



Calisthenics World eGames | eTournament
Streetlifting - (ISF rules)
Official Rules and Regulations

➤ **The category for the Calisthenics World eGames will be Streetlifting**

Streetlifting is a category in which exercises are done with 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 two exercises Classic Streetlifting (the double-event: Weighted Pull up + Weighted Dip) 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/attempts will be summed up into a final score and according with the ISF Point system we will make six (6) Rankings for every Continental and one (1) Total Overall Ranking. The 5(five) best results from each continent (North America, South America, Europe, Asia, Africa and Australia) will go to the **"Calisthenics World eGames" Finals**.

If one continent does not fill the maximum number of 5 entrants for the finals, the vacancies will be filled by the other Continents based on the overall ranking system.

Every competitor will be required to send a video with one attempt of each exercise following the rules of Calisthenics World eGames / Streetlifting - (ISF rules) and the technical rules of the video.

Each category has 2 wildcards to qualify for the super final.

➤ **Discipline:**

- **Classic Street Lifting**

Classic (the double-event: Weighted Pull up + Weighted Dip)

➤ **Weight Categories:**

Male: -75kg / +75kg

Female: Overall BW

➤ **Age Categories:** Free

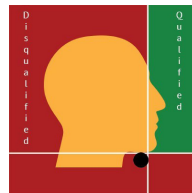
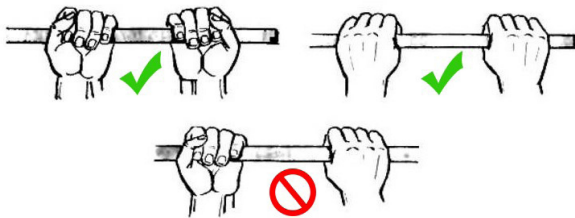
➤ **Equipment**

- Free choice for: Scale, platform, horizontal and parabeil bar, weight discs
- Personal equipment free choice for: tank top, short, shoes, wrist wraps, weight belt

➤ **Rules of Performance of exercises**

- the athletes shall lift with the maximum possible additional weight, but the weight of the belt with a chain and a carbine is not taken into account
- when performing an exercise, the weight is fixed on the athlete's belt and is located in front or between his legs, the center of the additional weight should not be higher than the level of the knees
- Sum of the scores in two exercises is counted in combination of exercises
- only one attempt of every exercise
- kipping and swaying are prohibited
- when performing the exercise, no part of the athlete's body, as well as the weight fixed by a chain on the athlete's belt, not touch the platform (the box), stage or horizontal and parallel bars

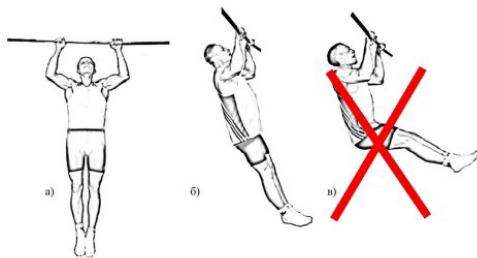
➤ **Permitted types of grip**



➤ **CLASSIC PULL-UPS (WEINGHTED PULL UP)**

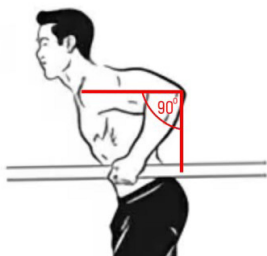
- The athlete is on the platform at the crossbar, stands on a mobile platform (or on a box) and the athlete takes starting position
- The athlete hangs on the crossbar with his arms straight at the elbows, using one of the permitted types of grip
- The athlete's legs are straight at the knees and pointing down, while crossing the legs is prohibited.
- The athlete should pull himself up so that he can get his chin behind the crossbar, so that the tip of the chin extends beyond it, both vertically and horizontally, while touching the crossbar with his chin is not necessary.
- The athlete must return to the starting position independently.
- As soon as the athlete takes a unmoved position of the body at the lowest position (undoubtedly completing the movement), its the end of the lift - "Finish!".
- **Causes leading to not counting of the attempt:**

- error in accepting the initial starting position of the body at the beginning and / or end of the lift
- double movement (up-down-up), that is, more than one attempt to perform a lift from the lower body position
- kipping and/or swaying during the lift
- failed try to take the right up position when chin completely passes the crossbar, both vertically and horizontally
- touching an additional weight suspended from the athlete's belt, or the athlete himself, by assistants during the lift until the exercise "Finish!"
- hanging on the chin on the crossbar for more than 1 (one) second
- falling weights from the athlete's belt when the chain breaks, or belt fasteners. In this case, the athlete is given an additional attempt
- **Acceptable leg position for Pull up"s:**
- improve clutch grip, but the contact of the both hands must be kept with the crossbar
- smooth unidirectional bending at the knees and/or lift of the legs, during the exercise, provided that there was no swaying, kipping (any abrupt movement of the legs) and legs facing down, so that the hip of the athlete did not rise above 30 degrees



➤ CLASSIC DIPS (WEIGHTED DIP)

- The athlete is on the platform at the parallel bars, stands on a mobile platform (or on a box)
- **the athlete takes starting position:**
 - holds himself, leaning on the handles of parallel bars. While:
 - the athlete's arms are straightened at the elbows
 - the body is in a vertical position, back is straight
 - the shoulders are lowered and drawn back, i.e. "sinking in the shoulders" is prohibited
 - the athlete's legs are straight at the knees and pointing down
- the athlete lowers the body down until the humerus is parallel to the bars or below the 90-degree angle, while the movement of the athlete's shoulders should not be ahead of the movement of his pelvis (the tilt of the body is prohibited)
- The athlete must return to the starting position independently
- As soon as the athlete takes a unmoved position of the body at the up position (undoubtedly completing the movement, its the end of the lift - "Finish!".
- **Position of the humerus in relation to parallel bars:**



- **Causes leading to not counting of the attempt:**
- error in accepting the initial starting position of the body at the beginning and / or end of the lift
- double movement (up-down-up), that is, more than one attempt to perform a lift from the lower body position
- tipping and/or swaying during the lift
- the movement of the athlete's shoulders go ahead of the movement of his pelvis (the tilt of the body is prohibited) while the body goes down from the start position
- failed try to take the right down position when the humerus must be parallel to the bars or below a 90-degree angle
- touching an additional weight suspended from the athlete's belt, or the athlete himself, by assistants during the lift until the referee commands "Finish!"
- falling weights from the athlete's belt when the chain breaks, or belt fasteners. In this case, the athlete is given an additional attempt.
- **Allowed and is not an error:**
- improve clutch grip, but the contact of the both hands must be kept with the crossbar;
- smooth unidirectional bending at the knees and/or lift of the legs, during the exercise, provided that there was no swaying, tipping (any abrupt movement of the legs) and legs facing down, so that the hip of the athlete did not rise above 30 degrees.

➤ **WEIGHT IN**

Steps: - 1st the athlete will make the attempt, - 2nd he/she will make the weigh in with body weight and plates together and - 3rd he/she will make weight in only body weight

➤ **POINT SYSTEMS:**

We will use the ISF point system for the classic streetlifting category

$$\begin{aligned} \text{ISF Points} &= \text{ISF Coefficient} \times \text{Result, if Result} \neq 0, \\ \text{ISF Points} &= 0, \quad \text{if Result} = 0. \end{aligned}$$

➤ **REFEREES:**

We will use only ISF certified referees

