

VIDEO SUBMISSION RULES AND REGULATIONS

Please see below, all relevant information regarding video submissions for MastersHQ Semi Final Video submissions. You may only compete by video submission if you have received permission to do so from HQ. Semi finalists, you have 8 hours to complete all 3 workouts!

All 3 workouts submitted MUST from the same day - Any athlete that breaks this rule will be disqualified from the competition immediately.

Scores and videos must be submitted NLT 12pm (lunchtime) AEST on July 3rd 2019

- Scores and videos must be emailed to admin@mastershq.com.au In the email subject line, please type VS followed by your name, state and division.. Example: VS - Donald Trump, VIC, RX 60+
- Athlete & judge are required to have reviewed ALL movement & workout standards prior to completing the MHQ Series workouts including any demonstration videos provided
- Video submissions may be uploaded using YouTube, Vimeo or your own hosted file.
- Prior to starting each workout, athletes MUST: State name, age, category, division and state. Athletes must include video evidence and specify the appropriate equipment required and used for each workout eg. Barbell, weight plates so the loads are clearly visible, measure box height, measure & mark floor with correct distances (where necessary)
- A clock or timer, with the running workout time must be clearly visible, the clock must remain in the frame throughout the entire workout.
- Athlete MUST also remain in the video frame for the duration of each workout.
- All video submissions MUST be uncut/unedited to allow an accurate display of the workout performance.
- Each workout video submitted must show a time and date stamp.
- Videos must be filmed from an angle that ensures all movements are visible and meet required movement standards. Any video filmed with a fisheye lens or similar, will be rejected due to the visual distortion these lenses cause.
- ANY athlete found to have altered the equipment or movements described by MHQ in the workout standards will be penalised.

