

"CMPLX"

COMPLETE THE FOLLOWING COMPLEX FOR MAX LOAD:
DEADLIFT + HANG CLEAN + FRONT SQUAT + SQUAT CLEAN + JERK

* EACH ATHLETE WILL GET 3 ATTEMPTS. ATHLETES WILL HAVE 1 MINUTE TO COMPLETE THE COMPLEX. THERE WILL BE A 30 SECOND TRANSITION TIME BETWEEN EACH ATHLETE. WORKOUT WILL BE 8.5 MINUTES TOTAL.

FLOW

This workout begins with both athletes standing on the starting mat. At the call of 3,2,1, LIFT!... Athlete 1 will move to the barbell, Athlete 2 will remain on the starting mat.

Athlete 1 will have 1:00 to complete the following complex...
DEADLIFT + HANG CLEAN + FRONT SQUAT + SQUAT CLEAN + JERK

After the 1:00 time frame, there will be a :30 transition time before the 2nd Athlete's attempt.

Before Athlete 2 starts their 1:00 time frame to lift, both athletes must be on the starting mat.

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 3 lifts each. Score is the combined heaviest completed complex of both athletes.

FOR THE OFFICIAL MOVEMENT STANDARDS AS WELL AS INFORMATION ABOUT EACH DIVISION AND WORKOUT VARIATION, PLEASE VISIT NXTLVLPERFORMANCE.CA/GAMES

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.
- 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). Fractional plates will NOT be used.
- You will only have 1 attempt per 1:00.
- This is an UNBROKEN complex, if the bar is dropped, let go, slipped or rests on the floor at any time after the deadlift, the lift will be considered over and no score will be awarded for that round. A re-grip on the floor will be considered a break in the complex and will end the complex and no score will be awarded. 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 and no score will be awarded. A re-grip at the front-rack position is permitted.
- If you miss any part of the complex, the lift will be considered over and no score will be awarded for that round.
- If you mix up the complex, the lift will be considered over and no score will be awarded for that round.
- The bar + athlete must be within the lifting lines during the entire complex. If any part of the barbell and/or athlete crosses any part of the lifting lines, the lift will be considered over and no score will be awarded for that round.
- The entire complex must be finished within the 1:00 time frame. This means, the jerk must be completed and athlete returned to a fully controlled locked out standing position at :59 or earlier.
- Both athletes MUST be on the starting mat before either athlete moves to the barbell to lift.
- The non-lifting athlete MUST stay on the starting mat while the other athlete is lifting.
- The changing of weights can only happen during the :30 transition time.
- 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

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.

HANG CLEAN

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.

FRONT SQUAT

The front squat begins after completing Hang Clean. At the bottom of the squat, the crease of the athlete's hip must be clearly below the top of the knees. The bar must remain in the front-rack position. The hands do NOT need to remain on the bar. Any grip is permitted. The rep is credited when the athlete's hips and knees reach full extension while the bar is supported in the front-rack position.

SQUAT CLEAN

The Squat Clean begins when the bar is lowered from the rack position. Power Cleans will NOT be permitted. Only Squat Cleans or Split Cleans will be permitted. If the athlete's knee touches the floor during the attempt of a Split Clean, the rep will not count. Hang cleans are not allowed. At the bottom of the squat, the crease of the athlete's hip must be clearly below the top of the knees. The rep is credited when the athlete's hips and knees reach full extension and the bar is supported in the front-rack position. The elbows must be in front of the bar when viewed from profile. The athlete may NOT rest the barbell on the ground after the Front Squat. Resting in the rack position is acceptable. The athlete may re-grip at the hang, but may not deliberately rest with the bar in the crease of the hip or legs. Deliberately bouncing the bar into the Squat Clean will not count.

JERK

The jerk begins after completing the Squat Clean. A Press, Push Press, Push Jerk, or Split Jerk are all permitted as long as the required finish position is achieved. The rep is credited when the barbell is locked out overhead with the arms, hips, and legs fully extended. The bar is over or slightly behind the center of the athlete's body, with feet in line. If the athlete fails the jerk and brings the barbell back to the rack position, the athlete may NOT reattempt the jerk.