

ELFIT Online Qualifier 18.1 Scaled Score Sheet

Deadline Sunday, September 2nd, 2018 at 19:59 GMT



Athlete Name:.....

Division: M16+ M35+ F16+ F35+

Training Facility:.....

Time Cap: 8 mins AMRAP

- **Med Ball Weight:** 20/14 lbs
- **Wall Ball Target Height:** 10/9 ft
- **Box Height:** 60/40 cm (24"/16")
- **Bar Total Weight:** 70/45 kgs (155/100 lbs)

Motion	Round One	Round Two	Round Three	Round Four	Round Five	Round Six	Round Seven
24 Wall ball							
12 Box jump							
6 Deadlift							

Judge Name:
.....

Judge Signature:
.....

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Wall Balls:

For every Wall Ball, the athlete must pass below parallel, with the hip crease clearly below the top of the knee. The athlete may start with a squat clean of the med ball. The center of the ball must hit the target at or above the specified target height. Bouncing the med ball on the floor into the next repetition is not permitted.

Box Jump:

Every rep must begin with both feet on the floor. The rep finishes with hips and knees fully extended while in control on top of the box. You may jump down or step down but you must jump up with a two foot take off.

Deadlift:

On each repetition the athlete starts with the plates touching the floor and ends with knees and hips fully extended and shoulders behind the bar. A Sumo deadlift is not permitted. Bouncing the bar is not permitted.