

# ELFIT Online Qualifier 18.3 Scaled Score Sheet

Deadline Sunday, September 16th, 2018 at 19:59 GMT



Athlete Name: .....

Division: M18+  F18+

Training Facility: .....

Time Cap: 20 mins

**AMRAP:**

- o 15/10 Calories Row
- o 10 Chest to Bar Pull Ups
- o 5 Overhead Squats 30/20 kgs (65/45 lbs)

**Rowing:**

The athlete may begin the workout seated on the rower but may not grab the handle until the call of "go". The monitor must be set to zero, before starting. The Judge may set the monitor to zero.

**Pull-Ups:**

The rep starts with the athlete hanging in full extension from the pull up bar and ending with the athlete's chin over the bar. Strict, gymnastic kip and butterfly kip are allowed.

**Jumping Pull-Ups:**

The rep starts with the athlete starts with the feet on the ground and arms fully extended. The jumping Pull Up is completed when the athletes chin breaks the horizontal plane of the pull up bar.

**The Overhead Squat:**

For each overhead squat, the athlete must pass below parallel, with the hip crease clearly below the top of the knee and standing up to full extension of the knees and hip. The first repetition may be performed as a squat snatch.

Motion	Round One	Round Two	Round Three	Round Four	Round Five
15/10 Cal Row					
10 Pull-Up/ J. Pull-Up					
5 OHS					
Motion	Round Six	Round Seven	Round Eight	Round Nine	Round Ten
15/10 Cal. Row					
10 Pull-Up/ J. Pull-Up					
5 OHS					
Motion	Round Eleven	Round Twelve	Round Thirteen	Round Fourteen	Round Fifteen
15/10 Cal. Row					
10 Pull-Up/ J. Pull-Up					
5 OHS					

Judge Name:

Judge Signature:

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