



APPROVED BY the Management Board of the  
World Street Workout & Calisthenics Federation  
On April 1, 2022, in Riga, Latvia

## STREET WORKOUT FREESTYLE / POWER AND STRENGTH WORLD CHAMPIONSHIP 2022 OFFICIAL REGULATIONS

The following regulations ("**Regulations**") of the Street Workout Freestyle / Power and Strength World Championship 2022 ("**SW World Championship 2022**") have been developed by the World Street Workout & Calisthenics Federation ("**Federation**") in cooperation with its member organizations. These Regulations are addressed to the organizations and persons responsible for organization of Street Workout Freestyle / Power and Strength World Championship 2022 ("**Organizers**") and street workout athletes participating ("**Participants**") in the Street Workout Freestyle / Power and Strength World Championship 2022. These Regulations are intended only for the use of the addressees for the purpose of ensuring the Street Workout Freestyle / Power and Strength World Championship 2022. Any use, disclosure or copying of these Regulations in whole or in part not in accordance with their intended purpose is prohibited under the applicable law and requires prior express consent of the Federation.

There are separate Regulations for WSWCF Street Workout National Championships 2022 (each of them - "**SW National Championship 2022**") developed by the Federation and available on the Federation's official website [www.wswcf.org](http://www.wswcf.org). The WSWCF Street Workout National Championships 2022 conducted by the Federation's member countries according to the said Regulations for WSWCF Street Workout National Championships 2022 will ensure qualification of the national athletes from those particular countries (each of them - "**Country**") for participation in the Street Workout Freestyle / Power and Strength World Championship 2022 in Riga, Latvia, as described below.

### 1. DATES OF THE SW WORLD CHAMPIONSHIP 2022 AND THE SW NATIONAL CHAMPIONSHIPS 2022

- 1.1. The SW World Championship 2022 will take place on 20-21 August in Riga, Latvia. On 20th of August there will be Freestyle World Championship, but on 21st of August there will be Power&Strength World Championship.
- 1.2. To duly qualify for the SW World Championship 2022, the Country has to organize the WSWCF SW National Championship 2022 of the Country in live or online format and notify its results to the Federation, depending on the Country, until July 26th (including).



If there is no possibility to organise National Championship 2022, Federation's member organization can appoint athletes representing their country. Together with the notification, the Country shall indicate athletes, who shall participate in the SW World Championship 2022, by indicating sex, weight category and discipline.

## **2. ORGANIZERS OF THE SW WORLD CHAMPIONSHIP 2022 AND THE SW NATIONAL CHAMPIONSHIPS 2022**

2.1. The SW World Championship 2022 will be organized by the Federation with support of Sports Federation Council of Latvia and Education, Culture, and Sports Department of Riga City Council.

2.2. The SW National Championship 2022 in every particular Country will be organized by the official member organization(s) of the Federation in that Country and/or other organization(s) loyal to the Federation.

## **3. GENERAL TERMS OF WSWCF SW NATIONAL CHAMPIONSHIPS 2022 OF THE COUNTRIES**

3.1. The WSWCF SW National Championship 2022 of the Country must be organized as a live competition with athletes being present and competing against each other face-to-face.

3.2. Organizers of the WSWCF SW National Championship 2022 have to give equal opportunity of applying for participation in the competition to all athletes of the particular Country.

3.3. Only in an exceptional case and subject to receipt of prior consent from Federation, if it is not possible to organize live a competition due to financial, geographical or other serious reasons or obstacles, WSWCF SW National Championship 2022 of the Country may be organized as an online competition or Federation's member organization can appoint athletes representing their country.

3.4. Until further notice from Federation, starting from 2022, athletes from Russia or Belarus are not allowed to participate in the SW World Championship 2022 or any other competitions organized by the Federation.

## **4. GENERAL TERMS OF SW WORLD CHAMPIONSHIP 2022**

4.1. The SW World Championship 2022 will be organized as a live two-days competition with athletes being present and competing against each other face-to-face.

4.2. Each Participant of the SW World Championship 2022 will be officially representing his country, i.e., the Country that organized the WSWCF SW National Championship 2022 in which the particular Participant qualified for the SW World Championship 2022.

4.3. All Participants will be treated on equal terms, respecting their nationality, race and religion to the extent practically possible.

4.4. Winner of the SW World Championship 2022 will obtain the title of "Street Workout Freestyle / Power / Strength World Champion 2022" in a particular discipline and category.



## **5.REQUIREMENTS FOR THE PARTICIPANTS**

- 5.1. All winners of the WSWCF SW National Championships 2022 of the Countries are allowed to participate in the SW World Championship 2022.
- 5.2. Each Participant must have a valid health insurance (personally paid for or financed by a sponsor / supporter, etc.).
- 5.3. Each Participant must take full responsibility for his health conditions and is personally liable for his actions and their possible consequences during both competition and free time.
- 5.4. The Participants must have legal rights to travel and enter Riga, Latvia, if they qualify for the SW World Championship 2022. Participants who are less than 18 years old must be able to travel alone without an adult companion.
- 5.5. The Participants must have at least basic knowledge of English language to be able to communicate with the Organizers.
- 5.6. If the Participant qualifies for participation in the SW World Championship 2022, but for any personal reason is unable to arrive at the competition venue in Riga, Latvia, his participation will be annulled and, if still practically possible, the vacant place offered to the next Participant. In case of any anticipated absence (whether planned or unplanned) the particular Participant must notify the Federation and the Organizer of the relevant SW National Championship 2022 as soon as reasonably possible.
- 5.7. If a Participant qualifies for SW World Championship 2022 and has obtained travel support from any organization and has not travelled to SW World Championship 2022, the Participant has to fully refund the lost travel costs within one month or the Participant will be disqualified from competitions for the period of five (5) years.
- 5.8. All Participants traveling to SW World Championship 2022 have to have enough money reserved to return back home, if they have been late for the airplane or any other serious situation occurs. Or there has to be a person back home who can help them solve this issue without interrupting the work of the Organizers. WSWCF and other Organizers are not liable or responsible in such cases.

## **6.REQUIREMENTS FOR THE NUMBER OF PARTICIPANTS AND COMPETITION TIME**

- 6.1. It is reasonable to set a limit for the number of Participants taking part in the SW World Championship 2022 to be able to organize the event within the time, during which viewers are capable of keeping continuous interest in the competition.
- 6.2. Therefore, the Federation has set the maximum number of Participants from each Country allowed to participate in the SW World Championship 2022.
- 6.3. The Freestyle and Strength competition will consist of two (2) rounds – the first round will be the qualification round (“Qualification”) and the second round will be the final round (“Final”). Qualification and final for Freestyle competition will take place on 20<sup>th</sup> August, but the qualification and final of the Strength competition will take place on 21<sup>st</sup> August. Depending on the number of participants after the first round, the best of male and female



Participants will proceed to the Final round. The rest of the Participants will discontinue the competition. Number of finalists will be announced the same day. Power competition shall have no qualification, and it will fully take place on 21<sup>st</sup> of August.

6.4. The time of the competition may be restricted (due to TV broadcasting requirements or other objective reasons).

6.5. In case of television broadcasting, technical intermissions may be applied during the competition.

## **7.CRITERIA FOR SELECTION OF PARTICIPANTS FOR THE SW WORLD CHAMPIONSHIP 2022**

7.1. In each Country, the following Participants will obtain the right to participate in the SW World Championship 2022 ("**Selected Participants**"):

7.1.1. Freestyle – two (2) male and two (2) female Participants separately in each weight category;

7.1.2. For Power&Strength Category it is allowed to send more than 2 (two) male and female athletes in each weight category and discipline, however WSWCF recommends that such athletes shall be at least able to perform minimum requirements of the disciplines.

7.2. Flight costs, hotel, local transportation and food for Selected Participants of the SW World Championship 2022 shall be covered by the WSWCF SW National Championship 2022 Organizer or Participants themselves according to the situation as there may be. WSWCF shall bear no costs towards the Selected Participants, except possible sightseeing tours around the Riga city, if any will be organized.

7.3. Each Selected Participant of the SW World Championship 2022 has to pay for his visa to Latvia (if applicable) by himself. WSWCF may help the Participants to obtain the Visa, however WSWCF does not confirm that the Selected Participants shall receive their Visas, thus the WSWCF shall bear no liability towards this circumstance.

7.4. The health and travel insurance have to be made by each Selected Participant of the SW World Championship 2022 at his own cost.

7.5. The Selected Participant will be allowed to come to Riga, Latvia and participate in the SW World Championship 2022 only if he has signed a written Participation Contract with the Federation.

7.6. The Federation and the Organizers of WSWCF SW National Championships 2022 are not liable for any Selected Participant's inability to travel to the SW World Championship 2022 competition venue. In case any Selected Participant from any Country does not have the possibility to travel, obtain visa to Latvia (if applicable), ensure the required insurance, or has any other reason preventing him from participation, the right to participate in the SW World Championship 2022 passes on to the Participant with the next highest score after the Selected Participant according to the final rankings in the WSWCF SW National Championship of the particular Country.



## 8. OTHER PROVISIONS

8.1. The Federation is entitled to invite at its own request special guests and representatives of the member organizations in addition to the Participants.

8.2. The program of the SW World Championship 2022 is intended only for the Participants and the special guests invited by the Federation.

8.3. In the event that any Participant brings along to the SW World Championship 2022 any other person (family member, relative, parent, child, friend, etc.), such Participant is responsible for covering all costs of such additional person (travel, accommodation, catering, entertainment, etc.). The Participants will be allowed to spend time with such persons only after the end of the competition.

8.4. The Federation is entitled to modify or supplement the above stated specific terms regarding the SW World Championship 2022, if, in the reasonable opinion of the Federation, it becomes necessary or useful based on the observations and experience of the Federation.

## 9. PARTICIPATION FEE

9.1. There shall be no participation fee in SW World Championship 2022.

## 10. WEIGHT CATEGORIES

### Freestyle weight categories

- Lightweight category: Under 68 kg for male athletes and under 50 kg for female athletes.
- Middleweight category: From 68 kg to 80 kg for male athletes and from 50 kg to 60 kg for female athletes.
- Heavyweight category: From 80 kg for male athletes and from 60 kg for female athletes.
- Absolute category: All weight category male athletes together and all weight category female athletes together.

### Power&Strength categories

Lightweight category: Under 80 kg for male athletes and under 55 kg for female athletes.

Middleweight category: From 80 kg to 90 kg for male athletes and from 55 kg to 65 kg for female athletes.

Heavyweight category: From 90 kg for male athletes and from 65 kg for female athletes.

Absolute category: All weight category male athletes together and all weight category female athletes together.

### GENERAL RULES FOR WEIGHT CATEGORIES IN ALL DISCIPLINES:

- Each of three weight categories are approved for individual competition and title if the category collects 6 or more Participants. If the number of Participants in lightweight category is less than 6 Participants, then all lightweight Participants are transferred to middleweight category. If the number of middleweight category Participants is less than 6 Participants, then all middleweight category Participants are transferred to lightweight



category. If the number of heavyweight category Participants is less than 6 Participants, all heavyweight Participants are transferred to middleweight category.

- Weighing procedure is done during the registration for the competition of every athlete before the competition and in the day when the competition is held.
- There are no special requirements for athletes during the weighting procedure, however athletes may weight in only once, second chance is not allowed.
- In Freestyle, winner of absolute category receives the title "Street Workout Freestyle / Power / Strength World Champion 2022" in absolute category and will be determined by counting the highest points in all weight categories together. That also means that absolute category winner will also be winner of any of the three weight categories.

## **11. RULES OF FREESTYLE COMPETITION**

11.1. The competition will be held on a stage (minimal area: 6 x 6 meters, height: 1 meter). There have to be at least the following metal constructions firmly attached to the stage: horizontal bar, parallel bars, and "monkey" bar. Additional constructions may be placed if coordinated with the Federation. Official World Championship equipment will be provided by the company Kenguru Pro. Stage and judge's table shall be separated from the rest of the area of the Competition venue, so that on the stage and in the judges area there shall be no other persons than the participant, judges and video/camera men of the Federation/Organizers.

11.2. The maximum performance time given for one Participant in Qualification is two (2) minutes. Once participant steps on the stage, he is given 30 seconds to start his performance. Performance can be started also quicker, showing a "thumb up" to DJ. Round time will be counted immediately after 30 seconds spent on the stage, or from the song start after the "thumb up" signal.

11.3. The maximum performance time given for one Participant in Final round is two (2) minutes. Once participant steps on the stage, he is given 30 seconds to start his performance. Performance can be started also quicker, showing a "thumb up" to DJ. Round time will be counted immediately after 30 seconds spent on the stage, or from the song start after the "thumb up" signal.

11.4. In case of special occasions (TV broadcasting requirements, etc.) maximum performance time given for one Participant in each round can be limited. The limitations will be applied equally to all Participants.

11.5. The order of the Participants will be drawn (selected by lottery) by the Federation before the SW World Championship 2022 and will be published on the Federation's internet resources.

11.6. Each Participant may use his own selection of music which has to be submitted by the Participant to the Organizers in a data medium at the competition venue before the start of the competition. The only acceptable file format for music is MP3. Those Participants, who



will fail to submit their personalized music selections, will perform with music chosen by a DJ.

Note: Deadline to send music to the Organizers is 1<sup>st</sup> of August 2022 (including). Music must be submitted to the following e-mail:

[bahidor@gmail.com](mailto:bahidor@gmail.com)

11.7. During their performance, the Participants may perform any street workout elements to amaze judges and increase the evaluation.

11.8. During a performance each Participant is allowed to use gloves and only that constructions/elements/equipment, that are on the performance stage. Participant shall participate only individually, without any support of other persons on the stage (e.g., other athletes, video, camera).

11.9. It is forbidden to perform or use insulting or offensive actions, gestures, and attributes towards other Participants, judges, or viewers.

11.10. Any offenses concerning national or racial hatred are categorically forbidden and shall be criminally punishable.

11.11. Dress-code. As street workout sport is distinctive from classical or sports gymnastics, the Participants must present themselves not only with a distinctive performance, but also with a distinctive choice of wardrobe. The requirements for the wardrobe are the following:

11.12.1. Participants must wear closed-toe shoes. Gymnastic shoes are not allowed.

11.12.2. Participants must wear long trousers or shorts that are not shorter than 5 cm above the knees. Jogging shorts or gymnastic shorts are not allowed.

11.12.3. Tight-fitting gymnastics shorts are not allowed.

11.12.4. The Participants are allowed to use special costumes that fit their chosen themes in order to highlight the richness of their performance (e.g. James Bond, Batman, Zorro, etc.).

11.12.5. Any tight-fitting gymnastic suits are not allowed.

11.13. Participants may be required to perform a doping test according to the international regulations and requirements of the World Anti-Doping Agency (WADA). By taking participation in the SW World Championship 2022 the Participants irrevocably agree to take, where appropriate, anti-doping tests.

11.14. If the results of the anti-doping test are positive, the guilty Participant will be disqualified from participation in official street workout events for a period of two (2) years, if not stated otherwise by the WADA and other local regulations of the Participant's nationality country.

## **12. SELECTION OF JUDGES FOR FREESTYLE COMPETITION**

12.1. In the SW World Championship 2022 there will be a panel of six (6) independent judges appointed by the Federation.

12.2. The judges must be well recognized and respected individuals within the street workout community, who have contributed to organization or development of the street workout sport in their respective countries or internationally. A judge must be a person with high morale, must be objective and shall have no conflicts of interest. The judges should be



selected according to their real and verifiable contribution (e.g., judge is working with youth, is leading or facilitating street workout movement) and not only by their public image created by themselves in the social networks.

### 13.PERFORMANCE ASSESSMENT

13.1. Judges cannot participate in the competition or assist during any performance of any Participant.

13.2. Each judge will assess the performance of each Participant by awarding him with a mark of "0" to "10" points in each round (the higher the mark awarded, the better was the performance). However, each judge will be responsible for assessing only one (1) criteria of the Participant's performance as described below:

13.2.1. **Static elements' judge.** The first (1st) judge shall give marks from "0" to "10" only for the static elements. This judge must be known as specialist in static elements, knowing all details and difficulties of moves.

**Static elements are holds (not less than 3 seconds) and slow-motion power and strength moves, e.g. planche, human flag, front lever, back lever, slow muscle-up, etc.**

13.2.1.1. The static elements' judge may give a mark up to maximum of "3" points if the Participant within one round has shown only one (1) perfect static move.

13.2.1.2. The static elements' judge may give a mark up to maximum of "6" points if the Participant within one round has shown only two (2) perfect static moves.

13.2.1.3. The static elements' judge may give a mark up to maximum of "10" points if the Participant within one round has shown at least three (3) perfect static moves.

13.2.2. **Dynamic elements' judge.** The second (2nd) judge. This category is divided in two sub-categories: (1) dynamic strength and (2) dynamic acrobatics.

13.2.2.1. The dynamic elements' judge may give a mark up to maximum of "5" points if the Participant within one round has shown only dynamic strength moves.

13.2.2.2. The dynamic elements' judge may give a mark up to maximum of "5" points if the Participant within one round has shown only dynamic acrobatic moves.

13.2.2.3. The dynamic elements' judge may give a mark up to maximum of "10" points if the Participant within one round has shown dynamic strength and dynamic acrobatic moves.

**Dynamic strength elements are, e.g., muscle-ups, one arm pull-ups, handstand push-ups, etc.**

**Dynamic acrobatic elements are, e.g., all spins, flips and other elements where momentum is mainly used.**

13.2.3. **Move combinations' judge.** The third (3rd) judge shall give marks from "0" to "10" only for combination of static and dynamic moves and elements.

13.2.4. Combination judge is required to give higher marks for clean mixed combinations that last longer than separated mixed combinations.

13.2.4.1. The combinations' judge may give a mark up to maximum of "3" points if the Participant within one round has shown only static move combinations.





13.2.4.2. The combinations' judge may give a mark up to maximum of "3" points if the Participant within one round has shown only dynamic move combinations.

13.2.4.3. The combinations' judge may give a mark up to maximum of "10" points if the Participant within one round has shown at least 2 mixed static and dynamic move combinations. Mixed combination is accepted only, if at least 2 dynamic and 2 static elements are done within one combination.

**Move combination is the flow of the Participant making transition from one element to another element, without stepping off the construction or stopping the routine on the floor. Move combinations' judge must not evaluate any individual static or dynamic move and its quality.**

13.3. Each judge must use the full range of marks (points) subject to regulations stated below. Full range of marks consists of "0"; "0.5"; "1"; "1.5"; "2"; "2.5"; "3"; "3.5"; "4"; "4.5"; "5"; "5.5"; "6"; "6.5"; "7"; "7.5"; "8"; "8.5"; "9"; "9.5"; "10".

13.4. If the Participant has shown only good quality **static elements**, but has not shown any dynamic elements or combinations of moves and elements, then he may obtain up to "10" points only from the static elements' judge. The other two judges must give "0" points.

13.5. If the Participant has shown only good quality **dynamic elements**, but has not shown any static elements or combinations of moves and elements, then he may obtain up to "10" points only from the dynamic elements' judge. The other two judges must give "0" points.

13.6. If the Participant has shown good quality **static and dynamic elements**, but no combinations of moves and elements, he may obtain up to "10" points from both the static and dynamic elements' judges. The move combinations' judge must give "0" points.

13.7. If the Participant has shown only good quality **static elements and combinations of moves and elements**, but has not shown any dynamic elements, then he may obtain up to "10" points from both the static elements' and move combinations' judges. The dynamic elements' judge must give "0" points.

13.8. If the Participant has shown only good quality **dynamic elements and combinations of moves and elements**, but has not shown any static elements, then he may obtain up to "10" points from both the dynamic elements' and move combinations' judges. The static elements' judge must give "0" points.

13.9. **Neither** the 1st, 2nd, nor the 3rd judge(s) may give a maximum mark ("10" points) for the Participant's performance in a particular round, if in that round the Participant has made a **failure** (also known as "**mistake**").

13.9.1. The Participant can get the maximum of "9" points from each of the 1st, 2nd, and 3rd judge(s), if during his performance in a particular round he has only one (1) failure.

13.9.2. The Participant can only get the maximum of "8" points from each of the 1st, 2nd, and 3rd judge(s), if during his performance in a particular round he has two (2) or more failures.



13.9.3. Only falling from the bar with both hands or partly falling from the bar, with one hand still attached to the bar, will be considered as failure. All other failures except the previously mentioned are considered as "bad form" of elements and has to

be taken into account by the judge of the particular category and will no longer be defined as failures.

13.10. **Neither** the 1st, 2nd, nor the 3rd judge(s) may give the maximum mark ("10" points) for the Participant's performance in a particular round, if in that round the Participant has made a **repetition of an element**.

13.10.1. The Participant can get the maximum of "9" points from each of the 1st, 2nd, and 3rd judge(s), if during his performance in a particular round he has made at least one (1) repetition of an element.

13.10.2. The Participant can only get the maximum of "8" points from each of the 1st, 2nd, and 3rd judge(s), if during his performance in a particular round he has made at least two (2) or more repetitions of element(s).

**Points for elements will not be reduced, if the elements are done in combination and they are combined in a completely different routine as only 1 element out of minimum of 3 elements.**

13.11. The marks will be given by each judge to each Participant in each round and then summed up together for both rounds. At the end of competition, the highest sum of points earned in both rounds will determine the winner.

13.12. The judges cannot give final marks for the first round before the last Participant has finished his performance (that is, before they have seen the performances of all Participants in the first round). The judges must take written notes during the first round, but may give final points only after the first round is completed. This will result in more accurate and objective performance assessment and marks. This rule does not apply to the second round.

13.13. In case the Participant ignores the requirements listed under Clause 11.13. of these Regulations, the Participant shall receive "0" points from all judges in that particular round.

13.14. Before the competition, each judge will be handed paperwork containing a table with all the necessary requirements, in order to facilitate the judges' work.

13.15. Before the competition, all the judges must get acquainted with the regulations of the competition and must confirm their agreement to the regulations with their signature. In addition, judges must become acquainted with the special judging guidelines that must be provided for all of the judges by the Organizers.

13.16. In case of identical results (equal sum of points earned by two or more Participants) the judges will collegially and democratically decide the winner by presenting constructive arguments.



#### 14. GENERAL RULES OF POWER AND STRENGTH COMPETITION

14.1. The competition will be held on a stage (minimal area: 10 x 10 meters, height: 1 meter). Information about constructions to be attached to the floor for the Strength discipline shall be provided by the Federation to Organizers not later than 1 month before the competition date. Official World Championship equipment will be provided by the company Kenguru Pro. Stage and judge's table shall be separated from the rest of the area of the Competition venue, so that on the stage and in the judge's area there shall be no other persons than the participant, judges and video/camera men of the Federation/Organizers.

14.2. When performing, each Participant can use liquid or powder magnesium.

14.3. Gloves, knee, elbow, wrist, back or any additional accessories cannot be used during a Participant's performance.

14.4. Dress-code. Street workout sport is different from classical or sports gymnastics and so the Participants must show not only a good performance, but also a good choice of clothing and footwear. Also, judges must be able to see that the Participants perform exercises correctly. These are the requirements for clothing and footwear:

14.4.1. Participants must wear closed-toe shoes. Gymnastic shoes are not allowed.

14.4.2. Participants must wear shorts that are not lower than 2 cm above the knees. Participants can wear compression underwear under the shorts. Judges need to see full movement of the knees.

14.4.3. Long pants are not allowed.

14.4.4. Hoodies or any kind of sweaters are not allowed.

14.4.5. Tight-fitting gymnastics shorts for male athletes are not allowed.

14.4.6. On the top of the body, participant must wear compression underwear, sports bra or any other tight fit clothing. No additional T-Shirt or sweater over the first layer is allowed. Naked body is not allowed.

14.5. Participant shall participate only individually, without any support of other persons on the stage (e.g., other athletes, video, camera).

14.6. It is forbidden to perform insulting or offensive actions or use insulting or offensive gestures, and attributes towards other Participants, judges or viewers.



14.7. Any offenses of national or racial hatred are categorically forbidden and are criminally punishable.

14.8. Participant order will be selected by lottery before the competition.

14.9. Participants may be required to perform a doping test according to the international regulations and requirements of the World Anti-Doping Agency (WADA). By taking participation in the SW World Championship 2022 the Participants irrevocably agree to take, where appropriate, anti-doping tests.

14.10. If the results of the anti-doping test are positive, the guilty Participant will be disqualified from participation in official street workout events for a period of two (2) years, if not stated otherwise by the WADA and other local regulations of the Participant's nationality country.

14.11. In the SW World Championship 2022 there will be a panel of six (6) independent judges appointed by the Federation.

14.12. The judges must be well recognized and respected individuals within the street workout community, who have contributed to organization or development of the street workout sport in their respective countries or internationally. A judge must be a person with high morale, must be objective and shall have no conflicts of interest. The judges should be selected according to their real and verifiable contribution (e.g., judge is working with youth, is leading or facilitating street workout movement) and not only by their public image created by themselves in the social networks.

## 16. RULES OF STREET WORKOUT POWER CATEGORY COMPETITION (For Male participants)

16.1. Competition with 3 power exercises for the maximum amount of repetitions.

16.2. The competition will be held on these constructions:

16.2.1. Pull-up bar – 2.4 m high, 1.7 m wide, 33 mm diameter of the bar

16.2.2. Parallel bar – 1.4 m high, 0.55 m between centers of the bars, 48 mm diameter of the bar.

16.3. In the Street Workout Power category competition, the Participants have to perform three basic street workout elements with additional weight and one without weight. These elements have to be performed **without dead stop on each repetition** one after the other and in the following order:

16.3.1. Pull-ups with additional weight of 32 kg kettlebell ("Weighted pullups");

16.3.2. Dips on parallel bars with additional weight of 48 kg kettlebell ("Weighted Dips");

16.3.3. Strict Muscle-ups with no additional weight ("Muscleups").

16.4. In the order which will be selected by lottery before the competition, all the Participants one after the other will perform Weighted Pull-ups. Then in the same order all the Participants will perform Weighted Dips and afterwards in the same order will perform the last element which is Muscleups.

16.5. Muscle-ups must be performed in clean exercise (strict muscle-ups):



16.5.1. Participant shall straighten his arms in elbow and shoulder joints at the lowest hanging position and fully straighten his arms in elbow and shoulder joints at the highest position above the pullup-bar;

16.5.2. It is not allowed to swing or perform Muscle-ups with non-power inertia and/or kipping;

16.5.3. Maximum pause between repetitions at the lowest position or highest position of the element performance is 3 seconds. The counting is conducted by a competition judge. If the participant deliberately prolongs the pause for more than this period of time, the participant has to end his performance of the element and, at that moment, the result is entered according to the number of repetitions performed so far. The pause, which needs to be under 3 (three) seconds, starts from the moment the athlete finishes performing a repetition, straightening arms at the elbow and shoulder joints (above or under the horizontal bar), and the judge announces the "number of repetitions" (e.g. "twenty two"), until the judge says "one", at which point the participant has to continue the performance of the element (repetition) (first warning). If the participant prolongs the pause and the judge says "two", then two seconds have already passed and the participant has only 1 (one) second left to continue the performance (second warning). If the judge says "three", then three seconds have already passed and the participant has to stop the performance of the element.

#### 16.6. Weighted Pullups:

16.6.1. have to be performed on the horizontal bar from the lowest hanging position with arms in a shoulder-width grip (upper grip), and, while at the lowest hanging position, the arms have to be straight in elbow and shoulder joints.

16.6.2. At the highest point of performing the athletic element, the chin of the athlete has to be over the horizontal bar, i.e., it shall be physically on top of the horizontal bar (i.e., horizontal bar is straight under the chin) and higher than the horizontal bar at the same time.

16.6.3. Pull-ups have to be performed with a straight body and legs, without crossing the legs.

16.6.4. It is not allowed to swing or perform pull-ups with non-power inertia.

16.6.5. It is not allowed to use straps, hooks, or any other equipment to remove the load from the "grip".

16.6.6. Maximum pause between repetitions at the lowest position of the element performance is 3 seconds. The counting is conducted by a competition judge. If the participant deliberately prolongs the pause for more than this period of time, the participant has to end his performance of the element and, at that moment, the result is entered



according to the number of repetitions performed so far. The pause, which needs to be under 3 (three) seconds, starts from the moment the athlete finishes performing a repetition, straightening arms at the elbow and shoulder joints, and the judge announces the "number of repetitions" (e.g. "twenty two"), until the judge says "one", at which point the participant has to continue the performance of the element (repetition) (first warning). If the participant prolongs the pause and the judge says "two", then two seconds have already passed and the participant has only 1 (one) second left to continue the performance (second warning). If the judge says "three", then three seconds have already passed and the participant has to stop the performance of the element.

16.6.7. It is allowed to use magnesium.

16.6.8. The performance and repetition of the element is only allowed to start after the judge has given the command by touching the hand of participant.

16.7. Weighted dips:

16.7.1. have to be executed starting from the highest point of the element performance, i. e., from the position with straight arms over the parallel bars.

16.7.2. At the lowest point of the element performance, the angle at the athlete's elbow joint must be equal to or less than 90 degrees.

16.7.3. When performing dips on parallel bars, the back inclination should be straight and fixated. If dips on parallel bars will be executed by tilting forwards, with the pelvis area stationary, then these repetitions will not be counted.

16.7.4. Dips have to be performed on parallel bars that are provided by the organizers of the competition. All participants execute the dips in the same way and form. Palms of the hands of the participants shall be placed in the middle of the drawn and red colored zone on each of the parallel bars.

16.7.5. Maximum pause between repetitions at the highest position of the element performance is 3 seconds. The counting is conducted by a competition judge. If the participant deliberately prolongs the pause for more than this period of time, the participant has to end his performance of the element and, at that moment, the result is entered according to the number of repetitions performed so far. The pause, which needs to be under 3 (three) seconds, starts from the moment the athlete finishes performing a repetition, straightening arms at the elbow joints, and the judge announces the "number of repetitions" (e.g. "twenty two"), until the judge says "one", at which point the participant has to continue the performance of the element (repetition) (first warning). If the participant prolongs the pause and the judge says "two", then two seconds have already passed and the participant has only 1 (one) second left to continue the performance (second warning). If the judge says "three", then three seconds have already passed and the participant has to stop the performance of the element. This method of time measurement has been verified experimentally, using a stopwatch.

16.7.6. It is allowed to use magnesium. Magnesium will be provided by the Organizers.



16.7.7. The performance and repetition of the element is only allowed to start after the judge has given the command by touching the hand of participant.

16.8. The operator records the performance in all exercises with a video camera.

16.9. During the performance of any of the elements, one of the judges counts the correctly performed number of repetitions in a loud voice. The second judge counts pause seconds between repetitions. The third judge is fixing performed number of repetitions in a counter. Forth judge is the general (chief) judge of the judge's table and shall review general performance of athletes and judges. Fifth judge is the general (chief) judge of the Power competition and shall review disputes between judges.

16.10. After the completion of a specific element, the judges announce preliminary results of each participant **only after collective discussion between judges**. Any of the judges has a right to request/ examine the videos of each participant performing the exercise (depending on the situation), however video review may not be performed in case the athlete has been announced of his results.

16.11. Any athlete has a possibility to file a complaint to the general (chief) judge of the Power competition not later than 2 (two) minutes after his performance of a particular element. In such case the general (chief) judge of the Power competition shall request all other judges for a video review without participation of the athlete in such video review. A decision by judges shall be taken by simple quorum. In case 4 (four) judges split their decisions 2 against 2, then the vote of the General (chief) judge of the Power competition shall decide the outcome for the athlete. General (chief) judge of the Power competition shall disclose to the athlete the final decision of the judges.

16.12. Final results of every athlete shall be included in the competition protocol.

16.13. Determination of winners:

16.13.1. The winner is determined by counting the total repetition earned in all 3 (three) elements.

16.13.2. Sample calculation: The result of the athlete – 10 Muscle-ups, 20 Weighted Pull-ups, 38 Weighted Dips,

The total score in points:  $10+20+38 = 68$  points.

Note: There are no advantages or proportions given to any of the exercises other than those mentioned above.

#### Other collective rules for Power competition:

16.14. Before performing each weighted element, a Participant will have to add additional weight himself to the weighted belt, which will be provided by the Organizers. Participant is allowed to use not more than 2 (two) associates (assistants) who shall help the participant to mount the weighted belt and add the kettlebell to the weighted belt. Participant will be provided by an additional step box in order to reach to the pullup bar or to reach to the parallel bar for dips with straight hands in elbows.



16.12. In order to prevent kipping (i.e., situations stipulated in clause 16.6.4. and 16.7.3.), there shall be additional hurdles/walls creating a limited area for the athlete. Such hurdles/walls shall be placed in a distance which is calculated in the following way: 30

(thirty) degrees from the red colored zone on each of the parallel bars towards the flooring on each side of the red colored zone. Hurdles/walls shall be placed in front of the performing zone and behind the performing zone. If the athlete touches hurdles/walls, such repetition is not being counted. However, judges may decide not to count athletes' repetitions in case the athlete is performing kipping also in-between hurdles/walls (i.e., situations stipulated in clause 16.6.4. and 16.7.3.).

16.13. Weighted belts for Weighted Pullups and Weighted Dips shall be provided by Organizers and their parameters shall be at least the following:

- **Total weight of the belt not higher than 1kg** (Please note that total weight of the belt shall not be counted in the weight mentioned in clause 16.3.1. and 16.3.2., thus it is additional weight as well);
- **Length of the steel chain** (not longer than 85cm (eighty-five centimeters) and not shorter than 75cm (seventy-five centimeters);
- **Widest part of the belt width** (back) – 16cm (sixteen centimeters);
- **Narrowest part of the belt width** (front) – 10cm (ten centimeters);

16.14. Per participant's convenience, the additional kettlebell may be held in front of the legs or behind the legs.

16.15. In case the participant touches the floor in any of repetitions, such repetition is not being counted.

16.16. Minimum rest time for participants between any of the mentioned 3 (three) power competition exercises shall be 30 (thirty) minutes.

16.17. Judges shall not unreasonably delay signals for participants (if any). Such signals shall be performed not later than 2 (two) seconds after the athlete is in appropriate position to perform an exercise.

### **POWER CATEGORY FOR FEMALE ATHLETES**

16.18. Competition with 3 power exercises for the maximum number of repetitions.

16.19. Participants have to perform three basic street workout elements with additional weight and one without weight. These elements have to be performed without dead stop on each repetition one after the other and in the following order:

16.19.1. Pull-ups with additional weight of 12 kg kettlebell;

16.19.2. Dips on parallel bars with additional weight of 16 kg kettlebell;

16.19.3. Bar pullovers with no additional weight.

**GENERAL REGULATIONS FOR FEMALE ATHLETES FOR EACH OF THE EXERCISES ARE MENTIONED IN SECTION 16.**





16.19. Bar pullovers must be performed in clean exercise:

16.19.1. Participant shall straighten his arms in elbow and shoulder joints at the lowest hanging position and fully straighten his arms in elbow and shoulder joints at the highest position

above the pullup-bar with a **dead stop** at the highest position;

16.19.2. Only after judge's voice signal a female participant may perform movement back down;

16.19.3. It is not allowed to swing or perform pullovers with non-power inertia and/or kipping;

16.19.4. With exception to female category, hurdles/walls shall be placed only behind the pullup bar with the same calculation parameters as mentioned in clause 16.12. Female athlete must not touch the hurdle/wall. In case of touching hurdle/wall while starting to perform pullover, such pullover shall not be counted as a repetition. In case of touching hurdle/wall when performing movement back down, previous repetition shall be counted, however the female participant shall then perform complete dead stop under the horizontal bar and perform pullover only after judge's signal.

16.19.5. Maximum pause between repetitions at the lowest position or highest position of the element performance is 3 seconds. The counting is conducted by a competition judge. If the participant deliberately prolongs the pause for more than this period of time, the participant has to end his performance of the element and, at that moment, the result is entered according to the number of repetitions performed so far. The pause, which needs to be under 3 (three) seconds, starts from the moment the athlete finishes performing a repetition, straightening arms at the elbow and shoulder joints (above or under the horizontal bar), and the judge announces the "number of repetitions" (e.g. "twenty two"), until the judge says "one", at which point the participant has to continue the performance of the element (repetition) (first warning). If the participant prolongs the pause and the judge says "two", then two seconds have already passed and the participant has only 1 (one) second left to continue the performance (second warning). If the judge says "three", then three seconds have already passed and the participant has to stop the performance of the element.

## **17. RULES OF STREET WORKOUT STRENGTH CATEGORY COMPETITION (Both – male and female athletes)**

17.1. It is the vision of the competition that a Participant has to have enough overall strength to win the World Champion's title. To reach this goal the Organizers and the Federation will not reveal the precise order of the competition elements and the number of repetitions that will have to be performed.

17.2. Precise order of the competition elements shall be revealed to the athletes during the registration for the competition, and after the registration for the competition Federation, judges and Organizers shall collectively refer athletes to the particular exercise stations/track of exercises, time limit (cap) and other important circumstances.



17.3. The following exercises shall be included in the strength category competition in any order, number of repetitions and maximum time cap solely determined by the Federation and Organizers:

- Air squat;
- Pistol squat;
- Lunges (frontward and backward);
- Jumping lunges;
- Squat jumps;
- Burpees (on ground);
- Burpees (over the box 50cm women, 60cm men);
- Box jumps (60-70cm men, 50cm women);
- Box step-ups (50cm women, 60cm men);
- Strict pullups;
- Strict chinups;
- Strict Neutral grip pullups;
- Strict Muscle-ups;
- Bar Pullovers;
- Strict Bardips (pushups on single bar);
- Strict Dips on parallel bars;
- Dips on low parallel bars (a little bit above the ground);
- Pushups on ground;
- Toes to bar (strict and with kipping);
- Knees to chest (on pullup bar or dips);
- Leg raises on parallel bars with opening of legs on the sides of the bars;
- Monkey bar walk (from start until end without falling off, at least 10 bars);
- Strict handstand pushups against wall;
- Handstand walk (variations from 5 to 10 meters);
- Shuttle runs (usually 10 meters one direction, but there might be 5-10 distances in total).

**17.4. Qualification men and women will be on 21<sup>st</sup> of August (morning) and Final men and women on 21<sup>st</sup> of August (evening).**

17.5. In the Street Workout Strength category competition, the Participants will have to go through different exercise stations put in a various order. The exercise stations will be placed on stage in equal placement for two (2) Participants to compete at the same time one after the other and together will make the competition course.

17.6. Participants in their selected order in groups of two Participants will perform different street workout elements with different number of repetitions.

17.7. The Participants will be put on the starting line in groups of two Participants and, with the sound of the signal, will start to perform one by one street workout elements in the



exercise stations, which will be exactly the same for all three Participants and they will have to perform exactly the same number of repetitions.

17.8. Each Participant will have a judge who will follow the Participant along the course and count the number of correct repetitions.

17.9. During the performance of any of the elements, one of the judges counts the correctly performed number of repetitions in a loud voice. The second judge is fixing performed number of repetitions in a counter. Third judge is the general (chief) judge of the judge's table and shall review general performance of athletes and judges, as well as set time and fix the time when the athlete has finished his performance. Forth judge is the general (chief) judge of the Strength competition and shall review disputes between judges.

17.10. In Strength competition Participants do not have right to file a complaint to the Federation and/or judges before or after his performance.

17.11. Until the Participant will not be done performing the necessary number of correct exercise repetitions, he / she will not be allowed to move to the next exercise station.

17.12. Participants are allowed to split their repetitions and rest between repetitions and/or exercises anywhere in the competition area.

17.13. A specific time display board shall be placed in the competition area so that both – judges and Participants may see their time of performance.

17.14. The winner of the competition will be the Participant who will have the fastest time on the course, by correctly performing all the elements with the necessary number of repetitions.

17.15. Depending on the number of Participants exercise sets will be precisely determinate for qualification and final round. Depending on number of participants, Final round will have up to 10 participants with best results qualifying from Qualification round.

On behalf of World Street Workout & Calisthenics Federation Chairman of the Management Board Maris Slezins