

EGYPT 2025

ELFIT

CHAMPIONSHIP

ONLINE QUALIFIERS 25.2
ALL DIVISIONS

MOTION STANDARDS

EQUIPMENT PARTNER



ORGANIZED BY



WORKOUT 25.2

ELITE

SET AN 11 MIN WINDOW
FOR TOTAL REPS:

AMRAP 3 MINS

18 CALORIES ROW

18 CHEST TO BAR

MAX REPS POWER SNATCH W1 IN THE REMAINING TIME

Rest 60 Seconds

AMRAP 3 MINS

18 CALORIES ROW

18 CHEST TO BAR

MAX REPS POWER SNATCH W2 IN THE REMAINING TIME

Rest 60 Seconds

AMRAP 3 MINS

18 CALORIES ROW

18 CHEST TO BAR

MAX REP POWER SNATCH W3 IN THE REMAINING TIME

WEIGHTS	WEIGHT 1	WEIGHT 2	WEIGHT 3
MALES	60 Kgs / 135 lbs	75 kgs/ 165 lbs	90 Kgs/ 200 lbs

15 % penalty :

- The athlete did not show the weight used.
- The athlete did not use collars.

05% penalty :

- The athlete did not state their name, division, or box/facility at the beginning of the video

IMPORTANT NOTE :

- The workout has 3 segments. You must finish the segments in the correct order. If you skip ahead, it counts as **ZERO**.

EQUIPMENT PARTNER



ORGANIZED BY



25.2 MOTION STANDARDS

WORKOUT 25.2

SET AN 11 MIN WINDOW
FOR TOTAL REPS:

INTERMEDIATE

AMRAP 3 MINS

15/10 CALORIES ROW

14 CHEST TO BAR

MAX REPS POWER SNATCH W1 IN THE REMAINING TIME

Rest 60 Seconds

AMRAP 3 MINS

15/10 CALORIES ROW

14 CHEST TO BAR

MAX REPS POWER SNATCH W2 IN THE REMAINING TIME

Rest 60 Seconds

AMRAP 3 MINS

15/10 CALORIES ROW

14 CHEST TO BAR

MAX REP POWER SNATCH W3 IN THE REMINING TIME

WEIGHTS	WEIGHT 1	WEIGHT 2	WEIGHT 3
MALES	42.5 Kgs / 95 lbs	52.5 Kgs/ 115 lbs	70 Kgs/ 155 lbs
FEMALES	35 Kgs / 75 lbs	40 Kgs / 90 lbs	45 Kgs/ 105 lbs

15 % penalty :

- The athlete did not show the weight used.
- The athlete did not use collars.

05% penalty :

- The athlete did not state their name, division, or box/facility at the beginning of the video

IMPORTANT NOTE :

- The workout has 3 segments. You must finish the segments in the correct order. If you skip ahead, it counts as **ZERO**.

EQUIPMENT PARTNER



ORGANIZED BY



WORKOUT 25.2

SCALED

AMRAP 9 MINS

15/10 CALORIES ROW

14 JUMPING PULLUP

9 POWER SNATCH

EQU: Barbell	MALES	FEMALES
WEIGHTS	40 Kgs / 90 lbs	30 Kgs / 70 lbs

15 % penalty :

- The athlete did not show the weight used.
- The athlete did not use collars.

05% penalty :

- The athlete did not state their name, division, or box/facility at the beginning of the video

FOR MEN ELITE

Prior to starting, set up the floor plan as shown below. The workout begins with the athlete seated on the rower without touching the handles and monitor on.

At the call of "3, 2, 1, GO," start the workout by 11-min window.

Window 1 (3 min): 18/14 cal row → 18 C2B → AMRAP max power snatch (W1)

Rest 60 sec

Window 2 (3 min): 18/14 cal row → 18 C2B → AMRAP max power snatch (W2)

Rest 60 sec

Window 3 (3 min): 18/14 cal row → 18 C2B → AMRAP max power snatch (W3)

FOR MEN & WOMEN (INTERMEDIATE)

Prior to starting, set up the floor plan as shown below. The workout begins with the athlete seated on the rower without touching the handles and monitor on.

At the call of "3, 2, 1, GO," start the workout by 11-min window.

Window 1 (3 min): 15/10 cal row → 14 C2B → AMRAP max power snatch (W1)

Rest 60 sec

Window 2 (3 min): 15/10 cal row → 14 C2B → AMRAP max power snatch (W2)

Rest 60 sec

Window 3 (3 min): 15/10 cal row → 14 C2B → AMRAP max power snatch (W3)

FOR MEN & WOMEN (SCALED)

Prior to starting, set up the floor plan as shown below. The workout begins with the athlete seated on the rower without touching the handles and monitor on.

At the call of "3, 2, 1, GO," start the 9-minute AMRAP.

AMRAP 9 min: 15/10 cal row → 14 jumping pull-ups → 9 power snatches

IMPORTANT NOTES:

The official weight is in Kilograms. For your convenience, the minimum acceptable weights in pounds are as follows

- 30 Kgs (70 lbs)
- 35 kgs (75 lbs)
- 40 kgs (90 lbs)
- 42.5 kg (95 lbs)
- 45 kgs (105 lbs)
- 52.5 kgs (115 lbs)
- 60 kgs (135 lbs)
- 65 kgs (145 lbs)
- 70 kgs (155 lbs)
- 75 kgs (165 lbs)
- 90 kgs (200 lbs)

CAN USE:

- Hand Protection
- Knee Protection
- Tape
- Knee sleeves
- Training / Lifting shoes
- Magnesia/Chalk
- Wrist band

CAN NOT USE:

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

ELITE AND INTERMEDIATE

ROW:

The rep begins with:

- The athlete is seated on the rower, and the screen is set to zero.
- Athlete must not touch the handle until the time starts.

During the movement:

- Athlete must remain on the rower until the calories requested is shown on the monitor.

ROW NO REPS:

- Athlete holding the rower handles before the starting time.
- Athlete leaving the rower before the monitor showing the calories requested.

CHEST TO BAR:

The rep begins with:

- The arms fully extended and feet off the ground.

During the movement:

- Wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted.
- Any kind of pull ups (kipping or strict) is allowed.

The rep ends and is credited when:

- The chest clearly comes into contact (clearly touching) with the bar at or below the collarbone.
- If any athlete is doing it in a butterfly technique, brushing the bar must be shown (the touch is mandatory).

ELITE AND INTERMEDIATE

CHEST TO BAR NO REPS:

- Chest not Touching the Bar.

POWER SNATCHES:

- Rep begins with the barbell on the ground.

During the movement:

- Barbell will be moved from the ground to overhead in one smooth motion.
- Stopping at the shoulder is not permitted

The rep is credited when:

- The athlete stands up to full extension (knees, hip, and shoulder) with the bar overhead and both feet under hips and elbows fully locked showing FULL control at the bar before dropping it.
- Receiving the bar into a deep squat where the hip breaking the parallel below the knees it is not allowed.

POWER SNATCHES NO REPS :

- If the Rep begins from the hang position.
- If the bar stops on the shoulder and a press starts.
- Receiving the bar in a full squat position (hip goes below the knees).
- Dropping the bar before showing full lock and full control on the bar overhead.

SCALED

ROW:

The rep begins with:

- The athlete is seating on the rower, and the screen is set to zero.
- Athlete must not touch the handle until the time starts.

During the movement:

- Athlete must remain on the rower until the calories requested is shown on the monitor.

ROW NO REPS :

- Athlete holding the rower handles before the starting time.
- Athlete leaving the rower before the monitor shows the required calories.

JUMPING PULL UPS:

The rep begins with:

- Athlete must test the box height so he/she must be below the pull up bar by 15cm.
- The arms fully extended, bended knees and feet on a box.

During the movement:

- Wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted.

The rep ends and is credited when:

- The chin clearly appears over the pull up bar.

SCALED

JUMPING PULL UPS NO REPS:

- The distance between athlete head and the bar before starting is less than 15cm
- The athlete is not showing clearly the chin over the bar.

POWER SNATCHES:

- Rep begins with the barbell on the ground.

During the movement:

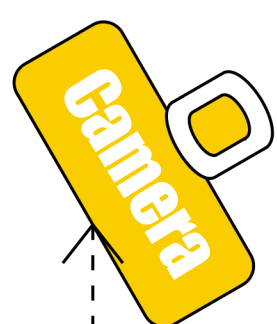
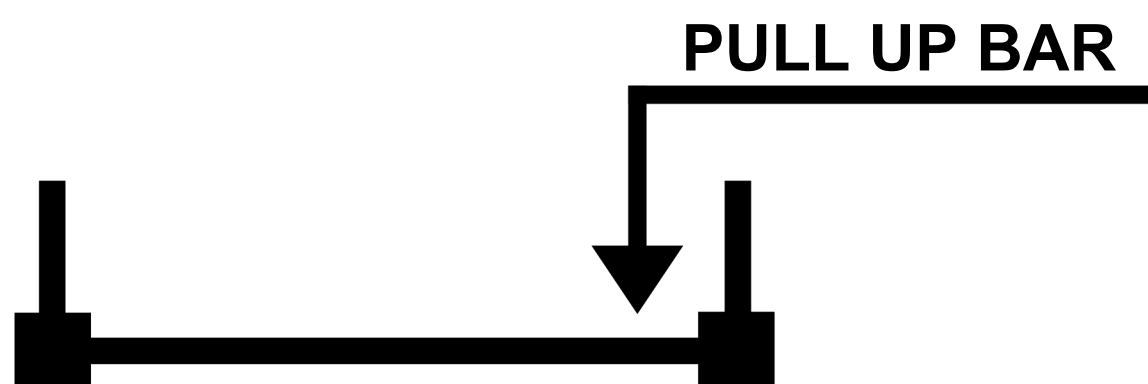
- Barbell will be moved from the ground to overhead in one smooth motion.
- Stopping at the shoulder is not permitted

The rep is credited when:

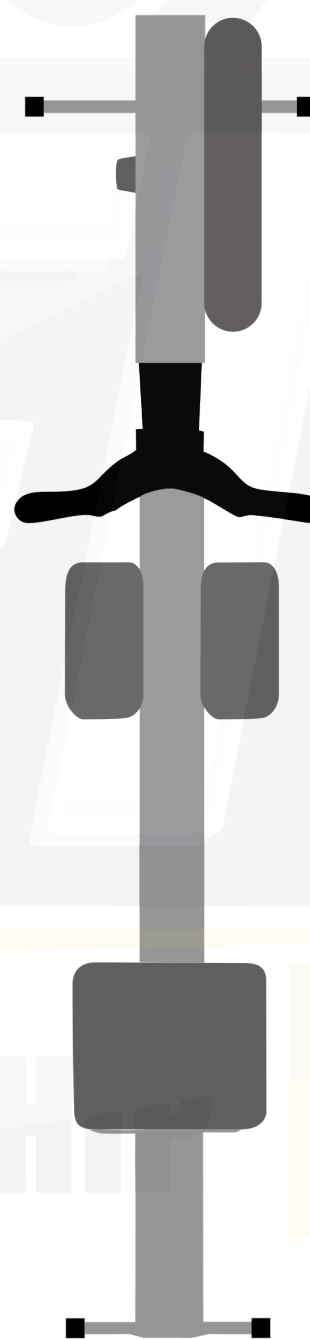
- The athlete stands up to full extension (knees, hip, and shoulder) with the bar overhead and both feet under hips and elbows fully locked, showing FULL control at the bar before dropping it.
- Receiving the bar into a deep squat where the hip breaks the parallel below the knees it is not allowed.

POWER SNATCHES NO REPS :

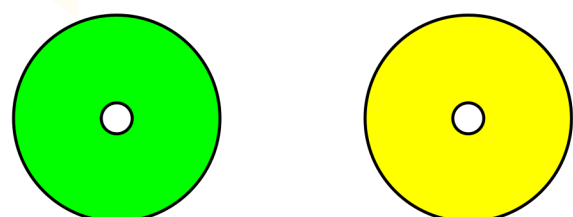
- If the Rep begins from the hang position.
- If the bar stops on the shoulder and a press starts.
- Receiving the bar in a full squat position (hip goes below the knees).
- Dropping the bar before showing full lock and full control on the bar overhead.



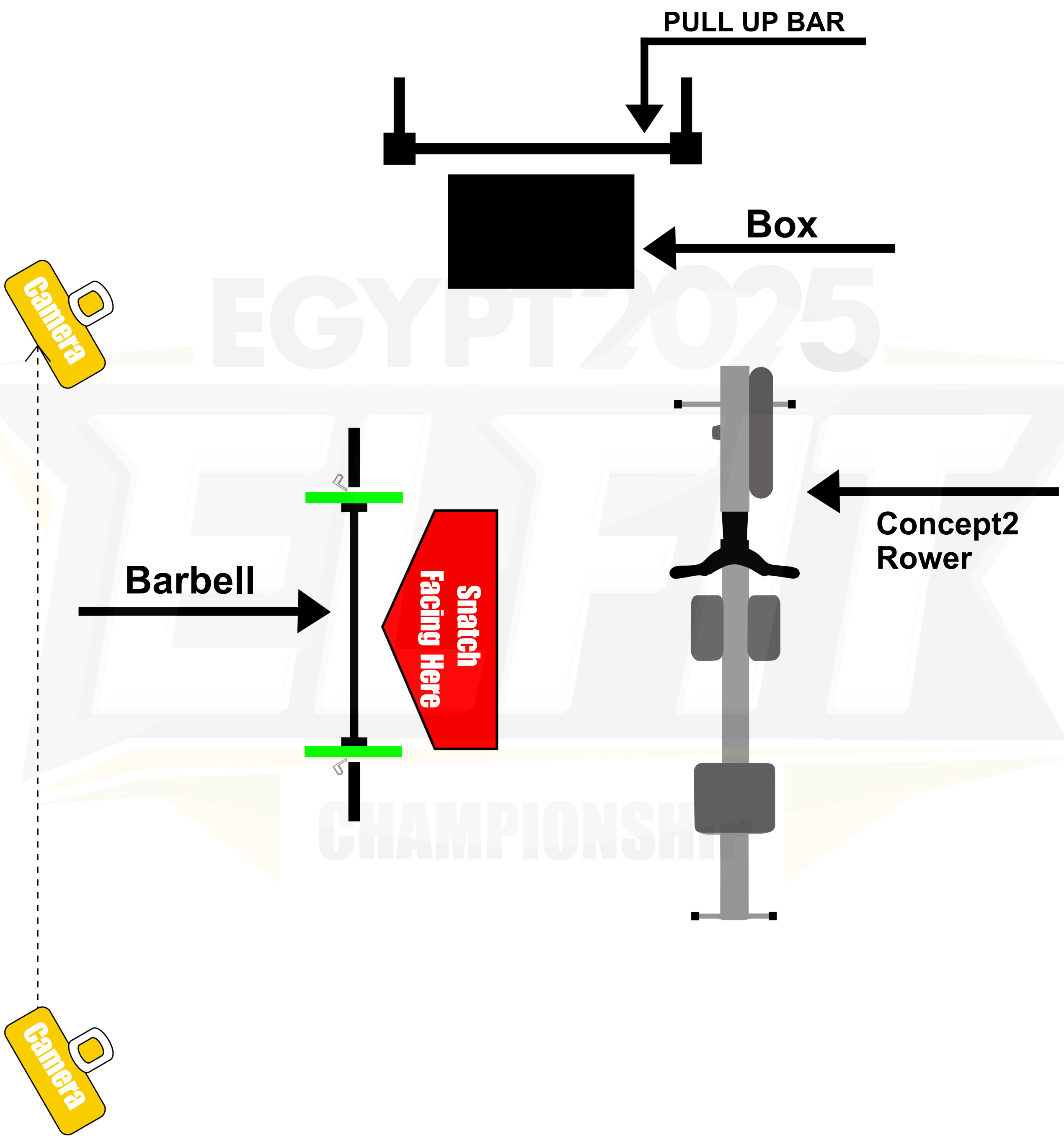
Barbell



Concept2 Rower



EGYPT2025
CHAMPIONSHIP



ELITE

Window of 11min

AMRAP 3mins
18/14 Cal Row
18 Chest to Bar
MAX Reps Power Snatch
Weight 1 int heremainingtime

Rest 1 min

AMRAP 3mins
18/14 Cal Row
18 Chest to Bar
MAX Reps Power Snatch
Weight 2 int heremainingtime

Rest 1 min

AMRAP 3mins
18/14 Cal Row
18 Chest to Bar
MAX Reps Power Snatch
Weight 3 int heremainingtime

Barbell Weights:
Male W1:60Kgs - W2:75Kgs - W3:90Kgs
Female W1:40Kgs-W2:52.5Kgs-W3:65Kgs

AMRAP 3'	
18/14 Cal Row	
18 Chest to Bar	
MAX Reps Power Snatch W1	

AMRAP 3'	
18/14 Cal Row	
18 Chest to Bar	
MAX Reps Power Snatch W2	

AMRAP 3'	
18/14 Cal Row	
18 Chest to Bar	
MAX Reps Power Snatch W3	

Tie Break
Total Reps:.....

Athlete Name: _____

Test Location: _____

Judge Name: _____

I confirm the information above accurately represents the athlete's performance for this test. _____

Athlete Signature

INTERMEDIATE

Window of 11min

AMRAP 3mins
15/10 Cal Row
14 Chest to Bar
MAX Reps Power Snatch
Weight 1 in the remaining time

Rest 1 min

AMRAP 3mins
15/10 Cal Row
14 Chest to Bar
MAX Reps Power Snatch
Weight 2 in the remaining time

Rest 1 min

AMRAP 3mins
15/10 Cal Row
14 Chest to Bar
MAX Reps Power Snatch
Weight 3 in the remaining time

Barbell Weights:

Male: W1:60Kgs - W2:75Kgs - W3:90Kgs

Female: W1:40Kgs-W2:52.5Kgs- W3:65Kgs

AMRAP 3'

15/10 Cal Row

14 Chest to Bar

MAX Reps Power Snatch **W1**

AMRAP 3'

15/10 Cal Row

14 Chest to Bar

MAX Reps Power Snatch **W2**

AMRAP 3'

15/10 Cal Row

14 Chest to Bar

MAX Reps Power Snatch **W3**

Total Reps:

Tie Break

Athlete Name: _____

Test Location: _____

Judge Name: _____

I confirm the information above accurately represents the athlete's performance for this test. _____

Athlete Signature

SCALED

AMRAP 9min

15/10 Cal Row

14 Jumping Pull Ups

9 Power Snatches

Barbell: 40Kgs Male - 30Kgs Female

	15/10 Cal Row	14 Jumping Pull Ups	9 Power Snatch
Round 1	15/10	29/24	38/33
Round 2	53/43	67/57	76/66
Round 3	91/76	105/90	114/99
Round 4	129/109	143/123	152/132
Round 5	167/142	181/156	190/165
Round 6	205/175	219/189	228/198
Round 7	243/208	257/222	266/231
Round 8	281/241	295/255	304/264

Total Reps:.....

Athlete Name: _____

Test Location: _____

Judge Name: _____

I confirm the information above accurately represents the athlete's performance for this test. _____

Athlete Signature

VIDEO SUBMISSION

SUBMISSION STANDARDS:

- Videos must be uncut and unedited to accurately display the performance.
- Your judge and a clock/timer must be visible throughout the workout.
- The clock/timer should be in the frame throughout the entire workout. Shoot the video from an angle that clearly shows all exercises and demonstrates that movement standards are met.
- 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 Box/facility.
- All equipment used must be clearly displayed and measured (Ropes, dumbbells , Med ball, Walking distance, 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. 25.2 scores must be submitted before **Monday, 1st of September 2025, 11:59 GMT+3**. 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 2025 Rules Book [Here](#)

VIDEO ONLINE SUBMISSION GENERAL GUIDELINES:

- Athletes who want to qualify for ELFIT Championship 2025 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, 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 wish 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.

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 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

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.
- 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 INQUIRIES & 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.

EGYPT 2025

ELFIT

CHAMPIONSHIP