

WORLD STREET WORKOUT AND STREETLIFTING FEDERATION REPRESENTS

**AUGUST 25<sup>TH</sup>**

**PEOPLE'S FRIENDSHIP ARCH  
KYIV, UKRAINE**

**2019**

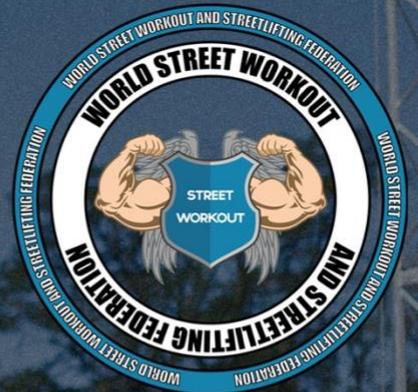
**WORLD  
STREETLIFTING  
AND WORKOUT  
RECORDS  
CHAMPIONSHIP**

OFFICIAL PARTNER OF THE CHAMPIONSHIP "STREET SPORT" COMPANY -  
LEADER IN PRODUCTION OF SPORT PARKS FOR WORKOUT

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Motivation



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## 1. Goals and objectives

- 1.1. Development and popularization of the Healthy Lifestyle on an international scale;
- 1.2. Involving youth in sports and physical activity;
- 1.3. Getting athletes experience in competitions participating;
- 1.4. Development of Street Workout in an international format;
- 1.5. Identification of the World strongest athletes of Street Workout in 2019.

## 2. Date and place of the competition

- 2.1. The Championship will held on August 25, 2019;
- 2.2. Location: People's Friendship Arch, Kyiv;
- 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:

Shulika Gauranitay, (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 «Workout Records»:  
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 fulfilment.



## 4. Participants of the championship and sports organizations

- 4.1. Applications for participation in the World Workout Records Championship may apply athletes from all over the world.
- 4.2. No more than 3 athletes from one region of Ukraine can participate.
- 4.3. The athlete who took the first place in the official selection is automatically admitted to the competition and has an advantage in selection before the athletes who took the 2nd, 3rd and those who did not pass the general selection in the region.
- 4.4 The foreign athlete is allowed to participate by 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).
- 4.5. The Championship has 2 categories: Men and Women.
- 4.6. 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 permission of the Championship Managers.

## 5. Nominations and criteria for admission

### 5.1. Nominations for World Workout Records Championship 2019:

- 1) One arm Pull-Ups;
- 2) Muscle-Ups;
- 3) Pull-Up +32 kg;
- 4) Dips +48 kg;
- 5) Handstand Push-Ups;
- 6) Front Lever;
- 7) Human Flag;
- 8) Full Planche;
- 9) Women Bodyweight Pull-Ups;
- 10) Women Bodyweight Push-Ups;
- 11) Women Bodyweight Dips;
- 12) Men Bodyweight Pull-Ups;
- 13) Men Bodyweight Push-Ups;
- 14) Men Bodyweight Dips;
- 15) Kids (Girls) Bodyweight Pull-Ups;
- 16) Kids (Girls) Bodyweight Dips;
- 17) Kids (Girls) Bodyweight Push-Ups;
- 18) Kids (Boys) Bodyweight Pull-Ups;
- 19) Kids (Boys) Bodyweight Dips;
- 20) Kids (Boys) Bodyweight Push-Ups;
- 21) Single Leg Squats +16 kg.



## 5.2. Criteria for admission

5.2.1. Table admission criteria specified number of repetitions / seconds that the athlete must perform to obtain accreditation. The number of repetitions should be equal to or higher than specified.

#	Nomination	Result (reps / seconds)
1	One arm Pull-Ups	8
2	Muscle-Ups	18
3	Pull-Up +32 kg	18
4	Dips +48 kg	25
5	Handstand Push-Ups	15
6	Front Lever	20
7	Human Flag	20
8	Full Planche	10
9	Women Bodyweight Pull-Ups	15
10	Women Bodyweight Dips	25
11	Women Bodyweight Push-Ups	30
12	Men Bodyweight Pull-Ups	30
13	Men Bodyweight Dips	60
14	Men Bodyweight Push-Ups	100
15	Kids (Girls) Bodyweight Pull-Ups	12
16	Kids (Girls) Bodyweight Dips	20
17	Kids (Girls) Bodyweight Push-Ups	30
18	Kids (Boys) Bodyweight Pull-Ups	15
19	Kids (Boys) Bodyweight Dips	25
20	Kids (Boys) Bodyweight Push-Ups	60
21	Single Leg Squats +16 kg.	10

5.2.2. If necessary, the Organizers of the Championship have the right to make a request for video confirmation of the application. The athlete must provide proof video applications in the prescribed manner organizers no later than 7 days from the date of the request. If the athlete has submitted a confirmation after 7 days - his application is removed from the registration list.

5.2.3 The Championship program includes 2 age categories: up to 14 years old and over 14 years old. Participants under 14 years can apply, however they are considered individually by the Championship Coordinators.

5.2.4. Underage minors are allowed to participate in the World Workout Records Championship 2019, by providing the agreement, completed by one of the parents or the legal representative of the underage minor, as well as persons over 18 years of age.



## 6. Exercise Rules

### 6.1. One arm Pull-Ups

6.1.1. The athlete takes the starting position - on the horizontal bar on one hand with a fully straight arm in the elbow joint, on which the exercise will be performed. If the anatomically hand, on which the athlete is pulled, 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°.

6.1.2. The hand on which the athlete does not pull up should be in one of three positions:

- a) be straight and pressed against the body, palm in the pelvic region;
- b) grasp the body in front of the body about the abdomen;
- c) in the bent position behind the back.

6.1.3. The exercise is allowed only after the voice command "Start" of the Main Judge;

6.1.4. Exercise must be carried out technically correctly, without fluttering and jerking movements.

6.1.5. In the upper position the athlete should noticeably for the Judge cross the chin line of the horizontal bar.

6.1.6. When lowering, the athlete must fully straighten the arm at the elbow joint in the lower position.

6.1.7. Only the upper grip is allowed, holding the horizontal bar with your thumb.

### 6.2. The reasons why attempts are not counted

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

6.2.2. The bottom grip, the thumb does not grab the horizontal bar.

6.2.3. Any swinging and jogging of the legs during exercise. Bending of the legs in the knees, laying one leg on the other.

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

6.2.5. When lowering, the athlete does not fully straighten his arms, except for anatomical features, in which the maximum deviation from the norm is 15°.

6.2.6. Failure to comply with any of the requirements, which occurs in the rules of performing One arm Pull-ups.



## 6.3. Muscle Ups

6.3.1. The athlete takes the starting position - on the horizontal bar on one hand with a fully straight arm in the elbow joint, on which the exercise will be performed. If the anatomically hand, on which the athlete is pulled, 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 °.

6.3.2. The exercise is allowed only after the voice command of the Main Judge;

6.3.3. The exercise must be carried out technically correctly, without any flutter or jerk movements. At a distance of 55 cm, parallel to the center of the horizontal bar on the floor, a special rack with three ribbons is installed in order for the second judge control the amplitude of the athlete's movement. Touching the rack and ribbons on the racks is prohibited.

6.3.4. In the upper position, the athlete must fully straighten both arms in the elbow joints and perform fixation.

6.3.5. The legs should be completely straight (bending at the knees and laying one leg on the other - not allowed).

## 6.4. The reasons why attempts are not counted

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

6.4.2. The bottom grip, the thumb does not grab the horizontal bar.

6.4.3. Any swinging and jogging of the legs during exercise. Bending of the legs in the knees, laying one leg on the other. Touching a special rack, tape on the rack, or the intersection of this rack amplitude of more than 55 cm.

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

6.4.5. When lowering, the athlete does not fully straighten his arms, except for anatomical features, in which the maximum deviation from the norm is 15°.

6.4.6. Failure to comply with any of the requirements, which occurs in the rules of performing Muscle Ups.



## 6.5. Pull-Up +32

6.5.1 The athlete should be on a special stand, which is installed additional weight and take the starting position - on the horizontal bar with completely straight arms in the elbow joints. In the event that anatomically the hands can not be completely 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°.

6.5.2. After the athlete puts on the belt an additional weight (the athlete has the right for help of the assistants), he must lift 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 should not exceed 15°). Assistants remove special the stand and the Judge must give a signal for the start of the pull-up. The signal the "Start" command is used. By the time of receiving a signal to start the exercise, the athlete is allowed to do any movements that do not lead to a violation of the rules of taking the starting position.

6.5.3. The exercise is allowed only after the voice command of the Main Judge;

6.5.4. 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 carried out without bending the legs and pendulum, auxiliary movements.

6.5.5. When the athlete, after completing the exercise, will take a motionless position, the Main Judge must instruct the assistants to return a special stand.

6.5.6. The signal for the return of the stand consists of the movement of the Main Judge's hand. Since the return of the special stand, 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.

## 6.6. The reasons why attempts are not counted

6.6.1. Error in observing the signals of the special rack, to start the exercise.

6.6.2. The bottom grip, the thumb does not grab the horizontal bar.

6.6.3. Any swinging and jogging of the legs during exercise. Bending of the legs in the knees, laying one leg on the other.

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

6.6.5. When lowering, the athlete does not fully straighten his arms, except for anatomical features, in which the maximum deviation from the norm is 15°.

6.6.6. Failure to comply with any of the requirements, which occurs in the rules of performing Pull-ups.



## **6.7. Dips +48 kg**

6.7.1. The athlete takes the starting position, becoming a special stand or step. Fingers should grasp the bars.

6.7.2 After the athlete puts on the belt an additional weight (the athlete has the right for help from the assistants), he must lift 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 should not exceed 15°). Assistants remove special he stand and the Main Judge must give a signal for the start of dips. The signal the "Start" command is used. By the time of receiving a signal to start the exercise, the athlete is allowed to do any movements that do not lead to a violation of the rules of taking the starting position.

6.7.3. The exercise is allowed only after the voice command of the Main Judge;

6.7.4. Having received a signal from the Main Judge to begin the exercise, the athlete must bend his arms in the elbows and lower his body so that the upper part of the arms surface is below the upper part of the elbow. When climbing to the upper position, the athlete must fully straighten his arms in the elbows and correct from 0.5 to 2 seconds. Exercise is considered complete if the athlete is in the upper position for more than 2 seconds.

6.7.5. 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.

6.7.6. The signal for the return of the stand consists of the movement of the Main Judge's hand. Since the return of the special stand, 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.

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

## **6.8. The reasons why attempts are not counted**

6.8.1. Error in observing the signals of the Main Judge to start the exercise.

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

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

6.8.5. 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.

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

6.8.7. Failure to comply with any of the requirements, which occurs in the rules of performing Dips.



## 6.9. Handstand Push-Ups

6.9.1. The athlete takes the starting position - stand on straight arms in elbows, upside down, without support. The width of the setting of the hands at the discretion of the athlete. In the event that anatomically the 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°.

6.9.2. The exercise is allowed only after the voice command of the Main Judge;

6.9.3. The exercise must be carried out technically correctly, without jerky movements. The position of the elbows is allowed two:

- a) the direction of the elbows to the sides;
- b) the direction of the elbows along the body (under him, pressing his elbows to the body).

6.9.4. In the upper position, the athlete must fully straighten both arms in the elbow joints and perform fixation.

6.9.5. In the bottom position, the athlete must touch a special pillow located on the floor, forehead or nose.

6.9.6. The legs should be completely straight (bending at the knees and laying one leg on the other - not allowed).

6.9.7. You can move in a rack on your hands, but only in a square whose sides are 100 cm.

6.9.8. The athlete has two additional attempts to perform the exercise, if he touched the floor with one or two legs, provided that only one push-up or push-up was performed, in general, was not done.

## 6.10. The reasons why attempts are not counted

6.10.1. Error in observing the signals of the Main Judge to start the exercise.

6.10.2. Exercise is not in full amplitude:

- a) Not full straightening of hands in elbows in the upper position;
- b) Not full descent down, without touching the forehead or nose of a special pillow.

6.10.3. Any swinging and jogging of the legs during exercise. Bending of the legs in the knees, laying one leg on the other.

6.10.4. Exit the perimeter of the square.

6.10.5. In the event that the athlete has lowered or touched one or two legs of the floor, and attempts were performed 2 or more, the exercise is considered completed.

6.10.6. Failure to comply with any of the requirements, which occurs in the rules of performing Push-ups.



## **6.11. Front Lever**

6.11.1. The athlete takes the starting position - on the horizontal bar with completely straight arms in the elbow joints.

6.11.2. The exercise is allowed only after the voice command of the Main Judge;

6.11.3. The athlete takes the position of the hanging parallel to the floor with a completely straight body (in the knees and lower back).

6.11.4. It is allowed to take a position both from lowering the body from the top position to the parallel, and lifting the body from the bottom position to the parallel.

6.11.5. Start the work of the Judge's stopwatch starts from the moment of fixing the body in a position parallel to the floor, taking into account that the arms in the elbow joints are straightened and the body is fully straightened.

6.11.6. The end of the stopwatch starts from the moment when the athlete:

- a) bent his knees;
- b) a deflection appeared in the lower back;
- c) bent the elbow / elbows;
- d) there is no body parallel to the horizon / floor.

## **6.12. The reasons why the exercise is considered complete**

6.12.1. Error in observing the signals of the Main Judge to start the exercise.

6.12.2. Bending in the lower back, knee / knee flexion, hands / hands in the elbow joint.

6.12.3. There is no body parallel to the horizon / floor.

6.12.4. Failure to comply with any of the requirements, which occurs in the rules of performing holding the "Front Lever" element.



## **6.13. Human Flag**

6.13.1. The athlete takes the starting position, taking up the parallel poles.

6.13.2 The exercise is allowed only after the voice command of the Main Judge;

6.13.3. Adoption of the body position parallel to the floor can be carried out with both lowering the body from the top position, and lifting the body from below.

6.13.4. Start the work of the Judge's stopwatch starts from the moment the body is locked in a position parallel to the floor. It is allowed to bend the hand, which is on top of 15°, the hand from below should be completely straight.

6.13.5. The end of the stopwatch starts from the moment when the athlete:

- a) bent his knees;
- b) a deflection appeared in the body region;
- c) bent the elbow of the supporting arm;
- d) there is no body parallel to the horizon / floor.

## **6.14. The reasons why the exercise is considered complete**

6.14.1. Error in observing the signals of the Main Judge to start the exercise.

6.14.2. Deflection in the lower back, knee / knee flexion, supporting arm in the elbow joint.

6.14.3. There is no body parallel to the horizon / floor.

6.14.4. Failure to comply with any of the requirements, which occurs in the rules of performing holding the "Human Flag" element.



## **6.15. Full Planche**

6.15.1. The athlete takes the starting position by grasping the bars and clasping the pole with his thumb.

6.15.2. The exercise is allowed only after the voice command of the Main Judge;

6.15.3. Taking of the body position parallel to the floor can be carried out with both lowering the body from the top position, and lifting the body from below. Legs should be together.

6.15.4. Start the work of the Judge's stopwatch starts from the moment of fixing the body in a position parallel to the floor, taking into account that the arms in the elbow joints are straightened and the body is completely straightened, both in the lower back and in the knees.

6.15.5. The end of the stopwatch starts from the moment when the athlete:

- a) bent his knees;
- b) a deflection appeared in the lumbar region;
- c) bent the elbow of the supporting arm;
- d) there is no body parallel to the horizon / floor.

## **6.16. The reasons why the exercise is considered complete**

6.16.1. Error in observing the signals of the Main Judge to start the exercise.

6.16.2. Deflection in the lower back, knee / knee flexion, supporting arm in the elbow joint.

6.16.3. There is no parallel to the body relative to the horizon / line of bars / floor.

6.16.4. Failure to comply with any of the requirements, which occurs in the rules of performing holding the "Full Planche" element.



## **6.17. Bodyweight Pull-Ups**

6.17.1. The athlete should stand on a special stand - take the position of the hanging under the horizontal bar with the cavity straight arms in the elbow joints. Grip is allowed only the upper one, with his thumb clasping the horizontal bar. In the case when anatomically the 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 °.

6.17.2. 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 should not exceed 15 °). Assistants remove a special stand, and the Main Judge should give a signal for the start of the push-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.

6.17.3. The exercise is allowed only after the voice command of the Main Judge;

6.17.4. 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.

6.17.5. When the athlete, after completing the exercise, assumes a fixed position, the Main Judge must instruct the assistants to return the special stand.

6.17.6. The signal for the return of the stand consists of the movement of the Main Judge's hand. Since the return of the special stand, the athlete must release the horizontal bar and stand on both legs.

6.17.7. These rules apply to the categories men, women and children.

## **6.18. The reasons why attempts are not counted**

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

6.18.2. The bottom grip, the thumb does not grab the horizontal bar.

6.18.3. Any swinging and jogging of the legs during exercise. Bending of the legs in the knees, laying one leg on the other.

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

6.18.5. When lowering, the athlete does not fully straighten his arms, except for anatomical features, in which the maximum deviation from the norm is 15°.

6.18.6. Pause in the top or bottom position for more than 2 seconds.

6.18.7. Failure to comply with any of the requirements, which occurs in the rules of performing Pull-ups.



## **6.19. Bodyweight Push-Ups**

6.19.1. The athlete takes the starting position by standing at the point of lying on the floor. The fingers of the hands should be straightened, it is necessary to stand on the palms of two hands. The width of the setting of the hands at the discretion of the athlete.

6.19.2. After the athlete has taken a fixed starting position with arms straightened in elbows, the body should be in a level position, and the key should be above the palms. The legs of the athlete must be together and completely straight. The Main Judge must give a signal to begin performing push-ups. 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.

6.19.3. After receiving the Main Judge signal to begin the exercise, the athlete should bend his arms in the elbows and lower the body so that the upper part of the surface of the hands is lower than the upper part of the elbow, and the chest needs to touch the floor surface.

6.19.4. Double ascent or any other downward movement during lifting to the top position is prohibited.

6.19.4. Pause at the top and bottom point can not be more than 2 seconds.

6.19.5. Lying down on the floor is forbidden.

6.19.6. These rules apply to the categories men, women and children.

## **6.20. The reasons why the push-up is not counted**

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

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

6.20.3. 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 below the upper part of the elbows, when there was no touch of the floor with the breast.

6.20.4. Bending of the legs in the knees, laying one leg on the other, bending in the lower back, lifting the pelvis.

6.20.5. Pause in the top or bottom position for more than 2 seconds.

6.20.6. Failure to comply with any of the requirements, which occurs in the rules of performing Push-ups.



## **6.21. Bodyweight Dips**

6.21.1 The athlete takes the starting position, becoming a special stand or step. Fingers should grasp the bars.

6.21.2. 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 should not exceed 15°). The legs of the athlete must be together and completely straight. Assistants remove a special stand, and the Main Judge should give a signal for the start of the push-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.

6.21.3. After receiving the Main Judge signal to begin the exercise, the athlete should bend his arms in the elbows and lower the body so that the upper part of the surface of the hands is lower than the upper part of the elbow.

6.21.4. 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.

6.21.5. The signal for the return of the stand consists of the movement of the Main Judge's hand. Since the return of a special stand, the athlete must become feet on the stage of the projectile.

6.21.6. . These rules apply to the categories men, women and children.

## **6.22. The reasons why the dips are not counted**

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

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

6.22.3. 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.

6.22.4. Any swings and joggling of the legs, bending the legs, laying one leg on the other.

6.22.5. Touching the athlete's body of the assistants or the Main Judge, if it helps performing dips.

6.22.6. Pause in the top position for more than 2 seconds.

6.22.7. Failure to comply with any of the requirements, which occurs in the rules of performing Dips.



## **6.23. Single Leg Squats +16 kg.**

6.23.1. The athlete takes the starting position on a flat surface holding a 16 kg weight kettlebell in front of him: legs shoulder-width apart, feet looking parallel to each other, back straight, eyes looking forward.

6.23.2. It is allowed to hold a weight kettlebell only in front of you, both with one hand and with two hands. Allowed to put the weight on the chest on either side.

6.23.3. Extend one leg forward and lift up, not bringing the angle 90° between the leg and the body for a little.

6.23.4. After receiving the signal of the Main Judge to start the exercise, the athlete should begin to perform the exercise, going down until the hip biceps touches calf muscle or up to the level of 90° degrees in the knee. The back should be straight.

6.23.5. The exercise is performed without support.

6.23.6. Pause in the lower or upper position is allowed, but should be no more than 5 seconds.

6.23.7. Athlete can do the exercise both in shoes and without shoes.

## **6.24. The reasons why the single leg squats are not counted**

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

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

6.24.3. Accidentally or intentionally touching the floor with a non-supporting foot.

6.24.4. Disposal kettlebell on the back.

6.24.5. Pause in the top or low position for more than 5 seconds.

6.24.6. Failure to comply with any of the requirements, which occurs in the rules of performing Single Leg Squats.



## 6.25. Attachment to Exercise Rules

6.25.1. Each subsequent repetition of pull-ups, push-ups and muscle-up sets athlete must do only after Judge's announce number of the previous repetition. Judge announces the number of the previous repetition only after making sure that the athlete has done the fixation.

6.25.2. The maximum delay of time between repetitions is 2 seconds, for the exercise Single Leg Squats +16 kg the maximum delay of time between repetitions is 5 seconds.

## 6.26. Order of approaches

6.26.1. Since announcing athlete's name and inviting him to the equipment, athlete must come up to the equipment within 30 seconds. In case 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.

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

## 6.27. Athlete clothes and equipment

6.27.1. 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.

6.27.2. Performing without shoes is allowed, only on 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.

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

6.27.4. 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 sets duration.



## 6.28. Disqualification

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

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

6.28.1.2. 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 sports ranks awarded to him).

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

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

6.28.2. Any violation of the rules listed in this provision.

6.28.3. 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 of nominations "Workout Records" who have established a record are awarded with diplomas, cups and prizes from the organizers. The 2nd and 3rd places are not eligible for valuable prizes.

## 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 Stritlifting Federation covers by itself.

## 9. Application

9.1. The application for participation in the discipline "Workout Records" must be submitted no later than August 11, 2019 (23:59 Kyiv time, GMT +3)

9.2. Registration form: <https://street-workout.org/wwrc-2019/>. There is no other forms for registration.

9.3. Applications that were submitted later on August 11, 2019 (23:59 Kyiv time, +3 GMT) 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.*