



# EVENT 1

## Complex Snatch + Complex Clean MAX LOAD

Hang Power Clean + Power Clean + Squat Clean

Power Snatch + Squat Snatch + Overhead squat

3min per athlete

Time Cap 6 min

## Execution

For this event, athletes A and B will have three (3) minutes to establish their heaviest complex of snatch/clean. At the call of "3-2-1 ... Go!" Athlete A will begin with an empty barbell and a stack of plates. Athlete A must perform a snatch complex. It will be the athlete's responsibility to load the bar for each lift. Athletes may not decrease the weight after a failed attempt. The smallest weight increment permitted will be 5kg. Athlete B must stay at special marked place during A does the complex. At 3:00, athlete A tap B, and B will start with loaded or unloaded bar depends what A does in previous complex. Athlete B will perform clean complex. At 6:00 event 1 is over.

## SCORING.

The team score is the heaviest weight of complex snatch + complex clean they successfully lift.

# MOVEMENT STANDARDS

## Complex Snatch

Complex must be performed in order:

### 1. POWER SNATCH

Power Snatch starts after Hang Power Snatch from the ground in touch and go style. Any re-grip or pause on the ground is not permitted. Bar must be lifted overhead in one smooth motion, no pressing allowed. At the top and bottom, standards are the same as Hang Power Snatch. If the athlete dropped the bar he must start from Hang Power Snatch. After successfully Power Snatch the athlete can perform Snatch.



### 2. SNATCH

Snatch starts after Power Snatch from the ground in touch and go style. Any re-grip or pause on the ground is not permitted. Bar must be lifted overhead in one smooth motion, no pressing allowed. At the bottom athlete's hips can go below parallel. Power Snatch is allowed. At the top, the barbell must come to full lockout overhead with the hips, knees and arms fully extended. If the athlete dropped the bar he must start from Hang Power Snatch.



### 3. OVERHEAD SQUAT

Overhead Squat starts after the Snatch from the full body extended position with bar locked overhead. During the squatting movement bar must stay overhead. Elbows must be locked. Bending elbows will not be permitted. At the bottom of the squat hips must be below the top of the knee cap. Overhead squat finishes when the athlete is in full body extension, shoulders, hips and knees in line with the bar locked overhead. If the athlete dropped the bar he must start from overhead and will be permitted any style to bring the bar overhead.



## Complex Clean

### 1. HANG POWER CLEAN

This movement must begin from the hang. Must achieve a deadlift lockout (hips and knees fully extended, shoulders behind the bar) before re-dipping to initiate the hang power clean. The athlete may not lower the bar past the knees after deadlifting the weight. Lift finishes with the bar racked on the shoulders and the elbows clearly in front of the bar with the hips and knees fully extended. Hang squat Clean will be not allowed (hips below parallel). If the athlete dropped the bar he must start from beginning. After successfully Hang Power Clean the athlete can perform Power Clean.



## 2. POWER CLEAN

Power Clean starts after Hang Power Clean from the ground in touch and go style. Any re-grip or pause on the ground is not permitted. Lift finishes with the bar racked on the shoulders and the elbows clearly in front of the bar with the hips and knees fully extended. And again athlete may not receive the bar in squat position (hips below parallel). Bar must be lifted in one smooth motion. If the athlete dropped the bar he must start from Hang Power Clean. After successfully Power Clean the athlete can perform Clean.



## 3. CLEAN

Clean starts after Power Snatch from the ground in touch and go style. Any re-grip or pause on the ground is not permitted. Bar must be lifted in one smooth motion. Squat Clean and Power Clean is allowed. Lift finishes with the bar racked on the shoulders and the elbows clearly in front of the bar with the hips and knees fully extended.

