



UK AFFILIATES - EVENT 2

FOR TIME (WITH A 10 MINUTE TIME CAP)

Surrey

<u>RX</u>	<u>INTERMEDIATE</u>	<u>BEGINNERS</u>
<u>For Time (10 min time cap)</u>	<u>For Time (10 min time cap)</u>	<u>For Time (10 min time cap)</u>
30 Clean and Jerk – 2 person sync @ 40kg 60 Box jumps shared 24" 30 Power snatch – 2 person sync @ 40kg 60 calorie row shared	30 Clean and Jerk – 2 person sync @ 30kg 60 Box jumps shared 20" 30 Power snatch – 2 person sync @ 30kg 60 calorie row shared	30 Clean and Jerk – 2 person sync @ 25kg 60 Box jumps shared 20" (Can step) 30 Power snatch – 2 person sync @ 25kg 60 calorie row shared

FOR TIME (WITH A 10 MINUTE TIME CAP)

Manchester

<u>RX</u>	<u>INTERMEDIATE</u>	<u>BEGINNERS</u>
<u>For Time (10 min time cap)</u>	<u>For Time (10 min time cap)</u>	<u>For Time (10 min time cap)</u>
30 Clean and Jerk – 2 person sync @ 40kg 60 Box jumps shared 24" 30 Power snatch – 2 person sync @ 40kg 60 Box Jump overs 24"	30 Clean and Jerk – 2 person sync @ 30kg 60 Box jumps shared 20" 30 Power snatch – 2 person sync @ 30kg 60 Box Jump overs 20"	30 Clean and Jerk – 2 person sync @ 25kg 60 Box jumps shared 20" (Can step) 30 Power snatch – 2 person sync @ 25kg 60 Box Jump overs 20" (can step)

*Please note the machine might change dependent on location.

At the call of 3, 2,1, go.....2 athletes will commence the 30 sync clean and jerk. Athletes can swap out as desired. On completion they will perform 60 box jumps which can be shared in any fashion. Beginners can step if required. After the 60 box jumps, 2 athletes will commence the 30 sync power snatch swapping out as desired. On completion of the power snatch the athletes will share a 60 cal row as desired (Manchester athletes will perform 60 box jump overs shared).

The score is total time taken to finish. Should you not finish within the time cap the score will be number of reps completed.

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. Both athletes must have the bar locked out overhead for the synchronisation to occur and the rep to count.

SYNCHRONISED POWER SNATCH

The barbells begin on the ground (if there are no bumper plates the barbell is to be taken from shin). Both athletes barbells must come to full lockout overhead at the same time with the hips, knees and arms fully extended, and the bar directly over the middle of the body.

BOX JUMP

Athletes must jump from the ground onto the box with two feet. They must show full extension on top of the box with legs, knees and hips fully extended. They may then jump or step down on the same side of the box which counts as one rep. Beginners may step.

BOX JUMP OVERS

JUMPING: Athletes must jump from the ground onto the box with two feet. They may then jump or step down on the other side of the box which counts as one rep. Full extension on top of the box is not required

STEPPING: As above except athlete may STEP onto box. Full extension on top of the box is not required