



## THE GLASGOW CLASSIC

# TEAM EVENT 1

## WEIGHTLIFTING

**Females - 6mins to establish a 1RM  
snatch (each)**

**Rest 2 mins**

**Males - 6mins to establish a 1RM clean  
and jerk (each)**

### Equipment

- 2x Barbells 20/15kg
- 2x 25kg plates
- 2x 20kg plates
- 2x 15kg plates
- 2x 10kg plates
- 2x 5kg plates
- 2x 2.5kg plates
- 2x 1.5kg plates
- 2x 1kg plates
- 2x 0.5kg plates

### General Notes

At the start of timer clock, and not before, the female athletes will enter the 3x 3m platform and begin to load their bar. They should begin by declaring their loading to the judge and may commence snatching as soon as the bar is correctly loaded and the platform clear

The male athletes should remain off the platform on the starting mat during the time allocated for the females to lift.

At the end of the 6 minute time allocation the female athletes must immediately vacate the platform area and return to the starting mat.

At the start of the rest interval the male athletes should enter the field of play, break down the female bar and place it off the platform before moving their own bar onto the platform. The bar may not be loaded at this time.

At the start of timer clock, and not before, the male athletes will enter the 3x 3m platform to begin their attempts They should begin by declaring their loading to the judge and may commence snatching as soon as the bar is correctly loaded and the platform clear.

**FINALS 2019**

**Saturday 21st September**

Athletes may make as many attempts on their lifts as necessary during the allocated time. The weight may be increased or decreased as required.

In the event that an athlete has a valid lift in progress (it has been pulled from the floor before the timer sounds) they may continue the lift and if successful it will count toward their score.

### Team Composition

2x Subteams:

FFF (Snatch)

MMM (Clean and Jerk)

### Time Cap

The athlete subteams will have 6 minutes each to execute their lifts.

### Scoring

The team score is calculated by adding the heaviest successful lifts of each athlete to create a team total.

### Penalties

No other athletes or loose plates should be present on the platform during lifting attempts and collars must be worn on the bar. Failure to observe these rules will immediately result in the invalidation of the lift.

A no-rep is awarded if the athlete fails to bring both feet in line, under the hips with elbows locked out and bar overhead.

The athlete and barbell must stay on the platform for the rep to count. If the athlete steps off the platform with the bar or the barbell lands off the platform, the rep will be invalid.



## THE GLASGOW CLASSIC

# TEAM EVENT 1

---

## WEIGHTLIFTING

### Movement Guidance

#### Snatch

The movement begins with the barbell on the ground and must be lifted overhead in one continuous motion. No part of the body other than the feet may touch the ground during the repetition. A power snatch, muscle snatch, split snatch, or squat snatch is permitted, so long as all requirements are met.

In the overhead position the knees, hips and elbows must be clearly locked out. It is common for even experienced athletes to neglect the hip extension.

Pressing out the bar is permitted provided the bar does not reverse direction of travel during the lift.

#### Clean and Jerk

The movement begins with the barbell on the ground and must be completed in two distinct movements. No part of the body other than the feet may touch the ground during the repetition.

The clean may be executed as a muscle clean, a power clean, a squat clean, or a split clean, so long as all requirements are met.

Each clean begins with the bar on the floor and finishes with the bar on the shoulders in the front rack position: elbows in front of the bar with hips and knees fully extended.

The overhead portion of the movement (jerk) can be executed as a shoulder press, push press, push jerk, or split jerk so long as all requirements are met.

In the overhead position the knees, hips and elbows must be clearly locked out. It is common for even experienced athletes to neglect the hip extension.

If the jerk is failed and the athlete is able to successfully rerack the bar; the athlete may make a further attempt at the jerk.

**FINALS 2019**

**Saturday 21st September**