Olympic Weightlifting Test Criterion

Clean
- □ Hands are between hip and shoulder width apart.
- □ Shoulders are over bar.
- □ Head is up.
- □ Spine is neutral.
- □ Bar stays close to body.
- □ Heels come off the floor on the second pull.
- □ Maintains control through the catch.
- □ Maintains neutral spine through entire lift.
- □ Elbows are high, Humerus are parallel to the ground after the catch.
- □ Hips are fully extended before the drop

Jerk
- □ Bar rests on shoulders.
- □ Elbows are pointing forward, Humerus are parallel to the ground.
- □ Spine is neutral, head is up.
- □ Dip and Drive are evident.
- □ Head comes through the arms after the drive.
- □ Bar remains fixed overhead.

Snatch
- □ Hands are wider than shoulder width.
- □ Shoulders are over bar.
- □ Head is up.
- □ Spine is neutral.
- □ Bar stays close to body.
- □ Heels come off the floor on the second pull.
- □ Hips extend through the second pull.
- □ Head comes through the arms after the catch.
- □ Bar remains fixed, overhead.

☐ Pass / ☐ Fail
Practical Test Approved By: ____________________________ Date: / /