WSWCF CALISTHENICS FREESTYLE WORLD CHAMPIONSHIP

OFFICIAL COMPETITION RULES

Rules defined by WSWCF

Calisthenics Freestyle World Championship rules

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

The following regulations of WSWCF world championships have been developed in collaboration with member countries of WSWCF. The following regulations are intended solely to define the rules of the world championship; any partial or complete copying is prohibited, and approval from the world federation is required.

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

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

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

2. DRESS CODE RULES:

Street workout cloth differs 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 seems to be invalid by the opinion of judges, they have the right not to let that athlete on stage with that 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 cloth 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 have been prohibited since 2014.

3.3. No external assistance can be requested for any element during the round since 2020.

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**: wswcfmusic@gmail.com until the end of registration for the World Championship, **but not later than 1 (one) month before the first day of the World Championship**.

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 **eight** (8) 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 8th place, 2nd against 7th place, 3rd against 6th, 4th against 5th 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 **four** participants each.

5.9. In the **final**, a battle with **four** participants, each competitor has **two 90 seconds** 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 athletes** 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 cloth 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 "Street Workout / Calisthenics Freestyle World Champion 2025" 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 "Street Workout / Calisthenics Freestyle World Champion 2025" 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**.
7.4.5. If a competitor performs an element that is not included in the element list by the day of the competition, the judging panel will evaluate it on-site and score it based on their expertise and experience in the sport.
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.

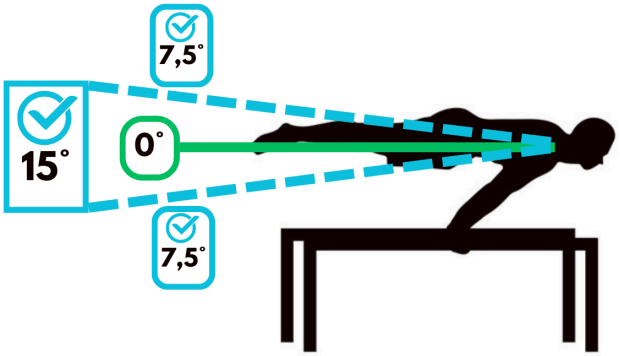
Combination: combining strength + skill elements, strength + strength elements, skill + skill elements.

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 (even if multiple errors are present in the demonstrated element simultaneously), such as bent knees, bent hips, bent elbows, rounded or arched back.



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 straight arms and straight body.
2. Isometric. For example, holding a static position in a planche from a standing or squatting position etc.

3. Eccentric. For example, lowering into a front lever from the support position or from an upside-down 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.
3. 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.

7.7.1.7. Grip variations:

Althought there are slight differences between performing strength elements on different surfaces with different grips, many of them expected as same difficult element.

- Planche undergrip, overgrip, eagle grip, mixed grip, on fingers, on the high bar, on the parallel bar, on the floor are all the same.
- Front lever undergrip, overgrip, eagle grip, mixed grip, on high bar, on parallel bar are all the same.
- Maltese undergrip, overgrip, eagle grip, mixed grip, on high bar, on parallel bar, on the floor are all the same.

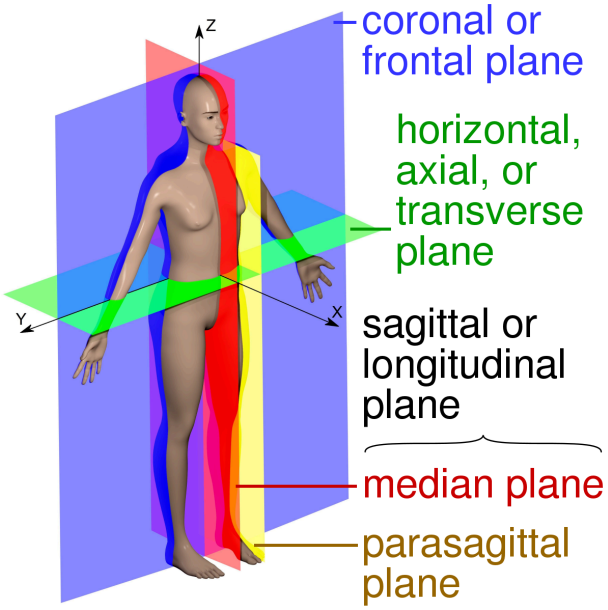
Other grip techniques are evaluated on a case-by-case basis.

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 bar, 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).
4. 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).
5. 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).
6. 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 the same score.

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 qualified 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 qualify itself to the next round.

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

1. The competitor's round contains 50-50% distribution of strength and skill elements.
2. The competitor's round contains a 51-60% predominance of either strength or skill elements.
3. The competitor's round contains a 61-75% predominance of either strength or skill elements. For this, a 1 point deduction applies.
4. 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.

7.8.2. Combination point rankings:

Due to the **thousands** of possible combinations, the judges evaluate the element connections based on their **professional** and **sports** background. As guidance, the following scoring can be considered in many cases:

- Combining element 0,2 to at least 0,4 = 0,1 points
- Combining element 0,3 to 0,4 = 0,2 points
- Combining element 0,4 to 0,4 = 0,3 points
- Combining 4 elements without kip and/or bar roll = 0,5 points

7.8.3. Fail:

In case of three or more fails in a round, the combination points are considered as 0 point.

8. RULES FOR JUDGES:

8.1. There must be at least **four** (4) **judges** for FWC 2024 (Freestyle World Championship).

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.

8.5. In addition to the scoring judges, the **supervisor judge** is positioned at the head of the judging panel, overseeing their work and assisting them.

9. SCORING RULES:

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:

There are **three** judges in a **gender** at the **same time.** The three judges make changes between their category of judging by the following:

- 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:

There are **four** judges in a **gender** at the **same time**. The four judges 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.

9.2. Each judge evaluates the performance of each participant based on the above criteria, assigning scores ranging from **"0" to "5"** in the **qualification** round (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 judges determine the scores received 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 FWC 2024.

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. This situation can happen only in the qualification and in the final round.

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 strictly** in **writing** to the organizers' official **email** address **within** a maximum of 5 days.

On behalf of the World Street Workout & Calisthenics Federation,

the judge panel of WSWCF,

the head judge of the freestyle judge panel Ákos Szarka,

and Chairman of the Board Rolands Kikors