

**AUGUST 29<sup>TH</sup>**  
**KYIV, UKRAINE** **2020**

**WORLD**  
**STREETLIFTING AND**  
**WORKOUT RECORDS**  
**CHAMPIONSHIP**

**WORLD WORKOUT BATTLES**

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Motivation



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## 1. Goals and objectives

- 1.1. Development and popularization the Healthy Lifestyle on an international scale;
- 1.2. Involve youth in sports and physical activity;
- 1.3. Getting athletes experience in competitions participating;
- 1.4. Development of the area of Streetlifting in International format;
- 1.5. Identification of the World Streetlifting strongest athletes of 2020.

## 2. Date and place of the competition

- 2.1. The Championship will be held on August 29th, 2020;
- 2.2. Location: People's Friendship Arch, Kyiv^ Ukraine.
- 2.3. The final rules of the competition and the list of the athletes will be published on the official media resources of the World Street Workout and Streetlifting Federation after receiving the preliminary applications, but not later than 10 days before the Championship.
- 2.4. Official Media Resources "World Street Workout and Streetlifting Federation":  
WEBSITE: <https://street-workout.org>  
TELEGRAM CHANNEL: <https://t.me/workoutacademy>  
FB: <http://fb.me/wswsfederation/>  
IG: <https://www.instagram.com/workout.academy.official>  
VK: <http://vk.com/streetworkout>

## 3. Management of organization and holding of competitions

- 3.1. The general management of the organization and holding of competitions is carried out by the World Street Workout and Streetlifting Federation (hereinafter - the Organization / Federation).
- 3.2. Direct management of the organization and conduct of the Championship is carried out by the Deputy Head of the Federation:  
Gauranitay Shulika, (Dnipro, Ukraine), +38 (063) 192 89 89.
- 3.3. Head of the Organizing Committee of the Championship:  
Denis Minin (Dnipro, Ukraine), +38 (093) 999 93 93.
- 3.4. Main Judge of the Championship:  
Eugene Kocherga (Dnipro, Ukraine), +38 (093) 811 89 86.
- 3.5. Coordinator athletes of the discipline "Streetlifting":  
Oksana Kirichenko (Dnipro, Ukraine), +38 (050) 997 20 30.
- 3.6. Secretary of the Championship:  
Diana Samarskaya (Dnipro, Ukraine), +38 (067) 889 60 54.
- 3.7. This provision may have updates, revisions, any other additions, but the final version of the provision will be published no later than August 15, 2019.
- 3.8. Each pre-selected athlete will receive an addition to this provision, which will specify the requirements and obligations for obtaining accreditation. The items indicated in the addition are obligatory for fulfillment.



## 4. Participants of the championship and sports organizations

- 4.1. Applications for participation in the World Streetlifting Championship may apply athletes from all over the world.
- 4.2. The athlete who took the first place in the World Streetlifting Championship – 2019 is automatically admitted to the competition. Athletes who took the 2nd, 3rd places in World Streetlifting Championship – 2019 should film a new video as other athletes.
- 4.3. The foreign athlete is allowed to participate by the decision of the Head of the Organizing Committee of the Championship or the Deputy Head of the Federation by results of the selection in absentia (based on the provided photo and video materials published by the athletes on the web or provided on request).
- 4.4. The Championship has 2 categories: Men and Women
- 4.5. The participant needs to be at least 14 years old and older to compete. The participants who are younger than 14 years old can take part in the competition only with the permission of the Main organizer.

## 5. Weight categories (categories of own weight) and selection criteria

### 5.1. Men's categories:

- up to 60 kg;
- up to 70 kg;
- up to 80 kg;
- up to 90 kg;
- up to 100 kg;
- 100+ kg

### 5.2. Women's category:

- The overall weight category among women.

### 5.3. Selection criteria is the sum of two exercises regarding in terms of weight categories:

Men's categories	The sum of two exercises (kg)
up to 60 kg	130
up to 70 kg	165
up to 80 kg	175
up to 90 kg	177,5
up to 100 kg	180
100+ kg	182,5
<b>Women Openweight category</b>	60



## 6. Streetlifting exercises and rules

### 6.1. Dips

6.1.1. The athlete accepts the starting position - he must stand on a special stand or step. Fingers should grasp the bars.

6.1.2. After the athlete wears an additional weight on the belt (the athlete has the right to take the help of assistants), he must raise the weight from the special stand and take the starting position. After the athlete has taken a fixed starting position with arms straightened in elbows, the body should be in a vertical position (the inclination of the body tilt forward should not exceed 15°). Assistants remove a special stand, and the Main Judge should give a signal for the start of the dips. The signal is the command "Start". By the time the signal to start the exercise, the athlete is allowed to do any movements that do not lead to a violation of the rules for taking the starting position.

6.1.3. After receiving the Main Judge signal to begin the exercise, the athlete should bend his arms in the elbows and lower the trunk so that the upper part of the surface of the hands is lower than the upper part of the elbow. Only one attempt is allowed to go down. The attempt considered used if the athlete's elbows were bent.

6.1.4. Having received a sound signal with a whistle from the Main Judge, the athlete must independently return to the vertical position with fully straight arms in the elbows, performing the traffic movement. Double ascent or any other downward movement during lifting to the top position is prohibited. When the athlete, after completing the exercise, assumes a fixed position, the Main Judge must instruct the assistants to return the special stand.

6.1.5. The signal for the return of the stand consists of the movement of the Main Judge's hand. Since the return of the special support, the athlete must bend his elbows and lower the additional weight on a special stand, and his feet become on the stage of the projectile. For safety reasons, the athlete may ask assistance from assistants to put additional weights on a special stand.

6.1.6. During the exercise, near the bars should assist at least two assistants.

### 6.2. The reasons for which the rep on a bar is not counted

6.2.1. Error in observing the signals of the Main Judge to start or finish the exercise.

6.2.2. Double rise from the lower position or any movement down during the ascent.

6.2.3. An error in taking the vertical position with hands fully straightened in the elbows at the beginning and at the end of the exercise.

6.2.4. Any swings and joggling of the feet after the sound signal.

6.2.5. An error in bending the arms in the elbows and lowering the body to a position where the upper part of the hands should be lower than the upper part of the elbows.

6.2.6. Touching the weight or athlete by the assistants between the signals of the Main Judge, if this helps accomplish push.

6.2.7. Failure to comply with any of the requirements, which occur in the rules of performing dips.





## 6.3. Pull-ups

6.3.1. The athlete should be on a special stand, on which additional weights are set.

6.3.2. After the athlete wears an additional weight on the belt (the athlete has the right to take the help of assistants), he must raise the weight from the special stand and take the starting position. The fingers of the hands should grab the horizontal bar, which is above the head, the thumbs also grab the horizontal bar. To take back (lower) grip is forbidden. Assistants remove the special stand and the athlete must fully straighten his arms in the elbows in the position of the viscous under the horizontal bar. In the event that anatomically both hands can not be fully straightened, the athlete must warn the judges about it in advance by providing a medical certificate. The maximum permissible deviation from the norm is 15°.

6.3.3. The Main Judge must give a signal to begin pulling-up. The signal is the command "Start". By the time the signal is received to start the exercise, the athlete is allowed to do any movements that do not lead to a violation of the rules for taking the starting position.

6.3.4. Having received a signal from the Main Judge to begin the exercise, the athlete must pull up to the horizontal bar and lift the chin above the horizontal bar. Pulling should be done without bending the legs and pendulum, auxiliary movements. Permitted to make only one attempt to move up. The attempt is considered as used if the athlete's elbows have been bent more than 15°.

6.3.5. Having received a sound signal by a whistle from the Main Judge, the athlete must independently return to the starting position with fully straight arms in the elbows, by lowering down. When the athlete, after completing the exercise, assumes a fixed position, the Main Judge must instruct the assistants to return the special stand.

6.3.6. The signal for the return of the stand consists of the movement of the Main Judge's hand. Since the return of the special support, the athlete must release the horizontal bar and, on both legs, lower the additional weight on the special support. For safety reasons, the athlete may ask assistance from assistants to put additional weights on a special stand.

6.3.7. During the exercise, at least two assistants should assist near the bar.

## 6.4. The reasons for which the rep on a bar is not counted

6.4.1. Error in observing the signals of the Main Judge to start or finish the exercise.

6.4.2. Double rise from the lower position or any movement down during the ascent.

6.4.3. An error in taking the vertical position with hands fully straightened in the elbows at the beginning and at the end of the exercise.

6.4.4. Any swings and joggling of the feet after the sound signal.

6.4.5. Error in the top position, when the athlete raised his chin not high enough.

6.4.6. Touching the weight or athlete by the assistants between the signals of the Main Judge, if this helps accomplish pull-ups.

6.4.7. Failure to comply with any of the requirements, which occur in the rules of performing pull-ups.



## 6.5. Round system

6.5.1. During the weigh-in, the athlete must declare the initial weight for the two exercises. They must be included in the map of approaches in which the athlete puts a personal signature. The Secretary of the Championship keeps the approach card.

6.5.2 After the first approach, the athlete must decide what weight will be set for the second approach. It is necessary to approach the secretary within a minute and give him a weight for the second approach so that he brings it to the appropriate box of the athlete's card. The same procedure is envisaged for the third approach.

6.5.3. The responsibility for applying weight to the approach within the allotted time lies solely with the athlete and his trainer.

*Example of an athlete's card*

Name		Total	
		Weight category	
Weight of body		City	
Date of Birth		Country	
Exercise	1 round	2 round	3 round
Dip			
Pull-Up			
Pre sum			

## 6.6. Order of approaches

6.6.1. Since announcing the athlete's name and inviting him to the equipment, the athlete must come up to the equipment within 30 seconds. In case the athlete came to the equipment after 30 seconds from the time of the announcement of his name and his invitation to the equipment - the attempt considered as used.

6.6.2. Since the fixation of additional weight, the athlete has 20 seconds to take the starting position. In case the athlete takes a starting position longer than 20 seconds - the attempt considered as used. After the end of the exercise, the athlete must immediately release the equipment for the next participant.

6.6.3. The order of the approaches in each round is determined by the weights ordered by the athletes for this round. The first is the athlete who applied for the lowest weight. Further, the athletes perform in order of increasing the declared weight. In the case of the same weight, an athlete who is on the surname list above is invited.

6.6.4. If the athlete has not coped with the declared weight, he must wait for the next round, in which he will have a new opportunity to perform an approach with previously not lifted weight.



6.6.5. If the attempt in the round was unsuccessful due to an erroneously installed additional weight, due to the fault of the assistants or due to a malfunction of the equipment, the athlete should be given an additional attempt to the declared weight at the end of the current round. If an incorrect weight is established and this is detected before the attempt is made, the athlete can continue this approach after correcting the weight or take an extra try at the end of the round. In all other cases, the athlete is given an additional attempt at the end of the round. If the athlete is the last in the list in the round, he is added three minutes to perform an additional approach.

6.6.6. The athlete is allowed only one weight change in the first approach in each exercise no later than three minutes before the start of the round. Weight can be increased or decreased from the originally ordered. In this case, the order of lifts in the first round should be changed according to the declared weight. The announcer should, no later than one minute before the termination of receipt of updated applications for the first approach, inform about the approach of the deadline for weight change. If the notice of the deadline for submission of updated applications has not been given, then an announcement should be made permitting the updating of applications and the athlete has the right to change the weight for the first approach within one minute after this announcement.

6.6.7. The athlete must state weight on his second and third approaches within one minute after the completion of the previous approach. If the weight is not declared, then the athlete is automatically added 2.5 kg to the weight he made in the previous approach for his next approach. In case if in the previous approach the athlete's attempt to lift the weight was unsuccessful and he did not say a new weight for the next approach within one minute, the weight will be set to the athlete equal to the weight not lifted in the previous approach.

6.6.8. The weight declared for approaches in the second and third rounds can not be changed.

6.6.9. Between the exercises, a break of 15 minutes is allowed. This time is enough for the warm-up and preparation of the equipment.

## **6.7. Athlete clothes and equipment**

6.7.1. The athlete's clothing must be athletic. The list of authorized items includes:

- a) trousers;
- b) shorts;
- c) T-shirt;
- d) tank-top;
- e) sports shoes with a solid heel.

6.7.2. Performing without shoes is allowed, only on the condition that the athlete has put on clean (new) short white color socks or gymnastics shoes. Other colors and socks with patterns, ornaments - are not allowed.

6.7.3. Any equipment: gloves, medical and sports elastic bandages, wristbands, elbow pads - is not allowed.

6.7.4. During the exercise, we do not recommend that the athlete wear jewelry (chains, rings, bracelets, suspenders and other types of jewelry) that may interfere with the exercise, injure or deteriorate. We recommend that you shoot these items for the set's duration.





## 6.8. Disqualification

6.8.1. Disqualification – the punishment of an athlete or team for gross violations of competition rules or sports ethics:

6.8.1.1. Athlete's exclusion for technical violations of the rules of the Championship from the qualification (shown results, prize-winning places, etc. are not counted);

6.8.1.2. Athlete's or judge's deprivation for violation of the moral and ethical norms of the behavior the right to compete (judge) in sports competitions for a certain period of time (in some cases such disqualification entails the athlete's deprivation of the sport's ranks awarded to him).

6.8.1.3. Disrespectful attitude towards judges and organizers (abusive words, insults, threats)

6.8.1.4. Racism (forms of its manifestation) and insulting the feelings of believers.

6.8.2 Any violation of the rules listed in this provision.

6.8.3. Disqualification can be conditional. The decision on disqualification is made by the Main Judge of the Championship or by the Heads of the Federation.

## 7. Rewarding

7.1. Athletes who took 1st, 2nd, and 3rd places are awarded by diplomas, medals, cups and prizes from the organizers.

## 8. Financing and reception conditions

8.1. Participants do NOT pay entry fees for participating in the championship. Participation is free.

8.2. All costs for the organization of the championship, promotion, payment for the work of managers, coordinators, assistants, the judiciary board, media production and other costs, the World Street Workout and Streetlifting Federation covers by itself.

## 9. Application

9.1. The application for participation in the World Streetlifting Championship 2020 should be submitted not later than July 1, 2020 (11:59 pm Central European Time)

9.2. Registration form: <https://street-workout.org/wsc-2020/> . There are no other forms for registration.

9.3. Applications that were submitted later on than July 1, 2020 (11:59 pm Central European Time) are not considered.

*The rules are developed and compiled by the Main Judge of the Championship, Eugene Kocherga, approved by the President of the World Street Workout and Streetlifting Federation, Denis Minin.*