



# OFFICIAL RULEBOOK

**FinalRep Streetlifting**



**2026 | English (Original)**

**VI 26.1 | valid from 01.01.2026**

Original text of the FinalRep rulebook

# FinalRep rulebook

The official wording of the rulebook is defined by FinalRep and is published in English. In case of misunderstandings due to translation into other languages, the English text will always be considered as superior. For the following set of rules, the following criteria must be observed and considered:

- general validity
- comprehensibility
- preservation of the character of the sport

The goal of this rulebook is to adequately prepare the reader for FinalRep competitions and that all questions are answered. We deem it necessary to create a strict, but not impractical set of rules. People are not machines; therefore the rules should leave room for individual characteristics of the participants without compromising comparability. On the other hand, we also don't want to interfere with the athletes' performance in favor of objectivity.

The rules and regulations are based on years of experience in the competitive sport of Streetlifting. Over the course of several years, rules have been discarded or retained to ensure fair competition for every athlete.

Since Streetlifting is still a very young and rapidly growing sport, we reserve the right to make changes and adjustments for the benefit of the athlete.

This rulebook was developed in cooperation with representatives from Germany, Spain, France, Italy, Great Britain, USA, Belgium, Serbia and Portugal and reflects the current state of the worldwide competition scene.

## **Rules of the Streetlifting Competitions**

The following explanations and rules refer to all genders.

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### 1) General information

- a) This set of rules is valid for all events.

b) The following exercises are part of the competition and must be performed in the following unchanged order at each event:

- i) Muscle up
- ii) Pull
- iii) Dip
- iv) Squat

The heaviest valid attempt from each exercise contributes to a total used to determine the athlete's ranking.

- c) Athletes must be divided into weight classes based on sex and body weight.
- d) Each athlete is allowed three scoring attempts per exercise.
- e) The heaviest valid attempt is included in the overall ranking. In order to remain in the scoring rankings, a valid attempt must be achieved in each exercise.
- f) If the athlete does not achieve a valid attempt in any exercise, the athlete may continue to take part in the competition but will be excluded from the overall ranking.
- g) If two or more athletes achieve the same total, the athlete with the lower body weight wins.
- h) If two or more athletes with the same body weight have reached the same total, the first athlete to reach the total wins. This also applies to international records.
- i) After the first command ("Platform ready!") is given, the athlete has 60 seconds to start the attempt. If the time limit is exceeded, the attempt will be considered invalid.
- j) Athletes may skip any attempts
- k) Between individual attempts, the athlete is entitled to a minimum break of 6 minutes.
- l) If an athlete does not announce his/her next attempt within the permitted time limit, , a place holder weight will be entered automatically based on the following:
  - i) If valid, the weight will increase by the minimum increment.

- ii) If invalid, the weight will remain the same.
- m) Each athlete may appoint a coach at the time of registration.
- n) Each athlete may increase the weight from one attempt to the next by a minimum of 1.25 kg for the Bar Muscle Up/Ring Muscle Up, the Pull and the Dip and by a minimum of 2.5 kg for the Squat.
- o) If an athlete has the intention to break a FinalRep record, the athlete may add ‘micro plates’, which allow an increase of 0.25 / 0.5 / 0.75 / 1.0 kg for the Bar Muscle Up/ Ring Muscle Up, the Pull and the Dip and an increase of 0.5 / 1.0 / 1.5 / 2.0 kg for the Squat.
- p) Two or more athletes can enter a record attempt with the same weight. If an athlete achieves a valid attempt with this weight first, this is considered a new FinalRep record. For this reason, the weight of the next athlete who also attempts a record is automatically increased by the smallest possible increment based on 1(o).**
- q) The weight belt and barbell must always be loaded using the largest plates. However, in the Bar Muscle Up/Ring Muscle Up, Pull and Dip exercises, the athlete may choose the arrangement of the weight plates within the time limit of their lift.

## 2) Weigh-in and weight classes

- a) The weigh-in for each weight class must begin 2 hours prior to the start of its first flight. **The start times and duration will be determined by the organizer and communicated in advance. If the flight is delayed, the weigh-in time period will remain the same.**
- b) Before the athlete can weigh-in, they must give the following information to the staff member in the weighing room.
- full name
  - registered weight class
  - first attempts
  - height for squat rack
  - width of the dip bars
  - box height for Bar Muscle Up/Ring Muscle Up, Pull and Dip

Each athlete is permitted to enter the platform to get the information for the individual settings.

- c) Each athlete must bring their equipment and attire for the initial check-up (assessed by Technical Judge) when weighing-in.
- d) Men and women are weighed in separate rooms.
- e) Only persons of the same sex may be present in the weighing room.
- f) Each athlete must wear only underwear on the scales.
- g) Athletes are not allowed to undress completely. Therefore, a tolerance of 0.1 kg above the weight class is accepted.
- h) Weigh-ins are performed on calibrated scales.
- i) If an athlete exceeds or falls short of the weight class for which they have qualified or registered for, they are disqualified from the overall rankings but may still compete.
- j) The weight classes are defined below

**Women:**

-52 kg	-57 kg	-63 kg	-70 kg	+70 kg
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**Men:**

-66 kg	-73 kg	-80 kg	-87 kg	-94 kg	-101 kg	+101 kg
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**3) Equipment****3.1 General information**

- a) All competitions are RAW competitions.
- b) At their own discretion, judges and loaders can check the personal equipment of the athletes.
- c) Only equipment explicitly mentioned in the rules is permitted. On request, special cases can be made separately.
- d) Athletes are permitted to use their own magnesia or magnesia provided by the organizer - in liquid and dry form. The use of other grip-enhancing agents, such as pole dance wax and climbing resin, is not permitted.
- e) The carrying of loose objects onto the platform, which are not part of the approved equipment, is not permitted. This includes, but is not limited to, items such as headphones and smelling salt.
- f) The wearing of jewelry is permitted.
- g) Every athlete must be able to put on and take off their personal equipment independently and without any aids. This includes the use of powders, foil, **lotions, liquids** and wrist straps. The athlete may only use his/her hands and the floor. An exception is made for elbow sleeves in which one other person may assist. The athlete is also permitted to grip a bar.
- h) All violations of the rules regarding equipment and its use on the platform will immediately result in the invalidity of the attempt.
- i) Any permanent changes to the equipment from the manufacturer's original design are strictly prohibited. This includes torn, cut, sewn, glued and **spray-painted** surfaces of any size.

- j) The Technical Judge will assess the safety of the equipment and determine whether it can be worn by the athlete (e.g. despite signs of use).

### 3.2 Shirts

- a) All athletes are free to compete shirtless, in a sports bra, in a tank top or in a shirt.
- b) When wearing a shirt, it must always be tight or slim fit.
- c) The shirt must be constructed entirely of fabric or a synthetic textile.
- d) Athletes are permitted to wear long-sleeved shirts, meeting the following criteria:
  - i) The shirt must consist of cotton, nylon/polyamide, polyester or a combination of these fabrics.
  - ii) The shirt may consist of a maximum of 5 % elastane/ spandex/ lycra.
  - iii) The percentage of the fabric blend must be visible on the waistband or on the tag sewn to the shirt.
  - iv) When wearing a long-sleeved shirt in combination with elbow sleeves, the shirt must **only** be worn underneath the elbow sleeves.

### 3.3 Pants

- a) All athletes are free to wear long or short pants, but always tight or slim fit pants.
- b) All athletes are allowed to wear singlets (IPF approved).
- c) The pants and the singlet must be constructed entirely of fabric or a synthetic textile.
- d) Athletes are allowed to wear long-legged leggings, meeting the following criteria:
  - i) The leggings must consist of cotton, nylon/polyamide, polyester or a combination of these fabrics.
  - ii) The leggings may consist of a maximum of 5 % elastane/ spandex/ lycra.

- iii) The waistband may consist of a maximum of 10 % elastane/ spandex/ lycra.
- iv) The percentage of the fabric blend must be visible on the waistband or on the tag sewn to the leggings.
- v) When wearing long leggings in combination with knee sleeves, the leggings must **only** be worn underneath the knee sleeves.

### 3.4 Rings

- a) Rings are required for the women's Ring Muscle Up and must be provided by the competition organizer.
- b) The following specifications apply to rings:
  - i) Characteristics of the rings: diameter of 18 cm, thickness of 2.8 cm, made of wood
  - ii) Characteristics of the straps: 4.5 m long and 3.8 cm wide
  - iii) Load capacity: maximum load per side (ring + strap): 300 kg, whereby both sides (ring + strap) can withstand the same load

### 3.5 Weight belt

- a) For the 2026 competition period, only licensed weight belts (see FinalRep licensed equipment list published on the FinalRep website) are permitted on the platform.
- b) The following specifications apply to a licensable weight belt:
  - i) A complete weight belt includes the following components: a carrying strap, three carabiners, and a multi-stage sling belt.
  - ii) The carabiners, the chain, and therefore the entire weight belt, must have a load capacity of at least 300 kg.
  - iii) The width of the carrying strap must not exceed 11 cm.
  - iv) The carrying strap may be combined with a back pad, provided that the lower end of the carrying strap is visibly marked.
  - v) The chain should be at least 1.50 m long.
- c) Athletes may use their own belts or those provided by the organizer.

- d) All three carabiners (one carabiner at each end of the belt connecting the sling to the belt and one carabiner to close the belt) must be attached and used as described (see Fig. 1).
- e) Other carabiners may be used if the load capacity is at least 300 kg.
- f) It is permitted to use one additional carabiner for extending the length of the belt - not the sling - as long as they meet the criteria as described above.
- g) In addition to the sling of the belt, another sling of the FinalRep licensed equipment list may be attached.
- h) The belt must be worn clearly visible over the clothing (see Fig. 2).



Fig. 1: Permitted uses of carabiners

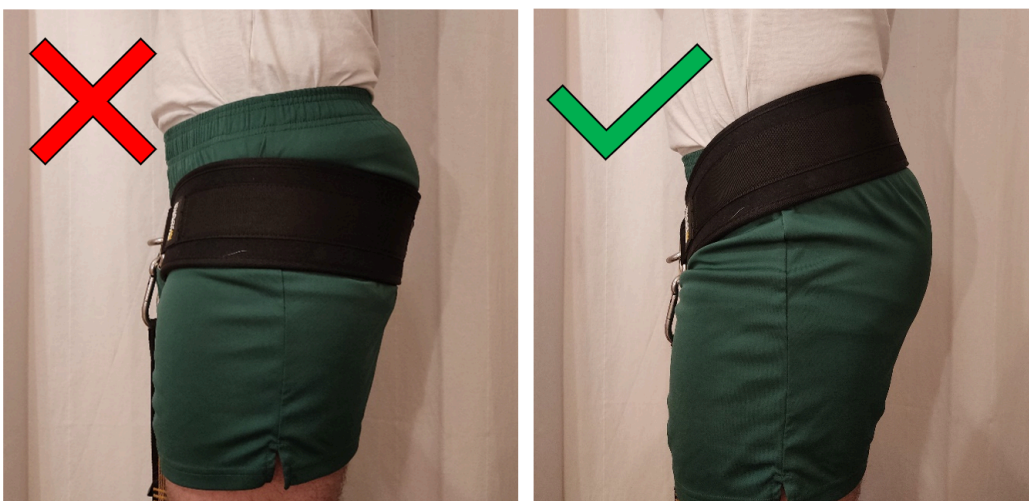


Fig. 2: Prohibited and permitted wearing of weight belt on the hip and clearly visible

### 3.6 Squat belt

All athletes are permitted to wear a squat belt. The belt must be worn visibly over the clothing.

Material and construction:

- a) The squat belt must be made of leather, synthetic leather or similar material that is not flexible or is difficult to bend. The belt may consist of several layers, which are glued or sewn together.
- b) Both on the outside of the belt and between the individual layers, no additional seams or materials may be attached.
- c) The belt buckle must be firmly sewn or riveted to the end of the belt.
- d) The belt must have a buckle with one or two spikes or a lever buckle.
- e) The loop through which the belt tongue is passed must be firmly sewn or riveted to the belt.
- f) The outside of the belt must bear only the name, brand name of the belt, country, state, city or the athletes' association or club.
- g) The dimensions of the belt are defined as follows (see Fig. 3). The standards are those of the IPF for RAW competitions ('International Powerlifting Federation'):
  - 1) Width of the belt: 10,2 cm (4 inches) max.
  - 2) Depth (thickness) of the belt: max. 13 mm
  - 3) Inner width of the belt buckle: max. 11 cm
  - 4) Outer width of the belt buckle: max. 13 cm
  - 5) Width of the belt loop: max. 5 cm
  - 6) Distance between end of belt buckle and belt loop: max. 25 cm

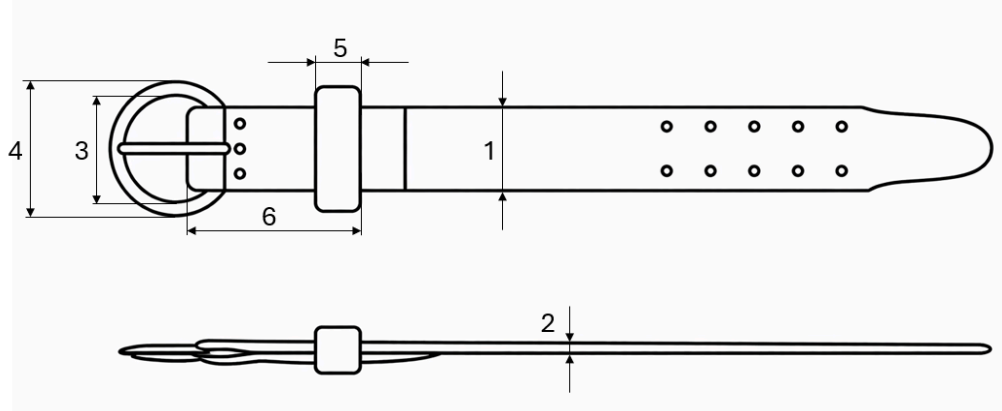


Fig. 3: Dimensions of the squat belt

### **3.7 Footwear**

All athletes must wear footwear in every competition discipline.

- a) Only the wearing of closed footwear is permitted. This includes sneakers, weightlifting and powerlifting shoes as well as barefoot shoes or loafers and gym shoes.
- b) The sole of the shoe may not be higher than 5 cm at any point.
- c) The sole of the shoe must be flat and show no irregularities or changes from the manufacturer's original design.
- d) Loose shoe insoles must not be thicker than 1 cm.

### **3.8 Bandages and sleeves**

All athletes are permitted to wear single layer bandages and sleeves made of elastic, synthetic material, cotton or a combination of these materials.

#### **Wrist bandages**

- a) All athletes are permitted to wear wrist bandages.
- b) Wrist bandages, i.e. wrap bandages, may only be worn over the wrists and in no case on any other part of the body.
- c) Wrist bandages may only be worn if they meet the following criteria:
  - i) The bandages must not exceed 1 m in length and 8 cm in width.
  - ii) A loop may be included as a safety aid. The loop must not be worn over the thumb or fingers in any competition discipline (see fig.).
  - iii) Ordinary sweatbands may not be wider than 12 cm. Wearing a combination of wrist wraps and sweatbands is not permitted.

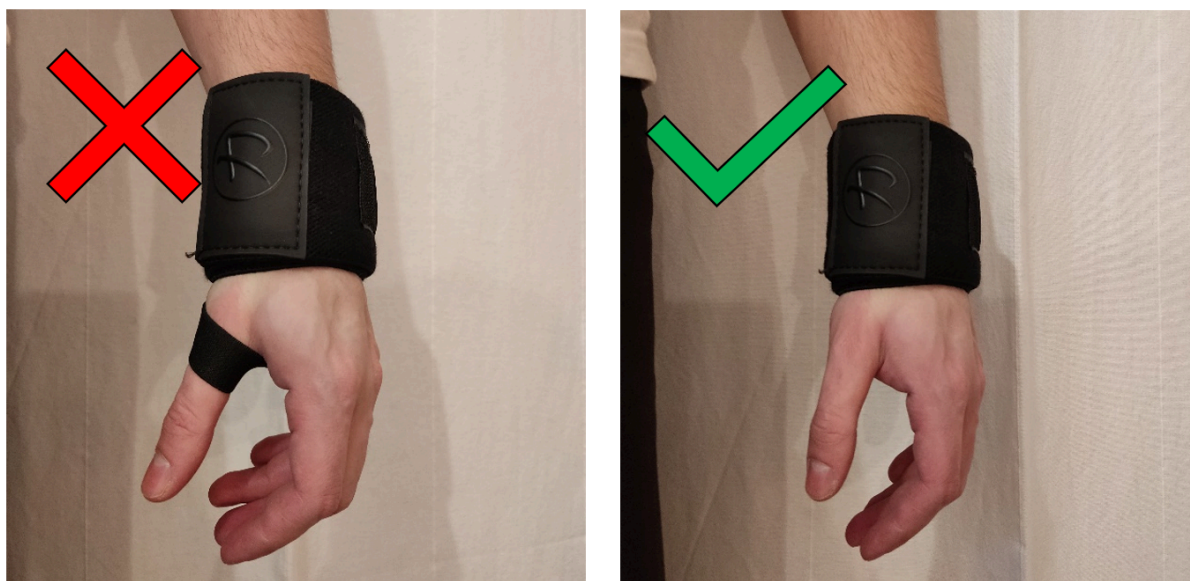


Fig. 4: Prohibited and permitted wearing of wrist wraps

### Elbow sleeves

- a) All athletes are permitted to wear elbow sleeves.
- b) For the 2026 competition period, only licensed elbow sleeves (see FinalRep licensed equipment list published on the FinalRep website) are permitted on the platform.
- c) Elbow sleeves, i.e. cylindrical sleeves, may only be worn over the elbow and in no case on any other part of the body.
- d) Wearing a combination of elbow sleeves and elbow bandages is not permitted.
- e) Elbow sleeves may only be worn if they meet the following criteria:
  - i) The sleeves must consist of a neoprene layer alone or a neoprene layer with a non-supportive layer of another fabric over that neoprene layer.
  - ii) The sleeves must be sewn around both ends. The sleeves must be cut in such a way that they do not provide excessive assistance or disproportionate recoil in the area of the athletes' elbows at the reversal point of the dip.
  - iii) The sleeves must not exceed a maximum thickness of 7 mm and a maximum length of 30 cm.
  - iv) No additional materials may be attached to the sleeves, nor may any changes be made from the manufacturer's original design (e.g. for the purpose of narrowing). The sleeves must be

cylindrical throughout and show no holes or similar damage to the material.

### **Knee sleeves**

- a) All athletes are permitted to wear knee sleeves.
- b) Knee sleeves, i.e. cylindrical sleeves, may only be worn over the knees and in no case on any other part of the body.
- c) Wearing a combination of knee sleeves and knee bandages is not permitted.
- d) Knee sleeves may only be worn if they meet the following criteria:
  - i) The sleeves must be made of a neoprene layer alone or a neoprene layer with a non-supportive layer of another fabric over that neoprene layer. The sleeves must be sewn around both ends. The sleeves must be cut in such a way that it does not provide excessive assistance or disproportionate recoil in the area of the athletes' knees at the reversal point of the knee bend.
  - ii) The sleeves must not exceed a maximum thickness of 7 mm and a maximum length of 30 cm.
  - iii) No additional materials may be attached to the sleeves, nor may any changes be made from the manufacturer's original design (e.g. for the purpose of narrowing). The sleeves must be cylindrical throughout and must not show any holes or similar damage to the material.

### **3.9 Tape**

- a) All athletes performing a Ring Muscle Up are permitted to wear tape around wrists and forearms for injury prevention purposes.
- b) Subject to the prior approval of the judges, athletes may wear tape in the event of an injury, provided it does not give those same athletes an unfair advantage.

### 3.10 Checking of equipment

- a) The athletes' equipment will be checked during the weigh-in before the start of the flight to ensure that it complies with these rules.
- b) Equipment that does not meet the criteria of the rules and regulations may not be used by the athletes. The unauthorized wearing of equipment during a competition attempt will immediately result in the invalidity of the attempt.
- c) An initially valid attempt may be subsequently invalidated if impermissible equipment is worn or permissible equipment is not used and worn in accordance with the rules.
- d) In addition to the first equipment check, a Technical Judge will check the personal equipment of each athlete before they enter the platform (see Fig. 5). The designated area may only be entered by the athlete and the Technical Judge.
- e) This second check may begin as soon as the prior athlete steps onto the platform.
- f) The athlete may only enter the platform with the permission of the Technical Judge. Any alteration to the equipment worn that violates the rules will result in immediate invalidation of the attempt.

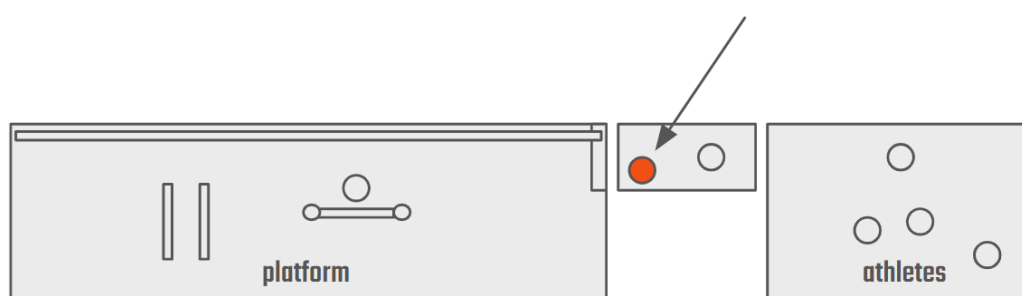


Fig. 5: Positioning of Technical Judge for equipment check

## 4) Judging

### 4.1 General information

- a) There are three judges on the platform for each competition discipline; one front judge (giving the signals) and two side judges.
- b) In addition, a `Jury` consisting of the Head Judge and two judges will be present at the speaker's table.
- c) The decisions of the judges about the validity of an attempt are final.
- d) Emotionality is human and will be tolerated. A disproportionate discussion with the judges about their decision is not permitted and may result in disqualification or dismissal from the current competition. This includes, among other things, verbal and physical attacks on the judges as well as excessive delaying of the competition.
- e) If the technical requirements can be met by the organizer, athletes may request a video replay once per competition. For this, the athlete or their coach needs to go to the Head Judge and make the request directly after the attempt. The Jury will make the final decision of the respective attempt by evaluating the video recording.
- f) The athlete or the coach may only make a request for the VAR if the verdict of one judge is `invalid`. Therefore, the attempt may not be challenged if two or three judges evaluate an attempt `invalid`.
- g) External video recordings from third parties (e.g. from the athletes' area as well as from the audience) are not permitted and cannot influence the decision of the judges.
- h) External people, i.e. other athletes, coaches, other supporting persons and relatives may only enter the platform with the consent of the judges.
- i) In addition, a Technical Judge will be present in the warm up area for answering specific questions regarding the personal equipment and the general procedure.

## 4.2 The judging system

- a) In order to ensure a clear and rule-compliant judging of the attempts of the competition disciplines, each judge is assigned certain tasks. Errors in judging should hereby be reduced to a minimum.
- b) A majority voting system will be applied to the judging system in which an attempt is deemed valid if only one platform judge deems an attempt invalid and the other platform judge judging the same criteria deems the attempt valid. This majority voting system will be applied to the following criteria:**
- i) Dips: Shoulder Depth**
  - ii) Squats: Bent knees, Depth**
- c) All other criteria must remain under a 3:0 voting system. In this system, if 1 platform judge deems an attempt invalid due to a criteria not subject to the 2:1 voting system, the attempt will be deemed invalid.**
- d) It is up to the front judge to clearly communicate the final assessment to the platform moderation. For this it is necessary that all judges involved give an unmistakable "Valid!" (thumbs up) or "Invalid!" (showing the colored card) - i.e. visible for the front judge.
- e) For better clarity for the athletes, coaches and the viewers a card system with different colors represents the reasons for a 'no rep'.
- f) Judging in FinalRep Streetlifting competitions can be anonymous and digital, if the organizer can provide it. The anonymous judging shall include a big light that shows the final verdict (white = valid, red = invalid) and three smaller lights that will show the exact reason for invalidity for each platform judge.**
- g) In case of a 'no rep', the judges will show the colored card for the respective reason for the invalid attempt (see Fig. 6). The reasons will be explained in detail in the next chapter '6) Competition disciplines and their execution'.

Color	Bar Muscle Up Ring Muscle Up	Pull	Dip	Squat
Red	<ul style="list-style-type: none"> <li>chicken wing</li> </ul>	<ul style="list-style-type: none"> <li>invalid height</li> </ul>	<ul style="list-style-type: none"> <li>invalid depth</li> </ul>	<ul style="list-style-type: none"> <li>invalid depth</li> </ul>
Black	<ul style="list-style-type: none"> <li>signal</li> <li>equipment</li> </ul>	<ul style="list-style-type: none"> <li>signal</li> <li>equipment</li> </ul>	<ul style="list-style-type: none"> <li>signal</li> <li>equipment</li> </ul>	<ul style="list-style-type: none"> <li>signal</li> <li>equipment</li> </ul>
Yellow	<ul style="list-style-type: none"> <li>kiping/kicking</li> <li>loss of control</li> </ul>	<ul style="list-style-type: none"> <li>kicking/kiping</li> </ul>	<ul style="list-style-type: none"> <li>kicking/kiping</li> <li>loss of control</li> </ul>	<ul style="list-style-type: none"> <li>support</li> <li>dropping the barbell</li> <li>foot motion</li> </ul>
Blue	<ul style="list-style-type: none"> <li>lockout</li> <li>downward motion</li> <li>bent arms</li> <li>grip</li> </ul>	<ul style="list-style-type: none"> <li>downward motion</li> </ul>	<ul style="list-style-type: none"> <li>downward motion</li> <li>bent arms</li> </ul>	<ul style="list-style-type: none"> <li>downward motion</li> <li>bent knees</li> <li>contact by spotter</li> </ul>

Fig. 6: Color-coded card system in case of `no rep`

h) The tasks of the Jury are defined as follows:

- i) The Jury will follow the entire competition on the platform.
- ii) The Jury can intervene and overrule the judgment of the platform judges in the event of serious mistakes.
- iii) In addition, if the VAR is used, the Jury will vote on the validity of an attempt by majority decision. In case of a `no rep`, the Head Judge will show the respective color card.
- iv) If the organizer is unable to provide a Jury, the Head Judge alone will assume these tasks.

## 5) Entry of the competition attempts

- a) Flights in all FinalRep Streetlifting competitions follow an ascending order of the loaded weight. At no time will the loaded weight be lowered during a round except in the case of loading errors.**
- b) Each athlete enters the competition attempts using the provided FinalRep tablet. For this he/she scans the individual qr code with the front camera of the tablet and sets the weight of the respective discipline and attempt.
- c) Each athlete must enter the first attempt of every exercise during the weigh-in. Each athlete may change the ´opener´ until the beginning of the flight.
- d) After leaving the platform, each athlete must enter the next competition attempt within 3 minutes in the FinalRep software using the provided tablets. Athletes may make changes to the attempt within the time limit.
- e) If the athlete is not able to enter the weight of the next attempt within the time limit of 3 minutes, the weight will be increased by the minimum weight increase if the previous attempt was valid. The weight will be kept the same if the previous attempt was invalid.
- f) During the 3rd attempt of squats, the athlete can change their weight attempt selection for a maximum of two times. All changes must follow the ascending-weight order and may not result in a decrease of the loaded weight. These changes can be made at any time during the 3rd attempts of squats before the athlete is called to the platform.**
- g) If the athlete wants to attempt a new FinalRep Record, they need to tell the FinalRep Staff at the speaker's table.
- h) If the athlete wants to skip the attempt, they need to tell the FinalRep Staff at the speaker's table.

## 6) Competition disciplines and their execution

### 6.1 Bar Muscle Up and Ring Muscle Up

The Bar Muscle Up is usually performed by male athletes only.

With prior consultation with the judges, female athletes may also perform a Bar Muscle Up instead of a ring muscle up. The request for a change to a Bar Muscle Up must be made independently by the female athlete. The request must be made up to 10 minutes before the planned start of the attempts of the respective weight class and must be confirmed by the judges. Furthermore, the request can not be withdrawn during the competition and remains in effect for all three attempts.

The Ring Muscle Up is performed by female athletes only.

### 6.2 Bar Muscle Up

#### General procedure:

1. Once the first signal 'Platform ready!' is given, the athlete may enter the platform. The athlete attaches the weight belt to his hip. Now the athlete moves to the starting position on the box with a pronated grip. Athletes may use a semi-false grip.
2. The starting position is considered to be reached as soon as the athlete has fully extended the elbows (180° joint angle). If necessary, the athlete may bend the knees slightly to achieve full elbow extension.
3. The athlete waits for the starting signal 'Go!' and may perform his attempt after the given signal. The elbows need to remain fully extended when leaving the box. The athlete may swing forward and then directly initiate the pulling movement. Once the athlete finishes the Bar Muscle Up with elbows fully extended on top of the bar (180° joint angle), he or she must wait for the signal 'Box!' to finish the attempt.

4. After the last signal is given, the athlete may swing back onto the box. The attempt is now finished. The judges then decide if the attempt was valid and the athlete must leave the platform.

List of valid Bar Muscle Up attempts:

- <https://youtu.be/7wX2SL5ZNUU?t=3073>
- <https://youtu.be/7wX2SL5ZNUU?t=1365>
- <https://youtu.be/YnyA9O3oE-0?t=972>
- <https://youtu.be/YnyA9O3oE-0?t=437>

## Reasons for an invalid Bar Muscle Up:

The following list includes violations that result in a 'no rep'.

**1. Fail:** The athlete is unable to overcome the bar.

Video: <https://youtu.be/GAL-pdvaMyU>

**2. False grip:** The athlete uses a false grip where at least one wrist or forearm touches the bar.

Video: [https://youtu.be/FifcGH\\_fhdw](https://youtu.be/FifcGH_fhdw)

**3. Bent arms:** The athlete starts the Bar Muscle Up with bent arms. In certain cases of anatomically limited mobility (e.g. not being able to extend the elbows 180°), it is up to the athlete to tell and show this to at least one of the judges before entering the platform for the first attempt.

Video: [https://youtu.be/2Eu12b\\_FfRw](https://youtu.be/2Eu12b_FfRw)

**4. Kipping/Kicking:** The athlete generates momentum with an excessive tilting movement in the pelvis, an excessive hyperextension in the spine or with a kicking movement of the legs, which makes it easier for them to overcome the bar. A minimal change in the knee and the hip angle, that is not sudden and not to the athlete's advantage, is allowed. Sudden kipping/kicking before initiating the pull is not allowed.

Video: [https://youtu.be/GF80tRV6s\\_o](https://youtu.be/GF80tRV6s_o)

**5. Loss of control:** The athlete loses control of the additional weight and the lower extremities, even after overcoming the bar.

Video: <https://youtu.be/C0AEya7Q0qA>

**6. Downward motion:** The direction of the movement reverses before it is completed. A short pause on the bar is allowed. The chest may touch the bar.

Video: <https://youtu.be/arsZGD34WG0>

**7. Lockout:** The direction of the movement reverses before full elbow extension is reached after overcoming the bar.

Video: [https://youtu.be/DXIAfi\\_ZMPY](https://youtu.be/DXIAfi_ZMPY)

**8. Signal:** The athlete misses or ignores a signal from the judges.

Video: <https://youtu.be/kq3eJ3MrOIA>

**9. Chicken wing:** The athlete performs a so-called ‘chicken wing’ Muscle Up, in which the elbows overcome the bar one after the other (see Fig. 7, Fig. 8 and Fig. 9).

Video: <https://youtu.be/c-SBWxuOyOw>



Fig. 7: Invalid BMU (chicken wing)

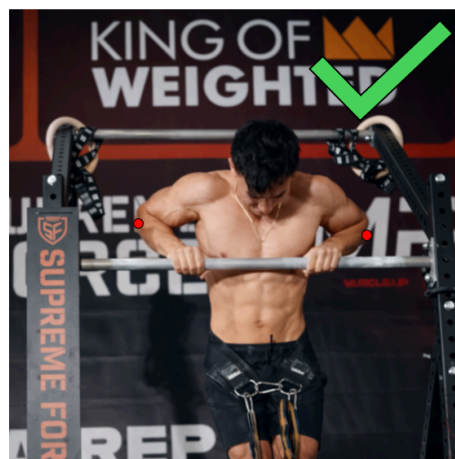


Fig. 8: Valid BMU (asymmetric transition)



Fig. 9: Valid BMU (symmetric transition)

## 6.2 Ring Muscle Up

### General procedure:

1. As soon as the first signal 'Platform ready!' is given, the athlete may enter the platform.
2. The athlete attaches the weight belt to her hip. Now the athlete moves onto the box, grips the rings and takes the starting position. The athlete may use a false grip.
3. The starting position is considered to be reached as soon as the athlete has fully extended the elbows (180° joint angle) and is completely free-hanging. The athlete must not initiate the pulling phase during the swing. The spotters can therefore help the athlete stop the swinging upon the request of the athlete.
4. If the swing is excessive and the Front Judge is therefore unable to give a starting signal after 5 seconds, a signal 'Box!' is given. After the athlete has returned to the box, the front judge explains the reasons why the starting signal could not be given. The athlete may return to the start position.
5. The athlete waits for the starting signal 'Go!'. After the starting signal is given, the athlete may perform her attempt.
6. As soon as the athlete finishes the muscle up with elbows fully extended (180° joint angle) on top of the rings, she waits for the signal 'Box!' to finish the attempt. After the last signal is given, the athlete must return back to the box. The attempt is now finished.
7. The judges then decide if the attempt was valid and the athlete must leave the platform.

### List of valid Ring Muscle Up attempts:

- <https://youtu.be/YnyA9O3oE-0?t=1783>
- <https://youtu.be/zEn73MV7pH0?t=2925>
- <https://youtu.be/zEn73MV7pH0?t=3319>
- <https://youtu.be/AjrhpH7tovo?t=3200>

Reasons for an invalid Ring Muscle Up:

The following list includes violations that result in a ‘no rep’.

**1. Fail:** The athlete is unable to overcome the rings.

Video: <https://youtu.be/8bsyLNGOR8Q>

**2. Bent arms:** The athlete starts the Ring Muscle Up with bent arms. In certain cases of anatomically limited mobility (e.g. not being able to extend the elbows through 180°), it is up to the athlete to tell and show this to at least one of the judges before entering the platform for the first attempt.

Video: <https://youtu.be/OscnEyCHLk>

**3. Kipping/Kicking:** The athlete generates momentum with an excessive tilting motion in the pelvis, an excessive hyperextension in the spine or with a kicking motion of the legs, which makes it easier for her to get over the rings. A minimal change in the knee and the hip angle, that is not sudden and not to the athlete's advantage, is allowed. Sudden kipping/kicking before initiating the pull is not allowed.

Video: <https://youtu.be/hesv7Zn137k>

**4. Loss of control:** The athlete loses control of the additional weight and the lower extremities, even after overcoming the rings.

Video: <https://youtu.be/X4EeLjAzNCs>

**5. Downward motion I:** **The direction of the movement of the weight plates reverses after the concentric is initiated and before the lockout is achieved. This does not apply to the transition phase.** . A short pause during the attempt is allowed.

Video: <https://youtu.be/8kfg9CvZaX8>

**6. Downward motion II:** **While a slow downward movement of the weight plates after the “Go!” signal is permitted, a rapid downward movement of the weight plates (stretch-shortening cycle) after the “Go!” signal results in invalidity.**

Video: <https://youtu.be/9vzOlzC8PPs>

**7. Lockout:** The direction of the movement reverses before full elbow extension is reached after overcoming the rings.

Video: [https://youtu.be/\\_nLI8k6OUjs](https://youtu.be/_nLI8k6OUjs)

**8. Signal:** The athlete misses or ignores a signal from the judges.

Video: <https://youtu.be/lPyETI4ioYw>

**9. Chicken wing:** The athlete performs a so-called 'chicken wing' Muscle Up, in which the elbows overcome the rings one after the other (see Fig. 10, Fig. 11 and Fig. 12)..

Video: <https://youtu.be/37AD1OIPLKU>



Fig. 10: Invalid RMU (chicken wing)



Fig. 11: Valid RMU (asymmetric transition)

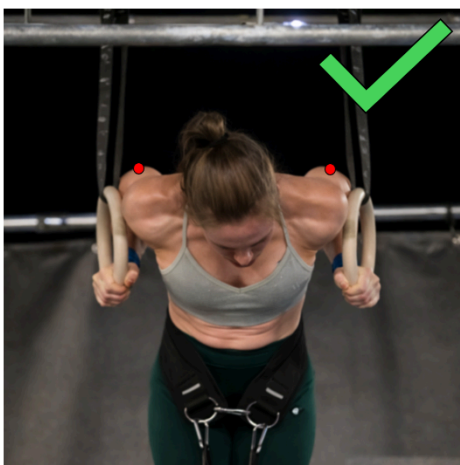


Fig. 12: Valid RMU (symmetric transition)

### 6.3 Pull

All athletes may choose between the following variations of the vertical pull movement:

- A) Chin Up (supinated grip, i.e. palms facing the athlete).
- B) Pull Up (pronated grip, i.e. the backs of the hands point towards the athlete).

Athletes do not have to officially declare the chosen variation. The athlete may change the Pull variation between attempts.

In none of the variations, the bar must be enclosed with the thumb, but the other fingers must grip the bar. No other grip is permitted.

#### General Procedure:

1. As soon as the first signal 'Platform ready!' is given, the athlete may enter the platform.
2. The athlete attaches the weight belt to the hip. Now the athlete moves onto the box, grips the bar in the chosen grip and takes the starting position. Athletes may use a "semi-false grip".
3. The starting position is considered to be reached as soon as the athlete has fully extended the elbows (180° joint angle) and is completely free-hanging. Athletes must not initiate the pulling phase during the swing. The spotters can therefore help the athlete stop the swinging upon the request of the athlete.
4. If the swing is excessive and the Front Judge is therefore unable to give a starting signal after 5 seconds, a signal 'Box!' is given. After the athlete has returned to the box, the front judge explains the reasons why the starting signal could not be given. The athlete may return to the start position.
5. The athlete waits for the starting signal 'Go!' and may perform the attempt after the given signal.
6. As soon as the athlete finishes the attempt with the chin visible (vertical) above the bar (see Fig. 13, Fig. 14 and Fig. 15), the movement may be reversed.
7. As soon as the athlete reverses the movement and finds himself back in the starting position, he must wait for the signal 'Box!' to

finish the attempt. After the last signal is given, the athlete may swing back onto the box. The attempt is now finished.

8. The judges then decide if the attempt was valid and the athlete must leave the platform.

List of valid Pull attempts:

- <https://youtu.be/AjrhpH7tovo?t=4470>
- <https://youtu.be/AjrhpH7tovo?t=6713>
- <https://youtu.be/YnyA9O3oE-0?t=4345>
- <https://youtu.be/YnyA9O3oE-0?t=6072>

Reasons for an invalid Pull:

The following list includes violations that result in a `no rep`.

**1. Fail:** The athlete does not finish the attempt with the chin visible above the bar.

Video: <https://youtu.be/k42WCKeBZLg>

**2. Bent arms:** The athlete starts the Pull with bent arms. In certain cases of anatomically limited mobility (e.g. not being able to extend the elbows through 180°), it is up to the athlete to tell and show this to at least one of the judges before entering the platform for the first attempt.

Video: <https://youtu.be/AgjPWbpdEao>

**3. Kipping/Kicking:** The athlete generates momentum with an excessive tilting motion in the pelvis or with a kicking motion of the legs, which makes it easier to overcome the bar. A minimal change in the knee and the hip angle, that is not sudden and not to the athlete's advantage, is allowed. Sudden kipping/kicking before initiating the pull is not allowed.

Video: <https://youtu.be/md04oKvR5l0>

**4. Downward motion I:** **The direction of the movement of the weight plates reverses after the concentric is initiated and before the required height is reached. The Front Judge and the Judge evaluating chin height may communicate if the height was reached before or after the downward motion.** A short pause during the attempt is allowed.

Video: <https://youtu.be/BPLlId1tJro>

**5. Downward motion II:** **While a slow downward movement of the weight plates after the `Go!` signal is permitted, a rapid downward movement (stretch-shortening cycle) of the weight plates after the `Go!` signal results in invalidity.**

Video: <https://youtu.be/6o6ztVIXNh8>

**6. Signal:** The athlete misses or ignores a signal from the judges.

Video: <https://youtu.be/BtnRT-W5-xM>



Fig. 13: Invalid and valid chin height (further away from bar)

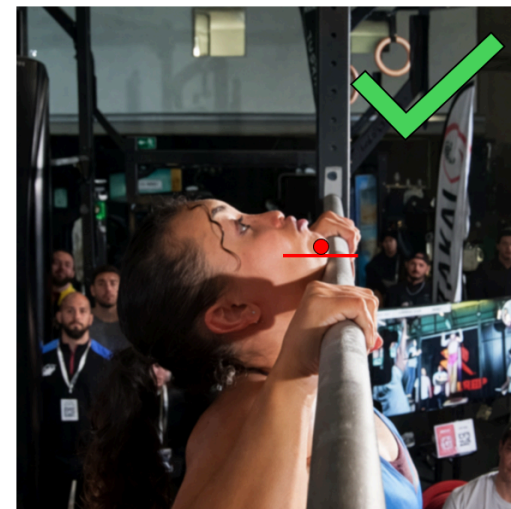
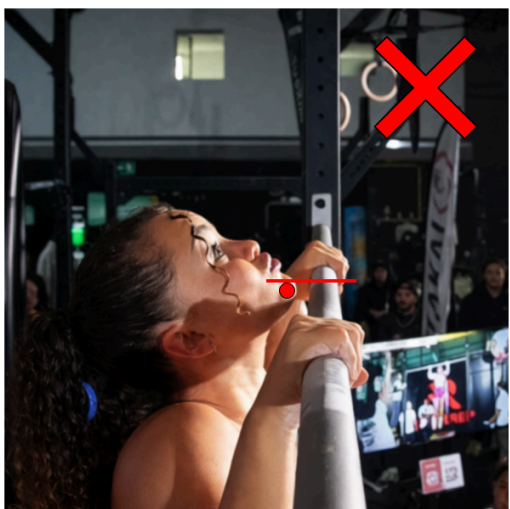


Fig. 14: Invalid and valid chin height (close to bar)

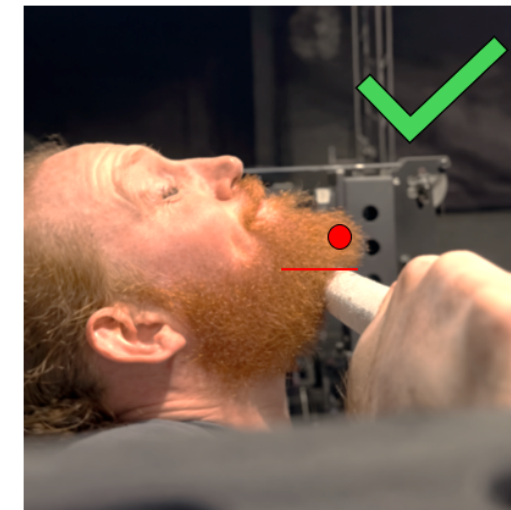
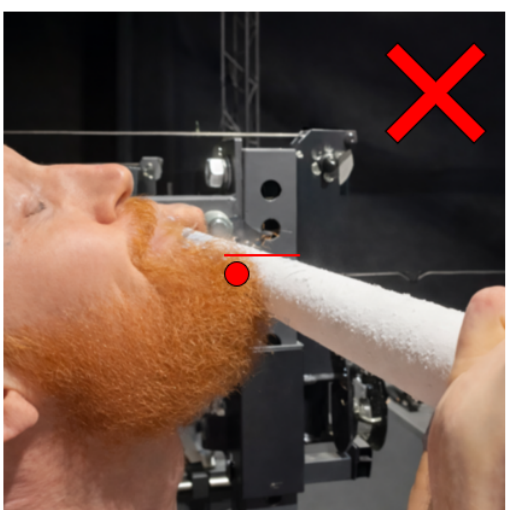


Fig. 15: Invalid and valid chin height (facial hair)

## 6.4 Dip

### General procedure:

1. As soon as the first signal 'Platform ready!' is given, the athlete may enter the platform.
2. The athlete attaches the weight belt to the hip. Now the athlete moves onto the box and then takes the starting position with arms fully extended and hips almost fully extended. The athlete may keep the legs slightly bent or fully extended as long as the knee angle changes only minimally during the attempt.
3. The starting position is considered to be reached as soon as the athlete has fully extended the elbows (180° joint angle) in a support position. The athlete must not initiate the attempt during the swing. The spotters can therefore help the athlete to stop the swinging on request.
4. If the swing is excessive and the front judge is therefore unable to give a starting signal after 5 seconds, a signal 'Box!' is given. After the athlete has returned to the box, the front judge explains the reasons why the starting signal could not be given. The athlete may return to the start position.
5. The athlete waits for the starting signal 'Go!' and may perform the attempt after the given signal. The arms must be bent so that the highest point of the back shoulder is visibly lower than the highest point of the elbow (see Fig. 16, Fig. 17 and Fig. 18). The highest point from the bottom of the belt must be at least level with the highest point of the dip handles (see Fig. 19). Wearing a light or other colored top is recommended for better visibility of the weight belt. If the depth of the shoulder or the hip are not clearly visible due to very dark clothing, in case of doubt the attempt can be scored as 'no rep'. The athlete then extends the arms until the starting position has been reached again with the arms fully extended.
6. As soon as the athlete finds himself back in the starting position, he or she must wait for the signal 'Box!' to finish the attempt.
7. After the last signal is given, the athlete may return back onto the box. The spotters may help to lift the weight plates back onto the box. The attempt is now finished.

8. The judges then decide if the attempt was valid and the athlete must leave the platform.

List of valid Dip attempts:

- <https://youtu.be/YnyA9O3oE-0?t=9572>
- <https://youtu.be/YnyA9O3oE-0?t=7416>
- [https://youtu.be/Jt3VX\\_\\_qZd0?t=9924](https://youtu.be/Jt3VX__qZd0?t=9924)
- [https://youtu.be/Jt3VX\\_\\_qZd0?t=8599](https://youtu.be/Jt3VX__qZd0?t=8599)

### Reasons for an invalid Dip:

The following list includes violations that result in a 'no rep'.

**1. Fail:** The athlete does not complete the attempt with arms fully extended.

Video: <https://youtu.be/aokz-sEDog0>

**2. Bent arms:** The athlete starts the dip with bent arms. In certain cases of anatomically limited mobility (e.g. not being able to extend the elbows through 180°), it is up to the athlete to tell and show this to at least one of the judges before entering the platform for the first attempt.

Video: <https://youtu.be/bX6LEcJi8U0>

**3. Depth shoulder:** The athlete does not reach the required depth with the back shoulder.

Video: [https://youtu.be/mUjcRmoEt\\_M](https://youtu.be/mUjcRmoEt_M)

**4. Depth hip:** The athlete does not reach the required depth with the hip. Furthermore, the valid depth of the hip and shoulder must be reached before initiating the concentric movement phase.

Video: <https://youtu.be/yniHqgVhxYw>

**5. Kipping/Kicking:** The athlete generates momentum with an excessive tilting motion in the pelvis or with a kicking motion of the legs, which facilitates the termination of the attempt. A minimal change in knee and hip angle that does not give the athlete an advantage is allowed.

Video: <https://youtu.be/I9KnOYWLOws>

**6. Loss of control:** The athlete falls into an excessive hyperextension of the spine and loses control of the weight. If the box is touched before the last signal 'Box!', the attempt is considered invalid.

Video: <https://youtu.be/AyTqbOezVNA>

**7. Downward motion:** The direction of the movement in the concentric phase reverses before it is completed. The highest point from the bottom of the belt and the rear delt are used as the reference points. A short pause during the attempt is allowed.

Video: <https://youtu.be/drjSLBRrnZA>

**8. Signal:** The athlete misses or ignores a signal from the judges.

Video: <https://youtu.be/hak7EoZlkZ4>

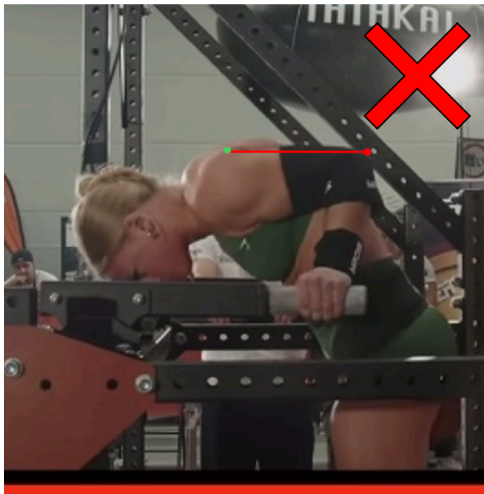


Fig. 16: Invalid and valid shoulder depth with elbow sleeves

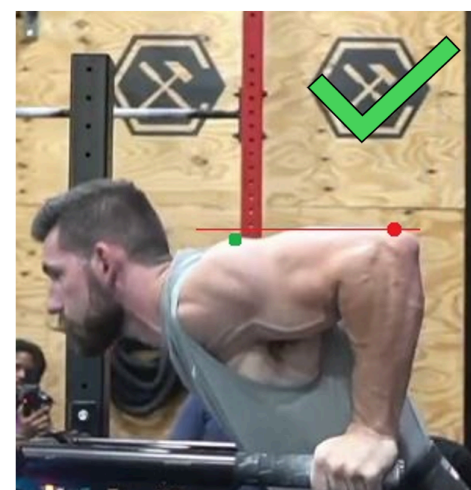


Fig. 17: Invalid and valid shoulder depth without elbow sleeves

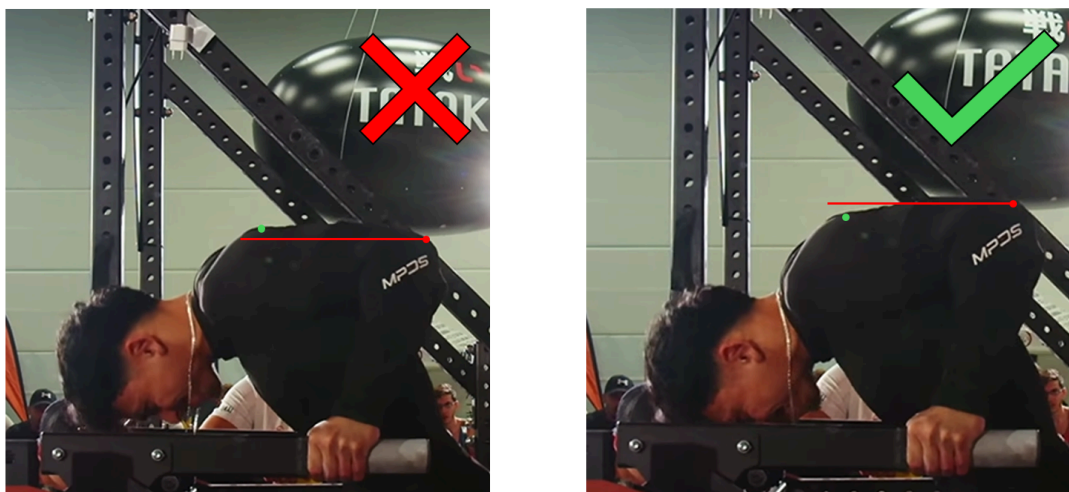


Fig. 18: Invalid and valid shoulder depth with long-sleeves and elbow sleeves



Fig. 19: Invalid and valid hip depth

## 6.5 Squat

### General procedure:

1. As soon as the first signal 'Platform ready!' has been given, the athlete may enter the platform.
2. The athlete must face the front of the platform. The bar must be held horizontally across the shoulders with the hands and fingers gripping the bar. The thumb does not have to grip the barbell, but all fingers must touch the bar for safety reasons. The hands can be positioned at any position within and/or on the inner catches of the barbell. Both a 'high bar squat' and a 'low bar squat' are allowed. After removing the barbell from the stands, and the athlete may be

assisted by the spotters, the athlete must move backwards to establish the starting position.

3. Once the athlete is standing motionless and upright (a slight deviation is allowed) with knees locked, the athlete waits for the starting signal 'Squat!' and may perform the attempt after the given signal. The judge's signal consists of a downward movement of one arm and the audible command 'Squat!'. Before the athlete receives this signal, position changes may be made within the rules.
4. For safety reasons, if the athlete is not extending his/her knees fully, the athlete will be asked to place the barbell back in the stands. This will be indicated by the judge by a backward movement of the arm and the audible command 'Replace!'. The judge then announces the reason for the failure to signal the start.
5. After the signal from the judge, the athlete must bend the knees and lower the body until the surfaces of the thighs at the hip joint are lower than the tops of the knees (see Fig. 20). For better visibility, it is recommended that the top be tucked into the pants. If the hip crease is covered by the worn top and is therefore not clearly visible, the attempt will be scored as 'no rep'. It is further recommended to wear tight pants (leggings/tights) or a singlet, which make the hip crease clearly visible. If the pants worn have wrinkles and thus do not make the hip crease clearly visible, the attempt will also be judged as 'no rep'. A rolling forward or backward movement between the balls of the feet and the heels as well as a lateral movement of the feet is allowed. The attempt is considered to have begun as soon as the athlete bends the knees. As soon as the athlete reverses the movement and finds himself back in the start position, the athlete must wait for the signal 'Rack!' to finish the attempt.
6. After the final signal is given, the athlete may place the barbell back into the rack. The spotters help with this. The attempt is now finished.
7. The judges then decide if the attempt was valid and the athlete must leave the platform.

List of valid Squat attempts:

- [https://youtu.be/Jt3VX\\_\\_qZd0?t=12504](https://youtu.be/Jt3VX__qZd0?t=12504)
- [https://youtu.be/Jt3VX\\_\\_qZd0?t=14181](https://youtu.be/Jt3VX__qZd0?t=14181)

- <https://youtu.be/AjrhpH7tovo?t=14238>
- <https://youtu.be/zEn73MV7pH0?t=11763>

### Reasons for an invalid Squat:

The following list includes violations that result in a 'no rep'.

**1. Fail:** The athlete does not complete the attempt with the knees fully extended.

Video: <https://youtu.be/JInTLNO30qg>

**2. Bent knees:** The athlete starts the squat with bent knees. In certain cases of anatomically limited mobility (e.g. not being able to extend the knees 180°), it is up to the athlete to tell and show this to at least one of the judges before entering the platform for the first attempt.

Video: <https://youtu.be/1jwmBkHc9EI>

**3. Signal:** The athlete misses or ignores a signal from the judges.

Video: <https://youtu.be/i6OxHnhOKVg>

**4. Downward motion:** The athlete makes a double rocking movement at the lowest point of the squat or a downward movement during the concentric phase of the attempt.

Video: <https://youtu.be/aNqcL754w8g>

**5. Depth:** The athlete does not reach the prescribed depth.

Video: <https://youtu.be/k-YObdOpSrM>

**6. Foot movement:** The athlete moves the feet forward, backward or sideways, with a rolling of the feet between ball and heel allowed.

Video: <https://youtu.be/DhUpIHbDE8M>

**7. Contact by spotter:** At least one spotter touches the barbell or athlete between the judge's signals with the intention of facilitating the attempt.

Video: <https://youtu.be/VHinhF8V3r0>

**8. Support:** The athlete supports himself/herself on the thighs with the elbows or upper arms. A light touch is allowed if it does not facilitate the attempt.

Video: [https://youtu.be/hL0\\_fL3IVVo](https://youtu.be/hL0_fL3IVVo)

**9. Dropping the barbell:** The athlete drops the barbell during or after the attempt, ´throws´ it or actively leaves the spotters with the entire weight of the (loaded) barbell. In this case, the athlete will be disqualified and may not participate in the further competition. In addition, the athlete will not be allowed to participate in FinalRep **affiliated** competitions for two years. The disqualification will come into force with immediate effect by the judges' decision, and will be valid up to and including the same date of the calendar year after next. Neither the intention of the athlete nor the weight of the (loaded) barbell plays a role, because in any case, spotters and judges are endangered. Only in the case of demonstrably serious injuries, which have led directly to the dropping of the barbell, the ban can be subsequently overridden. In this case, it is up to the athlete to apply to the FinalRep Team or directly to the Head Judge for the suspension to be lifted.

Video: <https://youtu.be/7Olg49lyQTc>



Fig. 20: Invalid (parallel) and valid depth