

# Olympic Weightlifting Practical Test Evaluation Guidelines

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The Anteater Recreation Center is excited to offer an Olympic Weightlifting area in the Fitness Lab. Complete with four Olympic Weightlifting platforms, bumper plates and liquid chalk, the Olympic Weightlifting 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?*

Interested patrons are asked to email [Jeff Rother](mailto:Jeff.Rother@arc.uci.edu) to schedule a test. The practical test is free.

### *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 may sign up for our Beginning Olympic Weightlifting class that runs each quarter.

### *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.

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

While all four platforms are designed primarily for Olympic Weightlifting, deadlifting can also be performed on the platforms during times of low traffic on the platforms and does not require any test-out procedure. To use the platform for deadlifting only, check in with the staff member at the desk to let them know. Other platforms, designated for deadlifting only, are located around the building.