



RULEBOOK

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1 STREETLIFTING

The official rules of Streetlifting Slovenia are written based on the FinalRep calisthenic organization that organize the world streetlifting championships. The rules are strict, because only in this way, it can adequately prepare athletes in Slovenia for successful competition at the highest levels. As streetlifting is a very young and rapidly growing sport, we reserve the right to make adjustments and change of rules in favor of the athlete. All adjustments and changes to the rules will be timely published and accessible on our website.

1.1 GENERAL PROVISIONS

a.) This set of rules applies to all events organized by our organization. Expression "competitor" is used for both male and female competitors.

b.) The competition consists of the exercises listed below, which are always performed in the same order:

1. Bar Muscleup / Ring Muscleup
2. Pullup / Chinup
3. Dip
4. Squat

*Because the sport is still developing in Slovenia, we only include dip and pullup in certain competitions, at the national competition, competitors have a choice between all four exercises (Bar Muscle up, Pullup/Chinup, Dip, Squat) with three exercises (Pullup / Chinup, Dip, Squat) or two exercises (Pullup / Chinup, Dip), in case of sufficient participation, all of the above is performed.

The order of competitors at the end of the competition is determined by the sum of the kilograms lifted in all four exercises (total final score).

c.) The competition takes place between competitors who are divided by gender and category according to body weight of competitors.

- d.) Each competitor is allowed three attempts at each exercise.
- e.) The best valid attempt is considered the competitor's final score for each exercise. For a competitor's overall final score to be valid, the competitor must have at least one valid attempt in every exercise.
- f.) If a competitor fails to achieve at least one valid rep in each exercise within three attempts, he may continue with the competition, but is disqualified from the competition in the general classification. His total final score is equal to 0kg.
- g.) If several competitors achieve the same overall final result, competitors with a lower body weight rank higher than competitors with a higher body weight. This also applies if the same common final result is achieved by two competitors.
- h.) If several competitors have the same body weight and they all achieve the same total final result, those who achieved the same total final score with fewer lifts rank higher. This also applies in the event where two competitors achieve the same overall final result.
- i.) The rules from points g.) and h.) also apply to the classification of records.
- j.) Each competitor has 60 seconds from the first command "ready" to start lifting. If the competitor does not start lifting during this time, the competitor's lift is invalid.
- k.) The competitor does not have to perform all three lift attempts. But he is limited by the rules from points e.) and f.).
- l.) Each competitor has the right to at least five minutes of rest between each attempt lifts.
- m.) All competitors' attempts are recorded. Judges have the right to change their decision regarding the validity or the invalidity of the withdrawal after watching the video clip.

1.2 ATHLETE'S EQUIPMENT

- a.) All competitions are RAW competitions (meaning that only the use of equipment is allowed
written in these rules without support jersey, support shirt, or knee bandages)
- b.) Judges can check the competitor's personal equipment.

- c.) Only the equipment specified in the rules is allowed.
- d.) The athlete is allowed to use magnesium ("chalk").

WEIGHT BELT

- a.) The athlete is allowed to use an additional carabiner.
- b.) The weight belt must bear a weight of at least 250 kg.
- c.) The climbing rope or chain must bear a weight of at least 500 kg.

SQUAT BELT

- a.) All lanes are allowed.

SHOES

- a.) Only sports, weightlifting or powerlifting shoes are allowed. This also includes footwear, which is used in indoor sports (basketball, indoor football, wrestling). In each in a specific case, the judge has the right to judge whether the shoe is allowed or not.

KNEE PADS, ELBOW PADS, WRIST BANDAGES

- a.) Allowed knee pads can only be made of single layer, normally woven elastic material. They can also be made of cotton, polyester or a combination of both.
- b.) The maximum allowable thickness of the elbow is 7 mm, the maximum allowable length of the elbow and 30 cm.
- c.) Wrist bandages are allowed.

d.) Allowed elbow pads may only be of single layer, normally woven elastic material. They can also be made of cotton, polyester or a combination of both.

e.) Wraps are not allowed on knees and elbows.

f.) In each specific case, the judge has the right to judge whether it is a certain part of the equipment

allowed or not.



1.3 COMPETITIVE DISCIPLINES AND THEIR IMPLEMENTATION

1.3.1 BAR MUSCLE UP

a.) BASIC RULES

Before and during the lift, the competitor must follow the basic rules, which are divided into three oral orders of the referee:

I.) First command: "Ready" - the competitor prepares for the lift;

II.) Second command: "Go" - the competitor starts the lifting attempt and waits at the top;

III.) Third command: "Box" - the competitor can descend to the box from the top.

b.) VALID LIFT

For the lift to be valid, the competitor must:

- listen to all orders from the first point (a.) of these rules,
- keep arms outstretched when swinging,
- carry out a lift without "kicking" - only a minimal change in the angle of the knee is allowed and hip,
- have both palms on the pole all the time ("control over the pole") - if the competitor during the lift with at least one hand loses contact with the pole, the lift is invalid,
- until the third command, have the path of movement only upwards - a short pause on the top of the pole is allowed.
- The validity of the lift is not affected by a slight touch of the chest and the pole.

c.) INVALID LIFT

All lifts in which:

- the competitor does not comply with the orders from point 1) of these rules,
- the competitor has bent arms when swinging,
- the competitor performs the lift using the "chicken wing" technique (one hand overtakes the other),
- the competitor cheats with "kicking", only a minimal change of angle is allowed knees and hip,
- during the lift, the competitor's movement path turns towards the ground,
- the competitor loses his grip on the pole (loss of "control over the pole")
- the competitor uses a false grip when lifting and
- the athlete at the top of the bar does not reach full extension of the elbows.

Violation of any of the paragraphs from points a.), b.) or c.) of these rules means that the competitor's lift is invalid.

1.3.2 PULL UP / CHIN UP

a.) BASIC RULES

Before and during the lift, the competitor must follow the basic rules, which are divided into three oral orders of the referee:

- I.) First command: "Ready" - the competitor prepares for the lift;
- II.) Second command: "Go" - the competitor starts the lifting attempt;
- III.) Third command: "Box" - from the starting position, the competitor can step onto the box.

b.) VALID LIFT

For the lift to be valid, the competitor must:

- listen to all orders from the first point (a.) of these rules,
- have your arms outstretched,
- lift without kicking.

A repetition is considered completed when the athlete's chin is visible above the bar.

c.) INVALID LIFT

All lifts in which:

- the competitor does not comply with the orders from point a.) of these rules,
- the competitor has bent arms in the descent,
- the competitor performs a lift by "kicking" - only a minimal change of angle is allowed in knees and hip,
- the direction of movement is reversed before the competitor reaches the valid height (chin must cross the line horizontally). A short pause between movements is allowed as long as the movement does not turn. - the competitor switches to "passive hang" after the given start command ("Go"). To the competitor it is only allowed to start from the "active hang" position.

Violation of any of the paragraphs from points a.), b.) or c.) of these rules means that the competitor's lift is invalid.

1.3.3 DIP

a.) BASIC RULES

Before and during the lift, the competitor must follow the basic rules, which are divided into three oral orders of the referee:

- I.) First command: "Ready" - the competitor prepares for the lift;
- II.) Second command: "Go" - the competitor starts the lifting attempt;
- III.) Third command: "Box" - from the starting position, the competitor can step onto the box.

b.) VALID LIFT

For the lift to be valid, the competitor must:

- listen to all orders from the first point (a.) of these rules,
- at the start of the descent, keep your arms outstretched,
- at the end of the lift, keep your arms outstretched,
- have the back shoulder (m. anterior deltoid) in the lower position below the level of the elbow or in the same line with the elbow,
- have the hip under the parallel bars,
- a pause during movement is allowed until the path of movement is reversed.

c.) INVALID LIFT

All lifts in which:

- the competitor does not comply with the orders from point a.) of these rules,
- the competitor starts the lift with bent arms,
- the competitor performs a lift by "kicking" - only a minimal change of angle is allowed in knees and hip,
- the competitor does not reach sufficient depth,
- the competitor excessively flexes the hip to shorten the ROM ("range of motion") so the hip is not clear seen under the pole,
- the competitor touches the box during the attempt.

Violation of any of the paragraphs from points a.), b.) or c.) of these rules means that the competitor's lift invalid.

1.3.4 SQUAT

a.) BASIC RULES

Before and during the lift, the competitor must follow the basic rules, which are divided into three oral orders of the referee:

- I.) First command: "Ready" - the competitor prepares for the lift;
- II.) Second command: "Squat" and the referee waves his hand - the competitor starts the attempt to lift;
- III.) Third command: "Racks" - with the help of spotters, the competitor can put the rod on the racks;

b.) VALID LIFT

For the lift to be valid, the competitor must:

- listen to all orders from the first point (a.) of these rules,
- have your legs fully extended at the start and end of the lift,
- be completely still before the judge's order,

- have the top of the hip joint below or at the same level as the knees.

c.) INVALID LIFT

All lifts in which:

- the competitor does not comply with the orders from point a.) of these rules,
- the competitor starts or ends the lift with bent knees,
- the competitor performs a double rebound at the lowest point of the squat,
- at least one of the loaders touches the bar or the competitor during the lift,
- the competitor rests his elbows on his thighs,
- the athlete's path of movement turns downwards during lifting.



2 FREESTYLE

2.1 REGULAR RULES

1. Within the freestyle discipline the athlete is judged based on his statics, dynamics, transitions, flow and creativity.

a. Statics: planche, front lever, human flag, L-sit (or harder variations), handstand (one arm variations),...

b. Dynamics: twists/spins (360, 540, 720,...), alley-oop, geinger, fly away, regrab, shrimp flip, giant,...

c. *dynamic power: planche pushups, front lever pullups, handstand pushups, one arm pullups, hefesto (or harder variations), planche press,...

2.2 WHAT GEAR MAY AN ATHLETE HAVE

The athlete has no restrictions when it comes to additional gear.

2.3 RULES, SCORING, STRUCTURE

2.3.1 RULES

a. Statics:

i. For an element to count it needs to be held at least for 3 seconds. Seconds count 0..1..2..3, if the athlete falls out of position before 3, the static element does not count. 0 starts counting

as soon as the athlete is in the correct position and alignment for the element that he is performing,

ii. Technically and aesthetically correct performance gains an athlete a maximum number of points.

iii. with technical mistakes present (bending of the arms, legs and body, large deviations from the 180-degree angle between the torso and the legs, larger deviation of the angle 180 deg. of body in relation to the ground,...) the athlete will receive a larger deduction of points.

iv. with aesthetical mistakes present (smaller deviations from the 180-degree angle between the torso and the legs, smaller deviations from the protractions within push elements and smaller deviations from the retraction + depression within pull elements, smaller deviations from the angle 180 deg. of body in relation to the ground,...) the athlete will receive a smaller deduction.

v. if the athlete fails to correctly perform multiple elements, he will receive a deduction from the whole combination, which will be small. IF the athlete fails to correctly perform more than HALF of the elements, he will receive a larger deduction from the whole combination.

b. Dynamics:

i. For an element to count the athlete must after a spin/twist, flip,... grip the bar and stay on it, if a fall from the bar occurs (the dismount doesn't count), the element is scored with 0 points.

ii. Technically and aesthetically correct performance gains an athlete a maximum number of points.

iii. with technical mistakes present (complete slip from the bar, regrip with only one arm (non-intentional), complete stoppage after an element and hanging still, poorly connected movement during execution, getting hit in a part of the body, a fall to the ground from the bar, a very bad landing during dismount, ...) the athlete will receive a larger deduction.

iv. With aesthetical mistakes present (regrip with fingers (unintentionally), smaller stoppage, smaller slip, mediocreatly connected movement during execution, a little less elegant landing during dismount, ...) the athlete will receive a smaller deduction.

v. if the athlete fails to correctly perform multiple elements, he will receive a deduction from the whole combination, which will be small. IF the athlete fails to correctly perform more than HALF of the elements, he will receive a larger deduction from the whole combination.

c. Dynamic power

i. In order to count the repetitions of an element as valid, the element must be held at least for 2 seconds (ideally 3) after the last repetition, to receive maximum number of points.

Example: after 3 planche pushups, the athlete must hold the element for at least 2 seconds.

The same rule applies for all other elements except hefesto.

ii. During the execution of hefesto the athlete must not fall off of the bar but he may lift his hips above the bar or continue into a hanging position. The repetition counts when the athlete in the first part of the movement achieves the correct position based on the element he is performing and in the second part of the movement fully extends the arms.

iii. When it comes to push elements (handstand pushup, planchet pushup, ...), the depth matters most. The athlete hits the required depth once the elbows go behind the back or the angle in the elbow joint is 90 degrees or less. In the best case scenario the athlete hits the bottom of the pushup range of motion, this execution undoubtedly receives maximum number of points if the required isometric hold is present at the end of it.

iv. When it comes to pull elements (front lever pullup, one arm pullup, ...), the height of the body in relation to the bar is the parameter that matters. The athlete hits the correct height when he touches the bar with his body or visibly lifts his chin over the bar. If the competitor is bouncing downwards from the bar or performing a chin-plant the execution undoubtedly receives the maximum number of points with the required isometric hold at the end of it (the iso hold does not apply to one arm pullups).

d. Extra

Elements performed with harder grips or with only one arm receive a higher score, but a harder variation does not mean that the form can be overlooked. Form is judged equally, a harder variation only adds to the correct execution.

2.3.2 SCORING

e. The scoring system is based on the “score cards” (blank space where a score is written), the score that an athlete receives is from 1-10 with decimal points that allow for a more precise scoring.

Example: judge gives a score of 8.7

f. The athletes combination/performance is judge as a whole, the more connected it is and the less technical and aesthetic mistakes there are, the higher the score.

g. In the case that an athlete is taking his time walking around and not performing, the judges can stop him and end his performance.

h. The points are deducted withing elements, but in the case of many poorly executed elements, some points will be deducted from the whole combination but in a very small number.

2.3.3 STRUCTURE/THE COURSE

i. the competition will have 3 stages total

ii. 2 qualifications rounds where each competitor will perform for his place in the finals

iii. Finals, the deciding round for the winner

j. In the finals there are 2 competitors if the number of competitors is smaller than 10, in the case of 10 or more competitors the finals will be battled between 3 athletes

k. In the qualification rounds the athletes have 1min 30s at their disposal to perform their combination, the athlete is not required to perform the full 90s and is allowed to end his performance at any time.

l. in the finals the competitors have 1 minute at their disposal, they can cancel their performance at any time, but must keep it under 60 seconds. In the finals every athlete has 2 performances

m. * in the finals the two athletes execute their performances directly one after another with no time in between

Example: athlete 1 completes first combo -> athlete 2 starts immediately,... completes combo ->athlete 1 starts immediately,...

The judges or the announcer gives the athletes the signal to begin and near the end of the round they count to 0 and give a signal that the round is over.

3 WEIGHTED SETS & REPS

3.1 GENERAL AGREEMENTS

a.) Competitors must follow the basic rules, which are divided into two verbal commands:

First command: "ready" (the competitor gets ready).

Second command: "go" or "you may start" (the competitor begins executing the exercise on command).

b.) The competition consists of the exercises listed below, which are always performed in the following order:

1. Pullup +30kg

2. Dip +50kg

3. Pistol squat +16kg

c.) The competition takes place between competitors, who are divided into weight classes (in case of sufficient entries) according to bodyweight; above 80kg and below 80kg (see chapter weighing and categories / weight classes).

d.) If several competitors achieve the same final result, they face off in bodyweight pullups.

e.) Each competitor has the right of having a minimum 5min rest time between each discipline.

f.) All competitors' attempts are recorded. Judges have the right to change their decision regarding the validity of the lift after watching the video.

g.) Each repetition of each exercise is worth one point.

Example: A competitor did 10 pullups, 14 dips and 12 pistol squats.

$10 + 14 + 12 = 36$, which means that the competitor's final score is 36.

3.2 ATHLETE'S EQUIPMENT

Only magnesium ("chalk") is allowed as an accessory in the weighted sets & reps category.

All other items such as: belts, knee pads, elbow pads, wrist wraps, weightlifting or powerlifting shoes and similar items are prohibited.

3.3 COMPETITIVE DISCIPLINES AND THEIR EXECUTION

3.3.1 PULLUP

a.) EXECUTION OF THE LIFT

The competitor approaches the bar, gets ready, receives the judge's first command ("ready"), grabs the bar and hangs with outstretched arms. The competitor then receives the second judge's command ("go") and begins with the lift, when the competitor visibly raises his/her chin over the bar, the judge loudly pronounces the repetition number ('one'). The competitor may start with the second lift at the referee's signal - he taps the competitor with his hand (the competitor gets the sign as soon as he/she visibly extends his/her arms). In case of incorrect repetition, the repetition number is repeated e.g. : the first 7 lifts are valid, but the 8th is invalid "one, two, three, four, five, six, seven, seven".

There is no time limit during the execution of the lift.

b.) STARTING POSITION

- the competitor hangs on the pole with outstretched arms
- the weight must be between the legs

- the legs are extended, only a minimal change in the knee and hip angle is allowed

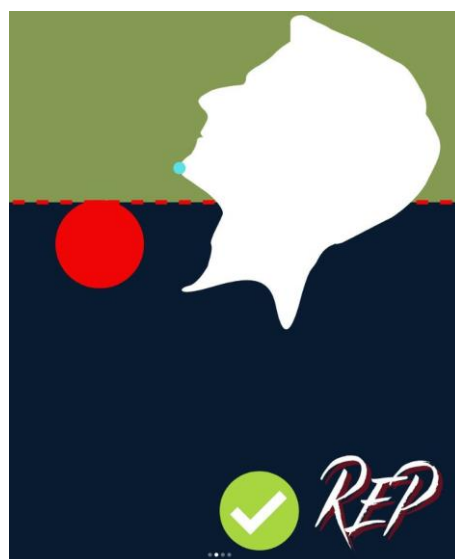
c.) FINAL POSITION

- The chin must be visibly raised above the bar
- the weight must be between the legs
- the legs are extended, only a minimal change in the knee and hip angle is allowed

d.) VALID LIFT

A valid lift is considered one in which:

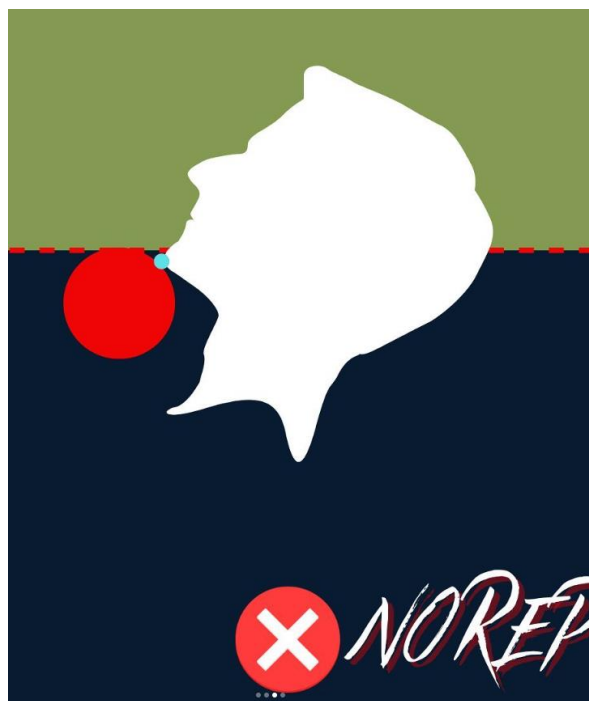
- the competitor's chin is visibly raised above the bar
- the competitor performs the lift without the help of his/her legs (kicking)
- the competitor follows the referee's commands
- the competitor doesn't contract his legs, only a minimal change in the knee and hip angle is allowed
- the competitor has the weight between his/her legs



e.) INVALID LIFT

An invalid lift is considered any lift in which:

- the competitor's chin is not visibly raised above the bar
- the competitor performs the lift with the help of his/her legs (kicking)
- the competitor ignores the referee's commands
- the competitor contracts his legs (only a minimal change in the knee and hip angle is allowed)
- the competitor has the weight behind his/her legs
- the competitor does not fully extend his/her arms
- the direction of movement is reversed before the competitor reaches a valid height (chin must cross the line horizontally). A short break in movement during the lift is allowed as long as the direction of movement doesn't reverse.



3.3.2 DIP

a.) PERFORMING THE LIFT

The competitor approaches the parallel bars, gets ready, receives the referee's first command ("ready") and grabs the parallel bars. When his/her arms are visibly extended, he/she receives the referee's second command ("go"), the competitor begins with the dip, the referee loudly pronounces the repetition number ("one").

The competitor may start with the second lift when the referee gives him the command - he taps the competitor with his hand (the competitor gets the sign as soon as he/she visibly extends his/her arms). In case of an invalid repetition, the repetition number repeats e.g. : the first 7 dips are valid, but the 8th is invalid "one, two, three, four, five, six, seven, seven".

The time during the lift is limited!

Between each lift we do, the rest time can be a maximum of 5 seconds. In case the competitor spends more than 5 seconds, the following repetitions are no longer valid - only the repetitions he did until exceeding the allowed rest time (5 seconds) are valid.

b.) VALID LIFT

A valid lift is considered one in which:

- the competitor reaches sufficient depth
- the competitor performs a lift without the help of his/her legs (kicking)
- the competitor follows the referee's commands
- the competitor doesn't contract his/her legs, only a minimal change in the knee and hip angle is allowed
- the competitor has the weight between his legs



c.) INVALID LIFT

An invalid lift is considered any lift in which:

- the competitor doesn't reach sufficient depth,
- the competitor performs the lift without the help of his/her legs (kicking),
- the competitor follows the referee's commands,
- the competitor doesn't contract his/her legs, only a minimal change in the knee and hip angle is allowed,
- the competitor has the weight between his/her legs.

c.) INVALID LIFT

An invalid lift is considered any lift in which:

- the competitor doesn't reach sufficient depth

- the competitor performs the lift with the help of his/her legs (kicking)
- the competitor ignores the referee's commands
- the competitor contracts his legs (only a minimal change in the knee and hip angle is allowed)
- the competitor begins the lift with bent arms,
- the competitor touches the box while lifting
- the competitor has the weight behind his legs

3.3.3 PISTOL SQUAT

a.) EXECUTING THE LIFT

The competitor approaches the box (the surface on which the squat is performed), gets ready, receives the referee's first command ("ready"). The competitor steps onto the box with any foot, holding the weight in his hand - 16kg (kettlebell). He then receives the referee's second command ("go"), the competitor begins squatting, the judge loudly pronounces the repetition number ("one"). The competitor may begin the second squat when he receives the referee's command (the competitor receives the signal as soon as he/she visibly extends the leg with which he/she is doing the pistol squat).

If the competitor steps on the ground during the execution of the exercise due to loss of balance or other disturbing factors, only the reps he did up to the moment he stepped on the ground are valid.

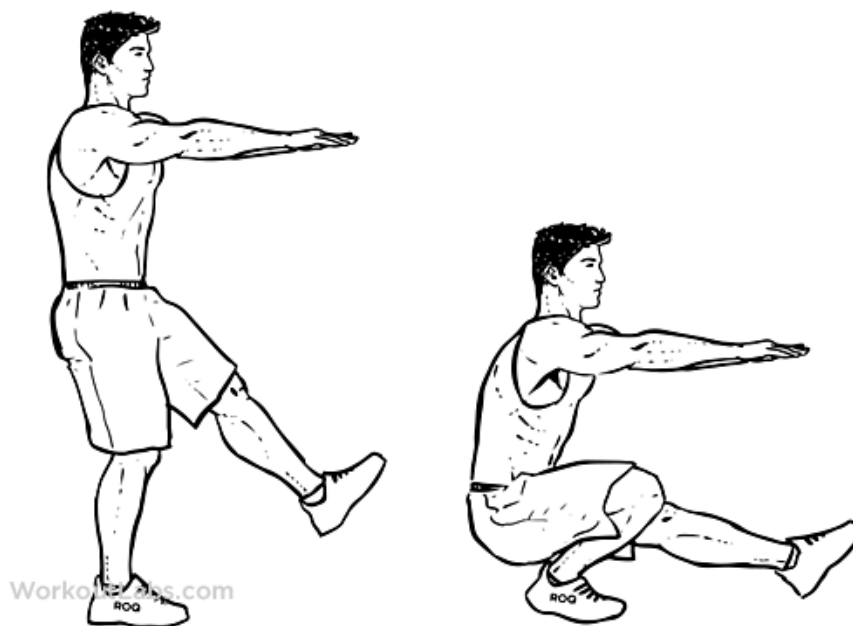
The time during executing a single leg squat is limited!

Between each squat we do, the rest time can be no more than 5 seconds. In case the competitor spends more than 5 seconds between repetitions, the following are no longer valid - only the repetitions he did until exceeding the allowed rest time (5 seconds) are valid.

b.) VALID LIFT

Valid single leg squats are ones in which:

- the competitor performs the squat on one leg without the help of the resting leg (kicking)
- the competitor must have the top of the hip joint below or at the same level as his/her knees
- the competitor follows the referee's commands
- the competitor does not contract the leg which must be extended all the time (the leg that is resting), only a minimal change in the angle of the knee is allowed
- the resting leg mustn't touch the ground

**c.) INVALID LIFT**

Invalid single leg squats are any in which:

- the competitor performs the single leg squat with the help of the resting leg (kicking)
- the single leg squat is not executed to a valid depth
- the competitor ignores the referee's commands
- the competitor contracts the leg, which must be extended throughout the lift (resting leg), only a minimal change in knee angle is allowed
- the resting leg touches the ground

- the resting leg touches the box during execution, except in the case of when the competitor has the working leg extended and is catching his/her balance.

4 BODYWEIGHT SETS & REPS WEIGHT

4.1 GENERAL PROVISIONS

a.) The competitor must follow the basic rules, which are divided into two verbal commands:

First command: "ready" (competitor gets ready).

Second command: "go" or "you can start" (the competitor starts performing the exercise at the signal).

b.) The competition consists of the exercises listed below, which are always performed as indicated in order:

1. Bar Muscle up

2. Dip

3. Pullup

c.) The competition takes place between competitors, who are divided into categories if there are sufficient entries according to body weight over 80 kg and under 80 kg (see chapter weighing and categories)

d.) If several competitors achieve the same total final result, the competitors will face each other again they compete in the pull up discipline with their own weight.

e.) Each competitor has the right to at least five minutes of rest between each discipline.

f.) All competitors' attempts are recorded. Judges have the right to change their decision regarding the validity or the invalidity of the withdrawal after watching the video clip.

g.) Muscleups are multiplied by 2, pullups by 1.5 and dips by 1.

Example: A competitor did 15 muscleups, 30 pullups, and 65 dips.

$15 \times 2 + 30 \times 1.5 + 65 \times 1 = 30 + 45 + 65 = 140$, which means that the competitor's final score is

140.

4.2 ATHLETE'S EQUIPMENT

Only magnesium ("chalk") is allowed as an accessory in the weighted sets & reps category.

All other items such as: belts, knee pads, elbow pads, wrist wraps and the like items are prohibited.

4.3 COMPETITIVE DISCIPLINES AND THEIR IMPLEMENTATION

4.3.1 BAR MUSCLE UP

a.) PERFORMING THE LIFT

The competitor approaches the pole, gets ready, receives the first command from the judge ("ready"), and grabs a pole and hangs with outstretched arms. Then the second command ("go") is given to the competitor starts with the lift. When the competitor comes over the pole and visibly stretches his arms at the top, the judge loudly utters the repetition number ("one"). The competitor may start the second lift without of the referee's signal, he must take into account that the hands must be visibly extended before it swings into the next iteration. In case of incorrect repetition, the repetition number is repeated e.g. : the first 7 withdrawals are correct, and the 8th is incorrect "one, two, three, four, five, six, seven, seven". The time between withdrawals is limited! At the top of the bar, there can be a maximum of 3 seconds of rest between each lift we make. In the event that the competitor spends more than 3 seconds, the following repetitions are no longer valid

- only the repetitions that he did before exceeding the allowed rest time are valid – 3 seconds. At the bottom (that is, in the starting position - before the athlete swings into the repetition), it is rest unlimited.

b.) STARTING POSITION

- the competitor hangs on the pole with outstretched arms

- the legs are extended, only a minimal change in the angle of the knee and hip is allowed

c.) FINAL POSITION

- the hands must be visibly extended at the top of the bar
- the legs are extended, only a minimal change in the angle of the knee and hip is allowed.

d.) VALID LIFT

A valid withdrawal is considered a withdrawal in which:

- the competitor has his arms outstretched when swinging,
- the competitor performs a lift without the help of the legs (kicking),
- the hands are visibly extended at the top of the bar,
- the competitor follows the referee's signs,
- the competitor does not contract his legs, only a minimal change in the angle of the knee is allowed and the hip
- the validity of the lift is not affected by a slight touch of the chest and the bar

e.) INVALID LIFT

An invalid withdrawal is considered any withdrawal in which:

- the competitor performs a lift with the help of the legs (kicking),
- the competitor has bent arms when swinging,
- the competitor performs the lift using the "chicken wing" technique (one hand overtakes the other),
- during the lift, the athlete's path of movement turns towards the ground,
- the competitor's hands are not visibly extended at the top of the pole,
- the competitor uses a false grip when lifting,
- the competitor ignores the referee's signal,

- the competitor contracts his legs (only a minimal change in the angle of the knee and hip is allowed).

4.3.2 PULLUP

a.) PERFORMING THE LIFT

The competitor approaches the pole, gets ready, receives the first command from the judge ("ready"), and grabs a pole and hangs with outstretched arms. Then the second command ("go") is given to the competitor begins with the lift, when the competitor visibly raises his chin over the bar, the judge loudly pronounces the number repetitions ('one'). The competitor may start with a second lift at the referee's signal - the competitor he taps with his hand (the competitor gets the sign as soon as he visibly extends his hands). In case of incorrect repetition, the repetition number is repeated e.g. : the first 7 withdrawals are correct, and the 8th is incorrect "one, two, three, four, five, six, seven, seven". The time between withdrawals is limited! Between each lift we do, the rest time can be a maximum of 3 seconds. In case of competitor spends more than 3 seconds, the following repetitions are no longer valid - they are valid only the repetitions he did until exceeding the allowed rest time - 3 seconds.

b.) STARTING POSITION

- the competitor hangs on the pole with outstretched arms,
- the legs are extended, only a minimal change in the angle of the knee and hip is allowed.

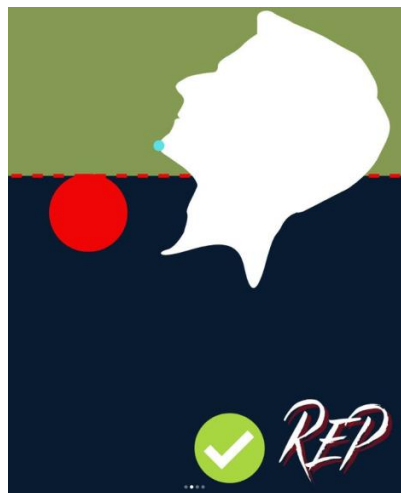
c.) FINAL POSITION

- The chin must be visibly raised over the bar,
- the legs are extended, only a minimal change in the angle of the knee and hip is allowed.

d.) VALID LIFT

A valid withdrawal is considered a withdrawal in which:

- the competitor's chin is visibly raised over the bar,
- the competitor performs a lift without the help of the legs (kicking),
- the competitor follows the referee's signs,
- the competitor does not contract his legs, only a minimal change in the angle of the knee and the hip is allowed.

**e.) INVALID LIFT**

An invalid withdrawal is considered any withdrawal in which:

- the competitor's chin is not visibly raised over the bar,
- the competitor performs a lift with the help of the legs (kicking),
- the competitor ignores the referee's signal,
- the competitor contracts his legs (only a minimal change in the angle of the knee and the hip is allowed).



4.3.3 DIP

a.) PERFORMING THE LIFT

The competitor approaches the parallel bars, gets ready, receives the first order from the referee ("ready"), is held by the parallel bars. When his hands are visibly extended, he receives another command ("go"), the competitor starts with a dip, the referee loudly pronounces the repetition number ("one"). The competitor can start the second lift when the referee gives him a signal - he taps the competitor with his hand (the competitor gets the sign as soon as he visibly extends his arms). In case of incorrect repetition, se repetition number repeat e.g. : the first 7 dips are correct, and the 8th is incorrect "one, two, three, four, five, six, seven, seven". The time between withdrawals is limited! Between each lift we do, the rest time can be a maximum of 3 seconds. In case of competitor spends more than 3 seconds, the following repetitions are no longer valid - they are valid only the repetitions he did until exceeding the allowed rest time - 3 seconds.

b.) VALID LIFT

A valid withdrawal is considered a withdrawal in which:

- the competitor reaches sufficient depth,
- the competitor performs a lift without the help of the legs (kicking),

- the competitor follows the referee's signs,
- the competitor does not contract his legs, only a minimal change in the angle of the knee and the hip is allowed.



c.) INVALID LIFT

An invalid withdrawal is considered any withdrawal in which:

- the competitor does not reach sufficient depth,
- the competitor performs a lift with the help of the legs (kicking),
- the competitor ignores the referee's signal,
- the competitor contracts his legs (only a minimal change in the angle of the knee and the hip is allowed).
- the competitor touches the box while lifting.

5 FEMALE CATEGORY

5.1 GENERAL PROVISIONS

a.) The women's category, just like the men's, is still in development, so we adjust it accordingly

the needs of the contestants.

b.) The women's category is divided into two disciplines namely

1. Streetlifting
2. Sets & reps

5.2 SPORTS EQUIPMENT

a.) The rules for the female athlete's equipment are the same as for the male category.

b.) The contestant must have her hair tied in a ponytail.

5.3 STREETLIFTING

a.) The competition consists of the exercises listed below, which are always performed in the same order okay:

1. Pullup / Chinup
2. Dip
3. Squat

*Since the sport is still developing in Slovenia, we only include dip and pullup in certain competitions.

b.) The rules for all three exercises are the same as for the men's category.

SETS & REPS

a.) Contestants have two options:

1. Pullups with your own weight, Dips with your own weight, Pistol squat (squat on one leg) with additional weighing 8 kg

2. Pullups with your own weight, Dips with your own weight, Squat with a bar*

*The weight on the bar depends on the weight of the competitor. A competitor with a weight of 52 kg will do squats with 52 kg.

b.) The rules for exercises are the same as for the men's category

c.) In the second option, the pullup exercise is multiplied by 3, the dip exercise by 2, the squats on one leg are multiplied by 1.

Example: The competitor did 13 pullups, 10 dips and 20 squats on one leg with 8 kg. Her score is 79.

d.) In the second option, the pullup exercise is multiplied by 3, the dip exercise by 2, the squats are multiplied by 1.

Example: The competitor did 10 pullups, 12 dips and 18 squats with 52 kg. Her result is 72.

6 OTHER DISCIPLINES

Additional disciplines can also be added to competitions, such as setting records in 1RM Muscleup, the maximum number of repetitions of one arm pullup or handstand exercises pushups (standing pushups) and more. When we decide on an additional one before a certain competition discipline, the members are informed about the possibility of voting and the discipline with the most votes is carried out, v if at least 5 competitors register for the discipline. There are no weight classes in these disciplines age categories.

7 SYSTEM AT COMPETITIONS

7.1 OFFICIALS AT COMPETITIONS

The following officials participate in the competitions

- Announcer,
- loaders/protectors,
- judges.

7.2 OFFICIAL ANNOUNCER

He is responsible for the smooth running of the competition, announces the final results and arranges withdrawals competitors in the correct order according to announced weights and starting numbers. Before everyone announce the competitor's name and the required weight on the bar by lifting. When there is a platform in front of the lift ready to raise, the referee tells the announcer. As soon as the announcer announces that the platform is ready and calls the competitor to it, the time starts to count down, which is available for withdrawal (1 minute). When the announcer announces that the weights are ready, it counts as the start of a lift attempt. The attempt announced by the announcer must be clearly marked in the table with results and names of competitors.

7.3 LOADERS / SPOTTERS

They are in charge of placing weights on the bar and belt, adjusting the height of the racks and guards and clearing the platform at the command of the head judge. They have to make sure there is a platform during the match well maintained, clean and tidy. There must be 2 to 5 on the platform at any given time. Guards can help the competitor take the pole from the racks or fasten the belt between preparation for lifting. They can also assist the competitor in returning the bar to the racks after at the end of the withdrawal. But they must not touch the bar during the time between the start of the lift and the judge's signal for the end of the lift. Exceptionally, guards can help return the stick to the competitor stands already during

the lift, if it is obvious that he will not finish the lift or is at risk of injury, if the competitor himself indicates that he needs help or if the judge determines this with the return sign rods on racks. During the course of the competition, only competitors, theirs, are allowed to enter the platform coaches, judges, jury members and loaders/guards. During the withdrawal, they are on only the competitor, judges and loaders/guards can be present on the platform.

7.4 REFEREES

A judge must perform the task assigned to him in good faith with the intention of doing it correctly performs on the basis of his knowledge, skills, abilities and competence. Taking into account of this high standard, the judges' decisions are accepted as true. Referees are guaranteed due respect from athletes, teams and spectators. Judges have their own table and a designated area for competitors or supporters they are not allowed to enter. It is the competitor's duty to familiarize himself with these rules and examine the correctness of their implementation certain exercises. The start of the competition is not the time to ask the judges these questions. Referees may not intervene, give suggestions or opinions to athletes or teams on any matter observed strategies. Address all questions from athletes, coaches or teams to the manager organization of the event, the vice-president or, in case of non-participation of these two, to the president. Any problems that arise during the event usually require prompt attention for appropriate the solution. Judges should share their concerns or questions with the head of the event organization, vice presidents or presidents in a discreet manner to prevent unnecessary escalating the situation.

- Referees are prohibited from asking athletes or teams for personal pictures or autographs.
- It is forbidden to make any questionable and/or comments in the posts of judges on social networks questionable officiating at an event where the umpire DID or did NOT act as a umpire.
- Under no circumstances should a judge publicly question or disparage a decision or action another judge. If a situation arises that warrants intervention, escalate all issues to the head of the organization of the competition, the vice-president, or in case of non-participation of these two, to the President as soon as possible and appropriate. The competition platform is the common distance between referees, assistants and athletes. This area must be supervised

by referees to ensure that appropriate safety requirements are followed and that prevent undue influence on the athlete's performance. Common problems to avoid on the platform:

- Stand too close when the athlete is performing.
- Unless it is for immediate safety, referees or assistants should never be intentionally physical touch or move the athlete.
- Weight belts, equipment, chalk and any non-essential items should not overload platforms.

7.5 WEIGHTING AND CATEGORIES

Weigh-in for each category can start no later than 2 hours before the start of this event categories. All competitors who are registered in a certain category must participate weighing by two or three predetermined judges.

- a.) Men and women are weighed in separate rooms.
- b.) Only persons of the same gender may be present in the weighing room.
- c.) Competitors must wear underwear during the weigh-in. Other pieces of clothing are on weighing prohibited. If the competitor does not complete the weigh-in only in his underwear, he does not have it right to participate in the competition and is disqualified.
- d.) Since the competitor is not allowed to completely undress during the weigh-in, it is the result of the weigh-in deviation of the competitor's measured weight in the amount of + 0.1 kilogram is taken into account.
- e.) The categories in which the competitors are classified are defined below. If it's for a competition at least 10 competitors are registered, the competition is divided into two categories. If it is not competition with less than 10 competitors is only one category.

SLOVENIA MEN

a) Up to 10 competitors

- There are no categories

b) More than 10 competitors

- (-80 kg)

- (+80 kg)

SLOVENIA WOMEN

c) Up to 10 female competitors

- There are no categories

d) More than 10 female competitors

- (-XX kg)

- (+XX kg)

*The categories below are only informative for the World Streetlifting Championship

7.6 WEIGHT PREDICTION

In a streetlifting competition, the competitor or his coach must predict the starting weights in all three disciplines. The weight is recorded on the corresponding list (picture below), which is available at to the official announcer. After a successful first attempt at each exercise, it must competitor to predict the next weight. The contestant has the following to predict raises time 1 minute after the previous raise ends.

a.) If the lifting attempt is unsuccessful due to wrongly loaded weight, fuse error (eng. "spotter") or equipment errors, the competitor will be given an additional attempt.

b.) Each competitor can change the predicted weight of the first attempt of each one once disciplines. The new predicted weight may be heavier or higher.

c.) The competitor must predict the weight of the next attempt within 1 minute of completion previous attempt. If the competitor has not predicted the weight within the time allowed, he will for the next attempt an additional 2.5 kg will be loaded, the official will write the weight on the list announcer with red color. If the previous attempt was invalid and the competitor is not predicts the next weight within the time allowed, it will be loaded for the next attempt same weight.

d.) The predicted weights of the 2nd and 3rd attempts cannot be changed.

STREETLIFTING DIPS

Ime in priimek : _____

1.poskus

sprememba

2.poskus

3.poskus

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8 PREPARATION OF THE RULES

The Street workout Slovenia association was founded on October 12, 2020.

The association operates under the leadership of the founding members and members in individual disciplines.

Founding members: Sebastjan Emeršič, Jan Jankovič, Žiga Meterc

Streetlifting discipline: David Miličević, Nik Bavec, Jure Klemenčič

Sets & reps discipline: Žan Magušar, Lan Gabrijelčič, Timotej Sever

Freestyle discipline: Marko Paradžikovič, Sergej Stijovič, Tomy Mihičinac

Women's discipline: Ana Grimšičar, Tjaša Derstvenšek

The rules (version 1.0) were adopted by the founding members in January 2021.

The rules (version 2.0) were adopted by the founding members in May 2022.

The rules (version 3.0) were adopted by the founding members and individual members disciplines in February 2023

English version of the rules was prepared by: Sebastjan Emeršič, Lan Gabrijelčič, Sergej Stijovič.