

NORDIC ASSEMBLY

1RM

12.4.2022



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Rules & regulations for National & Nordic Championships
2022

By Nordic Assembly

Sisällysluettelo

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1. ORGANIZER CONTACT INFO

Nordic Assembly

Finnish organization

info@suomenstreetworkout.fi

<http://www.suomenstreetworkout.fi>

Representative

Tomi Vuorinen

+358 40 5191516

Danish organization

info@dcswf.dk

<http://www.dcswf.dk>

Representative

Nicolai Knudsen

+45 23 612968

Swedish organization

info@calisthenicsforbundet.se

<http://www.calisthenicsforbundet.se>

Representative

Jakob Fogelklou

+46 70 9301799

Norwegian organization

nm@calisthenicsnorway.no

<http://www.calisthenicsnorway.no>

Lone Christensen

+47 46 932536

Lars Hauge

+47 94 102006

2. DEFINITION OF 1RM

In the 1RM competition, an athlete will have three (3) lift attempts to lift as much weight as possible on the exercises listed below.

Exercises are performed in the following order:

MEN:

Muscle up

Pull up

Dip

Squat

WOMEN:

Pull up

Dip

Push up

Squat

3. EQUIPMENT

High bar – H: 2300mm, W: 1600mm, D: 33mm

Parallel bars – H: 1400mm, W: 550, D:48mm

Box – H: 1400mm

4. QUALIFICATION & SELECTION OF THE ATHLETES

To compete in the Nordic Championship the athlete needs to qualify through their National Championship.

Only 4 athletes from certain category are passed through to the Nordic Championship.

Men and women qualify separately.

Athletes are allowed to participate in only one category in the Nordic Championship.

Athletes under 18 are required to have a consent form signed by their guardian.

5. COMPETITION LICENSE

Countries might require a competition license for the National Championship.
There is no separate competition license required for the Nordic Championship.

Purchasing a license does not entitle to a refund upon participation cancellation.

6. RACISM & DISCRIMINATION

The Nordic association will not tolerate racism, discrimination and / or insults of any kind. This will result in immediate ban and expulsion from the competition. Each case will be reviewed post competition by the Nordic assembly and further consequences may apply.

7. DOPING

By participating in Nordic Championship, athletes accept requirements to take a doping test when asked to do so. If the results of the drug test are positive, the athlete will be banned from participating in official national and international competitions for 2 years.

8. CONDITIONS & INSURANCE

CONDITIONS

The Nordic Assembly reserves rights to the changes of this document.

Nordic Assembly reserves all rights for the pictures and videos taken from the event. By participating the event, athlete acknowledges and agrees to these terms.

INSURANCE

All athletes competing in the Nordic Championship, do so at one`s own risk (you are responsible for any harm or damage that you suffer as a result).

The Nordic association recommends athletes to have adequate health insurance while participating in the Nordic Championship.

9. CLOTHING & GEAR

The clothing is usually provided by the competition organizer or through the sponsorship of the event. Clothing needs to be appropriate so that the judges are able to see the joints and the movements of the athlete clearly.

Upper body: T-shirt/top or tight technical shirt

Lower body: Shorts and/or tight technical trousers

Feet: Closed shoes, lifting shoes

NOT ALLOWED Gloves

NOT ALLOWED Knee wraps

ALLOWED Knee warmers

ALLOWED Elbow sleeves

ALLOWED Wrist wraps

Athlete can not remove their clothing during their performance.

SPONSORS

Organizer is responsible for the sponsors visible on the clothing. One spot is reserved for the athlete's own sponsor as well as the team and country the athlete is representing.

10. EXTERNAL COMMUNICATION

Only athletes, judges and staff are allowed in the competition area.

11. PERFORMANCE / JUDGING

General information

Each athlete will perform the exercises in the same order as presented in the discipline introduction (3. Definition of 1RM).

The athletes have three (3) attempts for each exercise.

The discipline is judged by three officials appointed by the organizer.

POINTS:

Muscle up	–	2x	the amount of kg lifted
Pull up	–	1x	the amount of kg lifted
Dip	–	1x	the amount of kg lifted
Push up	–	1x	the amount of kg lifted
Squat	–	0,5x	the amount of kg lifted

Muscle up

Picture 1: Start



Picture 2: Top



Picture 3: Finish



Starting position: Standing on top of the box. Descending into a full lockout in shoulder & elbow (Picture 1).

Top position: On top of the bar, full lockout in elbow.

Finishing position: Hanging in a full lockout in shoulder & elbow.

Judge 1

- Lockout in shoulder & elbow in each of the positions.
- Both elbows need to cross bar simultaneously.

Judge 2:

- Hitting the structures.
- Knees extended.

Muscle up will be performed with an angled wall in front of the athlete.

The bottom of the wall will be placed 70cm away from the bottom of the pull up bar.

The top of the wall will be placed on the height of the pull up bar and will be placed 50cm away from it.

Pull up

Picture 1: Start



Picture 2: Top



Picture 3: Finish



Starting position: Hanging in a full lockout in shoulder & elbow.
Top position: Chin above the bar horizontally & vertically. Legs and hip extended.
Finishing position: Hanging in a full lockout in shoulder & elbow.

Judge 1:

- Lockout in shoulder & elbow in the bottom position.

Judge 2:

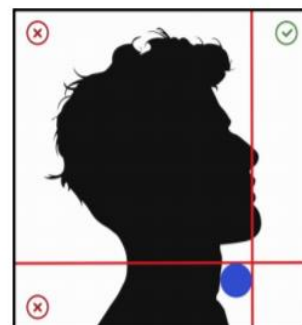
- Chin going over the bar in the top position.

Judge 3:

- Knees extended.
- Legs together.
- Hip extension.

Graph for the appropriate crossing of the bar with the chin.

The athlete needs to clearly cross the bar with the tip of their chin horizontally and vertically.



Push up

Picture 1: Start



Picture 2: Bottom



Picture 3: Finish



Starting position: Leaning on hands, lockout in elbow. Feet on the box. Body straight.

Bottom position: Shoulder hitting the marker. Body straight.

Finishing position: Leaning on hands, lockout in elbow. Feet on the box. Body straight.

Judge 1:

- Lockout in elbow in the top position.
- The depth of the movement. Athlete hitting the marker in the bottom position.

Judge 2:

- Body straight. (Hips not dropping, knees extended, back straight).

Push up will be performed with three (3) boxes with the height of approximately 60cm.

One under the athlete's feet. Two under the athlete's palms.

Dip

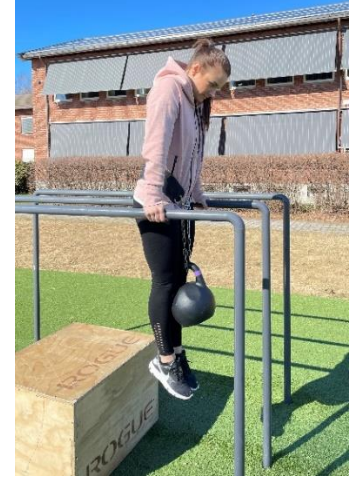
Picture 1: Start



Picture 2: Bottom



Picture 3: Finish



Starting position: On top of the parallel bars, full lockout in elbow & depression on shoulder.

Bottom position: Back of the shoulder lowers down below the top of the elbow.

Finishing position: On top of the parallel bars, full lockout in elbow & depression on shoulder.

Judge 1:

- Shoulder going under the elbow in the bottom position. Full lockout in the elbow on top position.

Judge 2:

- Athlete not hitting structures. Knees & hip extended

Squat

Picture 1: Start



Picture 2: Bottom



Picture 3: Finish



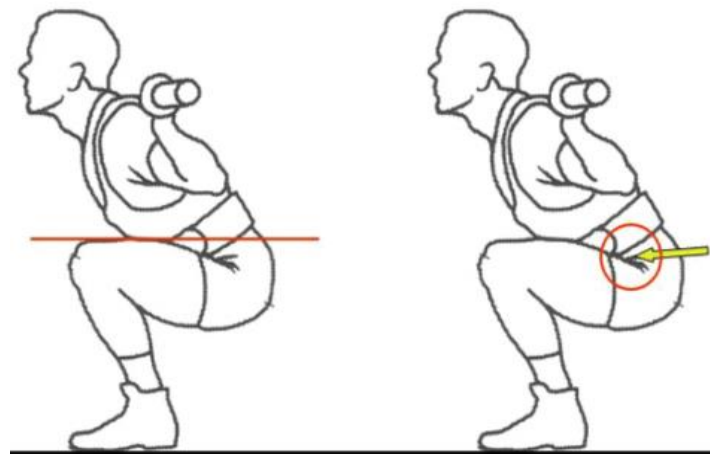
Starting position: Knees & hip extended. Barbell behind the neck. Back straight.
Bottom position: Bending the knees. Hip below the knee. Barbell behind the neck.
Finishing position: Knees & hip extended. Barbell behind the neck. Back straight.

Judge 1:

- Hip below the knee in bottom position.

Judge 2:

- Athlete not hitting the structures or the ground.
- Heel staying flat on the ground.



Graph showing the example of the hip joint going below the knee joint in the Squat.

12. COMMUNICATION & COMMANDS

START of the performance

Athlete arriving to the stage will have their preparation time before starting their performance.

When the athlete is ready to start, the head judge (Judge 1) will signal them with the voice command “**LIFT**”.

When the signal is given, the athlete is free to perform the repetition.

The athlete must make a clear stop in the finishing position of the exercise, before stepping down from the exercise.

DURING the performance

If the athlete fails to perform a correct technique on an exercise, a **NO REP** command is given.

NO REP command is followed by a command specifying the issue in athletes' technique. For example, **NO REP – ARMS**.

FINISHING the performance

The athlete's performance is finished when the athlete has successfully or unsuccessfully completed the repetition of the exercise.

The exercise needs to be performed with a one continuous motion. The athlete is not allowed to perform back and forth movement during the lifting phase of the exercise.

13. TITLES

The athlete with the most points in this competition wins the title of the Nordic Champion 2022 in 1RM.