

BODYSTRONG



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RULEBOOK

The official wording of the regulations is defined in partnership with FinalRep. For the following rules and regulations, the following criteria shall be observed and considered:

General validity

Comprehensibility

Preservation of the character of the sport

We pursue the goal that the interested reader can adequately prepare for competitions and that all questions are answered. We believe that it is necessary to create a strict, but not impractical set of rules.

People are not machines; therefore the set of rules should leave room for the individual characteristics of the participants, without affecting the comparability. On the other hand, we also want to prevent the possible suffering of the athletes' performances in favour of objectivity.

The rules and regulations are based on years of experience in the competitive sport of Calisthenics. Over the course of several years, rules have been discarded or retained to ensure fair competition for every athlete.

Since Calisthenics is still a very young and rapidly growing sport, we reserve the right to make changes and adaptations for the benefit of the athlete.

This rulebook was developed in cooperation with representatives from Germany, Spain, France, Italy, Great Britain and Brazil and reflects the current state of the worldwide competition scene.

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1) GENERAL INFORMATION

- a) This set of rules is valid for all events.
- b) The following exercises are part of the competition and must be performed in unchanged order at each event:
1. bar muscle up / ring muscle up
 2. pull up / chin up
 3. dip
 4. squat
- These four exercises add up to a total that is used to determine the winner.
- c) The competition will be held among athletes who are divided into weight classes based on gender and body weight.
- d) Each athlete is allowed three scoring attempts per lift. For regional competitions there are currently two attempts only.
- e) The heaviest valid attempt is included in the overall ranking. In order to remain in the rankings, one valid repetition must be achieved in each exercise.
- f) If the athlete does not achieve a valid repetition in any lift, the athlete may continue to take part in the competition but will be excluded from the overall ranking.
- g) Should two or more athletes achieve the same total, the athlete with the lower body weight wins.
- h) If two or more athletes with the same body weight have reached the same total, the athlete who has reached the total first wins. The same applies to international records.
- i) Each athlete has 60 seconds from the first command ("Ready!") to start the lift. If the time limit is exceeded, the attempt will be considered invalid.
- j) The athlete is not forced to start all three attempts. The athlete is free to skip any remaining attempts without having to give reasons.
- k) Each athlete is entitled to a minimum of 5 minutes rest between each attempt.

2) WEIGH-IN AND WEIGHT CLASSES

- a) Men and women are weighed in separate rooms.
- b) Only persons of the same sex may be present in the weighing room.
- c) Each athlete shall wear only underwear on the scales.
- d) Athletes are not allowed to undress completely. Therefore, a tolerance of 0.1kg above the weight class is accepted.
- e) The weighing is done on calibrated scales.
- f) If an athlete exceeds the weight class for which he/she/they has qualified or registered for, he/she/they will start outside the classification and the overall ranking.
- g) The standard weight classes are defined below:

FEMALE WEIGHT CATEGORIES

-57kg, -63kg, +63kg

MALE WEIGHT CATEGORIES

-66kg, -73kg, -80kg, -87kg, -94kg, +94kg

3) ATHLETE EQUIPMENT

General information:

- a) All competitions are RAW competitions.
- b) The judges and loaders are free to check the personal equipment of the athlete.
- c) Only equipment explicitly mentioned in the rules is allowed. On request special cases can be clarified separately.
- d) The athlete is allowed to use magnesia ("chalk") provided by the organiser in liquid or dry form.
- e) Any kind of jewellery, such as necklaces and earrings are not allowed on the platform.

3.1 Weight Belt (Pull/Dip)

- a) At both ends of the belt there must be a ring to attach to the chain using a carabiner. In case of using a climbing rope or a tear resistant strap instead of a chain, the belt must have two carabiners to attach it.
- b) Belts with click fasteners are allowed.
- c) The athlete is allowed to use an additional carabiner for closing or tightening up the belt to the hips.
- d) The weight belt used in the competition, must withstand a weight of at least 250 kg or more. The weight will be attached to the belt with a climbing rope or a chain (tear resistant >500 kg).

3.2 Squat Belt

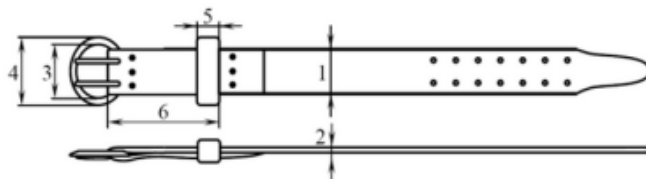
Competitors are allowed to wear a belt. If worn, it must be worn over the lifter's jersey to be worn.

Material and Construction:

- a) The belt must be made of leather, vinyl, or similar material that is not stretchable, shall be used. It may consist of a layer(s) that are glued and/or sewn together.
- b) The belt may not have, either on the surface or between each ply or between the individual plies, have any additional padding, reinforcements or inserts of any material.
- c) The buckle shall be firmly attached to one end of the belt by stitching or rivets.
- d) The belt may have a buckle with one or two spikes or a "quick release" buckle (quick release buckle applied as a lever).
- e) A loop for sliding the tongue through must be attached by stitching or rivets.

Dimensions of the belt:

- a) Width of the belt max. 10 cm. (1).
- b) Thickness of the belt (2) on the whole length max. 13 mm.
- c) Inner width of the buckle (3) max. 11 cm.
- d) Outer width of buckle (4) max. 13 cm.
- e) Width of tongue loop (5) max. 5 cm.
- f) Distance between buckle end (6) and tongue loop max. 25 cm.



3.3 Shoes

Shoes must be worn.

- a) Only athletic shoes, athletic boots, weightlifting or powerlifting boots or powerlifting boots or cross lifting slippers. Only footwear that is used in indoor sports (e.g., basketball or wrestling) may be worn.
- b) The sole must not be higher than 5 cm at any point.
- c) The sole shall be flat and shall have no protrusions, irregularities or deviations from the manufacturer's original design.
- d) Loose insoles that are not part of the manufactured shoe are limited to a thickness of 1 cm.

3.4 Wraps and sleeves

Only wraps made of single-ply, normally woven elastic material, covered with polyester, cotton or a combination of both materials, or of medical dressing material can be worn.

Wrist Wraps

- a) Wrist bandages must not exceed 1 m in length and 8 cm in width. Cuffs and Velcro/safety loops must be included within the length of 1 m.
- b) A loop may be included as a safety aid. The loop must not be over the thumb or fingers during the attempt.
- c) Standard commercial sweatbands that do not exceed 12 cm in width may be worn. A combination of wrist wraps and sweatbands is not permitted.

Elbow Sleeves

Elbow sleeves, i.e. cylindrical neoprene sleeves, may only be worn over the elbows during the execution of an attempt in a competition and in no case on any other part of the body.

The use of elbow sleeves in connection with elbow bandages is not allowed.

Elbow sleeves must have the following specifications:

- a) The sleeves shall consist entirely of one layer of neoprene, or predominantly one layer of neoprene plus a non-supporting single layer of fabric over the neoprene. The sleeve may have quilted seams on the fabric or layer of fabric over the neoprene. The sleeve must be constructed in such a way that it does not provide any noticeable support or bounce effects in the elbow area of the athlete.
- b) The thickness of knee sleeves is limited to a maximum of 7 mm and the length to a maximum of 30 cm.
- c) Elbow sleeves may not have any additional fastening or tightening devices, e.g. Velcro fasteners or cords, nor padding or similar supporting devices. They must also have a continuous cylindrical shape. Holes or recesses in the neoprene or cover material are not permitted

Knee Sleeves

Knee sleeves, i.e. cylindrical neoprene sleeves, may only be worn over the knees during the execution of an attempt in a competition exclusively over the knees and in no case on any other part of the body.

The usage of knee sleeves in connection with knee wraps is not allowed.

Knee sleeves must have the following specifications:

a) The sleeves shall consist entirely of one layer of neoprene, or primarily one layer of neoprene plus a non-supporting single layer of fabric over the neoprene.

The sleeve may have quilted seams on the fabric or layer of fabric over the neoprene. The sleeve must be constructed in such a way that it does not provide any noticeable support or bounce effects in the knee area of the athlete.

b) The thickness of knee sleeves is limited to a maximum of 7 mm and the length to a maximum of 30 cm.

c) Knee sleeves may not have any additional fastening or tightening devices, e.g. Velcro fasteners or cords, nor padding or similar supporting devices. They must also have a continuous cylindrical shape. Holes or recesses in the neoprene or cover material are not permitted.

3.5 Tape

a) Two layers of a plaster may be worn around the thumbs. However, they may not be worn anywhere else on the body without the official permission of the judges.

b) Depending on the prior approval of the judges, tape may be applied in the case of physical injury in such a way that it does not give the athlete an unfair advantage.

3.6 Control of the personal equipment

The control of the personal equipment of each lifter taking part in the competition of each lifter participating in the competition can be made at any time during the event up to and including 20 minutes before the start of the respective weight class.

4. COMPETITION DISCIPLINES AND THEIR EXECUTION

a) Bar Muscle up

General procedure:

As soon as the first command ("Ready!") is given, the athlete may enter the platform.

The athlete then attaches the dip belt to the hip.

Now the athlete moves to the starting position, with a pronated grip.

The athlete is allowed to use a semi-false grip.

The starting position is considered to be reached as soon as the athlete has fully extended the elbows (180 degrees of extension), if necessary, it is allowed to bend the legs to achieve full elbow extension.

The athlete goes into the starting position as just described and waits for the starting command ("Go!"). As soon as the command is given, the athlete may start the attempt. It is allowed to swing forward and then directly initiate the pull.

As soon as the athlete performs the bar dip with elbows fully extended, he/she/they waits for the command to finish the attempt ("Box!").

As soon as the second command is given, the athlete may swing from the bar back onto the box.

The attempt is now considered complete.

If the athlete does not manage to get above the bar, the attempt is also considered complete.

Afterwards the judges will decide if the attempt was valid and the athlete may leave the platform.

Causes of invalid bar muscle ups:

The following is a list of violations that result in a "No Rep".

1. The athlete enters the muscle up with bent arms or the athlete's wrists are touching the bar. If there are any specific cases of anatomical limited mobility (e.g. not being able to extend elbows to a 180 degree angle) it is up to the athlete to tell and show the judges before entering the platform to perform the first attempt.
2. The athlete cheats by generating a kipping movement in the pelvis or a kicking movement with the legs. Only a minimal change of the knees' angle during the attempt is allowed.
3. The attempt will also be considered invalid, if the athlete loses control over the added weight and the lower limbs, even after getting above the bar.
4. If the direction of movement reverses before the attempt is completed, the repetition is considered invalid. A short pause on top of the bar is allowed.
The chest may touch the bar.
5. A downward movement is initiated before reaching the maximum elbow extension.
6. The athlete does not wait for any of the judge's commands.
7. A form colloquially known as "chicken wing", in which one elbow passes the bar before the other, is considered invalid

b) Ring Muscle up

General procedure:

As soon as the first command ("Ready!") is given, the athlete may enter the platform.

The athlete then attaches the dip belt to the hips.

Now the athlete moves to the starting position.

The athlete is allowed to use a false grip, the wrists may touch the rings.

The starting position is reached as soon as the athlete has fully extended the elbows (180 degrees extension).

The athlete goes into the starting position as just described and waits for the starting command ("Go!").

It is not allowed to swing forward.

As soon as the command was given, the athlete may start the attempt.

As soon as the athlete has completed the dip with the elbows fully extended, the athlete waits for the command to finish the attempt ("Box!").

As soon as the second command is given, the athlete may reverse the movement back onto the box.

The attempt is now considered complete.

If the athlete does not manage to complete the transition or the dip, the attempt is also considered finished.

Afterwards the judges will decide if the repetition was valid and the athlete may leave the platform.

Causes for invalid ring muscle ups:

The following is a list of violations that result in a "No Rep".

1. The athlete enters the muscle up with bent arms. If there are any specific cases of anatomical limited mobility (e.g. not being able to extend elbows to a 180 degree angle) it is up to the athlete to tell and show the judges before entering the platform to perform the first attempt.
2. The athlete cheats by generating a kipping movement in the pelvis or a kicking movement with the legs. Only a minimal change of the knees' angle during the attempt is allowed.
3. The attempt will also be considered invalid, if the athlete loses control over the added weight and the lower limbs, even after getting above the rings.
4. If the direction of movement reverses before the attempt is completed, the repetition is considered invalid. A short pause during the transition is allowed as long as the movement does not reverse.
5. A downward movement is initiated before reaching the maximum elbow extension.
6. The athlete does not wait for any of the judge's commands.
7. A form colloquially known as "chicken wing", in which one elbow passes the rings before the other, is considered invalid.

c) Pull up or Chin up

General procedure:

As soon as the first command ("Ready!") is given, the athlete may enter the platform. The athlete then attaches the dip belt to the hips.

A pronated and a supinated grip are both allowed.

The athlete enters with arms completely extended (180-degree angle).

The stackers may help lift the weights from the box to prevent the weights from swinging too much.

Once the athlete finds oneself in the starting position and has almost come to a standstill, the judge will give the command "Go!".

Now the athlete is allowed to start the repetition.

The repetition is considered complete when the chin is clearly visible above the bar or the movement reverses.

As soon as the athlete reverses the movement and finds oneself back in the starting position, the athlete must wait for the command to finish the attempt ("Box!") and is now allowed to go back onto the box and to let go of the bar.

The loaders may help to lift the weights back onto the box.

Afterwards the judges will decide if the repetition is valid and the athlete may leave the platform.

Causes of invalid pull ups / chin ups:

The following is a list of violations that result in a "No Rep".

1. The athlete enters the attempt with bent arms. If there are any specific cases of anatomical limited mobility (e.g. not being able to extend elbows to a 180 degree angle) it is up to the athlete to tell and show the judges before entering the platform to perform the first attempt.
2. The athlete cheats by generating a kipping movement in the pelvis or a kicking movement with the legs. Only a minimal change of the knees' angle during the attempt is allowed.
3. If the direction of movement reverses before the athlete reaches the valid height (chin must cross the bar horizontally), the repetition is considered invalid. A short pause during the movement is allowed as long as the movement does not reverse.
4. The athlete does not wait for any of the judge's commands.
5. The athlete is allowed to start the movement from an "active hang" (scapular depressed). If the athlete switches to a "passive hang" (scapular depressed to scapular elevated) after the starting command ("Go!") was given, the attempt is considered invalid.

d) Dip

General procedure:

As soon as the first command ("Ready!") is given, the athlete may enter the platform. The athlete then attaches the dip belt to the hips.

The athlete then goes into the starting position with extended arms and hips nearly straight. It is allowed to keep the legs slightly bent, as well as fully extended.

The loaders may help lift the weights from the box to prevent the weights from swinging too much. Once the athlete is almost at a standstill, the judge gives the starting command ("Go!").

Now the athlete bends the arms until the top of the rear delt (back shoulder) is below the top of the elbow.

The hip must be below the parallel bars. Then the athlete extends the arms, reversing the movement back into the starting position.

Now the athlete waits for the command ("Box!") to finish the attempt and may go back onto the box.

The loaders may help lift the weights back onto the box.

The repetition is considered complete when either the athlete is back on the box, or the upward movement is reversed.

Afterwards the judges will decide if the repetition is valid and the athlete may leave the platform.

Causes of invalid dips:

The following is a list of violations that result in a "No Rep".

1. The athlete enters the attempt with bent arms. If there are any specific cases of anatomical limited mobility (e.g. not being able to extend elbows to a 180 degree angle) it is up to the athlete to tell and show the judges before entering the platform to perform the first attempt.
2. The athlete cheats by generating a kipping movement in the pelvis or a kicking movement with the legs. Only a minimal change of the knees' angle during the attempt is allowed.
3. If the direction of movement reverses before the athlete reaches the valid depth (top of the rear delt below the top of the elbow), the repetition is considered invalid. A short pause during the movement is allowed as long as the movement does not reverse.
4. The athlete does not wait for any of the judge's commands.
5. The athlete excessively bends the hip to shorten the ROM ("range of motion") so that the hip is not clearly visible below the parallel bars.
6. The athlete falls into a severe hyperextension of the spine and loses control of the weight. If the athlete touches the box during the attempt before the command to finish ("Box!") is given, the attempt is considered invalid.

e) Squat

General procedure:

As soon as the first command ("Ready!") is given, the athlete may enter the platform.

The barbell must be held horizontally on the shoulder with hands and fingers gripping the bar.

A low bar squat and a high bar squat are both allowed.

The hands may be positioned at any position inside or on the inner catches of the barbell.

After lifting the barbell out of the stands (the lifter may be assisted while lifting the barbell off the stands by the stackers), the lifter must move backwards to the starting position.

Once the lifter is motionless and upright (a slight deviation is permitted) with the knees pressed through the judge will give the command to start the attempt.

The judge's command consists of a downward movement of one arm and the audible command "Squat!". Before the command "Squat!" is given, the lifter may make positional changes within the rules without being penalised.

For safety, the athlete is asked to place the barbell back in the rack if, after a period of five seconds, the athlete is not in the correct position to start the attempt.

After the command of the judge ("Squat!") the athlete must bend the knees and lower the body until the top of the thighs at the hip joint are below the top of the knees.

A rolling forward or backward movement between the balls and the heels of the feet, as well as lateral movement of the feet, is permitted.

The attempt is considered to have begun as soon as the knees of the athlete start to bend.

As soon as the athlete is upright and motionless, the judge will give the command to put the bar back ("Rack!").

Afterwards the judges will decide if the repetition is valid and the athlete may leave the platform.

Causes of invalid squats:

The following is a list of violations that result in a "No Rep".

1. The athlete does not take up an upright position with knees pushed through before the beginning or after the end of the squat.
2. The athlete does not wait for any of the judge's commands.
3. The athlete performs a double bounce at the lowest point of the squat attempt or a downward movement during the concentric of the lift.
4. The athlete does not reach the prescribed depth of the squat, so that the top of the thighs at the hip joint is below the top of the knees.
5. At least one of the loaders touches the barbell or the athlete between the judge's commands with the intention of making the attempt easier for the athlete.
6. The athlete rests the elbows or the upper arms on the thighs. A light touch is allowed if it does not give an advantage to the lifter.
7. The athlete drops or "throws away" the barbell during or after the attempt.
In this case the athlete will be disqualified and will not be allowed to participate in the further competition.