WSWCF CALISTHENICS FREESTYLE

NATIONAL CHAMPIONSHIP

OFFICIAL COMPETITION RULES

Rules defined by WSWCF

Qualification for the WSWCF Calisthenics Freestyle World Championship

Approved by the Board of Directors of the World Street Workout & Calisthenics Federation

The following regulations of WSWCF national championships have been developed in collaboration with member countries of WSWCF. These regulations are intended for coordinators in individual countries and competitors participating in national championships in their respective countries. The national championship ensures that the best qualified competitor from the respective country advances to the WSWCF World Championship. The following regulations are intended solely to define the rules of the national championship qualifiers; any partial or complete copying is prohibited, and approval from the world federation is required.

1. DATES OF WSWCF STREET WORKOUT CALISTHENICS FREESTYLE WORLD CHAMPIONSHIP AND NATIONAL QUALIFIERS:

1.1. Exact date and place of the freestyle world championship shall be announced not later than until March 31 of each consequtive year.

1.2. National qualifiers must be organized and results communicated to the world federation no later than 1 month before the world championship.

2. DRESS CODE RULES:

Calisthenics clothes differ from gymnastics cloth. The rules regarding clothing are as follows:

2.1. Competitors must wear closed-toe shoes throughout every round; gymnastics shoes are not allowed. If an athlete's shoes seem to be invalid by the opinion of judges, they have the right not to let that athlete on stage with those shoes, and order the athlete to change to a proper shoe.

2.2. Competitors must wear long pants or shorts that are not shorter than 5 cm above their knees; gymnastics shorts are not allowed.

2.3. Gymnastics dress is not allowed.

2.4. Wearing costumes (e.g., James Bond, Batman, Zorro) is permitted for a more colorful presentation.

2.5. Tight-fitting gymnastics attire is not allowed.

2.6. **Gloves or palm protectors are allowed.**

3. COMPETITION EQUIPMENT:

3.1. The competition allows for the use of pull-up bars, parallel bars, bar walls, floor, and low bars (paralettes).

3.2. Rings are prohibited.

3.3. No **external assistance** can be requested for any element during the round.

3.4. Animals are not allowed at the competition venue.

3.5. Only the organizers' operator and photographer may be present on stage. If any of the above points are violated, the competitor loses half of their points.

4. MUSIC:

4.1. Every freestyle competitor must send their accompanying music for the first two-minute qualifying round in mp3 format, named with their own name, to the following email address: **ORGANISER EMAIL** by **TWO WEEKS BEFORE THE NATIONAL CHAMPIONSHIP** at the latest.

4.2. If the music is not received in the correct format by the deadline, the DJ at the venue will choose music for the respective competitor.

5. SCHEDULE OF THE COMPETITION:

5.1. The **first** round of the competition is a **qualifying** round, where each competitor demonstrates their performance **individually**.

5.2. A qualifying round is a maximum of **2 minutes** per competitor.

5.3. The order of performance is **random**.

5.4. **Based on** the **qualifying** round, the judges establish the **performance-based** order, and the top **six** (6) competitors in each category **advance** to the next round.

5.5. The **second round** of the competition is a **battle**, where competitors are **paired based on** their **ranking**: 1st against 6th place, 2nd against 5th place, 3rd against 4th place. The battles follow each other in random order, and the qualifying rankings from the first round become public only after the entire competition.

5.6. In a battle, each competitor has **two 1-minute** intervals to showcase their most difficult combinations. Competitors take turns **every minute**. The **speaker announces** the competitor who is next in the **respective** battle.

5.7. After each battle, the two competitors **stand** on **either** side of the **speaker**, and after a brief, **independent** evaluation by the judges, following the count **of three** by the speaker, they indicate the winner according to their opinion. The judges **make decisions** in **all cases**, there are **no abstentions**, and there are no **ties**.

5.8. The **winners** of the battles in the second round qualify to the **final**, which consists of battles with **three** participants each.

5.9. In the **final**, a battle with **three** participants, each competitor has **two 1-minute** intervals to showcase their performance alternately. The speaker **announces** the competitor who is **next** in the respective battle.

5.10. **After** the final battles, the **judges**, determine the final order of the top three duos in each category. The results are **announced** by the organizers at the **end** of the **event**.

6. WEIGHT CATEGORY RULES:

6.1. Participants can be classified into **3** (three) **weight** categories and 1 (one) absolute category:

6.1.1. **Lightweight** category:

- male: 67.9 kg and below
- female: 49.9 kg and below

6.1.2. **Middleweight** category:

- male: from 68 kg to 79.9 kg
- female: from 50 kg to 59.9 kg

6.1.3. **Heavyweight** category:

- male: 80 kg and above
- female: 60 kg and above

6.1.4. **Absolute** category: All weight categories combined for male athletes and all weight categories combined for female athletes.

6.2. Each of the three weight categories is approved for individual competition and title if the category consists of 6 or more participants. If the number of participants in the **lightweight** category is less than 6, all **lightweight** participants will be transferred to the **middleweight** category. If the number of participants in the **middleweight** category is less than 6, all **middleweight** participants will be transferred to the **lightweight** category. If the number of participants in the **heavyweight** category is less than 6, all **heavyweight** participants will be transferred to the **middleweight** category.

6.3. **Weighing**-in will be conducted on the competition day or 1 (one) day earlier. Weighing-in can only be done once and only in competition attire and shoes. No additional items can be carried by the competitor during weighing-in.
6.4. The winner of each weight category will receive the title "Calisthenics Freestyle National Champion [YEAR]" in the lightweight, middleweight, or heavyweight category.
6.5. All participants are judged equally regardless of weight category. Only after the judges have calculated all points, will the athletes be divided into weight categories.
6.6. The winner of the absolute category will receive the title "Calisthenics Freestyle National Champion [YEAR]" in the absolute category, determined by the total points of all weight categories. This means that the winner of the absolute category will also be the winner of each of the three weight categories.

7. EVALUATION CRITERIA FOR ELEMENTS:

7.1. There are no prohibited elements; any street workout element can be demonstrated.
7.2. It is prohibited to make any offensive movements or gestures towards the audience, judges, or other competitors.
7.3. Any form of racial or discriminatory expression is strictly prohibited.
7.4. **Regarding** the **list of elements** included in the regulations:
7.4.1. The list of elements is **continuously expanding**.
7.4.2. Each category starts with the **most valuable** element and progresses downwards to less valuable ones.
7.4.3. The most **difficult** element is **not** always considered the most **valuable**, as elements are ranked based on a **complex** criteria system.
7.4.4. Elements listed side by side are **not** necessarily of **equal value**.
7.5. The three categories are: **strength, skill, combination**.
7.6. The evaluation criteria for each category include:
Strength: conditional abilities:
- Static/isometric elements such as planche or front lever.
- Dynamic/concentric or eccentric elements like handstand push-ups, one-arm pull-ups, and explosive/plyometric movements like explosive muscle-ups.
- Pushing (e.g., planche) and pulling (e.g., front lever) type movements.
- Frontal plane isometric (e.g., human flag) and dynamic (e.g., pull-ups or raises in human flag) strength movements.

Skill: coordination abilities:

- Spatial coordination abilities in frontal, sagittal, and horizontal planes, e.g., swing 540, frontflip regrab, or kip.
- Dismounts.
- Skill elements without releasing the bar, such as hip circles or giants.
- Balancing ability, such as handstands or hollowbacks.

Combination: combining strength + skill elements, strength + strength elements, skill + skill elements.

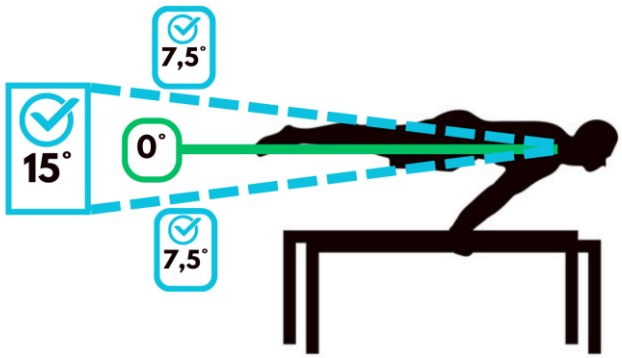
7.7. Main evaluation criteria in each category:

7.7.1. Strength:

7.7.1.1. Endurance Time: For isometric elements, a minimum hold time of **3 seconds** is accepted. Holding the element for a longer duration **does not** earn **additional** points.

7.7.1.2. Accepted Form: For isometric elements, a **maximum** deviation of 15 degrees in the **main** moving joint from the ideal execution is allowed. For example, in a planche where the horizontal body position is ideal, a deviation of up to **+7.5** degrees or **-7.5** degrees from horizontal is permissible.

Bigger and/or other joint angle deviations are **not** accepted and result in a **single-point deduction** for the demonstrated element such as bent knees, bent hips, bent elbows, rounded or arched back. If there are errors in multiple joints simultaneously during an element, only a single deduction point can be applied.



7.7.1.3. Direction of force application, **starting** with the **more valuable** variation:

1. Concentric force application. For example, lifting into a front lever with arms straight and body straight.
2. Isometric. For example, holding a static position in a planche from a standing or squatting position.
3. Eccentric. For example, lowering into a front lever from the support position or from a hang.

7.7.1.4. Pause during dynamic strength elements, **starting** with the **more valuable** variation:

1. Planche push-up, holding the position with straight elbows for 3 seconds.
2. Planche push-up, holding the position with bent elbows for 3 seconds.

7.7.1.5. Unilateral or Bilateral Load, **starting** with the **more valuable** variation:

1. Unilateral load. For example, one-arm front lever.
2. Bilateral load simultaneously. For example, two-arm front lever.

7.7.1.6. Repetitions:

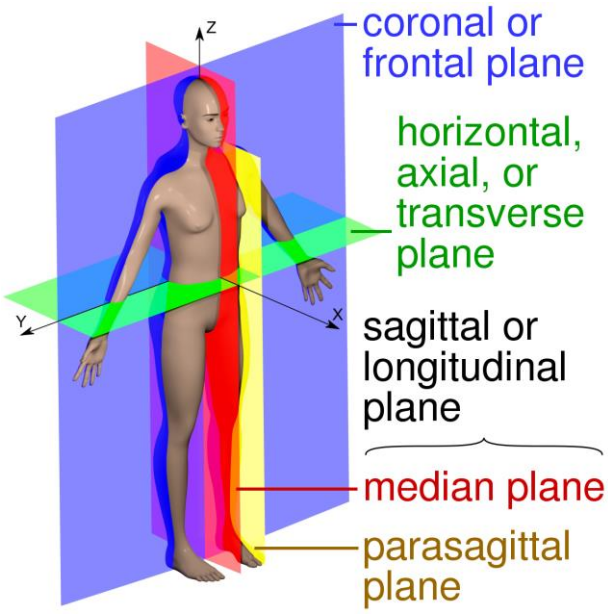
A higher quantity does not imply higher value in motional strength elements. For example, 3 repetitions of support scale/planche push-ups are not more valuable than 2 repetitions of support scale push-ups.

7.7.2. Skill:

7.7.2.1. Validity: During release elements, such as a swing 360, the execution is valid if the athlete catch back with **both** arms **without** touching the ground with their feet. If catching back is done with one arm or if the feet touch the ground, a deduction is applied. An exception is made if deliberately catching back with one arm without touching the ground. The catch-back element is invalid even if another limb besides the hands catches on the bar.

7.7.2.2. Landing: During dismounts, only the **foot** or feet can touch the ground. **Stepping** or **jumping** away is **permitted**, but only the foot can touch the ground in this case as well. During dismounts, touching the ground with a rolling flip or any other movement where the foot does not touch the ground is not valid. If a body part other than the foot touches the ground after landing, a deduction is applied.

7.7.2.3. Body Planes: The athlete is **evaluated higher** based on the **number** of **body planes** involved in performing skill elements. The body planes include the horizontal plane (twists, dragon 360, swing 360, swing 540, dislocated 360, etc.), the sagittal plane (e.g., frontflip regrab, shrimp flip), and the frontal plane (frisbee, gainer).



7.7.2.4. Duration of Air Time, starting with the **more valuable** variation:

1. Longer duration in the air without touching the apparatus.
2. Shorter duration in the air without touching the apparatus.

7.7.2.5. Body posture: During skill elements, positions with extended arms, legs, torso, and hips are considered more valuable compared to positions with bent or splayed limbs.

7.7.2.6. Failure: In case of fail the catch after a releasing element, or falling down from the apparatus, it results in a **single-point** deduction.

7.7.3. Combination:

7.7.3.1. Possibilities of combine skills in terms of the sequence of strength and skill, **starting** with the **more valuable** variation:

1. The combination starts with strength elements and continues with skill elements. For example, directly combine strength elements with skill elements, such as holding a planche (3sec), transitioning into a handstand, then into a giant circle, followed by a swing 360.
2. The combination starts with skill elements and continues with strength elements. For example, directly combine skill elements with strength elements, such as a swing 360 into a giant circle, followed by a stop in a support position, then lifting into a planche hold (3sec).
3. In the combination, only skill elements are combined. Another version: In the combination, only strength elements are combined.

7.7.3.2. Possibilities of combine strength element variations of different difficulty, **starting** with the **more valuable** variation:

1. For example, a tucked planche hold (3sec) followed immediately by a full planche hold (3sec).
2. A full planche hold (3sec) followed immediately by a tucked planche hold (3sec).

7.7.3.3. Planes of combine skill elements, **starting** with the **more valuable** variation:

1. Combine elements in different body planes. For example, following a sagittal plane twist (e.g., frontflip regrab), immediately transitioning into **another** twist in a **different** body **plane** (e.g., horizontal plane: swing 540).
2. Combine elements in the same body plane but with **opposite rotational** directions. For example, after a horizontal plane twist to the left (swing 540), immediately transitioning into another twist in the same body plane but to the right (e.g., swing x 360 to the right).
3. Combine elements in the **same** body plane and **rotational** direction. For example, continuing a leftward swing 360 with another leftward swing x 360.

7.7.3.4. Continuity, **starting** with the **more valuable** variation:

1. For example, on the bar, the athlete giant swinging around the bar without changing the direction of the swing around the bar (chest forward and/or backward is allowed) while performs skill and release elements without stopping the momentum of the circulation, whether in a hanging or support position on the bar.

2. For example, on the bar, the athlete moves back and forth in a swing, executing skill elements at both ends of the swing, both front and back top (e.g., shrimp flip from back swing to front swing 540).

For example, on the bar, the athlete moves back and forth in a swing, executing skill elements at only one end of the swing (e.g., swinging backward then forward and performing a swing 540).

7.7.3.5. The number of elements in the combination:

A combination consists of a minimum of three elements, which may be composed as follows, **starting** with the **more valuable** variation:

1. Combining elements of strength and skill, connected **above three** elements
2. 1 skill + 2 strength elements in one combination **or** 2 skill + 1 strength element in one combination
3. **three** strength elements in one combination or **three** skill elements in one combination.

If a combination consists of fewer than three elements, the judges will not award points for that combination or any of its elements in the combination category.

7.7.3.6. Uniqueness: Unique, newly introduced movements or combinations can provide an **advantage** in situations where multiple competitors demonstrate similar scoring combinations.

7.7.3.7. Minimum number of element types: In each round, whether it is a qualification round or a battle, the competitor must perform one element from at least 5 of the 6 subcategories within the skill category, and one element from at least 5 of the 6 subcategories within the strength category.

7.8. Element Repetition: Within one round or one battle, an element performed by the same athlete is only **valid** the **first time**. For example, in a battle, in the 1st combination: swing 540 - pullover - front lever, and the 2nd combination - shrimp flip - x360 - front lever. In this case, the second front lever is considered as **not performed**, so it does **not add** to **the value** of the combination or the strength elements. If, in the 1st combination, the athlete mistakenly performs an element and then repeats it out of error, the **initially** performed version remains **valid**. For example, in the 1st combination: swing 540 - pullover - front lever (incorrectly performed), and the 2nd combination - shrimp flip - x360 - front lever (performed correctly). In this case, the first, incorrectly performed front lever remains **valid**, reducing the value of the combination due to the error, while the second one is invalid.

7.8.1. Round repetition: In cases where there is a tie among multiple competitors in a given round or battle, the advantage goes to the competitor who presented more varied combinations compared to its previous round.

7.8.2. If two competitors have the same score in the qualification round, the competitor with the higher **combination** score will advance.

7.8.3. The ratio of the performed element types starting with the most valuable:

- The competitor's round contains 50-50% distribution of strength and skill elements.
- The competitor's round contains a 51-60% predominance of either strength or skill elements.
- The competitor's round contains a 61-75% predominance of either strength or skill elements. For this, a 1 point deduction applies.
- The competitor's round contains a 76% or greater predominance of either strength or skill elements. For this, a 1.5 point deduction applies.

In case of a tie, the competitor whose round is closer to a 50-50% distribution of element types will have the advantage.

8. RULES FOR JUDGES:

8.1. There must be at least **three** (3) **judges** for FNC (Freestyle National Championship).

8.1.1. If the organization can manage it, it is recommended to appoint **four** judges.

8.2. Judges must be recognized individuals within the street workout community who have contributed to the organization or development of the street workout sport in their own country or internationally. Judges must be ethical and objective, and there should be no conflict of interest.

8.3. 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/calisthenics movement) and not only by their public image created by themselves in the social

networks. Each judge must be a person with high level of understanding of strength and skill and combination aspect as well, because each judge evaluates each aspect in some rounds.

8.4. Judges cannot participate in the competition and cannot assist any participant in their routine.

9. SCORING RULES:

The organisers can choose if they can afford 3 or 4 judges. 4 judges are more professional, but 3 judges can also solve their task.

9.1. With four judges:

9.1.1. Qualification round, in **female and male field**:

The judges called A) B) C) D) in the following points:

- The **A** judge evaluates **strength category** (based on the above criteria),
- The **B** (a female judge) and **C** (a male judge) judge evaluates **combination category** (based on the above criteria), their points are **divided by two**,
- The **D** judge evaluates **skill category** (based on the above criteria).

9.1.2. Semi-final round:

One judge of the four **exits** the judge panel. The rest 3 judges make some changes between their category of judging

- The **C** judge evaluates **male and female strength category** (based on the above criteria),
- the **B** judge evaluates **female combination category** (based on the above criteria)
- the **D** judge evaluates **male combination category** (based on the above criteria)
- the **A** judge evaluates **male and female skill category** (based on the above criteria).

9.1.3. Final round:

The fourth judge comes **back** to the judge panel and they make changes between their category of judging. After the final, in **female and male field**:

- The **D** judge evaluates **strength category** (based on the above criteria),
- The **B** and **A** judge evaluates **combination category** (based on the above criteria), their points are **divided by two**,
- The **C** judge evaluates **skill category** (based on the above criteria).

After the finals, they **continue** constructive arguments **if necessary in addition to scoring**.

9.1.4. With three judges:

9.1.5. Qualification round**, in female and male field:**

The judges called A) B) C) D) in the following points:

The **A** judge evaluates **strength category** (based on the above criteria),

the **B** judge evaluates **combination category** (based on the above criteria)

the **C** judge evaluates **skill category** (based on the above criteria).

9.1.6. Semi-final round **in female and male field:**

The 3 judges make some changes between their category of judging:

- The **B** judge evaluates **strength category** (based on the above criteria),
- the **C** judge evaluates **combination category** (based on the above criteria)
- the **A** judge evaluates **skill category** (based on the above criteria)

9.1.7. Final round, **in female and male field:**

The 3 judges make some changes between their category of judging:

- The **C** judge evaluates **strength category** (based on the above criteria),
- the **A** judge evaluates **combination category** (based on the above criteria)
- the **B** judge evaluates **skill category** (based on the above criteria)

After the finals, they **continue** constructive arguments **if necessary in addition** to scoring.

9.2. Each judge evaluates the performance of each participant based on the above criteria, assigning scores ranging from **"0" to "15"** in the **qualification** round, maximally 5 per category (the **higher** the score, the **better** the performance). **Decimal** points between 0-5 like 0,1, 0,6, 1,7 and so on, are also **allowed**. The **combined** scores of the three or four judges determine the scores received in the qualification round.

9.2.1. In the case of **four** judges, the total points given by the **two combination** judges should be **divided** by **two in the qualification round**.

9.3. Each judge scores **every** participant.

9.4. Judges **cannot** give **final** scores before they have seen all participants' routines in the first round. Judges must make notes during the first round, but final scores can only be given after the completion of the first round. This results in a more accurate and objective evaluation and scoring of the routines.

9.5. Before the competition, each judge receives a form containing all the requirements in writing to assist the judges in their work. The template of the form is prepared by the Federation and distributed by the Organizers during the preparation phase of FNC.

9.6. Before the competition, all judges must familiarize themselves with the competition rules and sign to confirm their agreement with the rules. In addition, judges must be briefed on any special judging guidelines provided by the Organizers for all judges.

9.7. In case of a tie (two or more participants achieving the same score), the judges collectively and democratically **decide** on the winner, supported by constructive arguments.

9.8. All qualification scores given by the judges must be made public immediately after the summarization of results.

9.9. Comments regarding the results can be **submitted in writing** to the organizers' official **email** address **within** 5 days.

10. CRITERIA FOR SELECTING PARTICIPANTS IN THE FREESTYLE WORLD CHAMPIONSHIP:

10.1. By the decision of the **leadership** of **WSWCF** in each country, the **top two** participants in each weight category will earn the **right** to participate in the Freestyle World Championship ("Selected Participants") if each weight category of the Freestyle National Championship had at least 6 participants.

10.2. If there were fewer than 6 participants in any weight category of the Freestyle National Championship, the country cannot send the winner of that weight category to the Freestyle World Championship. Instead, it will select the best performers through the above-mentioned weight category merging procedure.

10.3. By the decision of **WSWCF** the top 3 winners in any category of last year's freestyle world championship are **qualified automatically** for participation in the world championship. In **addition**, **automatically** qualified competitors only **gain** the **right** to compete in the World Championship if they participate as competitors in the national qualifier, where they **showcase** their **two**-**minute** round in the **qualification** round, thus proving their readiness.

10.4. The top 3 from last year's World Championships, who automatically qualified, **do not count** towards the 1 or 2 best participants per **category** who **earn** the **right** to go to the current world championship.

10.5. In other cases, such as in the veteran category, competitors also have the opportunity to participate in the qualifying competition. Following this, the **WSWCF** decide which of these competitors will be **allowed** to participate in the World Championship.

11. ORGANIZERS OF THE WORLD CHAMPIONSHIP AND NATIONAL CHAMPIONSHIP:

11.1. The world championship is under the organization of the world federation.

11.2. The national championship, as a member of the world federation, is under the jurisdiction of the person or organization representing the respective country.

12. BASIC RULES FOR COUNTRIES ORGANIZING NATIONAL CHAMPIONSHIPS:

12.1. The qualifying championship must be organized as a **live** competition, with **physically** present competitors.

12.2. The organizing committee of the qualifiers must provide equal opportunities for all participants.

13. REQUIREMENTS FOR PARTICIPANTS:

13.1. Every participant has the right to compete in the qualifying championship.

13.2. An entry fee may be imposed to cover event expenses or to cover travel costs for winners.

13.3. Every participant must have valid health insurance (personally or paid for by a sponsor).

13.4. Every participant must have a valid i**nternational travel document**, which must be presented during registration for the competition.

13.5. Every participant is responsible for their own health and for any activities that may pose a risk to their health on the day of the competition.

13.6. Qualified competitors must be **eligible** for **international** travel. If under 18, they must be capable of traveling **alone**.

13.7. If a competitor qualifies for the world championship but is unable to travel for any reason, and this becomes evident within a reasonable time, the qualification right passes to the next-ranked competitor in the standings.

Once a participant becomes aware that they are **unable** to participate in the world championship, they are **obliged** to **immediately inform** the **organizer** of the qualifiers.

13.8. If the qualified competitor fails to secure their spot, they **must reimburse** any incurred travel **expenses** within one month. Failure to do so results in a 5-year ban from competitions.

13.9. Every participant in the world championship **must have** sufficient financial means in case new flight tickets need to be booked in case of **missed** or **canceled** flights. Alternatively, they must have someone who assists them in returning home without disturbing the organizers. WSWCF and the national organizers are not responsible in this case.

13.10. Every participant traveling to the world championship must have basic **english** language skills.

13.11. Doping tests may occur according to WADA (World Anti-Doping Agency) regulations. Participants and qualified competitors agree irrevocably to undergo anti-doping tests at any time.

13.12. If the anti-doping test is positive, the guilty participant will be banned from official street workout competitions for 2 years.

13.13. Travel expenses for selected participants in the Freestyle World Championship, including travel insurance and visas, must be covered by the selected participant, the organizers, or the participants of the FNC, if travel expenses cannot be covered from participation fees, sponsors, or government support.

13.14. If a participant qualifies for the Freestyle World Championship and receives travel support from any organization, and fails to travel to the Freestyle World Championship, the participant must fully reimburse the lost travel expenses within one month, otherwise they will be excluded from competitions for five (5) years.

13.15. Each selected participant in the Freestyle World Championship must pay for their own plane tickets, visas, health and travel insurance, meals, local transportation (to and from the airport, bus station, and back; within the city of the championship venue), entry fee, entertainment, and similar personal expenses.

13.16. Selected participants can only come and participate in the Freestyle World Championship if they have signed a written participation agreement with the Federation.

13.17. The Federation and the organizers of FNC do not take responsibility if the selected participants are unable to travel to the venue of the Freestyle World Championship. In the event that a selected participant from any country is unable to travel, obtain a visa, or provide the necessary insurance, the right to participate in the Freestyle World Championship will be transferred to the participant with the next highest score according to the final ranking of FNC for that country.

On behalf of the World Street Workout & Calisthenics Federation,
the head of freestyle judge panel Ákos Szarka,
and the Chairman of the Board Rolands Kikors