

Practical Olympic Weightlifting Evaluation Guidelines

Participants must perform 3-6 repetitions of each exercise with proper form to pass the test-out.

Deadlift (Pronated Grip)

1. Spine is neutral
2. Natural Lumbar Curve
3. Shoulder blades retracted
4. Bar stays close to body
5. Hips are extended fully at the top of the lift
6. Maintains control throughout the entire lift

Front Squat

1. Bar rests on front of shoulders
2. Both Humerus are parallel to floor
3. Spine is neutral
4. Neutral Lumbar Curve
5. Shoulder Blades retracted
6. Knees remain behind toes
7. Heels remain on the floor
8. Both Femurs are parallel to the floor (at least)

Clean

1. Hands are between hip and shoulder width apart
2. Shoulders are over bar
3. Hips are above knees
4. Head is up
5. Spine is neutral
6. Bar stays close to body
7. Heels come off the floor on the second pull
8. Maintains control through the catch
9. Maintains neutral spine through entire lift
10. Elbows are high, Humerus are parallel to the ground after the catch
11. Hips are fully extended before the drop

Jerk

1. Bar rests on shoulders
2. Elbows are pointing forward, Humerus are parallel to the ground
3. Spine is neutral, head is up
4. Dip and drive are evident
5. Head comes through the arms after the drive
6. Bar remains fixed overhead

Overhead Squat

1. Bar remains fixed, overhead
2. Head comes through arms
3. Spine is neutral
4. Neutral Lumbar Curve
5. Shoulder Blades retracted

6. Knees remain behind toes
7. Heels remain on the floor
8. Both Femurs are parallel to the floor

Snatch

1. Hands are wider than shoulder width
2. Shoulders are over bar
3. Head is up
4. Spine is neutral
5. Bar stays close to body
6. Heels come off the floor on the second pull
7. Hips extend through the second pull
8. Head comes through the arms after the catch
9. Bar remains fixed, overhead

Bailouts

Proper bailout technique must be performed for both the clean and snatch. For the snatch, both bailouts (front & back) must be performed, bring a PVC pipe if necessary.

1. **Bailing out of a Clean**: Release grip on the bar and drop the elbows as you simultaneously JUMP backwards and PUSH the bar forward.
2. **Missing the Snatch (in front)**: Actively EXTEND arms forward while you JUMP backward.
3. **Missing the Snatch (behind)**: Actively EXTEND arms backward and overhead while you JUMP forward.