

# NORDIC ASSEMBLY

## Strength & Endurance

12.4.2022



# **STRENGTH & ENDURANCE**

12.4.2022

Rules & regulations for National & Nordic Championships  
2022

By Nordic Assembly

## Sisällysluettelo

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# 1. ORGANIZER CONTACT INFO

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## 2. DEFINITION OF STRENGTH & ENDURANCE DISCIPLINE

In Strength & endurance category, the athlete must perform certain number of repetitions in certain bodyweight exercises within the time limit. Time limit for each athlete is 7 minutes.

The fastest time will determine the winner.

The exercises will be performed in the order listed below.

### NATIONAL requirements

MEN		WOMEN	
Muscle up	5	Pull over	5
Pull up	10	Pull up	8
Push up	25	Push up	15
Pistol squat	10/10	Pistol squat	10/10
Dip	20	Dip	10
Hanging leg raise	20	Hanging leg raise	10

### NORDICS requirements

MEN		WOMEN	
Muscle up	7	Pull over	7
Pull up	15	Pull up	10
Push up	30	Push up	20
Pistol squat	15/15	Pistol squat	15/15
Dip	30	Dip	15
Hanging leg raise	25	Hanging leg raise	15

## **3. EQUIPMENT**

High bar – H: 2300mm, W: 1600mm, 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 Strength & Endurance discipline).

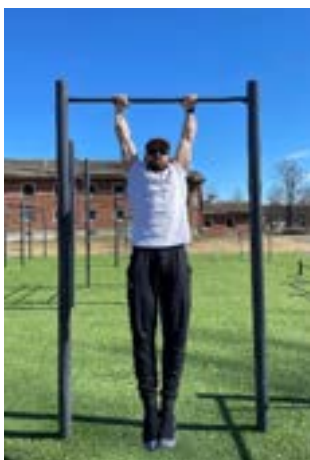
The amount of time the athletes have for this performance is 7 minutes.

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

## Muscle up

Muscle up is the only exercise which athlete can perform with insufficient technique and still move on from the exercise. If athlete is not able to perform the element with required technique, ten (10) seconds is added from each insufficient repetition to athlete's total time.

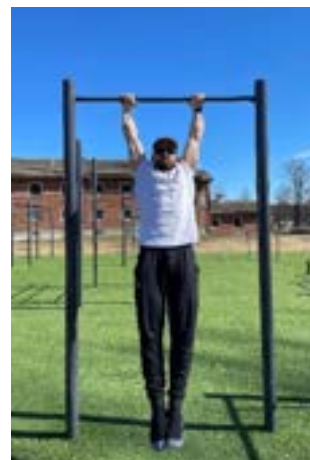
Picture 1: Start



Picture 2: Top



Picture 3: Finish



Starting position: Standing on top of the box. Descending into a full lockout in shoulder & elbow.

Top position: On top of the bar, full lockout in elbow.

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

### Judge 1

- Lockout in shoulder & elbow in each of the positions.
- Both elbows crossing the bar simultaneously.

### Judge 2:

- Hitting the structures.
- Knees extended.



## Pull over

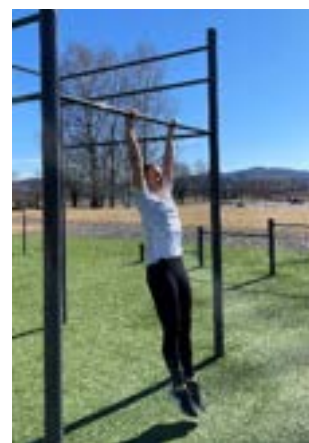
Picture 1: Start



Picture 2: Top



Picture 3: Finish



Starting position: Hanging in a full lockout in shoulder & elbow.  
Top position: On top of the bar, full lockout in elbow.  
Finishing position: Hanging in a full lockout in shoulder & elbow.

Judge 1:

- Lockout in shoulder & elbow in each of the positions.

Judge 2:

- Hitting the structures.
- Knees extended.

## 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.

## Push up

Picture 1: Start



Picture 2: Bottom



Picture 3: Finish



Starting position: Leaning on hands, lockout in elbow. Feet on the ground. Body straight.

Bottom position: Shoulder hitting the marker. Body straight.

Finishing position: Leaning on hands, lockout in elbow. Feet on the ground. Body straight.

Judge 1:

- Lockout in elbow and hitting the marker in the bottom position.

Judge 2:

- Body straight. (Hips not dropping, knees extended, back straight)

## 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.

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

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

Judge 1:

- Hip below the knee in bottom position.

Judge 2:

- Athlete not hitting the structures or the ground.
- Athlete not holding into anything with his/her hands.
- Heel staying flat on the box.

## 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: Shoulder joint below elbow joint.

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 elbow on top position.

Judge 2:

- Athlete not hitting structures. Knees & hip extended

## Hanging leg raise

Picture 1: Start



Picture 2: Top



Picture 3: Finish



Starting position: Hanging with straight arms and legs extended.

Top position: Hanging with straight arms, hip flexed & knees extended. Ankle touching the marker.

Finishing position: Hanging with straight arms and legs extended.

Judge 1:

- Ankle hitting the marker.

Judge 2:

- Knees extended.
- Athlete not hitting the structures.

## 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 to start, they will signal to the head judge (Judge 1).

When the signal is given, the 10 second timer will start preparing for the performance. During this time the athlete **CAN NOT** touch the bar but will remain ready to start their performance.

After 10 seconds, a sound can be heard, and the timer will appear. After the sound athlete can grab the bar 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.

**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 once the last repetition of the last exercise is performed, and the time will then stop.

## 13. TITLES

The athlete with the fastest time in this competition wins the title of the Nordic Champion 2022 in Strength & Endurance.