

Grace's Big Sister "GWEN":

Time Cap: 8 Min

15-12-9

Clean & Jerk



**Athletes will choose weights from between

RX 115/85, 135/95, 145/105 and Scaled: 75/55, 95/65, 105/75

Each weight carries a greater rep value.

RX Athletes

- 115/85 - Complete all sets (72 reps total) **unbroken** for an extra 10 rep points
 - Total amount of points possible = 82
- 135/95 - Complete all sets (72 reps total) **unbroken** for an extra 20 rep points
 - Total amount of points possible = 92
- 145/105 - Complete all sets (72 reps total) **unbroken** for an extra 30 rep points
 - Total amount of points possible = 102

Scaled Athletes

- 75/55 - Complete all sets (72 reps total) **unbroken** for an extra 10 rep points
 - Total amount of points possible = 82
- 95/65 - Complete all sets (72 reps total) **unbroken** for an extra 20 rep points
 - Total amount of points possible = 92
- 105/75 - Complete all sets (72 reps total) **unbroken** for an extra 30 rep points
 - Total amount of points possible = 102

** If either athlete drops the bar between sets there will be a 3 burpee penalty per drop at time of failed attempt for both athletes. However, if both athletes complete all three sets unbroken they will receive the bonus points listed above.

** Weight must be declared prior to start and both athletes must do same weight class. Meaning if the female partner declares 105 then the male partner must do 145.

** Declared weight can not be changed once it has been declared.

** Only the number of reps completed prior to time cap will be counted. The highest rep amount possible for this event is 102 rep points.

Description and Standards:

Prior to go, athletes will declare their weight to their judge. Once the weight has been declared athletes will set up their bars accordingly. At 3,2,1, go...athlete A will begin their first set of 15 unbroken clean and jerks while athlete B rests. Once completed athlete A will rest while athlete B begins their set of 15 unbroken clean and jerks. Once completed athlete B will rest while Athlete A begins their next set of 12 unbroken clean and jerks. Athletes will continue in this fashion (alternating) until all sets have been completed or until the time cap has been reached. If at any time an athlete fails or breaks during their set, both athletes will endure a 3 burpee penalty at the time of the infraction.

Fails & No Reps:

- Athlete drops the weight prior to complete total set is considered a failed unbroken clean & jerk set.
- Rests more than a touch & go between reps.
- Any movement of the clean & jerk that does not meet the standards listed below is considered a no rep, but not considered a failed unbroken set of clean & jerks as long as the barbell does not touch the ground

and athlete finishes the remaining reps without dropping the barbell or setting the barbell down prematurely.

Clean & Jerk:

- Clean may either be a power clean or a regular clean (squat).
- There must be two distinct movements: Clean and then Jerk.
- Arms, hips, and legs must be fully extended at completion.
- If split jerking feet must finish side by side with arms, hips and legs fully extended.