

MOTION STANDARDS

EGYPT 2023  
**ELFIT**  
CHAMPIONSHIP

CrossFit LICENSED EVENT | 2023

EQ 23.4  
MOTION STANDARDS

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

PRESENTED BY

MORNING  
CHALK  
UP

TECHNICAL PARTNER

**UNDERDOGS**  
**ATHLETICS**  
EVERY DOG HAS ITS DAY

EVENT ORGANIZED BY

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## Workout EQ23.4

On a 10:00 Running Clock

"23.4A"

For Time

Partitioned in any of the approved manners

50 Chest to Bar

40 Strict Handstand Push-ups

*Time Cap: 7:00*

Then, In remaining time...

"23.4B"

Find a 1RM Clean

Time ends @ 10:00



### Notes:

- Men Masters 45+ perform kipping HSPU
- Workout 4a MUST be performed in one of our approved partitioning methods

#### OPTION 1

For Time:  
50 Chest to Bar  
40 Strict Handstand Push-ups

#### OPTION 3

2 Rounds of:  
25 Chest to Bar Pull-ups  
20 Strict Handstand Push-ups

#### OPTION 2

5 Rounds of:  
10 Chest to Bar  
8 Strict Handstand Push-ups

#### OPTION 4

For Time  
20 Chest to Bar  
16 Strict Handstand Push-ups  
15 Chest to Bar  
12 Strict Handstand Push-ups  
10 Chest to Bar  
8 Strict Handstand Push-ups  
5 Chest to Bar  
4 Strict Handstand Push-ups

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## The Fourth Qualifier is "EQ23.4"

Prior to the start of the workout, athletes need to measure and tape handstand push-ups line @ 25.4cm away from the wall and exactly 76cm long.

After "3, 2, 1... go," proceed to the pull-up bar and begin your first set. From there, transition to your wall to perform strict handstand push-ups. Repeat this sequence as many times as needed to complete the workout with your chosen partition strategy.

Your first score (4a) is the time taken to complete your 50 Chest to Bar and 40 Strict Handstand Push-ups. If you do not finish under the 7:00 cap, the score for individuals will be number of rep, as for teams it will be 7:00 + 1 seconds for every remaining rep in the workout.

Workout 4b begins immediately upon completion of workout 4a or at the 7:00 time cap. Athletes have from this completion point to the 10:00 Time cap to find a 1RM Clean, performed any way. You may have your barbell pre-loaded to your first attempt prior to the start of the workout. You may have someone help load weights for you.

Your score for 4b will be the load of your heaviest completed rep in KG. In the event of a tie, the tie breaker will be your score from workout 4a.

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## Equipment:

**Athlete must submit score in kgs**

If converting pounds to kilograms, round up to the nearest kg.

Any weight increases with change plates must result in a whole number (no decimal points). Collars cannot be included in the weight.

## Equipment Notes:

**Make sure you have the following equipment:**

- Pull-up Bar
- Measuring Tape
- Tape or chalk to mark the floorWall Space
- Barbell
- Weight Plates
- Bar Collars
- Wall

**Athletes are allowed to:**

- Use Knee Protection
- Use Hand Grips

**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

### Chest to Bar Pull-up



- The athlete must start each rep with their arms fully extended and their feet off the ground.
- Any style of pull-up or grip is permitted as long as the other requirements are met.
- The rep is credited when the athlete's chest clearly comes into contact with the bar at or below the collarbone.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.

### Bad Reps

- Not touching chest to bar

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## Movement Standards

### Strict Handstand Push-up

- The athlete must perform the handstand push-ups with both hands touching the tape line 10 inches from the wall.
- This tape line must be 30 inches long and no wider than 2 inches.
- Any portion of the athlete's hands may be touching the line (fingers OK)
- Both hands must remain on the designated tape line.
- If one or both hands is not touching the tape line at any time, the repetition will not count. The athlete will need to start again from the lockout position.
- The arms must be fully extended and in line with the body before the athlete may descend.
- Each rep begins and ends with the athlete in the lockout position with the heels against the wall, arms fully extended, and shoulders in line with the body.
- At the bottom, the head must make contact with the ground.
- If the head and hands are on different surfaces, the surfaces must be level (e.g., if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates).
- The feet may be no wider than the width of the hands at any point.
- Each rep is credited when the athlete returns to the lockout position with the heels on the wall; arms, hips, and legs fully extended; and shoulders in line with the body.

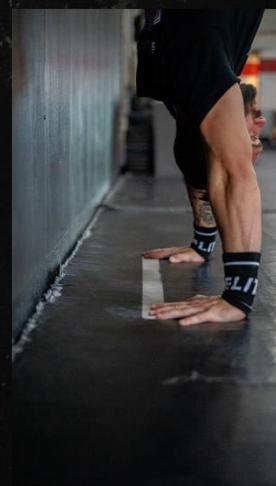
#### NOTE:

For Kipping HSPU (AVAILABLE FOR MEN MASTERS 45+ ONLY)

- The feet do not need to remain in contact with the wall for the duration of the movement, but the feet must return to the wall at the beginning and end of each rep.

#### Bad Reps

- Hands outside proper width
- Starting without arms fully locked out and feet on the wall
- Coming off the wall before reaching lockout
- Kipping



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## Movement Standards

### Barbell Clean



- The barbell starts on the ground.
- Collars must be placed outside the plates.
- Power cleans, squat cleans, and split cleans are permitted.
- Hang cleans are not allowed.
- The rep is credited when the athlete's hips and knees reach full extension, the feet are in line, and the bar is supported in the front-rack position, with the elbows clearly in front of the hands.
- If the bar is lowered from the rack position before the hips and knees reach full extension, the rep will not count.

### Bad Reps

- Dropping bar before showing control

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## Video Submission

### Submission Standards

- Prior to starting, make sure to have your camera set in a position that shows the setup 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.

### 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. EQ23.4 Score deadline is **Monday 31st July 2023, 20:00 GMT**. No latecomers will be accepted, no matter the reason. In case of questions regarding the workouts, contact [support@elfiteg.com](mailto:support@elfiteg.com). In case of questions regarding the score submission and login issues, contact [support@competitioncorner.net](mailto:support@competitioncorner.net)

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## ONLINE SUBMISSION GENERAL GUIDELINES

- Athletes/teams who want to qualify for ELFIT Championship 2023 must submit a valid video with their score submission via Competition Corner official event page before the announced deadline.
- ELFIT team will evaluate your video if your score is potentially in the top of the leaderboard in each Workout. ELFIT team reserves the right to correct the scores if needed.
- Videos must be uploaded on a public platform (i.e., YouTube, Vimeo, or Google Drive ...etc.), athletes will have to provide the link to the video while submitting their score.
- It is the sole responsibility of the athlete/team to ensure the timely and successful submission of their workout each week. Submissions that are incomplete or not verified will not be accepted, including but not limited to: video being available and public, wrong video submitted video, wrong motions, wrong weights, ...etc.)
- Any athlete/team that feels that their video submission may be delayed due to issues with the uploading should send an email to support@elfiteg.com notifying ELFIT team of these difficulties. ELFIT team must receive this email notification PRIOR to the score submission deadline announced. Once the deadline closes athletes will not be able to adjust or resubmit any score for that event.
- While scores are being validated through your facility owner/manager ELFIT judging team holds the right to review any or all videos submitted, as part of this video review process, the athletes posted score may be accepted, modified, or invalidated without warning, and after the close of the competition.
- Athletes/teams may complete the workouts for the online qualifier as many times as they desire and resubmit new scores until each workout submission deadline.
- Athletes/teams submitting videos are advised to have someone strictly watching their movement to ensure each repetition meets standards, and that the camera captures the movement clearly. Penalties may be assessed due to an athlete not meeting the movement standard or due to improper camera angles that do not permit the judge to determine if the standard is being met.
- The athlete is responsible for making sure they perform the workout as prescribed, including performing all the required movements to the described standard, counting, and completing all the required reps, using the required equipment and loads, meeting the required time and meeting all submission requirements.
- While the ownership of the online qualifier's videos remains the athletes' right, ELFIT reserve the rights to use all the videos submitted through Competition Corner without limitation. For example, and not limited to: qualifying the athletes to the event, Marketing use on all platforms, technical briefs, trainings, ...etc.

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## ONLINE SUBMISSION GENERAL GUIDELINES

### DURING EACH WORKOUT, make sure that:

- Video must be taken from an angle that shows full profile of the athlete to ensure that full motion standards are met.
- Videos CAN NOT BE EDITED in any way. The video needs to be ongoing. Cutting the video will result in immediate disqualification.
- The athlete needs to be in the video at all times during the workout.
- The timer must always be in clear sight throughout the video. (a tablet can be used).
- The equipment needs to be in the video at all times.
- The judge if any must not touch or move the equipment, except for activating the rowers display which is allowed or when there's a serious risk of injury for judge or the athlete.
- The qualification process is a competition environment. Having a judge in your video ready and able to give and show no-reps is a plus. Additional no-reps given at video review will result in penalties and/or rejection of the video.

### VIDEO QUICK TIPS:

- Videos CAN NOT BE EDITED in any way. The video needs to be ongoing. Cutting the video will result in immediate disqualification.
- YouTube allows uploads longer than 15 minutes, Click [HERE](#) to find more information.
- Upload videos with plenty of time to spare, uploading large video files can take a long time.
- If you're using a phone, set it to airplane mode to avoid unwanted interruptions during filming.
- Ensure your filming device has enough battery life to film the entire WOD, and enough memory.

### SCORING PENALTIES

- Prior to submitting a video, athletes should review the video to ensure their reps meet the required standards, the camera angle permits the judge to determine if the movement standards are being met or not and determine if there are any technical problems with the video itself.
- Videos that show a discrepancy between the score submitted and the score displayed in the video will undergo the following penalties:
  - If it's a 'For Time' workout: Every no rep that is counted will add three seconds to the score.
  - If it's an 'AMRAP' workout: Every no rep that is counted will be deducted from the score.

### ONLINE QUALIFIERS APPEALS

For all inquiries/appeals during ELFIT online qualifier, the following process will be used:

- The competing athlete immediately notifies ELFIT Judging Team at [support@elfiteg.com](mailto:support@elfiteg.com) about the results in question by relating their name and reason for protest. Please note, inquiries will be answered in the order they are received. Scoring protests/appeals made by anonymous individuals regarding another athlete's performance will not be accepted.
- ELFIT staff and athlete will communicate to fact find and define the issue in protest.
- Meeting submission requirements and deadlines is the responsibility of the athlete.

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