

LAST MAN STANDING

Both athletes will be in separate, adjacent lines. The female athlete will step onto platform A and the male athlete to platform B (two bars). Novice, Intermediate, and Masters: both athletes will have 30 seconds to complete a clean and jerk, Rx will have 2:00 Any style clean and jerk may be completed.

There will be a continuous clock. Weights will be changed by the judges each round. Failure to complete the lift with the one-minute cap will result in elimination.

The clean is complete when the feet are together, knees and hips are extended, and the elbows are in front of the bar. The jerk is complete when the bar is stacked over the athlete's shoulders, elbows are locked out, and feet are under the hips.

When the athlete completes the clean and jerk, they will receive 2 points, retrieve their scorecard from the judge and return to the back of the line. If the athlete completes the clean but fails the jerk, they will be awarded 1 point for that round and they are out. If the athlete cannot complete the clean, they will be awarded zero points for that round and they are out. The 2nd athlete may continue independently if they complete both the clean and the jerk.

The score is total combined score for the team.

The event will continue until there is only one male and one female athlete remaining. The first four rounds of weights have been announced. Rounds five through "x" are kept secret just for funzies! 😊