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FEMALES: QUALIFICATION ROUND 1. Staneva Tsvetelina Ilieva (Bulgaria) – 46 – Q 2. Boyadzheva Zhasmina Svilenova (Bulgaria) – 39,5 – Q 3. Vivien Hangrad (Hungary) – 38,5 – Q 4. Vitekova Karolina (Slovakia) – 37,5 – Q 5. Galina Sidorenko (Russia) – 37 – Q 6. Jerabkova Ladislava (Czech Republic) – 30,5 7. Szaboova Veronika (Czech Republic) – 30 8. Dépaigneux Léa, Clara, Emilie (France) – 29,5 9. Vachter Adrienn (Hungary) 29 10/11. Chumakova Tatjana (Russia) – 25 10/11. Greinerova Veronika (Slovakia) – 25 12. Moukhopetrou Dimitra (Greece) – 17 13. Merchaoui Cyrine (Tunisia) – 16,5 14./15. Dykman Kendra Irene (South Africa) – 12 14./15. Ben Salem Ela (Tunisia) – 12 FEMALES: FINAL ROUND Place, Participant (Country), Result 1. Staneva Tsvetelina Ilieva (Bulgaria) – 40,5 2. Boyadzheva Zhasmina Svilenova (Bulgaria) – 40 3. Vitekova Karolina (Slovakia) – 38,5 4. Vivien Hangrad (Hungary) – 35,5 5. Galina Sidorenko (Russia) – 34 MALES: QUALIFICATION ROUND 1. Daniel Hristov (BULGARIA) – 52,5 – Q 2. Garcia Hermosillo Jose Angel (Mexico) – 48 – Q 3. Gastelum Armendariz Antonio (Mexico) – 45,5 – Q 4. Radoslav Radev (BULGARIA) – 43 – Q 5. Kurban Gasanov (Russia) – 42 – Q 6. Ibrahim-Bacha Khoudair Asem Marc (Spain) – 40 – Q 7. Elsharnouby Mazen Ahmed Elsayed Aly Abouelsaoud (Egypt) – 39,5 – Q 8. Drory Netanel Yair (Israel) – 39 – Q 9. Klinek Dominik (Slovakia) – 38,5 – Q 10. Kaminskis Aleksandrs (Latvia) – 38 – Q 11. Silkin Denis (Russia) – 37,5 12. Mohamed Abdelrahman Mamdouh Hassan (Egypt) – 36,5 13./14./15. Assanov Syrym (Kazakhstan) – 35,5 13./14./15. Boucher Felix (Canada) – 35,5 13./14./15. Mahour Kunal (India) – 35,5 16. Molnar Laszlo Barnabas (Hungary) – 35 17. Skrotas Angelos (Greece) – 34,5 18. Chihab El Fiazari (Morocco) – 33,5 19./20. Robro Damian (Slovakia) – 33 19./20. Al Hemli Fares Mohamed Rashad Ahmed (UAE) – 33 21. Cohen Yarin (Israel) – 32,5 22./23. Bittmann Tamas (Hungary) – 32 22./23. Delbecque Yvan Christian A. (Belgium) – 32 24. Dmitry Lipanov (Russia) – 31,5 25. Alhammadi Abdulla Ibrahim Abdulla Ibrahim (UAE) – 30,5 26. Tyagi Siddharth (India) – 29 27. Lam Chi Long (Hong Kong) – 28 28. Breick Lukas (Czech Republic) – 27,5 29. Asimakopoulos Spyridon (Greece) – 27 30. Mbambo Protas Siyabonga (South Africa) – 26 31. Ivanov Anatoly (Estonia) – 25 32. Margaritis Stian Andreas Arvesen (Norway) – 23,5 33. Krot Mikita (Belarus) – 23 34./35.Shupenka Artsiom (Belarus) – 22,5 34./35. Stefanec Jakub (Slovakia) – 22,5 36. Al-Naimi Hamad Saif F S (Qatar)– 18 37. Ekermark Olof Douglas William (Sweden) – 16,5 38. Cerny Jan (Czech Republic) – 12,5 39. Browne Rodney (South Africa) – 10,5 MALES: FINAL ROUND Place, Participant (Country), Result 1. Daniel Hristov (BULGARIA) – 52,5 2. Garcia Hermosillo Jose Angel (Mexico) – 48 3. Kurban Gasanov (Russia) – 47 4. Elsharnouby Mazen Ahmed Elsayed Aly Abouelsaoud (Egypt) – 42,5 5. Radoslav Radev (BULGARIA) – 42 6. Garcia Hermosillo Jose Angel (Mexico) – 39,5 7. Kaminskis Aleksandrs (Latvia) – 37 8. Klinek Dominik (Slovakia) – 35,5 9. Ibrahim-Bacha Khoudair Asem Marc (Spain) – 34 10. Drory Netanel Yair (Israel) – 29,5 WORLD STREET WORKOUT & CALISTHENICS FEDERATION APPROVED BY the Management Board of the World Street Workout & Calisthenics Federation On August 4, 2021, in Riga, Latvia STREET WORKOUT FREESTYLE / POWER AND STRENGTH WORLD CHAMPIONSHIP 2021 OFFICIAL REGULATIONS The following regulations (“Regulations”) of the Street Workout Freestyle / Power and Strength World Championship 2021 (“SW World Championship 2021”) have been developed by the World Street Workout & Calisthenics Federation (“Federation”) in cooperation with its member organizations. These Regulations are addressed to the organizations and persons responsible for organization of Street Workout Freestyle World Championship 2021 (“Organizers”) and street workout athletes participating (“Participants”) in the Street Workout Freestyle World Championship 2020. These Regulations are intended only for the use of the addressees for the purpose of ensuring the Street Workout Freestyle World Championship 2020. Any use, disclosure or copying of these Regulations in whole or in part not in accordance with their intended purpose is prohibited under the applicable law and requires prior express consent of the Federation. There are separate Regulations for WSWCF Street Workout National Championships 2022 (each of them – “SW National Championship 2021”) developed by the Federation and available on the Federation’s official website www.wswcf.org. The WSWCF Street Workout National Championships 2020 conducted by the Federation’s member countries according to the said Regulations for WSWCF Street Workout National Championships 2021 will ensure qualification of the national athletes from those particular countries (each of them – “Country”) for participation in the Street Workout Freestyle / Power and Strength World Championship 2020 in Moscow, Russia, as described below. 1. DATES OF THE SW WORLD CHAMPIONSHIP 2021 AND THE SW NATIONAL CHAMPIONSHIPS 2021 1.1. The SW World Championship 2021 will take place on 4-5 September (qualification round on 4th of September and final round on 5th of September), in Moscow, Russia. 1.2. To duly qualify for the SW World Championship 2021, the Country has to organize the WSWCF SW National Championship 2021 of the Country in live or online format and notify its results to the Federation, depending on the Country, until August 22, 2021 (including). If there is no possibility to organise National Championship 2021, Federation’s member organization can appoint athletes representing their country. 2. ORGANIZERS OF THE SW WORLD CHAMPIONSHIP 2021 AND THE SW NATIONAL CHAMPIONSHIPS 2021 2.1. The SW World Championship 2021 will be organized by the Federation and Moscow State Sport Department (MOSCOMSPORT). 2.2. The SW National Championship 2021 in every particular Country will be organized by the official member organization(s) of the Federation in that Country and/or other organization(s) loyal to the Federation. 3. GENERAL TERMS OF WSWCF SW NATIONAL CHAMPIONSHIPS 2021 OF THE COUNTRIES 3.1. The WSWCF SW National Championship 2021 of the Country must be organized as a live competition with athletes being present and competing against each other face-to-face. 3.2. Organizers of the WSWCF SW National Championship 2021 have to give equal opportunity of applying for participation in the competition to all athletes of the particular Country. 3.3. Only in an exceptional case and subject to receipt of prior consent from Federation, if it is not possible to organize live a competition due to financial, geographical or other serious reasons or obstacles, WSWCF SW National Championship 2021 of the Country may be organized as an online competition or Federation’s member organization can appoint athletes representing their country. 4. GENERAL TERMS OF SW WORLD CHAMPIONSHIP 2021 4.1. The SW World Championship 2021 will be organized as a live one day competition with athletes being present and competing against each other face-to-face. 4.2. Each Participant of the SW World Championship 2021 will be officially representing his country, i.e., the Country that organized the WSWCF SW National Championship 2021 in which the particular Participant qualified for the SW World Championship 2021. 4.3. All Participants will be treated on equal terms, respecting their nationality, race and religion to the extent practically possible. 4.4. Winner of the SW World Championship 2021 will obtain the title of “Street Workout Freestyle / Power / Strength World Champion 2021” in absolute weight category. 5. REQUIREMENTS FOR THE PARTICIPANTS 5.1. All winners of the WSWCF SW National Championships 2021 of the Countries are allowed to participate in the SW World Championship 2021. 5.2. Each Participant must have a valid health insurance (personally paid for or financed by a sponsor / supporter, etc.). 5.3. Each Participant must take full responsibility for his health condition and is personally liable for his actions and their possible consequences during both competition and free time. 5.4. The Participants must have legal rights to travel and enter Moscow, Russia, if they qualify for the SW World Championship 2020. Participants who are less than 18 years old must be able to travel alone without an adult companion. 5.5. The Participants must have at least basic knowledge of English language to be able to communicate with the Organizers. 5.6. If the Participant qualifies for participation in the SW World Championship 2021, but for any personal reason is unable to arrive at the competition venue in Moscow, Russia, his participation will be annulled and, if still practically possible, the vacant place offered to the next Participant. In case of any anticipated absence (whether planned or unplanned) the particular Participant must notify the Federation and the Organizer of the relevant SW National Championship 2021 as soon as reasonably possible. 5.7. If a Participant qualifies for SW World Championship 2021 and has obtained travel support from any organization and has not travelled to SW World Championship 2021, the Participant has to fully refund the lost travel costs within one month or the Participant will be disqualified from competitions for the period of five (5) years. 5.8. All Participants traveling to SW World Championship 2021 have got to have enough money reserved to return back home, if they have been late for the airplane or any other serious situation occurs. Or there has to be a person back home who can help them solve this issue without interrupting the work of the Organizers. WSWCF and other Organizers are not liable or responsible in such cases. 6. REQUIREMENTS FOR THE NUMBER OF PARTICIPANTS AND COMPETITION TIME 6.1. It is reasonable to set a limit for the number of Participants taking part in the SW World Championship 2021 to be able to organize the event within the time, during which viewers are capable of keeping continuous interest in the competition. 6.2. Therefore, the Federation has set the maximum number of Participants from each Country allowed to participate in the SW World Championship 2021 as stated under Clause 14 of these Regulations. 6.3. The Freestyle and Strength competition will consist of two (2) rounds – the first round will be the qualification round (“Qualification”) on September 4 and the second round will be the final round (“Final”) also on September 5. Depending on the amount of participants after the first round, the best of male and female Participants will proceed to the Final round. The rest of the Participants will be discontinued the competition. Number of finalists will be announced on September 3. 6.4. The time of the competition may be restricted (due to TV broadcasting requirements or other objective reasons). 6.5. In case of television broadcasting, technical interruptions may be applied during the competition. 7. CRITERIA FOR SELECTION OF PARTICIPANTS FOR THE SW WORLD CHAMPIONSHIP 2021 7.1. In each Country, the best two (2) male and two (2) female Participants separately in Freestyle / Power / Strength category will obtain the right to participate in the SW World Championship 2021 (“Selected Participants”). 7.2. Flight costs for Selected Participants of the SW World Championship 2021 will be covered by the WSWCF SW National Championship 2021 Organizer or Participants themselves. Hotel, local transportation after arriving to the hotel and food in Moscow will be covered by Moscow State Sport Department for first 80 participants who will send us a flight confirmation. Rest of the selected participants will have to cover their own accommodation. 7.3. Each Selected Participant of the SW World Championship 2021 has to pay for his visa to Russia (if applicable) by himself. Also, food, local transportation (to and from airport, within the Moscow city), entertainment and similar personal expenses outside of the competition schedule have to be paid by the Selected Participants themselves. 7.4. The health and travel insurance have to be made by each Selected Participant of the SW World Championship 2021 at his own cost. 7.5. The Selected Participant will be allowed to come to Moscow and participate in the SW World Championship 2021 only if he has signed a written Participation Contract with the Federation. 7.6. The Federation and the Organizers of WSWCF SW National Championships 2021 are not liable for any Selected Participant’s inability to travel to the SW World Championship 2021 competition venue. In case any Selected Participant from any Country does not have the possibility to travel, obtain visa to Russia, ensure the required insurance, or has any other reason preventing him from participation, the right to participate in the SW World Championship 2021 passes on to the Participant with the next highest score after the Selected Participant according to the final rankings in the WSWCF SW National Championship of the particular Country. 8. OTHER PROVISIONS 8.1. The Federation is entitled to invite at its own request special guests and representatives of the member organizations in addition to the Participants. 8.2. The program of the SW World Championship 2021 is intended only for the Participants and the special guests invited by the Federation. 8.3. In the event that any Participant brings along to the SW World Championship 2021 any other person (family member, relative, parent, child, friend, etc.), such Participant is responsible for covering all costs of such additional person (travel, accommodation, catering, entertainment, etc.). The Participants will be allowed to spend time with such persons only after the end of the competition. 8.4. The Federation is entitled to modify or supplement the above stated specific terms regarding the SW World Championship 2020, if, in the reasonable opinion of the Federation, it becomes necessary or useful based on the observations and experience of the Federation. 9. PARTICIPATION FEE 9.1. From 2020, all WSWCF international competitions will have participation fee. Participation fee in SW World Championship 2021 is fifty (50) EUR from each participant. Participation fee will be used to cover event coordination expenses. Participation fee must be paid in Moscow, Russia to SW World Championship 2021 coordinator not later than 2 hours before the Qualification round. 10. WEIGHT CATEGORIES 10.1. Due to World Pandemic and travel restrictions in 2021 participants will not be divided weight categories. Only one Absolute category: All weight category male athletes together and all weight category female athletes together. 11. RULES OF FREESTYLE COMPETITION 11.1. The competition will be held on a stage (minimal area: 6 x 6 meters, height: 1 meter). There have to be at least the following metal constructions firmly attached to the stage: horizontal bar, parallel bars, and “monkey” bar. Additional constructions may be placed if coordinated with the Federation. Official World Championship equipment will be provided by the company Kenguru Pro. 11.2. The maximum performance time given for one Participant in Qualification is two (2) minutes. Once participant steps on the stage, he is given 30 seconds to start his performance. Performance time starts also quicker, showing a “thumb up” to DJ. Round time will be counted immediately after 30 seconds spent on the stage, or from the song start after the “thumb up” signal 11.3. The maximum performance time given for one Participant in Final round is two (2) minutes. Once participant steps on the stage, he is given 30 seconds to start his performance. Performance can be started also quicker, showing a “thumb up” to DJ. Round time will be counted immediately after 30 seconds spent on the stage, or from the song start after the “thumb up” signal 11.4. In case of special occasions (TV broadcasting requirements, etc.) maximum performance time given for one Participant in each round can be limited. The limitations will be applied equally to all Participants. 11.5. The order of the Participants will be drawn (selected by lottery) by the Federation before the SW World Championship 2021 and will be published on the Federation’s internet resources. 11.6. Each Participant may use his own selection of music which has to be submitted by the Participant to the Organizers in a data medium at the competition venue before the start of the competition. The only acceptable file format for music is MP3. Those Participants, who will fail to submit their personalized music selections, will perform with music chosen by a DJ. 11.7. During their performance, the Participants may perform any street workout elements to amaze judges and increase the evaluation. 11.8. During a performance each Participant is allowed to use gloves and starting from 2014 athlete can’t use gymnastic rings in any of WSWCF competition. 11.9. Starting from 2020, the Participants CANNOT use any help of another Participant or any third-party person when performing any elements on the stage. Animals are not allowed on the stage or competition area. No camera men, other than Organizer’s camera men, can be on the stage during the performance to film the Participant. If any of the address rules are broken, Participant will receive a penalty, i.e. subtraction of half of the points given by each judge. 11.10. It is forbidden to perform or use insulting or offensive actions, gestures, and attributes towards other Participants, judges, or viewers. 11.11. Any offenses concerning national or racial hatred are categorically forbidden. 11.12. Dress-code. As street workout sport is distinctive from classical or sports gymnastics, the Participants must wear long trousers or shorts that are not shorter than 5 cm above the knees. Jogging shorts or gymnastic shorts are not allowed. 11.12.3. Tight-fitting gymnastics shorts are not allowed. 11.12.4. The Participants are allowed to use special costumes that fit their chosen themes in order to highlight the richness of their performance (e.g. James Bond, Batman, Zorro, etc.). 11.12.5. Any tight-fitting gymnastic suits are not allowed. 11.13. Participants may be required to perform a doping test according to the international regulations and requirements of the World Anti-Doping Agency (WADA). By taking participation in the SW World Championship 2021 the Participants irrevocably agree to take, where appropriate, anti-doping tests. 11.14. If the results of the anti-doping test are positive, the guilty Participant will be disqualified from participation in official street workout events for a period of two (2) years. 12. SELECTION OF JUDGES FOR FREESTYLE COMPETITION 12.1. In the SW World Championship 2021 there will be a panel of six (6) independent judges which will be appointed by the Federation based on professional previous judging experience. 12.2. The judges must be well recognized and respected individuals within the street workout community, who have contributed to organization or development of the street workout sport in their respective countries or internationally. A judge must be a person with high morale, must be objective and shall have no conflicts of interest. The judges should be selected according to their real and verifiable contribution (e.g., judge is working with youth, is leading or facilitating street workout movement) and not only by their public image created by themselves in the social networks. 13. PERFORMANCE ASSESSMENT 13.1. Judges cannot participate in the competition or assist during any performance of any Participant. 13.2. Each judge will assess the performance of each Participant by awarding him with a mark of “0” to “10” points in each round (the higher the mark awarded, the better was the performance). However, each judge will be responsible for assessing only one (1) criteria of the Participant’s performance as described below: 13.2.1. Static elements’ judge. The first (1st) judge shall give marks from “0” to “10” only for the static elements. This judge must be known as specialist in static elements, knowing all details and difficulties of moves. Static elements are holds (not less than 3 seconds) and slow-motion power and strength moves, e.g. planche, human flag, front lever, back lever, slow muscle-up, etc. 13.2.1.1. The static elements’ judge may give a mark up to maximum of “3” points if the Participant within one round has shown only one (1) perfect static move. 13.2.1.2. The static elements’ judge may give a mark up to maximum of “6” points if the Participant within one round has shown only two (2) perfect static moves. 13.2.1.3. The static elements’ judge may give a mark up to maximum of “10” points if the Participant within one round has shown at least three (3) perfect static moves. 13.2.2. Dynamic elements’ judge. The second (2nd) judge. This category is divided in two sub-categories: (1) dynamic strength and (2) dynamic acrobatics. 13.2.2.1. The dynamic elements’ judge may give a mark up to maximum of “5” points if the Participant within one round has shown only dynamic strength moves. 13.2.2.2. The dynamic elements’ judge may give a mark up to maximum of “5” points if the Participant within one round has shown only dynamic acrobatic moves. 13.2.2.3. The dynamic elements’ judge may give a mark up to maximum of “10” points if the Participant within one round has shown dynamic strength and dynamic acrobatic moves. Dynamic strength elements are muscle-ups, one arm pull-ups, handstand push-ups, etc. Dynamic acrobatic elements are all spins, flips and other elements where momentum is mainly used. 13.2.3. Move combinations’ judge. The third (3rd) judge shall give marks from “0” to “10” only for combination of static and dynamic moves and elements. This judge has to be known as specialist in combinations or experienced in judging street workout freestyle events. 13.2.4. Starting from 2020, Combination judge is required to give higher marks for clean mixed combinations than last longer than separated mixed combinations. 13.2.4.1. The combinations’ judge may give a mark up to maximum of “3” points if the Participant within one round has shown only static move combinations. 13.2.4.2. The combinations’ judge may give a mark up to maximum of “3” points if the Participant within one round has shown only dynamic move combinations. 13.2.4.3. The combinations’ judge may give a mark up to maximum of “9” points if the Participant within one round has shown only mixed static and dynamic move combinations. Mixed combination is accepted only, if at least 2 dynamic and 2 static elements are done within one combination. Move combination is the flow of the Participant making transition from one element to another element, without stepping off the construction or stopping the routine on the floor. Move combinations’ judge must not evaluate any individual static or dynamic move and its quality. 13.3. Each judge must use the full range of marks (points) subject to regulations stated below. Full range of marks consists of “0”; “0,5”; “1”; “1,5”; “2”; “2,5”; “3”; “3,5”; “4”; “4,5”; “5”; “5,5”; “6”; “6,5”; “7”; “7,5”; “8”; “8,5”; “9”; “9,5”; “10”. 13.4. If the Participant has shown only good quality static elements, but has not shown any dynamic elements or combinations of moves and elements, then he may obtain up to “10” points only from the static elements’ judge. The other two judges must give “0” points. 13.5. If the Participant has shown only good quality dynamic elements, but has not shown any static elements or combinations of moves and elements, then he may obtain up to “10” points only from the dynamic elements’ judge. The other two judges must give “0” points. 13.6. If the Participant has shown good quality static and dynamic elements, but no combinations of moves and elements, he may obtain up to “10” points from both the static and dynamic elements’ judges. The move combinations’ judge must give “0” points. 13.7. If the Participant has shown only good quality static elements and combinations of moves and elements, but has not shown any dynamic elements, then he may obtain up to “10” points from both the static elements’ and move combinations’ judges. The dynamic elements’ judge must give “0” points. 13.8. If the Participant has shown only good quality dynamic elements and combinations of moves and elements, but has not shown any static elements, then he may obtain up to “10” points from both the dynamic elements’ and move combinations’ judges. The static elements’ judge must give “0” points. 13.9. Neither the 1st, 2nd, nor the 3rd judge(s) may give a maximum mark (“10” points) for the Participant’s performance in a particular round, if in that round the Participant has made a failure (also known as “mistake”), 13.9.1. The Participant can get the maximum of “9” points from each of the 1st, 2nd, and 3rd judge(s), if during his performance in a particular round he has only one (1) failure. 13.9.2. The Participant can only get the maximum of “8” points from each of the 1st, 2nd, and 3rd judge(s), if during his performance in a particular round he has two (2) or more failures. 13.9.3. From now on only falling from the bar with both hands or partly falling from the bar, with one hand still attached to the bar, will be considered as failure. All other failures except the previously mentioned are considered as “bad form” of elements and has to be taken into account by the judge of the particular category and will no longer be defined as failures. 13.10. Neither the 1st, 2nd, nor the 3rd judge(s) may give the maximum mark (“10” points) for the Participant’s performance in a particular round, if in that round the Participant has made a repetition of element. 13.10.1. The Participant can get the maximum of “9” points from each of the 1st, 2nd, and 3rd judge(s), if during his performance in a particular round he has made only one (1) repetition of an element. 13.10.2. The Participant can only get the maximum of “8” points from each of the 1st, 2nd, and 3rd judge(s), if during his performance in a particular round he has made two (2) or more repetitions of element(s). Points for elements will not be reduced, if the elements are done in combination and they are combined in a completely different routine as only 1 element out of minimum of 3 elements. 13.11. The marks will be given by each judge to each Participant in each round and then summed up together for both rounds. At the end of competition, the highest sum of points earned in both rounds will determine the winner. 13.12. The judges cannot give final marks for the first round before the last Participant has finished his performance (that is, before they have seen the performances of all Participants in the first round). The judges must take written notes during the first round, but may give final points only after the first round is completed. This will result in more accurate and objective performance assessment and marks. This rule does not apply to the second round. 13.13. In case the Participant ignores the requirements listed under Clause 7.12 of these Regulations, the Participant shall receive “0” points from all judges in that particular round. 13.14. Before the competition, each judge will be handed paperwork containing a table with all the necessary requirements, in order to facilitate the judges’ work. 13.15. Before the competition, all the judges must get acquainted with the regulations of the competition and must confirm their agreement to the regulations with their signature. In addition, judges must become acquainted with the special judging guidelines that must be provided for all of the judges by the Organizers. 13.16. In case of individual results (equal sum of points earned by two or more Participants) the judges will collegially and democratically decide the winner by presenting constructive arguments. 14. GENERAL RULES OF POWER AND STRENGTH COMPETITION 14.1. The competition will be held on official World Championship equipment provided by company Kenguru Pro www.kenguru.pro on this particular setup. 14.2. When performing, each Participant can use liquid or powder magnesium. 14.3. Gloves or any additional accessories cannot be used during a Participant’s performance. 14.4. Dress-code. Street workout sport is different from classical or sports gymnastics and so the Participants must show not only a good performance, but also a good choice of clothing and footwear. Also judges must be able to see that the Participants perform exercises correctly. These are the requirements for clothing and footwear: 14.4.1. Participants must wear closed-toe shoes. Gymnastic shoes are not allowed. 14.4.2. Participants must wear shorts that are not longer than 2 cm above the knees. Participants can wear compression underwear under the shorts. Judges need to see full movement of the knees. 14.4.3. Long pants are not allowed. 14.4.4. Hoodies or any kind of sweaters are not allowed 14.4.5. Tight-fitting gymnastics shorts for male athletes are not allowed. 14.4.6. On the top of the body, participant must wear compression underwear, sports bra or any other tight fit clothing. No additional T-Shirt or sweater over the first layer is allowed. Naked body is not allowed. 14.5. During the competition time and performance time, a Participant has to be alone in the competition area. No support staff is allowed to be in the competition area. During the performance time, a Participant is not allowed to use the help of other Participants or of the competition staff members. 14.6. It is forbidden to perform insulting or offensive actions or use insulting or offensive gestures, and attributes towards other Participants, judges or viewers. 14.7. Any offenses of national or racial hatred are categorically forbidden. 14.8. Participant order will be selected by lottery before the competition. 14.9. Participants may be required to take a doping test according to the international regulations and requirements of the World Anti-Doping Agency (WADA). By participating in the PSWC 2019, the Participants permanently agree to take anti-doping tests when asked. 14.10. If the results of the anti-doping tests are positive, the guilty Participant will be banned from participating in official street workout events for two (2) years. 14.11. The competition in both categories will be judged by judges, who will be appointed by the Federation and who have had detailed training in judging, and themselves are very strong athletes. 15. WEIGHT CATEGORIES 15.1. Due to World Pandemic and travel restrictions in 2021 participants will not be divided weight categories. Only one Absolute category: All weight category male athletes together and all weight category female athletes together. 16. RULES OF STREET WORKOUT POWER CATEGORY COMPETITION 16.1. The competition will be the forth Street Workout Power and Strength World Championship in the history and the experience from this competition will be used to promote long-term development and create a system for this kind of competitions. 16.2. The competition will be held on these constructions: 16.2.1. Pull-up bar – 2,4 m high, 1,7 m wide, 33 mm diameter of the bar 16.2.2. Parallel bar – 1,4 m high, 0,55 m between centres of the bars, 48 mm diameter of the bar 16.2.3. Flat ground and barbell stand 16.3. In the Street Workout Power category competition, the Participants have to perform three basic street workout elements with additional weight and one without weight. These elements have to be performed with dead stop on each repetition one after the other and in the following order: 16.3.1. Muscle-ups with no additional weight 16.3.2. Dips on parallel bars with additional weight of 48 kg 16.3.3. Pull-ups with additional weight of 32 kg 16.3.4. Deep squats with barbell performed on the ground and additional weight of 90 kg 16.4. In the order which will be selected by lottery before the competition, all the Participants one after the other will perform on 4th of September muscle-ups on the horizontal bar with no additional weight and then dips with additional weight on parallel bar. Then in the same order all the Participants on 5th of September will perform pull-ups on the horizontal bar with additional weight on horizontal bar and afterwards in the same order will perform the last element which is squats with additional weight. 16.5. Muscle-ups must be performed in clean exercise form which will be shown as example by judges before the competition starts. 16.6. Pull-ups with additional weight of 32 kg: 16.6.1. The pull-up has to be performed on the horizontal bar from the lowest hanging position with arms in a shoulder-width grip, and, while at the lowest hanging position, the arms have to be straight in elbow and shoulder joints. 16.6.2. At the highest point of performing the athletic element, the chin of the athlete has to be over the horizontal bar and touch the special platform. 16.6.3. Pull-ups have to be performed with a straight body and legs, without crossing the legs. 16.6.4. It is not allowed to swing or perform pull-ups with non-power inertia. 16.6.5. It is not allowed to use straps, hooks, or any other equipment to remove the load from the “grip”. 16.6.6. Maximum pause between repetitions at the lowest position of the element performance is 2 seconds. The counting is conducted by a competition judge. If the participant deliberately prolongs the pause for more than this period of time, the participant has to end his performance of the element and, at that moment, the result is entered according to the number of repetitions performed so far. 16.6.7. It is allowed to use magnesium. 16.6.8. The performance and repetition of the element is only allowed to start after the judge has given the command by touching the hand of participant. 16.7. Dip on parallel bars with additional weight of 48 kg: 16.7.1. Dips on parallel bars have to be executed starting from the highest point of the element performance, i.e., from the position with straight arms over the parallel bars. 16.7.2. At the lowest point of the element performance, the angle at the athlete’s elbow joint must be equal to or less than 90 degrees. 16.7.3. When performing dips on parallel bars, the back inclination should be straight and fixated. If dips on parallel bars will be executed by tilting forwards, with the pelvis area stationary, then these repetitions will not be counted. The wooden box will be placed in one foot (participant shoe size) distance behind the participant and if participant is touching this wooden box with his legs, repetition is not counted. 16.7.4. Dips have to be performed on parallel bars that are provided by the organizers of the competition. All participants execute the dips in the same way and form. 16.7.5. Maximum pause between repetitions at the highest position of the element performance is 2 seconds. The counting is conducted by a competition judge. If the participant deliberately prolongs the pause for more than this period of time, the participant has to end his performance of the element and, at that moment, the result is entered according to the number of repetitions performed so far. As it is not possible to provide repeated counting of the 2 seconds on the stopwatch (technically difficult), then the pause, which needs to be under two seconds, starts from the moment the athlete finishes performing a repetition, straightening arms at the elbow joints, and the judge announces the “number of repetitions” (e.g. “twenty two”), until the judge says “one”, at which point the participant has to continue the performance of the element (repetition). If the participant prolongs the pause and the judge says “two”, then two seconds have already passed and the participant has to stop the performance of the element. This method of time measurement has been verified experimentally, using a stopwatch. The time on the stopwatch, when the judge said “two” was 2.1-2.4 seconds, depending on the length of the phrases of the number of counted repetitions (“twenty two”, “thirty-eight”, etc.). 16.7.6. It is allowed to use magnesium. 16.7.7. The performance and repetition of the element is only allowed to start after the judge has given the command by touching the hand of participant. 16.8. Squats with additional weight of 90 kg: 16.8.1. Squats have to be performed on the flat ground taking a barbell with additional weight from the barbell stand. 16.8.2. At the lowest point of the element performance, the angle at the athlete’s knee joint must be equal to or less than 90 degrees. 16.8.3. At the highest position in the element performance, the athlete has to straighten the legs at the knee and hip joint, that is, the body has to be positioned vertically. 16.8.4. Maximum pause between repetitions at the lowest/highest position of the element performance is 2 seconds. The counting is conducted by a competition judge. If the participant deliberately prolongs the pause for more than this period of time, the participant has to end his performance of the element and, at that moment, the result is entered according to the number of repetitions performed so far. 16.8.5. The performance of the element is only allowed to start after both judges have given the command. 16.9. The counting of the repetitions: 16.9.1. One judge observes the straightening of joints (at the lowest position for elbow joints in pull-ups, at the highest position for elbow joints in dips, at the highest and lowest position for knee and hip joint in squats), and the necessary amplitude (pulling up above the horizontal bar, the elbow joints create an angle of less than 90 degrees in dips, and knee joints in squats). 16.9.2. The second judge observes that the knees are not bent at any moment during the whole motion of the element performance, i.e., the athlete does not use swinging, jerking or kicking motions, when performing pull-ups or dips on parallel bars. In other exercises, the judge performs the same functions as the first judge, but from a different angle. 16.9.3. The operator records the performance of all participants from the necessary angles in all exercises with a video camera/mobile phone (if required). 16.9.4. During the performance of an element, one of the judges counts the correctly performed number of repetitions in a loud voice. The second judge comments on the mistakes so that the participant can correct his technique and obtain the best possible result. 16.9.5. After the completion of a specific element, the judges announce preliminary results of each participant, and then examine the videos of each participant performing the exercise (depending on the situation, the determining of the result revision takes place only at the request of the judges) and enter the final number of counted repetitions in the competition protocol. 16.10. Determination of winners. 16.10.1. The winner is determined by counting the total repetition earned in all four elements. 16.10.2. Sample calculation: The result of the athlete – 10 muscle-ups, 20 pull-ups, 38 dips, 46 squats. The total score points: 10+20+38+46 = 114 points. 16.11. Before performing each element, a Participant will have additional weight added and the judges will help the Participant to take the starting position. When the Participant will be ready in the starting position, a judge will give the signal and the Participant will perform a maximum number of competition element repetitions. 16.12. The Participant with the highest score will get the title “Street Workout Power Category World Champion 2021”. 17. RULES OF STREET WORKOUT STRENGTH CATEGORY COMPETITION 17.1. It is the vision of the competition that a Participant has to have enough overall strength to win the World Champion’s title. To reach this goal the Organizers and the Federation will not reveal the precise order of the competition elements and the number of repetitions that will have to be performed. 17.2. The competition will be the forth Street Workout Power and Strength World Championship in the history and the experience from this competition will be used to promote long-term development and create a system for this kind of competitions. 17.3. The competition will be held on these constructions setup that includes: 17.3.1. Pull-up bars 17.3.2. 50cm high box. 17.3.4. Parallel bars. 17.3.6. Flat ground. 17.4. The Participants will have to perform in mixed order and different number of exercise repetitions for these exercises: 17.4.1. muscle-ups 17.4.2. toes-to-bar then 17.4.3. pull-ups 17.4.4. push-ups on ground 17.4.5. dips on parallel-bar combined with knee raises 17.4.6. burpees 17.4.7. jumps over the 50 cm high box with both feet touching the top of the box. 17.4.8. on parallel bars, leg raises combined with opening legs in the top position 17.4.9. jumping lunges 17.5. Qualification men and women will be on 4th of September and Final men and women on 5th of September 17.6. In the Street Workout Strength category competition, the Participants will have to go through different exercise stations put in a various order. The exercise stations will be placed on stage in equal placement for two (2) Participants to compete at the same time. after the other and together will make the competition course. 17.7. Participants in their selected order in groups of two Participants will perform different street workout elements with different number of repetitions. 17.8. The Participants will be put on the starting line in groups of two Participants and, with the sound of the signal, will start to perform one by street workout elements in the exercise stations, which will be exactly the same for all three Participants and they will have to perform exactly the same number of repetitions. 17.9. Each Participant will have a judge who will follow the Participant along the course and count the number of correct repetitions. Until the Participant will not be done performing the necessary number of correct exercise repetitions, he / she will not be allowed to move to the next exercise station. 17.10. The winner of the competition will be the Participant who will have the fastest time on the course, by correctly performing all the elements with the necessary number of repetitions. 17.10. Depending on the number of Participants exercise sets will be precisely determinate for qualification and final round. Depending on amount of participants Final round on 5th of September will have up to 10 participants with best results qualifying from Qualification round on 4th of September. 11.11. Winner in the men’s and one winner in women’s category will be get the title of “Street Workout Strength Category World Champion 2021”. On behalf of World Street Workout & Calisthenics Federation Chairman of the Management Board Maris Sleziņs

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