

TEAM COMPOSITION

**STRENGTH
IN DEPTH
ORIGINS**

THE TEAM

For Strength in Depth 2022 you will require at least 12 athletes to form a team.

7 of those athletes should be males, 5 should be females and one team member of each sex should be a Masters athlete.

One of those Masters athletes should be over 40 years at the time of the live event and one should be over 35 years at the time of the live event.

You are able to add additional athletes to your team roster up to a total of 20 athletes, selecting extra males, females and/or masters as you see fit.

For the purposes of scoring in the qualifiers, you can use whomever you like from the roster of 20 athletes provided that:

The subteams submitting scores collectively contain 12 unique athletes

7 of the athletes are male and 5 of the athletes are female

2 of the athletes are masters - one over 40 years at the time of the live event and one over 35 years at the time of the live event, each of a different sex.

EXAMPLE

Your roster could, for instance, be comprised of the following:

11 male athletes plus one male masters athlete aged 41 years (12 males)

7 female athletes plus one female masters athlete aged 36 years (8 females)

They could contribute to Qualifier 22.1 by forming the following 10 sub teams:

MM(40+)

MM

MM

MF

MF(35+)

MF

MF

MF

MF

FF

For scoring purposes, sub teams 1-8 produce the best results in the gym and you decide to exclude sub teams 9 and 10 from the scores submitted. Therefore you have included both masters and submitted scores from 11 male athletes and only 5 female athletes. **This would NOT be an acceptable ratio of athletes as team scores should be from 7 males and 5 females.**

You would need to either experiment with different combinations of the athletes in sub team formation to get the best results from the correct number of males and females, or, select sub teams 1,2,5,8,9,10 irrespective of their scores.

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