



THE GLASGOW CLASSIC

INDY EVENT 1

WEIGHTLIFTING

4 Minutes to establish 1RM Snatch

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

The athletes will begin the workout stood at the edge of their 3x3m platform. At the start of the timer clock, and not before, the athletes will enter the 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

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.

At the end of the 4 minute time allocation the athletes must immediately exit the platform area and vacate the competition floor.

FINALS 2019

Saturday 21st September

Time Cap

The athlete will have 4 minutes to execute their lifts.

Scoring

The score is given by the weight of the heaviest successful snatch completed within the allocated time.

Penalties

No 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.



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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.

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