

## Movement Standards for Just get to the Cleans- Scaled



### General Standards:

- **Rounds:** 4 rounds of 2 minutes 30 seconds each.
- **Work Split:** Athletes can split the work as they prefer; there is no minimum work requirement for each athlete.
- **Scoring:** The score is the total number of squat cleans completed across all rounds.

### Workout Flow:

- Begin with 100 single unders.
- Proceed to the 15m wheelbarrow walk (in increments of 1 meter).
- Use the remaining time to perform as many squat cleans as possible.

## **Specific Movements and Standards:**

### **1. Single Unders**

- **Reps:** 100
- **Standard:** The rope must pass under the feet once for each jump. Both feet must leave the ground simultaneously. The rep is counted when the feet land back on the ground after the rope passes under them.

### **2. Wheelbarrow Walk**

- **Distance:** 15 meters (can be done in increments of 1 meter; marked by black squares on the floor).
- **Standard:** One athlete holds the legs of the other athlete, who walks on their hands. The distance is counted only when the hands cross the marked lines. The distance is cumulative; athletes can switch positions as needed. Hands must start behind the line and end after the line.

### **3. Squat Cleans**

- **Weight:** 40kg for men / 30kg for women
- **Standard:**
  - The barbell starts on the ground.
  - The athlete must lift the bar to the shoulders and then perform a full squat, with the hip crease below the knee at the bottom.
  - Athletes may perform a power clean and then a front squat to complete the movement.
  - The rep is counted when the athlete stands up fully with the barbell, hips, and knees locked out.
  - Reps must be complete within the time domain.

## Just get to the Cleans Scorecard - Scaled:

### Athlete Information:

- **Team Name:** \_\_\_\_\_
- **Athlete 1 Name:** \_\_\_\_\_
- **Athlete 2 Name:** \_\_\_\_\_

### Notes:

- Athletes can split the single unders and wheelbarrow walk as needed.
- Only one partner may be cleaning at a time

| <b>Round</b> | <b>Single Unders Completed<br/>(Yes/No)</b> | <b>Wheelbarrow Walk Distance<br/>(m)</b> | <b>Squat Cleans<br/>Completed</b> |
|--------------|---|--|-----------------------------------|
| 1            |   |  |                                   |
| 2            |   |  |                                   |
| 3            |   |  |                                   |
| 4            |   |  |                                   |

### Summary:

- **Total Squat Cleans:** \_\_\_\_\_
- 

- **Athlete Signature:** \_\_\_\_\_

- **Judge Signature:** \_\_\_\_\_

## Movement Standards for Just get to the Cleans- RX



### General Standards:

- **Rounds:** 4 rounds of 2 minutes 30 seconds each.
- **Work Split:** Athletes can split the work as they prefer; there is no minimum work requirement for each athlete.
- **Scoring:** The score is the total number of squat cleans completed across all rounds.

### Workout Flow:

- Begin with 100 double unders.
- Proceed to the 10m handstand walk (in increments of 1 meter).
- Use the remaining time to perform as many squat cleans as possible.

## Specific Movements and Standards:

### 1. Double Unders

- **Reps:** 100
- **Standard:** The rope must pass under the feet twice for each jump. Both feet must leave the ground simultaneously. The rep is counted when the feet land back on the ground after the rope passes under them twice.

### 2. Handstand Walk

- **Distance:** 10 meters (can be done in increments of 1 meter; marked by black squares on the floor).
- **Standard:** The athlete must walk on their hands with feet off the ground. The distance is counted only when the hands cross the marked lines. The distance is cumulative; athletes can switch positions as needed. Hands must start behind the line and end after the line.

### 3. Squat Cleans

- **Weight:** 60kg for men / 40kg for women
- **Standard:**
  - The barbell starts on the ground.
  - The athlete must lift the bar to the shoulders and then perform a full squat, with the hip crease below the knee at the bottom.
  - Athletes may perform a power clean and then a front squat to complete the movement.
  - The rep is counted when the athlete stands up fully with the barbell, hips, and knees locked out.
  - Reps must be complete within the time domain.

## Just get to the Cleans Scorecard - RX:

### Athlete Information:

- **Team Name:** \_\_\_\_\_
- **Athlete 1 Name:** \_\_\_\_\_
- **Athlete 2 Name:** \_\_\_\_\_

### Notes:

- Athletes can split the double unders and handstand walk as needed.
- Only one partner may be cleaning at a time

| <b>Round</b> | <b>Double Unders Completed<br/>(Yes/No)</b> | <b>Handstand Walk Distance<br/>(m)</b> | <b>Squat Cleans<br/>Completed</b> |
|--------------|---|--|-----------------------------------|
| 1            |   |  |                                   |
| 2            |   |  |                                   |
| 3            |   |  |                                   |
| 4            |   |  |                                   |

### Summary:

- **Total Squat Cleans:** \_\_\_\_\_
- 

- **Athlete Signature:** \_\_\_\_\_

- **Judge Signature:** \_\_\_\_\_