

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 Step-Ups

30 Air Squats

20 Ring Rows

15 Box Step Ups

30 Air Squats

15 Ring Rows

15 Box Step-Ups

30 Air Squats

10 Ring Rows

**Time Cap: 14 Mins.**

Box Height: 50/40 Cm

24.1 MOTION STANDARDS

### 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 step-ups, Follow this with 30 air squats, and then complete 20 ring rows, once done Repeat the 15 box step-ups followed by the 30 air squats. and then complete 15 ring rows, once done perform the third round and final round of 15 box step-ups, followed by 30 air squats and finish with 10 ring rows. 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.

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## Equipment:

The below equipment applies to Rookies Divisions:

- Rings
- Plyo box

## Weight conversion:

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

## EQUIPMENT NOTES:

### CAN USE:

- Hand Protection
- Knee Protection
- Tape
- Knee sleeves
- Wristbands
- Weightlifting belt
- Training or weightlifting shoes
- Magnesia/Chalk
- AbMat
- Any kind of grip enhancement strap
- Hand protection and tape the bar at the same time

### 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 Step-Over

- Start with both feet on the ground and face the side of the box.
- Do NOT angle the box and step up on the corner.
- The athlete will step up to the top of the box and then step down on the other side.
- Only the athlete's feet may touch the box.
- Both feet MUST touch the top of the box when stepping over.
- There is no requirement to stand tall while on top of the box.
- Athletes MUST step down from the box for the rep to Count.
- 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 Over is allowed

### Box Step Over No Reps

- If only part of the foot contacts the box.
- If the hands are used for assistance

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## Air Squats

- Start the squat with your feet slightly wider than shoulder width.
- Keep your heels down and knees in line with your toes while maintaining a neutral spine and keeping your eyes on the horizon.
- Descend Until Your Hips Are Slightly Lower Than Your Knees.
- Stand back up until your hips and legs are fully extended.

## Air Squats No Reps

- If the hips do not clearly pass below the knees.
- If the athlete does not fully stand up with hips and knees locked out
- If the heels lift off the ground

## Ring Rows

- Set the rings approximately shoulder width apart
- Start with arms and legs extended
- Pull elbows back until the rings touch the side of the chest
- Elbows move close to the body
- Body MUST remain rigid
- The athlete must lower themselves back to the starting position, achieving full arm extension

## Ring Rows No Reps

- If the body is not straight or the arms are not fully extended at the start
- If the rings do not touch the chest

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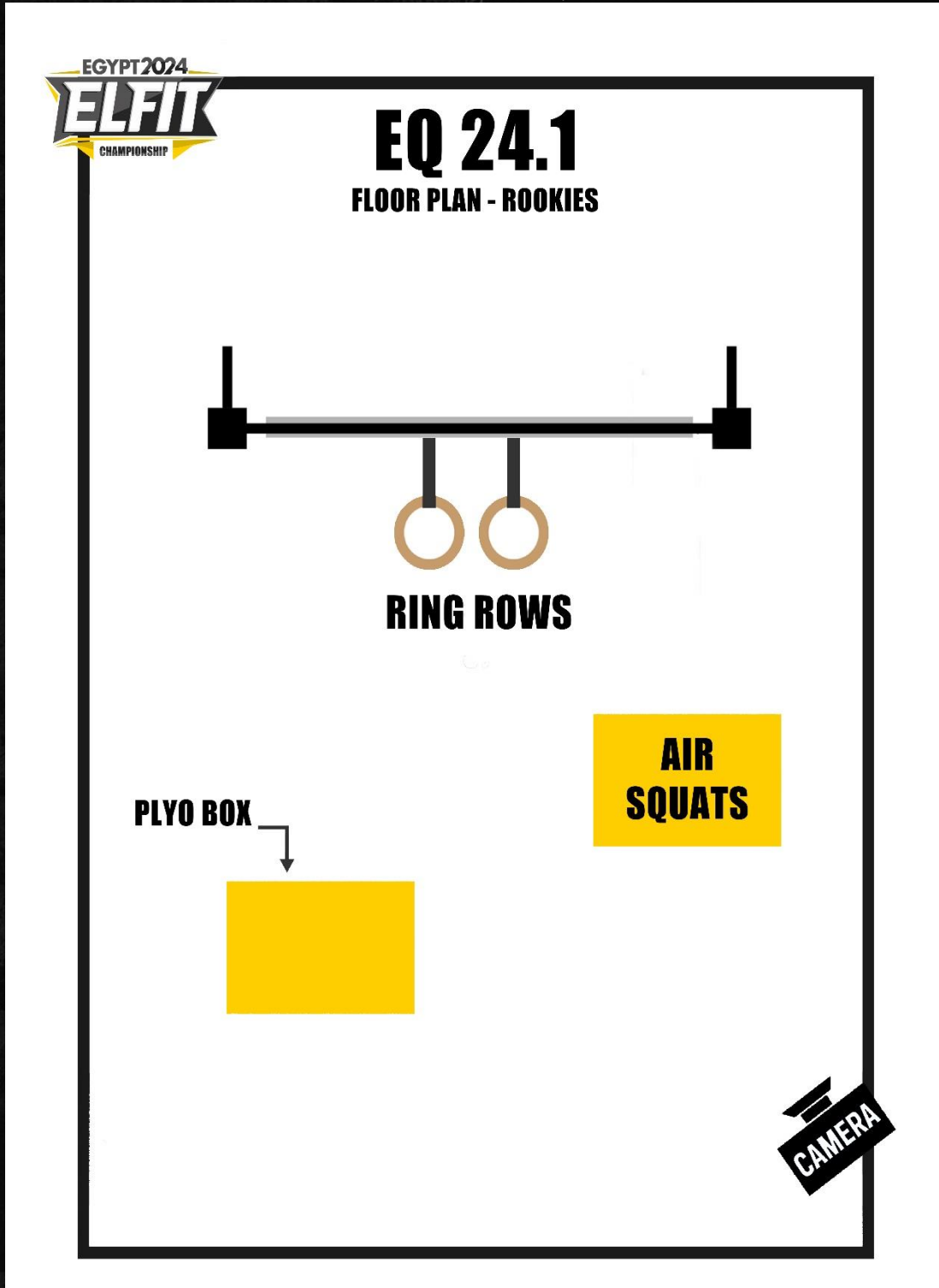
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**Floor Plan:**



**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 APPEALS

**For all inquiries/appeals 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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