NORDIC ASSEMBLY

Strength & Endurance

19.3.2023

STRENGTH & ENDURANCE

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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 STRENGTH & ENDURANCE DISCIPLINE

In Strength & endurance category, the athlete must perform certain number of repetitions in certain bodyweight exercises within the time limit. Time limit for each athlete is 7 minutes.

The fastest time will determine the winner.

The exercises will be performed in the order listed below.

NATIONAL REQUIREMENTS

MEN		WOMEN	
Muscle up	(6)	**Pull over**	(3)
Pull up	(12)	**Pull up**	(8)
Dip	(15)	**Dip**	(10)
Leg raise (parallel bars)	(15)	**Leg raise (parallel bars)**	(10)
Push up	(20)	**Push up**	(15)
Pistol squat	(12) per leg	**Pistol squat**	(10) per leg

NORDIC REQUIREMENTS

MEN		WOMEN	
Muscle up	(8)	**Pull over**	(4)
Pull up	(15)	**Pull up**	(10)
Dip	(20)	**Dip**	(12)
Leg raise (parallel bars)	(20)	**Leg raise (parallel bars)**	(12)
Push up	(25)	**Push up**	(20)
Pistol squat	(15) per leg	**Pistol squat**	(12) per leg

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 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 Strength & Endurance discipline).

The total time limit for this performance is 7 minutes.

In each exercise the number of repetitions must be completed. For a repetition to count toward the total, the range of motion criteria must be fulfilled.
Time penalty will be applied to any exercise if range of motion criteria is fulfilled but the technical criteria is not met. The amount of the time penalty is +10 seconds per repetition to the athlete's total time.

The discipline is judged by three officials.

Muscle up

Picture 1: Start

Picture 2: Top

Picture 3: Finish

REP CRITERIA (Range of motion):

Starting position: Hanging in full lockout in shoulder & elbows extended.
Top position: On top of the bar, elbows extended.
Finishing position: Hanging in full lockout in shoulder & elbows extended.

TECHNICAL CRITERIA:

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

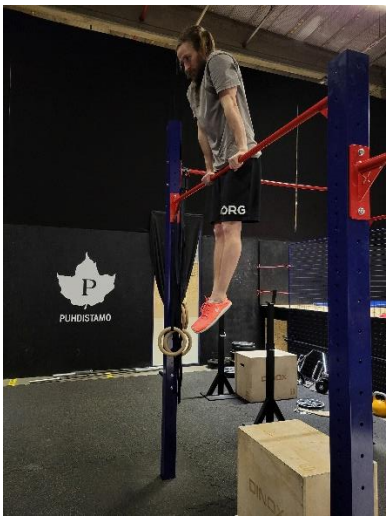
STRUCTURES IN THIS EXERCISE:

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

Pull over

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: On top of the bar, elbows extended.
Finishing position: Hanging in a full lockout in shoulder & elbows extended.

TECHNICAL CRITERIA:

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

STRUCTURES IN THIS EXERCISE:

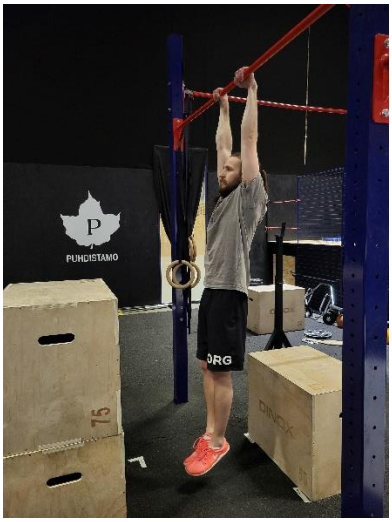
• Standing box (Height: 60cm) placed 30 cm behind the bar.

Pull up

Picture 1: Start

Picture 2: Top

Picture 3: Finish

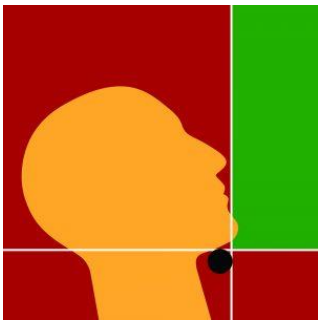


REP CRITERIA (Range of motion):

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.

TECHNICAL CRITERIA:

- 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.

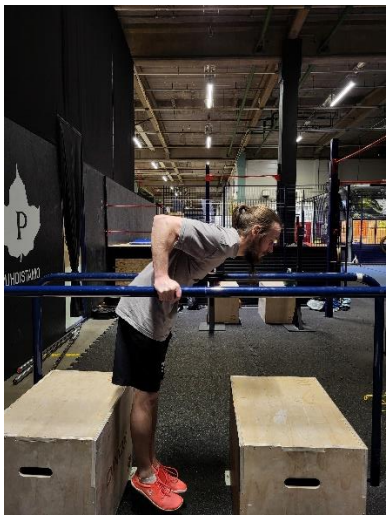
STRUCTURES IN THIS EXERCISE:

- 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.

TECHNICAL CRITERIA:

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

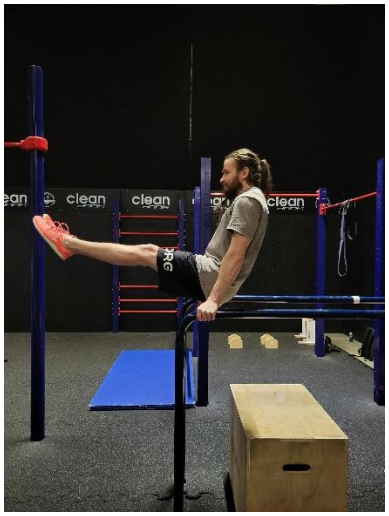
STRUCTURES IN THIS EXERCISE:

- 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.

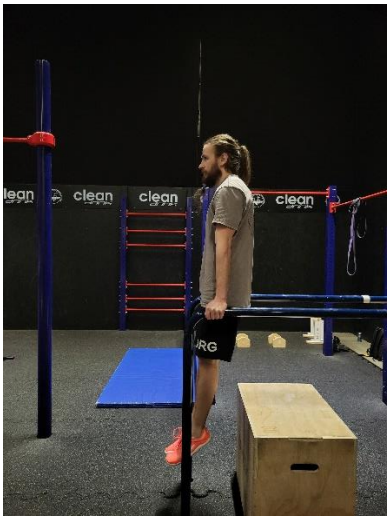
Dip bar leg raise

Picture 1: Start

Picture 2: Top



Picture 3: Finish



REP CRITERIA (Range of motion):

Starting position: Leaning on hands, elbows extended. Hands placed on a tape. Heel behind the marker on the ground.

Top position: Feet above the parallel bars completely.

Finishing position: Leaning on hands, elbows extended. Hands placed on a tape. Heel behind the marker on the ground.

TECHNICAL CRITERIA:

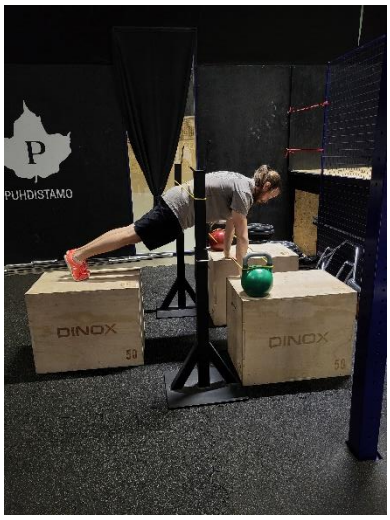
- Athlete not hitting the structures.
- Hips not passing the box.
- Knees extended.
- Elbows extended.

STRUCTURES IN THIS EXERCISE:

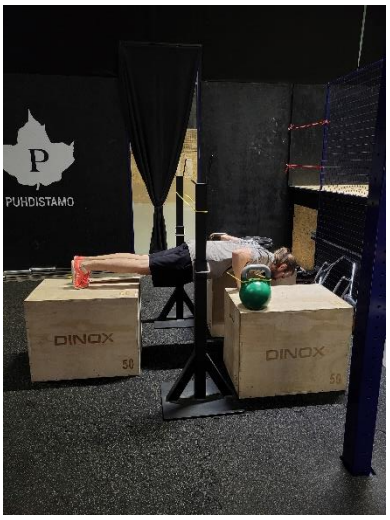
• Box (Height: 60 cm) placed 20 cm in behind the tape marker.

Push up

Picture 1: Start



Picture 2: Bottom



Picture 3: Finish

REP CRITERIA (Range of motion):

Starting position: Leaning on hands, elbows extended. Lower back touching the top marker.
Bottom position: Flexion on elbow. Chest touching the bottom marker.
Finishing position: Leaning on hands, elbows extended. Lower back touching the top marker.

TECHNICAL CRITERIA:

- 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.

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 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 hanging freely. Knees extended.

TECHNICAL CRITERIA:

- Athlete not hitting the structures or the ground.
- Athlete not holding into anything 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 to start, they will signal to the head judge.

When the signal is given, the 10 second timer will start preparing for the performance. During this time the athlete **CAN NOT** touch the bar but will remain ready to start their performance.

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

DURING the performance

If the athlete fails to perform a correct technique on an exercise, a time penalty is applied to the athletes performance and 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)".

If the athlete fails to perform the required range of motion criteria, the repetition will not count towards the total count and a **"NO REP"** command is given.

FINISHING the performance

The athlete's performance is finished when:

- Once the last repetition of the last exercise is performed, and the time will then stop.
- If the total time given to athlete runs out.
- Athlete decides to interrupt their performance by signaling to the judges.

13. TITLES

The athlete with the fastest time in this competition wins the title of the National/Nordic Champion 2023 in Strength & Endurance.