

ELFIT Throwdown Bahrain 2019

Online Qualifier 19.3 Score Sheet

Deadline Sunday, September 20th, 2019 at 19:59 GMT

Athlete Name:.....

Division: M15+ F15+

Training Facility:

Time Cap: 10 Min.

FOR TIME:

Complete 3 Rounds of:

40 Double Unders - 12 Thrusters - 12 Chest to Bar

Motion	Round One	Round Two	Round Three
40 Double Unders			
12 Thrusters (75/55 lbs)			
12 C2B			

Then 3 Rounds of:

- o 40 Double Unders - 8 Thrusters - 4 Bar Muscle-ups

Motion	Round Four	Round Five	Round Six
40 Double Unders			
8 Thrusters (135/95 lbs)			
4 Bar Muscle Ups			

Total Time	
Total Reps	

Judge Name:

.....

Judge Signature:

.....

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Double Unders:

This is a standard double-under in which the rope passes the feet twice on each jump.

Thruster:

This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. The hip crease must clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed when the bar is taken from the floor. If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition. Using a ball, box or other object to check for proper depth is not allowed. The barbell must come to a full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over the middle of the athlete's body.

Chest to bar Pull-Ups:

The rep starts with the athlete hanging in full extension from the pull up bar and ending with the athlete's chest clearly making contact with the bar below the collar bone. Strict, gymnastic kip and butterfly kip are allowed.

Bar Muscle-ups:

In the bar muscle-up, the athlete must begin with, or pass through, a hang below the bar with arms fully extended and feet off the ground. Kipping the muscle-up is acceptable, but pull-overs, rolls to support and glide kips are not permitted. The heels may not rise over the height of the bar during the kip. At the top, the elbows must be fully locked out while the athlete supports their body above the bar with shoulders over or in front of the bar.