

EGYPT 2024
ELFIT
CHAMPIONSHIP

ONLINE QUALIFIERS 24.3
ALL DIVISIONS
MOTION STANDARDS

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EXPLODE
FITNESS EQUIPMENT

Technical Partner



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Workout EQ24.3

As Many Rounds As Possible in 20 minutes of

10 x 15m Shuttle Run

10 Strict HSPU

20 Toes To Bar

Workout Variation

M/W Elite M 35+	M/W Intermediate/ U21 / U19 / M M40+	Scaled / Scaled M35+/ U17
<p>20 Minutes AMRAP</p> <p>10 x 15m Shuttle Run 10 Strict HSPU 20 Toes To Bar</p>	<p>20 Minutes AMRAP</p> <p>10 x 15m Shuttle Run 10 Kipping HSPU 15 Toes To Bar</p>	<p>20 Minutes AMRAP</p> <p>10 x 15m Shuttle Run 3 Wall Walks 20 Med Ball Sit ups (20/14lbs)</p>

The Third Qualifier is "EQ24.3"

Prior to starting, set up the floor plan as shown below. 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 start doing the 10 shuttle runs, once they finish the 10 shuttles

(1 Shuttle Run = 7.5m Down + Back), they move to the wall to perform 10 strict handstand push-ups, From there head to the pull-up bar and perform 20 Toes To Bar. The Athlete will complete this sequence for 20 Minutes.

The athlete's score will be the total number of repetitions completed before the 20-minutes time cap. In the shuttle runs, each 15m (7.5m Down + Back) will count as 1 rep.

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Equipment:

The below equipment applies to all Divisions:

- Pull-up bar
- Measuring Tape
- Tape or chalk to mark the floor
- Cones
- Med balls (20/14lbs) Used only for the following divisions (Scaled/ U17 / Scaled M35+)
- **AbMat Used only for the following divisions (Scaled / U17 / Scaled M35+)**

Equipment Notes:

CAN USE:

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

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:

Shuttle Runs

- Each rep of the shuttle run = (15m), (7.5 m) down + (7.5 m) back.
- At each turnaround, athletes must complete a full turn around cone used in the workout feet before they may return.
- Each rep starts with the feet clearly behind the start cone.

Shuttle Runs No Reps

- Athlete doesn't start with the feet clearly behind the start cone.
- Athlete doesn't full turn around the cone

Strict Handstand Push-Ups (HSPU)

- 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 contact 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 Intermediate / U21 / U19 / M40+)

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.

Strict Handstand Push-Ups (HSPU) No Reps

- Hands outside proper width
- Starting without arms fully locked out and feet on the wall
- Coming off the wall before reaching lockout
- Kipping only allowed for (Intermediate / U21 / U19 / M40+)

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Wall Walks

- Mark a tape line to designate the start/finish line. Measure from the wall to the edge of the tape that is CLOSEST to the wall. For women, the distance from the wall to the tape is 1.4m (55 inches). For men, the distance is 1.5m (60 inches). This first line will be the start and finish line for each repetition.
- Tape a second line that leaves 25cm (10 inches) of space between the tape's far edge and the wall
- The tape line placed 25cm from the wall must be 76cm (30 inches) in length and NO WIDER than 5cm (2 inches)
- Every rep begins and ends with the athlete lying down, with their chest, feet, and thighs touching the ground.
- At the start and finish of each rep, both hands must touch the first tape line (fingers touching is OK)
- Both hands must remain on the tape until both feet are on the wall
- At the top of the movement, both hands must touch the tape line for the 25cm (10-inch) mark before the athlete can descend.
- Any part of the hand may touch the tape line
- On the descent, the feet must remain on the wall until both hands are touching the first line
- The rep is credited when the athlete returns to the starting position, with both hands touching the first line and their chest, thighs, and feet touching the ground.
- Any part of the hand may contact the tape line

Wall Walks No Reps

- Placing your hands or fingers on or over the line when kicking up constitutes a no rep.
- Coming down prior to both hands passing a 3m line

Toes To Bar

- At the bottom, feet off the ground, arm straight and feet behind the vertical plane of bar.
- At top, both feet must contact the bar At the same time.

Toes To Bar No Reps

- Heels don't clearly pass behind the midline
- Both feet don't touch the bar at the top of the rep

Med Ball Sit-ups

- The Med Ball must start behind the top of the athlete's head when lying on the floor and must touch in front of both feet at the end of the movement.
- The Med Ball must Touch two sides of the movement
- AbMat can be used

Med Ball Sit-ups No Reps

- Med Ball doesn't touch the ground on any of the 2 sides

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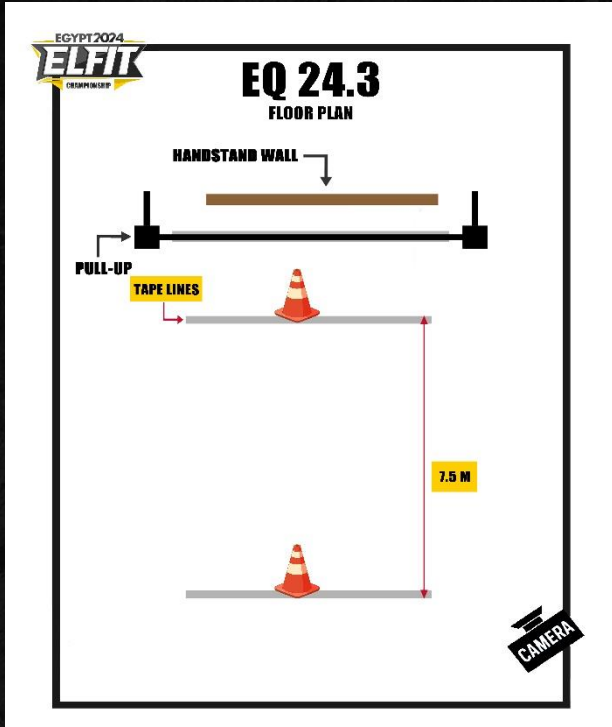


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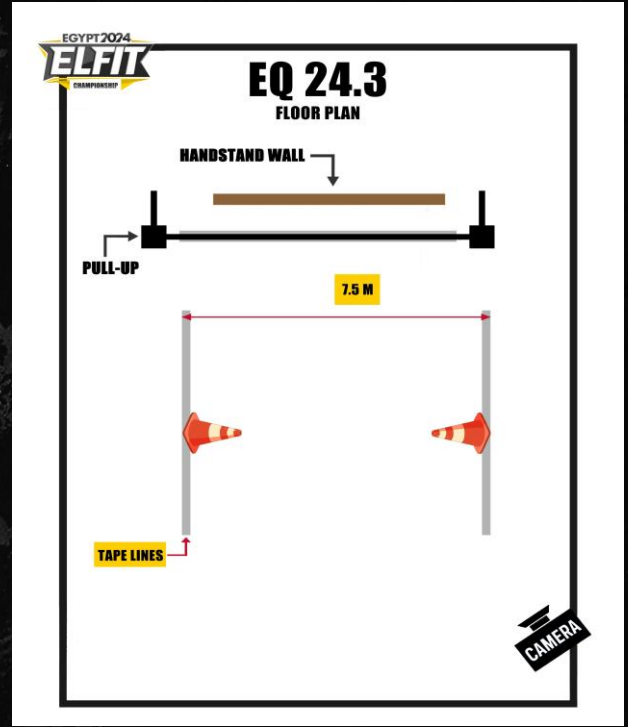


Floor Plan:
MEN & WOMEN ELITE. INTERMEDIATE. U19. U21
MEN MASTERS 35 & 40+

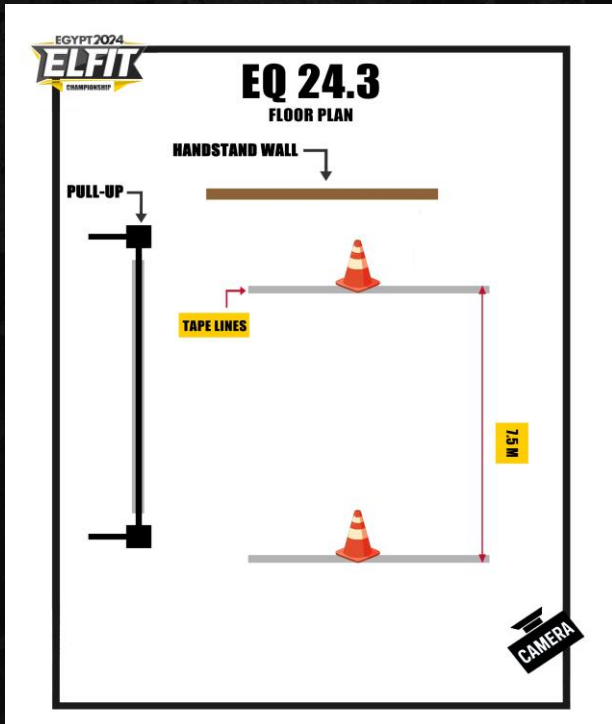
OPTION 1



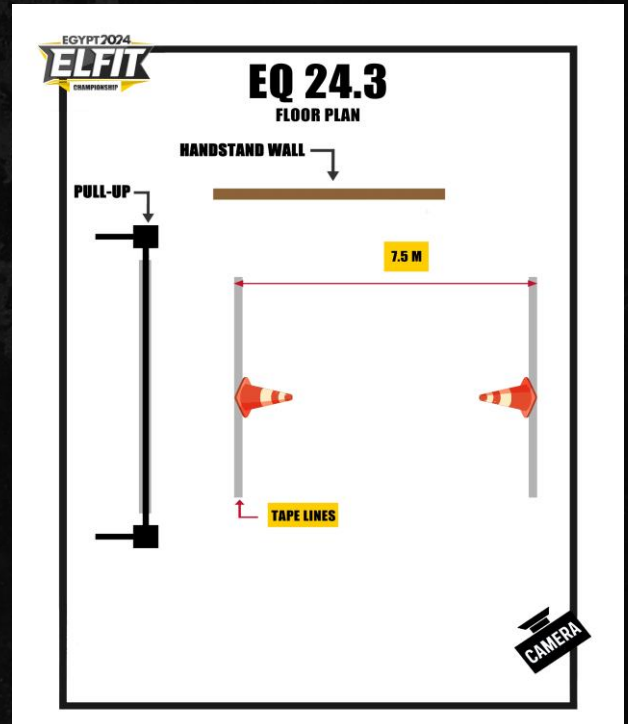
OPTION 2



OPTION 3



OPTION 4



24.3 MOTION STANDARDS

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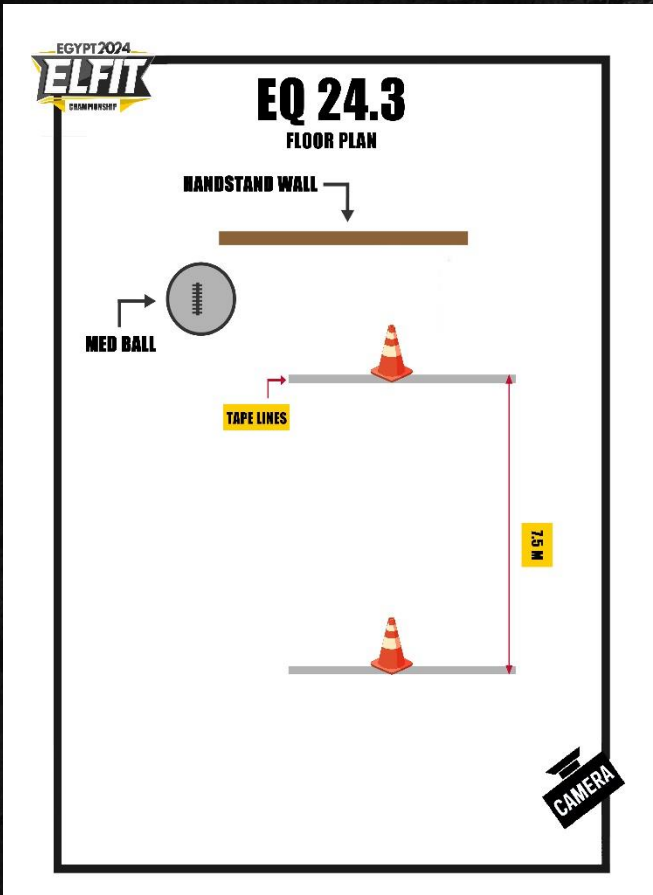


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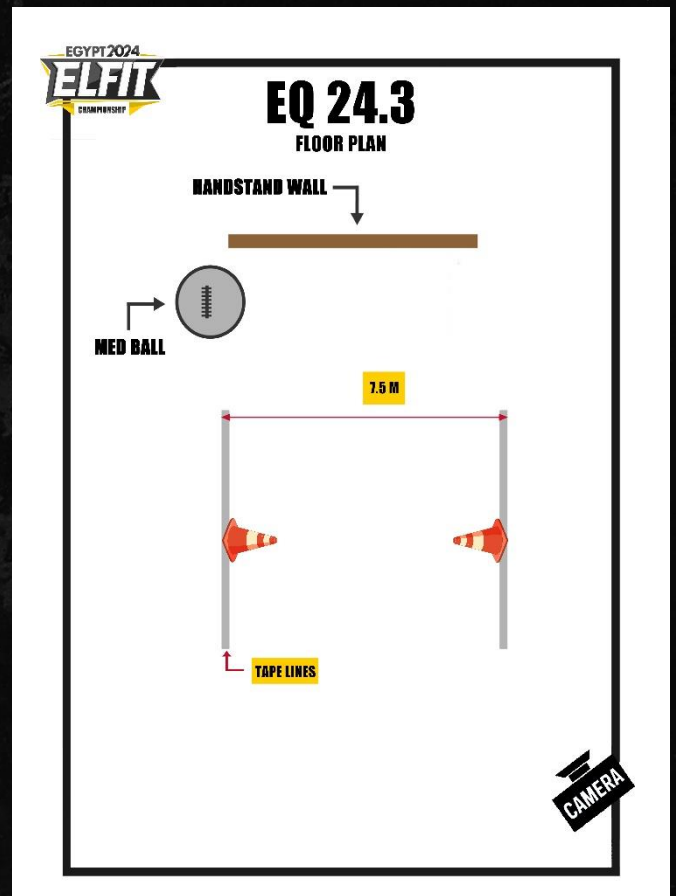


**Floor Plan:
 SCALED. U17. SCALED MASTERS 35+**

OPTION 1



OPTION 2



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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. 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 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 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 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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