

## **KALISTHENICS® CHALLENGE**

### **1st INTERNATIONAL CALISTHENICS COMPETITION**

Saturday June 2, 2018

#### **GENERAL COMPETITION RULES**

The Championship will take place from 10:00 am through 18:30 pm, as follows :

- 10:00 am – 11:00 am, registration for athletes participating to the FUN tournament.
- 11:00 am – Women FUN Tournament
- 01:00 pm – Under 35 Men FUN Tournament
- 03:00 pm – Over 35 Men FUN Tournament
- 04.30 pm – Registration PRO Championship athletes
- 04.30 pm – Women PRO Championship
- 05:30 pm – Men PRO Championship

***N.B. Time table may be modified due to organization reasons.***

#### **PRE-TOURNAMENT**

Athletes Registration for the FUN Tournament will be held at the FIF Functional & Kalisthenics® desk. Participants may register while the tournament has started. The total number of participants is limited to 20 athletes for each category (FUN and PRO).

#### **TECHNICAL RULES - FUN TOURNAMENT**

The Fun Tournament is reserved to non-professional athletes and aimed at all those with a passion for and practice of bodyweight training wishing to test their abilities. Participating athletes will challenge each other in the completion of a mix circuit testing endurance (time and reps) including a serie of fundamental bodyweight exercises. Performance and execution will be evaluated in compliance with bodyweight training standards. In each category the first three athletes with best time will receive a prize.

#### **CATEGORIES**

- Men under 35
- Men over 35
- Women

Only those athletes with a minimum age of 16 as regularly indicated on a valid ID shall be admitted to participate.

#### **CLOTHING**

Clothing in each single component of the tournament is up to each athlete, yet has to be such as to not impair evaluation by judges so that body alignment can be evaluated including in the execution of inverted positions. It is therefore advised wearing shorts and a close-to-the-body top. On such top shirt/garment a

contestant number will be applied as provided for by Federazione Italiana Fitness in the registration process. Use of gloves, knee and/or wrist protection bands are permitted.

**WARNING: All athletes are responsible for their individual warm-up before any phase of the tournament. Upon call to perform only those exercises called for by tournament rules will be allowed.**

### **THE TOURNAMENT – FUN SECTION**

The Circuit is composed of 7 exercises that are to be executed in the following order :

1) Pull up

- Men 30 pull up
- Women 20 chin up

2) Crow-stand bent arms on the ground or on bar support

- Men 1 minute
- Women 40 seconds

3) P-bars dip

- Men 30
- Women 20

4) Roll squat jump (without hands helping)

- Men 30
- Women 25

5) Ground Metronome / Facilitated L-Sit

- Men 30
- Women 30

6) Hollow Plank Push up on straight elbows

- Men 30
- Women 20

7) L-Sit:

- Men 30 secondi
- Women 20 secondi

### **PRIZES**

- First classified athletes for each category shall receive a Cup and technical gadgets from official sponsors.
- Second and third classified athletes for each category will receive a Plate and technical gadgets from official sponsors.

### **REGISTRATION FEE AND PROCEDURE**

Rimini Wellness 2018 New Edition introduces an absolute novelty!

**Payment of the Registration Fee to the FUN Tournament provides for FREE ENTRANCE to the fair with a 4-day validity.**

€ 40,00 per person for FIF and/or ASI card holders with a valid affiliation.

€ 50,00 per persone for non FIF/ASI valid affiliation card holders (In such case registration fee provides for affiliation with FIF for insurance purposes).

To register please send copy of payment and registration module duly filled and signed to Centro Studi la Torre, via Paolo Costa 2, 48121 -Ravenna, fax 0544 34752, e-mail [fif@fif.it](mailto:fif@fif.it). Registrations must be received by May 15, 2018 at the latest.

## TECHNICAL RULES PRO CHAMPIONSHIP

The PRO CHAMPIONSHIP is the first calisthenics international competition with a money prize in which some of the best pro calisthenics athletes in the world showcase their technical abilities while competing for the podium, for each category.

The competition provides for athletes, to showcase sets of variable duration in accordance to the rules thereafter.

Each single athlete will be evaluated by an impartial panel of technical national and international judges.

Each evaluation will be conducted following precise parameters thereafter indicated and according to a specific point based technical code.

### CATEGORIES

- Men
- Women

Only those athletes with a minimum age of 16 as regularly indicated on a valid ID shall be admitted to participate.

### CLOTHING

Clothing in each single component of the tournament is up to each athlete, yet has to be such as to not impair evaluation by judges so that body alignment can be evaluated including in the execution of inverted positions. It is therefore advised wearing shorts and a close-to-the-body top. On such **top shirt/garment** a **contestant number** will be applied as provided for by Federazione Italiana Fitness in the registration process. Use of gloves, knee and/or wrist protection bands are permitted.

## CHAMPIONSHIP PRINCIPLES

**In the Championship first two rounds (category and 1 / 4 Final)** all athletes **MUST** prepare and turn-in the detailed contents of their set including each single exercise and element they intend to execute and present to the judges.

The presented set **MUST** be a very precise routine prepared in advance by the participating athlete. There is no limit on the number of elements or skills to include in the set within the imparted total time available (variable for each fase of the tournament).

Should some elements contained in the set not being executed there shall be no penalty, yet they simply will not be considered and consequently the non performed exercise(s) will lessen the overall value of the declared initial set. The set declaration comprehensive of all elements aims at enabling judges to objectively and comprehensively evaluate all participating athletes on a fair and impartial basis.

**In the PRO CHAMPIONSHIP semi-final and final phases** the athlete will be free to organize the set **WITHOUT** prior declaration of content so that emphasis is put on the direct challenge between

two athletes.

It is precised that particular attention will be held throughout all phases of the PRO CHAMPIONSHIP (categories, 1 / 4 final, Semi-Final and Final) on the skills which will have to be performed according to the highest quality and technical standard.

Any hesitation or imperfection will be penalized.

The athlete is allowed in include in his/her set an artistic component as long as it does not pollute the execution of the specific skill ; this component will be included in the overall evaluation.

### **STRUCTURE OF THE PRO CHAMPIONSHIP – MEN CATERORY (total duration : 1 hour / 1 ¼ hour)**

1. Group stage : 60 seconds set ranking (mandatory set content declaration)
2. 1 / 4 Final : 1 vs 1, One 60 sec. set (mandatory set content declaration)
3. Semi-Final 1 vs 1, Two 50 sec. sets (Free “battle” – No mandatory set content declaration)
4. Final : 1 vs 1, Two 50 sec. sets (Free “battle” – No mandatory set content declaration)

Total maximum number of participating athletes is set at 16, divided in four (4) groups (A-B-C-D) of 4 athletes each.

Among those 16 athletes registered for the Tournament, four (4) seeded athletes will be chosen on the basis of merit ; those athletes will be inserted in four 4 different groups and shall not challenge each other in the first fase of the Tournament.

***N.B. Shall the final number of participants to the Tournament be lesser, changes in the Tournament may occur.***

### **PRO CHAMPIONSHIP – MEN CATEGORY – PROGRESS :**

#### **1. GROUP STAGE**

The first phase includes four (4) groups of four (4) athletes each for a total of 16 athletes.

Each group will be composed of one seeded athlete and of 3 other athletes randomly drawn from the remaining 12 non seeded athletes pool.

Each single athlete shall perform a free set of 60 seconds maximum (having turned in content declaration exercise sheet prior)

Only two athletes for each group will be elegendible for the next phase, for a total of eight (8) athletes admitted to the 1/ 4 Final.

#### **QUARTER FINAL**

Athletes admitted to this phase will challenge each other on a direct basis, one-to-one for a 60 seconds set each (having turned in exercise sheet prior). Total of four (4) challenges and eight (8) athletes.

Sorting for challenges will be made on a random basis so that first qualified athletes in their group be challenging second qualified athletes in other groups.

Judges will evaluate each athlete's routine nominating the winner for each of the four (4) challenges ; the winner will go on to the next phase of the Championship.

## **SEMIFINAL**

The four (4) athletes admitted to this phase of the Championship will challenge each other on a one-to-one direct elimination basis through two (2) 50 seconds sets alternating with one another (free "battle" with no exercise declaration obligation prior). Challenges coupling will be made on a random basis.

Judges will evaluate each athlete's routine nominating one winner and nominate the two finalists.

## **FINAL**

The two (2) finalists will compete challenging each other on a direct elimination basis through two 50 seconds sets alternating with one another (free "battle" with no exercise declaration prior).

Judges will evaluate each athlete's routines and nominate the Championship's winner.

## **PRIZES**

The first three (3) classified athletes will be contenders to a main money prize together with Championship Plates and other gadgets provided by the official sponsors.

## **PRO CHAMPIONSHIP – CATEGORY WOMEN (duration : 45/55 minutes) :**

- 1 / 4 Final : 1 vs 1, one 90 seconds set.
- Semi-final : 1 vs 1, two 40 seconds sets.
- Final : 1 vs 1, two 40 seconds sets.

Total number of athletes in the Tournament is set at 8 participants.

Among those 8 athletes registered for the Tournament, two (2) seeded athletes will be chosen on the basis of merit ; those athletes will be shall not challenge each other in the Tournament's 1 / 4 Final, while coupling of the remaining athletes will be drawn on a random basis.

**N.B. Shall the final number of participants to the Championship be lesser, changes in the Championship may occur.**

## **1. QUARTER FINAL**

Athletes will challenge each other on a direct elimination basis, with a 90 seconds set each for a total of four (4) challenges.

Coupling for the challenges will be determined on a random basis, excluding seeded athletes from the drafting pool.

Judges will evaluate each athlete's routine nominating the winner for each of the four (4) challenges ; the winner will go on to the next phase of the CHAMPIONSHIP.

## **1. SEMI-FINAL**

The 4 (four) athletes admitted to this phase of the Tournament will challenge each other on a direct elimination basis, one against the other, with two (2) 40 seconds sets, alternating with one another.

Coupling for challenges will be sorted on a random basis.

Judges will evaluate each athlete's routine nominating a winner and nominating the two (2) athletes for the Final stage.

## **1. FINAL**

The two (2) Finalists will compete challenging each other on a direct elimination basis through two 40 seconds sets.

Judges will evaluate each athlete's routines and nominate the Tournament's winner.

## **PRIZES**

The first three (3) classified athletes will be contenders to a main money prize together with championship plates and other gadgets provided by the official sponsors.

## **REGISTRATION TO THE CHAMPIONSHIP**

Participation to the PRO Championship is exclusively reserved to those invited professional national and international athletes.

Selected athletes will benefit from a 4-day Rimini Wellness 2018 FREE PASS courtesy of Federazione Italiana Fitness.

**THE PRESENT RULES IS SUBJECT TO ADJUSTMENTS ; ADDITIONAL INFORMATION WITH REGARDS OTHER DETAILS AND SCORING CODE WILL BE PUBLISHED SOON.**