



ARAB OPEN 2024
RULES BOOK
ENGLISH VERSION

WWW.ELFITEG.COM

WELCOME TO ELFIT ARAB CHAMPIONSHIP

We would like to welcome you to ELFIT Arab Championship first season.

ELFIT Arab Championship is not just a fitness competition It's a fitness movement exclusive for only Arab Athletes from all age groups and fitness levels. Our objective is to make the EAC the biggest gathering for the Arab fitness community!

ELFIT ARAB CHAMPIONSHIP SEASON 1

ELFIT Arab Championship is an annual regional fitness competition dedicated only for the Arab athletes, with the objective to determine the Arab Champion.

ELFIT Arab Championship consists of 2 stages that form the Arab Championship first season. Starting with the "ARAB OPEN" virtual competition that will be held from 15 March to 1 April 2024 and ending with the "ARAB CHAMPIONSHIP FINALS" Live event that will be held at Hurghada from 6-8 June 2024.

ATHLETES ELIGIBILITY:

Any athlete meeting ELFIT Arab Championship age and eligibility requirements may register to compete in the Arab Open. Any athlete wishing to participate in the Arab Open must complete the registration process in time to be eligible to compete in the first online qualifiers workout of the season.

Athletes Eligibility - Arab Community:

ONLY athletes from any of the 22 "ARAB League" countries can participate in the event, the list of countries are as follows:

- **Africa** (10 Countries): Algeria, Comoros, Djibouti, Egypt, Libya, Mauritania, Morocco, Somalia, Sudan, Tunisia
- **Levant** (4 Countries): Jordan, Lebanon, Syria, Palestine
- **Gulf & West Asia** (8 Countries): Bahrain, Iraq, Kuwait, Oman, Qatar, Saudi Arabia, the United Arab Emirates & Yemen

During the registration process, athletes (Individuals or Teams) will insert their citizenship which is the main requirement used to determine an athlete's nationality. Athletes do not need to be living in the country in which they claim citizenship. So long as the athlete is a citizen of said country, the athlete may register to represent that country.

Athletes with dual or multiple citizenships may choose which country they would like to represent for the season. Athletes can only compete for one country. Athletes with dual citizenship must choose which country they will represent by the close of the first week of the Open.

Athletes Eligibility - Proof Of Citizenship

Athletes will be requested to provide a proof of nationality which can be any of the following documents:

- Passport
- Birth Certificate issued by the relevant government authority.
- National ID Card/Citizenship Card
- Certificate of Citizenship
- Naturalization Certificate

To verify an athlete's eligibility, teams must be able to provide a proof of nationality. If athletes cannot prove they meet the requirements, the team and/or individual athlete may be subject to disqualification.

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General Eligibility:

Any athlete meeting the event age and eligibility requirements may register to compete in the Open. Any athlete wishing to participate in the Open must complete the registration process in time to be eligible to compete in the first Open workout of the season. ELFIT reserves the exclusive right to allow or deny the participation of any athlete. ELFIT also reserves the exclusive right to validate or invalidate any athlete's scores submitted for the purpose of qualifying for the Arab Championship Finals. ELFIT will make such participation and scoring decisions to preserve the integrity of the competition. ELFIT reserves the exclusive right to invite guest athletes, teams, or others to participate in any stage of the season.

Team Eligibility:

Only Athletes from the 22 Arab League countries are allowed to form teams and compete in the Arab Championship, the requirements for being on a team are:

- All team members must be from the same nationality.
- Each athlete must be registered on the team roster before the first workout submission deadline.
- Each athlete must submit a score for all of the Open workouts.
- Teams DO NOT need to train in the same geographical location.

Countries With More Than One Team

More than one team may come from the same country as long as all members of each team meet the eligibility requirements stated in above. Team members may not switch between teams.

ELFIT Arab Open reserves the right, in its sole and absolute discretion, to invite past winners, guest athletes, teams, or others to participate in any stage of the competition. This decision may be made to preserve the traditions and spirit of ELFIT Arab Championship or for any other reason at the sole discretion of ELFIT.

For any questions concerning country selection, or any athlete requiring assistance to determine their eligibility for a team should contact support@elfiteg.com prior to joining the team and prior to the Open registration deadline (Monday 18 March 2024)

THE ARAB OPEN

About The Arab Open:

The Arab Open is the official qualifier to the “Arab Championship finals”, the first season Open will consist of 3 workouts that will be released over 3 consecutive weeks on ELFIT official website and social media platforms as well as Competition Corner (Our official registration & leaderboard platform).

Athlete performances in each workout are judged, validated, and ranked on the Arab Open Leaderboard on competition corner.

The workouts will be released every **FRIDAY at 9pm Cairo time** during the three weeks and there will be a live announcement for each workout which will be streamed online. After the workout is released, athletes will have until the following **Tuesday at 11:59 p.m. GMT** to complete the workout and submit their best score online. Once the score submission window closes at 11:59 p.m. on Tuesday, athletes will not be able to adjust or resubmit a score for that week’s workout.

The 2024 ELFIT Arab Open will kick off on **Friday 15 March 2024 at 9pm Cairo time**. Subsequent workouts will continue to be released on Fridays at 9 p.m. until the competition is complete. The 2024 Open will close on a **Tuesday 1 April at 11:59 p.m. GMT**.

The top qualifying athletes and teams from each division* will qualify to compete at the Arab Championship Finals.

Arab Open - Divisions

An athlete’s competitive division is determined by the year of birth and not the birthdate, There are 20 total divisions for individual competitors, and there is one division for teams:

Individuals:

- Men/Women open (Born in 2005 or before)
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- Men/Women Masters 35+ (Born in 1989 or before)
- Men/Women Masters 40+ (Born in 1984 or before)
- Men/Women Masters 45+ (Born in 1979 or before)
- Men/Women Masters 50+ (Born in 1974 or before)
- Men/Women Masters 55+ (Born in 1969 or before)
- Men/Women Masters 60+ (Born in 1964 or before)
- Men/Women U21 (Born in 2003 or after)
- Men/Women U19 (Born in 2005 or after)
- Men/Women U17 (Born between 2007 & 2009)

Teams:

- Men’s Teams (3M) (Born in 2008 or before)

Arab Open - Workouts Announcement Timeline

- Open Workout 24.1 will be announced on Friday, March 15th, 2024; and the deadline to submit the score is Tuesday, March 19th, 2024, at **11:59 GMT**.
- Open Workout 24.2 will be announced on Friday, March 22nd, 2024; and the deadline to submit the score is Tuesday, March 26th, 2024, at **11:59 GMT**.
- Open Workout 24.3 will be announced on Friday, March 29th, 2024; and the deadline to submit the score is Tuesday, April 2nd, 2024, at **11:59 GMT**.

Arab Open - Registration Details

Open's Registration prices are listed below. All payments are final. No refunds or transfers will be permitted, regardless of reason (injury, illness, change in work schedule, deployment, pregnancy, etc.)

It is the athlete's sole responsibility to provide valid, up-to-date, and truthful information in creating their account including, and not limited to their date of birth, e-mail address, mobile number & nationality.

Athletes can enter as an individual as well as a part of a team, however if the athlete qualifies for both divisions, they may only accept one invitation to the final and forfeit the other division invite to the next eligible team or individual.

- Registration will open on **Thursday February 1st, 2024**.
- Registration will close on **Monday March 18th, 2024, at 18:00 Cairo Time**.

Arab Open - Individual Registration

Every competing athlete must register online through the event page at Competition corner [here](#). To successfully complete the Open registration process, athletes must submit the required fee. Open registration is **US\$20** for individual athletes and **US\$60** for teams*. All payments are final. No refunds or transfers will be permitted for any reason. *extra 3rd party processing fees applies

Arab Open - Teams Registration

- This is a 3 men team division; teams must consist of at least Three individual men with an optional One extra Subs. "Individual" athletes are between the ages of 16-54 who do the same variations of the tests. Athletes may only compete for one team during each Arab Championship season.
- Team members will complete the Arab Open workouts as individuals. The overall team score will be the combination.
- The athlete who registers the team will be designated as the team manager for the competition season. Team managers will create a team, pay the registration fee, and fill in his teammate's registration details.
- As part of team registration, the team manager will select a team name which will be carried with them through the season up until the Arab Championship finals (if they qualify).
- To compete for a team during the Open or the finals, athletes must be registered and listed on the team roster prior to the close of the first Open test. Once the first Open test has closed and an athlete has been assigned to a team roster, this athlete may not compete for any other team during the course of the season, even if another team from the same country qualifies to the final.
- It is the responsibility of the team manager to ensure team athletes are properly registered. It is the responsibility of the team manager to ensure the team is using only eligible athletes. If a team uses an ineligible athlete, the team may be disqualified from competition.

Arab Open - National Champion

After selecting their country of citizenship during the registration, athletes will be able to access their national leaderboard, at the end of the open, athletes in the Individual Men's and Women's divisions who are ranked highest on their country leaderboard will be announced as the "National Champion."

ARAB OPEN LEADERBOARD

Arab Open Leaderboard - Ranking

- The Arab open official leaderboard will be available via competition corner website. Athletes will be ranked on the leaderboard based on their performance relative to other athletes in their division.
- During the Open, athletes are ranked on the leaderboard based on their total placement in all events. For example, an athlete with 2nd place, 3rd place, and 5th-place finishes will have 10 total points (2+3+5=10) and be ranked ahead of an athlete with 1st place, 2nd place, and 10th-place finishes who would have 13 points (1+2+10=13).
- Ties on the overall leaderboard will be broken by awarding the best position to the athlete/team who has the highest result in any single test. If athletes/teams remain tied after this first tiebreaker, the process continues to their next highest single result, and so forth until the tie is broken. Ties will not be broken for single test results at the Arab Open.
- More than one athlete/team can share a test rank, and each will earn the original point value.
- The athlete/team with the top performance across multiple tests in a competition wins that competition.

Arab Open Leaderboard - Age Group Divisions

- Athletes 15-21 and 35+ years of age who register for the Open will compete in one of nine age group divisions based on their age as of the birth year listed above.
- Athletes in the age-group divisions will be ranked on their own leaderboard based on their performance in the age-group tests. For each age group test released in the Open, it will be accompanied by scaled & rookies (beginners) versions.
- The top athletes in each age group division will have the opportunity to advance to ELFIT Arab Championship finals as listed below.

Arab Open Leaderboard - Scaled & Rookies

- The Elite Open tests released for each applicable division (i.e. Individual Men and Women and all age-group divisions) will be accompanied by scaled & rookies (beginners) versions. Athletes who are unable to perform a test as Elite may choose the scaled or rookies version provided. Athletes also may finish the Open by completing any combination of tests (Elite, Scaled, or Rookies).
- In every applicable division, an athlete who chooses to perform a scaled test will be ranked relative to all other athletes performing the scaled version of the test but below all athletes who performed that test "as Elite." If an athlete chooses to perform the rookie's version of the test, they will be ranked relative to all other athletes performing the rookie's version of the test but below all athletes who performed that test as scaled and as Elite. Any athlete who fails to submit a score will receive a score of "0" and will be ranked below all athletes who entered a score, whether it was the Elite, Scaled, or Rookie's version for that test.
- The Arab Open hosts a scaled-only leaderboard. To remain on the scaled-only leaderboard, an athlete must perform only scaled versions of the Open tests.
- The Arab Open also hosts a rookies-only leaderboard. To remain on the rookies-only leaderboard, an athlete must perform only rookie's versions of the Open tests.

Arab Open Leaderboard - Teams

- Team scores will appear on the leaderboard as members of the team post valid scores. Team scores will be the aggregate of the top three men's performances in the Elite version of a particular Open test.
- For most test formats, teams will be ranked based on total reps completed or total aggregate time. For these tests, ties between teams on the leaderboard will not be broken for single test results. More than one team can share a test rank, and each team will earn the original point value.
- Tests that challenge athletes to complete a stated amount of work as fast as possible (task-priority workouts), and also have a time cap, may result in teams being ranked based on total time or total reps. For these tests, teams will be ranked in the following manner:
 - If all three teammates complete the test, the team's score will be its total aggregate time. In this instance, ties between teams in this test will not be broken, teams may share a test rank, and each team will earn the original point value.
 - If one or more team athletes fail to complete the test (are time-capped), the team's score will be its total reps completed. The team will be ranked below any team whose score is a valid time and above any team that completes fewer reps. If teams ranked by total reps are tied in this test, the higher rank will be awarded to the team with the fastest (lowest) aggregate time. For team athletes who are capped in the test, the time cap will be used as the time they contribute to the team's aggregate time.

Arab Open Leaderboard - Score Submission

Individuals: In every division, if a registered athlete fails to submit a score for any reason (e.g., skips a test, has a test invalidated, cannot complete the stated minimum score, or cannot complete a single repetition), that athlete will receive a score of "0" for that test and will be ranked below all athletes who post a score (whether Elite or Scaled) for that test. Athletes receiving a "0" score will maintain an overall rank on the Arab Open leaderboard.

Teams: If a registered team member receives a score of "0" for a test (e.g., skips a test, has a test invalidated, cannot complete the stated minimum work requirement, or cannot complete a single repetition), the athlete may still contribute to the team's score for the remaining Open tests. If this athlete contributed to previous team scores, those scores would remain valid. For example, if a team member receives a score of "0" in 24.1 and 24.2 but submits a score for 24.3, the athlete's 24.3 score may contribute to the team's 24.3 score.

Arab Open Leaderboard - Finals Spots

The Following Athletes/teams from the Arab Open overall leaderboard will qualify to ELFIT Arab Championship 2024 Finals held at Hurgada from 6-8 April 2024.

Individuals:

M/W Elite: 40 Men & 40 Women

M/W Scaled: 10 Men & 10 Women (To qualify to the Scaled division finals athletes must perform only scaled versions of the Open tests)

M/W Masters 35+: 20 Men & 10 Women

M/W Masters 40+: 20 Men & 10 Women

M/W Masters 45+: 10 Men & 10 Women

M/W Masters 50+: 10 Men & 5 Women

M/W Masters 55+: 10 Men & 5 Women

M/W Masters 60+: 5 Men & 5 Women

M/W U21: 10 Men & 10 Women

M/W U19: 10 Men & 10 Women

M/W U 17: 10 Men & 10 Women

3 Men's Team:

50 Teams, the top 6 teams from the overall leaderboard will qualify as well as the top two teams from each of the 22 Arab countries.

* During the Arab Open, If the number of registered athletes in any of the divisions did not meet the minimum number of 10 athletes, ELFIT has the right to add them to another division without prior notice (older division in case of juniors or younger division in case of Masters divisions).

* ELFIT's management team solely has the right to give one or more athlete a wild card to qualify directly in any division.

Arab Open Leaderboard - Qualifying to the Finals

All athletes in a qualifying position to the finals must have videos of their Open tests available upon request.

Athletes are eligible to advance to the finals, even if they choose to perform the scaled version of one or more Open tests. Advancement is determined by placement on the overall ELFIT Arab Open leaderboard, where Elite test scores are ranked higher than scaled scores.

OPEN ONLINE SUBMISSION

Open Online Submission - General Guidelines:

- Athletes/teams who want to qualify for ELFIT Arab Championship 2024 must submit a valid video with their score submission via Competition Corner official event page before the announced deadline..
- As part of this video review process, the athlete's posted score may be accepted, modified, or invalidated without warning, and after the close of the competition.
- 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.)
- in any division, athletes are not allowed to have any other athletes other than themselves in the video submitted.
- 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.
- 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 Elite, 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 reserves 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, training, ...etc.

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

Athletes must state their name, division, workout name, judge name and affiliate/facility.

All equipment used must be clearly displayed and measured (Weights, box, wall-ball target height, etc.)

During each Workout, make sure that:

- Video must be taken from an angle that shows the 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 the 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 reviewal will result in penalties and/or rejection of the video.

Open Online Submission - 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.

Open Online Submission - 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.

Open Online Submission - Appeals

For all inquiries/appeals during ELFIT Arab Open online qualifier, a detailed appeal process will be shared with all competing athletes once the first workout is released.

ARAB CHAMPIONSHIP FINALS

Arab Championship Finals - Invitation Process

- Individual and team leaderboards will not be set until after the video review process is complete. Only after this time will athletes know if they are advancing to the finals. The leaderboard will be set no later than April 19, 2024, and the invitation process for the Arab Championship Finals will begin. The Finals invitations first wave will be emailed to the top teams as well as the top men and women in each division by April 20, 2024.
- If an athlete or team declines their invitation to compete at the finals, their spot may be backfilled to the next eligible athlete/team from their division leaderboard.
- As part of the invite process to the finals, athletes will be required to submit proof of citizenship. We will notify the finalists and request this proof. Individual athletes will be contacted with additional information via email.

Arab Championship Finals - Invitations Send Out Dates:

- **April 23, 2024:** Qualified invitations sent out round 1.
- **April 25, 2024:** Qualified invitations sent out round 2.
- **August 27, 2024:** Qualified invitations sent out round 3.

Arab Championship Finals - Multiple Divisions

After the Arab Open an athlete who qualifies in 2 different individual divisions or as an individual AND on a team must choose to compete in one division only at the Finals (individual OR team). They cannot compete both on a team AND as an individual competitor and also, they cannot compete in 2 different individual divisions.

Arab Championship Finals - Individuals Registration

Athletes will have 48 hours to accept their invitation and **register for the final event (paying the finals' registration fees)**, if the athlete didn't confirm by registering for the finals within 48 hours from receiving the finals invitation; their spot will be backfilled and given to the next athlete in the ranking list. They will also have 48 hours to accept and register before contacting the next athlete. This process will continue until each category's capacity is reached.

As part of the invitation process, athletes will receive an email containing instructions on how to register for the finals and pay a **US\$100 registration fee**. Each athlete's name will be listed on the leaderboard for their final once they have successfully completed the registration process.

Arab Championship Finals - Teams Registration

Teams will have 48 hours to accept their invitation and **register for the final event (paying the finals' registration fees)**, if the team didn't confirm by registering for the finals within 48 hours from receiving the finals invitation; their spot will be backfilled and given to the next team in the ranking list. They will also have 48 hours to accept and register before contacting the next athlete. This process will continue until each category's capacity is reached.

As part of the invitation process, the team manager will receive an email containing instructions on how to register for the final and pay the **US\$300 team registration fee**.

Arab Championship Finals - Teams Roster Selection

- Once the Three men have checked in onsite, the Fourth athlete will not be involved in any way in the onsite check-in process, nor will they be eligible to compete at the finals. The Fourth member of the team's competition roster may only be used should a team member be unexpectedly injured or forced to withdraw prior to check in at the finals.
- All team members must be from the same nationality.
- During the registration process for finals, teams will need to declare their Competition Team roster. Team managers must identify the 3 competing team members in addition to ONE optional sub to move forward on the Competition Team Roster.

Arab Championship Finals - Venue & Official Hotel

- The Finals will be held from 6-8 June 2024 inside one of Hurghada's top hotels.
- All finalists' athletes will be required to stay at our official hotel venue for a minimum of 2 nights from Thursday 6 to Saturday 8th.
- All bookings will have to be through ELFIT hospitality team in order to receive the event access bracelet.
- More details about the location will be announced before the Arab Open first workout announcement.

Arab Championship Finals - Important Dates

- Athletes Mandatory Log in: Wednesday 5 June Time TBD
- Athletes Technical Briefing: Wednesday 5 June Time TBD
- Athletes Optional Photoshoot: Wednesday 5 June Time TBD
- Competition Days: Thursday 6 - Saturday 8 June
- Awards Ceremony: Saturday 8 June 7:30pm

Arab Championship Finals - Individuals & Teams Event Details & On-Site Briefing

All participating athletes will be required to attend onsite briefings during the competition to include topics such as:

- Competition rules and expectations.
- Venue orientation and introduction to key event staff.
- Specific movement standards and required range of motion.

Athletes and teams who are late to or absent from a briefing may lose the right to appeal any decision made during the competition and also may be disqualified from further competition.

The time and location of the briefings will be communicated to all athletes and teams. Demonstration of a test's movement standards, including the acceptable ranges of motion, or demonstration of unacceptable movements or ranges of motion, is not required. Such demonstration methods will be used at the discretion of the Head Judge or onsite director.

Arab Championship Finals - Individuals & Teams On-Site Check-In Athletes log-in/check-in:

- Log in & Briefing will be held on Wednesday 5 June 2024, log in schedule will be shared via email to all athletes after the leaderboard is official.
- All athletes/teams must complete an on-site check-in process which is mandatory.
- Upon arriving at the registration site athletes will need to show their confirmation email as well as a proof of age and citizenship
- Once proof of identity has been verified, athletes will receive their competition ID, participation kit, most recent schedule, important point of contact information in addition to sponsors' giveaways upon availability.
- Athletes/teams may be granted a late check-in, in case of special circumstances. ELFIT reserves the right to deny special requests. Athletes/teams in need of this must contact ELFIT staff at least 1 week before the check-in date to request a late check-in.
- All competing members of a team are required to complete check-in together, photo ID must be provided by all team athletes (the three competing athletes and One optional Substitute). Team captains also will confirm the team's three competing (+One Sub) athletes at registration.
- Another athlete/person/team member may not complete check-in for any other individual. Unless it was pre-approved by ELFIT HQ team
- Any athlete or team not checked-in on that day is not guaranteed event access and can be disqualified from competition.
- Once the first workout has begun, any Athletes or Teams who have not checked in will be disqualified from competition.

On Site General Rules:

- Athletes are handed identification cards/bracelets that should be kept with them at all times, and should be shown upon request, if at any time the athlete didn't show the identification card or has lost it, they will be subjected to the risk of disqualification.
- Personal therapy providers, photographer/videographers or athlete entourage are considered general admission spectators and will not be allowed access to competition arenas, warm-up areas or restricted athlete-only areas.
- Athlete rehabilitative medical staff (soft tissue and body care providers) will be provided by ELFIT Arab Open to all athletes in a designated restricted access area. Any athletes requesting the use of their own personal therapy providers (massage, PT, chiropractic, etc.) must do so in designated locations within general admission access area.

Coaches Access:

- During the registration process, athlete and team coaches must be declared. Coaches must be onsite to register and receive their credential. Only one coach per athlete or team will receive a credential for the entire competition. Coach credentials are non-transferable. Coaches must be 18 years or older.
- The coach access bracelet is only used to allow the coach to enter the warmup area.
- At all times, the coach must present the required event pass and/or credentials to enter this area. Coaches are **not allowed to enter the competition area at any time.**

Arab Championship Finals - Athletes/Teams Seeding

All competing athletes will be seeded going into the Games competition. Seeding for the first test of the competition will be determined by their placement in the Arab Open

Individuals, Age-group, and teams will typically be reseeded after the close of each day of competition based on current competition rank.

Arab Championship Finals - Scoring & Leaderboard Rankings

- Detailed scoring system for all categories will be announced before the event during the briefing.
- Athletes and teams will complete multiple tests over three days, their performances will be ranked in each test. Points will be assigned according to an athlete's or team's relative rank (i.e., performance when compared to the performance of other athletes or teams). These points will be used to rank the athletes and teams on the ELFIT Arab Championship Finals Official Leaderboard, The top athletes/teams on the overall ranking list will advance or win the competition.
- On-site judges will validate scores for each workout an athlete performs.
- The scoring system as well as the tie breaker rule in case of any score ties will be announced on the briefing day.
- Some workouts may have a minimum amount of time, repetitions, weight, or rounds required in order to advance. Any such minimums will be announced as part of the workout format. Failure to reach a minimum may result in the athlete or team not advancing to the next workout, regardless of overall rank.
- If an athlete does not advance to the next workout for any reason (DNF, injury, disqualification, etc.), they will be ranked below all competitors who started that workout.
- Tests may have time penalties. Failure to complete a test in the designated time may result in a specified penalty for any portion of the test not completed or may result in the athlete or team not advancing to the next test, regardless of overall rank.
- Tests may have a minimum work requirement in terms of the amount of time, repetitions, weight, or rounds to be completed in order to advance. Any such minimums will be announced as part of the test format. Failure to complete the minimum work requirement may cause the athlete or team not to advance in the competition, regardless of overall rank.

- Tests may use chip timing (transponders) for official timing. For chip-timed tests, the chip will be placed on the same area of the body for all athletes. The official time for each athlete will be recorded when the transponder reaches the finish mat or crosses the finish line.
- During competition, if an athlete or team does not advance to the next test for any reason (DNF, injury, etc.), the athlete or team will be withdrawn from competition. The athlete or team will still keep the points they earned up to the point of withdrawal. These points will be used to determine their ranking in the competition despite not completing it.

Arab Championship Finals - Injury Policy

Any athlete (individual or team) who is unable to finish a test due to injury, or who requires medical attention following the completion of a test, must receive clearance from the medical staff and Head Judge or onsite director before returning to competition. The Head Judge or onsite director will have the authority to remove the athlete from the competition based on the severity of the injury, likelihood of further injury, and other factors. Individual or team athletes who miss their heat due to injury or while undergoing medical treatment or assessment will be disqualified from the competition. If a team cannot take the field with a full roster, they will be removed from the competition. The athlete/team will still keep the points they earned up to the point of withdrawal.

If a team member is injured, the team may continue competing until such time that they are unable to complete the workout as Elite. At this point, the team **MIGHT** not advance in the competition.

Arab Championship Finals - Prizes

- ELFIT Arab Open 2024 overall prizes will be announced before the final event.
- All prizes are subject to applicable taxes, withholding, and prize winner's compliance with, and agreement to the ELFIT Arab Open prize affidavit.
- Prize money will be wired to their bank account 12-15 weeks after the event.

DRUG FREE COMPETITION

As the Arab region's ultimate test of fitness, ELFIT Arab Championship stands not only as testaments to the athletes who compete but to the training methodologies they use. In this arena, a true and honest comparison of training practices and athletic capacity is impossible without a level playing field. Therefore, the use of banned performance-enhancing substances is prohibited. Even the legal use of banned substances, such as physician-prescribed hormone replacement therapy or some over-the-counter performance-enhancing supplements, has the potential to compromise the integrity of the competition and must be disallowed. With the health, safety, and welfare of the athletes, and the integrity of our sport as top priorities, ELFIT will be adopting a drug testing policy to try to ensure the validity of the results achieved in competition. This policy shall be administered under the authority of ELFIT.

The 2024 drug testing policy will be released before the Arab Open first workout announcement. ELFIT reserves the right to make changes to this policy at any time as needed.

Athlete Consent

As a condition of participation in ELFIT Arab Championship season 1, each competing athlete agrees to undergo drug testing in accordance with the announced policy. refusal to consent to or comply with the requirements of this policy prohibits an athlete from participating in ELFIT Arab Championship and any other ELFIT events. All athletes registered in ELFIT Arab Championship season 1 are subject to drug testing at any time during the year, including directed, unannounced out-of-competition testing, for any reason.

General Drug Testing Rules:

ELFIT Arab Championship Drug Testing Policy aims to prevent the use of prohibited substances through rigorous testing.

To detect the use of these substances by athletes. Drug tests may include, but are not limited to, analysis for any of the banned substance classes listed on the WADA Banned Substance Classes List, note that There is no complete list of banned drugs. New banned substance classes emerge constantly. The most current and complete list is available at www.wada-ama.org/en/content/what-is-prohibited. In addition, any substance that is chemically related to a class of banned drugs is also banned. Athletes shall be held accountable for all drugs within the banned drug class, regardless of whether they have been specifically identified as banned. For example, designer drugs chemically related to banned substances are banned even if a name has yet to be created for them.

including, but not limited to, stimulants, anabolic agents, diuretics (and other masking agents), and peptide hormones (and their analogues).

Specimen analysis requires collecting urine or blood samples and securely shipping these samples to the laboratory while maintaining the confidentiality of the athlete and integrity of the sample. ALL COLLECTIONS AND/OR TESTING UNDER THIS POLICY SHALL BE OBSERVED COLLECTIONS.

The possession and/or use of banned substances may be determined by means other than urinalysis or blood sample. For example, when an individual is found to be in possession of and/or using such substances, the individual may be subject to the same sanctions that would be followed in the case of a positive test.

If it is found that an athlete is under the influence or use of such substances, ELFIT Arab Open reserves the right to disqualify the athlete from the competition, ban him from competitions for a specific period of time, and/or revoke any prizes earned while under the influence or during the use of such substances.

The Drug Testing Policy applies to all athletes entered in ELFIT Arab Championship Season, including the Open.

During the finals Individual and team athletes will be subject to drug testing at any time during the competition. Athletes selected for drug testing will be notified by Athlete Control personnel. Selected athletes will be escorted to the drug testing area by Athlete Control. Athletes must follow Athlete Control and collection agent instructions and submit valid samples for drug testing to remain eligible to compete.

The top finishing athletes will be subject for drug testing at the end of the competition,

Should an individual athlete violate ELFIT Drug Policy prior to arriving at the finals, their position may be awarded to the next eligible athlete from their division leaderboard.

If any of the team members on the team's Competition Roster violate the event Drug Policy, their position may be awarded to the next eligible athlete from their division leaderboard.

More details about the drug testing policy, regulations, Enforcement/sanctioning rules as well as the appeals process will be available in the 2024 drug testing policy which will be released before the Arab Open first workout announcement.

Drug Testing Note

ELFIT will utilize Drug Free Sport for all testing, domestically and internationally. ELFIT may additionally recognize drug policy violations, including positive drug tests, reported by other national anti-doping organizations (e.g., the United States Anti-Doping Agency, the Egyptian Anti-Doping Agency, the Saudi Anti-Doping Authority) from in-competition or out-of-competition testing performed by these agencies on behalf of other sports governing bodies. Upon learning of a positive test result or other violation, ELFIT may provisionally suspend an athlete awaiting a final decision by the testing agency or sport's governing body. Once a final decision in the case has been announced by the testing agency or sport's governing body, ELFIT will, in each case, determine its own sanction for the athlete involved.

GENERAL RULES

- To participate in any stage of ELFIT Arab Championship, all athletes (individuals/team) must agree and abide to all the rules and policies, including, without limitation, the assumption of risk, and publicity release, all of which are incorporated by reference, and to the decisions of ELFIT, which are final and binding in all respects.
- All athletes are required to have completed and abide by the appropriate waivers and documentation as outlined by ELFIT Arab Championship, paid, and validly registered for entry, completed an online and/or on-site check-in process, and must be wearing official event identification and/or credentials where specified.
- ELFIT reserves the exclusive right to allow or deny the participation of any athlete. ELFIT also reserves the exclusive right to validate or invalidate any athlete's scores submitted for the purpose of qualifying for ELFIT Arab Finals. ELFIT will make such participation and scoring decisions to preserve the integrity of the competition.
- This Guide is not intended as a limitation on ELFIT staff rights to operate ELFIT Arab Championship in any manner it sees fit. ELFIT, reserves the right to terminate any athlete, coach, staff, volunteer, judge, visitor, guest, supporter, teammate and/or spectator at any time, with no further obligation or duty to such individuals.
- ELFIT has, and may, delegate to an On-site Director, the absolute authority on any final ruling including, without limitation, disqualification of an athlete, removal of spectator(s), or dismissal of any attendee.
- It is the sole responsibility of the winners and/or compensated athletes to present valid identification when requested.
- Photography and footage: non-professional, non-flash photography, and video cameras are permitted at any of ELFIT Arab Open Fitness events for personal use only. All cameras (video and still) must be handheld with a telephoto lens no longer than 12.7 cm (5 inches) in length. Monopods, tripods, and cameras with telephoto or interchangeable lenses greater than 12.7 cm (5 inches) in length (professional photography equipment) are not permitted.

SPORTSMANLIKE:

- A sportsmanlike manner should be followed by all athletes and their supervisors.
- Athletes aren't allowed to assault the judges or organizers verbally or physically at any time and if any athlete is facing any problem should report to the head of judges and wait for his/her decision, and in case the athlete didn't follow the procedures, the athlete may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events or legal action.
- Athletes aren't allowed to interfere or harass other participants during their workouts, and in case any athlete was involved in deliberately harming other participants, he/she will be considered disqualified from the competition.
- In case the athlete's coach or friend interfered or harassed other participants or assaulted any of the judges or organizers verbally or physically at any time, this athlete will be disqualified immediately.
- In case any huge issue occurred with any of the athletes; individuals or teams, that the head of judges couldn't take the best decision, the On-site Director can interfere and has absolute authority to take the decision that best suits the situation.

- Any action that prevents another athlete from having a fair opportunity to compete (e.g., abuse, alteration of equipment, or refusal to follow instruction) or that interferes with an athlete's and event judge's communication (e.g., external noise devices, bull horns, air horns, etc.), or is generally disruptive to the event, is not allowed.
- All information provided, either in registration submissions, video submissions, scores, times, or reps or rounds completed, must be the complete truth. A lack of integrity, or any actions that evince an intent to cheat or circumvent the rules or intent of the rules of ELFIT Arab Open, including lying (as one example) will result in disqualification.
- ELFIT retains the right to adjust any of the clauses in this document without any disclosures

ELFIT Arab Championship is owned & managed by ELFIT Fitness Events & In The Zone Sports, both have the right to use any photo/video taken from the event without any restrictions and all athletes comply with and agree to that.

Your registration to the event indicates that you have read the rules and WAIVE, RELEASE, AND DISCHARGE ELFIT from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to you. I INDEMNIFY, HOLD HARMLESS, AND WILL NOT SUE the entity and/or persons organizing this event and waive them from any and all liabilities or claims made as a result of participation in this activity or event, whether caused by the negligence of release or otherwise.