



QUALIFICATION 2016

7 min. to complete:

9-15-21 of:

- GTO (ground to overhead)
- CH2B (chest to bar)
- /PU (pull ups)

+ 4min 2rep max cluster

Elite Men.....70 Kg + CH2B
Elite Women.....45 Kg + CH2B

Masters Men.....60 Kg + CH2B
Master Women.....35 Kg + PU

Open Men.....50 Kg + PU
Open Women..... 25 Kg + PU



Ground to overhead - any way to move the bar of the ground over your head.



Power snatch / Muscle snatch / Squat snatch
Power clean, squat clean - strict press, push press, push jerk, split jerk.



Chest to bar - in the top position, must be visibly touch the chest of the bar. In the lower position, your arm must be stretched out.



Pull ups - in the upper position chin must be clearly above the bar. In the lower position, your arm must be stretched out.



Fronthold



Cluster - lift the bar from the ground and with technique you moved the bar to **squat clean**

- bar are move from the grounda straight into the front squat
- hip must get below the knees
- elbows must not touch the knees

and smoothly into the **thruster**

- you are starts out from the front squat and push the bar straight above your head
- elbows must not touch the knees
- in the final phase of the exercise your ear must be visible before the arms. Shoulders, hips and knees forms one axis.

In the second repetition, the axis must not touch the ground for more than 1 second (Touch & Go) technique is the same as the first repetition (squat clean and thruster). It is allowed to rest between repetitions in position fronthold.

It is permitted to use one or more bars in the workout. I.e., after you finished the first part you don't use a bar with which you compete, but you can have loaded replacement bar. However, you can't reduce the weight down during the attempt. That means if you make an unsuccessful attempt with 50 Kg so you can't go for another attempt with 40 Kg.

SCORING

Qual. 2016 (A) - time or number of reps

- 1 rep = 1 point
- no rep = +5s

Qual. 2016 (B) - confirmed weight (include the bar)

- 1 kilo = 1 point

Each athlete will receive points for particular qualifications (A) a (B).

The overall order is determined by the total points of workout (A) and (B).

Athlete with the smallest number of points is placed at the first place.