

MOTION STANDARDS



EQ 22.2 MOTION STANDARDS

INDIVIDUAL MEN-WOMEN
ELITE / MASTERS 35+ / MASTERS 40+ / U21
MEN'S TEAMS

PRESENTED BY



EXPIODE
FITNESS EQUIPMENT

TECHNICAL PARTNER



OFFICIAL PARTNER



EVENT PRESENTED BY



Workout EQ22.2

In 10 Minutes find
1RM Hang Squat Snatch
1RM Bench Press

Workout EQ22.2 Total Time Cap is 10 min.

The Second Qualifier is “EQ22.2”

This Workout starts with the athlete standing behind the squat rack and the barbell resting and unloaded on the ground, At the call of “3, 2, 1 ... go,” Athletes will have 10 minutes to establish heaviest Lift in hang squat snatch and heaviest lift bench press. athletes must start with the hang squat snatch and in the remaining time perform the other lift. The barbell must be locked with collars in both lifts.

Before loading the barbell, athletes must Show their weights clearly to the recording camera and state load and clear the weight they are attempting to lift.



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Equipment:

Make sure you have the following equipment:

- *20kg Barbell for men*
- *15kg Barbell for women*
- *Plates*
- *Bench*
- *Squat Rack*
- *J-cups*
- *Collars*

Equipment Notes:

Athletes are allowed to:

- Use 2 barbells in this workout.
- Preset their bench press weight before the workout starts.

Athletes are not allowed to :

- Go back to perform snatches after finishing the bench press even if they have enough time.
- Have assistance in any weight adjustments

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EXPLODE
FITNESS EQUIPMENT

TECHNICAL PARTNER



TIME TO PEAK

Movement Standards

Hang Squat Snatch Standards

- Bar must be deadlifted first before engaging in any pulling movement and must clearly stop at the hip (above the knee) The athlete may not lower the bar past the knees after deadlifting the weight.
- The bar must be received in the overhead position in one motion from the hang position
- Squatting the bar after receiving it is required.
- Only the feet may touch the ground during the lift and the athlete may not step out of the lifting area at any time during the lift.
- Full extension of the hips and knees must be achieved with the bar in overhead position for the rep to count.



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Movement Standards

Bench Press Standards

- Elbows fully locked out at the start of the lift
- Bar contacts the body at the bottom. Arms and elbows fully locked out at the top and finish of the lift.



NOTE:

Athletes Are not allowed to Go back to perform snatches after finishing the bench press even if they have enough time.

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Video Submission



Submission Standards:

Prior to starting, clearly film both barbells and plates that are used so the loads can be seen clearly.

Before or after each lift, the athlete must state the weight and show the plates used. At the end of the workout, film the barbell being unloaded, and show the weight of the plates in order to clarify the actual heaviest load lifted.

Videos must be uncut and unedited to accurately display the performance.

Your judge and a clock or timer must be visible throughout the workout.

The clock or timer should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

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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, Barbells, plates.. 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. EQ22.2 Scores must be submitted before **Wednesday 24 August 2022, 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 ELFIT2022 Rules Book

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TIME TO PEAK