



## AUSTRALIAN STATES - EVENT 3

### FOR WEIGHT AND TIME (WITH A 14 MINUTE RUNNING CLOCK)

| <b><u>RX</u></b>  | <b><u>INTERMEDIATE</u></b>  | <b><u>BEGINNERS</u></b>  |
|---|---|--|
| <b>Part A</b><br>7 mins to establish a complex of:<br>2 x snatch deadlift + 1 hang squat<br>snatch + 1 overhead squat<br><br>*1 minute transition                     | <b>Part A</b><br>7 mins to establish a complex of:<br>2 x clean deadlift + 1 hang squat<br>clean + 1 front squat + 1 jerk<br><br>*1 minute transition                 | <b>Part A</b><br>7 mins to establish a complex of:<br>2 x clean deadlift + 1 hang squat<br>clean + 1 front squat<br><br>*1 minute transition                         |
| <u>At 8:00 min mark</u><br><b>Part B</b><br>30 cal bike shared<br>40 American Kettlebell Swings @<br>24kg (athletes to switch every 10<br>reps)<br>30 cal bike shared | <u>At 8:00 min mark</u><br><b>Part B</b><br>26 cal bike shared<br>40 American Kettlebell Swings @<br>16kg (athletes to switch every 10<br>reps)<br>26 cal bike shared | <u>At 8:00 min mark</u><br><b>Part B</b><br>20 cal bike shared<br>40 Russian Kettlebell Swings @<br>16kg (athletes to switch every 10<br>reps)<br>20 cal bike shared |
| <ul style="list-style-type: none"><li>• Bar must not touch the floor after the deadlift</li><li>• Hang – anywhere above the knee</li></ul>                            | <ul style="list-style-type: none"><li>• Bar must not touch the floor after the deadlift</li><li>• Hang – anywhere above the knee</li></ul>                            | <ul style="list-style-type: none"><li>• Bar must not touch the floor after the deadlift</li><li>• Hang – anywhere above the knee</li></ul>                           |

The bar is to start unloaded. At the call of 3,2,1....go!, both athletes will approach the bar and load to the desired weight. Rx athletes will perform a complex of 2 x snatch deadlift + 1 hang squat snatch + 1 overhead squat. Intermediate athletes will perform a complex of 2 x clean deadlift + 1 hang squat clean + 1 front squat + 1 jerk and beginners will perform a complex of 2 x clean deadlift + 1 hang squat clean + 1 front squat. The deadlift reps must be unbroken with no regrip. Once the 2 deadlifts are complete the bar is not to touch the floor.

These movements must be unbroken and the bar is not allowed to touch the floor after the deadlift. The hang can be from anywhere above the knee. The jerk for intermediates can be push jerk or split jerk.

Once a weight is on a bar it cannot be reduced. Each athletes' heaviest successful lift will be recorded and the two combined will serve as the score for Part B.

Lifting is to stop at the 7 minute mark allowing for a one minute transition. Athletes will unload their bar during this time and return to their start mat in preparation for part B.

At the 8 minute mark, athletes will perform 30/26/20 cal on the bike depending on division – cal can be shared however. There is no minimum work requirement. On completion the athletes can commence the kettlebell swings. Rx and intermediate are American (all the way over the head) and beginners are Russian (to eye height). Athletes are to switch every 10 reps. On completion of the 40 swings, the athletes will perform 30/26/20 cal on the bike again. Time will be recorded when both athletes run back to their start mats.

## **MOVEMENT STANDARDS**

### **SNATCH DEADLIFT**



The bar starts on the ground. Hands are snatch grip (wider than conventional deadlift). Stand the bar up. The rep is credited when the hips and knees reach full extension and the head and shoulders are behind the bar.

### **DEADLIFT**

The bar starts on the ground. Hands are just outside shoulder width. Stand the bar up. The rep is credited when the hips and knees reach full extension and the head and shoulders are behind the bar.

### **HANG SQUAT SNATCH**

The athlete deadlifts the bar up with their hips, legs, and arms extended. The athlete must lift the barbell overhead in one motion. The athlete must receive the barbell in a squat position, with the crease of the hip lower than the top of the knees.

### **OVERHEAD SQUAT**

As part of the complex the barbell begins overhead. While the bar remains locked out overhead, the athlete descends into a full squat with the hip crease must be below the knee at the bottom. The hips and knees must fully open at the top with the barbell locked out overhead

### **FRONT SQUAT**

As part of the complex the barbell begins in the front rack position. At the bottom, the crease of the hips must pass below the height of the kneecap. At the top, the knees and hips must be completely open with the barbell in control.

### **HANG SQUAT CLEAN**

The barbell starts on the ground and is deadlifted up with athlete standing to full extension. The barbell is then cleaned from a 'hang position' which is anywhere from above the knee. The barbell must come up to the shoulders with the athlete passing through a full squat with hips below knees. The athlete then stands up with the hips and knees fully extended and the elbows in front of the bar.

### **JERK**

A push jerk or split jerk may be used, as long as the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line. If the jerk is missed but brought back to the front rack, the Athlete may re-attempt the jerk from there without taking the barbell back to the floor

### **KETTLEBELL SWING (AMERICAN)**

Starting from the ground the KB is swung upwards. At the top of the swing, the kettlebell must be fully inverted (bell over the handle), centred over the feet with the hips and knees fully extended and the arms straight. At the bottom, the wrists must touch the thighs and the bell must pass behind the heels.

### **KETTLEBELL SWING (RUSSIAN)**

Starting from the ground the KB is swung upwards. At the top of the swing, the kettlebell must be at eye height parallel to the ground with the hips and knees fully extended and the arms straight. At the bottom, the wrists must touch the thighs and the bell must pass behind the heels.