

THE OFFICIAL RULES AND REGULATIONS OF THE STREET WORKOUT E-TOURNAMENT

The category for the e-tournament will be Strength & Endurance.

Strength & Endurance is a category in which exercises are done without additional weight;

There are 2 categories for weight distribution for male competitors (up to 75kg and over 75kg) and there is one weight category for female competitors.

The following scoring system is applied:

The accumulated number of repetitions from each **Strength & Endurance** exercise is summed and the first 6 (six) will pass to the second round from each category. From the second to the first round 3 (three) competitors will pass and they will compete for the absolute winner prize for their category.

Based on the number of competitors on the e-tournament, the numbers above can be changed.

There will either be 2 (two) rounds or 3 (three) rounds based on the number of competitors.

Rules for repetition exercises-set and reps

Pull ups:

The arms must be in a starting position wider than shoulder width (similar to the letter V);

Grip - overhang - thumb is down;

In the initial position the arms are fully extended, it is not allowed to make an arch when performing this discipline, when performing the pull-up the WHOLE HEAD must cross the bar;

Unbroken system - You have 1 minute to do the exercise without stopping, the time starts as you start your first rep, when you stop doing the exercise you are considered done and the count of reps stops or if you exceed the 1 minute time limit;

Pull ups outstretched and without movement or any kind of swinging;

Dips:

In the initial position, the arms are locked and ready to perform the exercise, the spine is straight;

The hands when performing the discipline must be exactly 90 degrees or slightly lower, but not higher.

Unbroken system - You have 1 minute to do the exercise without stopping, the time starts as you start your first rep, when you stop doing the exercise you are considered done and the count of reps stops or if you exceed the 1 minute time limit;

Joined outstretched legs and without movement or any kind of swinging;

Muscle ups:

Fully straight arms in starting position;

Fully straight arms (locked arms) in position above the bar without holding up on the bar for more than one second;

Joined outstretched legs, discipline performed without any kind of swinging;

The chest does not touch the bar when performing MuscleUp;

The limit for legs is set high from the ground to the height of the bar;

Grip - there is no false grip, the grip is the same as a grip for pull ups, the thumb is down;

Unbroken system - You have 1 minute to do the exercise without stopping, the time starts as you start your first rep, when you stop doing the exercise you are considered done and the count of reps stops or if you exceed the 1 minute time limit;

Dresscode: Discipline is performed in shorts and body shirt;

The use of straps and kinesy straps is permitted;

Push-ups:

Fully locked arms before starting repetitions;

Touch the ground with the chest during each repetition;

Push-ups must be done on palms of the hand, push-ups with fists are not allowed;

Dresscode: no shirt or tight body shirt;

Unbroken system - You have 1 minute to do the exercise without stopping, the time starts as you start your first rep, when you stop doing the exercise you are considered done and the count of reps stops or if you exceed the 1 minute time limit;

The joined outstretched legs and the whole body move in harmony with the arms, not only the upper part of the body, the body is always straight along the entire movement.

Pistol squats:

The competitors go down just below 90 degrees while the other leg is fully extended;

It is not allowed to touch the ground with the other foot;

Unbroken system - You have 1 minute to do the exercise without stopping, the time starts as you start your first rep, when you stop doing the exercise you are considered done and the count of reps stops or if you exceed the 1 minute time limit;