



UK AFFILIATES - EVENT 4

FOR WEIGHT (WITH A 10 MINUTE RUNNING CLOCK)

RX	INTERMEDIATE	BEGINNERS
Buy In: - 150 Double Unders – shared	Buy In: - 150 Double Unders – shared	Buy In: - 300 Single Skips – shared
On completion:	On completion:	On completion:
In the remaining time:	3 attempts per athlete working in order:	3 attempts per athlete working in order:
P1 – Establish a 3RM squat clean P2 – Establish a 2RM squat clean P3 – Establish a 1Rm squat clean	P1 – Establish a 3RM squat clean P2 – Establish a 2RM squat clean P3 – Establish a 1Rm squat clean	P1 – Establish a 3RM clean P2 – Establish a 2RM clean P3 – Establish a 1Rm clean * Clean can be squat or power
* Athletes can work in any order * Call the reps and weight for your judge prior to your lift *Weights cannot go down *As many attempts as desired but only 2 failed attempts allowed		

The clock will be set to 10 minutes. At the call of 3,2,1, go.....an athlete will commence the buy in of 150 double unders. There is no minimum work requirement and athletes can change out when required. Beginners will perform 300 single skips. On completion the time will be recorded and this will serve as a tie break.

In the remaining time on the clock, athletes will each get as many attempts as possible to establish a heavy squat clean (beginners can power clean if desired). Only 2 failed attempts are allowed. One athlete will perform 1 3RM, one will perform a 2RM and 1 will perform a 1RM. Reps must be touch and go. There is no resetting of the bar on the floor or dropping of the bar for the 2RM and 3RM lifts. Athletes can go in any order.

Once a weight is on the bar the weight on the bar cannot go down - even between athletes.

Athlete is to tell their judge what weight they are attempting prior to starting their lift so there is no confusion.

The score is the total of the heaviest successful lifts.

MOVEMENT STANDARDS

DOUBLE UNDER

This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

SINGLE SKIPS

The rope passes once under the feet for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

POWER 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.

FULL CLEAN/SQUAT CLEAN

The barbell starts on the ground and 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.