



QUAL 18.2 & 18.3

QUALIFIERS END: 23RD OF JULY 2018 20:00H (CEST)

QUAL 18.2 / FOR TIME / TIME CAP: 13MIN

MOVEMENTS	10	9	8	7	6	5	4	3	2	1
DB CLEANS MALE: 22,5KG FEMALE: 15KG M. FEMALE+: 10KG										
BAR FACING BURPEES										
POSSIBLE REPS	20	38	54	68	80	90	98	104	108	110

QUAL 18.3 / FOR MAX WEIGHT / IN REMAINING TIME

MOVEMENTS	ATTEMPTS - CIRCLE MAX WEIGHT ACHIEVED
1RM OF COMPLEX: 1 HANG POWER SNATCH + 1 SQ. SNATCH	

**YOUR QUAL 18.2 SCORE:
FOR TIME**

**YOUR QUAL 18.3 SCORE:
FOR WEIGHT**

SCORE IS DETERMINED BY THE TIME AND MAX WEIGHT ACHIEVED FOR COMPLEX

GENDER	DIVISION	ATHLETE NAME	ATHLETE SIGNATURE	JUDGE INT.
O Male O Female	O 18 - 44 Years O Master 45+ Years	X	X	



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SCORE IS DETERMINED BY TIME TO COMPLETE THE REPS AND THE MAX WEIGHT

With a 13 minute running clock perform ACDQ18.2 for time and ACDQ18.3 with the remaining time. Prior to starting the workout, the athlete will need to set up a barbell, with standard plates, to jump over during the burpees. This workout begins with the dumbbells resting on the floor and the athlete standing tall. After the call of “3, 2, 1 ... go,” the athlete may lift the dumbbells to the shoulders and perform 10 DB cleans. The athlete will then return the dumbbells to the floor and complete 10 bar-facing burpees. He or she will then complete 9 dumbbell squats and 9 bar-facing burpees, 8 and 8, etc. This portion of the workout is over when the athlete lands with two feet on the opposite side of the barbell after the final burpee, or when the clock reaches 13 minutes.

If the athlete completes all the squats and burpees before the 13-minute cap, he or she will use the remaining time to complete Workout ACDQ18.3, a 1-rep-max Snatch complex. The Snatch complex must be performed with a barbell, and the plates must be secured with collars. The athlete may complete as many attempts as he or she likes until the time cap is up but will only receive credit for the heaviest successful lift. Plates smaller than .5kg may not be used, and the minimum weight increase will be 1 kg. The athlete may receive assistance from other people to load the barbell between lifts. Each athlete may use only one barbell for 18.2 and 18.2a, and male athletes must use a 20kg barbell whereas females may choose a 15kg barbell. (If athletes use pounds please round to the nearest kilograms number)

The athlete's score for ACDQ18.2 will be the total time it takes to complete all 110 reps or the number of reps completed at the end of 12 minutes. The athlete's score for ACDQ18.3 will be the heaviest weight successfully snatched, in kg. If the athlete does not complete the cleans and burpees in less than 12 minutes, he or she will not log a score for ACDQ18.3 .

All male categories use 22,5kg Dumbbells.

Female 18-44 use 15kg Dumbbells

Female Masters 45+ use 10kg Dumbbells.

MOVEMENT STANDARDS

DUMBBELL CLEAN: For the clean, the dumbbells begin on the ground, outside the athlete's feet. Touch-and-go is permitted, and only one head of each dumbbell is required to touch the floor between repetitions. No bouncing. A muscle clean, power clean, squat clean or split clean may be used, as long as the dumbbells come up to the shoulders in one motion, the hips and knees are fully extended, the feet are in line, and the rear head of the dumbbell is clearly over or slightly behind the center of the athlete's body.

BAR FACING BURPEES: The burpee must be performed perpendicular to and facing the barbell. The rep ends when the athlete lands on both feet on the opposite side of the barbell. Before starting the next rep, the athlete must again be facing the barbell. The athlete will jump



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the feet back so that he or she is lying on the ground. The athlete's head cannot be over the barbell. The chest and thighs touch the ground at the bottom. Using a two-foot jump, the feet must move back and forth together in the burpee. The athlete must jump over the barbell from both feet and land on both feet. Single-legged jumping or stepping over is not permitted. The barbell must be loaded with standard-height bumper plates for the athlete to jump over.

NOTE: He or she may NOT step backward or forward one foot at a time when lowering and raising to and from the ground.

HANG POWER SNATCH: The barbell must be lifted to the hips first with hips, knees and arms fully extended. From this position the athlete will start the complex and cannot lower the barbell below his knee cap on the Hang Power Snatch. The barbell must be lifted overhead in one fluid motion (without touching the head). The barbell must come to full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body with the feet in line.

The Snatch complex Must be performed unbroken. Regripping the bar is fine as long as the athlete does not let go of the barbell.

SQUAT SNATCH: Touch-and-go is a given. In every division (except female Masters 45+), the athlete must pass through a full squat with hips below the knees. A power snatch followed by an overhead squat will not be allowed. The barbell must come to full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body with the feet in line. This is not a ground-to-overhead any way.

Female master 45+ division is not required to catch the bar below parallel and will be permitted to power snatch, pause or stand, and then proceed to the bottom of the overhead squat.