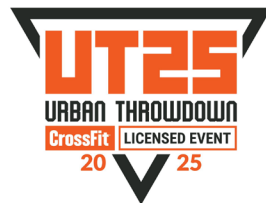
4 by 45 lbs

2 by 5 lbs

2 by 2.5 lbs

NOTES:

- Workout Starts with all 4 athletes standing behind the line
- All barbells are empty and plates will be line up on the floor
- After the countdown all 4 athletes can access their lane to help prepare the barbells.
- On the first 5 minutes of the workout first female and male athlete will attempt as many times as they need their assigned lift. When the timer hits minute 5 the second pair can start working on their lifts
- Athletes cannot switch lifts. If male 1 starts with clean complex then he must do their remaining attempts of the same lifts
- The Clean & Hang Clean and the Snatch and Hang Snatch are both complexes and not single reps.
- Other members can help preparing the barbels and moving the plates
- All lifts must be performed inside their assigned lane.
- Any barbell than intentionally of accidentally falls outside of their lane will be deemed no rep for that attempt
- Athletes cannot borrow plates from other lanes even if the other athletes allow so
- All barbells must have clips on for safety
- All lifts must start and be completed inside their minute. Attempts completed outside the minute will not be counted.
- All Squats will be from the Rack
- Teams will receive 4 scores, 1 for each type of lift



MOVEMENT STANDARDS

FRONT SQUATS

REQUIREMENTS



1. Each attempt begins on the athlete's shoulders in the front-rack position.
 - Any grip is permitted.
2. The athlete's hip crease must clearly pass below the top of the knees in the bottom position.
3. The rep is credited when:
 - The athlete's hips and knees are fully extended.
 - The bar is resting on the athlete's shoulders with the bar in the front-rack position.
 - The athlete's feet are in line with one another when the athlete is viewed from profile.
 - Synchronization is at the top of the rep
 - Squat Clean is not allowed

NOTES:

- Once an athlete has started their first attempt, they must continue with their second and third attempts before the active lifter may change.
- Athletes must place collars on the outside of the plates before beginning the lift.

COMMON MISTAKES



- Not reaching the bottom position with the hip crease below the knees.



- Re-racking or dropping the bar before reaching full hip and knee extension.

NOTES:

- In the event of a failed lift, the athlete must re start the rep.

SNATCHES



- The barbell begins on the ground and must be lifted overhead in one motion.
- In each instance the athlete's feet must be brought back in line.
- This is not a ground-to-overhead any way. A clean & jerk is a no rep.
-
- The bar shall be careful while dropping the barbell from overhead. If a barbell is dropped, the barbell must settle on the ground before the athlete begins the next attempt
- Athletes can choose Power or Squat Snatch
- The rep is credited when the barbell is at full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body with the feet in line.

Power Cleans

- Each attempt must start from the bar on the ground with both plates touching the floor
- 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.



BACK SQUAT

- Same standards as front squat apply with the back squat position

FUELLED BY



DAO® FITNESS

QUALIFYING EVENT



SCORE CARD

Lift	ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	ATTEMPT 4	ATTEMPT 5	ATTEMPT 6
Clean and Hang Clean						
Snatch & Hang Snatch						
Front Squat						
Back Squat						

TEAM NAME: _____ CAT: _____

LIFT 1: _____ LIFT 2: _____ LIFT 3: _____ LIFT 4: _____

JUDGE NAME: _____ Team Captain Signature: _____

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

Judge Signature: _____

EVENT 2:

TEAM NAME: _____ CAT: _____

LIFT 1: _____ LIFT 2: _____ LIFT 3: _____ LIFT 4: _____

JUDGE NAME: _____ Team Captain Signature: _____

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

Judge Signature: _____