



## **Pairs Event 5**

### **“Hangout”**

#### **Hang Snatch Ladder**

Points Available: 100

Time Cap: N/A

### **Division Details**

Men’s weights: 185-195-205-215-225-235-245-255-265-275-285-295

Women’s weights: 115-125-135-145-155-165-170-175-180-185-190-195

### **Event Flow**

Event 5 is a hang snatch ladder. In this event, athletes will work their way through a series of stations with progressively heavier barbells. At the call of “rotate” athletes will have 50 seconds to move to the next station and successfully lift each weight. After the 50 seconds are up, they will remain at that station for 10 more seconds until the next call of “rotate.”

All athletes that successfully complete each lift within the 50 second work period will advance to the next barbell. If an athlete does not make the lift within the 50-second window, they will not be allowed to attempt another weight.

Within the 50 second work period, athletes may lift in any order and take as many attempts as they would like. Each snatch repetition must be fully complete within the 50-second window. If an athlete is still moving at the 50-second mark, that repetition will not count.

Each pair will also be given a set of “change plates.” The men’s change plates will be 2 lbs. each and the women’s change plates will be 1 lb. each. Athletes will carry their change plates along with them as they progress through the ladder. Athletes may place their change plates on their barbell outside the collars on any lift at any time during the ladder. The change plates may only be used on one barbell throughout the ladder. One or both athletes may attempt a lift with their change plates on, but once they’re on, they may not be removed for another attempt on that bar. Choose how you use your change plates wisely!

Once an athlete is unable to complete a rep at a weight they attempt, that athlete will not move on in the ladder. Ex: if a male athlete successfully snatches 265, then adds his change plates and fails to snatch 269 within the :50 window, he will not be allowed to advance to the 275 lb. bar.

### **Movement Standards**

The hang snatch begins with the athlete deadlifting the barbell and stopping at the top of the deadlift position prior to snatching. A dynamic start from the floor is not permitted; control at the top of the deadlift must be shown before the hang snatch may begin. The athlete may not lower the bar past the knees after deadlifting the weight. From there, the barbell must be snatched to the overhead position without contacting the shoulders or head. Only the feet may touch the ground during the lift and athletes may not step off the lifting mats at any time during the lift. Successful lifts finish with the athlete standing tall with knees, hips, shoulders, and elbows extended, the feet lined up under the body, and the in control over the center line of the body.

### **Scoring**

Event 5 consists of two 50-point events: the team member with the highest weight lifted will be ranked against all other pairs’ best lifts. The team member with the lower weight lifted will be ranked against all other pairs’ lowest lifts. In the event of a tie, bodyweight will serve as the tiebreaker.