

NORDIC ASSEMBLY

Power

19.1.2024



*Steffen Frøson
& Jens Peter
Stutterus*

POWER

19.1.2024

Rules & regulations for National & Nordic Championships 2024

By Nordic Assembly

Sisällysluettelo

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1. ORGANIZER CONTACT INFO

NORDIC ASSEMBLY

Suomen Street Workout

Finland

suomenstreetworkout@gmail.com

<http://www.suomenstreetworkout.fi>

Representative

Tomi Vuorinen

+358 40 5191516

Calisthenics Norway

Norway

nm@calisthenicsnorway.no

<http://www.calisthenicsnorway.no>

Representative

Lone Christensen

+47 46 932536

Lars Hauge

+47 94 102006

DCSWF

Denmark

info@dcswf.dk

<http://www.dcswf.dk>

Representative

David Nguyen

+45 27 995500

Contact information for Swedish athletes

info@calisthenicsforbundet.se

<http://www.calisthenicsforbundet.se>

Contact person

Jakob Fogelklou

+46 70 9301799

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.

NATIONAL REQUIREMENTS

MEN		WOMEN	
Pull up	32 KG	Pull up	12 KG
Dip	48 KG	Dip	16 KG
Pistol squat	24 KG	Pistol squat	12 kg

NORDIC REQUIREMENTS

MEN		WOMEN	
Pull up	32 KG	Pull up	14 KG
Dip	48 KG	Dip	20 KG
Pistol squat	32 KG	Pistol squat	14 kg

3. EQUIPMENT

Most used equipment measurements:

High bar – H: 2100-2400mm, W: 1600-2000mm, D: 30-33mm (Measurements can vary)

Parallel bars – H: 1200-1500mm, W: 550-650mm, D:40-48mm (Measurements can vary)

Box – H: 700mm, W: 600mm, D:500mm (Measurements can vary)

4. CLOTHING & GEAR

The dip belt used in Power category weights 3KG.

Clothing needs to be appropriate so that the judges are able to see the joints and the movements of the athlete clearly.

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

Lower body: Shorts and/or tight technical trousers

Feet: Closed shoes, sneakers

NOT ALLOWED Gloves, gymnastics straps, leather grips

NOT ALLOWED Knee wraps

NOT ALLOWED Lifting shoes, open shoes, sandals, crocs

ALLOWED Knee warmers

ALLOWED Elbow sleeves

ALLOWED Wrist wraps

5. EXTERNAL COMMUNICATION

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

6. PERFORMANCE / JUDGING

General information

Each athlete will perform the exercises in the same order as presented in the discipline introduction (2. Definition of Power discipline).

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

All the criteria specified to each exercise below must be fulfilled for the approval of repetition.

The discipline is judged by three officials.

POINTS from the lifts will accumulate is follows:

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.

7. EXECUTION CRITERIA FOR EACH EXERCISE

Pull up

Picture 1: Start



Picture 2: Top



Picture 3: Finish



REP CRITERIA (Range of motion):

Starting position: Hanging in a full lockout in shoulder & elbows extended.

Top position: Chin above the bar horizontally & vertically.

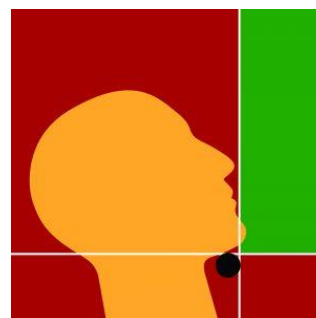
Finishing position: Hanging in a full lockout in shoulder & elbows extended.

Throughout the performance

- Athlete not hitting the structures.
- Knees extended.

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.

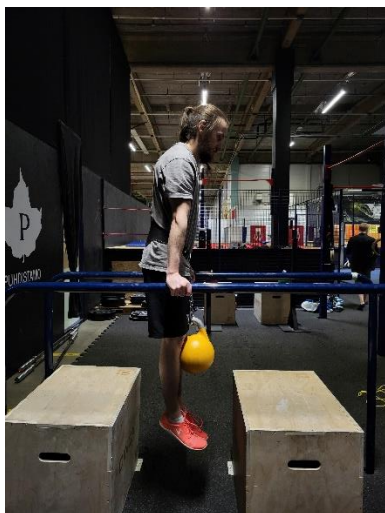


STRUCTURES IN THIS EXERCISE:

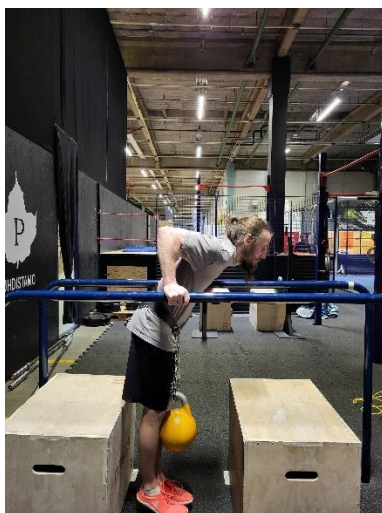
- Standing box (Height: 60cm) placed 30 cm behind the bar.
- Wall (Height: 120 cm) placed 70 cm in front of the bar.

Dip

Picture 1: Start



Picture 2: Bottom



Picture 3: Finish



REP CRITERIA (Range of motion):

Starting position: Leaning on hands, elbows extended.

Bottom position: Flexion on elbow. Highest point of the shoulder below the highest point of the elbow.

Finishing position: Leaning on hands, elbows extended.

Throughout the performance

- Athlete not hitting the structures.
- Knees extended.
- Middle of the hand placed on the middle of the tape marker.

STRUCTURES IN THIS EXERCISE:

- Box no. 1 (Height: 60 cm) placed 30 cm in front of the tape marker.
- Box no. 2 (Height: 60 cm) placed 30 cm behind the tape marker.

Pistol squat

Picture 1: Start



Picture 2: Bottom



Picture 3: Finish



REP CRITERIA (Range of motion):

Starting position: One foot on the box, the other leg hanging freely. Knees extended.

Bottom position: Flexion on supporting leg, Hip below the parallel line from top of knee.

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

Throughout the performance

- Athlete not hitting the structures or the ground.
- Athlete not holding into anything except the weight with their hands.
- Heel staying flat on the box.
- Free leg knee extended.

STRUCTURES IN THIS EXERCISE:

- Box (Height: 50 cm).

Graph showing the example of the hip going below parallel from the top of the knee can be found in 1RM document.

8. 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 command is given.

Command is specifying the issue in athletes' technique. For example, "**KNEE**".

The commands can be found on an external document
"Verbal Command listing for 1RM, Power and Strength & Endurance".

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 touches the top of the box or 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.

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