

MAXIMUM EFFORT INDY

All Individuals

For Time: *10 Minute Time Cap* 200 Points

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| 0-5 Minutes: 1 Rep Max Snatch | 100 Points |
| 5-10 Minutes: 1 Rep Max Clean and Jerk | 100 Points |

Event Description:

On a 10-minute clock, athletes will have the first 5 minutes to perform a 1 rep max snatch and the second 5 minutes to perform a 1 rep max clean and jerk. The bar will begin unloaded. On the call of 3,2,1.. Go! Athletes may load the bar and proceed with their lift. Only 3 attempts of each lift are allowed. A lift is considered, once the bar is taken from the floor. You may change your weight as you wish.

At the 5-minute mark, the athlete may keep the weight on the bar. They do not need to empty the bar to begin the clean and jerk. If the athlete misses the jerk, they cannot re-rack the bar and attempt again.

This is a 2-part scored event, the snatch is worth 100 points, and the clean and jerk is also worth 100 points Your score is your heaviest successful lift.

Movement Standards:

Snatch

- The barbell begins on the ground and must be lifted overhead in one motion.
- The rep is credited when the barbell is at full lockout overhead, with hips, knees and arms fully extended and the bar directly over or slightly behind the middle of the body.
- No part of the body besides the feet may touch the ground.
- Deliberately bouncing the barbell is not permitted.
- A muscle snatch, power snatch, squat snatch, or split snatch may be used.

Clean and Jerk

- The bar must be taken from the ground to the shoulders in one continuous motion.
- Hang cleans are not permitted. A muscle clean, power clean, split clean or squat clean is permitted.
- For the jerk, the rep begins with the barbell on the shoulders and finishes with the weight fully locked out overhead and over the midline of the body.
- A shoulder press, push press, push jerk or split jerk may be used, if the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line.
- Using a rack is not permitted.

MAXIMUM EFFORT TEAMS

For Time: 10 Minute Time Cap 100 Points

Athlete One: 1 Rep Max Snatch

Athlete Two: 1 Rep Max Clean and Jerk

Athlete Three: 1 Rep Max Clean

**Maximum Three Attempts Per Athlete*

Workout Description:

The first athlete will begin standing on the platform with the other two team members off to the side. On the call of 3,2,1.. Go! the team will work together to load the barbell. Athlete One will have a maximum of 3 attempts to achieve a one rep max snatch. Athletes may increase or decrease weight as needed. The team can work together to unload and load the barbell. **Clips must be on the barbell before every attempt.** It is the athlete's responsibility to verbally confirm the load on the barbell with their judge before lifting. Once athlete one is complete, athlete two can begin. Athlete two will achieve a one rep max clean and jerk. Once the max clean and jerk is achieved, athlete three will have 3 attempts at a one rep max clean. You may not lift out of order or transfer attempts to other team members. Your score is the sum of the heaviest successful lifts.

Movement Standards:

Snatch

- The barbell begins on the ground and must be lifted overhead in one motion.
- The rep is credited when the barbell is at full lockout overhead, with hips, knees and arms fully extended and the bar directly over or slightly behind the middle of the body.
- No part of the body besides the feet may touch the ground.
- Deliberately bouncing the barbell is not permitted.
- A muscle snatch, power snatch, squat snatch, or split snatch may be used.

Clean/Clean and Jerk

- The barbell must be received in the front rack position in one motion from the ground position.
- Full extension of the hips and knees must be achieved with the bar in the front rack position for.
- The use of a press, push press, push jerk or split jerk is allowed.
- The bar may not be taken from the back rack
- A muscle, power, squat or split clean is allowed.