

CALISSEUM

OPEN EVENT FORMAT CALISSEUM 9 COPENHAGEN

ABOUT CALISSEUM

Calisseum has been created to promote the sport of calisthenics worldwide through events and media. Our mission is to get more people interested the sport and provide a platform for athletes of all abilities to showcase their talent.

EVENT OVERVIEW

We partner with calisthenics teams and organisations around the world to co-host exhibition competitions that showcase local calisthenics communities.

On the 18th of June 2022, Calisseum will partner with Team Vici and DCSWF to host Calisseum 9 Copenhagen at Vici Gym.

EVENT FORMAT:

1. COMPETITION DISCIPLINES

Calisseum events aim to bring the whole calisthenics community together to showcase all calisthenics disciplines in one day. Our events are split across the three calisthenics disciplines:

Discipline	Event Format
Reps	3-minute head-to-head timed Reps competition against an athlete paired by ability. Competitors are allocated fixed sets of 3 push and pull exercises to complete in the fastest possible time.
Static	60-second individual static routine performances on the floor and/or parallel bars. Athletes are scored fixed points for successfully executing and then holding different static moves for 3 seconds.
Freestyle	50-second individual freestyle routine performances on the high bar. Athletes are scored for successfully executing different freestyle moves. The competition is split into the following 3 rounds: <ol style="list-style-type: none">Qualifying Round:<ul style="list-style-type: none">Athletes each perform one 50 second routine.The performance is scored and used to pair the athletes for the following round.Head-to-Head Round:<ul style="list-style-type: none">Athletes are paired based on their scores from the qualifying round.Each athlete performs a second 50 second routine.

- Performances are scored with the winner of each head-to-head going through to the final round.
3. Podium Round:
- Winners of the head-to-head round are pooled and perform one final 50 second routine to secure one of three podium positions.

2. COMPETITION CATEGORIES

Calisseum events enable calisthenics athletes to compete against athletes of similar ability across the 6 competition categories.

NOTE: Female Reps athletes are invited to choose between competing in a female only category or any one of the 'mixed' categories. For Statics and Freestyle categories, females will perform alongside male athletes but there will be separate winners' podiums for female competitors.

Discipline	Category	Competition Format
Reps	Beginner (Mixed)	Fixed set of the following exercises completed in the fastest possible time under 3 minutes: <ul style="list-style-type: none"> - 15 Pull-Ups - 35 Jump Squats - 25 Dips
	Intermediate (Mixed)	Fixed set of the following exercises completed in the fastest possible time under 3 minutes: <ul style="list-style-type: none"> - 5 Clean Muscle Ups - 30 Dips - 15 Pull Ups
	Advanced (Mixed)	Fixed set of the following exercises completed in the fastest possible time under 3 minutes: <ul style="list-style-type: none"> - 15 Weighted Pull-Up (25% of bodyweight) - 30 Weighted Dips (25% of bodyweight) - 15 Bodyweight Muscle Ups
	Female Only	Fixed set of the following exercises completed in the fastest possible time under 3 minutes: <ul style="list-style-type: none"> - 5 Pull Ups - 20 Dips - 30 Alternate Jumping Lunges
Statics	N/A	Athletes perform moves from pre-defined lists of statics and freestyle moves that have fixed points scores attached to them.
Freestyle		

NOTE: The maximum time allowance for all Reps categories is 3 minutes. Failure to complete the full set in under three minutes will result in only the total reps being recorded for the leaderboard.

3. ATHLETE CATEGORISATION

All athletes must complete an online sign-up form to be eligible to compete at a Calisseum event. The answers provided on the forms enable us to categorise athletes by ability.

Category	Categorisation Criteria
Reps	<p>Athletes applying to take part in the Reps category are asked to provide their max reps across 9 different exercises. This enables us to categorise them and pair them against an athlete of similar ability.</p> <p>To prevent athletes trying to manipulate the system (especially in the beginner category) is made clear on the sign-up form that providing false or inaccurate information may lead to disqualification from the event.</p>
Statics	<p>Athletes applying to take part in the Statics category are asked to provide a full list of all the statics moves they can perform and hold for more than 3 seconds.</p>
Freestyle	<p>Athletes applying to take part in the Freestyle category are asked to provide a full list of all the freestyle moves they can perform.</p>

4. RULES, JUDGING & SCORING

To create a fair and level playing field across all markets worldwide and ensure that calisthenics is performed & promoted in its purest form, Calisseum operate a strict form policy for all disciplines.

Category	Competition Rules & Scoring Protocol
Reps	<p>Calisseum promote a strict 'clean reps' policy for across all three Reps categories. Classification of a 'clean rep' of each exercise is as follows:</p> <ul style="list-style-type: none"> - Pull-Ups: <ul style="list-style-type: none"> o Each rep must start with the elbows fully extended o Legs must be straight and feet must be pressed together <ul style="list-style-type: none"> ▪ No crossed legs or feet ▪ No bend at the knees o Hips must not be bent or flex o Chin must fully clear above the bar o Arms must be fully extended at the end of each rep - Dips: <ul style="list-style-type: none"> o Start with elbows fully extended o Legs must be straight and feet must be pressed together <ul style="list-style-type: none"> ▪ No crossed legs or feet ▪ No bend at the knees o Feet must stay directly under or in front of hips o Shoulders must come to at least a 90-degree angle with and/or below the elbow at the 'bottom' of the dip o Elbows must be fully extended at the top of the dip to complete the successful rep

	<ul style="list-style-type: none"> - Muscle Ups: <ul style="list-style-type: none"> o Each rep must start with the elbows fully extended o Legs must be straight and feet must be pressed together <ul style="list-style-type: none"> ▪ No crossed legs or feet ▪ No bend at the knees o Hips must not be bent/flex more than 45 degrees o Both arms must transition over the bar at the same time o Elbows must fully extend at the push motion at top of each rep o Arms must be fully extended at the end of each rep - Jump Squats: <ul style="list-style-type: none"> o Each Rep must start with the athlete standing upright o Hips must be level with knees at a 90-degree angle or more at the bottom of the squat o Athlete must return to a fully upright position to register a clean rep - Alternate Lunges: <ul style="list-style-type: none"> o The front knee must bend to a 90-degree angle or more. o The rear leg must bend to at least a 90-degree angle and the rear foot must not leave the floor o The athlete's upper body must stay upright and balanced at all times. <p>Each athlete will be judged by a dedicated Calisseum official who will keep score of 'clean reps' achieved with a handheld counter and keep the time of the completed set for their allocated athlete with a handheld stopwatch.</p> <p>In the spirit of the warrior code of the original Colosseum in Rome, only athletes that win their head-to-head battle become eligible to podium on the day of the event. Podium places are based on the fastest 'winners' times.</p> <p>All athlete times/performances (regardless of the head-to-head battle results) are recorded and logged on a global leaderboard.</p>
<p style="text-align: center;">Statics</p>	<p>Calisseum promote a strict 'clean form' policy for all Statics performances.</p> <ul style="list-style-type: none"> - Athletes are scored fixed points for successfully executing and then holding different static moves for 3 seconds. - Form must be <u>clean</u> and the execution stable before the 3 second count can begin. - Athletes cannot perform the same move (or a variation of the same move) in the following 3 moves. <p>All athlete performances are scored recorded and logged on a global leaderboard.</p>
<p style="text-align: center;">Freestyle</p>	<p>Calisseum promote a strict 'clean catch' policy for all Freestyle performances.</p> <ul style="list-style-type: none"> - Athletes are scored fixed points for successfully executing freestyle moves on the high bar. - Landing of each move must be caught <u>clean</u> and neither foot can touch the ground.

All athlete performances are scored recorded and logged on a global leaderboard.

5. EVENT RUNNING ORDER

We aim to keep the energy and spectator attention levels high for the full duration of the event. The following running order has been piloted and enables effective event management.

Time	Activity	Round	Category
10:00	Doors Open		All
11:00	Doors Close		All
11:00 - 11:30	Health & Safety / Event Briefing		All
11:30 - 12:00	6 x REPS CATEGORY COMPETITION H2H ROUNDS	1	Reps
5 MINUTE BREAK			
12:05 - 12:20	6 x INDIVIDUAL STATICS CATEGORY ROUNDS	2	Statics
5 MINUTE BREAK			
12:25 - 12:55	6 x REPS CATEGORY COMPETITION H2H ROUNDS	3	Reps
5 MINUTE BREAK			
13:00 - 13:30	12 x INDIVIDUAL FREESTYLE CATEGORY QUALIFICATION ROUNDS	4	Freestyle
5 MINUTE BREAK			
13:35 - 14:05	6 x REPS CATEGORY COMPETITION H2H ROUNDS	5	Reps
5 MINUTE BREAK			
14:10 - 14:25	6 x INDIVIDUAL STATICS CATEGORY ROUNDS	6	Statics
5 MINUTE BREAK			
14:30 - 15:00	6 x REPS CATEGORY COMPETITION H2H ROUNDS	7	Reps

5 MINUTE BREAK			
15:05 - 15:55	18 x INDIVIDUAL FREESTYLE CATEGORY H2H & PODIUM COMPETITION ROUNDS	8	Freestyle
5 MINUTE BREAK			
16:00 - 16:30	Presentations		All
16:30 - 17:00	Departure		All

6. SPONSORS & PRIZES

We have created an open day event format that gives calisthenics practitioners of all abilities, the opportunity to compete against people of a similar ability to win prizes provided by our sponsors.

Sponsor	Prizes
Vivobarefoot	<p>Barefoot shoe manufacturer, Vivobarefoot provide 6 pairs of shoes as prizes for winners/podium athletes.</p> <p>They also provide a stand and computerised 'plant plate' where athletes can have their feet and gait tested throughout the event, wear test Vivo shoes and get training tips from Barefoot coaches</p> <p>We also hand out 20% discount cards to all athletes and spectators at Calisseum events.</p>
Red Bull	<p>Red Bull UK have supported Calisseum events in the UK with music by providing their Funktion1 Soundsystem. We are in discussions about replicating this partnership in local markets around the world.</p> <p>Red Bull also provide winners podiums and chillers with free Red Bull product for event attendees. Please discuss Red Bull involvement in your market with the Calisseum Team prior to the event.</p>
Gravity Fitness	<p>Calisthenics equipment manufacturer Gravity Fitness provide competition prizes for winners and also offer all competitors 10% discount codes for Gravity Fitness products.</p>
Medals	<p>Calisseum provide 1st, 2nd and 3rd place winners medals for all 6 competition categories.</p>