



EVENT 2 – MOVE IT LIKE GRACE

ADVANCED	INTERMEDIATE	ELEVATE
<p><u>PART A – FOR TIME (6 MIN TIME CAP)</u> 10-8-6-4-2 Synchronised Clean & Jerk (M/F) 60kg/40kg Each pairing completes the reps 1:1 style</p> <p>*1 minute transition</p> <p><u>PART B (7 MIN TIME CAP)</u></p> <p>1RM Clean (power or squat)</p> <p>(Score is each athlete’s heaviest lift combined)</p>	<p><u>PART A – FOR TIME (6 MIN TIME CAP)</u> 10-8-6-4-2 Synchronised Clean & Jerk (M/F) 50kg/35kg Each pairing completes the reps 1:1 style</p> <p>*1 minute transition</p> <p><u>PART B (7 MIN TIME CAP)</u></p> <p>1RM Clean (power or squat)</p> <p>(Score is each athlete’s heaviest lift combined)</p>	<p><u>PART A – FOR TIME (6 MIN TIME CAP)</u> 10-8-6-4-2 Synchronised Clean & Jerk (M/F) 40kg/30kg Each pairing completes the reps 1:1 style</p> <p>*1 minute transition</p> <p><u>PART B (7 MIN TIME CAP)</u></p> <p>1RM complex of: 1 x Hang clean (power or squat) 1 x Front squat</p> <p>(Score is each athlete’s heaviest lift combined)</p>

At the call of 3,2,1...go, MF1 will commence the 10 synchronised clean & jerk at the prescribed weight. On completion, MF1 will run back to the start mat and MF2 will run out and perform the 10 clean & jerk. Once MF2 return to the start mat, MF1 will run out and complete 8 clean & jerks followed by MF2 who will also perform the 8 clean & jerk. The pairs will follow in this manner, running back to the start mat after each set, until 6, then 4, then 2 reps are performed. A good rep is when both athletes are locked out at the top of the jerk.

There is a time cap of 6 minutes for Part A. Should the teams not finish within the time cap, the completed reps will be recorded.

At the 6 minute mark there will be a 1 minute transition in readiness for Part B.

Part B comprises of 7 minutes to find each athlete’s heaviest 1RM clean for advanced and intermediate. These can be power or squat cleans. Females will use the 15kg bar and males will use the 20kg bars. Only one athlete is to lift at a time and can lift in any order.

Elevate division will perform a complex of one unbroken hang clean and one front squat. The clean can be power or squat cleans. Should the athlete choose a squat clean, they will be required to perform another squat for the front squat portion of the complex.

Once bars are loaded, the weight cannot go down. If an athlete fails a lift, they are able to attempt the failed weight, or even a higher weight if desired, as many times as they like however if they are unsuccessful their last successful lift will be their score.

Should a lift commence right before the 14 minutes, the athlete is allowed to finish that lift as long as the bar is in motion when the time is capped.

The score for Part B is each athlete’s heaviest lift combined.



MOVEMENT STANDARDS

Synchronised Clean & Jerk - The clean and jerk starts with the weight on the floor and finishes with the barbell fully locked out overhead with the arms, hips, and legs extended, and the bar over the center of the athlete's body when viewed from profile. The barbell must pass through the front-rack position before going overhead; snatching is not permitted. A muscle clean, power clean, split clean, or squat clean may be used, as long as the barbell comes up to the rack position on the shoulders. Once racked, a press, push press, split jerk, or push jerk may be used to lock the barbell out overhead. The synchronisation for both athletes is when they are both locked out at the top of the jerk.

Clean - The barbell starts on the ground and must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar. Athletes may power or squat clean.

Hang 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 hips and knees fully extended and the elbows in front of the bar. Athletes may power or squat clean.

Front Squat – As this is part of the complex, the barbell will begin on the front rack after completion of the clean. The athlete will squat with the crease of the hips passing below the height of the kneecap. At the top, the knees and hips must be completely open with the barbell in control.