

**WSWCF STREET WORKOUT
NATIONAL CHAMPIONSHIP 2018
OFFICIAL COMPETITION REGULATIONS**

FOR QUALIFICATION TO

WSWCF STREET WORKOUT FREESTYLE WORLD CHAMPIONSHIP 2018

APPROVED BY the Management Board of the
World Street Workout & Calisthenics Federation
On February 5, 2018, in Riga, Latvia

WSWCF STREET WORKOUT NATIONAL CHAMPIONSHIP 2018

REGULATIONS

The following regulations (“**Regulations**”) of the WSWCF Street Workout National Championship 2018 (“**SWNC 2018**”) of the member countries of the Federation (each of them – “**Country**”) have been developed by the World Street Workout & Calisthenics Federation (“**Federation**”) in cooperation with its member organizations. These Regulations are addressed to the organizations and persons responsible for organization of SWNC 2018 of the Country (“**Organizers**”) and street workout athletes willing to apply and participate (“**Applicants**”) and actually participating (“**Participants**”) in the SWNC 2018 of the Country. The SWNC 2018 of the Country conducted according to these Regulations will ensure qualification of national athletes from that Country for participation in the WSWCF Street Workout World Championship 2018 in Moscow, Russia, (“**SW World Championship 2018**”) as described in these Regulations. These Regulations are intended only for the use of the addressees for the purpose of ensuring the SWNC 2018. Any use, disclosure or copying of these Regulations in whole or in part not in accordance with their intended purpose is prohibited under the applicable law and requires prior express consent of the Federation.

1. DATES OF THE WSWCF STREET WORKOUT WORLD CHAMPIONSHIP 2018 AND THE NATIONAL CHAMPIONSHIPS 2018

1.1. The SW World Championship 2018 will take place on August 3rd (qualification round) and August 4th (Final round), in Moscow, Russia.

1.2. To duly qualify for the SW World Championship 2018, the Country has to organize the SWNC 2018 of the Country and notify its results to the Federation until June 24, 2018 (including).

2. ORGANIZERS OF THE STREET WORKOUT WORLD CHAMPIONSHIP 2018 AND THE NATIONAL CHAMPIONSHIPS 2018

2.1. The SW World Championship 2018 will be organized by the Federation and Moscow State Sport Department (MOSCOMSPORT).

2.2. The SWNC 2018 in every particular Country will be organized by the official member organization(s) of the Federation in that Country and/or other organization(s) loyal to the Federation.

3. GENERAL TERMS OF SWNC 2018 OF THE COUNTRY

3.1. The SWNC 2018 of the Country must be organized as a live competition with athletes being present and competing against each other face-to-face.

3.2. Organizers of the SWNC 2018 have to give equal opportunity of applying for participation in the competition to all Applicants of the particular Country.

4. REQUIREMENTS FOR THE PARTICIPANTS

4.1. All Applicants from a particular Country are allowed to apply and participate in the SWNC 2018 of that Country.

4.2. Participation fee can be charged from the Participants, in the case of this money being used to cover the expenses of the organization of the competition or SWNC 2018 winner's travel costs to SW World Championship 2018 in Moscow.

4.3. Each Participant must have a valid health insurance (personally paid for or financed by a sponsor / supporter, etc.).

4.4. To participate in a SWNC 2018, Applicants have to be in possession of a valid international travel passport that has to be shown during the registration for the competitions.

4.5. Each Participant must take full responsibility for his health condition and must be personally liable for his actions and their possible consequences during both competition and free time.

4.6. A Participants must have legal rights to travel and enter Moscow, Russia, if they qualify for the SW World Championship 2018. Participants who are less than 18 years old must be able to travel alone without an adult companion.

4.7. If a Participant qualifies for participation in the SW World Championship 2018, but for any personal reason is unable to arrive to the competition venue in Moscow, Russia, his participation will be annulled and, if still practically possible, the vacant place offered to next the Participant in the reserve list pursuant to Clause 7.9. below. In case of any anticipated absence (whether planned or unplanned) the particular Participant must notify the Federation and the Organizer of the relevant SWNC 2018 as soon as reasonably possible.

4.8. If a Participant qualifies for SW World Championship 2018 and has obtained travel support from any organisation and has not travelled to SW World Championship 2018, the Participant has to fully refund the lost travel costs within one month or the Participant will be disqualified from competitions for the period of five (5) years.

4.9. All Participants traveling to SW World Championship 2018 have got to have enough money reserved to return back home, if they have been late for the airplane or any other serious situation occurs. Or there has to be a person back home who can help them solve this

issue without interrupting the work of the organisers. WSWCF and other Organizers are not liable or responsible in such cases.

4.10. All Participants traveling to SW World Championship 2018 must have basic English language skills.

5. RULES OF COMPETITION

5.1. In the SWNC 2018, each Participant is normally given two (2) rounds to show his best performance.

5.2. The maximum performance time given for one Participant in each round is three (3) minutes.

5.3. The order of the Participants will be drawn (selected by lottery) by Organizer(s) right before the SWNC 2018.

5.4. The possibility for the Participant to use his selected music during his performance will depend on the technical support of the Organizer of the relevant SWNC 2018.

5.5. During their performance, the Participants may perform any street workout elements to amaze judges and increase the evaluation.

5.6. During performance, each Participant is allowed to use gloves, additional weights, as well as other elements, contributing to splendour of the athlete's performance and making it more attractive.

5.7. In every round each Participant is allowed to use the help of another Participant in the performance of one (1) element, but during the remaining performance time the Participant must be alone.

5.8. It is forbidden to perform or use insulting or offensive actions, gestures, and attributes towards other participants, judges, or viewers.

5.9. Any offenses concerning national or racial hatred are categorically forbidden.

5.10. Dress-code. As street workout sport is distinctive from classical or sports gymnastics, the Participants must present themselves not only with a distinctive performance, but also with a distinctive choice of wardrobe. The requirements for the wardrobe are the following:

5.10.1. Participants must wear closed-toe shoes. Gymnastic shoes are not allowed.

5.10.2. Participants must wear long trousers or shorts that are not shorter than 5 cm above the knees. Jogging shorts or gymnastic shorts are not allowed.

5.10.3. Tight-fitting gymnastics shorts are not allowed.

5.10.4. The Participants are allowed to use special costumes that fit their chosen themes in order to highlight the richness of their performance (e.g. James Bond, Batman, Zorro, etc.).

5.10.5. No tight-fitting gymnastic suits are allowed.

5.11. Participants may be required to perform a doping test according to the international regulations and requirements of the World Anti-Doping Agency (WADA). By taking participation in the SWNC 2018 (and Street Workout World Championship 2018 in case of

successful qualification), the Participants irrevocably agree to take, where appropriate, anti-doping tests.

5.12. If the results of the anti-doping test are positive, the guilty Participant will be disqualified from participation in official street workout events for a period of two (2) years.

6. REQUIREMENTS FOR JUDGES AND PERFORMANCE ASSESSMENT

6.1. In SWNC 2018 there have to be three (3) judges.

6.2. The judges must be well-recognized individuals within the street workout community, who have contributed to organization or development of the street workout sport in their respective countries or internationally. A judge must be a person with high morale, objective and must have no conflicts of interest. Preferably, judges must not belong to any street workout team or organization participating in the competition to avoid the risk of biased (non-objective) judging in favour of that team / organization.

6.3. If Organizers of SWNC 2018 have problems finding a suitable expert in static elements from within the street workout community, as an alternative option Organizers can invite a gymnastics expert to be a static elements' judge. This may apply to countries that do not have many experienced static elements' experts and cannot afford to bring them from other countries.

6.4. Judges cannot participate in the competition or assist during any performance of any Participant.

6.5. Each judge will assess the performance of each Participant by awarding him with a mark of "0" to "5" points in each round (the higher the mark awarded, the better was the performance). However, each judge will be responsible for assessing only one (1) criteria of the Participant's performance as described below:

6.5.1. Static elements' judge. The first (1st) judge shall give marks from "0" to "5" only for the static elements. This judge must be known as specialist in static elements, knowing all details and difficulties of moves.

6.5.1.1 The static elements' judge may give a mark up to maximum of "1.5" points if the Participant within one round has shown only one (1) perfect static move.

6.5.1.2 The static elements' judge may give a mark up to maximum of "3" points if the Participant within one round has shown only two (2) perfect static moves.

6.5.1.3 The static elements' judge may give a mark up to maximum of "5" points if the Participant within one round has shown at least three (3) perfect static moves.

Static elements are holds (not less than 3 seconds) and slow-motion power and strength moves, e.g. planche, human flag, front lever, back lever, slow muscle-up, etc.

6.5.2. Dynamic elements' judge. The second (2nd) judge. This category is divided in two sub categories. (1) Dynamic strength and (2) dynamic acrobatics.

6.5.2.1 The dynamic elements' judge may give a mark up to maximum of "2.5" points if the Participant within one round has shown only dynamic strength moves.

6.5.2.2 The dynamic elements' judge may give a mark up to maximum of "2.5" points if the Participant within one round has shown only dynamic acrobatic moves.

6.5.2.3 The dynamic elements' judge may give a mark up to maximum of "5" points if the Participant within one round has shown dynamic strength and dynamic acrobatic moves.

Dynamic strength elements are muscle-ups, one arm pull-ups, handstand push-ups, etc.

Dynamic acrobatic elements are all spins, flips and other elements where momentum is

mainly used.

6.5.3. Move combinations' judge. The third (3rd) judge shall give marks from "0" to "5" only for combination of static and dynamic moves and elements. This judge has to be known as specialist in combinations or experienced in judging street workout freestyle events.

6.5.3.1 The combinations' judge may give a mark up to maximum of "1.5" points if the Participant within one round has shown only static move combinations.

6.5.3.2 The combinations' judge may give a mark up to maximum of "1.5" points if the Participant within one round has shown only dynamic move combinations.

6.5.3.3 The combinations' judge may give a mark up to maximum of "5" points if the Participant within one round has shown at least 2 mixed static and dynamic move combinations. Mixed combination is accepted only, if at least 2 dynamic and 2 static elements are done within one combination.

Move combination is the flow of the Participant making transition from one element to another element, without stepping off the construction or stopping the routine on the floor. Move combinations' judge must not evaluate any individual static or dynamic move and its quality.

6.6. Each judge must use the full range of marks (points) subject to regulations stated below. Full range of marks consists of "0"; "0.5"; "1"; "1.5"; "2"; "2.5"; "3"; "3.5"; "4"; "4.5"; "5".

6.7. If the Participant has shown only good quality static elements, but has not shown any dynamic elements or combinations of moves and elements, then he may obtain up to "5" points only from the static elements' judge. The other two judges must give "0" points.

6.8. If the Participant has shown only good quality dynamic elements, but has not shown any static elements or combinations of moves and elements, then he may obtain up to "5" points only from the dynamic elements' judge. The other two judges must give "0" points.

6.9. If the Participant has shown good quality static and dynamic elements, but no combinations of moves and elements, he may obtain up to "5" points from both the static and dynamic elements' judges. The move combinations' judge must give "0" points.

6.10. If the Participant has shown only good quality static elements and combinations of moves and elements, but has not shown any dynamic elements, then he may obtain up to "5" points from both the static elements' and move combinations' judges. The dynamic elements' judge must give "0" points.

6.11. If the Participant has shown only good quality dynamic elements and combinations of moves and elements, but has not shown any static elements, then he may obtain up to "5" points from both the dynamic elements' and move combinations' judges. The static elements' judge must give "0" points.

6.12. Neither the 1st, 2nd, nor the 3rd judge(s) may give a maximum mark ("5" points) for the Participant's performance in a particular round, if in that round the Participant has made a failure (also known as "mistake").

6.12.1. The Participant can get the maximum of "4.5" points from each of the 1st, 2nd, and 3rd judge(s), if during his performance in a particular round he has only one (1) failure.

6.12.2. The Participant can only get the maximum of "4" points from each of the 1st, 2nd, and 3rd judge(s), if during his performance in a particular round he has two (2) or more failures.

From now on only falling from the bar with both hands or partly falling from the bar, with one hand still attached to the bar, will be considered as failure. All other failures except the

previously mentioned are considered as “bad form” of elements and has to be taken into account by the judge of the particular category and will no longer be defined as failures.

6.13. Neither the 1st, 2nd, nor the 3rd judge(s) may give the maximum mark (“5” points) for the Participant’s performance in a particular round, if in that round the Participant has made a repetition of element.

6.13.1. The Participant can get the maximum of “4.5” points from each of the 1st, 2nd, and 3rd judge(s), if during his performance in a particular round he has made only one (1) repetition of an element.

6.13.2. The Participant can only get the maximum of “4” points from each of the 1st, 2nd, and 3rd judge(s), if during his performance in a particular round he has made two (2) or more repetitions of element(s).

Points for elements will not be reduced, if the elements are done in combination and they are combined in a completely different routine as only 1 element out of minimum of 3 elements.

6.14. The marks will be given by each judge to each Participant in each round and then summed up together for both rounds. At the end of competition, the highest sum of points earned in both rounds will determine the winner.

6.15. The judges cannot give final marks for the first round before the last Participant has finished his performance (that is, before they have seen the performances of all Participants in the first round). The judges must take written notes during the first round, but may give final points only after the first round is completed. This will result in more accurate and objective performance assessment and marks. This rule does not apply to the second round.

6.16. In case the Participant ignores the requirements listed in Clause 5.10. of these Regulations, the Participant shall receive “0” points from all judges in that particular round.

6.17. Before the competition, each judge will be handed paperwork containing a table with all the necessary requirements, in order to facilitate the judges’ work. The specimen of the table will be prepared by the Federation and distributed to the Organizers during the preparation phase for the SWNC 2018.

6.18. Before the competition, all the judges must get acquainted with the regulations of the competition and must confirm their agreement to the regulations with their signature. In addition, judges must become acquainted with the special judging guidelines that must be provided for all of the judges by the Organizers.

6.19. In case of identical results (equal sum of points earned by two or more Participants) the judges will collegially and democratically decide the winner by presenting constructive arguments.

6.20. All the marks given by the judges have to be published immediately after compilation of the results.

7. CRITERIA FOR SELECTION OF PARTICIPANTS FOR THE STREET WORKOUT WORLD CHAMPIONSHIP 2018

7.1. In each Country the best one (1) Participant, except countries listed in Clause 7.2., who receives the highest scores from the judges in the SWNC 2018, will automatically obtain the right to participate in the SW World Championship 2018 (“Selected Participants”).

7.2. Based on SW World Championship 2017 male competition final round, following twenty (20) countries have the right to have two (2) Participants in male competitions:

- 7.2.1. Latvia
- 7.2.2. Bulgaria
- 7.2.3. Malaysia
- 7.2.4. Brazil
- 7.2.5. Ukraine
- 7.2.6. Germany
- 7.2.7. Poland
- 7.2.8. Armenia
- 7.2.9. Spain
- 7.2.10. Serbia
- 7.2.11. Hong Kong
- 7.2.12. Belarus
- 7.2.13. France
- 7.2.14. Iran
- 7.2.15. Turkey
- 7.2.16. Netherlands
- 7.2.17. Israel
- 7.2.18. Kazakhstan
- 7.2.19. Slovakia
- 7.2.20. Russia

7.3. Based on SW World Championship 2017 female competition final round, the following seven (7) countries have the right to have two (2) Participants in female competitions:

1. 7.3.1. Russia
2. 7.3.2. Slovakia
3. 7.3.3. Netherlands
4. 7.3.4. Bulgaria
5. 7.3.5. Finland
6. 7.3.6. France
7. 7.3.7. Spain

7.4. Travel costs for Selected Participants of the SW World Championship 2018, except for travel insurance and visa, will be covered by Organizers of SWNC 2018. Travel cost coverage can be obtained from participation fee, sponsors or governmental support.

7.5. If a Participant qualifies for SW World Championship 2018 and has obtained travel support from any organisation and has not travelled to SW World Championship 2018, Participant has to fully refund the lost travel costs within one month or the Participant will be disqualified from competitions for a period of five (5) years.

7.6. Each Selected Participant of the SW World Championship 2018 has to pay for their visas to Russia (if applicable) by themselves. Also, food (outside scheduled meals), local transportation (to and from airport, bus station; within the Moscow city), entertainment and similar personal expenses have to be paid by the Selected Participants themselves.

7.7. Hotel, local transportation and food (excluding items stated in clause 7.6.) according to SW World Championship 2018 official schedule will be provided by Moscow State Sport Department.

7.8. The health and travel insurance has to be made by each Selected Participant of the SW World Championship 2018 at his own cost and will not be refunded.

7.9. The Selected Participants will be allowed to come to Moscow and participate in the SW World Championship 2018, only if they have signed a written Participation Contract with the Federation.

7.10. The Federation and the Organizers of SWNC 2018 are not liable for any Selected Participant's inability to travel to the SW World Championship 2018 competition venue. In case any Selected Participant from any Country does not have the possibility to travel, obtain visa to Russia, or ensure the required insurance, the right to participate in the Street Workout World Championship 2018 passes on to the Participant with the next highest score after the Selected Participant, according to the final rankings in the SWNC 2018 of that Country.

On behalf of World Street Workout & Calisthenics Federation

Chairman of the Management Board Maris Slezins