



EQ 22.3 MOTION STANDARDS

MEN & WOMEN ELITE / MASTERS 35+ / MASTERS 40+ / U21
MEN MASTERS 45+ / MEN'S TEAMS

PRESENTED BY



EXPIODE

FITNESS EQUIPMENT

TECHNICAL PARTNER



OFFICIAL PARTNER



EVENT PRESENTED BY



Workout EQ22.3

4 Rounds For Time

50 Double-Unders
6 Bar Muscle-ups
12 Thrusters

Time Cap. 9 Minutes

The Third Qualifier is “EQ22.3”

This workout begins with the athlete standing behind the pullup bar and not touching any equipment...The pull up rig and all equipment must be in full view.

At the call of “3, 2, 1 ... go,” the athlete will walk to the rope and perform 50 Double-Unders, once they finish the 50 reps they move to the pull-up facing the camera and perform 6 Bar Muscle-Ups, then athlete move to the barbell and perform 12 barbell thrusters.

The athlete will complete this sequence for 4 rounds, the athlete’s score will be the total time taken to complete the workout. In the event of a time cap, the athlete’s score will be the total number of repetitions completed. Before starting, athletes must Show their barbell weights clearly to the recording camera.



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TIME TO PEAK

Equipment:

- **Men Total Barbell Weight:** 42.5kg (95lbs)
- **Women Total Barbell Weight:** 30kg (65lbs)

Equipment Notes:

Athletes are allowed to:

- Preset their thrusters barbell weight
- Load the barbell with the exact prescribed weights or higher.
- Use hand Protection
- Use Knee Protection

Athletes are not allowed to :

- To Use hand protection and tape the bar at the same time
- Have assistance in any gymnastics Movement

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Movement Standards

Double-Under Standards

- The rope passes under the feet twice for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not attempts.
- Athletes may NOT have assistance resetting or moving their equipment



Bar Muscle-Up Standards

- 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.
- No portion of the foot may rise above the lowest part of the bar during the kip.
- The athlete must pass through some portion of a dip before locking out over the bar
- **The rep is credited when:**
 - o The athlete's arms are fully locked out in the support position above the bar; and
 - o The athlete's shoulders are over or slightly in front of the bar.
- Removing the hands in the support position is not allowed.
- At lockout, only the arms may support the athlete's weight.



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Movement Standards

Thrusters

- The barbell must start on the ground
- Hip crease must clearly pass below the top of your knees in the bottom position.
- A full squat clean into the thruster is allowed when the bar is taken from the floor

- **The rep is credited when:**
 - oThe athlete's hips, knees, and arms are fully extended; and the bar is directly over, or slightly behind, the middle of their body.
 - oThe rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed.
 - oIf the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition, No catching while it bounces.
 - oAthletes may NOT receive assistance moving or resetting their barbell



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Video Submission

Submission Standards:

Prior to starting, film barbell, plates, and pull-up bar to be used so the loads can be seen clearly.

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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TIME TO PEAK

Before starting each workout, the Athlete must do the following:

- Athletes must state their 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. EQ22.3 Scores must be submitted before **Wednesday 31 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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