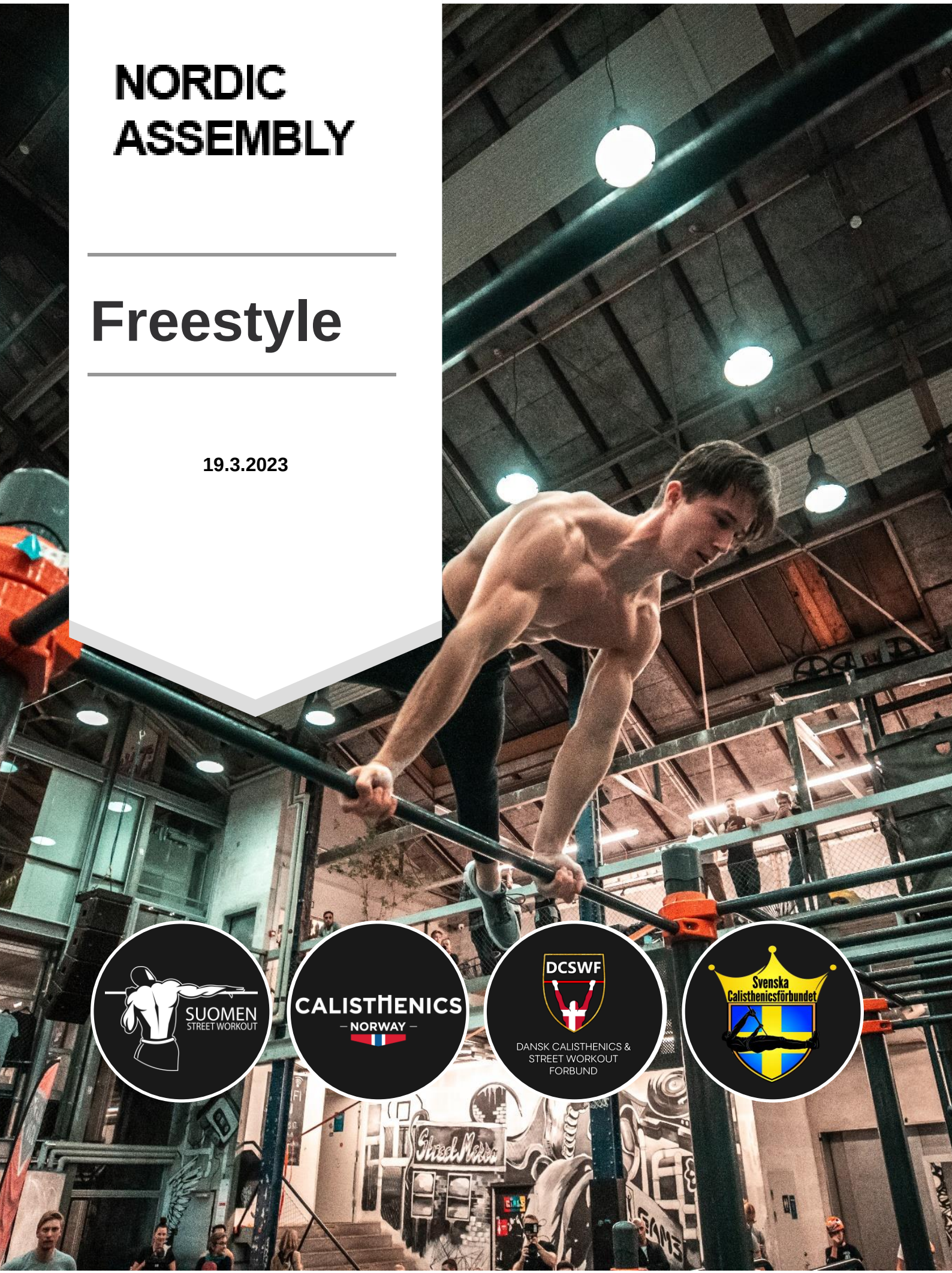
NORDIC ASSEMBLY

Freestyle

19.3.2023



FREESTYLE

19.3.2023

Rules & regulations for National & Nordic Championships 2023

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1. ORGANIZER CONTACT INFO

NORDIC ASSEMBLY

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2. DEFINITION OF FREESTYLE DISCIPLINE

In freestyle discipline athletes are showing their best elements in 4 different categories:

ACROBATIC DYNAMICS – Acrobatic moves consist of flips, rotations and other movements that include momentum. For example, 360s, giants, front flips, etc. are dynamic acrobatic moves.

STATICS – Static moves are stationary hold moves, that require the athlete to maintain a certain position for at least 2 seconds to be judged. These moves are usually levers like front lever, back lever, planche etc.

STRENGTH DYNAMICS – Unlike acrobatic dynamics, the strength dynamics require the athlete to use as little momentum as possible. Moves in this category require slow controlled movements. Examples of strength dynamics are front lever pull ups, planche push ups, hefesto, handstand push up or slow muscle up.

COMBINATIONS – 4th category is called combos and it takes into consideration the athlete's whole performance. Combination judge values the length, versatility, and flow of the combo but also the difficulty of the transition of elements. The combination judge doesn't value the athlete's technique as long as the element is completed. A combination consists minimum of 3 elements in athlete's performance.

The competition format in National Championships:

- Semifinal 2 x 2 minutes (Everyone)
- Bronze battle 2 x 1 minutes (3rd & 4th)
- Final 2 x 1 minutes (1st & 2nd)

The competition format in Nordic Championships:

- 4 x 1 minutes (Everyone)

3. EQUIPMENT

High bar – H: 2300m, W: 1600m, D: 33mm (may wary slightly)

Parallel bars – H: 1400mm, W: 550, D:48mm (may wary slightly)

4. QUALIFICATION & SELECTION OF THE ATHLETES

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

Only Top 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 association 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

Upper body: T-shirt/top or tight technical shirt
Lower body: Shorts and/or tight technical trousers
Feet: Closed shoes, sneakers

NOT ALLOWED Gloves
NOT ALLOWED Leather grips

ALLOWED Elbow sleeves
ALLOWED Wrist wraps
ALLOWED Tape

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 athletes 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.

External devices are forbidden from being used to help the athlete to perform their routine. For example, measuring the time of the holds by the coach and communicating this to the athlete is NOT ALLOWED.

11. PERFORMANCE / JUDGING

General information

The discipline is judged by four officials appointed by the organizer each with the expertise on the designated category (Acrobatic dynamics, Statics, Strength dynamics, Combinations).

Evaluation of the routine

Each category potentially earns the athlete maximum of **10 points**. The maximum number of points in this competition each round is **40 points**. The points don't carry on to the next round.

If athletes end up with the same number of points, the points earned from the combinations category will determine the better. If the athletes still share the same number of points, the judges will together discuss on the overall performance and style of each athlete to determine the better.

The judges will document the performance of each athlete, so it can be reviewed. Each judge will document the information specific to their designated category.

Evaluation of a single element

Judges will use the common knowledge of the sport AND the knowledge of the Nordic and National standards to evaluate the performances. This means that the evaluation of the elements is based on how difficult they are to perform by the community.

Example:

If a full planche is a difficult element for all the athletes to perform and only one athlete can perform a clean full planche, the judges are required to evaluate this element with high number of points of the maximum.

If a full planche is an easy element which all the athletes can perform cleanly, the judges are required to evaluate this element with lower number of points of the maximum.

This will affect to all the elements accordingly so that the relation between them remains correlated.

Deductions

REPETITION of the same element during one round will cause the points of that certain element to be deducted. The full value of the deducted move is 60% of the full value of the move when it was previously performed.

Example: (All the elements in this example are performed the same. Points in the examples are imaginatory.)

- Full planche 1st time – 100 points
- Full planche 2nd time – 60 points
- Full planche 3rd time – 36 points
- Full planche 4th time – 22 points
- Full planche 5th time – 13 points…

Deductions are not applied if the elements are performed with a different variation so that the nature of the element is different. This would be performing the element with different equipment or with different grip.

Example: (All the elements in this example are different variations. Points in the examples are imaginatory.)

- Full planche (on parallel bars)
- Full planche (on high bar, over hand grip)
- Full planche (on high bar, under hand grip)
- Full planche (on the ground)
- Full planche (iguana grip) …

QUALITY of a single element is judged by the official designated to that certain category. The officials will evaluate the quality of the performed element and apply deductions to the points given of that single element. The maximum deduction is 50% of the number of points given from a perfect execution of said element.

Example: (Points in the examples are imaginatory.)

- Full planche (Perfect form) – 100 points (100%)
- Full planche (On the edge of considered as a failure) – 50 points (50%)

Example 2: (Points in the examples are imaginatory.)

- Handstand push up (Full range of motion) – 50 points (100%)
- Handstand push up (Along the line of failing range of motion – 25 points (50%)

STATIC HOLD DEDUCTION is dependent on the length of the hold of performed static element. To earn the maximum number of points from a single element the athlete must hold a static element for 3 seconds. The minimum number of points is earned by holding a static element for 2 seconds. The number of points will be 50% of the number of points of perfectly executed 3 second hold.

Example: (The moves in this example are performed with a perfect form. Points in the examples are imaginatory.)

- Full planche (for 3 seconds) – 100 points (100%)
- Full planche (for 2,7 seconds) – 85 points (85%)
- Full planche (for 2,5 seconds) – 75 points (75%)
- Full planche (for 2 seconds) – 50 points (50%)

Failures

The element is considered as a failed attempt if:

- The acrobatic dynamic element is not completed. The athlete misses the bar, or they hit the ground so that it clearly affects to their recovery of the move.
- The athlete fails to hold a static element completely still for minimum of 2 seconds OR if the form of the element is not sufficient.
- The strength dynamic move is not performed with a sufficient range of motion.

If the athlete catches an acrobatic dynamic move with one hand, it is not considered as a failure, but a deduction is given by the dynamic acrobatic judge. If the athlete clearly performs one handed move purposefully the deduction is not given.

If the equipment are setup so that it is difficult for taller athletes to perform their routine without hitting the ground, the judges need to take this into consideration while judging.

Failures in combination

The interruption of a combination happens if:

- Any of the elements fails (see above).
- The athlete steps down from equipment.
- Too long break between the elements happens.

If the athlete moves from equipment to another purposefully as a part of a combination (for example: bar transfer) it is not considered as a failure.

The combination judge will not take into consideration the quality of single elements performed by the athlete if they are completed successfully.

12. COMMUNICATION & MUSIC

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, they will signal to the head judge (Judge 1).

When the signal is given, the 10 second timer will start preparing for the performance. During this time what ever elements the athlete performs are not judged.

After 10 seconds, a sound can be heard, and the timer will appear. After the sound athlete can start their performance.

FINISHING the performance

The athlete's performance is finished when the timer runs out or the athlete chooses to finish the performance by indicating this to the head judge (Judge 1).

Music

The athlete can determine the music that is being played during their performance in the qualification round. The music will start either when the 10 second timer starts OR when the athlete's performance starts.

The battle bracket will have a DJ playing the music and the athletes can not affect the music played during the battles.

13. TITLES

The athlete eliminating all the other athlete in the bracket wins the title of the National/Nordic Champion 2023 in Freestyle.