

Olympic Weightlifting Practical Test Evaluation Guidelines



The Anteater Recreation Center is excited to introduce an Olympic weightlifting area in the Fitness Lab. Complete with an Olympic lifting platform, bumper plates and liquid chalk, the Olympic lifting area is a monitored, controlled space where students, faculty or staff may perform Olympic-style lifts after meeting certain safety criteria.

Testing Procedures

Who can Test Out?

Any student/member who has a sound background in Olympic weightlifting is encouraged to sign up for a testing session to gain access to the Olympic lifting platforms. In order to pass the practical test, one must correctly perform the Clean & Jerk, Snatch and proper Bar Lowering Procedures as evaluated by an ARC Professional Fitness Staff member.

How do I schedule an appointment for a Practical Test?

Students/members must sign up for the practical test at the Sales Desk Upstairs, or over the phone. The practical test is free. Appointment times are posted online and are available on a first come, first served basis.

What if I do not pass?

The practical test is pass/fail basis. All exercises must be successfully completed to gain access to lifting platform. The test may be taken once per quarter. Students or members who do not pass must sign up for a basic skills class which is \$10 per class. The basic skills class may be taken as many times as necessary in order to pass the practical test.

What is the test criterion?

Males must complete the lifts with 95 pounds, but can decrease the weight to as low as 75 pounds on the snatch. Females must be able to complete the lifts with 55 pounds, but can decrease to as low as 35 pounds on the snatch.

What do I need to do during the test?

You will be required to demonstrate your knowledge and correct form and technique on the Olympic Clean and Jerk, Snatch and lowering of a loaded bar to the platform.

When does the testing take place?

Testing sessions will take place once every two weeks. You must sign up in advance.

What if I just want to use the platform to deadlift?

While both platforms are used for Olympic Weightlifting, deadlifting will be allowed on one of the platforms. To use the platform for deadlifting only, check in with the staff member at the desk. You'll need to provide your first and last name, and your email address.