

EGYPT 2025
ELFIT
CHAMPIONSHIP

ONLINE QUALIFIERS 25.3
ALL DIVISIONS

MOTION STANDARDS

EQUIPMENT PARTNER



ORGANIZED BY



WORKOUT 25.3

20 MINS WINDOW

ELITE

From 00:00 to 12:00

3 Rounds

12 HSPU

12 Dual Dumbbells Thrusters

Rest 1 Minute

3 Rounds

4 Handstand walks (4x7.5M)

15 Deadlifts

Rest From 12:00 to 15:00

From 15:00 to 20:00

5 mins Window

1 RM Clean and Jerk

25.3 MOTION STANDARDS

WEIGHTS	DUMBBELLS	DEADLIFTS
MALES	2X 22.5 kgs	100 kgs

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 25.3

20 MINS WINDOW

INTERMEDIATE

From 00:00 to 12:00

3 Rounds

12 Kipping HSPU

10 Dual Dumbbells Thrusters

Rest 1 Minute

3 Rounds

5 Wall Walks

10 Deadlifts

Rest From 12:00 to 15:00

From 15:00 to 20:00

5 mins Window

1 RM Clean and Jerk

25.3 MOTION STANDARDS

WEIGHTS	DUMBBELLS	DEADLIFTS
MALES	2X 22.5 kgs	100 kgs
FEMALES	2X 15 kgs	70 kgs

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 25.3

20 MINS WINDOW

SCALED

From 00:00 to 12:00

3 Rounds

15 Dual Db bench press

10 Dual Db Thruster

Rest 1 min

3 Rounds

5 wallwalks

10 Deadlift

Rest From 12:00 to 15:00

From 15:00 to 20:00

5 mins Window

1 RM Clean and Jerk

WEIGHTS	DUMBBELLS	DEADLIFTS
MALES	2X 15 kgs	70 kgs
FEMALES	2X 10 kgs	50 kgs

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



FOR MEN ELITE

PRIOR TO STARTING, SET UP THE FLOOR PLAN AS SHOWN BELOW. THE WORKOUT BEGINS WITH THE ATHLETE STANDING IN FRONT OF THE HANDSTAND WALL.

AT THE CALL OF "3, 2, 1, GO", START THE 20-MINUTE WINDOW.

From 00:00–12:00

- 3 ROUNDS: 12 HSPU → 12 DUAL DUMBBELL THRUSTERS
- REST 1 MIN
- 3 ROUNDS: 4 HANDSTAND WALKS (4 X 7.5M) → 15 DEADLIFTS

From 12:00–15:00

- REST

From 15:00–20:00

- 5-minute window to establish 1RM Clean & Jerk

FOR MEN & WOMEN (INTERMEDIATE)

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

At the call of "3, 2, 1, GO", start the 20-minute window.

- From 00:00–12:00

- • 3 rounds: 12 Kipping HSPU → 10 Dual Dumbbell Thrusters
- • Rest 1 min
- • 3 rounds: 5 Wall Walks → 10 Deadlifts

- From 12:00–15:00

- • Rest

- From 15:00–20:00

- • 5-minute window to establish 1RM Clean & Jerk

FOR MEN & WOMEN (SCALED)

Prior to starting, set up the floor plan as shown below. The workout begins with the athlete laying on the bench and dumbbells on the floor

At the call of "3, 2, 1, GO," start the workout by beginning the timer for the workout and bring the dumbbells for the bench presses.

- From 00:00–12:00

- • 3 rounds: 15 Dual DB Bench Press → 10 Dual DB Thrusters
- • Rest 1 min
- • 3 rounds: 5 Wall Walks → 10 Deadlifts

- From 12:00–15:00

- • Rest

- From 15:00–20:00

- • 5-minute window to establish 1RM Clean & Jerk

IMPORTANT NOTES:

- SOMEONE CAN HELP YOU SET UP THE WEIGHT.
- THE OFFICIAL WEIGHT IS IN KILOGRAMS. FOR YOUR CONVENIENCE, THE MINIMUM ACCEPTABLE WEIGHTS IN POUNDS ARE AS FOLLOWS:
 - 1.25kg (2.75 lbs)
 - 2.5kg (5 lbs)
 - 5kg (10 lbs)
 - 10 kgs (25 lbs)
 - 15 kgs (35 lbs)
 - 20kg (45 lbs)
 - 25kg (55 lbs)
 - 70 kgs (155 lbs)
 - 100 kgs (220 lbs)

CAN USE:

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

CAN NOT USE:

- Any kind of grip enhancement strap.

MOTION STANDARDS FOR ALL DIVISIONS

HAND STAND WALKS:

- The athlete must start with the hands (entire hand, including palm and fingers) behind the line denoting the start of the segment being attempted (7.5m).
- If the athlete comes down at any time or exits their assigned lane, the athlete must restart from the start line. Both hands, including palms and fingers, must clearly cross the line to earn credit for that segment.

HAND STAND WALKS NO-REPS:

- If the athlete comes down at any time or exits their assigned lane.
- If athlete's didn't start behind the start line or not clearly cross the finish line.

HAND STAND PUSHUPS:

- Strict handstand push-ups require a full lockout at the top and bottom of each repetition, with the head touching the ground and the heels on the wall.
- Heels should be touching the wall at the same moment of elbows being locked.
- The athlete's hands must be within a tape line of width 76cm and away from wall 25cm.

HAND STAND PUSHUPS - NO REPS:

- Kipping is not allowed - it will be counted as a no rep.
- Not locking the arms at the top.
- Not touching the head to the floor.
- Partial range of motion (not reaching full depth or extension).

MOTION STANDARDS FOR ALL DIVISIONS

KIPPING HAND STAND PUSHUPS:

- Handstand push-ups require a full lockout at the top and bottom of each repetition.
- With the head touching the ground and the heels on the wall.
- Heels should be touching the wall at the same moment of elbows being locked.
- The athlete's hands must be within a tape line of width 76cm and away from wall 25cm.

KIPPING HAND STAND PUSHUPS - NO REPS:

- Not locking the arms at the top.
- Not touching the head to the floor.
- Partial range of motion (not reaching full depth or extension).
- Kicking too far of the wall (not maintaining vertical alignment).
- If your heels leave the wall before your arms locked out.

MOTION STANDARDS FOR ALL DIVISIONS

WALL WALKS:

- Athlete must start fully laying off the ground.
- Start flat, hands on the start line.
- Once both feet are on the wall, athlete can start moving his/her hands to perform the walk.
- Walk up until hands reach the wall line.
- Walk back down until hands return to the start line, chest and thighs back on floor.

WALL WALKS - NO REPS:

- Falling down at any moment is a NO REP.
- Athlete must go back to the starting position with the chest totally on the ground. Here the REP is started and ended to be credited.
- Any Fail or NO REP given, athlete must redo the wall walk from the beginning starting fully laying on the ground.
- Chest / thighs are not on the ground - you must begin and end totally flat on the ground
- Hands not on the tape line - both hands must clearly touch the starting line before moving.
- Feet must stay on the wall until hands are off the wall's line.
- If hands don't reach or cross the tape line at the wall side, it's a No rep.
- Both feet must remain on the wall (no hopping off)
- You must return your hands fully to the first tape line to the rep to be credited.

MOTION STANDARDS FOR ALL DIVISIONS

THRUSTERS:

- Double dumbbell thrusters require holding a dumbbell in each hand at front rack position, performing a full squat, and then explosively standing up while pressing the dumbbells overhead to full extension.
- The hip crease must pass below the knees in the squat, and the rep is credited when the dumbbells are locked out overhead with hips, knees, and arms fully extended, and the dumbbells are directly over or slightly behind the middle of the body.

1. Starting Position:

- Begin with dumbbells on the ground. Athletes will clean the dumbbells to the front rack position, which can be maintained throughout the squat.

2. The Squat:

- Perform a full squat, ensuring the hip crease passes below the top of the knees.

3. Transition and Press:

- From the bottom of the squat, explosively stand up.

4. Lockout:

- Ensure a full lockout overhead with hips, knees, and arms fully extended. The dumbbells should be directly over or slightly behind the middle of the body.

5. No Jerk:

- Avoid re-dipping or jerking the dumbbells during the press. This will result in a no-rep.

THRUSTERS - NO REPS:

- Not reaching full depth of the squat - below parallel.
- Not locking out your arms.
- Dropping the weight before locking out your arms.
- Hips and knees not fully extended every rep.

MOTION STANDARDS FOR ALL DIVISIONS

DEADLIFTS:

- A deadlift requires lifting a barbell from the floor to a standing position with hips and knees fully extended, and the shoulders behind the bar.
- The bar must be lifted with a conventional stance (hands outside the feet, not sumo). Dropping the bar after the lockout is permitted.
- Starting Position - the barbell must be on the floor at the start of each repetition.
- Lockout - At the top of the lift, the athlete must achieve full extension of the hips and knees, with the shoulders clearly behind the bar.
- Stance - A traditional stance with hands outside the feet must be used. Sumo deadlifts are not permitted.
- No Bouncing - Deliberately bouncing the bar off the floor between repetitions is not allowed.
- Grip - Any grip style (double overhand, mixed grip, or hook grip) is allowed. Wearing a grip or gripping the barbell is not allowed.

DEADLIFTS - NO REPS:

- Bar not starting from the ground.
- Bouncing the bar.
- Dropping the bar before lockout - hips and knees fully extended.
- Shoulders must be back, chest tall - no slouched lockout.
- Shrugging or hitching - excessive bending of knees/ hips or resting the bar on thighs to finish.
- If the bar doesn't touch the ground each rep.

MOTION STANDARDS FOR ALL DIVISIONS

CLEANS AND JERK:

- The movement begins with- The barbell will begin on the ground.
- During the movement -A muscle clean, power clean, squat clean or split clean may be used, as long as the barbell comes up to the shoulders, with the hips and knees fully extended with the feet in line and the elbows in front of the bar.
- The jerk begins with the barbell on the shoulders.
- Rep ends and its counted when -the weight fully locked out overhead with the hips, knees, and arms fully extended and barbell over or slightly behind the middle of the body.
- A split jerk may be used as long as the feet return in line under the hips.

CLEAN AND JERK NO REPS:

- Bar doesn't start from the ground.
- You are not standing tall before jerk- Hips and knees must be extended with control before moving into the jerk.
- Elbows not clearly in front of the bar.
- Resting bar on thighs.
- You are not locking your arms out at the jerk.
- Not standing tall at the finish.
- Bar is not overhead - bar finishes forward or behind instead of stacked over shoulders.
- Dropping the bar early.
- Clean without jerk or jerk without clean = NO REP.

MOTION STANDARD FOR SCALED

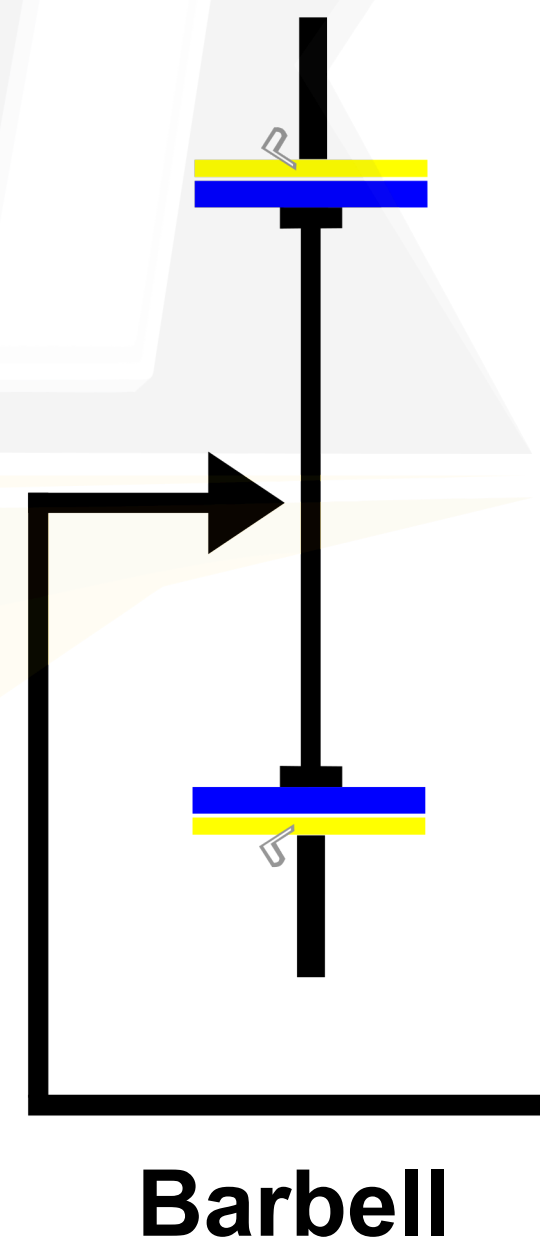
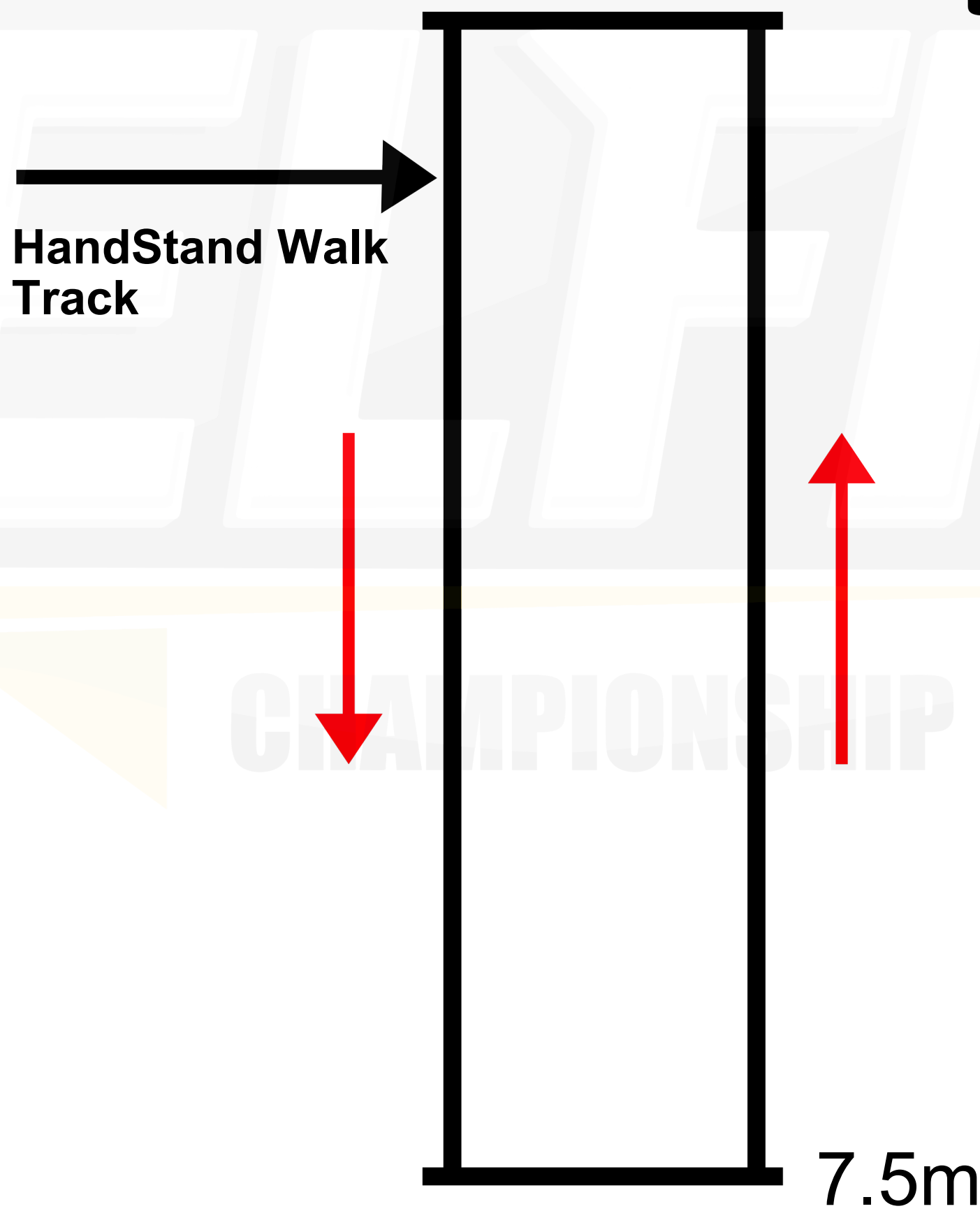
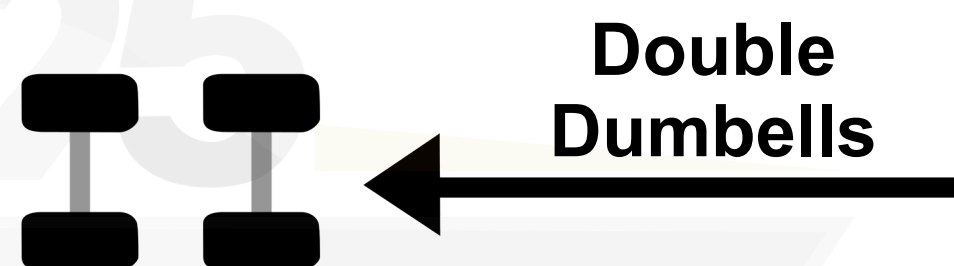
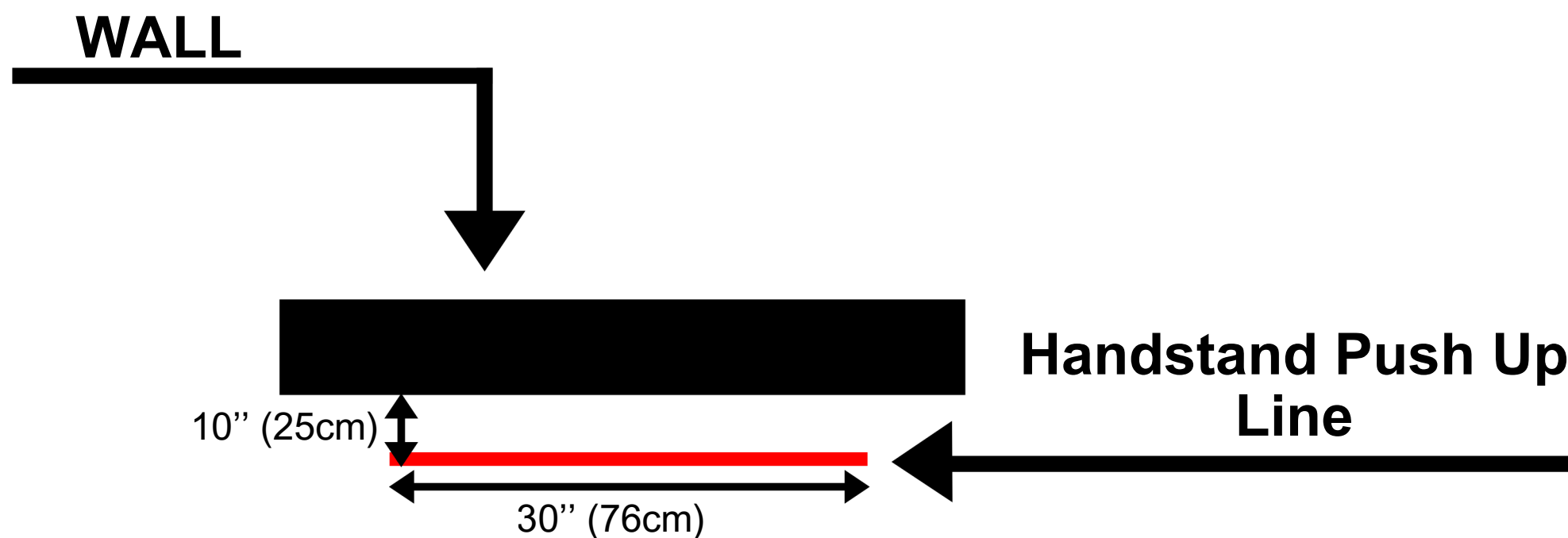
DOUBLE DUMBBELL BENCH PRESS:

- Athlete must be laying on a bench holding two dumbbells over eyes level.
- The Rep begin by the both dumbbells touching together athlete's shoulders at the same time.
- The Rep is credited when both elbows are being locked at the same time, with the dumbbells are both over the eyes level.

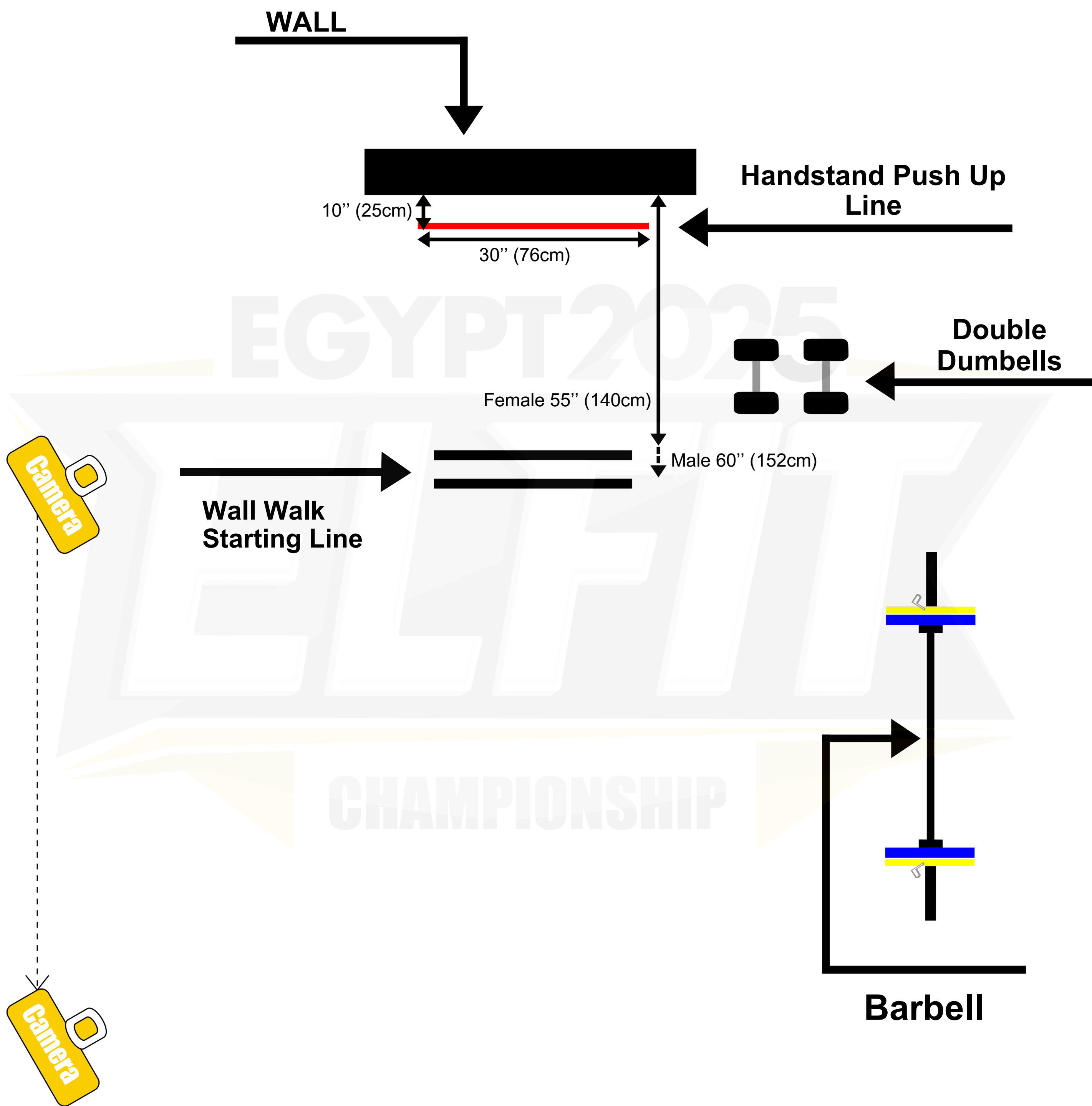
BENCH PRESS - NO REPS:

- Not starting the rep with arms fully locked out.
- Dumbbells must clearly lower until they touch the chest/shoulder line.
- Uneven range of motion - One dumbbells goes all the way down, the other doesn't.
- Not locking out at the end of the rep.
- Dumbbells not aligned over the shoulder.
- Dropping the weights at any moment.
- Feet/ hips lifting off the bench.

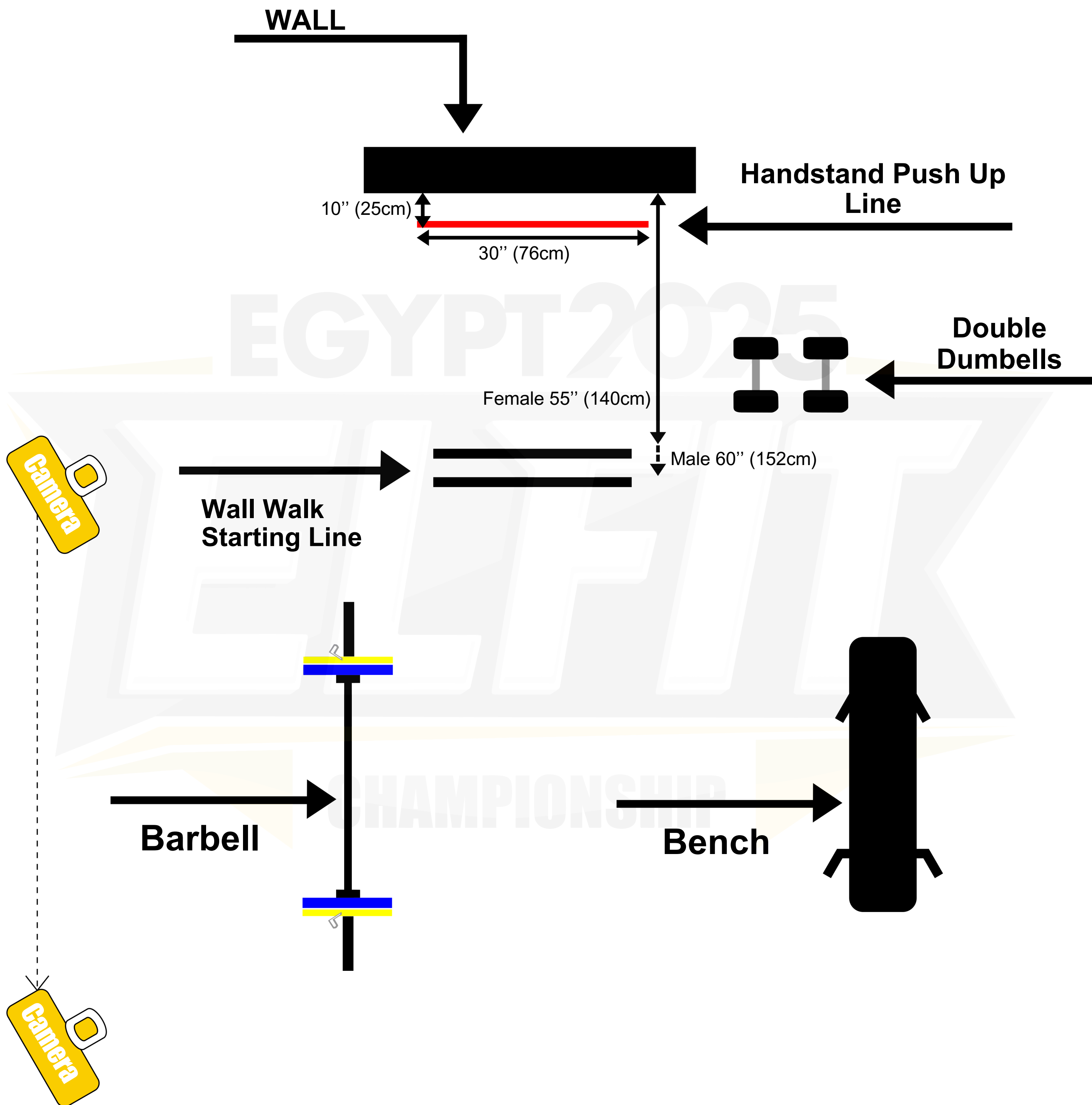
CAMERA VIEW



CAMERA VIEW



CAMERA VIEW



ELFIT QUALIFIERS 25.3

ELITE

Window of 20min

00:00-12:00

3 ROUNDS
-12 **Strict** Handstand
Push ups
-12 Double Dumbbells
Thrusters

Rest 1 min

3 ROUNDS
-4 Trips Handstand Walk
-15 Deadlifts

Rest 12:00-15:00

5 mins Window

1 RM Clean & Jerk

Dumbbells: 2x22.5Kgs Male
2x15Kgs Female

Barbells :100Kgs Male
70Kgs Female

	12 SHSPU	12 Thrusters
Round 1	12	24
Round 2	36	48
Round 3	60	72

Tie Break

REST 1 Minute

	4 Trips Handstand Walk	15 Deadlifts
Round 1	76	91
Round 2	95	110
Round 3	114	129

12:00-15:00 REST

1 RM Clean & Jerk: _____

Time:.....

Total Reps:.....

Athlete Name: _____

Test Location: _____

Judge Name: _____

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

Athlete Signature

ELFIT QUALIFIERS 25.3

INTERMEDIATE

Window of 20min

00:00-12:00

3 ROUNDS
-12 Kipping Handstand
Push ups
-10 Double Dumbbells
Thrusters

Rest 1 min

3 ROUNDS
-5 Wall Walks
-10 Deadlifts

Rest 12:00-15:00

5 mins Window

1 RM Clean & Jerk

Dumbbells: 2x22.5Kgs Male
2x15Kgs Female

Barbells :100Kgs Male
70Kgs Female

	12 HSPU	10 Thrusters
Round 1	12	22
Round 2	34	44
Round 3	56	66

Tie Break

REST 1 Minute

	5 Wall walks	10 Deadlifts
Round 1	71	81
Round 2	86	96
Round 3	101	111

12:00-15:00 REST

1 RM Clean & Jerk: _____

Time Part A:

Total Reps:

Athlete Name: _____

Test Location: _____

Judge Name: _____

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

Athlete Signature

SCALED

Window of 20min

00:00-12:00

3 ROUNDS

- 15 Double Dumbbells bench presses
- 10 Double Dumbbells Thrusters

Rest 1 min

3 ROUNDS

- 5 Wall Walks
- 10 Deadlifts

Rest 12:00-15:00

5 mins Window

1 RM Clean & Jerk

Dumbbells: 2x15Kgs Male
2x10Kgs Female

Barbells :70Kgs Male
50Kgs Female

	15 Bench Press	10 Thrusters
Round 1	15	25
Round 2	40	50
Round 3	65	75

Tie Break

REST 1 Minute

	5 Wall walks	10 Deadlifts
Round 1	80	90
Round 2	95	105
Round 3	110	120

Tie Break

12:00-15:00 REST

1 RM Clean & Jerk: _____

Time:.....

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:

VIDEO SUBMISSION

- 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