

EGYPT 2024  
**ELFIT**  
CHAMPIONSHIP

**ONLINE QUALIFIERS 24.1**  
**MOTION STANDARDS**

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**EXPLODE**  
FITNESS EQUIPMENT

Technical Partner



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# Workout EQ24.1

## FOR TIME

15 Box Jump-Overs  
30 Wall Ball  
45 Pull-Ups

15 Box Jump-Overs  
30 Wall Ball  
30 Chest To Bar Pull-Ups

15 Box Jump-Overs  
30 Wall Ball  
15 Bar Muscle-Ups

**Time Cap: 14 MINS.**

24.1 MOTION STANDARDS

### Workout Variation:

M/W Elite Men 35+ / 40+	M/W Intermediate M/W U21/U19	U17 / Scaled / Scaled M35+
<p><b>For Time</b> 15 Box Jump Overs 30 Wall Balls 45 Pull Ups</p> <p>15 Box Jump Overs 30 Wall Balls 30 C2B Pull Ups</p> <p>15 Box Jump Overs 30 Wall Balls 15 Bar Muscle Ups</p>	<p><b>For Time</b> 15 Box Jump Overs 30 Wall Balls 30 Pull Ups</p> <p>15 Box Jump Overs 30 Wall Balls 20 C2B Pull Ups</p> <p>15 Box Jump Overs 30 Wall Balls 10 C2B Pull Ups</p>	<p><b>For Time</b> 15 Box Jump Overs 30 Wall Balls 20 Jumping Pull Ups</p> <p>15 Box Jump Overs 30 Wall Balls 15 Jumping Chest To Bar Pull Ups</p> <p>15 Box Jump Overs 30 Wall Balls 10 Pull Ups</p> <p>Step Up is Allowed</p>

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## The First Qualifier is “EQ24.1”

Prior to starting, set up the floor plan as shown below. The workout begins with the athlete standing tall in front of the plyo box.

At the call of "3, 2, 1, GO," start the workout by beginning the timer for a 14-minute time cap. Begin with 15 box jump-overs, Follow this with 30 wall balls, and then complete 45 pull-ups, once done Repeat the 15-box jump-overs followed by the 30 wall balls. and then complete 30 chest-to-bar pull-ups, once done perform the third round and final round of 15 box jump-overs, followed by 30 wall balls and finish with 15 bar muscle-ups. Stop the timer once all exercises are completed or the 14-minute cap is reached.

The athlete score will be the total time it takes to complete the workout, or the total number of repetitions completed before the 14-minutes time cap. Time Cap: 14 MINS.

### Equipment:

Set up the floor plan as depicted, with the Med ball, PLYO Box positioned at a 45-degree angle from the camera.

### The below equipment applies to all Divisions:

- Med Ball
- Pull Up Bar
- Plyo Box
- Target Height: 10' for men / 9' for women

Division	Elite/35+ / Intermediate / U21/U19/ M40+		U17 / Scaled / Scaled M35+	
	Men	Women	Men	Women
Med ball	20 lbs.	14 lbs.	14 lbs.	10 lbs.
Plyo Box	60 cm	50 cm	60 cm	50 cm

### Weight conversion:

Med ball: 20 lbs. = 9kg / 14 lbs. = 6 kg / 10 lbs. = 4 kg

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## EQUIPMENT NOTES:

### MUST HAVE:

- Med ball of appropriate weight for your division
- Med ball Target or Wall with the appropriate height
- Pull-up Bar Plyo Box

### CAN USE:

- Hand Protection
- Knee Protection
- Tape
- Knee sleeves
- Wristbands
- Weightlifting belt
- Training or weightlifting shoes
- Magnesia/Chalk
- Ambat

### CAN NOT USE:

- Any kind of grip enhancement strap
- Hand protection and tape the bar at the same time

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## MOTION STANDARDS:

### Box Jump-Overs

- The athlete starts with both feet on the ground on one side of the box.
- Do NOT angle the box and jump or step up on the corner.
- A lateral jump over the box (starting with the feet parallel to the box) IS permitted.
- A two-foot takeoff is always required, and only the athlete's feet may touch the box.
- Only scaled/ U17 & Scaled masters 35+ athletes are allowed to step up/down the box
- After landing on the box, the athlete must step off to the other side.
- Alternatively, the athlete may jump completely over the box.
- If jumping over the box, the feet must pass over the box, not around it. A two-foot landing is required.
- There is no requirement to stand tall while on top of the box.
- The rep is credited when both feet have touched the ground on the opposite side of the box. From there, they may begin their next rep

### Box Jump-Overs No Reps

- Athlete stepping up on the box. (ONLY SCALED/ U17 & SCALED MASTERS 35+ATHLETES ARE ALLOWED)
- Athletes do not Step Down from the box. Rebounding into the next jumps is NOT permitted
- If your hand touches the box

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## Wall Balls

- At the start of each rep, the ball must be in the support position in front of the athlete's body.
- Squat until the hip crease is below the knees.
- A squat clean to start the set is allowed but not required as long as the ball starts on the ground.
- The rep is credited when the center of the ball hits the target clearly ABOVE the specified height.

## Wall Balls No Reps

- Athletes hit the target before doing a full squat.
- Athlete hip not going below parallel.
- The ball hits low or does not hit the wall
- If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce.

## Pull-Ups

- 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 chin clearly passes the bar
- 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.

## Pull-Ups No Reps

- Chin not passing the bar
- Arms not fully extended after each rep
- Foot touching the ground between reps

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## Chest to Bar Pull-Ups (C2B)

- 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.

## Chest To Bar Pull-Ups (C2B) No Reps

- Athlete's chest does not touch the bar. (Collarbones and Nipples)
- Arms not fully extended after each rep
- Foot touching the ground between reps

## Bar Muscle-Ups

- 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 the athlete's arms are fully locked out in the support position above the bar, and the athlete's shoulders are over or slightly in front of the bar.

## Bar Muscle-Ups No Reps

- Only the hands, and no other part of the arm, may touch the bar during the rep.
- 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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## Jumping Pull-Ups

- The bar should be set up, so it is at least 15cm above the top of the athlete's head when the athlete is standing tall.
- At the bottom, the arms must be fully extended. Overhand, underhand and mixed grips are all permitted.
- The rep is credited when the chin breaks the horizontal plane of the bar.
- Athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar and wear hand protection.

## Jumping Pull-Ups No Reps

- Chin not passing the bar
- Arms not fully extended after each rep and before each jump

## Jumping Chest To Bar Pull-Ups

- The athlete should not be touching the bar when extending their arms/fingers over their head
- 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.

## Jumping Chest To Bar Pull-Ups No Reps

- Athlete chest does not touch the bar (Collarbones and Nipples)
- Arms not fully extended after each rep

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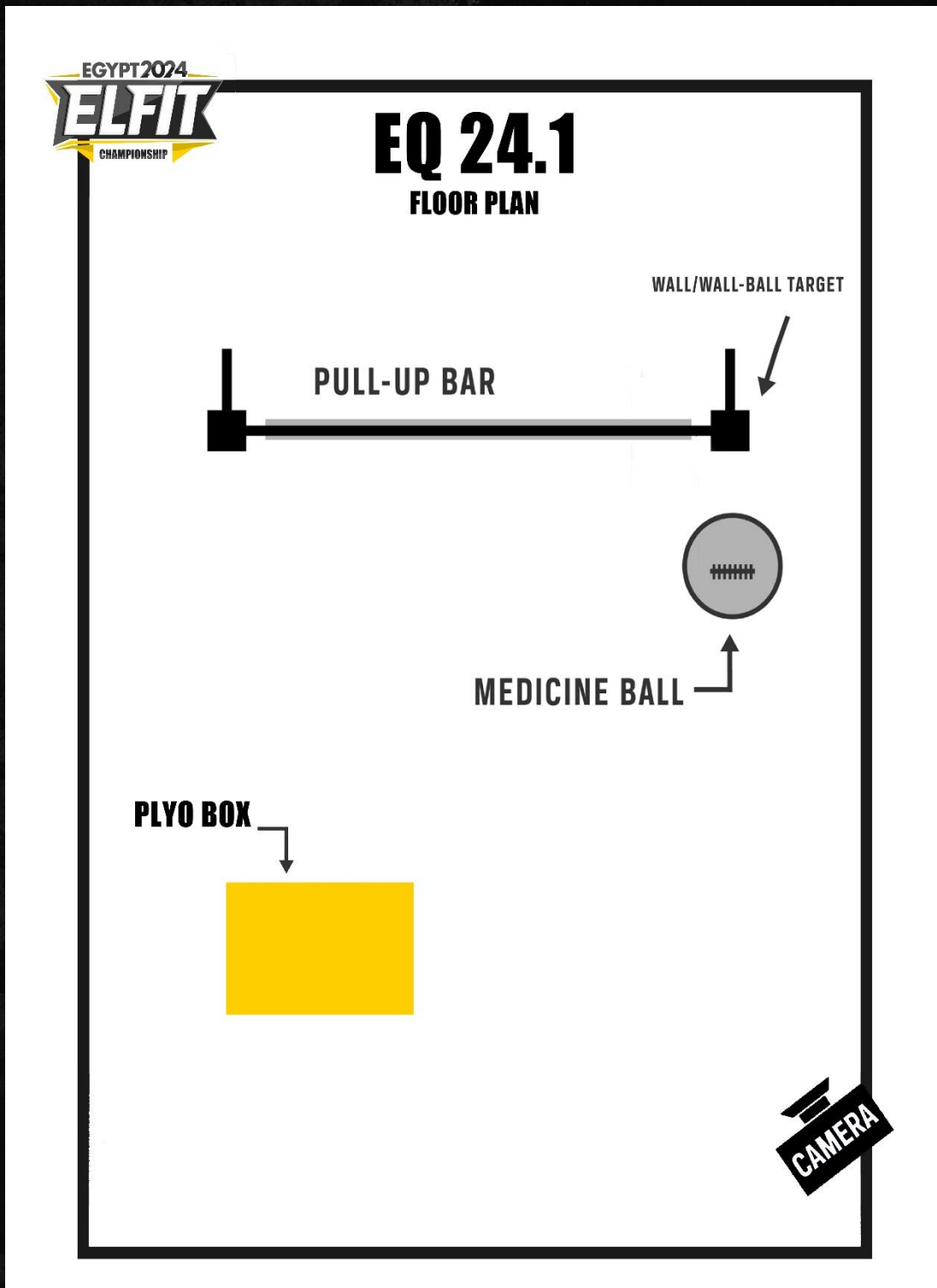


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**Floor Plan:**



**24.1 MOTION STANDARDS**

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## VIDEO SUBMISSION:

### Submission Standards:

- 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:

- Athlete must state name, Judge Name and Box/facility.
- All equipment used must be clearly displayed and measured (Plyo box, Med ball, 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. 24.1 scores must be submitted before Tuesday, 20th of August 2024, 11:59 GMT. No latecomers will be accepted, no matter the reason. In case of questions regarding the workouts, contact [info@elfiteg.com](mailto:info@elfiteg.com). In case of questions regarding the score submission and login issues, contact [support@competitioncorner.net](mailto:support@competitioncorner.net)

All Athletes must read carefully and follow the ONLINE SUBMISSION GENERAL GUIDELINES section in the ELFIT Championship 2024 Rules Book [Here](#)

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## VIDEO ONLINE SUBMISSION GENERAL GUIDELINES:

Athletes who want to qualify for ELFIT Championship 2024 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 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 [info@elfiteg.com](mailto:info@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.

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 may complete the workouts for the online qualifier as many times as they desire and resubmit new scores until the workout submission deadline.

Athletes 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, training, .etc.

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## ONLINE SUBMISSION GENERAL GUIDELINES

### 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 on going. 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

### 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 INQUIRES & Appeals

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

The competing athlete immediately notifies ELFIT Judging Team at [info@elfiteg.com](mailto:info@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 athletes will communicate to fact find and define the issue in protest.

Meeting submission requirements and deadlines is the responsibility of the athlete.

**For all Appeals ELFIT Team will be sending an email to all athletes after the deadline submission with the appealing process**

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