



Grand Mesa CrossFit Barcode 2023

Strength

Teams will have *10 minutes* to establish:

1 Rep Max of

2 Deadlifts + 1 Hang Squat Clean & Jerk

Variations

All divisions will do the same strength complex.

Workout Flow

At 3,2,1...Go Athletes will complete 2 deadlifts + 1 Hang Squat Clean and Jerk. Athlete 1 will begin the complex with as many attempts as necessary to find max. Athlete 1 will declare that they are done lifting. Athlete 2 will now begin the complex in as many attempts as necessary to find max. Until the 10 minutes have expired. If the lift is started prior to the clock reading 10:00 athlete 2 may finish the complex.

Switching athletes between sets is not allowed.

Collars must be on the barbell for the lift to be credited!

No collars on the bar will result in a **NO REP.**

The score will be the total combined weight successfully lifted.

Movement Standards

Complex

- Any type of grip or lifting straps are **NOT** permitted in this workout.
- Once the complex begins athletes may not rest the bar on the ground.
- Athletes may rest at the top of the Deadlift or Clean.
- Alternating grip is NOT allowed.

- Bouncing the deadlift will result in a **NO REP.** (any bend of the elbows between the 1st and 2nd deadlift.)
- Athletes must finish the second deadlift before moving on to the hang squat clean.
- The rep is finished when the Judge signifies good lift.
- Dropping the bar before the Judge confirms "Good Lift" will result in a **NO REP.**
- Dropping the bar behind you will result in a **NO REP.**
- If a **NO REP.** is given at any point in the complex, the athlete is required to begin the complex at the beginning.

Dead Lift

- The barbell starts on the ground. Collars must be placed outside the plates.
- The athlete's hands must be outside the knees. *Sumo deadlifts are not allowed.*
- Alternating grip is **NOT** allowed.
- The rep is credited when: the athlete's hips and knees reach full extension, and the athlete's head and shoulders are behind the bar.
- Failure to reach full extension of the knees and hips with shoulders behind the bar will result in a **NO REP.**

Hang Squat Clean

- The rep begins after the second deadlift is completed, with the athlete's hips and knees fully extended.
- The bar may not pass below the top of the knees.

- If the bar passes the top of the knee it will be a **NO REP.**
- Athletes must receive the clean at the bottom of a squat with the hip crease below the knees.
- A hang power clean into a front squat will be a **NO REP.**
- If the knee touches the floor during the attempt it will be a **NO REP.**
- The rep is credited when the athlete's hips and knees reach full extension and the bar is supported in the front-rack position.

Jerk

- Following the hang clean, the barbell must be in contact with the shoulders to begin the jerk.
- Both a push jerk or split jerk are permitted as long as the required finish position is achieved.
- If the jerk is missed but brought back to the shoulders it is a **NO REP.**
- The finished position is achieved when, The barbell is locked out overhead, and arms, hips, and legs are extended (standing tall with arms locked out overhead)
- Remain in your finished position until the Judge gives the signal for "good rep"
- Dropping the bar prior to judge giving the signal for "good rep" will result in a **NO REP.**
- Dropping the bar behind you will result in a **NO REP.**
- If a **NO REP.** is given, the athlete is required to begin the complex at the beginning.