



THE OFFICIAL RULES AND REGULATIONS OF THE QUALIFIERS FOR THE CALISTHENICS WORLD eGAMES

The category for the calisthenics world eGames will be Strength & Endurance.

Strength & Endurance is a category in which exercises are performed 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 rules for qualifying:

There will be five exercises as defined in this document that each qualifying competitor will be recording for their qualifying video.

All the performed exercises that are counted as clean reps will be summed up into a final score and the 4(four) best results from each continent (North America, Latin America, Europe, Asia, Africa and Australia) will go to the "**Calisthenics World eGames**" Finals.

Every competitor will be required to send a video of each exercise following the rules displayed in this document and the technical rules of the video that will be defined by the organizers and by an example video.

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 Muscle Up;

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;

Dress code: Discipline is performed in shorts and body shirt;

The use of straps and kinesy straps are 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;

Dress code: 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.

Regular squats:

The competitors goes down just below 90 degrees.

Back has to remain straight.

Hands held together at the chest level.

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 rules and regulations for the Super Final of the **Calisthenics World eGames** will be announced later and they will be a single elimination bracket consisting of 1 on 1 battles.