

NEW ZEALAND NATIONALS
 INDIVIDUAL NATIONAL FINALS
 ONLINE COMPETITION
 [SCORECARD]



Event 8 | 2018

SCORE DUE 18:59PM 13th DECEMBER 2021

Event 8

For time complete...

30 Clean and Jerk

Cap: 6mins.

Note: Following the 10min cap for Event 7, competitors will have a 10min rest before beginning this Event. The time allocated for this event is from 30:00 - 36:00.

Note: Competitors must use a running clock for the duration of Event 6 through to the completion of Event 8.

Flow:

On the sound of 3,2,1... Go! The competitor may begin their Clean and Jerk. On completion of rep 30 the event is complete.

Scoring:

This workout will be scored by the time taken to complete the entire workout. If repetitions are not complete in the stipulated time frame, each rep not complete is added as 1sec to the time cap



	REPS COMPLETED
30 Clean and Jerk	/30
Time complete _____	

Video Submission:

Competitors will be required to submit a video of them completing this workout. The video must show the entire competitor in the one frame for the duration of the workout.

Movement Standards:

Clean and Jerk:

The Barbell is to be loaded with the clips securely fastened. The competitor starts standing behind the bar, lifts the bar into the front rack where the hips, knees and shoulders are in-line, and the elbows are in front of the Barbell. The competitor may Squat Clean whereby the barbell is received in a full squat. The Jerk is then completed as a Shoulder to Overhead anyway. The Barbell will move from the front rack position to a fully locked out overhead position, where the hips, knees, shoulders and elbows are locked out and inline. And the feet are placed side by side under the hips. The repetition is complete when locked out overhead under control. The competitor may clean the bar and continue from the front rack position to locked out overhead without extending during the clean, however this must be a two-phase movement.

Variations by divisions:

Rx:

Clean and Jerk @100/65kg

Masters 40-49:

Clean and Jerk @90/57.5kg

Teens 16-17, Intermediate, Masters 50+:

Clean and Jerk @80/50kg

Scaled, Teens 14-15:

Clean and Jerk @70/45kg

Competitors Name: _____ Score: _____

Judge Name: _____ Signed: _____