

FUELLED BY

XPODIUM

QUALIFYING EVENT



EVENT 3: COUPLE'S THERAPY

WEIGHTLIFTING LADDER

PAIR 1: F-F: EMOM 8 Min: Clean And Jerk – Hang Clean

PAIR 2 M-M: EMOM 8 Min: Snatch – Overhead Squat

ELITE

Female: 105-115-125-135-145-165-185-205

Male: 145-155-165-185-195-205-215-225

RX

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

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

MASTERS

Female: 85-95-105-115-125-135-145-165

Male: 115-135-145-155-165-175-185-195

SCALED

Female: 65-85-95-105-115-125-135-145

Male: 95-115-135-145-155-165-175-185

NOTES:

- Workout Starts with All 3 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
- All 3 athletes shall perform their lift in that time window.
- Every Pair will have one barbell and will need to perform the movements within the 1 Min time Window. One movement each. For instance for Female one will perform the C&J and the other the Hang Clean.
- They can change movements at any time as long as each of the 2 movement is performed by a different athlete. For example if Female 1 lifts successfully a C&J but Female 2 fails the hang Clean and wants to do the C&J, then Female 1 will need to do the Hang Clean too. All within the 50 s window.
- 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>
- Only if all 3 athletes have successfully completed the 4 lifts the team can advance to the next weight.
- As a tie breaker, the remaining successful pairs will be allowed to continue lifting till failure or they complete the ladder.
- Therefore, if a team completes together the first 3 weights, their score will be 3 Rounds. If one pair completes two additional weights successfully their score will be 3 rounds and 2 reps.

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.
- Touch and go is permitted but deliberately bouncing the barbell is not.
- 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 repetition.
- Athletes can choose Power or Squat Snatch
- For the Hang Snatch complex athletes must deadlift the bar and clearly descend to the hang position before attempting the first rep



- 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.

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



Clean & Jerks

- Each rep must start from the bar on the ground with both plates touching the floor
- Repetitions can be touch and go or singles.
- 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.
- 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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LSKD

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SCORE CARD: ELITE – RX – MASTERS - SCALED

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

TEAM NAME: _____ CAT: _____ ROUNDS: _____

JUDGE NAME: _____ Team Captain Signature: _____

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

Judge Signature: _____

EVENT 3

TEAM NAME: _____ CAT: _____ ROUNDS: _____

JUDGE NAME: _____ Team Captain Signature: _____

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

Judge Signature: _____