

#EFTOYA – State - 2023- 2024

Contest Rules

A) Contest's Physical Tests and Personality Round

The following physical tests as described below will be performed by each contestant in the #EFTOYA Contests that will be held in 2023 and 2024.

1) Olympic Barbell Bench Press (1 Rep Max)

- a. No more than five spotters will be present for each attempt. The CONTESTANT may enlist the help of the side and/or center spotters in removing the bar from the rack. The use of safeties such as face savers or spotters is highly encouraged.
- b. The CONTESTANT takes their position with the back, shoulders and buttocks in contact with the flat surface of the bench. This position must be maintained throughout the entire lift. Feet must remain in contact with the floor. A CONTESTANT may opt to utilize flat surfaced plates or blocks not exceeding 30cm in total height in order to achieve firm footing.
- c. The bar is gripped with a thumb around, pronated grip, with index fingers covering or between the 81cm marks.
- d. The bar is removed from the racks and a position assumed with both arms locked out directly over the shoulders.
- e. The bar is lowered to a point on the chest or abdomen, to a position where the apex of the elbows is below to the center point of the shoulder joints. (No contact with the belt is allowed).
- f. The bar is held obviously motionless before then being pressed in one continuous motion to a position with elbows locked and the bar directly over the shoulders. Once control of this position is demonstrated, the CONTESTANT, with assistance from the spotters, returns the bar to the rack.
- g. Any athlete who is anatomically unable to fully extend one or both elbows must report and demonstrate the condition before the start of every bench press.

CAUSES FOR DISQUALIFICATION

- h. Failure to assume a start position with the arms locked and the bar directly over the shoulders.
- i. Any loss of contact of the back, shoulders, or buttocks with the flat surface of the bench.
- j. Feet losing contact with the floor. Incidental movement of half the length and width of the foot is permitted.

- k. Failure to achieve an obviously motionless position on the chest or abdomen.
- l. Heaving, bouncing, or sinking the bar after the bar becomes motionless.
- m. Any downward motion of the center of the bar, as measured between the hands, during the upward press.
- n. Any pronounced uneven lockout of the arms.
- o. Failure to achieve and demonstrate control of a position with the elbows in full extension and the bar directly over the shoulder.
- p. Any contact of the CONTESTANT's feet with the bench, bench supports, or one another.
- q. Any deliberate contact or any unintentional contact with the rack that would aid a CONTESTANT.
- r. The bar coming in contact with the belt.
- s. Failure to lower the apex of the elbows below the center point of both shoulder joints.

See Video for better understanding of the test execution:

<https://youtu.be/53rHRrUPUsI>

2) Olympic Barbell Squat (1 Rep Max)

- a. The squat is performed from a rack.
- b. No more than four spotters will be present for each attempt, positioned to have immediate access to each end of the bar. The use of safety equipment such as spotter arms is highly encouraged.
- c. The bar must be removed from the racks and a position assumed on the platform at least 2' from the racks, or a distance sufficiently removed from the racks to ensure the safety of the CONTESTANT and the spotters in the event of a miss.
- d. The starting position must be upright, with the knees and the hips fully extended, and with the chest up. This position must be obvious and under control before the descent begins.
- e. The hips are lowered until the top surfaces of the legs at the hip joint is lower than the knees. The bottom position is identified by (1) the apex of the crease in the singlet formed as the hips are lowered, (2) the surface of the top of the patella, (3) the plane formed by a straight line between the two, and (4) the dipping of the hip end of that plane below horizontal.
- f. The CONTESTANT must then return to the start position in one continuous upward motion. The CONTESTANT must once again demonstrate control of this position.
- g. The CONTESTANT must then return the bar to the rack without the assistance of the spotters. Once the bar crosses the threshold of the hooks, spotters may assist in guiding the bar safely down into the hooks.

CAUSES FOR DISQUALIFICATION

- h. Any change of position of the bar across the shoulders after the start of the lift.
- i. Any deliberate contact or any unintentional contact with the rack that would aid a CONTESTANT.
- j. Failure to achieve a position of the hips lower than the knees.
- k. Any downward motion of the center of the bar, as measured between the hands, after upward motion has begun.
- l. Any supporting of the body with the arms or elbows against the thighs.
- m. Any direct contact of the bar by the spotters, whether necessary or unintentional, at any point after the CONTESTANT unracks the bar but before the CONTESTANT crosses the threshold of the hooks.
- n. Any forward, backward, or lateral step during the squat itself.

See Video for better understanding of the test execution:

<https://youtu.be/bMhFytQv7TU>

3) Olympic Deadlift (1 Rep Max)

- a. The lifting area shall be free of any unnecessary equipment, including deadlift jacks.
- b. A single spotter may be present for each attempt. The designated spotter will remain out of the lifting area at the ready in case of a syncope event or other event that requires the rendering of aid.
- c. The CONTESTANT assumes a position facing the bar, with the vertical plane of the legs parallel to the bar. The feet must not make contact with the plates.
- d. If an athlete is missing two or more fingers on a single hand, they may utilize a lifting strap on that hand only.
- e. The bar is pulled in a continuous upward motion until the CONTESTANT is standing erect with knees and hips fully extended, the chest up, and the shoulders back. Any bona fide attempt to move the bar counts as the attempt.
- f. Once the lockout position is attained and the bar is motionless, the bar is lowered under control with both hands back to the ground.

CAUSES FOR DISQUALIFICATION

- g. Failure to attain a position standing erect with knees and hips fully extended, the chest up, and the shoulders back.
- h. Any downward motion of the center of the bar, as measured between the hands, before lockout.
- i. Any release of the bar from the hands before it is lowered to the floor.
- j. Any forward, backward or lateral step during the deadlift itself.

- k. Any foot contact with the plates.
- l. Supporting of the bar on the thighs.

See Video for better understanding of the test execution:

<https://youtu.be/0eEu3k7PRow>

4) Pull-Ups (For MEN)

- a. The Pull-Up bar should be set at an adequate height so that the CONTESTANT can hang from it with their arms fully extended and feet not touching the floor.
- b. Grasp the overhead bar using an overhand (pronated) grip, palms facing away from body, with the arms fully extended. The CONTESTANT then raises the body until the chin clears the top of the bar, then lowers again to a position with the arms fully extended.
- c. The pull-ups should be done in a smooth motion.
- d. As many complete pull-ups as possible are performed.

CAUSES FOR DISQUALIFICATION / Termination of Test

- e. Jerky motions, swinging the body, and kicking or bending the legs are not permitted.

See Video for better understanding of the test execution:

<https://youtu.be/un6HKZo2Mhs>

Flexed-Arm Hang Test (For WOMEN)

- a. The Pull-Up bar should be set at an adequate height so that the CONTESTANT can hang from it with their arms fully extended and feet not touching the floor.
- b. The contestant is assisted into position, the body lifted to a height so that the chin is level with the horizontal bar.
- c. The bar is grasped using an overhand (pronated) grip, palms are facing away from body, with the hands shoulder width apart.
- d. The timing starts when the subject is released and her elbows are FULLY flexed.
- e. She should attempt to hold this position for as long as possible.

CAUSES FOR DISQUALIFICATION / Termination of Test

- f. Timing stops when her chin / jaw line falls below the level of the bar, or
- g. The head is tilted backward to enable the chin to stay level with the bar, or
- h. Her elbows begin to straighten out or extend out of fully flexed position of elbows, or
- i. Legs begin to swing or cycle.

See Video for better understanding of the test execution:

https://youtu.be/5_3FJqujbx4

5) Zipper Test for Shoulder Joints Flexibility

- a. Stand erect.
- b. Lift your right arm over right shoulder and bending the elbow stretch it as far as you can between the shoulder blades (scapulae).
- c. At the same time, bend the left arm behind your back and attempt to touch the fingertips of the right hand.
- d. Reach down and behind the back with the right arm as if you are pulling a zip or scratching between the shoulder blades.
- e. If the right and left hands' finger tips just touch each other, the score is ZERO (0).
- f. If the right and left hands' finger tips do not touch each other, measure the gap (in cms) and record the score as "negative" - e.g., -2 cms.
- g. If the right and left hands' finger tips overlap and cross each other, measure the distance of the overlap and score it in cms as "positive" - e.g., +3 cms.
- h. Repeat the above process – (a) to (g) – for the left arm from over the left shoulder and the right arm from behind the right shoulder.
- i. Measure as in (e), (f) and (g) above.
- j. TOTAL the score for the right arm (shoulder) and left arm (shoulder).

See Video for better understanding of the test execution:

<https://youtu.be/L0hSAZv9Fpc>

6) V Sit-and-Reach Test for Hamstring and Lower Back Flexibility

- a. The V sit-and-reach, also known as the YMCA sit-and-reach test, uses a measuring tape.
- b. Secure the measuring tape of at least one meter long to the floor by placing the starting ZERO point towards the CONTESTANT. Secure another shorter (at least 15 cms) tape at right angles to measuring tape at 38 cm mark.
- c. The CONTESTANT sits, straddling the measuring tape, with the knees extended (but not locked) and feet spread 30 cm apart. The heels of the feet are upon and touch the 15 cms tape at the 38 cms mark on the measuring tape.
- d. The CONTESTANT will reach stretch the upper body upward and inhale. Then while inhaling he will lean forward slowly and as far as possible along the measuring tape while keeping the two hands extended with palms overlapping and touch the farthest point on the measuring point. He will hold this position momentarily (about 2 seconds).

- e. The knees must not flex. The CONTESTANT will not lead with one hand. The score (in cms) is the most distant point on the yardstick contacted by the fingertips.

See Video for better understanding of the test execution:

<https://www.youtube.com/watch?v=VHyNDFo6ZHg>

7) (Modified) Davies Touch Test for Shoulder Joint Agility and Stability

- a. Place 2 pieces of marking tape on the floor 36 inches apart for men and 30 inches for women.
- b. Get into push-up position with one hand on each tape.
- c. Contestant will quickly move his right hand to touch the left hand, performing alternating touches for 60 seconds. Judge will keep time of one minutes and will count the repetitions in that time period.

CAUSES FOR DISQUALIFICATION / Termination of Test

- d. Arm/s partly or fully collapse while in pushed-up position
- e. The body hips drop to below anatomical line
- f. Knees flex and lower towards the floor.

See Video for better understanding of the test execution:

<https://youtu.be/cinX8PcwMP8>

8) Stork Test (Blind Folded)

- a. Right Leg
 - i. Remove the shoes and stand erect.
 - ii. The contestant will be **blindfolded**.
 - iii. He /she will place the hands on the hips, then bend the left knee the non-supporting foot against the inside knee of the standing right leg.
 - iv. He / she will raise the heel to balance on the ball of the right foot.
 - v. The stopwatch is started as the heel is raised from the floor.

CAUSES FOR DISQUALIFICATION / Termination of Test

- vi. The hand(s) come off the hips
 - vii. The supporting foot swivels or moves (hops) in any direction
 - viii. The non-supporting foot loses contact with the knee.
 - ix. The heel of the supporting foot touches the floor.
- b. Left Leg
 - i. Repeat the procedure standing on the ball of the left leg foot.

- c. Total for both legs
 - i. Total the time for both the legs.

See Video for better understanding of the test execution:

<https://www.youtube.com/shorts/GO5BwMRsjoE?feature=share>

9) Muscular Fitness Test

a. Number of Abs Sit-ups (Hip flexo-extensions) in 1 minute

- i. Lie on the floor with both legs together and knees extended, both arms behind with elbows extended resting on the floor.
- ii. At first, the CONTESTANT must bend his hips and knees until he is seated with his feet on the floor, his arms embracing the knees and his forehead exceeding the knees' line.
- iii. He will then return to the starting position lying on his back until his shoulder blades touch the floor, knees fully extended, arms behind, and elbows fully extended.
- iv. The number of Sit-Ups in one minute will be recorded.



CAUSES FOR DISQUALIFICATION / Termination of Test

- v. Feet come off the floor while sitting up or lowering body
- vi. Shoulder blades do not touch the floor
- vii. Extended arms in lying down position are off the ground.
- viii. Hips lift while sitting up or lowering body.

See Image 2a alongside.

b. Number of Push-Ups in 1 minute

- i. Starting in prone position on the floor with elbows extended and palms of the hands resting on the floor at shoulder width.
- ii. Men: The trunk, thighs, and legs must be aligned throughout the execution with the body pivoting on the balls of the feet.
- iii. Women: The trunk, thighs and hips must be aligned throughout the execution with the body pivoting on the knees - the feet will be plantar-flexed.
- iv. At first, the CONTESTANT must bend the elbows symmetrically until reaching a lower angle of 90° between the arm and forearm.



- v. He / she will then extend his elbows to return to the starting position.

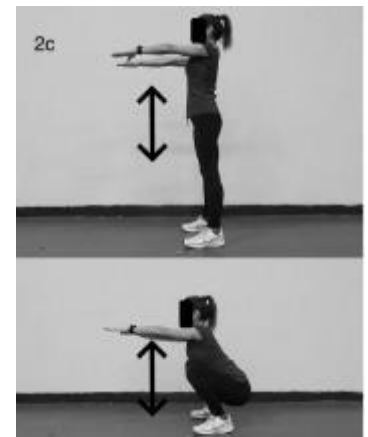
CAUSES FOR DISQUALIFICATION / Termination of Test

- vi. If the arms / elbows buckle or collapse while pushing up the body or lowering the body
- vii. If the bend in the elbows in the down position is greater than approximately 90 degrees – that is the chest is close to or touching the floor.

See Image 2b alongside.

c. Number of body weight squats in 1 minute

- i. Starting from the standing position with arms in front, elbows fully extended and in front of the shoulders during the whole execution.
- ii. The CONTESTANT must bend his knees and hips symmetrically until reaching an angle of less than 90° between the thighs and legs.
- iii. He will then extend his knees and hips to return to the starting position.



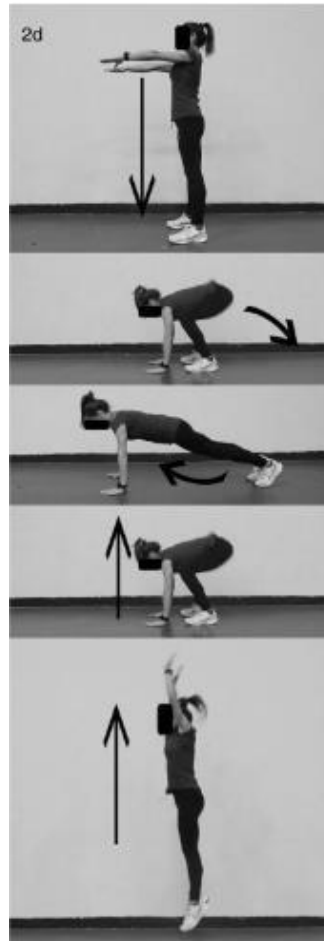
CAUSES FOR DISQUALIFICATION / Termination of Test

- iv. If contestant does not flex knees at least till 90 degrees
- v. Is unable to raise the body out of squat position
- vi. Extended arms lower to less than 90 degrees.

See Image 2c alongside.

d. Number of burpees in 1 minut

- i. Start from the standing position with the arms at the side of the body.
- ii. From that position, the CONTESTANT descends to squatting position with the palms of the hands resting on the floor.
- iii. The CONTESTANT then brings both legs back to extend the knees as far as possible, keeping the elbows extended and the hands' support parallel to the height of the shoulders.



- iv. He then returns to the squatting position and, from there, makes a vertical jump, keeping elbows extended and arms up and over the head.
- v. Finally, he lands with his feet together and on tiptoes

CAUSES FOR DISQUALIFICATION / Termination of Test

- vi. Contestant does not perform the complete burpee.
- vii. Knees do not extended fully while lowering the body.

See Image 2d alongside.

10) Personality Round

- a. An independent panel of Personalities will ask each Finalist three questions in the area of general knowledge, technical /professional subjects and such other questions to test the communication skills and presence of mind.
- b. Each Finalist has one minute to answer each of the three questions.

- c. The panel will grade the responses on a scale of 1 being poor to 10 being excellent.

B) Independent Judging and Level Contest Field

- a. In order to ensure a level contesting field for all Women and Men CONTESTANTS, the Organisers of #EFTOYA have the right to –
 - i. Organise “Training Clinics” for CONTESTANTS to review and practice the techniques of performing the tests.
 - ii. Organise “Judging Clinics” for all JUDGES and CONTESTANTS so that the CONTEST RULES are well understood.
 - iii. All Judges will be qualified and from different sports associations.
 - iv. CONTESTANTS are expected to warm up and cool down adequately before and after recording the test events for online submission.
 - v. CONTESTANTS will similarly warm up and cool down before and after the tests in the Final Round of the Contest.
- b. Independent judges will assess / measure / count the online and offline (live) performance and / or number of repetitions as the case may be.
- c. Their decision will be final in all regards.

C) Online Qualification

Qualification for the Final Round of the #EFTOYA – State – 2023-2024 will be determined on basis of –

- a. Video Submissions – see D below.
- b. Upload of performance records through the digital registration form
- c. Payment of the contest fee of ₹750 per contestant. The proof of payment must be uploaded on the digital registration form.

D) Video Submission Procedure

- a. The CONTESTANT will be allowed to submit up to three attempts for each of the three lifts – Olympic BB Bench Press, Squat and Deadlift.
- b. In all other video submissions, your best performance will be recorded and submitted.
- c. All videos must be submitted on or before the date set for submission.
- d. All videos must be submitted within 48 hours of the performance itself.
- e. The CONTESTANT’s entire body must be visible throughout the lift from beginning to end.
- f. Immediately after the CONTESTANT successfully completes an attempt, he / she must visually identify the weight on the bar in one continuous recording.

- g. At some point during the video the CONTESTANT or his / her coach, spotter must display to the camera clearly readable sheet of paper
 - i. The CONTESTANT'S name and mobile telephone number
 - ii. The name of the Lift / test.
- h. The quality of the video, use of safety measures, and costume must allow for proper evaluation of the List / Test.
- i. The videos must be emailed to enrol@gayofitnessacademy.com
 - i. The email's SUBJECT Line must mention CONTESTANT'S name and the name of the Test.
 - ii. The body of the email will mention your full name, address and mobile phone number

E) Online Judging Results

- a. The panel of independent judges will assess the information and videos submitted and declare which CONTESTANTS qualify for the Final Round of the #EFTOYA – State – 2023-2024.
- b. The judges' decision will be final and no appeal will be entertained in any circumstance.
- c. The CONTESTANTS qualified for the Final Round will be intimated via emails and WhatsApp messages.

F) Reporting Time

The QUALIFIED Finalists will report to the Organizer at the venue not later than 2 pm on the day before the Final Round for the purpose of final briefing and Training and Judging Clinics.

G) Online Participation

All online CONTESTANTS who have not qualified for the Final Round will receive:

- a. Certificate of ONLINE PARTICIPATION
- b. Discounts on Gayo Fitness Academy's course fees.

H) #EFTOYA – State – 2023-2024 Awards

The Final Contestants in #EFTOYA – State - 2023-2024 will be awarded as follows, on basis of the best performance in the above described nine physical tests AND the Personality Round:

- a. Winner in each of the Women's and Men's Category:
 - i. Cash prize of ₹50,000
 - ii. Certificate of Title Winner
 - iii. Discounts on Gayo Fitness Academy's course fees

- iv. Fitness Modelling Assignment
- v. Qualify for the Final Round of All India #EFTOYA – India – 2024 on February 10, 2024 in Thrissur, Kerala.
- b. 1st Runner-Up:
 - i. Cash prize of ₹20,000
 - ii. Certificate of Title 1st Runner-Up
 - iii. Discounts on Gayo Fitness Academy’s course fees
 - iv. Fitness Modelling Assignment
 - v. Qualify for the Final Round of All India #EFTOYA – India – 2024 on February 10, 2024 in Thrissur, Kerala.
- c. 2nd Runner-Up
 - i. Cash prize of ₹15,000
 - ii. Certificate of Title 2nd Runner-Up
 - iii. Discounts on Gayo Fitness Academy’s course fees
 - iv. Fitness Modelling Assignment
 - v. Qualify for the Final Round of All India #EFTOYA – India – 2024 on February 10, 2024 in Thrissur, Kerala.
- d. 3rd Runner-Up
 - i. Cash prize of ₹10,000
 - ii. Certificate of Title 3rd Runner-Up
 - iii. Discounts on Gayo Fitness Academy’s course fees
 - iv. Fitness Modelling Assignment
 - v. Qualify for the Final Round of All India #EFTOYA – India – 2024 on February 10, 2024 in Thrissur, Kerala.
- e. 4th Runner-Up
 - i. Cash prize of ₹5,000
 - ii. Certificate of Title 4th Runner-Up
 - iii. Discounts on Gayo Fitness Academy’s course fees
 - iv. Fitness Modelling Assignment
 - v. Qualify for the Final Round of All India #EFTOYA – India – 2024 on February 10, 2024 in Thrissur, Kerala.
- f. #EFTOYA – India – 2024 Prizes are described in “J” below
- g. If one or some of the five Finalists do not wish to compete in Thrissur on February 10, 2024, the next best CONTESTANT/s will be selected from the online CONTESTANTS.

I) All CONTEST registration fee of ₹750/00.

- a. It will be paid to the Axis Bank account of Gayo Fitness Academy and Research Center Private Limited, Mumbai.
- b. The fee amount includes taxes.

- c. Receipts' soft copies will be emailed to the CONTESTANTS after the amount is credited to Gayo's Axis Bank account.
- d. This fee is NON-REFUNDABLE and no claim for refund will be entertained in any circumstance.

J) #EFTOYA – India – 2024 prizes are as follows.

- a. Winner in each of the Women's and Men's Category:
 - i. Cash prize of ₹1,50,000
 - ii. Certificate of Title Winner
 - iii. Discounts on Gayo Fitness Academy's course fees
 - iv. Fitness Modelling Assignment
- b. 1st Runner-Up:
 - i. Cash prize of ₹1,00,000
 - ii. Certificate of Title 1st Runner-Up
 - iii. Discounts on Gayo Fitness Academy's course fees
 - iv. Fitness Modelling Assignment
- c. 2nd Runner-Up
 - i. Cash prize of ₹75,000
 - ii. Certificate of Title 2nd Runner-Up
 - iii. Discounts on Gayo Fitness Academy's course fees
 - iv. Fitness Modelling Assignment
 - v. Qualify for the Final Round of All India #EFTOYA – India – 2024 on February 10, 2024 in Thrissur, Kerala.
- d. 3rd Runner-Up
 - i. Cash prize of ₹50,000
 - ii. Certificate of Title 3rd Runner-Up
 - iii. Discounts on Gayo Fitness Academy's course fees
 - iv. Fitness Modelling Assignment
- e. 4th Runner-Up
 - i. Cash prize of ₹35,000
 - ii. Certificate of Title 4th Runner-Up
 - iii. Discounts on Gayo Fitness Academy's course fees
 - iv. Fitness Modelling Assignment
- f. 5th Runner-Up
 - i. Cash prize of ₹25,000
 - ii. Certificate of Title 5th Runner-Up
 - iii. Discounts on Gayo Fitness Academy's course fees
 - iv. Fitness Modelling Assignment
- g. 6th Runner-Up
 - i. Cash prize of ₹20,000

- ii. Certificate of Title 6th Runner-Up
- iii. Discounts on Gayo Fitness Academy's course fees
- iv. Fitness Modelling Assignment
- h. 7th to 9th Runner-Ups
 - i. Cash prize of ₹15,000
 - ii. Certificate of Title 6th Runner-Up
 - iii. Discounts on Gayo Fitness Academy's course fees
 - iv. Fitness Modelling Assignment

K) Declaration

Each CONTESTANT by and through the submission of the #EFTOYA – State – 2023 digital registration form declares himself / herself to be physically and mentally fit to participate in the ONLINE and, subject to qualification, the Final Round in Guwahati.

L) Non-liability

- a. The Organizers of the CONTEST will not be liable for any injury or accident or loss of limb or property that may be incurred during the online participation and the contesting in the Final Rounds of #EFTOYA – State or India – 2023-2024.
- b. By submitting the registration form, each CONTESTANT declares that he / she is fully and medically fit to participate in the #EFTOYA contests and the Organizers will not be responsible for any medical treatment or hospitalization other than First Aid at the contest venue.

M) Travel and Accommodation

Each CONTESTANT will make his / her own arrangements for travel and accommodation and the organizers will not be responsible for the same.

N) Registrations and Submissions on Time

All registrations and submissions will be made in time and not late registrations and submissions will be entertained.

O) The Right to Change Dates, Venues, etc.

- P) The organizers retain the right to change the dates, venues of #EFTOYA – State or India – 2023-2024 without prior notice due to reasons beyond their control and these changes will be communicated to all relevant CONTESTANTS well in time to the extent possible.

Q) Change in Physical Tests

While the Physical Tests comprising the #EFTOYA – State – 2023-2024 are final and confirmed, the list of tests and contest format in the All India ##EFTOYA – India – 2024 may be changed such that the changes will be communicated to all relevant contestants well in time.

For Contest Registration

