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.

Lowering the Bar to Platform
☐ Maximum Lifts- Guide the bar down in front of body, keeping hands on the bar to slow the descent and minimize rebounds to one bounce.
☐ Light Snatch weight-Lower the bar to the thighs and then lower to the platform under full control.
☐ Light Cleans and Jerks- Lower the bar to front of shoulders, then to the thighs, and then to the platform under full control.

☐ Pass / ☐ Fail
Student Name: ___________________________ Student ID: ___________________________
Practical Test Approved By: ___________________________ Date: / /