



# Qualifier 20.1

**Timecap: 18:00**

<i>Team member 1</i>
1000m Row-Erg 30 Clean and Jerk
<i>Team member 2</i>
1000m Row-Erg 30 Snatch

<b>Equipment</b>
1-2 x Row-Erg 1-2 x Barbell 20/15kg Plates

<b>Weights</b>	
<i>Elite</i>	60(M)/40(F)
<i>RX</i>	50(M)/35(F)
<i>Mixed</i>	50(M)/35(F)
<i>Master</i>	40(M)/30(F)
<i>Rookie</i>	40(M)/30(F)

### **Workout standards**

The workout begins with a team member on the rower, set to 1000m. He or she rows a 1000m before advancing to the barbell to perform 30 clean and jerks. Once 30 reps are done, the other teammembers rows his/hers 1000m before advancing to the barbell to perform 30 snatches. The workout is done when the barbell is locked out overhead on the 30th rep. Teams can use two rowers and two barbells.

### **Video Standards**

All video submissions should be uncut and unedited in order to accurately display the performance. Prior to starting the workout, clearly show you use the right equipment, weights, heights, etc for this workout. Your judge and a clock with the running workout time should be clearly visible throughout the entire workout. Shoot the video from an angle so all movements can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



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## 20.1

### **Movement Standards**

#### Row-Erg

1000m Row on a standard Concept 2 Rower with PM5 Monitor. Set your Row-Erg to a 1000m distance, so it descends to 0. Once the display reaches 0 you're allowed to get off the rower and move on to the next movement - no earlier (no ghostriding). Team member 2 is allowed to already sit on the rower when teammember 1 is working on the clean and jerks. The handle may be touched when the 30 repetitions are completed.

#### Clean and Jerk

This is a standard barbell clean and jerk in which the barbell moves from the floor to an overhead position whilst making contact with the shoulders in the frontrack position. For every rep the bar starts on the ground. All type of cleans (muscle, power, squat) are allowed. There must be clear distinction between the clean and the jerk portion of the lift. That means visible contact in the frontrack position on the of the shoulder, before getting the bar in an overhead position. The hip doesn't have to be extended in before attempting the jerk, a touch and go rep of clean into jerk is allowed. All types of shoulder to overhead movements are allowed. Strict press, Push Press, Push Jerks or Split Jerk. The rep is finished when the athlete is fully locked out overhead, showing control of the bar with the feet under the hips. Jumping out wide in a power position or split position means you need to re-establish the foot position before lowering the bar.

#### Snatch

This is a standard barbell snatch in which the barebll moves from the floor to an overhead position in one continious motion. For every rep the bar starts on the ground. The athlete must move the barebell to a locked out overhead position in one continious motion without pausing in any position. All types a snatches (muscle, power, squat are allowed) as long as the athlete ends up with the barbell extended overhead and the knees, hips and elbows locked out.



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## Scoreform

Timecap: 18:00

<i>Athlete 1</i>	
1000m Row-Erg	Tiebreak after 30 Clean and Jerk ____:____
30 Clean and Jerk	
<i>Athlete 2</i>	
1000m Row-Erg	Finish time after 30 Snatch ____:____
30 Snatch	

Athlete Names \_\_\_\_\_  
 Division Elite / RX / Master / Rookie / Mixed  
 Team Name \_\_\_\_\_  
 Affiliate \_\_\_\_\_  
 Judge \_\_\_\_\_

Score if **completed** \_\_\_\_:\_\_\_\_  
 Tie break \_\_\_\_:\_\_\_\_  
 Score if **not completed**  
 Total reps \_\_\_\_\_  
 Tie break \_\_\_\_:\_\_\_\_