

Barbenders

STATIC CUP 2025



Barbenders Static Cup Rulebook

BARBENDERS
BELGIUM

Table of Contents

1.	Introduction
2.	Competition Categories
3.	Equipment and Attire
4.	Competition Format
5.	Judges and Scoring
6.	Competition Rounds
7.	Scoring Criteria
8.	Disqualifications
9.	Safety Measures
10.	Contact

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 Men Level:** Open to participants who have demonstrated proficiency in static calisthenics but are not considered advanced athletes. The best selected 24 athletes that are not put in the advanced category will be put in the intermediate category.

2.2. **Advanced Men Level:** Reserved for advanced athletes who have mastered a wide range of static calisthenics skills. The best 12 selected athletes will be put in the advanced category.

2.3. **Women:** To the best 12 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, high and low parallettes, will be provided on stage. Personal equipment may be used if it complies with competition standards.

If you wish to use personal equipment, please ask at least a week before the event via mail, Whatsapp or Instagram. (see contact information). After using your personal equipment on stage, you have to remove it before the next round starts.

3.2. Structure: Kratos will be providing a fixed structure on stage. This structure consists of a triple p-bar and a high bar with rubber mats on the ground.

3.3. 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 and will also be provided on stage.

4. Competition Format

4.1. Intermediate Level: Participants will compete in 1 vs. 1 battles, with each battle lasting for 2 x 30 seconds. Only during the semi-finale and the finale, the battles will last 2 x 45 seconds. The winner of the intermediate category will be crowned as “Lord Of Statics”.

4.2. Advanced: Participants will compete in 1 vs. 1 battles, with each battle lasting 2 x 30 seconds. The semi final battles and the final battle will be between the winners of the preliminary rounds and will last for 2 x 45 seconds. The winner of the advanced category will be crowned as “King Of Statics”.

4.3. Female: Participants will compete in 1 vs. 1 battles, with each battle lasting for 2 x 30 seconds. Only the finals will take 2 x 30 seconds. The winner of the female category will be crowned as “Queen Of Statics”.

5. Judges and Scoring

5.1. Push Movements Judge: This judge will evaluate push movements, such as the planche, hefesto, 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 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 and presentation: Uniqueness and innovation in the final routine but also the 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.

8.3. Disrespecting time: All athletes are supposed to arrive at the competition site 1 hour before the start of the competition or at the moment communicated via mail. If the athlete arrives too late there follows an automatic disqualification.

8.4. Last minute cancellations: Athletes that cancel within 2 weeks before the start of the competition need to still pay the registration fee.

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.

10. Contact

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