

EVENT 3 - HAPPY

“HAPPY”

EVERY 2:00 X 4 ALTERNATING SETS:

1 SET OF UNBROKEN “DT”

—:30 TRANSITION/CHANGE WEIGHTS—

SCORE IS THE TOTAL COMBINED WEIGHT OF ALL COMPLETED COMPLEXES FROM BOTH ATHLETES.

“DT”

12 DEADLIFTS

9 HANG CLEANS

6 SHOULDER-TO-OVERHEAD

*EACH ATHLETE WILL PERFORM 2 SETS, THE SETS WILL BE ALTERNATING FOR A TOTAL OF 4 SETS. ATHLETES WILL HAVE 2:00 TO COMPLETE THE COMPLEX. THERE WILL BE A :30 SECOND TRANSITION BETWEEN EACH ATHLETE. WORKOUT WILL BE 10:00 MINUTES TOTAL.

FLOW

This workout begins with both athletes standing behind the pull up bars. At the call of 3,2,1, LIFT!... Athlete 1 will move to the barbell, athlete 2 will remain behind the pull up bars.

Athlete 1 will have 2:00 to complete the following complex unbroken...
12 Deadlifts + 9 Hang Cleans + 6 Shoulder-to-Overhead

After the 2:00 time frame, there will be a :30 transition time before the 2nd athlete's attempt. Before athlete 2 starts their 2:00 time frame to lift, both athletes must be behind the pull up bars.

At the next call of 3,2,1, LIFT!... Athlete 2 will now move to the barbell to complete the same complex.

This format will continue until both athletes have completed 2 complexes each. Score is the total combined weight of ALL completed complexes from both athletes.

GENERAL/EQUIPMENT STANDARDS

- The barbell can be preloaded for the first attempt.
- Barbell clips must be used.
- Each athlete MUST declare the weight being attempted.
- Athletes may choose a lower weight amount on the second set if needed.

There will be a total of 225lbs in each lane. If you require more weight, please inform us during your athlete corral. Weights provided will be... (2 x 45lbs) (2 x 25lbs) (2 x 15lbs) (4 x 10lbs) (2 x 5lbs) (2 x 2.5lbs)

- If the bar is dropped, let go, slipped or rests on the floor at any time after the barbell is lifted from the floor, the lift will be considered over and you have the option to reattempt the complex if time permits. A re-grip at the hips or hang position is permitted, but resting the bar deliberately on the legs, or hips will be considered a broken complex, the attempt is over and you must start over.
- If you miss any part of the complex, the judge will inform you and you can continue as long as the missed movement is completed to continue with the complex. But once the bar drops or you bring the bar back to the floor, the attempt is done and you must start over and complete the complex if time permits.
- The bar + athlete must be in front of the lifting line during the entire complex. If any part of the barbell and/or athlete crosses the line the attempt will be considered over and you attempt the complex from the beginning if time permits.
- The entire complex must be finished within the 2:00 time frame. This means, the final thruster must be completed and the athlete returned to a fully controlled locked out standing position at 1:59 or earlier.
- Both athletes MUST be behind the pull up bars before either athlete moves to the barbell to lift.
- The non-lifting athlete MUST stay behind the pull up bar while the other athlete is lifting.
- The changing of weights can only happen during the :30 transition time. Both athletes may work together to change the weights
- All remaining weights left on the floor must be behind the lifting line and within your own lane. If any weight is left on the floor in another lane or in the lifting area, you must place everything back before the athlete lifts.
- Athletes may NOT wear gymnastics grips or weightlifting straps during this event.
- THERE WILL BE NO ASSISTANCE FROM THE JUDGES UNLESS SAFETY IS A CONCERN.

MOVEMENT STANDARDS

DEADLIFT (ALL DIVISIONS)

The barbell starts on the ground. The athlete's hands must be outside the knees. The rep is credited when the athlete's hips and knees reach full extension, and the athlete's head and shoulders are behind the bar. Athletes may use a mixed grip.

HANG CLEAN (ALL DIVISIONS)

The Hang Clean begins after the deadlift is completed. The bar may not pass below the knee. Hang Power Clean, Hang Squat Cleans, and Hang Split Cleans are permitted. If the knee touches the floor during the attempt of a Split Clean, the rep will not count. The rep is credited when the athlete's hips and knees reach full extension and the bar is supported in the front-rack position. "Popping" the bar off the shoulders is NOT permitted. "Bar Cycling" & "Bar Banging" is permitted.

SHOULDER-TO-OVERHEAD (ALL DIVISIONS)

Before starting the Shoulder-to-Overhead, the barbell must come to a complete stop on the shoulders and the body in a full standing position with the hips and knees fully extended and locked out. The rep will now begin with the barbell on the shoulders and finishes with the weight fully locked out overhead and over the middle of the body. A shoulder press, push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line. Once the first Shoulder-to-Overhead is complete, bar cycling of the remaining reps is permitted.

WRESTLING
GAMES

