



Presented by No Regrets Meal Prep

· Saturday & Sunday, APR 30th & May 1st 2022

· Shreveport Convention Center

· Shreveport, LA

“Twice as Clean”

1 Rep Max weight of the following Complex:

- Clean, Hang clean, Shoulder to Overhead

DIVISION VARIATIONS

- None

DESCRIPTION: Each athlete will begin behind the start/finish line. At the call of “3,2,1, go!” the athlete moves to their assigned bar and has 5 minutes to perform the above complex without dropping the bar. May make as many attempts as possible. Heaviest weight completed will be score. Athletes must announce the weight to be attempted to the Judge and then change their own weights; team members may help each other.

DAY: Saturday

LOCATION: Secondary Floor

TIMECAP: 5 minutes (individuals and teams)

SCORING: Heaviest load completed successfully.

TIEBREAK: None

EQUIPMENT

- Barbell and weights

TEAMS

- Sum of two heaviest lifts completed will be the score

MOVEMENT STANDARDS

- **Clean:**
 - Starts with barbell on the floor. May be squat, power, or muscle clean. Finishes in front rack position standing tall.
- **Hang Clean:**
 - Starts AFTER the successful completion of the Clean with a pause in the front rack position before lowering the weight to hang position without dropping it. Must then perform hang-clean without weight touching the floor and finish in the front rack position standing tall.
- **Shoulder to Overhead:**
 - Starts AFTER successful completion of the Hang Clean with a pause in the front rack position before moving the weight overhead. Must stand tall at completion of rep with arms locked out overhead. Re-dip is not required. Jerk, split jerk, strict or push press all accepted.