APPROVED BY the Management Board of the
World Street Workout & Calisthenics Federation
On December 1, 2024, in Riga, Latvia

CALISTHENICS POWER AND ENDURANCE OFFICIALREGULATIONS FOR COMPETITIONS

- The following regulations ("**Regulations**") of the Calisthenics Power&Endurance have been developed by the World Street Workout and Calisthenics Federation ("**Federation**") in cooperation with its member organizations.
- These regulations cover competition rules.
- These regulations do not cover organizing, qualification, weight and age rules for disciplines. Those can be found in a separate document of the Federation on our website www.wswcf.org under section "Organizing Rules".
- These Regulations are addressed to the organizations and persons responsible for organization of Calisthenics Power&Endurance competitions internationally and on a national level ("**Organizers**") and Participants participating ("**Participants**") in these competitions.
- These regulations do not apply to World Cup stages and World Cup super-final, as these competitions have separate rules and regulations.
- These regulations are an intellectual property object of the Federation. Any illegal copy or use of authorship or reproduction of these regulations may result in legal proceedings against the breaching person.

[1] COMPETITION STAGE

- 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 and parallel bars.
- The parameters of pull-up bar and parallel-bar are the following:

- Pull-up bar – 2.4 m high, 1.7 m wide, 33 mm diameter of the bar
- Parallel bar – 1.4 m high, 0.55 m between centres of the bars, 48 mm diameter of the bar.

- National Championship Organizer may use constructions, that have different parameters, in case majority of the local Participants, participating in the competition, do not object for such use before the competition.

- National Championship Organizer may use additional constructions, if use of them deems to be relevant and may help to set a higher level to the competition, for example, in order to maintain Endurance elements, which may not be done one horizontal or parallel bars.
- For the World Championship information about the constructions to be attached to the floor shall be provided by the Federation to the Organizers additionally.

[2] ORDER OF COMPETING PARTICIPANTS

- **POWER:** The order of the Participants in each weight category shall be drawn (selected by lottery) by the Organizer before the competition and shall be announced to the Participants on Organizer's public resources and/or internet 1 (one) day before the competition. The same order shall compete for all exercises.
- **ENDURANCE:** The order of the Participants in each weight category and discipline for the qualification round shall be drawn (selected by lottery) by the Organizer before the competition and shall be announced to the Participants on Organizer's public resources and/or internet 1 (one) day before the competition. The order of the Participants for the final round shall be established in the following way: in a proportional order, starting with Participants with higher time score in the qualification round and ending with Participants with lower time score in the qualification round.

[3] CLOTHING AND ALLOWED EQUIPMENT

- When performing, each Participant can use liquid or powder magnesium, which shall be provided by the Organizer.
- Gloves, knee, elbow, wrist, back or any additional accessories cannot be used during a Participant's performance.
- As calisthenics 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:

- Participants may wear closed-toe shoes. Gymnastic shoes are not allowed.
- Participants may wear long trousers or shorts s 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.
- Long pants are not allowed.
- Hoodies or any kind of sweaters are not allowed.
- Tight-fitting gymnastics shorts for male Participants are not allowed.
- On the top of the body, participant may 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.

[4] EQUIPMENT PROVIDED BY THE ORGANIZER, ASSISTED EQUIPMENT

- 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.
- In order to prevent kipping, there shall be additional hurdles/walls creating a limited area for the Participant. Such hurdles walls shall be placed in a distance which is calculated in the following way:
  - For Pullups – 30 (thirty) centimetres from the line on the top of which the pullup bar is placed.
  - For Muscle-ups – 50 (fifty) centimetres from the line on the top of which the pullup bar is placed.
  - Dips – 50 (fifty) centimetres from the red coloured zone on each of the parallel bars towards the flooring on each side of the red coloured zone.
  - Hurdles/walls shall be placed in front of the performing zone and behind the performing zone. If the Participant touches hurdles/walls, such repetition is not being counted. However, judges may decide not to count Participants' repetitions in case the Participant is performing kipping also in-between hurdles/walls.
- 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 of kettlebells);
- **Length of the steel chain** (not longer than 85cm (eighty-five centimetres) and not shorter than 75cm (seventy-five centimetres);
- **Widest part of the belt width** (back) – 16cm (sixteen centimetres);
- **Narrowest part of the belt width** (front) – 10cm (ten centimetres);

- Per participant's convenience, the additional kettlebell may be held in front of the legs or behind the legs.
- In case the participant touches the floor in any of repetitions, such repetition is not being counted.
- Minimum rest time for participants between any of the mentioned 3 (three) power competition exercises shall be 30 (thirty) minutes.
- Judges shall not unreasonably delay signals for participants (if any). Such signals shall be performed not later than 2 (two) seconds after the Participant is in appropriate position to perform an exercise.

[5] RULES OF POWER (For both – Male and Female participants)

- Competition with 3 power exercises for the maximum number of repetitions.
- In the Participants have to perform three basic calisthenics elementswith 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:
- **Pull-ups**
- For male participants – with additional weight of 32 kg kettlebell ("Weighted pullups");
- For female participants – with additional weight of 12 kg kettlebell ("Weighted pullups");
- **Dips on parallel bars**
- For male participants – with additional weight of 48 kg kettlebell ("Weighted Dips");
- For female participants – with additional weight of 16 kg kettlebell ("Weighted pullups");
- **Strict Muscle-ups** with no additional weight ("Muscleups") for both – male and female participants.
- In the selected order, all the Participants one after the other shall perform Weighted Pull-ups. Then in the same order all the Participants shall perform Weighted Dips and afterwards in the same order will perform the last element which is Muscleups.
- **Muscle-ups**
- Muscle-ups must be performed in clean exercise (strict muscle-ups):
- 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;
- It is not allowed to swing or perform Muscle-ups with non-power inertia and/or kipping;
- 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 Participant 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.

- **Weighted Pullups**

- Weighted pullups 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.
- At the highest point of performing the athletic element, the chin of the Participant 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.
- Pull-ups have to be performed with a straight body and legs, without crossing the legs.
- It is not allowed to swing or perform pull-ups with non-power inertia.
- It is not allowed to use straps, hooks, or any other equipment to remove the load from the “grip”.
- 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 resultis 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 Participant 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.
- 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.

- **Weighted dips**

- Weighted dips 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.
- At the lowest point of the element performance, the angle at the Participant’s elbow joint must be equal to or less than 90 degrees.
- 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.
- Palms of the hands of the participants shall be placed in the middle of the drawn and red coloured zone on each of the parallel bars.
- 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 Participant 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.

- 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.

- The operator records the performance in all exercises with a video camera.
- Performance quality of the weighted pullups and weighted dips can be found here: https://www.youtube.com/watch?v=WkV3jBJEwZ8&list=PLVzLkBxAgp1IdfRy84gMeJRO-L5IMO5t8

[6] SELECTION OF JUDGES FOR POWER COMPETITION, ETHICS AND COMPLIANCE OF JUDGES

WORLD CHAMPIONSHIP	NATIONAL CHAMPIONSHIP
• Judges are divided in field judges and judge's table. • In total there shall be 2 (two) judges' tables, which corresponds to the number of competing Participants at the same time – 2 (two) Participants at a time, each of them competing on different sides of the field. • For each of the 2 (two) judges' tables there shall be the same amount of field judges, and directly: 1) First judge, which is counting correctly performed number of repetitions in a loud voice; 2) Second judge, which is assisting the first judge and reviews correctness of the movements;	• National championships are recommended to follow the same number of judges, however, in case it is not possible, National Championship Organizers must confirm with the Federation a smaller number of judges. • National Championship Organizers may decrease or increase number of judges' tables as per their own convenience.

3) Third judge, which is counting pause seconds between repetitions and may assist on any other matter. • Judge's table: For each of the judges' tables there shall be one judge, which is the general (chief) judge of the judge's table and shall review general performance of Participants and judges in the corresponding judges' field and may review complaints from the Participants performing in the corresponding field. • Competition Supervisor Judge: There shall be another competition supervisor judge, who shall review general performance of both judges' tables and both field judges. • Subsequently, total amount of judges for the competition are 9 (nine).	

- The judges must be well recognized and respected individuals within the calisthenics community, who have contributed to organization or development of the calisthenics sport in their respective countries (for National Championships) or internationally (for World Championship).
- 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.
- Judges cannot participate in the competition or assist during any performance of any Participant.

[7] PERFORMANCE ASSESSMENT

- 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 Participant has been announced of his results.

- Any Participant has a possibility to file a complaint to the general (chief) judge of the judges' table not later than 2 (two) minutes after his performance of a particular element. In such case the general (chief) judge shall request all other judges for a video review without participation of the Participant 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 Participant. General (chief) judge of the Power competition shall disclose to the Participant the final decision of the judges.
- Final results of every Participant shall be included in the competition protocol.
- Determination of winners:
- The winner is determined by counting the total repetition earned in all 3 (three) elements.

Sample calculation: The result of the Participant – 10 Muscle-ups, 20 Weighted Pull-ups, 38 Weighted Dips, the total score in points: 10+20+38 = 68 points.

- There are no advantages or proportions given to any of the exercises other than those mentioned above.
- **Only for Participants with the same result taking the podium (1st, 2nd or 3rd place) after preliminary results.** In case 2 or more Participants have the same number of points, the winner is the Participant, which weighted less during the weighting for the competition.
- In case the weight of the Participants is the same, all of these Participants in the respective weight category shall perform together in the same order additional round of each exercise until the moment, when one of the Participants has performed the highest number of repetitions. Pause between exercises shall be not higher than 3 (three) minutes for each Participant (notwithstanding, if they perform at the same time or one after each other).

[8] RULES OF ENDURANCE CATEGORY COMPETITION (Both – male andfemale Participants)

[9] General Rules of Endurance

- It is the vision of the competition that a Participant has to have enough overall endurance 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.
- Organizers may choose to reveal precise order of the competition elements to the Participants during the competition day (qualification round – in the morning of the competition day and final round – after qualification), and after the registration for the competition the Federation, judges and Organizers shall collectively refer Participants

to the particular exercise stations/track of exercises, time limit (cap) and other important circumstances.

[10] SELECTION OF JUDGES FOR ENDURANCE COMPETITION, ETHICSAND COMPLIANCE OF JUDGES

WORLD CHAMPIONSHIP	NATIONAL CHAMPIONSHIP
• Judges are divided in field judges and judge's table. • In total there shall be 2 (two) judges' tables, which corresponds to the number of competing Participants at the same time – 2 (two) Participants at a time, each of them competing on different sides of the field. • For each of the 2 (two) judges' tables there shall be the same amount of field judges, and directly: 1) First judge, which is counting correctly performed number of repetitions in a loud voice; 2) Second judge, which is assisting the first judge and reviews correctness of the movements, as well as checks the number of repetitions already performed and still left; • Judge's table: For each of the judges' tables there shall be one judge, which is the general (chief) judge of the judge's table and shall review general performance of Participants and judges in the corresponding judges' field and may review complaints from the Participants performing in the corresponding field. • Competition Supervisor Judge: There shall be another competition supervisor judge, who shall review general performance of both judges' tables and both field judges.	• National championships are recommended to follow the same number of judges, however, in case it is not possible, National Championship Organizers must confirm with the Federation a smaller number of judges. • National Championship Organizers may decrease or increase number of judges' tables as per their own convenience.

• Time judge. In case Organizers do not have technology to fix the time of the performing Participant, a time judge shall fix Participants time at the start and at the end of his performance. There shall be a time judge for every field, where a Participant is competing. • Subsequently, total amount of judges for the competition are 9 (nine).	

- The judges must be well recognized and respected individuals within the street workout/calisthenics community, who have contributed to organization or development of the calisthenics sport in their respective countries (for National Championships) or internationally (for World Championship).
- 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.
- Judges cannot participate in the competition or assist during any performance of any Participant.

[11] EXERCISES OF ENDURANCE

- The following exercises may be included in the endurance 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 50-60cm women, 60-70cm men);
- Box jumps (60-70cm men, 50-60cm women);
- Box step-ups (50-60cm women, 60-70cm men);
- Strict pullups;
- Strict chinups;
- Strict Muscle-ups;
- Bar Pullovers;

- Strict Bardips (pushups on single bar);
- Strict Dips on parallel bars;
- 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;
- Shuttle runs (usually 10 meters one direction, but there might be 5-10 distances in total).

Performance quality of the exercises that shall be subject of inclusion in the endurance competition can be found here: https://www.youtube.com/watch?v=WkV3jBJEwZ8&list=PLVzLkBxAgp1IdfRy84gMeJRO-L5IMO5t8

[12] QUALIFICATION AND FINAL ROUND, FIXING OF TIME

- There shall be at least 1 (one) qualification round and at least 1 (one) final round
- Organizers may choose to increase qualification rounds and to add also, for example, quarterfinal and semi-final rounds
- In the World Championship there shall be 2 (two) qualification rounds and 1 (one) final round.
- In the World Championship 6 participants with best results in each weight category shall qualify from qualification round to the final round.

[13] TIME CAP

- Time cap for both (female and male) shall be chosen by the Organizer. For different sets of exercises the time cap may vary, for example, 6, 10, 15 or 20 minutes.
- In case the Participant does not finish the set of exercises during the set time cap, his result is the number of repetitions of the last exercises that the Participant performed.

[14] RULES OF THE COMPETITION

- In the endurance competition, the Participants will have to go through different exercise stations put in a various order. In case Organizers allow toparticipate for 2 or more Participants, then the exercise stations will be placed on stagein equal placement for all Participants to compete at the same time.
- Participants in their selected order in groups of will perform different calisthenics elements with different number of repetitions.
- Participants will be put on the starting line in groups of two Participants and, with the sound of the signal, will start to perform in the exercise stations.

- In Endurance competition Participants do not have right to file a complaint to theFederation and/or judges before or after his performance.
- 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.
- Participants are allowed to split their repetitions and rest between repetitions and/or exercises anywhere in the competition area.
- A specific time display board shall be placed in the competition area so that both – judges and Participants may see their time of performance.
- Organizers may fix the time of the Participant in different ways (crossing finish line, finishing last repetition, touching an element to fix the time, etc.). It is the liability of the Organizers to introduce Participants with such system.

[15] BRIEFING OF ORGANIZERS, JUDGES AND PARTICIPANTS

- Organizer is responsible to hold a briefing with participants and judges in order to introduce Participants with the exercises of the endurance competition.
- Such briefing may be held at the competition day or one day before the competition.
- Organizer is responsible to discuss with judges the exercises before the briefing and to prepare judges for the briefing.

[16] DETERMINATION OF THE WINNER, COUNTING OF POINTS

- The winner of the competition will be the Participant who will have the fastest time on the course in the final round, by correctly performing all the elements with the necessary number of repetitions.
- Participants with 6 (six) best time scores in each weight category shall qualify to the final round from the qualification round in case there is only 1 (one) qualification round.
- In case there are 2 (two) or more qualification rounds (including, e.g., quarterfinal and semi-final), then the following counting system applies to the Participants:

- After each round every Participant shall receive number of points according to his time of performance (e.g., 1st place receives 1 point, 2nd place receives 2 points, etc.);
- In case a Participant has received 1st place in 2 qualification rounds, that Participant shall receive 2 points in total.
- Participants with the least number of points shall qualify to the final round.
- In case there is same number of points for 2 or more Participants, who have reached TOP 6 threshold for the final round, then the Participants, who are in TOP 6, shall be determined by counting together their performance time from all rounds. Participants, who have the least time and who are in the TOP 6, shall qualify for the Final round.