

# 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: / /