



The Nordic Championship 2021

Sweden, Norway, Finland and Denmark

RESUME

The following document for "The Nordic Championship 2021(" NC 2021) has been prepared by all the Nordic countries that have established an official and legal national federation or association

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Sweden, Norway, Finland and Denmark

The following document for "The Nordic Championship 2021(" NC 2021) has been prepared by all the Nordic countries that have established an official and legal national federation or association.

- The Finnish Street Workout Association (SSW)
- Calisthenics Norway
- DCSWF Dansk Calisthenics og Street Workout Forbund
- Sweden (No official or legal federation or association)

This document is made in close cooperation between the Nordic countries Denmark, Finland and Norway. This document and associated laws and regulations are intended for the organizations and persons responsible for the organizing of the 'Nordic Championship' in the future. If you wish to participate, you can read about rules, entry requirements for qualification, attire, etc. Rules and laws will also help those athletes who want to run and thus ensure them a safe and fair competition on the day.

DANSK CALISTHENICS &
STREET WORKOUT
FORBUND

1. DATES & ORGANISER:

1.1. The Nordic Championship takes place on 6 November 2021 in Copenhagen, Denmark, Adress: Enghavevej 82D, 2450 København SV from 10:00 to 20:00. And there will be a Nordic championship in 4 different disciplines in 2 categories men and women

- Freestyle
- 1RM
- Power
- Strength

You can find the event here the calendar

1.2. The international championship will be held by DCSWF as the main organizer, with associated help groups from Denmark, Finland, Sweden and Norway. For the registration contact your own national association, which contact information you can find below. The even contact persons for each country are also listed underneath.

DCSWF

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DCSWF Dansk Calisthenics og Street Workout Forbund

2. GENERAL CONDITIONS NORDIC CHAMPIONSHIP 2021

2.1. Nordic Championship 2021: Will be a physical, one-day competition with athletes competing against each other on the day of the competition itself.

2.2. The Nordic Championship 2021 will be held in 4 different disciplines.

- Calisthenics & Street Workout discipline Freestyle: In this discipline, athletes are provided with 2 minutes and 30 seconds to perform their strongest and best Calisthenics & Street Workout items through combinations (see section 4.7) (Men and Women)
- Calisthenics & Street Workout discipline 1RM: In this discipline, participants must perform 4 different Calisthenics & Street Workout exercises, Muscle-up, Pull-up, Dips and Squat, where it is important to lift as much extra weight as possible in a repetition, in each exercise. (Men and Women)
- Calisthenics & Street Workout discipline Power: In this discipline, participants must perform 3 different Calisthenics exercises with extra weight. Pull-Ups, Dips and Squats. (Men and Women)
- Street Workout Strength: In this discipline, participants must perform a combination of 8 Calisthenic exercises, which must be performed correctly, in the fastest time. (Both for men and women)

2.3. Each athlete who participates in The Nordic Championship 2021 represents first their country and then officially their association, team/club or themselves.

2.4. All athletes will be treated equally. That includes their nationality, race, religion, as well as team will be respected. Athletes should recognize and respect the work done by DCSWF, Calisthenics Norway, The representatives of Svenska Calisthenicsförbundet or The Finnish Street Workout Association, and their members, associations, clubs and teams in order to compete in the Nordic Championships.

2.5. The winner of The Nordic Championship 2021 wins the title

Nordic Champion 2021 – Freestyle (Men or Women)

Nordic Champion 2021 - 1RM (Men or Women)

Nordic Champion 2021 – Strength (Men or Women)

Nordic Champion 2021 - Power (Men or Women)

3. REQUIREMENTS FOR ATHLETES

3.1. You can only compete at the Nordic Championship if you have made the top 6 in national championships of one of the 4 different disciplines, in one of the member countries (Denmark, Norway, Sweden, Finland) as well as signed consent form, accepted the terms and rules of the competition day.

3.2. It is a requirement that the athlete is registered in the population register in his home country and has lived physically in one of the Nordic countries for more than 6 months.

3.3. Each athlete must have valid accident insurance and have full responsibility for his or her own health and will be personally responsible for his or her own actions during the DCSWF, Suomen Street Workout Yhdistys and NM Street Workout competition.

3.4. The Nordic Championship 2021 is organised with limited resources, and therefore all athletes must cover their own journey, as well as the cost of living out of their own pocket or through sponsors. **DCSWF will offer to rent Airbnb for the athlete just need to split the bill or they can choose their own hotel.**

3.5. Athletes must have legal rights to travel and enter Denmark. If you are a minor, you must either be able to travel on your own or bring a guardian.

4. RULES FOR THE SELECTION OF ATHLETES

4.1. If a country has not held an official championship in one of the 4 disciplines, and this does not have a top 6 in the different disciplines, if a country's federation or associations would like to have one or more athletes at the Nordic Championship, the federation or associations can decide for themselves.

The decision can only be made by a video qualification which is for the discipline(s) they would like to compete in. The selection must be made on an equal footing, so anyone wishing to participate in the Nordic Championship must send a video to their national federation, which must then approve the athlete's form.

If your country does not have an official federation or association that can approve your video qualification, then it will be a representative from each of the other country who decides who from the country can participate in "The Nordic Championship 2021"

4.2. Because the event time for The Nordic Championship 2021 is limited, each athlete can only participate in one of The Nordic Championship 2021 disciplines, unless the athlete has made the top 3, then the athlete can select to compete in 2 different competitions.

Freestyle	counts as <u>1</u>
Strength	counts as <u>1</u>

Power	counts as <u>1</u>
1RM	counts as <u>1</u>

4.3. There will be limited places in each discipline as well as in each category (Max 24 per category men/women).

4.4. The athletes' video will be judged, and all athletes will get final answers, whether you are in the competition **72 hours after September 19th**, which is the last registration deadline.

4.6 RULES AND EQUIPMENT

4.6.1. The 2021 competition is held on the official world championship equipment supplied by the company Uniqa Denmark, which sells the professional equipment of the brand Kenguru Pro.

- **High Bar** - 2.4 m high, 1.7 m wide, rod **33 mm** diameter
- **Dip Bar** - 1.4 m high, **0.55 m** between the center of the bars, the wide **48 mm** diameter of the bars.
- **Monkey Bar** - May vary whether it is in the competition from year to year.
- **Swedish Wall** - 2.4 m high, 1.7 m wide and the bars **33 mm** diameter

4.6.2. Each athlete may use liquid magnesium, powder, gloves accepted by the jury (not gymnastics gloves or grips), Wrist wraps/sleeves or some forms of joint support are allowed.

4.6.3. During the competition and during performance time, the athlete must be alone in the competition area. No support staff are allowed to be in the competition area.

4.6.4. The conduct of insulting, offensive acts/movements, as well as any insult directed at nationality or race towards other athletes, referees or viewers, shall be prohibited and shall result in disqualification.

4.6.5. Athletes may be asked to take a doping test, in accordance with the international rules and requirements of ADD (Anti Doping Denmark). By participating in Nordic Championship – Freestyle 2021, athletes accept requirements to take a doping test when asked to do so. If the results of the drug test are positive, the guilty athlete will be banned from participating in official national and international competitions held in the name of **NORDIC ASSEMBLY** or its members for 2 years.

4.7 RULES & JUDGEMENT OF FREESTYLE

4.7.1 In the Freestyle discipline, the athlete must make one or more combinations on the equipment available. All athletes are given 2 minutes and 30 seconds to perform their best and strongest combinations in the qualifying round.

4.7.2 All athletes must go through a qualifying round. The athletes with the most points advance to the final round, which consists of an additional 2 minutes and 30 seconds. The number of athletes going further depends on how many people line up, but as a starting point, it will always be half who advance to the final.

4.7.3 The order of the athletes will be drawn by lottery, 7 days before the competition.

4.7.4 The athletes are judged from outside 4 categories. Static, Dynamic Strength, Dynamic Acrobatics, and Combination. The judges are appointed by DCSWF, NM Street Workout, Suomen Street Workout and who have had detailed training in judging the discipline or have a strong knowledge of the freestyle discipline.

4.7.5 The organizer must make sure to record the athlete's performance so that you can always go back and look at the rating.

4.7.6 The winner is determined by the athlete who scores the most points and wins the title 'Nordic Champion 2021 Freestyle'

4.8 DYNAMIC ACROBATICS:

4.8.1 The judge can give between "0.5, 1, 1.5, 2, 2.5, 3, 3.5, 4, 4.5, 5, 5.5, 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10" points, for all dynamic acrobatic elements.

Dynamic Acrobatic Moves:

Different Variants of 360's, Swing, 180's, Shrimp flip, Front/Backflip Regrab, Gainer, claps of different variants, 540's, supra variants, moves where both hands do not touch the bar, also requiring primarily swing or momentum.

- If the athlete has shown only 1 dynamic acrobatic element during his round, the athlete can score a maximum of 3.5 points.
- If the athlete has performed only 2 different dynamic acrobatic elements during his round, the athlete can score a maximum of 7 points.
- If the athlete has performed 3 different dynamic acrobatic elm or more during his round, the athlete can score over 7 points. (Up to a maximum of 10).

The points also depend, of course, on the severity of the various dynamic strength elements, as well as the shape of the export, an example below.

4.9 DYNAMIC STRENGTH:

4.9.1 Judge can give between "0.5, 1, 1.5, 2, 2.5, 3, 3.5, 4, 4.5, 5, 5.5, 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10" points, for all dynamic strength elements.

All elementary based on full export. Muscle-up, Pull-overs, Handstand & Planche push-up or press with arms stretched, Backlever/Frontlever pull-up, One arm Pull-up, Hefesto, Freestyle push-up (without momentum), Type Writer. Elements executed without momentum.

The dynamic strength judge: Gives points from 0-10, for all dynamic strength elements.

- If the athlete has shown only 1 dynamic strength elements during his round, the athlete can score a maximum of 3.5 points.
- If the athlete has performed only 2 different dynamic strength elements during his round, the athlete can score a maximum of 7 points.

- If the athlete has performed 3 different dynamic strength elements team or more during his round, the athlete can score over 7 points. (Up to a maximum of 10)

The points also depend, of course, on the severity of the various dynamic strength elements, as well as the shape of the export, an example below.

(One Arm Pull Up & Handstand Push-up) does not give 7 points because this type of elements will be at the light end of the points scale.

(Hefesto) if it is the only dynamic element you perform, for example, you would get 6-7 for the difficulty level, but because the athlete has, for example, only performed a dynamic element during his round, the referee must not give more than 3.5 points.

4.10 STATIC CATEGORY:

4.10.1 Judge can give between "0.5, 1, 1.5, 2, 2.5, 3, 3.5, 4, 4.5, 5, 5.5, 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10" points, for all static elements.

This category applies to all static teams, in a minimum of 3 seconds. Front/backlever, Handstand variants, Planche variants, Humanflag variants, Elbowlevers, Neck/jesus hung, shouldermount.

The static referee: Gives points from 0-10, for all static elements. (minimum 3 seconds)

- If the athlete has only shown 1 static hold during his round, the athlete can score a maximum of 3 points.
- If the athlete has only performed 2 different static holds during his round, the athlete can score a maximum of 7 points.
- If the athlete has performed 3 different static holds or more during his round, the athlete can score over 7 points. (Up to a maximum of 10)
- Of course, the points also depend on the difficulty of the different holds, as well as the shape of the holds, an example below.
(Elbowlever & Handstand) does not give 7 points because this type of element will be at the light end of the points scale.
(Full Planche) if it is the only static element you perform, for example, you would get 7 or 8 for the difficulty level, but because the athlete has, for example, only performed a static element during his round, the referee must not give more than 3,5 points.

4.11 COMBINATION CATEGORY:

4.11.1 This category addresses how to combine your elements with each other in a single combination without stopping the combination:

Combination referee: gives points from 0-10 for your overall performance when the round is over.

- If the athlete has performed 3 different static holds or more during his round, the athlete can score over 7 points. (Up to a maximum of 10)

- has shown only combinations with dynamic acrobatics and strength, the athlete can only get a maximum score of 5 points.
- If the athlete has only shown static combinations, the athlete can only get a maximum score of 5 on points.
- If the athlete has shown only dynamic strength elements and static holds, the athlete can score a maximum of 7 points.
- If the athlete has shown only dynamic acrobatic elements and static holds, the athlete can score a maximum of 7 points.
- If the athlete has shown both static, dynamic acrobatics, as well as dynamic strength, the athlete can score over 7 points. (Up to a maximum of 10)
- A longer flawless combination will yield more points than a short flawless combination.

4.12 MISTAKES THAT CAN REDUCE YOUR POINTS

- The fact that the athlete falls from the bar with both hands is considered a mistake and will fail the move performed as well as interrupt the combination of the athlete.
- Partially failed move caught with one hand will be considered as a bad form instead of a mistake and it will reduce athletes points for that certain move as well as combination points.
- That the athlete does not hold his static hold for a minimum of 3 seconds.
- If an athlete performs a static move on top of the bars that performed on the floor would result athletes feet touching the ground, the move will be considered as a mistake.
- If the athlete stops in a combination to find a foothold or straighten grip, it will be considered a mistake.
- If the athlete spends more than 2 seconds getting from one element to another, it will be considered a combination interruption.
- Neither referee is allowed to give a maximum point if the athlete makes a mistake during his round.
- If the athlete makes exact repetitions of his moves during the same round of the competition for example, two front lever pull-ups the points will gradually decrease so that for the first time athlete performs a move he/she will get 100% of the points of that certain move, every additional time gives athlete only 60% of the points of the amount when they last time performed the exactly same version of the move.

Different variations of the move won't decrease the amount of the points. This includes changing the grip or using different equipment that sufficiently changes the nature of the move.

Performing the same move on different rounds doesn't affect the points.

4.13 DRESS CODE FOR FREESTYLE (CLOTHING & FOOTWEAR)

4.13.1 Judges shall be able to see that the participants are performing exercises correctly.

4.13.2 CLOTHING ALLOWED

- Athletes must wear closed shoes. Gymnastics shoes are not allowed.
- Athletes are allowed to wear shorts; however, they must be at least 2 cm above the knees and a maximum of 5 cm above the knee.
- The athlete is allowed to wear tight-fitting trousers.
- Athletes can wear compression clothing under the participant's shorts/t-shirt. The judges must be able to see the full movement of the elbow joints.
- On the upper body, the athlete can wear compression underwear/clothing, or other tight fit. Tanktops are ALLOWED.
- Athletes have the right to participate in the competition wearing personal sponsor/supporter clothing/Team Clothing (T-shirts, caps, etc.); but it is forbidden to advertise alcohol, tobacco, or gambling companies in the Nordic Championships 2021.
- Women are allowed to wear sports bra/top without other uppers.

4.14 NON-PERMITTED CLOTHING

- Long baggy pants are not allowed.
- Jeans are not allowed.
- Hoodies or any type of long-sleeved sweaters/sweatshirts are not allowed
- Tight-fitting gym shorts for male athletes are not allowed.
- No extra long sleeved shirt above the first layer is allowed.
- Naked body is not allowed.

4.15 RULES & JUDGEMENT OF STRENGTH

4.15.1 In the strength discipline, participants must perform 6 basic Calisthenic exercises, divided into 6 stations **within the given total time limit (men 10 minutes / women 8 minutes)**. The belowing workout would be the workout on the competition.

MEN: 10 minute

1. Clean Muscle-Ups 5
2. Toe To Bar 15
3. Push-Ups 25
4. Dips 20
5. Jumping Lunges 30
6. Pull-ups 15

WOMEN: 8 Minute

1. Pull-Overs 5
2. Hanging L-sit Raise 15
3. Push-Ups 15
4. Dips 10
5. Jumping Lunges 20
6. Pull-ups 10

4.15.2 The order of exercises may vary from year to year, as well as the number of repetitions and the way the athlete gets from station to station. This is advertised here on the website WWW.DCSWF.DK.

4.15.3 The athlete may move from station to station only after the athlete has completed the specified number of repetitions in the form required.

4.15.4 The order of the athletes will be drawn by lottery 7 days before the competition.

4.15.5 The competition in the Strength category is judged by judges appointed by dcswf, who have had detailed training in judging, or have a strong knowledge of the exercises.

1. **Muscle-Ups.** First repetitions are carried out from a box. The athlete sets off from the box into a full lockout position in his elbow and shoulder (fully outstretched body) in the lower position, after which he performs the muscle-up. Do not use a kip in your hip during your move (On the way up). The elbows should be completely stretched in the upper position above the bar. A judge will keep an eye on the kip in the hip (to be performed clean and without kip in the hip). Another referee will be watching for full-lockout in the shoulder and elbow, in the lowest position, as well as full-lockout

in the elbow in the top position, while a third judge will count approved repetitions, as well as take time.

2. **Toes To Bar.** To be carried out from fully stretched body and with a minimum use of momentum. No kind of weld/arching in the back is allowed. In any part of the exercise the athlete can't hit the box behind him, or otherwise the repetition the athlete is performing will be invalidated. Arms and legs must be stretched throughout the export. A judge keeps an eye on outstretched legs and arms while the other judge keeps an eye on swing momentum and whether his feet hit the bar, a third judge counts authorized repetitions, as well as taking time.
3. **Pull-ups. (Upper hand).** The position of the hands should be slightly beyond shoulder wide. Must be carried out with fully stretched body and without weld/arching, as well as total and stretched legs throughout the movement. In the upper position, the chin must be above the bar in a horizontal position and in the lower position there must be full-lockout in the shoulder and elbow. A referee will be watching to see if the chin comes over the bar in pull-ups, in the highest position, while another referee will keep an eye on the full-lockout in the shoulder and elbows in the lowest position, and a third judge keeps an eye on the legs being assembled and stretched and will count approved repetitions, as well as take time.
4. **Push-ups.** To be carried out on the floor, hands slightly over shoulder width, with a clamp in bales and core throughout the performance. The legs should be stretched and assembled. Keep your back straight, start from full-lockout and in elbows and protraction in the shot, after which the athlete should be going down to a minimum of 90 degrees in the elbow joint (Here protraction is not required), as well as the elbows should run down the body and not out to the sides. Neither above nor lower body shall not touch the ground. One judge will keep an eye out for 90 degrees in the lowest position, while the other judge will keep an eye on the full-lockout in the highest position and a 3 judge will count approved repetitions, as well as take time.
5. **Dips.** Should be performed from full-lockout in elbow and shoulder from upper position, as well as minimum 90 degrees in the elbow joint in the lower position. The athlete must not cross or bend the legs during export, total legs throughout the performance. The athlete must have a right position with the body and must lean a maximum length of one foot from the vertical starting point back with the legs. A judge will keep an eye on the full-lockout in the elbow and shoulders in the dips, in the highest position and 90 degree angle in the lowest position, the other judge keeps an eye on the legs not bent/crossed, while a third judge will count approved repetitions, as well as take time.
6. **Jumping Lunges.** To be performed from lunge's position with one knee in the floor. Then the athlete must jump and have fully outstretched legs while changing legs in the air, then getting down and touching with the knee in the ground again. A judge will stick with whether the knee hits the floor each time, the other judge will keep an eye on stretched legs in the top position, while a third judge will count approved repetitions, as well as take time.
1. **Pull-overs.** To be performed from hanging position with full-lockout in shoulder and elbow. Then the athlete should pull up in his arms with his legs stretched, around the bar with a minimum use of momentum, and then end up in full-lockout in the shoulder and elbow again. (The athlete must have stretched legs throughout the performance) A box is placed behind the athlete (One foot length), which can be used to stop momentum between repetitions, but must not be used during execution. A judge keeps an eye on outstretched legs and swing momentum, while the second judge watches the full-lockout in the shoulder and elbow in the lower and upper positions, a third judge counts authorized repetitions and takes time.

2. **Hanging L-sit Raises.** (Overhand) To be carried out from fully stretched body. No kind of weld/arching in the back is allowed. In any part of the exercise the athlete can't hit the box behind him, or otherwise the repetition the athlete is performing will be invalidated. Arms and legs must be stretched throughout the performance. The legs are then raised, so that the legs are parallel to the floor and hip at least 90 degrees and lowered again. One judge keeps an eye on outstretched legs and hip, as well as swing momentum, the second judge keeps an eye on the full-lockout in their arms and shoulders, and a third judge counts approved repetitions, as well as taking time.

4.15.6 All exercises and given repetitions MUST be performed clean if a repetition is given "NO REP", the repeat does not count (e.g. if the tenth pull-up gets "NO REP", this does not count as a repetition where you still lack your tenth repetition). However, this does not apply to Pull-overs and Muscle-Ups (Here staffe points will be given in seconds. Penalty points are given after all athletes have been through) In Pull-overs and Muscle-up, the entire movement of the trial must be completed before "NO REP" is given (e.g. the athlete does not come over the bar in muscle-up/pull-over does not count this as a trial).

4.15.7 The organizer shall ensure that the performance of all participants is recorded from the necessary angles in all exercises with a video camera/ mobile phone (if necessary).

4.15.8 The winner is Announced with the best time, which means that the athlete who completes all the stations in the fastest time wins the title "Nordic Champion 2021 - Strength"

4.16 DRESS CODE FOR STRENGTH

4.16.1 Judges shall be able to see that the participants are performing exercises correctly.

4.16.2 CLOTHING ALLOWED

- Athletes must wear closed shoes. Gymnastics shoes are not allowed.
- Athletes are allowed to wear shorts; however, they must be at least 2 cm above the knees.
- Athletes can wear compression clothing under the participant's shorts. The judges must be able to see the full movement of the knees and elbow joints.
- On top of the body, the participant should wear compression underwear, or other tight fit. Tanktops are ALLOWED.
- Athletes have the right to participate in the competition wearing personal sponsor/supporter clothing/ Team Clothing (T-shirts, caps, etc.); but it is forbidden to advertise alcohol, tobacco or gambling companies.

4.16.3 NON-PERMITTED CLOTHING

- Long baggy pants are not allowed.
- Hoodies or any type of long-sleeved sweaters/sweatshirts are not allowed
- Tight-fitting gym shorts for male athletes are not allowed.
- No extra T-shirt or sweater above the first layer is allowed. Naked body is not allowed.

4.17 RULES & JUDGEMENT POWER WOMEN AND MEN

4.17.1 In the Power discipline, participants must perform three basic Calisthenic exercises with extra weight. These exercises must be executed consecutively and in the following order:

MEN POWER

- Pull-ups + 32 kg (kettlebell)
- Dips + 48 kg (kettlebell)
- Squats + 80 kg (with barbell included)

WOMEN POWER

- Pull-up + 10 kg (plate)
- Dips + 20 kg (plate)
- Squat + 40 kg (with barbell included)

4.17.2 The order of the athletes will be drawn by lottery 7 days before the competition.

4.17.3 The competition in the Power category are judged by judges appointed by DCSWF, who have had detailed training in judging, or have a strong knowledge of the exercises.

4.17.4 Maximum break between repetitions in the outer position of the element is 2 seconds. The count is done by a competition judges. If the athlete deliberately spends longer than the 2 seconds, the athlete must finish his performance of the exercise, and at that moment the result is entered according to the number of repeated repetitions so far.

4.17.5 Pull-ups. One judge will keep an eye on the chin in pull-ups, in the highest position, while another judge will be watching the full-lockout in the shoulder and elbows in the lowest position, and a third judge will count repetitions as well as seconds.

4.17.6 Dips. One judge will keep an eye on the full-lockout elbows and shoulders in dips in the highest position, while another judge will keep an eye on the 90-degree angle in the lowest position, and a third judge will count repetitions as well as seconds.

4.17.7 Squats. One judge will keep an eye on the thigh parallel to the ground, in the lowest position, while another judge will keep an eye on the full lockout in the highest position, and a third judge will count repetitions as well as seconds.

4.17.8 During the performance of an exercise, one of the judges counts the correctly executed number of repetitions in a high voice. The other judge comments on the errors so that the participant can correct his technique and achieve the best possible result.

4.17.9 The organizer shall ensure that the performance of all participants is filmed from the necessary angles in all exercises with a video camera / mobile phone (if necessary).

4.17.10 After the end of a specific exercise, the judges communicate preliminary results for each athlete and then examine the videos for each participant performing the exercise (depending on the situation, the determination of the performance audit takes place only at the request of the judges) and enter the final number of approved repetitions in the competition protocol.

4.17.11 The winner is determined by counting the total points earned in all three exercises together.

4.17.12 The athlete with the highest score is named the winner of the discipline.

- Pull-up with extra weight per rep: 3 points.
- Dips with extra weight per rep: 2 points.
- Squat with extra weight per rep: 0.5 points.

4.17.13 Score calculation example:

The result of the athlete: 8 Pull-Ups, 12 Dips, 8 Squats.

The total score in points: $(8 * 3) + (12 * 2) + (8 * 0,5) = (24) + (24) + (4) = 56$ points

4.17.14 Before each exercise is performed, an athlete will have an extra weight and the judges will help the athlete take the starting position. With the signal from the referee "Get ready!", which consists of the voice command and the movement of the hand upwards, the athlete takes the starting position. In this position, the athlete must wait for the signal from the central judge "Start!" which consists of a voice command and a downward movement of the hand. The signal is given when the athlete takes the right position and stops any movement.

4.17.15 The athlete with the highest score will be entitled "Nordic Champion 2021 - Power"

4.18 DRESS CODE FOR POWER (CLOTHING & FOOTWEAR)

4.18.1 Judges shall be able to see that the participants are performing exercises correctly.

4.18.2. CLOTHING ALLOWED

- Athletes must wear closed shoes. Gymnastics shoes are not allowed.
- Athletes are allowed to wear shorts; however, they must be at least 2 cm above the knees.
- Athletes can wear compression clothing under the participant's shorts. The judges must be able to see the full movement of the knees and elbow joints.
- On top of the body, the participant should wear compression underwear, or other tight fit. Tanktops are ALLOWED.
- Athletes have the right to participate in the competition wearing personal sponsor/supporter clothing/ Team Clothing (T-shirts, caps, etc.); but it is forbidden to advertise alcohol, tobacco or gambling companies.

4.18.2 NON-PERMITTED CLOTHING

- Long trousers are not allowed.
- Hoodies or any type of long-sleeved sweaters/sweatshirts are not allowed
- Tight-fitting gym shorts for male athletes are not allowed.
- No extra T-shirt or sweater above the first layer is allowed.

4.19 RULES & JUDGEMENT OF 1RM

4.19.1 The competition is held on the official world championship equipment supplied by the company Uniqa Denmark, which sells the professional equipment

- High Bar - **2.4 m** high, 1.7 m wide, rod **33 mm** diameter
- Dip Bar - **1.4 m** high, 0.55 m between the center of the bars, the 48 mm diameter of the rod.

4.19.2 In the 1RM discipline, athletes must perform 4 Calisthenics & Street Workout exercises with the maximum extra weight that the athlete can lift. These items must be executed consecutively and in the following order:

1. Muscle-Up

2. Pull-Up

3. Dips

4. Squat with barbell

4.19.3 All athletes must give up their desired 1RM Lift on all four exercises in advance upon entry.

4.19.4 Each athlete has 3 attempts to achieve his/her 1RM in each exercise. The attempt that is performed correctly with the highest weight is what counts in final score. All athletes perform the same exercise before moving on to the next exercise.

4.19.5 The order of the athletes is chosen by lottery are 7 days before the competition day

4.19.6 Magnesium is allowed to be used both powder and liquid.

4.19.7 The athletes will alternately undergo their first Attempt together. Once all the athletes have done 1 rip of theirs Attempts, the next trial will be reviewed.

4.19.8 During the performance of an exercise, there will be 3 judges. One judge judges the correctly executed form, another judge mentions errors of technique so that the athlete can correct his technique and achieve the best possible result at the next attempt. The last judge is an "The Overall Judge", who along with the other judges, judges on the execution is correct and can be Accepted. "The Overall judge" is also the one who gives commands to start and finish.

4.19.9 The competition in the 1RM category is judged by judges appointed by the DCSWF, who have had detailed training in judging, or have a strong knowledge of the exercises.

4.20 Muscle-Ups.

- The athlete stands on a mobile platform/box against the central judge.
- With the signal from the Judge " Get ready!", which consists of the voice command and the movement of the hand upwards and then the athlete can take the starting position.
- The athlete finds his muscle-up starting position standing from the box and with the High Bar in his hands. In this position, the athlete must wait for the signal from the central judge "Start!", which consists of a voice command and a downward movement of the hand. The signal is given when the athlete takes the right position and stops any movement.
- After receiving a signal from the central judge, the athlete can begin to perform the exercise.
- The following will be kept under monitor:
 - The athlete drops standing from the box and then must attempt to pull himself up in a muscle-up.
 - Full lock-out, shoulder and elbow.
 - No kip from the hip.
 - The legs must be stretched and legs together.
 - "At the top, the arms should be completely stretched out, full lock-out in the elbows.
 - The end position must be hanging under the bar.

4.20.1 CAUSES OF ERRORS:

Errors if you do not have the original starting position of the body at the beginning and /or end of the pull.

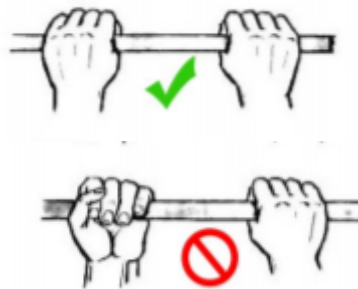
- Non-compliance with any of the judge's commands on the platform, as well as performing a move before or after the judge's commands.
- Double attempt (up-down-up), i.e. more than an attempt to perform one more move from the top position.
- Kipping (Any sudden movement of the legs) and/or swaying during the pull.
- If the athlete pipes the platform in front of him or the box behind him
- If using assistive agents in the form of straps
- Lets go of the high bar without waiting for the referee's "Finish/Finish!";

4.20.2 ALLOWED AND NOT AN ERROR

- False Grip is allowed on the crossbar.
- "Thumbs" your finger may be under or above.
- Legs slightly separated to make room for the weight discs.

4.21 PULL-UP.

- The athlete stands on a platform/box under the High Bar, against the central judge.
- With the signal from the judge "Get ready!", which consists of the voice command and the movement of the hand upwards, the athlete takes the starting position.
- For pullups, the grip should be overhand grip so that the knuckles are against the athlete, it is forbidden to make "mix grips" (see picture). The grip must be a closed grip with thumb on the side opposite to the other fingers.
- The athlete's hands must be in contact with the bar when performing an exercise. Note: Improved grip does not result in disqualification if both hands remain in contact with the bar.



- The athlete hangs on the High Bar with shoulder width between his hands, using one of the allowed grip types.
- The athlete's legs must be stretched at the knee joint and point downwards, while it is forbidden to cross the legs. In this position, the athlete must wait for the signal from the central judge "Start!" which consists of a voice command and a downward movement of the hand. The signal is given when the athlete takes the right position and stops any movement.
- After receiving a signal from the central judge, the athlete can begin to perform the exercise. The athlete must pull himself up so that he can get his chin over the high bar so that the tip of the chin extends beyond it, both vertically and horizontally (see fig). It is not necessary to touch the high bar with the chin needed.



Figur 1.

4.21.1 CAUSES OF ERRORS:

- Error in accepting the original starting position of the body at the beginning and/or end of the exercise.
- Non-compliance with any of the judge's commands on the platform, as well as performing a move before or after the judge's commands.
- Double movement (up-down-up), more than an attempt to perform a lift from the lower body position.
- Kipping (any sudden movement of the legs) and/or swaying during the pull.
- Failed attempt if attempting to stretch the chin over the high bar, the chin must be completely horizontal (Figure 1).
- Touching an extra weight hung from the athlete's belt by the athlete himself or an assistant before the judge commands "Finish "
- Hanging on the chin on the crossbar for more than 1 (one) second;
- Jumping from the high bar without waiting for the referee's "Finish/Finish"
- Decreasing weights from the athlete's belt when the chain is in pieces or belt fastenings. In this case, the athlete gets a further try.

4.21.2 ALLOWED AND NOT AN ERROR:

- To improve grip if contact with the high bar remains affected with both hands.
- Legs slightly separated to make room for the weight discs

4.22 DIPS.

- The athlete is on the platform/box at the parallel bars, against the central judge.
- The only grip allowed is a closed grip with your thumb around the bar
- The athlete's hands must be in contact with the rod when performing an exercise. Note: Improved grip does not result in disqualification if both hands remain in contact with the rod. Example of Figure 2.

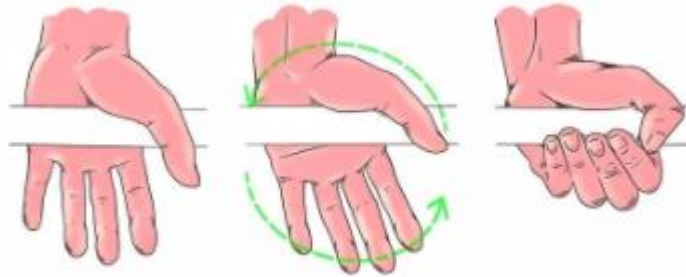
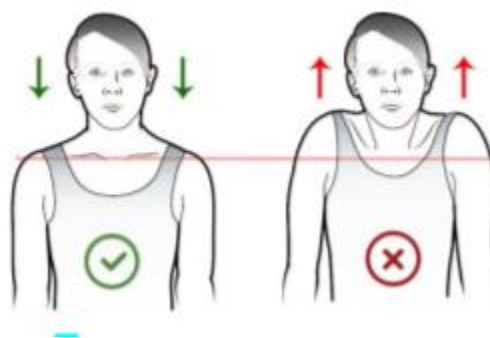


Figure 2.

- With the signal from the judge "Get ready!", which consists of the voice command and the movement of the hand upwards, the athlete takes the starting position:
 - Holds itself, leaning on the handles of parallel rods.
 - The athlete's arms must be stretched at the elbow joint.
 - The body is vertical, the back is straight.
 - The shoulders are lowered and pulled back, i.e., "sinking in the shoulders" is prohibited (see Figure 3).
 - The athlete's legs are outstretched and point downwards.



Figur 3.

- In this position, the athlete must wait for the central judge's signal "Start!", which consists of a downward movement of the hand and a clear voice command "Start!". The signal is given when the athlete takes the right position and stops any movement.
- After receiving the signal from the central judge to start the exercise, the athlete lowers the body down until the elbow joint is at least 90 degrees angle. Body tilt is prohibited. There will be a box behind you with a foot length, as if the feet hit, then the attempt will be disqualified.

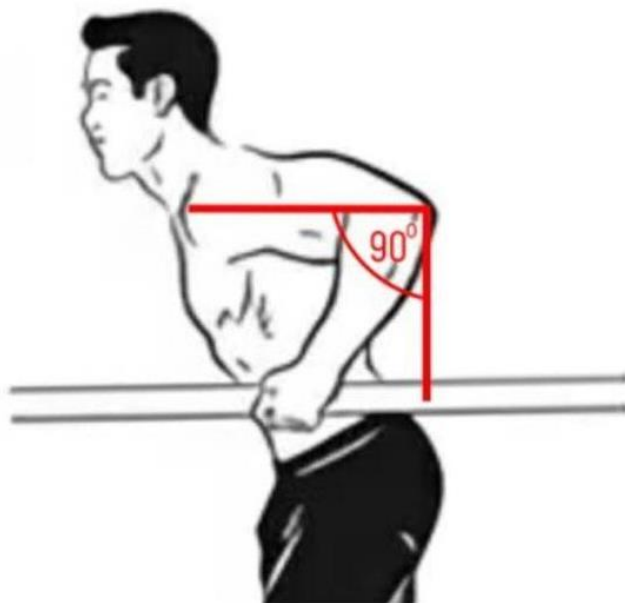
- As soon as the athlete takes a motionless position of the body at the top of the dip, the central judge must give a signal to the end of the pressure – "Finish!".
- The signal to the end of the exercise consists of a backward movement of the arm and a clear voice command "Finish!". Only after this signal has the athlete completed the exercise and can return to standing on the platform or on the box.

4.22.1 ALLOWED AND NOT AN ERROR:

- Legs slightly separated to make room for the weight discs.

4.22.2 CAUSES OF ERRORS:

- Error in accepting the original starting position of the body at the beginning and/or end of the pressure.
- Non-compliance with some of the judge's commands on the platform, as well as performing a move before or after the judge's commands.
- Double motion (up-down-up), more than one attempt without the judge's command
- Kipping (Any sudden movement of the legs) and/or swaying under the pressure.
- The movement of the athlete's shoulders goes in front of his movement pelvis (body tilt is prohibited) while the body goes down from the starting position.
- Failed attempts if the athlete starts the practice before the judge has said "Start".
- Failed attempts if the athlete does not hit an elbow angle of the minimum 90 degrees before ascending his dip. (See Figure 4)



Figur 4.

- Failed attempts if the athlete has not straightened his knees.
- Completion of the performance of the dip are when the judge commands "Finish!".

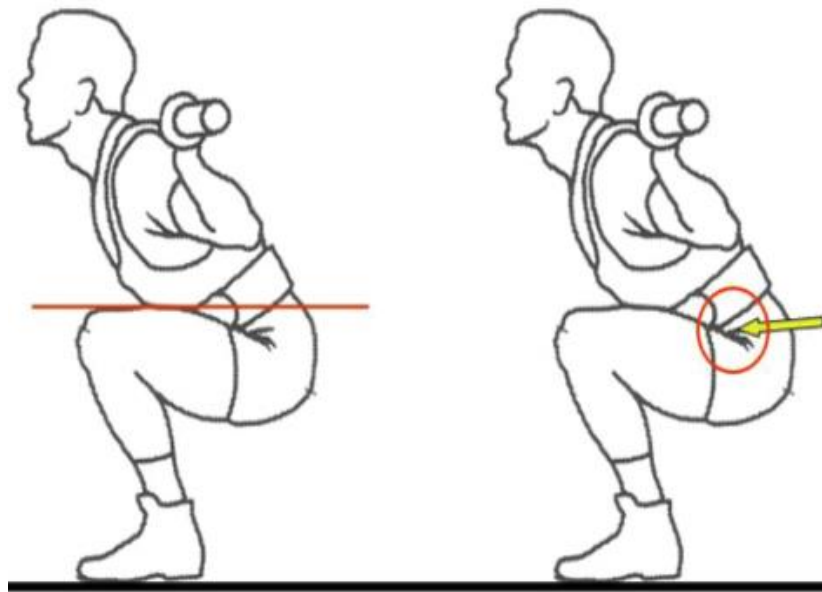
- Touching extra weight hung from the athlete's belt by the athlete himself, or by assistants during the dip until the Judge commands "Finish!".
- Falling weights from the athlete's belt when the chain breaks or belt fastenings. In this case, the athlete gets a further try.

4.23 SQUATS.

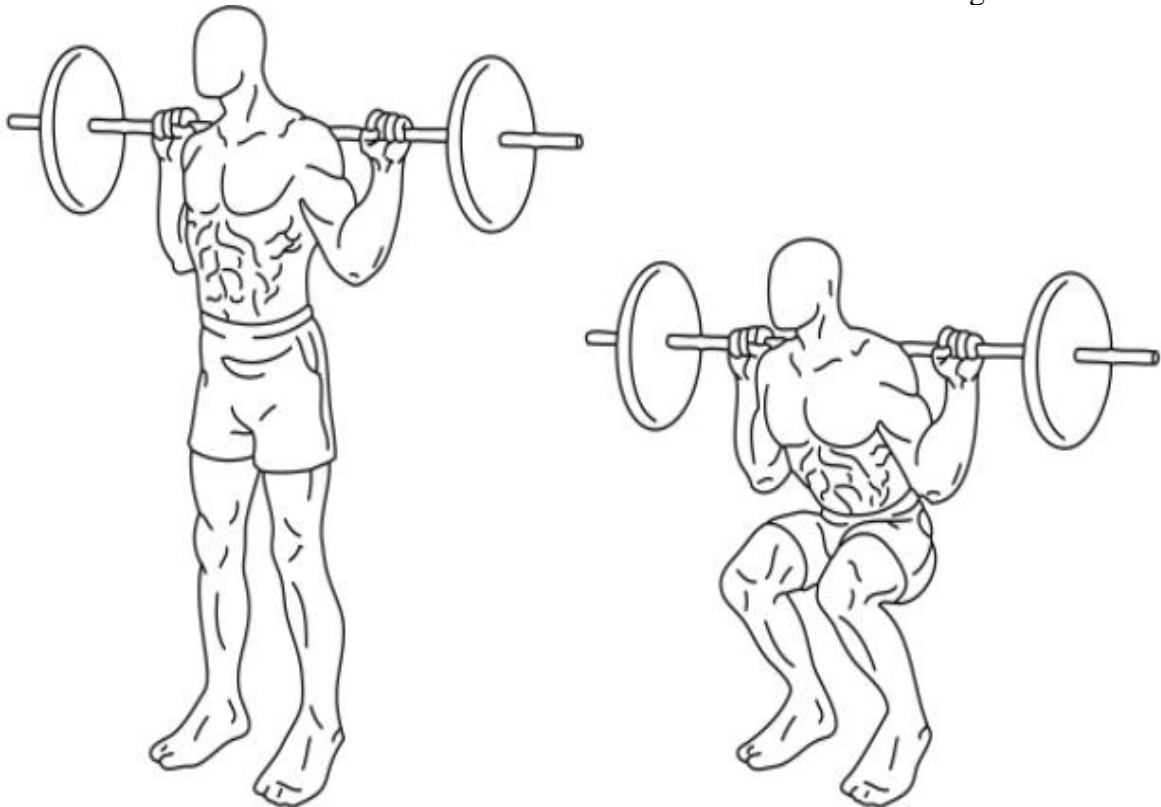
- The athlete stands on the horizontal floor, against the central judge.
- With the signal from the judge "Get ready!", which consists of the voice command and the movement of the hand upwards, the athlete takes the starting position.
- The athlete lifts the rod and moves backwards to the starting position. Assuming you are in a vertical in the starting position with your knees locked. (It is allowed to stand with a "slight" slope forward. Heels must be in contact with the ground all the time) In this position, the athlete must wait for the central judge's signal "Start!", which consists of a downward movement of the hand and a clear voice command "Start!". The signal is given when the athlete takes the right position and stops any movement.
- According to the judge's signal, the athlete must bend his knees and lower his body so that the top of the athlete's thigh at the hip joint (fold) gets below the upper point of the knee joint.
- Then stand upright with your knees locked and wait for the signal from the judge.
- As soon as the athlete is in a motionless position of the body (no doubt that the exercise is complete), the central judge must make a signal to the end of the exercise- "Finish!"

4.23.1 CAUSES OF ERRORS

- Do not hold a mixed grip. (Mix Grip)
- Error in accepting the original starting position of the body at the beginning and/or end of the pressure.
- Non-compliance with some of the judge's commands on the platform, as well as performing a move before or after the judge's commands.
- Double movement (up-down-up), more than one attempt without the judge's command.
- Failed attempts if the athlete starts the practice before the referee has said "Start".
- Failed attempts if the top of the athlete's thigh at the hip joint does not fall below the upper point of the knee joint. (See Figure 5)



Figur 5.



Figur 5.

4.23.2 The organizer makes sure to record the performance of all athletes, from the necessary angles in all exercises with a video camera / mobile phone (if necessary).

4.23.3 After the end of a specific exercise, judges communicate preliminary results for each athlete and may examine the videos for each athlete performing the exercise (depending on whether the situation is the determination of performance videos only at the request of the judges).

4.23.4 The winner is determined by the athlete who scores the most points and wins the title " Nordic Champion 2021 1RM".

4.23.5 Score calculation example:

- All the lifted weight from all the 4 exercises is counted together in order to get the final result.
 - The number of points on muscle ups will be 200% of the lifted weight.
 - The number of points on squats will be 50% of the lifted weight.
 - These multipliers or deductions are applied to even out the potential threshold of each move based on the potential of human body physics.
-
- Muscle-up 20kg
 - Squat 120kg
 - Dips 65kg
 - Pull-up 35 kg

Total score: $(20 * 2) + (120 / 2) + (65) + (35) = 240$ kg score

4.24 DRESS CODE FOR POWER (CLOTHING & FOOTWEAR)

4.24.1 Judges shall be able to see that the participants are performing exercises correctly.

4.24.2 CLOTHING ALLOWED

- Athletes must wear closed shoes. Gymnastics shoes are not allowed.
- Athletes are allowed to wear shorts; however, they must be at least 2 cm above the knees.
- Athletes can wear compression clothing under the participant's shorts. The judges must be able to see the full movement of the knees and elbow joints.
- On top of the body, the participant should wear compression underwear, or other tight fit. Tanktops are ALLOWED.
- Athletes have the right to participate in the competition wearing personal sponsor/supporter clothing/ Team Clothing (T-shirts, caps, etc.); but it is forbidden to advertise alcohol, tobacco or gambling companies.
- Lifting belt under squat.

4.24.3 NOT ALLOWED CLOTHING

- Long baggy pants are not allowed.
- Hoodies or any type of long-sleeved sweaters/sweatshirts are not allowed
- Tight-fitting gym shorts for male athletes are not allowed.
- No extra T-shirt or sweater above the first layer is allowed.
- Naked body is not allowed.