

# Barbenders Static Cup Rulebook

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## **1. Introduction**

Welcome to the Barbenders Static Cup, a thrilling competition that tests the limits of static calisthenics skills and abilities. This rulebook provides comprehensive guidelines and regulations for participants and organizers.

## **2. Competition Categories**

2.1. Intermediate Level: Open to participants who have demonstrated proficiency in static calisthenics but are not considered advanced athletes.

2.2. High Level: Reserved for advanced athletes who have mastered a wide range of static calisthenics skills.

2.3. Female: To all female athletes that showed a mastery in static skills and combo's.

## **3. Equipment and Attire**

3.1. Equipment: All equipment, including: the static bar, rings, and parallettes, will be provided by Gornation. Personal equipment may be used if it complies with competition standards.

There will also be a high static bar and moveable dipstand available.

3.2. Attire: Competitors must wear appropriate athletic attire that allows for a full range of movement. Competitors can bring their flag and represent their country and/or team in the battle zone. The use of gripping substances, such as chalk, is allowed.

## **4. Competition Format**

4.1. Intermediate Level: Participants will compete in 1 vs. 1 battles, with each battle lasting for 2 x 30 seconds.

4.2. Advanced: Participants will compete in 1 vs. 1 battles, with each battle lasting 2 x 30 seconds. The final battle will be between the winners of the preliminary rounds and will last for 2 x 45 seconds.

4.3. Female: Participants will compete in 1 vs. 1 battles, with each battle lasting for 2 x 30 seconds.

## **5. Judges and Scoring**

5.1. Push Movements Judge: This judge will evaluate push movements, such as the planche, maltese and iron cross, and assign scores based on difficulty, execution, and control. 5 points in total will be awarded on holds and 5 points on strength dynamics. Bonus points can be awarded for holds longer than 3 seconds.

5.2. Pull Movements Judge: This judge will assess pull movements, like the front levers and hefesto, and assign scores based on the same criteria as the Push Movements Judge. 5 points in total will be awarded on holds and 5 points on strength dynamics.

5.3. Combo Judge: This judge will evaluate combo routines and progressively more difficult movements, considering variety, creativity, transitions, and presentation.

## **6. Judging Criteria**

6.1. Difficulty: The complexity of the static calisthenics move attempted. More difficult movements at the end of your combo will give you more points.

6.2. Execution: How well the participant maintains the correct position and form during the move. A move needs to be held longer than 3 seconds to get validated. So once the static move is held this will be counted like 0, 1, 2. Static moves that are held longer than 3 seconds can gain you more points.

6.3. Control: The ability to hold the static position without trembling or losing balance.

6.4. Creativity: Uniqueness and innovation in the final routine.

6.5. Presentation: Grace, style, and showmanship demonstrated during the routine.

## **8. Disqualifications**

8.1. Safety Violations: Any behavior that jeopardizes the safety of the participant or others may result in immediate disqualification.

8.2. Cheating: Any form of cheating, including the use of illegal performance-enhancing substances or manipulating equipment, will result in disqualification.

## **9. Safety Measures**

9.1. Participants must follow the instructions of the competition officials and judges at all times.

9.2. Participants are encouraged to perform within their physical limits to prevent injury.

9.3. First aid and medical personnel will be available in case of injuries.