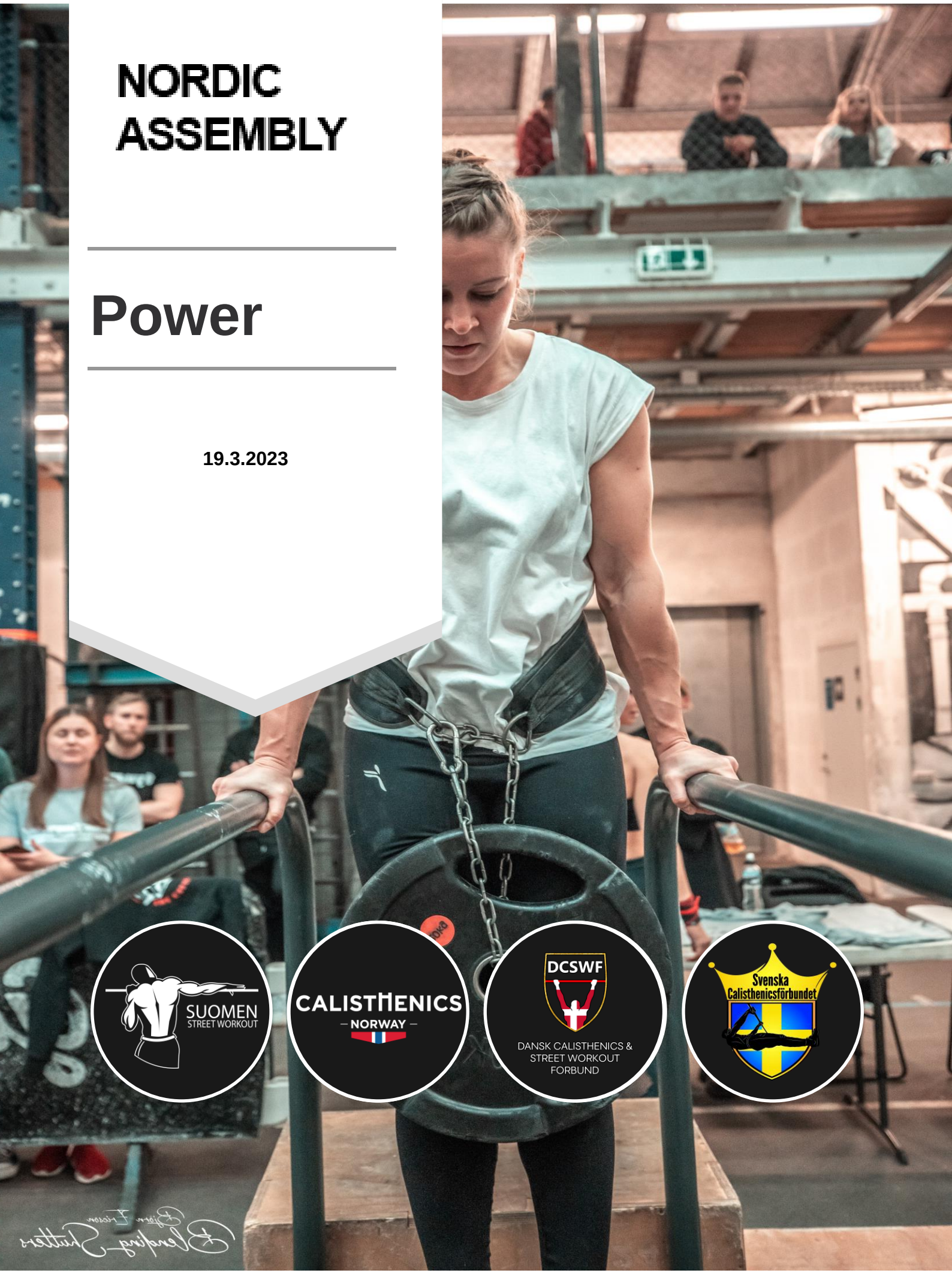
NORDIC ASSEMBLY

Power

19.3.2023



POWER

19.3.2023

Rules & regulations for National & Nordic Championships 2023

By Nordic Assembly

Sisällysluettelo

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1. ORGANIZER CONTACT INFO

NORDIC ASSEMBLY

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2. DEFINITION OF POWER DISCIPLINE

In Power category, an athlete will have one (1) attempt on each of the exercises listed below.

Exercises are performed with a fixed weight and without time limit. The goal is to perform as many repetitions as possible of the certain exercise.

NATIONAL REQUIREMENTS

MEN		WOMEN	
Pull up	32 KG	**Pull up**	12 KG
Dip	48 KG	**Dip**	16 KG
Pistol squat	24 KG	**Pistol squat**	12 KG

NORDIC REQUIREMENTS

MEN		WOMEN	
Pull up	32 KG	**Pull up**	14 KG
Dip	48 KG	**Dip**	20 KG
Pistol squat	32 KG	**Pistol squat**	14 KG

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 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

The dip belt used in Power 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, sneakers

NOT ALLOWED Gloves
NOT ALLOWED Knee wraps
NOT ALLOWED Lifting shoes

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 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.

11. PERFORMANCE / JUDGING

General information

Each athlete will perform the exercises in the same order as presented in the discipline introduction (2. Definition of Power discipline).

The athletes have one (1) attempt for their performance on each exercise.

All the criteria specified to each exercise below must be fulfilled for the approval of repetition.

The discipline is judged by three officials.

POINTS from the lifts will accumulate is follows:

Pull up	-	1x	equal to the number of repetitions performed.
Dip	-	1x	equal to the number of repetitions performed.
Pistol squat	-	1x	equal to the number of repetitions performed.

Pull up

Picture 1: Start

Picture 2: Top

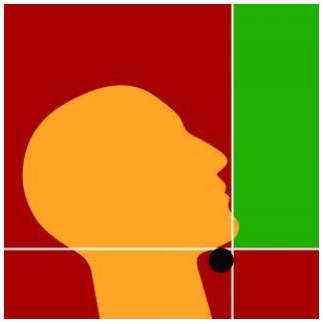
Picture 3: Finish

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.

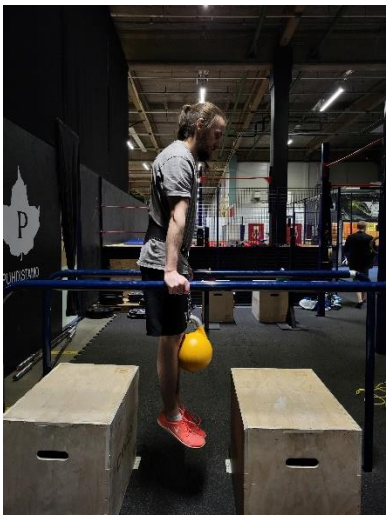
The athlete needs to clearly cross the bar with the tip of their chin horizontally and vertically.

STRUCTURES IN THIS EXERCISE:

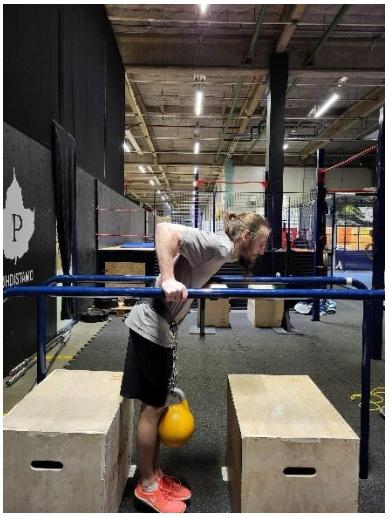
• Standing box (Height: 60cm) placed 30 cm behind the bar.
• Wall (Height: 120 cm) placed 70 cm in front of the bar.

Dip

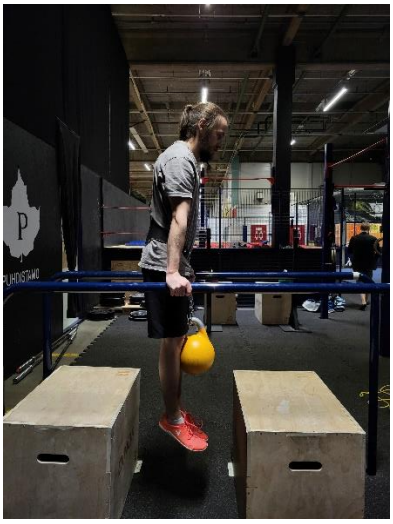
Picture 1: Start



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:

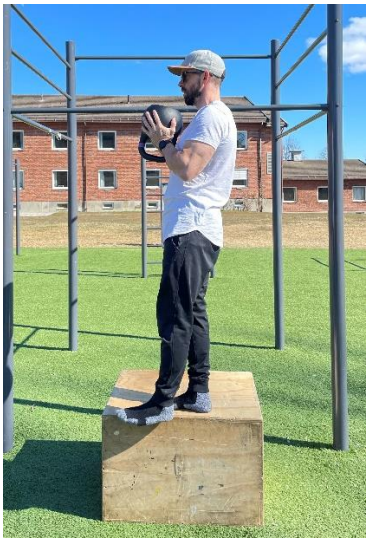
• Box no. 1 (Height: 60 cm) placed 30 cm in front of the tape marker.
• Box no. 2 (Height: 60 cm) placed 30 cm behind the tape marker.

Pistol squat

Picture 1: Start

Picture 2: Bottom

Picture 3: Finish



REP CRITERIA (Range of motion):

Starting position: One foot on the box, the other leg hanging freely. Knees extended.
Bottom position: Flexion on supporting leg, Hip below the parallel line from top of knee.
Finishing position: One foot on the box, the other leg hanging freely. Knees extended.

Throughout the performance

- Athlete not hitting the structures or the ground.
- Athlete not holding into anything except the weight with their hands.
- Heel staying flat on the box.
- Free leg knee extended.

STRUCTURES IN THIS EXERCISE:

• Box (Height: 50 cm).

Graph showing the example of the hip going below parallel from the top of the knee can be found in 1RM document.

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 the head judge will signal to the athlete to begin their performance. The athlete will then assume the starting position of the exercise and start their performance.

DURING the performance

If the athlete fails to perform a correct technique on an exercise, a command is given.

Command is specifying the issue in athletes' technique. For example, "**KNEE"**.

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

FINISHING the performance

The athlete's performance is finished when:

- They step down from the exercise.
- The athlete loses their position. In pistol squats or dips their feet touches the top of the box or the ground **OR** in pull ups they let go of the bar with one of their hands.
- If the athlete waits more than 3 seconds before attempting a next repetition.

13. TITLES

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