



Street titans UK regional e-tournament rules and regulations

Rules and Regulations for recording exercise.

- When weighing yourself **only digital scales** are to be used.
- Match code **must** be shown clearly.
- Present yourself by name in the camera.
- Timer **must** be shown clearly on camera.
- Camera angle **must** be set face on (90-degree angle from facing bar).
- Camera **must not** be placed higher than **6ft** or **lower** than **5ft**.
- Video **must not** be **broken** (stop start) or **edited** (filming **must be** continuous).
- If video is thought to be **broken** (stop stat) or **edited** this **will** count as a **disqualification**.
- Duration video performance: 0-60 seconds max.

Rules and Regulations for performing the exercise

- Time will start as **soon** as hands **touch** the bar, and **end** when hands **leave** the bar. **e.g. failed to complete exercise/completed exercise.**
- **Only** reps performed **correctly** will be counted.
- Resting is allowed during performing the exercise, hands **must not leave the bar**. As **soon** as your hand **leave** the bar the exercise is **broken** and time will **stop**. **example of exercise: Max pull ups in 1 min.**