

Calisthenics Technical Regulation

Match set: In the tournaments, whether they are direct elimination 1 vs 1 or set ranking, each athlete needs to set up some choreographies (set) by varying number and time according to the requirements provided by the judges or Burnigate® Federation before every tournament. The character of the sets content is totally left to the imagination of the competitor; there is no limit on compulsory skills, nor the need to perform skills according to different distinct abilities (freestyle, statics, dynamics, etc.). Whatever is the set character, it will be judged by an impartial and absolute jury of 3 or 5 judges depending on the match, according to the following parameters:

International Burnigate Cup 2017 Structure:

1. Set ranking qualifications 45[s] + 45[s];
2. Set ranking 75[s];
3. Set ranking 1 vs 1 60[s];
4. Semi-final 1 vs 1 2x 40[s];
5. Final 1 vs 1 2x 40[s].

The competition selects by right 10 athletes and 6 vacant places to be disputed in the qualification phase through set ranking 45”+45” method.

In the event of renunciation by the athletes selected by right, the vacant places to be competed in the phase 1 “qualification phase” will increase.

“By right” athletes for sports merit will be:

1. SPINAZZOLA (not present);
2. LAROSA;
3. SANTORO;
4. YATAROV;
5. CARUSO;
6. KAMENOV;
7. ROSENBERG D.;
8. VUKOVIC;
9. TOMASEVIC;
10. ORDONEZ;
11. LUIS BECKER.

Competition structure:

PHASE 1 QUALIFICATIONS SET RANKING 45" + 45"

At this phase all the athletes not selected "by right" will take part.

Qualifications will be carried out through SET RANKING 45" + 45" method.

Every registered athlete will perform a 45" set which will be evaluated by the judges. At the end of this first set, once all the participants have finished their performances, each athlete will have an additional 45" set to complete his performance.

This second set will be evaluated by the judges as well, who will finally draw up a ranking declaring the 4 athletes who can move to the next phase.

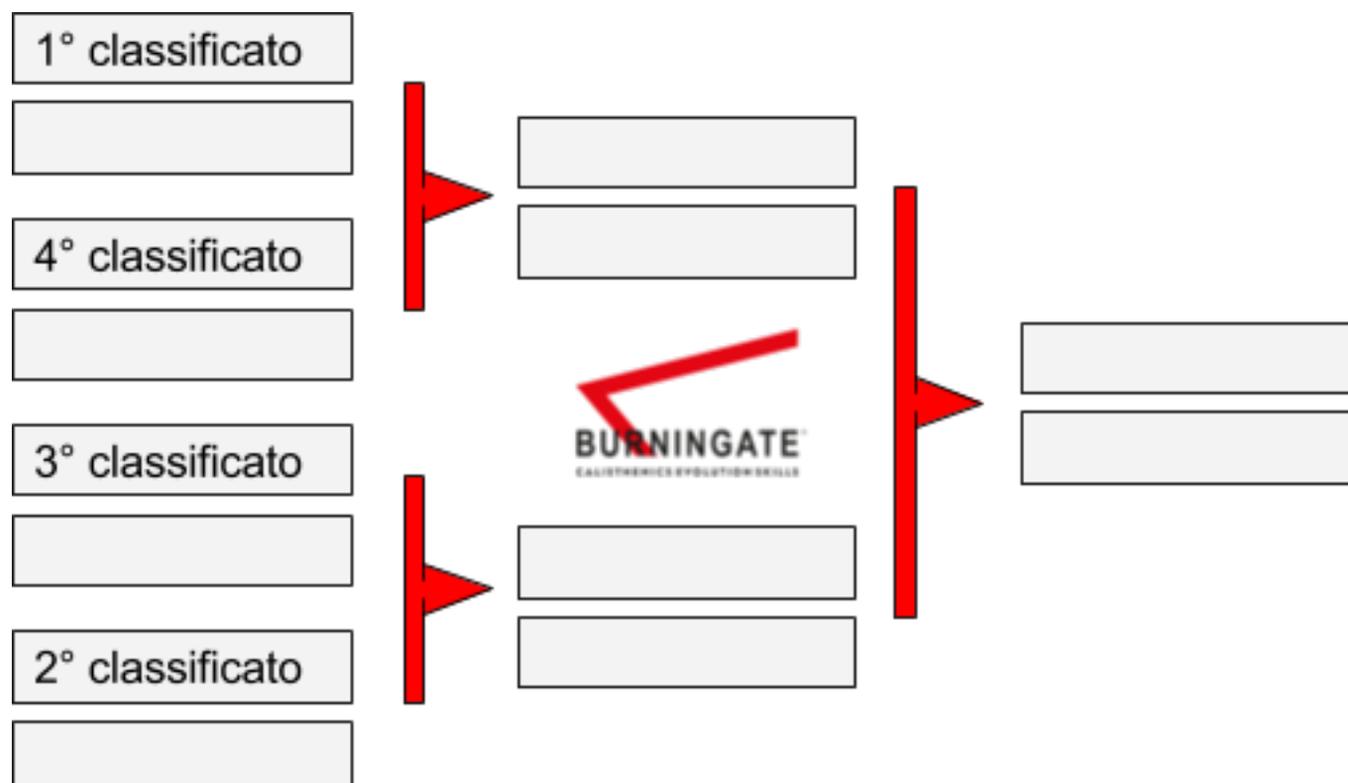
PHASE 2 SET RANKING 75"

Single round (the execution order will be drawn).

In this phase also the "by right" athletes will enter the championship, by completing the picture of this stage (**16 athletes**). All the athletes must perform a 75" set. At the end of all the performances the judges, after evaluating the athletes work, will draw up the ranking awarding only the first 8 qualified athletes who can move to the PHASE 3 (1 vs 1 with direct elimination).

PHASE 3 1 VS 1 60"

The first 8 athletes of the phase 2 can enter this phase. The first 4 athletes will be placed on the board as follows:



The board will be completed through draw.

The match livens up and the direct elimination phase starts: the athletes will face each other through 1 vs 1 60" method. The athlete A will perform a 60" set which will be followed by a 60" set of the athlete B. At the end, after evaluating both the performances, the judges will claim who of the 2 athletes will win, moving to phase 4: SEMI-FINAL.

PHASE 4 SEMI-FINAL 1 VS 1 2 X 40"

At this stage will enter all those who won 1 vs 1 60 "of the previous phase. The four best athletes in the competition will compete for the final in a 1 vs 1 2 x 40 ". At this stage the athlete A will start with a 40 "set that will then be followed by 40" set of athlete B. It will be all repeated for a second time.

At the end, the judges will evaluate the sets of athletes and will claim those who will deserve to enter the last stage of the competition: PHASE 5 FINAL 1 VS 1 2 X 40".

PHASE 5 FINAL 1 VS 1 2 X 40"

The final act of the competition, where only the two best athletes will face, by competing for the victory in the last challenge 1 vs 1 2 x 40 ". At this stage, athlete A will start with a 40 "set that will then be followed by a 40" set of athlete B. It will be all repeated for a second time.

At the end, the judges will evaluate the athletes' sets and decree the WINNER of the competition.

Malus and bonus set evaluation:

1) Malus- errors

The execution faults will be identified and classified as follows:

Small error: slight deviation from the proper execution, -0,3 – 0,5;

Medium error: significant deviation from the proper execution -0,50% of the skill value;

Big error: deviation from the proper execution or lacking of the minimum holding time, or not achieving the skill = -100% of the skill value.

Fall error: falling during the performance involves not only canceling the skill score **but a penalty** that will be deducted from the final score. The value of the fall is -6 points; if the fall is less serious, it will have a penalty of -3 points.

Below a list of the possible situations that can be interpreted as falls and their related penalties.

Falls:

1. Putting feet on the ground between the elements will be considered as **a slight fall** with a penalty of -3 points;
2. During the set (e.g. handstand or freestyle) falling from the bar by losing the grip will be considered as **a serious fall** with a penalty of -6 points;
3. Losing control from handstand (correcting with another movement or moving the hands) will be considered as **a slight fall** with a penalty of -3 points;
4. During a transition between two elements a clear fall of the body and an upturn of the interrupted combination will be considered as **a slight fall** with a penalty of -3 points.

2) Completeness Bonus

Every athlete can increase his score set, by earning “completeness” bonus points. Be defined the following macro categories and equivalent movement in order to credit 5 or 10 completeness points. Completing the unlocked categories defines the total completeness points to be added to the final execution score of the set:

Freestyle (F), Pull (T), Push (S), Handstand (V).

In order to acquire the **+5 points completeness bonus**, there must be at least one compulsory element in the set / match for each category.

In order to acquire the **+10 points completeness bonus**, there must be at least two compulsory elements in the set / match different for each category. **Equal categories will not have to be consecutive to each other.**

In score tables, it is indicated whether a skill counts or not as an unlocking category through an abbreviation in brackets (F), (V), (T), (S).

Bonus categories will be provided only if the skills will be performed correctly, according to the canons below. They will not be considered with malus equal or higher than 20% of the skill value.

E.g.:

- Victorian 5 points with malus with 1 point (20%) or higher does not allow the pull blockage.

3) Link Bonus

According to the fluidity of the execution while performing the skills in a row, especially the connection between them will provide the following bonus: from + 0,1 points up to + 0,5 points (according to the difficulty of the carried connections).

However, the bonus will not be awarded in case of performance non-fluid/clear/interruption/error.

E.g.: I want to perform pullover + planche but it takes too much time to switch grip and stretch the planche; the connection will not be taken into account.

4) Hold Bonus

As further specified below, each isometric skill must be held in the perfect manner from reaching the final position for at least 2 seconds. Additional seconds will provide the following bonus:

- Holding a skill **at least** 5 seconds: it will provide a bonus score of 50% of the skill value.

Additional hold seconds will not provide any Hold Bonus; however, they could be evaluated for the Creativity Bonus.

5) Hold from Leap Bonus

The Hold from Leap Bonus will be awarded when, after a leap or a freestyle element, there is a proper block of the set skill in its perfect form by satisfying the related minimum time of 2 seconds. The scores for this bonus will be:

- Starting skill;
- Link (from +0,1 to + 0,5);
- Final skill;
- + 30% of the final skill value.

6) Growing Difficulty Bonus

The Growing Difficulty Bonus calculates the average value of the set / match and rewards with a further bonus the last 3 skills of the set as long as the latter comply with the computed mathematical average of the entire proposed set.

There are 2 categories based on the difficulty of the set and therefore of the carried skills:

1. Average value between 1,5 and 1,9 points;
2. Average value between or more 2 points.

To the last 3 skills will be added an incremental value of +5% skills value for the category **from 1,5 to 1,9 average points**, so:

- 3rd last skill +5%;
- 2nd -to-last skill +10%;
- Last Skill +15%.

Category **from 2 average points and over**:

- 3rd last skill +10%;
- 2nd-o-last skill +20%;
- Last Skill +30%.

The value is incremental, therefore it will be necessary to fulfil and honor the scores of the last 3 skills under bonus. Otherwise it will not be possible to reward them with the bonus points (+5%, +10, +15%), but the same incremental value will be maintained starting from the first of the 3 skills according to the requirements.

E.g.:

- 3rd last skill – parallels full planche 1,5 points (-0,5 malus) = 1 **no bonus**;
- 2nd -to-last skill – muscle-up ½ TED 1,7 points +5%;
- Last skill – Parallels straddle maltese 1,5 points +10%.

E.g.: the average value of the match (with no links) is 2,1 points and to the last 3 skills, carried and **performed properly or with malus but still higher of the average score of 2,1 points**, will be added an additional bonus.

- prone one arm pull at the bar 2,5 points + 10%;
- closed front lever 2,5 points + 20%;
- prone planche 2,2 punti + 30%.

Set average scores less than 1,5 points will not benefit from the Growing Difficulty Bonus.

7) Bonus Repeat

For a repetition to be valid, it will be necessary to start from the proper position of the pre- set skill and perform the repetition/s of push and/or pull. Push and pull repetitions of the isometric skills are already listed with values in the score tables.

This additional repetition bonus awards the single repetitions performed by maintaining the upper and lower blocks in full R.O.M.; seconds for the hold time are not required but the body block by keeping the lines of the skill must be appreciable.

The score will be rated calculating the skill value + push/pull value up to 3 repetitions; afterwards, the fourth skill value decreases up to the value in the score table.

E.g. Supine Full Planche at the bar **without** blocks in full R.O.M.

- 1° Rep 2,4 points + push 0,4 = 2,8 points Total 2,8 points
- 2° Rep only push 0,4 = 0,4 points Total 3,2 points
- 3° Rep only push 0,4 = 0,4 points Total 3,6 points
- From the 4° Rep and on only push +0,4 points Total 4,0 points

E.g. Supine Full Planche at the bar **with** blocks in full R.O.M.

- 1° Rep 2,4 points + push 0,4 = 2,8 points Total 2,8 points
- 2° Rep 2,4 points + push 0,4 = 2,8 points Total 5,6 points
- 3° Rep 2,4 points + push 0,4 = 2,8 points Total 8,4 points
- From 4° Rep and on only push +0,4 points Total 8,8 points

Obviously a proper performance would increase the final score of the entire set through the **Clean Bonus**.

8) Accuracy Category

Accuracy category is an additional possibility to gain points. The parameters are mixed objective/ subjective.

Objective parameters:

Continuity Bonus, which is when the athlete starts and finishes on an item without ever going down or even with switching item as long as it is performed without interrupting the performance.

E.g.: 75% of the set performed at the bar, leap toward the parallel bars and end on this last.

Obviously a proper performance will increase the final value score of the entire set using the **Creativity Bonus**.

Leaning on the ground or on the same item or another which creates an interruption will not give the chance to benefit from this bonus category.

The score of the bonus is 6 points.

Subjective parameters:

Clean, Flow, Creativity are to the judges' interpretation.

Clean: the cleanness and elegance of gestures in the set / match will be evaluated, variable value from 1 to 6 points;

Flow: the fluidity, the mastery and the handling of the set/match will be evaluated, variable value from 1 to 4 points;

Creativity: the creativity and the ability to involve and entertain the audience will be evaluated, by introducing new skills, versions and links; variable value from 1 to 4 p.

The highest points that can be reached are 20.

The completion of the **Accuracy Bonus +20 points** and the **Completeness Bonus +10 points** will give you the chance to unlock **the Master Bonus level of 35 points**.

In the case of matches with multiple inputs e.g. 2x45", these bonuses will be considered in the total match and not in the single set.

Skills performed in the last seconds: if the movement is DEFINITELY concluded before time expires, and it will be held for the minimum time to be considered, it will be approved. Any start-up movement, or not completed before the expiration of time, will not be counted.

E.g.: I'm performing a front lever: if I am aligned before the expiration of time, and I hold it after the expiration, it counts; if as time goes on I'm still looking for the perfect line, it does not count.

Final score: the goal of the set 1 vs 1 / set ranking is to cumulate the highest score possible to overcome the adversary; the score is determined by the judges according to the elements performed (more difficult is the element, more points it worth) and the mistakes made in executing them. Judges may use a race replay to reach a verdict as unassailable as possible. Each judge will assess the severity of the errors independently; Mistakes detected by the individual judge will be unquestionable, errors detected by more judges, to establish their actual gravity cannot be discordant more than 0,5 points among their evaluation. Otherwise, the majority of the jury will be considered.

SCORES:

Each movement corresponds to a precise point value; the indicated score **refers to the perfect performance**, according to the indicated canons, and in case of isometry, held for **at least 2 seconds from the perfect achievement of the skill canons**.

Not holding an isometric skill for **the minimum time of 2 seconds once the final form is achieved**, will result in a **zero score of the same**.

To each skill will be given a precise value at decimal points, similar to the artistic gymnastics.

Particularly important elements not included in the code will have to be explained to the judges before the match, otherwise they will be evaluated by comparing the skill performed to its closest one in the tables.

Scores code:

Here below, the list of the skills values that have been known so far; given the evolving nature of this sport, with the discovery of new movements every year, this code will be updated twice a year.

Planche: the following scores refer to the perfect executive performance of the single element; the (s) indicates that the element counts for the bonus PUSH.

Planche e variants: (s)= valid for bonus PUSH.

PLANCHE	Parallels	Ground	Bar	Rings
straddle	0,5	1	1,2	2
planche full	1,5	2	2,2 (s)	3 (s)
Rondine/maltese std (n.b)	1,5	3	2	3
rondine/maltese	2,5 (s)	4 (s)	3,7 (s)	3,5 (s)
one arm	4 (s)	5 (s)		
Variants	Bonus + 0,5			
Supine grip	Bonus + 0,2			
push	Bonus + 0,2	Bonus + 0,3	Bonus + 0,4	Bonus + 0,5
Push full rom	1,5			4

N.b.

1) With the term variants, we refer to a positioning of the limbs different to the canonical one; performing the movement with crossed arms, overlapped palms, on your fingers, one hand on the floor and the other on a support, etc., they all count as variants. In order to give a bonus, the push version must maintain all the technical requirements of the same, and reach at least the supporting plane of the hands.

2) Loss of line, not reaching the plane, etc. will be combined together until the annulment of the push.

3) For the rondine/maltese on the ground, the forearms must be lifted from the floor or a malus will be applied.

Front and variants: (t)= valid for bonus pull

FRONT LEVER	front lever	Closed f.l.	vic. Assisted	f.l.1 arm	Victorian
	1	2,5 (t)	3 (t)	4 (t)	5 (t)
variants	0,1 - 0,5				
pulls	0,5				

N.b.: The term variants refers to a different grip than the canonical one; hands closed, crossed, on the fingers, overlapped, etc. are considered variants bonus. Closed F.L. refers to the isometric hold of the same, with pelvis attached to the bar. Pull variants will be considered valid if performed in full rom, otherwise it will be considered as 1/2 pull with bonus score of 0,2.

Human flag and variants:

HUMAN FLAG	Raises /raise Full Human Flag	pull	entrance	Full round	Mu/Human Flag
0,8	0,3 / 0,5	0,5	0,5	1,5	3

N.b: with raises, it is meant all those movements which bring the athlete from the human flag up to a vertical position (concentric), to which a bonus of 0,3 will be assigned. The opposite eccentric movements will not include any bonus. The pulls will provide a bonus of 0,5 each, to be performed perfectly. A dynamic entrance (jump and hanging on the fly or then swinging) will provide an additional 0,5 bonus. With full round (possible only at the pole) it is meant that the athlete after a raise descends on the opposite side and hold the isometry for the minimum time.

Back lever:

BACK LEVER	one arm	Pulls from full back lever	Variants
0,5	0,7	1,5 (t)	0,3 +

N.b: pulls will provide bonus only if technically perfect; the variants, like wide grip, overlapped, etc. will provide a 0,3 bonus if judged worthy.

Handstand and variants: (v)= valid for bonus Handstand

HANDSTAND	Parallels	Ground	Bar –Prone grip	Bar – Supine grip	Longitudinal grip	Ring	Flag
Handstand	0,4	0,6	1,2 (v)	1,5 (v)	2 (v)	1,5 (v)	0,8 (v)
1 Arm Straddle	1,2	1,5	1,8				
1 Arm Full	2 (v)	2,2 (v)	2,5 (v)				
Push ½ ROM	0,3	0,5	1,5			1,5	
Push Full (reverse M.U.)	1,5 (v)					3,5 (v)	

N.b: Push half rom refers to the standard hspu; full rom refers to starting from the candle on the rings and descending beyond the plane passing through the parallel bars on the latter; bonus will be applied only if the body will constantly be held, excessive inclinations would provide malus until the cancellation of the same.

Presse to Handstand: (s)= valid for bonus push

PRESS TO HANDSTAND	Parallels	Ground	Bar	Rings	Longitudinal Bar
Straddle	0,7	1,3	1,8	2,3 (s)	2
Full	1,2	2,5 (s)	2,7 (s)	3,3 (s)	3 (s)
Rondine Straddle	2	3	3,3	3,5	
Rondine Full	3 (s)	3,5 (s)	4 (s)	5 (s)	

N.b. The press, to be strictly intended with straight arms, will bring the abovementioned bonus; bending the arms or altering the attitude of the body will provide malus until the cancellation.

L sit and variants:

L-SIT	Parallels	Ground	Rings
L-Sit	0,2	0,3	1
V-Sit	0,5	0,7	1,5
Manna	3	3	

Dinamic muscle-up and variants: (t)= valid fo bonus pull

MUSCLE UP	M.U.	M.U. Explosive	M.U. Slow	M.U. ½ Ted	M.U. Ted	1 Arm M.U. Pelican
	0,2	0,5	0,4	1,7 (t)	4 (t)	4,5 / 5 (t)
Variants	0,2 +	0,4 +	0,6 +			

Hefesto German Hang M.U.	Entrada / Back Lever M.U.
2,5 (t)	2,5 / 3 (t)

N.b:

1) With Muscle-up clean (explosive) is meant that the movement do not have to be split into two parts, but a fluid explosive pull-up.

2) The second row indicates the scores bonus attributable in case of variants (varying the width of the grip, cross grip, supine grip) which will provide a larger bonus according to the muscle up variants. The base refers to the muscle up not perfect but always with the body in line, in which the movement is divided in one part of pulling and one of pushing. Errors like or similar will invalidate the bonus.

3) The “hefesto” variant will be considered valid only if the body arrives over the bar and the arms straight, otherwise the basic score will be lowered to 1.

4) with the Mu half ted, is meant the descent with the elbows backward until the forearm is perpendicular to the bar. Mu ted refers to a performed with control, in which the elbows move backwards until they are perpendicular to the bar in a controlled way and not explosive.

5) entrance and back lever mu must be ended over the bar.

IMPOSSIBLE and VARIANTS:

IMPOSSIBLE	Reverse cti/assisted cti	cti
1,5	2,5	6

OAP: (t)= valid for bonus pull

rings	Bar prone grip	Bar neutral grip
1,5	2,5 (t)	2 (t)

N.b. We remind that the basic executive parameter is the full closing of the pulling arm. The body must be tense with the non-pulling arm along the hip throughout the movement.

Performance at the rings and variants: (s), (v), (t) = valid for bonus push, handstand and pull

O.A.P.	Cross	cross v sit	lateral cross (s)	inverted cross (v)	Victorian (t)
1,5	2	3	2,5 (s)	3,5 (v)	5 (t)

N.b. As for the related ones at the bar, the OAP must be meant technically perfect (body tense, non-pulling arm straight along the hip, full closing of the pulling arm). The combined passages such as Nakayama, etc. will be evaluated as the rest of the skills, that is with bonus according to the nature and difficulty of the passages, since some elements have a higher value than the gymnastic code.

EXAMPLE: Nakayama: back lever raising in cross will be counted as a back lever + a cross + combination bonus depending on the cleanliness of the movement..

For any other movement not separable in the different isometries with adding the combination, please refer to the value in the section “rings” of the scores code. For example, the azaryan has a 4 points value (value in decimals x 10), same method for its variants, for the kippe back and forth.

FREESTYLE:

Due to the variable nature of the freestyle elements, additional elements not included in the code will have to be explained to the judges BEFORE THE COMPETITION, otherwise they will be evaluated by comparing the skill performed to its closest one in the tables.

As stated in the “bonus flow” paragraph, performing freestyle elements in a row in a fluid way will provide a bonus given by the number of the links x 0,1-0,5, according to the difficulty of the same, established by the judges.

For movements now standardized as they are usually used, the scores below will be followed:

Abdominal rounds/variants	Ventral round	over the bar/down to the bar (f)	over the bar 360 (f)
0,2	0,3	0,5 / 0,3 (f)	1,5 (f)

Assisted maltese straddle/full	Front neck	Reverse neck	inverted pulls/slow (f)
1,25 / 1,75	0,4	0,6	0,5 a pulls+ (f)

N.b. Abs round stands for the standard gymnastic raise starting from hanging at the bar. For the variants, see above “rounds around the bar”. Ventral rounds means the opposite movement, returning to the starting point. The “over the bar” means every momentum passage in which the whole body passes over the bar and arrives to the other side. In the “360” variant the focus is on the shoulder to circle the whole body over the bar and back at least with the legs to the starting side. The assisted swallow is the variant in which the forearms rest on the bar. The front and dorsal grips with neck involve the exclusive use of it to hold all the body's weight.. The inverted pulls are a hefesto variant in which the athlete hanging with his arms supinate in grip with his hands in contact, pulls until he touches the bar with his vertebrae. The “down to the bar” means to launch the legs beyond the bar up to be seated and fall backwards (connection skill or output).

360 and other skills: (f)= valid for bonus freestyle

360 glute leaning	360 swing	360 from leaning	540 swing (f)	360 standing on the bar (f)	360 cubital grip(both shoulders dislocated) (f)
0,2	1 (f)	0,6	4 (f)	1,5 (f)	2 (f)

M.U. 360	360 X Grip	360 mixed grip (tornado 360)
0,8	1 (f)	1,5 (f)

N.b. In the first variant, during the round, the athlete's glutes lean on the bar. The second one is a 360 after one swing. The third one, starting from over the bar in support. In the fifth one, before the rotation only the feet touch the ground. In the sixth one both shoulders must be dislocated while performing. The one arm 360 variant is 1 point.

540 swing: to perform a 540 the athlete, after swinging forward, remove both hands, make a twist and a half with his body stretched and then he gets the bar back. To get the full score will be counted the twists from AFTER the athlete will have dropped the bar. Any twists that have begun still grabbing the bar will be penalized.

Other freestyle movements: (f)= valid for bonus freestyle

Basic dynamic	Shrimflip / shrimflip 180 / shrimflip 360	Kippe+sneak/sneak in v sit / manna	Ginger/ "Ginnica"
0,2 – 0,4	2 / 1,5 / 3 (f)	2 / 3 / 4 (f)	3.5 / 2

N.b. The basic dynamic include every dynamic detachment aimed only to perform hands clap or connection passages. The Shirmflip consists, by hanging, in entering with the legs between the arms as if to go for a back lever, swinging and hanging again at the bar. BOTH hands must objectively detach from the bar, not just a humeral dislocation, or the movement will not be valid; The Shrimpflip 180 is performed by always leaving a hand in contact with the bar; The 360, removing both hands from the bar and doing a 360 rotation. The same movement without disconnecting the hands and coming seated over the bar will be worth 2 points, if coming in v sit, 3 points.

Ginger: after swinging forward the athlete removes both hands from the bar, by doing a round backwards with half twist and then re-grab the bar. The full score will be provided only if the twist will be performed after removing the hands from the bar, otherwise it will be a penalty.

Ginnica: after swinging backward, the athlete removes his hands by making all his body passing above the bar and then re-grabbing it on the other side.

Ballast Movements:

In the case of ballast movements, they will provide a variable amount bonus based on the percentage of ballast used compared to your body weight, both according to their positioning and to the exponential scale exercise difficulty. The higher the value of the starting skill, the more bonuses will be given by the use of ballast.

Any ballast to be used in the set must first be declared to the judges.

The judges will establish a point score which will be reported to the athlete; then he will decide whether to use or not ballasts during his set.

E.g. substantial ballasts: an athlete who performs a pull-up with 120% of his body weight, 1/3 of his body weight as MU, 1/6 of his body weight in oap, additional kilograms on his ankles for the maltese, etc.

Exit movements: (f)= valid for bonus freestyle

backflip after swing forward	backflip standing on the parallels / bar	backflip seated	frontflip swing backward	Backflip with ½ twist, full twist
1	1,5 – 3	2	3 (f)	3 - 4 (f)

N.b. The first one is the standard gymnastic exit, the third one is performed seated on the bar, pushing with the thighs.

Any alternative exit or freestyle movement on the ground to be previously communicated to the judges.

For the less experienced people, here below there is a brief guide to understand technique and polish of the main known elements:

Planche (isometric): arms straight, scapular or neutral protraction, pelvis retroversion or neutral position, legs straight.

Rings:

- An outward rotation of the hands is required;
- No contact between ropes and body;
- Rings must be exactly at the shoulders' width.

Single-limb Planche: performed with no lateral rolling, body tense, supporting arm straight, hips at the same height..

OAP: from dead hang (completely detached from the ground or any structure that can facilitate the movement), at first arm outstretched. Reach the complete closure of the hand on the corresponding shoulder. The closing level is used as a parameter to evaluate the pull-up.

Front lever (isometric): arms straight, scapular depression, pelvis retroversion, legs straight;

Single-limb Front lever : performed with the pulling arm straight and the body in line with no lateral rolling.

German hang muscleup/ Hefesto: from dead hang, firstly with arms straight; the movement is to be considered complete when the pushing phase ends and you arrive in an almost seated position on the bar.

TED: shoulders behind or in line with elbow. of the hands. Complete the movement (in the case of descent) until reaching an abutting position. Preferably body not squared (open hips);

Handstand: alignment generally achieved by opening the shoulders and pelvis retroversion. Legs and toes stretched. The movements of mono-arm handstand must be performed with straight arm. The movements of Mexican handstand (hollowback) must be performed at shoulders width (otherwise the participant's health may be compromised);

Human flag: the movement seen from the side must be symmetrical. The torso turned upwards (belly up) or the arched line will be considered mistakes. Penalty in case of bent upper limbs. Lateral swing will be allowed only if you will link flag variants..

Push up / pull up of one element: full closure of the movements, taking into account all the precautions of the involved element. The push-up/pull-up referring to a static can be considered complete when the hips are in line with the hands. .

Elements combining 2 movements: they must refer to all the precautions described in the movements in question.

Example: raise from Planche to Handstand with polish and technique. It must be performed taking into account both the requirements for Planche and Handstand.

Victorian: arms to an angle of 45° than the body. Shoulders, hands, hips and the remaining body parts must be in line at a height between the top and the bottom of the ring (in performed on the rings), or at the height of the parallels if performed at the parallels or as close as possible to the bar if at the bar. The ring must be placed between the palm of the hand and the wrist (allowed in false grip but NOT exaggerate).

Swallow/Rondine: the arms must be open at circa 45°. The body must be in line, upper back in protraction or neutral, shoulders at the height between the high and low extremities of the ring. The performance at the parallels with helpers holding the supports will be considered with a less value than the performance with no help. Except for the variant on the ground, in all the other supports the body must be held at the approximately height of the hands.

Raises from swallow/ rondine: to be considered as such, the starting position of swallow above mentioned must be performed.

Square in general: L-sit: will be penalized: back imbalance, bent arms and legs not parallel to the floor.

V-sit and manna: penalties for bent arms and extreme back imbalance. Any new element will be evaluated at the discretion of the jury, taking into account a creativity bonus.

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