



FIELD B
STRENGTH

SOUTHERN
WARRIORS
2 0 2 2

HAMMER

ALL TEAM DIVISIONS



EVENT

STRENGTH

TIME CAP: 9 MIN

FROM 00:00 TO 04:00 ATHLETE A MUST PERFORM:

- 1 CLEAN + 2 FRONT SQUAT + 3 SHOULDER TO OVERHEAD (COMPLEX)
- 1 CLEAN + 1 FRONT SQUAT + 2 SHOULDER TO OVERHEAD (COMPLEX)
- 1 CLEAN AND JERK

FROM 04:00 TO 05:00 = REST

FROM 05:00 TO 09:00 ATHLETE B MUST PERFORM:

- 1 CLEAN + 2 FRONT SQUAT + 3 SHOULDER TO OVERHEAD (COMPLEX)
- 1 CLEAN + 1 FRONT SQUAT + 2 SHOULDER TO OVERHEAD (COMPLEX)
- 1 CLEAN AND JERK

SCORE: TOTAL WEIGHT



FLOW

- The team waits outside the platform.
On 3,2,1 go will load the barbell. The teammates can help each other loading or unloading the bar during the event.
In the first 4 minutes Teammate A will be working. During the lifting phase only one person can stay on the platform.
- Teammate A will perform: 1 CLEAN + 2 FRONT SQUAT + 3 SHOULDER TO OVERHEAD.
Once finished the first complex, **the second one will follow keeping or increasing the load.** It is not allowed to decrease the load.
Teammate A will then perform his/her second complex: 1 CLEAN + 1 FRONT SQUAT + 2 SHOULDER TO OVERHEAD
Finished the second complex, the athlete may choose to increase the load or maintain it on the barbell and performs one CLEAN AND JERK
- Will follow 1 minute rest in which the athlete can prepare the barbell for teammate B which will then have to perform the same job as athlete A.
Teammate B may start with a lower weight than A or increasing it.
Will be required anyways to stay or increase the load between the two complexes.



STANDARD

CLEAN

The barbell starts on the ground. Through a muscle clean, power clean, split clean, squat clean, the barbell must reach a top position with feet in line, knees and hips extended, barbell in front rack and elbows in front of the barbell. A hang clean is not allowed.

FRONT SQUAT

Barbell starts from the ground. In bottom position the athlete will need to have hip crease below the highest point of the knees, in top position feet in line, knees and hips extended, barbell in front rack and elbows in front of the barbell.



STANDARD

SHOULDER TO OVERHEAD

Rep starts with the barbell on the shoulders. Through a press, push press, push jerk, split jerk the athlete will reach a top position with feet in line, knees, hips, elbows extended and barbell in midline over the body

COMPLEX:

The barbell may be dropped only at the end of the prescribed complex

Back drop is strictly forbidden

The rep must start and finish in the assigned time window

ATTENTION: it is forbidden the use of weightlifting straps or other equipments which may ease up the workout (straps). Belt and kneepads allowed.