

ELFIT ONLINE SUBMISSION GENERAL GUIDELINES:

- 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 judge must validate your score before the announced deadline. Scores will be marked as 'Pending Validation' until verified by the judge or ELFIT judging Team.
- 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.
- It's recommended that All submitted videos 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.
- 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 video, before starting each workout, the athlete must do the following:

- They must state their name, judge name, division 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.
- The athlete needs 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 penalties.

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.