

# NORDIC ASSEMBLY

## Power

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*Steffen F. Jensen  
& Jens Peter  
Stutter*

# POWER

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## Rules & regulations for National & Nordic Championships 2022

By Nordic Assembly

## Sisällysluettelo

POWER.....	2
Rules & regulations for National & Nordic Championships 2022.....	2
1. ORGANIZER CONTACT INFO .....	4
2. DEFINITION OF POWER DISCIPLINE .....	5
3. EQUIPMENT .....	6
4. QUALIFICATION & SELECTION OF THE ATHLETES .....	6
5. COMPETITION LICENSE.....	6
6. RACISM & DISCRIMINATION .....	6
7. DOPING .....	6
8. INSURANCE.....	7
9. CLOTHING & GEAR.....	7
10. EXTERNAL COMMUNICATION.....	7
11. PERFORMANCE / JUDGING.....	8
12. COMMUNICATION & COMMANDS .....	11
START of the performance .....	11
DURING the performance.....	11
FINISHING the performance.....	11
13. TITLES.....	11

# 1. ORGANIZER CONTACT INFO

Nordic Assembly

## Finnish organization

[info@suomenstreetworkout.fi](mailto:info@suomenstreetworkout.fi)

<http://www.suomenstreetworkout.fi>

Representative

Tomi Vuorinen

+358 40 5191516

## Danish organization

[info@dcswf.dk](mailto:info@dcswf.dk)

<http://www.dcswf.dk>

Representative

Nicolai Knudsen

+45 23 612968

## Swedish organization

[info@calisthenicsforbundet.se](mailto:info@calisthenicsforbundet.se)

<http://www.calisthenicsforbundet.se>

Representative

Jakob Fogelklou

+46 70 9301799

## Norwegian organization

[nm@calisthenicsnorway.no](mailto:nm@calisthenicsnorway.no)

<http://www.calisthenicsnorway.no>

Lone Christensen

+47 46 932536

Lars Hauge

+47 94 102006

## **2. DEFINITION OF POWER DISCIPLINE**

In Power category, an athlete will have one (1) attempt on each of the exercises listed below.

Exercises are performed with a fixed weight and without time limit. The goal is to perform as many repetitions as possible of the certain exercise.

### **NORDICS requirements**

<b>MEN</b>		<b>WOMEN</b>	
Pull up	32 kg	Pull up	16 kg
Dip	48 kg	Dip	24 kg
Pistol squat	32 kg	Pistol squat	16 kg

### **NATIONAL requirements**

<b>MEN</b>		<b>WOMEN</b>	
Pull up	32 kg	Pull up	14 kg
Dip	48 kg	Dip	20 kg
Pistol squat	24 kg	Pistol squat	14 kg

## **3. EQUIPMENT**

High bar – H: 2300m, W: 1600m, D: 33mm

Parallel bars – H: 1400mm, W: 550, D:48mm

Box – H: 1400mm

## **4. QUALIFICATION & SELECTION OF THE ATHLETES**

To compete in the Nordic Championship the athlete needs to qualify through their National Championship.

Only Top 4 athletes from certain category are passed through to the Nordic Championship.

Men and women qualify separately.

Athletes are allowed to participate in only one category in the Nordic Championship.

Athletes under 18 are required to have a consent form signed by their guardian.

## **5. COMPETITION LICENSE**

Countries might require a competition license for the National Championship.

There is no separate competition license required for the Nordic Championship.

Purchasing a license does not entitle to a refund upon participation cancellation.

## **6. RACISM & DISCRIMINATION**

The Nordic association will not tolerate racism, discrimination and / or insults of any kind. This will result in immediate ban and expulsion from the competition. Each case will be reviewed post competition by the Nordic association and further consequences may apply.

## **7. DOPING**

By participating in Nordic Championship, athletes accept requirements to take a doping test when asked to do so. If the results of the drug test are positive, the athlete will be banned from participating in official national and international competitions for 2 years.

## **8. CONDITIONS & INSURANCE**

### **CONDITIONS**

The Nordic Assembly reserves rights to the changes of this document.

Nordic Assembly reserves all rights for the pictures and videos taken from the event. By participating the event, athlete acknowledges and agrees to these terms.

### **INSURANCE**

All athletes competing in the Nordic Championship, do so at one`s own risk (you are responsible for any harm or damage that you suffer as a result).

The Nordic association recommends athletes to have adequate health insurance while participating in the Nordic Championship.

## **9. CLOTHING & GEAR**

Upper body: T-shirt/top or tight technical shirt

Lower body: Shorts and/or tight technical trousers

Feet: Closed shoes, sneakers

NOT ALLOWED Gloves

NOT ALLOWED Knee wraps

NOT ALLOWED Lifting shoes

ALLOWED Knee warmers

ALLOWED Elbow sleeves

ALLOWED Wrist wraps

Athlete can not remove their clothing during their performance.

### **SPONSORS**

Organizer is responsible for the sponsors visible on the clothing. One spot is reserved for the athletes own sponsor as well as the team and country the athlete is representing.

## **10. EXTERNAL COMMUNICATION**

Only athletes, judges and staff are allowed in the competition area.

# 11. PERFORMANCE / JUDGING

## General information

Each athlete will perform the exercises in the same order as presented in the discipline introduction (3. Definition of Power discipline).

The athletes have one (1) attempt for their performance on each exercise.

The discipline is judged by three officials appointed by the organizer.

### POINTS:

Pull up	-	1x	equal to the number of repetitions performed
Dip	-	1x	equal to the number of repetitions performed
Pistol squat	-	1x	equal to the number of repetitions performed

## Pull up

Picture 1: Start



Picture 2: Top



Picture 3: Finish



Starting position: Hanging in a full lockout in shoulder & elbow.

Top position: Chin above the bar horizontally & vertically. Legs and hip extended.

Finishing position: Hanging in a full lockout in shoulder & elbow.

### Judge 1:

- Lockout in shoulder & elbow in the bottom position.



Judge 2:

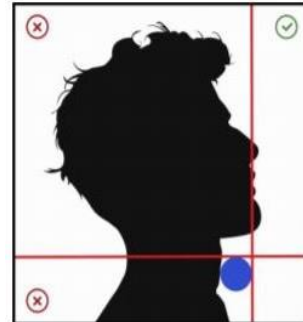
- Chin going over the bar in the top position.

Judge 3:

- Knees extended.
- Legs together.
- Hip extension.

*Graph for the appropriate crossing of the bar with the chin.*

*The athlete needs to clearly cross the bar with the tip of their chin horizontally and vertically.*



## Dip

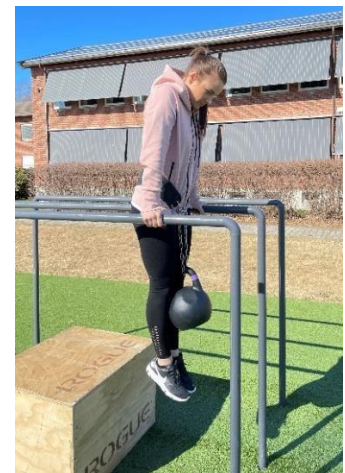
Picture 1: Start



Picture 2: Bottom



Picture 3: Finish



Starting position: On top of the parallel bars, full lockout in elbow & depression on shoulder.

Bottom position: Back of the shoulder lowers down below the top of the elbow.

Finishing position: On top of the parallel bars, full lockout in elbow & depression on shoulder.

Judge 1:

- Shoulder going under the elbow in the bottom position. Full lockout in the elbow on top position.

Judge 2:

- Athlete not hitting structures. Knees & hip extended.

## Pistol squat

Picture 1: Start



Picture 2: Bottom



Picture 3: Finish



Starting position: One foot on the box, the other hanging freely. Knees & hip extended. Weight in hands.

Bottom position: Supporting leg knee bend, hip below the knee.

Finishing position: One foot on the box, the other hanging freely. Knee extended. Weight in hands.

Judge 1:

- Hip joint below the knee joint in bottom position.

Judge 2:

- Athlete not hitting the structures or the ground
- Heel staying flat on the box

- The athletes are only using one foot /leg to do a pistol squat in the national and the Nordic Championship.

## 12. COMMUNICATION & COMMANDS

### START of the performance

Athlete arriving to the stage will have their preparation time before starting their performance. When the athlete is ready the head judge will signal to the athlete to begin their performance. The athlete will then assume the starting position of the exercise and start their performance.

### DURING the performance

If the athlete fails to perform a correct technique on an exercise, a **NO REP** command is given by the judge.

**NO REP** command is followed by a command specifying the issue in athletes' technique. For example, **NO REP – ARMS**.

### FINISHING the performance

The athlete's performance is finished when:

- They step down from the exercise.
- The athlete loses their position. In pistol squats or dips their feet touch the ground OR in pull ups they let go of the bar with one of their hands.
- If the athlete waits more than 3 seconds before attempting a next repetition.

## 13. TITLES

The athlete with the most points in this competition wins the title of the Nordic Champion 2022 in Power.