

“RED LIGHT, GREEN LIGHT”

COMPLETE THE FOLLOWING FOR MAX LOAD:

2 HANG SQUAT CLEANS + 2 SHOULDER-TO-OVERHEAD + 2 THRUSTERS

*EACH ATHLETE WILL GET 3 ATTEMPTS. ATHLETES WILL HAVE 45 SECONDS TO COMPLETE THE COMPLEX. THERE WILL BE A 30 SECOND TRANSITION BETWEEN EACH ATHLETE. WORKOUT WILL BE 7 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 :45 to complete the following complex...
2 Hang Squat Cleans + 2 Shoulder-to-Overhead + 2 Thrusters

After the :45 time frame, there will be a :30 transition time before the 2nd athlete's attempt. Before athlete 2 starts their :45 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 3 lifts each. Score is the combined heaviest completed complex of 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.
- 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 :45 time frame. This means, the final thruster must be completed and the athlete returned to a fully controlled locked out standing position at :44 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

HANG SQUAT CLEAN (ALL DIVISIONS)

The athlete will deadlift the barbell off of the floor and the athlete must pause with the barbell in a fully locked out standing position. From there, the athlete will perform a Hang Squat Clean. The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position of the hang squat clean. Receiving the barbell in the bottom of the squat is not required. A power clean followed by a front squat will be permitted provided there is continuous downward motion during the movement.. The rep is credited when the athlete's hips and knees are fully extended, and the bar is resting on the shoulders with the elbows in front of the bar. When attempting the second rep, athletes must pass through the hang position or any part of the thigh or hip with straight arms.

SHOULDER-TO-OVERHEAD (ALL DIVISIONS)

The shoulder-to-overhead begins after completing the second Hang 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 and 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 reattempt the jerk. When attempting the second rep, athletes may string or absorb into the next rep as long as the first rep is brought to the locked out position in full control.

THRUSTER (ALL DIVISIONS)

The crease of the athlete's hip must clearly pass below the top of the knees in the bottom position. The rep is credited when the athlete reaches full lockout with the barbell overhead. The athlete's hips, knees, and arms must be fully extended, and the bar must be directly over, or slightly behind, the middle of their body. The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed.