NORDIC ASSEMBLY

1RM

19.3.2023

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Rules & regulations for National & Nordic Championships 2023

By Nordic Assembly

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1. ORGANIZER CONTACT INFO

NORDIC ASSEMBLY

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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	WOMEN
Muscle up	**Pull up**
Pull up	**Dip**
Dip	**Push up**
Back squat	**Back squat**

3. EQUIPMENT

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

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

Box – H: 700mm, W: 600mm, D: 500mm

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 dip belt used in 1RM category weights 3KG.

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 cannot 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 (2. Definition of 1RM).

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

All the criteria specified to each exercise below must be fulfilled for the approval of repetition.
The minimal increase for the lift in 1RM category is 1,25KG.

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

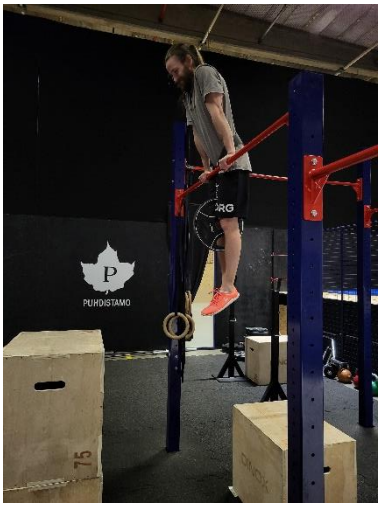
POINTS from the lifts will accumulate as follows:

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

REP CRITERIA (Range of motion):

Starting position: Standing on top of the box. Descending into a full lockout in shoulder & elbows extended.

Top position: Leaning on hands, elbows extended.

Finishing position: Hanging in a full lockout in shoulder & elbows extended.

THROUGHOUT THE PERFORMANCE:

- Both elbows crossing the bar simultaneously.
- Athlete not hitting the structures.
- Knees extended.

STRUCTURES IN THIS EXERCISE:

- Standing box (Height: 60cm) placed 30 cm behind the bar.
- Wall (Height: 120 cm) placed 70 cm in front of the bar.

Pull up / Chin up

Picture 1: Start

Picture 2: Top

Picture 3: Finish

Athlete are able to use any preferred grip for this lift.

REP CRITERIA (Range of motion):

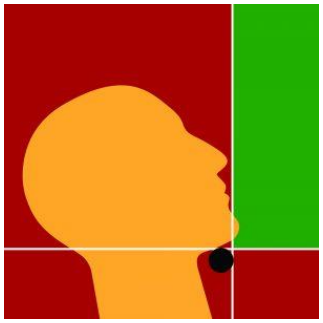
Starting position: Hanging in a full lockout in shoulder & elbows extended.
Top position: Chin above the bar horizontally & vertically.
Finishing position: Hanging in a full lockout in shoulder & elbows extended.

THROUGHOUT THE PERFORMANCE:

- Athlete not hitting the structures.
- Knees extended.

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.

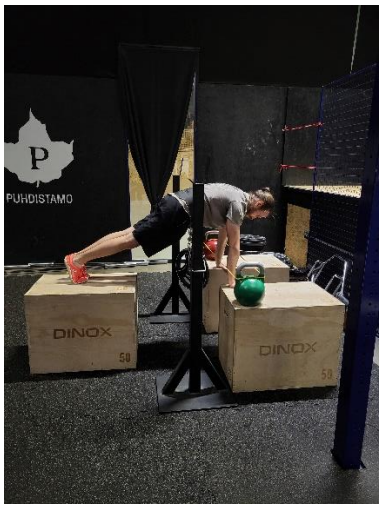


STRUCTURES IN THIS EXERCISE:

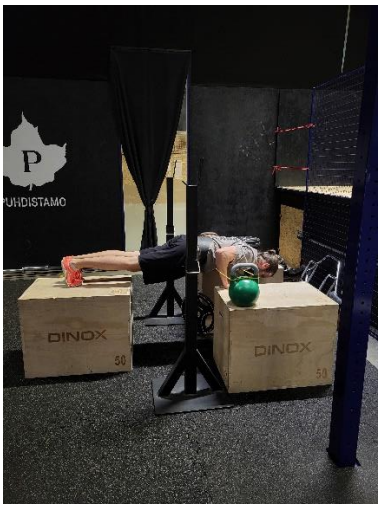
- Step up box (Height: 60cm) placed 30 cm behind the bar.
- Wall (Height: 2 x 60 cm) placed 70 cm in front of the bar.

Push up

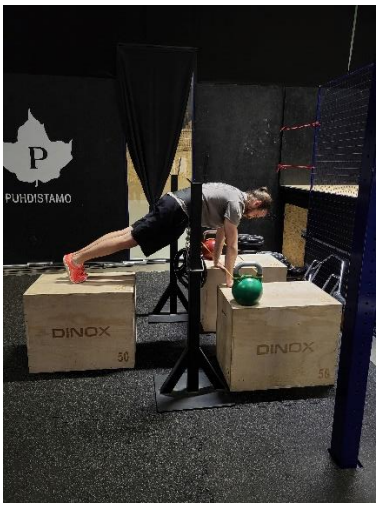
Picture 1: Start



Picture 2: Bottom



Picture 3: Finish



REP CRITERIA (Range of motion):

Starting position: Leaning on hands, elbows extended.
Bottom position: Flexion on elbow. Chest touching the bottom marker.
Finishing position: Leaning on hands, lockout in elbow.

THROUGHOUT THE PERFORMANCE:

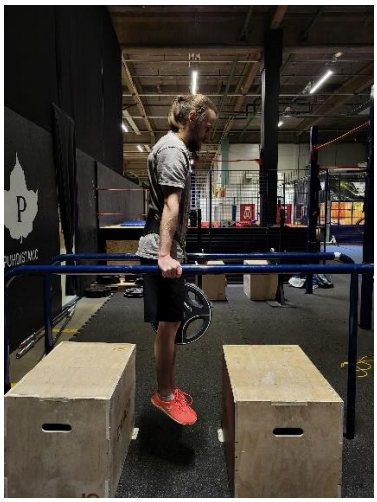
- Knees extended.

STRUCTURES IN THIS EXERCISE:

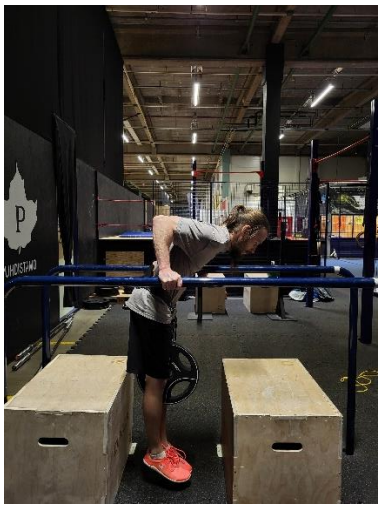
- Box no. 1-2 (Height: 60 cm) placed under the palms of the athlete.
- Box no. 3 (Height: 60 cm) placed under the athlete feet.
- Bottom marker (rubber band) placed 10 cm above the box 1-2.

Dip

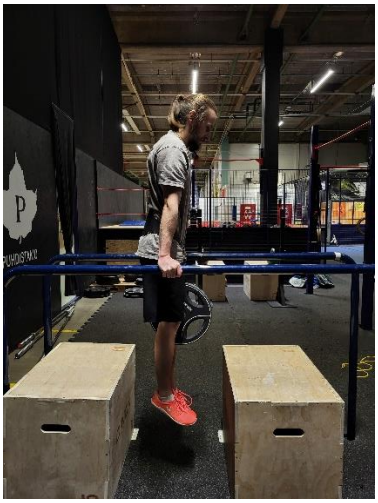
Picture 1: Start



Picture 2: Bottom



Picture 3: Finish



REP CRITERIA (Range of motion):

Starting position: Leaning on hands, elbows extended.
Bottom position: Flexion on elbow. Highest point of the shoulder below the highest point of the elbow.
Finishing position: Leaning on hands, elbows extended.

THROUGHOUT THE PERFORMANCE:

- Athlete not hitting the structures.
- Knees extended.
- Middle of the hand placed on the middle of the tape marker.

STRUCTURES IN THIS EXERCISE:

- Box no. 1 (Height: 60 cm) placed 30 cm in front of the tape marker.
- Box no. 2 (Height: 60 cm) placed 30 cm behind the tape marker.

Back squat

Picture 1: Start

Picture 2: Bottom

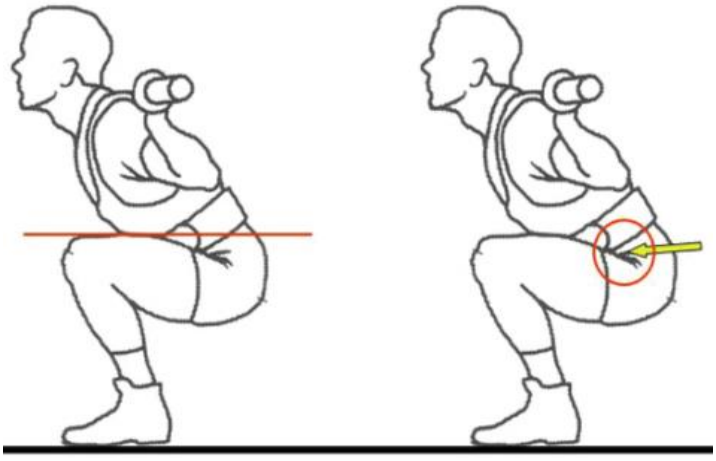
Picture 3: Finish

REP CRITERIA (Range of motion):

Starting position: Knees extended. Barbell behind the neck.
Bottom position: Bending the knees. Hip below the parallel line from top of knee. Barbell behind the neck.
Finishing position: Knees extended. Barbell behind the neck.

THROUGHOUT THE PERFORMANCE:

- Athlete not hitting the structures.
- Heels staying flat on the ground.



Graph showing the example of the hip going below parallel from the top of the knee 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 in the starting position, the head judge will signal them with the voice command "**START"**.

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

DURING the performance

If the athlete fails to fulfill the criteria of the exercise, a red flag (or equivalent signal; for example, thumbs down) is raised from one or more officials.
If the athlete performs within the criteria of the exercise, all 3 officials will raise a white flag (or equivalent signal; for example, thumbs up).

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.

FINISHING the performance

The athlete's performance is finished when the athlete has returned to the finishing position **AND** the head judge has given them the voice command **"FINISH".** The command is given once the athlete has clearly stopped the movement.

The commands can be found on an external document:
"Verbal Command listing for 1RM, Power and Strength & Endurance (Nordic 2023)".

13. TITLES

The athlete with the most points in this competition wins the title of the National/Nordic Champion 2023 in 1RM.