Offical Excellence Era Cup Competition Wavier And Rules

1. **General**
   1. Competitors must complete the official registration process, sign competition wavier and pay all applicable entry fees before the **30 September 2026.**
   2. You are required to wear a wrist band on the day and if you can't present it please note you will be ask to leave the grounds.
   3. Competitors participate entirely at their own risk.
   4. Competitors are responsible for the security of their personal belongings.

2. Conduct and Sportsmanship

1. All competitors must demonstrate respect towards fellow competitors, judges, event staff, volunteers, spectators, and school personnel.
2. Abusive language, threatening behaviour, discrimination, harassment, or any form of misconduct will not be tolerated.
3. Unsportsmanlike conduct may result in immediate disqualification and removal from the venue.

3. School Premises Regulations

As this event is being hosted on school grounds:

1. Competitors must respect all school property and facilities.
2. Any deliberate damage to school property will result in removal from the event and financial liability for damages.
3. Competitors may only access designated competition and spectator areas.
4. Alcohol, illegal substances and any prohibited items are strictly forbidden anywhere on the school premises.
5. Littering is prohibited. Competitors must dispose of all waste in designated bins.

4. Competition Format

Advanced Endurance

Will consist out of 2 rounds, a qualifier round where athletes are placed in groups and then a final round where the winner of each group will go head to head

Competition Exercises (exercises will be completed in this order):

1. Muscle-Ups
2. Dips
3. Pull-Ups
4. Push-Ups

Time Allocation

- Athletes will be allocated a maximum of 2 minutes to complete as many valid repetitions as possible for each exercise.
- Repetitions completed after the 2-minute time limit has expired will not be counted.
- A 2-minute rest period will be provided between each exercise to allow athletes to recover before proceeding to the next station.

Repetition Standards

- Muscle-Ups: Start from a full dead hang with elbows locked. Finish with both elbows fully locked out at the top. Limited kipping is allowed however you may not have any bend in the knees. Chicken wing muscle-ups will not be counted.
- Dips: Elbows must reach at least a 90-degree angle at the bottom. Full elbow lockout is required at the top. No momentum or kipping is allowed.
- Pull-Ups: Chin must clearly pass over the bar. Full elbow lockout is required at the bottom. No kipping is allowed.
- Push-Ups: Chest must touch the parallel marker placed on the ground. Full elbow lockout is required at the top. Repetitions that do not meet the depth or lockout standards will not be counted.

Scoring

- Athletes will be ranked according to their cumulative repetition count as well as an extra 5 points for technique may for awarded.
- Muscle up: 4 Points each rep
- Dips: 2 Points each rep
- Pull up: 3 Points each rep
- Push up: 1 Point each rep
- Score sheets will be released closer to the time.

Judging and Standards

- All judging decisions are final.
- Judges will count only repetitions performed according to the competition standards.

Static Format:

The Static Competition will consist of two rounds: the Qualifier Round and the Final Battle round.

Qualifier Round

- Each athlete will be allocated a maximum of 2 minutes to perform their static routine.
- Any music to be used during the routine must be submitted to **081 432 2366** no later than **30 September 2026.** Failure to submit music by the deadline may result in the athlete performing without music or general music.
- Athletes will be assessed by the judging panel and awarded a score out of 100 points.
- Judging criteria will include:
  - Technique and Form
  - Range of Motion
  - Hold Time
  - Cleanliness and Overall Execution
  - Control and Stablity
  - Difficulty of the skill performed
  - Creativity and flow
  - Combinations

At the conclusion of the Qualifier Round, the top six (6) highest-scoring athletes will advance to the Final Showdown Round.

Final Battle Round

- The six qualifying athletes will compete in a 1-versus-1 battle format.
- Athletes will be paired against the competitor whose qualifying score is closest to their own.
- Score sheets will be released closer to the time.

Important Note:
Scores obtained during the Qualifier Round will not be carried forward to the Final Showdown Round. The Final Showdown scores alone will determine the final placings and overall winners of the competition.

Beginner Category Class Format:

Exercises:

Will consist out of 2 rounds, a qualifier round where athletes are placed in groups and then a final round where the winner of each group will go head to head
Competition Exercises (exercises will be completed in this order):

- Pulls Ups
- Dips
- Squats
- Push-Ups

Time Allocation

- Athletes will be allocated a maximum of 1 minutes to complete as many valid repetitions as possible for each exercise.
- A 1:30-minute rest period will be provided between each exercise to allow athletes to recover before proceeding to the next station.

Repetition Standards

Pull ups: Can be performed in any preferred grip. Chin must clearly pass over the bar. Full elbow lockout is required at the bottom. Minimal Kip may be used.
Dips: Elbows must reach at least a 90-degree angle at the bottom. Full elbow lockout is required at the top. Minimal momentum or kipping is allowed.
Squats: Feet no wider than shoulder width apart. Must go as close as possible to 90 degree bend in the knee. Full extentionof the knees when in the eccentric phase of the movement.
Push-Ups: Chest must touch the parallel marker placed on the ground. Full elbow lockout is required at the top. Repetitions that do not meet the depth or lockout standards will not be counted.

Scoring

- Athletes will be ranked according to their cumulative repetition count as well as an extra 5 points for technique may be awarded.
- Squat: 1 Points each rep
- Dips: 3 Points each rep
- Pull up: 4 Points each rep
- Push up: 2 Point each rep

5.Photography and Media Consent

- The competition may be photographed and recorded by event organizers, sponsors, and hired professional sports photographer and videographer.
- By participating, competitors grant permission for photographs and videos taken during the event to be used for promotional, marketing, educational, and social media purposes without compensation.
- If you as a competitor do not consent to photographs been taken of you and posted on social media platforms please send a message to - 081 432 2366

6. Liability Waiver

- Participation in calisthenics involves inherent risks, including but not limited to falls, strains, sprains, fractures, and other injuries.
- Competitors voluntarily assume all risks associated with participation.
- The event organizers, host school, sponsors, volunteers, officials, and affiliated parties shall not be held liable for any injury, illness, loss, theft, or damage to personal property arising from participation in the event.

Registration fee:

Advanced Endurance and Statics: R200
Beginner Endurance (Only for new competitors and scholars): R100

Payment to be made to:

Account Name: J. Ford
Account Type: FNB (Savings)
Account number: 62631356252
Branch Code: 250655
Reference: Your name and surname. EE Cup
Please send proof of payment to 081 432 2366
Once payment has been made no refunds will be made.

Competitor Name: _____

Signature: _____

Date: _____