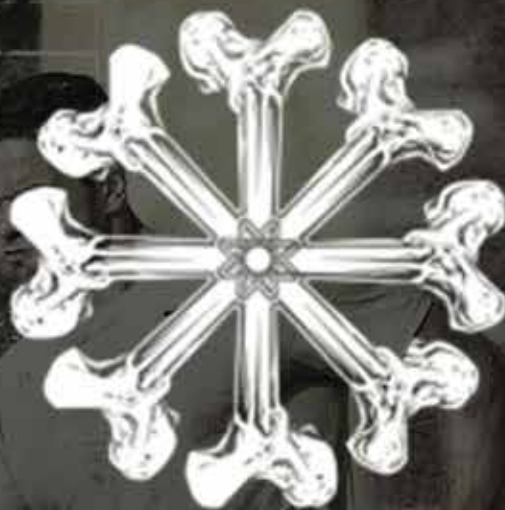


EQ 21.1
PRESENTED BY



BONES



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EXPLODE
FITNESS EQUIPMENT

EGYPT 2021
ELFIT
CrossFit
CHAMPIONSHIP

ELFIT 2021 ONLINE QUALIFIERS

EQ 21.1 MOTION STANDARDS

TECHNICAL PARTNER:

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in the zone
SPORTS MANAGEMENT & EVENTS SERVICES

MAIN PARTNER

SIGMA FIT

WORKOUT EQ21.1

AMRAP 16 MINUTES

10 DB SNATCH
15 BURPEE BOX JUMP OVERS

20 DB SNATCH
15 BURPEE BOX JUMP OVERS

30 DB SNATCH
15 BURPEE BOX JUMP OVERS

40 DB SNATCH
15 BURPEE BOX JUMP OVERS

IN THE REMAINING TIME:
AMRAP

15 CALORIE ROW
30 WALL BALLS

WELCOME TO ELFIT CROSSFIT®
CHAMPIONSHIP 2021

THE FIRST INDIVIDUAL QUALIFIER IS "EQ21.1"
THIS WORKOUT BEGINS WITH THE ATHLETE STANDING TALL AND NOT TOUCHING ANY EQUIPMENT. THE MED-BALL, WALL BALL TARGET, BOX, ROWER AND THE DUMBBELL MUST BE IN FULL VIEW.

AT THE CALL OF "3-2-1 ... GO," THE ATHLETE WILL PICK UP THE DUMBBELL AND PERFORM 10 ALTERNATING DB SNATCHES BEFORE MOVING TO THE BOX AND DOING 15 BURPEE BOX JUMP OVERS, ATHLETES WILL CONTINUE FOLLOWING THE ABOVE PATTERN (ADDING 10 REPS ON THE DUMBBELL SNATCHES UNTIL REACHING 40 SNATCHES & 15 B.B.J.O) IF THE ATHLETE COMPLETES THOSE REPS BEFORE THE 16-MIN TIME CAP, HE OR SHE WILL USE THE REMAINING TIME TO DO AS MANY REPS AS POSSIBLE OF 15 CAL. ROW & 30 WALL BALLS WITHIN THE 16 MIN TIME CAP.

SCORE WILL BE THE TOTAL NUMBER OF REPS COMPLETED WITHIN THE 16 MIN TIME CAP.

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EQUIPMENT FOR EACH DIVISION:

**ELITE M/W - 35+ - 40+ - U22
MALES TEAMS**

- MED BALL WEIGHT: 20LBS/14LBS
- WALL BALL TARGET HEIGHT: 10 FT./9 FT.
- BOX HEIGHT: 60CM/50CM (24"/20")
- DB WEIGHT: 50LBS/35LBS (22.5KG/15KG)

**45+ - U19 - SCALED M/W
SCALED MIXED TEAMS**

- MED BALL WEIGHT: 20LBS/14LBS
- WALL BALL TARGET HEIGHT: 10 FT./9 FT.
- BOX HEIGHT: 60CM/50CM (24"/20")
- DB WEIGHT: 35LBS/25LBS (15KG/12KG)

EQUIPMENT NOTES FOR ALL DIVISIONS:

MUST HAVES:

- BOX WITH 24/20 INCHES HEIGHT
- DUMBBELL
- WALL BALL TARGET
- MED BALL
- CONCEPT 2 ROWER

CAN USE:

- TAPE
- GLOVES OR LEATHER STRAPS TO PROTECT THE HAND
- KNEE SLEEVES
- WRISTBANDS
- WEIGHTLIFTING BELT
- TRAINING OR WEIGHTLIFTING SHOES
- MAGNESIA/CHALK

CAN NOT USE:

- ANY KIND OF GRIP ENHANCEMENT STRAP



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MOVEMENT STANDARDS

DUMBBELL SNATCH:

THE DUMBBELL SNATCH STARTS WITH THE DUMBBELL ON THE GROUND AND FINISHES WITH THE DUMBBELL DIRECTLY OVERHEAD. AT THE BOTTOM OF THE MOVEMENT BOTH HEADS OF THE DUMBBELL MUST TOUCH THE GROUND. THE DUMBBELL MUST BE LIFTED OVERHEAD IN ONE MOTION. TOUCH AND GO IS PERMITTED. ATHLETES MUST ALTERNATE ARMS AFTER EACH REPETITION. AT THE TOP: THE ARMS, HIPS, AND KNEES MUST BE FULLY LOCKED OUT WITH THE DUMBBELL CLEARLY OVER THE MIDDLE OF THE ATHLETE'S BODY WHEN VIEWED FROM PROFILE. ONCE THE ATHLETE HAS REACHED LOCKOUT, THE REP WILL BE COUNTED.

DUMBBELL SNATCH NO REPS:

- ATHLETE BOUNCED THE DUMBBELL BETWEEN REPS
- BOTH HEADS OF THE DUMBBELL DID NOT TOUCH THE GROUND BETWEEN REPS
- ATHLETE DID NOT ALTERNATE ARMS AFTER EACH REP
- THE ATHLETE'S NON-LIFTING HAND WAS IN CONTACT WITH THE BODY DURING THE REPETITION

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 BALL MUST HIT THE DESIGNATED TARGET IN EACH REP. MEASUREMENTS FOR THE WALLBALL TARGET MUST BE SHOWN.

WALL BALLS NO REPS:

- THE BALL HITS LOW OR DOES NOT TOUCH THE TARGET
- ATHLETE DIDN'T GO BELOW PARALLEL IN EACH REP (HIP CREASE DID NOT GO BELOW KNEE)
- ATHLETE BOUNCED THE BALL BETWEEN REPS



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MOVEMENT STANDARDS

BURPEE BOX JUMP-OVERS :

THE BURPEE BOX JUMP-OVERS STARTS WITH THE ATHLETE FACING THE BOX WHILE TOUCHING THEIR CHEST AND THIGHS TO THE GROUND, AND FINISHES WITH THE ATHLETE JUMPING OVER THE BOX. IN THE BOTTOM POSITION, THE ATHLETE MUST BE FACING THE BOX AT ALL TIME.

THERE IS NO REQUIREMENT TO STAND TALL WHILE ON TOP OF THE BOX. HOWEVER ONLY THE ATHLETE'S FEET MAY TOUCH THE BOX.

BOX JUMPS CAN BE PERFORMED IN ANY STYLE, A TWO-FOOT TAKE OFF/LANDING IS NOT REQUIRED, STEP UPS ARE PERMITTED. ALSO THE ATHLETE MAY JUMP COMPLETELY OVER THE BOX. IF JUMPING OVER THE BOX, THE FEET MUST GO OVER THE BOX, NOT AROUND IT. THE REPETITION IS COUNTED WHEN THE ATHLETE LANDS ON THE GROUND ON THE OPPOSITE SIDE, WHERE THEY MAY BEGIN THEIR NEXT REP.

BURPEE BOX JUMP-OVERS NO REPS:

- ATHLETE'S CHEST DID NOT TOUCH THE GROUND
- ATHLETE IS NOT FACING THE BOX WHILE DOING THE BURPEE
- ATHLETE TOUCHED THE BOX WITH HANDS

ROWER:

• THE MONITOR ON THE ROWER MUST BE SET TO ZERO BEFORE EACH SET OF 15 CALORIES. THE ATHLETE OR THE JUDGE MAY RESET THE MONITOR. THE ATHLETE MUST STAY SEATED ON THE ROWER UNTIL THE MONITOR READS 15 CALORIES. THE ATHLETE MUST MAKE SURE THAT ROWER SCREEN IS VISIBLE AT ALL TIMES.



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VIDEO SUBMISSION STANDARDS:

- FILM THE DUMBBELL, MEDICINE BALL AND BOX TO BE USED SO THE LOADS AND HEIGHT CAN BE SEEN CLEARLY.
- VIDEOS MUST BE UNEDITED AND UNEDITED TO ACCURATELY DISPLAY THE PERFORMANCE.
- YOUR JUDGE AND A CLOCK OR TIMER MUST BE VISIBLE THROUGHOUT THE WORKOUT.
- SHOOT THE VIDEO SO ALL EXERCISES CAN BE SEEN CLEARLY MEETING THE MOVEMENT STANDARDS.
- VIDEOS SHOT WITH A FISHEYE LENS OR SIMILAR LENS MAY BE REJECTED.

BEFORE STARTING EACH WORKOUT, THE ATHLETE MUST DO THE FOLLOWING:

- ATHLETE MUST STATE NAME, JUDGE NAME AND AFFILIATE/FACILITY.
- ALL EQUIPMENT USED MUST BE CLEARLY DISPLAYED AND MEASURED (WEIGHTS, BOX, WALL-BALL HEIGHT, ETC.)
- THE ATHLETE, JUDGE, TIMER, AND EQUIPMENT THAT WILL BE USED MUST BE VISIBLE INSIDE THE FRAME OF THE VIDEO DURING THE WHOLE TIME OF THE WORKOUT.
- YOU MUST MAKE SURE TO READ THE DESCRIPTION TO BE AWARE OF DETAILS.

SCORE SUBMISSION DEADLINE:

PLEASE MAKE SURE TO READ THE FULL WORKOUT DESCRIPTION, AND SUBMIT YOUR SCORE IN TIME. EQ21.1 SCORES MUST BE SUBMITTED BEFORE **THE 20TH SEPTEMBER 2021, 20:00 GMT**. NO LATECOMERS WILL BE ACCEPTED, NO MATTER THE REASON. IN CASE OF QUESTIONS REGARDING THE WORKOUTS, CONTACT SUPPORT@ELFITEG.COM. IN CASE OF QUESTIONS REGARDING THE SCORE SUBMISSION AND LOGIN ISSUES, CONTACT SUPPORT@COMPETITIONCORNER.NET

ALL ATHLETES MUST READ CAREFULLY AND FOLLOW THE ONLINE SUBMISSION GENERAL GUIDELINES SECTION IN THE ELFIT CROSSFIT CHAMPIONSHIP 2021 RULES BOOK



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