



Presented by Shreveport Bossier Sports Commission

• Saturday & Sunday, APR 24th & 25th 2021

• Shreveport Convention Center

• Shreveport, LA

#5-Max IzaHell

Two Scores: Task and Time

- 5 minutes to perform a Max Clean
- 1-minute rest
- 30 snatches for time

DIVISION VARIATIONS: (FOR IZAHELL)

- Elite: #135/95
- RX: #135/95
- Masters 40-49: #115/85
- Masters 50+: #115/85
- Scaled: #95/65
- Open Teams: #135/95
- Intermediate Teams: #115/85
- Scaled Teams: #95/65

DESCRIPTION: At the call of “3,2,1, go!” the athlete will approach his/her bar, and on a 5-minute running clock, complete a max weight clean. At the 6-minute mark, the athlete will then complete 30 snatches for time.

DAY: Sunday

LOCATION: Secondary Floor

TIMECAP: 11 minutes (5 min for max clean, 1-min rest, 5 min for snatches)

SCORING:

- Score #1: Max weight of a successfully completed clean
- Score #2: Time to complete 30 snatches.

TIEBREAK: None

EQUIPMENT

- Shorty barbells, preloaded for snatches.
- Standard barbell for max clean, with weights provided up to 400# (more available upon request)

TEAMS

- The heaviest successful clean from each team member will be added to form a team total for score #1.
- Teams will complete 60 snatches in any order desired.

MOVEMENT STANDARDS

- **Clean:**
 - This is a standard clean (power or squat) where the barbell begins on the ground and is lifted to the shoulders in one smooth motion, finishing with the hips and knees fully extended and the elbows in front of the bar in standing front-rack position.
 - It is the athlete's responsibility to WAIT FOR A SIGNAL from the judge before dropping weight.
 - It is the athlete's responsibility to CONFIRM WEIGHT LIFTED with judge before each attempted lift.
- **Snatch:**
 - The athlete must bring the bar from the ground to the overhead position in one smooth motion. At the top, the arms, hips and knees must be fully locked out with the bar directly over the middle of the athlete's body and the feet in line under the body. Touch and go is permitted, but no bouncing.