ELFIT 2018 RULES BOOK

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ELFIT 2018

ELFIT Reebok, an international fitness competition held in Egypt. An event that grew in its own unique way, launched back in February 2013, with the aim of growing the fitness community by encouraging physical activity & promoting health as a lifestyle. ELFIT 2018 finals will be held in Egypt, from the 22nd to the 24th of November 2018. ELFIT is created and managed by In The Zone Sports, a leading sports' events & management company based in Egypt.

GENERAL RULES:

- To participate in any stage of ELFIT competition, all athletes (individuals/team) must agree and abide to all the rules and policies, including, without limitation, the assumption of risk, and publicity release, all of which are incorporated by reference, and to the decisions of ELFIT, which are final and binding in all respects.
- All athletes are required to complete and abide by the appropriate waivers and documentation as outlined by ELFIT, paid and validly registered for entry, completed an online and/or on-site check-in process, and must be wearing official event identification and/or credentials where specified.
- ELFIT prohibits athletes from using any illegal performance-enhancing substances. If it is found that an athlete is under the influence or use of such substances, ELFIT reserves the right to disqualify the athlete from the competition and/or revoke any prizes earned while under the influence or during the use of such substances.
- Photography and footage: non-professional, non-flash photography, and video cameras are permitted at any of ELFIT Reebok events for personal use only. All cameras (video and still) must be handheld with a telephoto lens no longer than 12.7 cm (5 inches) in length. Monopods, tripods, and cameras with telephoto or interchangeable lenses greater than 12.7 cm (5 inches) in length (professional photography equipment) are not permitted.
- ELFIT & In The Zone Sports have the right to use any photo/video taken from the event without any restrictions and all athletes comply with and agree to that.
- ELFIT has the right to use the event footage in its promotional campaigns.

SPORTSMANLIKE:

- A sportsmanlike manner should be followed by all athletes and their supervisors/ coaches.
- Athletes aren't allowed to assault the judges or organizers verbally or physically at any time and if any athlete is facing any problem should report to the head of judges and wait for his/her decision, and in case the athlete didn't follow the procedures, the athlete may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events or legal action.
- Athletes aren't allowed to interfere with or harass other participants during their workouts, and in case any athlete was involved in deliberately harming other participants, he/she will be considered disqualified from the competition.

- In case the athlete's coach or friend interfered or harassed other participants or assaulted any of the judges or organizers verbally or physically at any time, this athlete will be disqualified immediately.
- In case any huge issue occurred with any of the athletes; individuals or teams, that the head of judges couldn't take the best decision, the On-site Director can interfere and has absolute authority to take the decision that best suits the situation.
- Any action that prevents another athlete from having a fair opportunity to compete (e.g., abuse, alteration of equipment, or refusal to follow instruction) or that interferes with an athlete's and event judge's communication (e.g., external noise devices, bullhorns, air horns, etc.), or is generally disruptive to the event, is not allowed.
- This Guide is not intended as a limitation on ELFIT staff rights to operate ELFIT in any manner it sees fit. ELFIT, reserves the right to terminate any athlete, coach, staff, volunteer, judge, visitor, guest, supporter, teammate and/or spectator at any time, with no further obligation or duty to such individual.
- ELFIT has, and may, delegate to an on-site director, the absolute authority on any final ruling including, without limitation, disqualification of an athlete, removal of a spectator(s), or dismissal of any attendee.
- It is the sole responsibility of the winners and/or compensated athletes to present valid identification when requested.
- All prizes are subject to applicable taxes and withholding, and prize winner's compliance with, and agreement to, The ELFIT prize affidavit.
- All information provided, either in registration submissions, video submissions, scores, times, or reps or rounds completed, must be the complete truth. A lack of integrity or any actions that evince an intent to cheat or bypass the rules or intent of the rules of ELFIT, including lying (as one example) will result in disqualification.

PARTICIPATION REQUIREMENTS

- Subject to ELFIT age restrictions and other requirements, any individual may attempt to register to compete as an athlete, such registration is subject to each prospective athlete's affirmative agreement to comply with ELFITs' policies, rules, and regulations, as determined by ELFIT, in its sole and absolute discretion.
- All registrations are final. No refunds or transfers will be permitted, regardless of reason (injury, illness, change in work schedule, deployment, pregnancy, etc.). Teams may substitute an athlete for a fee of $50 up to 1 week before the event, the substitution must submit all requested information.
- ELFIT reserves the right, in its sole and absolute discretion, to send a wildcard invite to any guest athletes/teams or others, to participate in any stage of the competition.
- All athletes must validly and truthfully register online through www.elfiteg.com and it is the athlete's sole responsibility to provide current, valid, and truthful information, including an e-mail address.
- All athletes younger than 18 years old must provide additional parental consent during the on-site check-in and a parent or guardian must be available onsite.

ELFIT 2018 Finals Competition Divisions:

ELFIT 2018 has 14 divisions:
There are no other recognized divisions beyond those listed below unless announced on the event's official accounts.

1. Males 16+ [64 ATHLETES TO COMPETE IN THE FINALS] *Online Qualifications Required*
2. Females 16+ [48 ATHLETES TO COMPETE IN THE FINALS] *Online Qualifications Required*
3. Masters Males 35+ [24 ATHLETES TO COMPETE IN THE FINALS] *Online Qualifications Required*
4. Masters Females 35+ [16 ATHLETES TO COMPETE IN THE FINALS] *Online Qualifications Required*
5. Masters Males 40+ [16 ATHLETES TO COMPETE IN THE FINALS] *No Qualifications Required*
6. *Masters Females 40+* [8 ATHLETES TO COMPETE IN THE FINALS] *No Qualifications Required*
7. Masters Males 45+ [8 ATHLETES TO COMPETE IN THE FINALS] *No Qualifications Required*
8. 3 Males Teams [40 TEAMS TO COMPETE IN THE FINALS]
9. Super Adaptive Teams (1 Adaptive + 1 Non-Adaptive) [8 TEAMS TO PLAY IN THE FINALS] *No Qualifications Required*
10. Scaled Males 18+ [64 ATHLETES TO COMPETE IN THE FINALS] *Online Qualifications Required*
11. Scaled Females 18+ [48 ATHLETES TO COMPETE IN THE FINALS] *Online Qualifications Required*
12. Teenage Boys 15-17 [16 ATHLETES TO COMPETE IN THE FINALS] *No Qualifications Required*
13. Teenage Girls 15-17 [8 ATHLETES TO COMPETE IN THE FINALS] *No Qualifications Required*
14. Scaled Mixed Teams (2 Males + 1 Female) [32 TEAMS TO COMPETE IN THE FINALS] *No Qualifications Required*

If the number of registrants who are required to complete the Online Qualifier didn't exceed the number of their spots in the finals, ELFIT reserves the right to qualify the top 85% of the registered athletes in each division.

AGE LIMITS:

Division	Year of Birth
Females/Males 16+	(Born in 2002 or before)
Masters Females/Males 35+	(Born in 1983 or before)
Masters Females/Males 40+	(Born in 1978 or before)
Masters Males 45+	(Born in 1973 or before)
Males Teams	(Born in 2002 or before)
Super Adaptive Team	(Born in 2002 or before)
Scaled Females/ Males 18+	(Born in 2000 or before)
Teens Boys / Girls (15-17)	(Born between 1/1/2001 & 31/12/2003)
Mixed Teams (1F+ 2M)	(Born in 2002 or before)

REGISTRATION: (INDIVIDUALS AND TEAMS)

- Registration for all divisions will open on Sunday, July 22nd, 2018
- For all the divisions that require online qualifiers, the registration will close on Sunday, September 2nd, 2018 at 19:59 GMT
- For all the divisions that don't require online qualifiers, the registration will close on Sunday, September 30th, 2018, or upon reaching full capacity of each division.

ONLINE QUALIFIERS:

- Only the following 6 divisions competitors will have to go through the online qualifiers to be able to compete in ELFIT 2018 Finals (Individuals M/F 16+ - Elite Masters M/F 35+ - Scaled M/F 18+)
- The online qualifiers will be from August 28th till September 16th
- Workout 1 will be announced on *Tuesday, August 28th, 2018* and the deadline to submit the score is Sunday, September 2nd, 2018 at 19:59 GMT.
- Workout 2 will be announced on *Tuesday, September 4th, 2018* and the deadline to submit the score is Sunday, *September 9th, 2018*. at 19:59 GMT.
- Workout 3 will be announced on *Tuesday, September 11th, 2018* and the deadline to submit the score is Sunday, *September 16th, 2018*. at 19:59 GMT.
- Once the deadline has passed athletes will not be able to adjust or re-submit any score for that competition.
- Athletes who want to qualify to ELFIT 2018 finals must submit their score via COMPETITION CORNER's official page before the announced deadline.
- While scores are being validated through your facility, ELFIT holds the right to use video submissions for revalidation prior to sending out the finals' invitations to the individual athletes.
- It is the sole responsibility of the athlete to ensure the timely and successful submission of their workout each week. Submissions that are incomplete or not verified will not be accepted.
- To find out more about Score & Video Submissions Refer to Online Submission Guidelines BELOW (page 9)

ONLINE QUALIFIER LEADERBOARD:

- Individuals' Qualifiers' Leaderboard will be officially announced on September 20th, 2018 after validating all scores.
- Athletes will be ranked based on their performance against other athletes' scores in each workout.
- Points will be awarded based on placement in a workout—1 point for first place, 2 points for second place, and so on.

- The total points will be ranked in the overall ranking list and the winner will be the athlete that has accumulated the fewest points after all workouts have been completed.

QUALIFYING TO THE FINALS:

- Individuals 16+ M/F: The top 55 Males & 40 Females from the online qualifiers overall leaderboard will qualify to ELFIT Finals held in Egypt, 22nd - 24th November 2018.
- Masters 35+ M/F: The top 21 Males & 13 Females from the online qualifiers overall leaderboard will qualify to ELFIT Finals held in Egypt, 22nd - 24th November 2018.
- Scaled Individuals 18+ M/F: The top 55 Males & 40 Females from the online qualifiers overall leaderboard will qualify to ELFIT Finals held in Egypt, 22nd - 24th November 2018.
- ELFIT 2017 top winners will qualify directly to the finals without going through the online qualifiers.
- ELFIT's management team solely has the right to give one or more athlete a wild card to qualify directly.

QUALIFIED ATHLETES INVITES:

- Qualified athletes will receive an official invitation to the final event via e-mail.
- Athletes will have 48 hours to accept their invitation and re-register for the final event (paying the finals' registration fees) if the athlete didn't confirm by registering for the finals within 48 hours from receiving the finals invitation; their spot will be given to the next athlete in the ranking list. They will also have 48 hours to accept and register before contacting the next athlete. This process will continue until each division capacity is reached.

INVITATIONS SEND OUT DATES:

- ➔ SEPTEMBER 22nd: Qualified invitations send out round 1.
- ➔ SEPTEMBER 25th: Qualified invitations send out round 2.
- ➔ SEPTEMBER 28th: Qualified invitations send out round 3.

REGISTRATION PROCESS:

I. Registration General Information:

It is the athlete's sole responsibility to provide valid, up-to-date and truthful information in creating their account, including and not limited to their date of birth, e-mail address, mobile number & nationality.

II. Registration Fees:

Registration fees are listed below. All payments are final. No refunds or transfers will be permitted, regardless of reason (injury, illness, change in work schedule, deployment, pregnancy, etc.)

Division	Fees		
	Online Qualifier	Finals Early*	Finals Late
Males 16+	15 $	N/A	100 $
Females 16+	15 $	N/A	100 $
Males 35+	15 $	N/A	60 $
Females 35+	15 $	N/A	60 $
Males 40+	N/A	60 $	80 $
Females 40+	N/A	60 $	80 $
Males Teams	N/A	270 $	300 $
Super Adaptive	N/A	N/A	20 $
Males 45+	N/A	60 $	80 $
Males 18+	5 $	N/A	40 $
Females 18+	5 $	N/A	40 $
Boys (15-17)	N/A	30 $	40 $
Girls (15-17)	N/A	30 $	40 $
Mixed Teams (2M + 1F)	N/A	120 $	150 $

**Early bird fees end on September 1st, 2018 19:59 GMT*

III. How To Register:

1. Visit www.elfiteg.com
2. Click on the registration tab on the menu bar and it will direct you to @competitioncorner the official scoring platform.
3. Select the division that you want to compete in.
4. Fill in the registration form.*
5. Pay the registration fees online.**
6. A confirmation e-mail will be sent to you, make sure to check your junk mail.

Notes:
*Don't use any nicknames. Please use a valid e-mail address as all communication will be through it.
**This step confirms the completion of your registration.
Please note that the registration fees will be paid only online.

Teams: to be able to compete, you must do the following:

A. The Team Manager must register for the whole team*
B. The Team Manager must have all the athletes' data (first and last name, date of birth, e-mail, mobile phone number, address, nationality, and t-shirt size)
C. A team can have up to 2 substitutes (1 Male and 1 Female)
D. Facilities may register an unlimited number of teams.

ONLINE SUBMISSION GENERAL GUIDELINES:

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- Athletes competing in the following 6 divisions competitors must complete all three online qualifier workouts (Individuals M/F 16+ - Elite Masters M/F 35+ - Scaled M/F 18+)
- Athletes who want to qualify to ELFIT 2018 finals must submit their score via COMPETITION CORNER's official page before the announced deadline.
- The Facility Owner/Manager must validate your score within the deadline specified above. Scores will be marked as 'Pending Validation' until verified
- ELFIT highly recommends that all athletes competing for an individual competitor spot at the ELFIT 2018 video their Online Qualifier workouts
- ELFIT team might request the submitted workout video if your score is potentially in the top 60 Males/40 Females (30/20 Masters or 60/40 Scaled Males/Females) of each Workout. ELFIT team reserves the right to correct the scores if needed.
- All submission videos must clearly show the Judge throughout the workout.
- Videos must be uploaded on a public platform (i.e. Youtube, Vimeo, or Google drive), athletes will have to provide the link to the video while submitting their score.
- It is the sole responsibility of the athlete to ensure the timely and successful submission of their workout each week. Submissions that are incomplete or not verified will not be accepted.
- While scores are being validated through your facility owner/manager ELFIT judging team holds the right to review any or all videos submitted, as part of this video review process, the athletes posted score may be accepted, modified, or invalidated without warning, and after the close of the competition.
- Athletes may complete the workouts for the online qualifier as many times as they desire, and resubmit new scores until each workout submission deadline
- Athletes submitting videos are advised to have someone strictly watching their movement to ensure each repetition meets standards, and that the camera captures the movement clearly. Penalties may be assessed due to an athlete not meeting the movement standard or due to improper camera angles that do not permit the judge to determine if the standard is being met.
- It's the athlete's full responsibility to make sure they perform the workout as prescribed, including performing all the required movements to the described standards, counting and completing all of the required reps, using the required equipment and weights, meeting the required time and meeting all submission requirements.
- All Rejected scores will be removed from ELFIT 2018 Leaderboard

In each workout vide, before starting each workout, the athlete must do the following:

- They must state their name, judge name, and affiliate/facility.
- All equipment used must be clearly displayed and measured (Weights, box, wall-ball target height, etc.)

DURING EACH WORKOUT, MAKE SURE THAT:

- Video must be taken from an angle that shows a full profile of the athlete to ensure that full motion standards are met.
- Videos CAN NOT BE EDITED in any way. The video needs to be ongoing. Cutting the video will result in immediate disqualification.
- Both the athlete and the judge need to be in the video at all times during the workout.
- The timer must always be in clear sight throughout the video. (a tablet can be used).

- The equipment needs to be in the video at all times.
- The judge must not touch or move the equipment, except for activating the rower's display which is allowed.
- The qualification process is a competitive environment. Have a judge in your video ready and able to give and show no-reps. Additional no-reps given at video reviewal will result in penalties and/or rejection of the video.

VIDEO QUICK TIPS:

- Videos CAN NOT BE EDITED in any way. The video needs to be ongoing. Cutting the video will result in immediate disqualification.
- YouTube allows uploads longer than 15 minutes, Click HERE to find more information.
- Upload videos with plenty of time to spare, uploading large video files can take a long time.
- If you're using a phone, set it to airplane mode to avoid unwanted interruptions during filming.
- Ensure your filming device has enough battery life to film the entire WOD and enough memory.

SCORING PENALTIES

- Prior to submitting a video, athletes should review the video to ensure their reps meet the required standards, the camera angle permits the judge to determine if the movement standards are being met or not and determine if there are any technical problems with the video itself.
- Videos that show a discrepancy between the score submitted and the score displayed in the video will undergo the following penalties:
    - If it's a 'For Time' workout: Every no rep that is counted will add three seconds to the score.
    - If it's an 'AMRAP' workout: Every no rep that is counted will be deducted from the score.

Online Qualifiers Appeals

For all inquiries/appeals during ELFIT online qualifier, the following process will be used:

- The athlete should immediately notify ELFIT staff through support@elfiteg.com about the result in question by relating their name and reason for protest. Please note, inquiries will be answered in the order they are received. Scoring protests/appeals made by anonymous individuals in regard to another athlete's performance will not be accepted.
- Meeting submission requirements and deadlines is the responsibility of each athlete.

Finals on-site RULES:

- Athletes log-in/check-in: All athletes/teams must complete an on-site check-in process on Wednesday, November 21st, 2018 which is mandatory. Any athlete or team not checked-in on that day of the competetion is not guaranteed event access and can be disqualified from the competition.

- Athletes will need to bring a printout of their confirmation e-mail as well as a proof of age, and residency is required (can be in the form of a passport, birth certificate, driving license or National Egyptian ID for Egyptians)
- All athletes will receive their competition ID, participation kit in addition to sponsors' giveaways (if any) upon availability.
- Schedule of events: the schedule and finals workouts will be released before the competition begins. The date, location, and travel information for ELFIT will be distributed on ELFIT website and/or through e-mail to each competing athlete.
- It is the responsibility of each competing athlete and team to meet all required travel and scheduling commitments. This includes, but is not limited to, all event briefings, competition schedules, and non-competition appearances. Athletes are required to designate a point of communication with ELFIT at the athlete registration and maintain this through the entire duration of the event.
- Athletes/teams may be granted a late check–in on Thursday morning of the event, prior to the start of the athlete briefings and the first event, for special circumstances. ELFIT reserves the right to deny special requests. Athletes/teams in need of this must contact ELFIT staff at least 1 week before the check-in date to request a late check-in through athletes@elfiteg.com.
- All competing members of a team are required to complete check-in individually. Another athlete/person/team member may not complete check-in for any other individual.
- Substitutions in teams of 3 are allowed to be made at least 1 week before the event after paying the 50$ substitution fees, no changes to team roasters may be made once check-in is complete.
- ELFIT makes no guarantee that athlete registration and check-in access will be available after the day prior to competition. Once the first workout has begun, any athletes or teams who have not checked in will be disqualified from the competition.
- Athletes are handed identification cards that should be kept with them at all times and should be shown upon request, if at any time the athlete didn't show the identification card or has lost it, they will be subjected to the risk of disqualification.
- One coach per team will be allowed in the warm-up area, The coach must present the required event pass and/or credentials to enter this area. Coaches are *not allowed to enter the competition area or the athletes' area at any time*.
- All athletes *MUST* be wearing *the ELFIT t-shirt* while competing.
- If a team member is injured, the team may continue competing until such time that they are unable to complete the workout as prescribed. At this point, the team MIGHT not advance in the competition.
- Personal therapy providers, photographer/videographers or athlete entourage are considered general admission spectators and will not be allowed access to competition arenas, warm-up areas or restricted athlete-only areas.
- Athlete rehabilitative medical staff (soft tissue and body care providers) will be provided by ELFIT to all athletes in a designated restricted access area. Any athletes requesting the use of their own personal therapy providers (massage, PT, chiropractic, etc.) must do so in designated locations within general admission access area.

ATHLETES BRIEFING:

- All divisions must attend the obligatory log-in and briefing on Wednesday, November 21st, 2018. (Exact timing and location will be communicated soon.)
- The defined method in which the athlete shall meet the range of motion standard will be announced by ELFIT. Delivery can be in the form of online media, written document, or athlete briefing either with or without demonstration. Regardless of delivery method, the athlete is required to meet or exceed the event's movement standard's requirements during all competition. (Example: If a squat snatch is prescribed as the event's movement standard, a power snatch will not meet the standard, unless otherwise stated).
- Delivery of the event's movement standard and required range of motion to all participating athletes & teams will occur during an athlete briefing just prior the event. This briefing will typically be delivered by the technical director or any of the head judges, with or without visual demonstration.
- The briefing can be on the same day of the event at the event location or can be in a different location/day.
- There will be an opportunity for athletes to have questions answered at the briefing. Athletes' attendance is mandatory for the daily briefing. The time and location of such briefings will be communicated to athletes.
- ELFIT reserves the right to make changes to the date, time and location of athlete briefings based on changes to the event schedule. Any such changes will be properly communicated to all athletes in advance. Athletes and teams who are absent from these briefings may be subject to the loss of protest rights during the competition and may also be disqualified from further competition.
- Demonstration of the event's movement standard applying the acceptable range of motion, or demonstration of unacceptable range of motion is not required and will be used as needed.

FINALS SCORING SYSTEM & GENERAL RULES:

Finals' detailed scoring system for all categories will be announced before the event during the briefing

- Athletes and teams will complete multiple workouts over three days. Details will be released prior to the start of any workout and will be consistent for all eligible athletes at the time of release. The athlete and team that stands on top of the leaderboard in their competitive category at the end of the competition will earn 1st place in that division at ELFIT.
- On-site judges will validate scores for each workout an athlete performs.
- At each round athletes/teams will be ranked on their performance in each workout. Based on their relative rank, they will be assigned points. Their total points will be ranked on the overall ranking list. The top athletes/teams on the overall ranking list will advance or win the competition.
- The scoring system, as well as the tiebreaker rule in case of any score ties, will be announced in the briefing day

- Some workouts may have a minimum amount of time, repetitions, weight or rounds required in order to advance. Any such minimums will be announced as part of the workout format. Failure to reach a minimum may result in the athlete or team not advancing to the next workout, regardless of overall rank.
- If an athlete does not advance to the next workout for any reason (DNF, injury, disqualification, etc.), they will be ranked below all competitors who started that workout.

JUDGING & APPEALS:

- Judges are instructed not to touch competition equipment or move equipment during a workout unless the equipment will interfere with another athlete's performance or if there is a legitimate safety concern.
- Judges' calls made during the workout are final and are not negotiable or subject to change or modification.
- Event judges & on-site directors have the authority to stop or suspend an athlete at any point in competition if he or she feels that the athlete is at risk of serious injury to himself/herself or others.
- Physical limitations in range of motion from prior physical defects or temporary or permanent injuries that are obvious and clearly definable by demonstration and are brought to the attention of a judge or ELFIT prior to the beginning of the competition may be granted an exception at the sole discretion of ELFIT' sole discretion. These cases are very rare and will be handled on a case-by-case basis.

Appeals:

- On-site appeals, event protests, scoring discrepancies or ruling questions will be immediately filed with the event' head judge on the floor during the event in question. If the event's head judge is unavailable, any head judge or on-site director can begin the protest process.
- Signing your individual or team score sheet indicates you are agreeing to your score and time for the event. Appeals made after a score sheet is signed will be deemed invalid and rejected.
- Only affected athletes, members of the team, or coaches of the affected team may appeal a result. Non-related parties may not appeal on behalf of another
- Athletes may not protest discrepancies related to the judging, scoring, or performance of another athlete or team.
- Athletes may not appeal their own performance based on the judging, scoring, or performance of another athlete or team.
- Videos, photos, cell phone media, or any other media will not constitute grounds for changing or modifying a decision, score, or entry made by an event judge. The head judge, the event director, or their designee may ask for any related media, but its availability may or may not guarantee use or admissibility in the overall decision process.

- For all athletes' event's protests, appeals, scoring discrepancies, or ruling questions, the following process will be used:
    - The competing athlete OR the athlete's coach only - one person to file the protest - (no other athletes or persons may be involved) files the protest to the event's head judge of the competition event in question by relating their name, athlete number, and the reason for protest.
    - The judges' team leader, athlete, and that athlete's event's judge/judges during the workout in question will all communicate to fact find and define the issue in protest.
    - All information will then be presented to the competition's head judge and/or on-site director or their designee for a final ruling.
    - The on-site director has final authority on all athletes' event's protest rulings and may designate this authority to the head judge in most cases.
- Nothing in these rules including event protests, scoring discrepancies, event movement standards, and range of motion judging applications should be read as a limitation on ELFIT's right to run or operate any ELFIT's supported, sanctioned, or sponsored event as it sees fit in its sole and absolute discretion and the event's director and ELFIT's say is final. This includes the right to remove or disqualify any athlete at ELFIT's sole and absolute discretion.

Attire:

- Proper attire is required at all events.
- No attire shall interfere with event judging and the ability to see the event's movements' standards or range of motion.
- Subject to ELFIT prior approval, joint sleeves, gloves, belts, and common fitness wear may be allowed during competition. However, no grip assistance or weight support may be derived from any device worn. In general, gear is allowed that improves safety and/or comfort but does not confer any advantage.
- Once an athlete enters the competition surface, they may not receive any outside material assistance (water bottle, tape, chalk, jumping rope etc.) from spectators or coaches.

PRIZES

- ELFIT 2018 overall prizes will be more than 25,000 USD
- All winners will receive a check with the prize amount after the event
- Checks will be due after 8-10 weeks after the event
- Detailed prizes will be announced soon
- All prizes are subject to applicable taxes, withholding, and prize winner's compliance with, and agreement to the ELFIT prize affidavit.