



### **Summary**

From this chapter we can summarize that, two competition lifts in order are the snatch and the clean and jerk. Each weightlifter receives three attempts in each, and the combined total of the highest two successful lifts determines the overall result within a bodyweight category. Bodyweight categories are different for male and female competitors. A lifter who fails to complete at least one successful snatch and one successful clean and jerk also fails to total, and therefore receives an "incomplete" entry for the competition. The clean and press was once a competition lift, but was discontinued due to difficulties in judging proper form.