



CALISTHENICS CHAMPIONSHIPS 2026

FREESTYLE CALISTHENICS

REGULATIONS V2.1

Official Competition Rules

This document contains the rules for the competition format
"Freestyle Calisthenics – K.O. Battlesystem".

The regulations were revised by the board of the Austrian Association for Calisthenics & Street Workout together with the organizing team of the Calisthenics Championships and adopted and published on March 15, 2026

Special thanks to the international organizing team of **World of Barheroes** for providing their legendary battle format 'The WOB Format', which serves as the basis for this rulebook.

Copying the content without prior request to the Street Workout Association Austria as well as explicit mention is prohibited.

For reasons of readability, the masculine form was chosen in the text. Nevertheless, the data refer to members of all genders.

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Foreword to the Rulebook

The sport of calisthenics has been spreading worldwide for several years and is also reaching more and more people of all ages in Austria. Since 2014, the largest calisthenics & street workout freestyle competition in Austria has been held once a year: The Street Workout State Championships, or as they have been officially called since 2025, **THE CALISTHENICS CHAMPIONSHIPS** in FREESTYLE CALISTHENICS.

We, the team of **Street Workout Austria**, would like to make our contribution to the professionalization and dissemination of the freestyle calisthenics sport and offer the community and the sport in Austria a sustainable platform, as well as enable all competitive athletes to have a fair, objective and above all creative test of strength in the freestyle calisthenics sport in a professional setting.

This competition format is intended to create a basis for an even more attractive and well-thought-out competition system in the future with pre-qualifications, weight and age groups as well as a worthy official Austrian & International Championship.

Since freestyle calisthenics is a very young sport with a lot of development potential and therefore a set of rules is never set in stone,

we reserve the right to make future **changes and optimizations** for the benefit of the athletes.

The following rules and regulations apply to **all** of the above classifications. By registering for the Championships, **each** participant (hereinafter referred to as the "Athlete") accepts the following rules, including the scoring system. These regulations have been created to **ensure fairness** and **transparency** and to ensure that the **freestyle aspect** as well as **creativity** of the sport of calisthenics & street workout.

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1 GENERAL COMPETITION REGULATIONS

1.1 General

1.1.1 The Calisthenics Championships will take place from **June 26 to 28**. The qualifying for all athletes of the respective classifications will take place on Friday. All preliminary rounds of the national battles, up to and including the semi-finals, will take place on Friday. The respective final rounds of the national rankings and the international battles will take place together on Saturday, June 21.

1.1.2 The Calisthenics Championships consist of a qualification followed by 4 separate knockout battles:

1. **Women's national**
2. **Men's national**
3. **Men's International**

1.1.3 The organizer reserves the right to merge the scores in the event of too few registrations, which could result in one or more knockout battles being omitted. If this happens, further information will be provided by the organizers to all athletes immediately after the end of the registration period.

1.1.4 In the event of too many registrations, the organizer reserves the right to close them early. The "first comes first served" principle applies.

1.1.5 The entire competition (including qualification and all battles) will be held by 5 competition judges (optionally only 3), also called judges, with a sixth (optionally a fourth) head judge ensuring that the team runs smoothly. [See Chapter 5](#)

1.1.6 Based on the "World of Barheroes" rulebook, all performances will be judged based on 5 categories. These are **Statics, Dynamics, Strength Dynamics, Combo** and **Creativity**. [See Chapter 6](#)

1.1.7 The starting numbers for the qualifying round will be drawn directly on site during the preparation for the Championships.

1.2 General rules during performance

1.2.1 There is a **round timer** (small TV screen), which will be clearly visible on the performance area. This means that all parties involved (athlete, host, judges, etc.) always know how much remaining performance time the athlete has left.

1.2.2 The use of magnesium and liquid chalk is permitted and can be applied at any time.

1.2.3 Personal training equipment such as push-up bars, parallettes, rings, gloves, or weighted vests is not permitted. This equipment will be provided by a sponsor and is available for free use on the performance area.

1.2.4 **Each round**, a "partner" selected by the athlete may enter the performance area to present a partner exercise together with the athlete.

1.2.5 **Offensive** or **insulting** gestures, **swear words** in the direction of other athletes, the judges and the spectators as well as racist or nationalistic gestures are prohibited without exception and will lead to **exclusion** from the Championships and may sometimes have **legal** consequences.

1.3 Dress Code

1.3.1 It is allowed to perform with shoes, barefoot or socks, gymnastics slippers, flip-flops or sandals are not allowed. Swimwear is also not prohibited.

1.3.2 **For male athletes**, the following applies: long pants, loose shorts or sports pants, T-shirts, tank tops as well as long-sleeved shirts and sweaters/sweaters are permitted.

1.3.3 **For female athletes**, the following applies: Short or long sports pants or sports leggings, T-shirts, tank tops as well as long-sleeved shirts and sweaters/sweaters are permitted. In addition, wearing a **sports bra** is mandatory for the ladies!

1.3.4 The **following** applies to all athletes: When **entering** the **performance area** and introducing the athlete, the **upper body** must be covered. At the start or during the performance, outerwear is not mandatory except the sport bra for women.

2 CONDITIONS OF PARTICIPATION

2.1 General

2.1.1 Participation in the Freestyle Calisthenics Championships is open **from** 14. year of age. Athletes who have not yet reached the age of 18 require the consent of a parent or legal guardian to participate.

2.1.2 **Each** athlete **must** have valid health insurance at **the time of the day of the competition** and is fully responsible for his or her health condition. Furthermore, each athlete is liable for each of his personal actions before, during and after the competition.

2.1.3 The **participation** of **participants** and **officials** in the Championships, such as judges, moderators, support staff and other persons involved in the organisation on site, is **excluded**.

2.1.4 Participation in the Championships is subject to an entry fee, which may include the following services such as the organisation and security of the event, a packed lunch, goodies, competition judges, on-site helpers, prize money and many other great extras. You can find out more about this on the SWA website.

2.1.5 By submitting the **application** on our website, the athlete accepts the terms of payment. The amount of the **entry fee** will be announced on the website and must be paid within **14 days** of registration. Only after payment has been made can participation be confirmed and guaranteed.

2.1.6 To participate in the Championships, **online registration** is required during the registration period via the registration form provided on the Street Workout Austria website . For organizational reasons and due to local conditions, the organizer Street Workout Austria reserves the right to impose an **upper limit on participants**, as well as a possible merging of the women's and men's rankings. Registration requires confirmation by the organizing team by **e-mail** after receipt of payment of the entry fee.



2.2 National Ranking

2.2.1 Athletes with Austrian citizenship have the opportunity to compete in either the national or international classification. This choice must be made at the time of registration and cannot be changed afterwards. Athletes who decide to compete in the national ranking will take part in the Austrian National Championships. A change of rating is no longer possible after registration.

2.2.2 Proof of citizenship must be provided for participation in the Austrian national championship (national ranking). This must be done when registering online.

2.3 International Ranking

2.3.1 **International** athletes or residents of Austria without Austrian nationality can **only** compete in the **international** classification.

3 BASICS OF QUALIFICATION

3.0.1 Qualifying will take place for all athletes on Friday, June 26, 2026.

3.0.2 All athletes must complete a qualification round of **60 seconds each**. This preliminary round is used for the first assessment of the level as well as for the qualification for the knockout battle.

3.0.3 The qualifying round consists of one scoring round. The athlete competes alone and is evaluated in the 5 categories **Statics – Dynamics – Strength Dynamics – Combos and Creativity** according to a point system. See Chapter 6

3.0.4 The scoring for the qualifying round consists of a point scale from 0 to 10 points per category or 0 to 5 points for Creativity (0- 0.5-1-1.5-2-2.5-3-3.5-4-4.5...) The higher the scores, the better the performance.

3.0.5 In the female and male rankings, the **best 8** and **16** athletes will advance for the respective knockout phase.

3.0.6 Each athlete has the opportunity to choose a music of their choice for their qualifying round. **The music must be uploaded to a folder specified by the organizer at least 14 days before the Championships** in a common **MP3** or **WAV** format only. The link to the folder will be sent to the athlete by email after confirmed registration. **If the athlete does not submit music by the deadline, the DJ will play well-known music from a pool.** The music must be placed in the correct folder with the correct name (Nachname_Vorname_Battle#_Runde#).

ATTENTION! - for organizational reasons, **no music requests** can be accepted on site. Furthermore, it is pointed out that in the case of non-royalty-free music, the livestream can be muted during this time.

3.0.7 The athletes will be announced one after the other and have a **maximum of 2 minutes** to go to the performance area after calling their name. The round starts after all participants (athlete, DJ, judges, host) have given a clear signal that they are ready, but **no later than 30 seconds** after the signal.



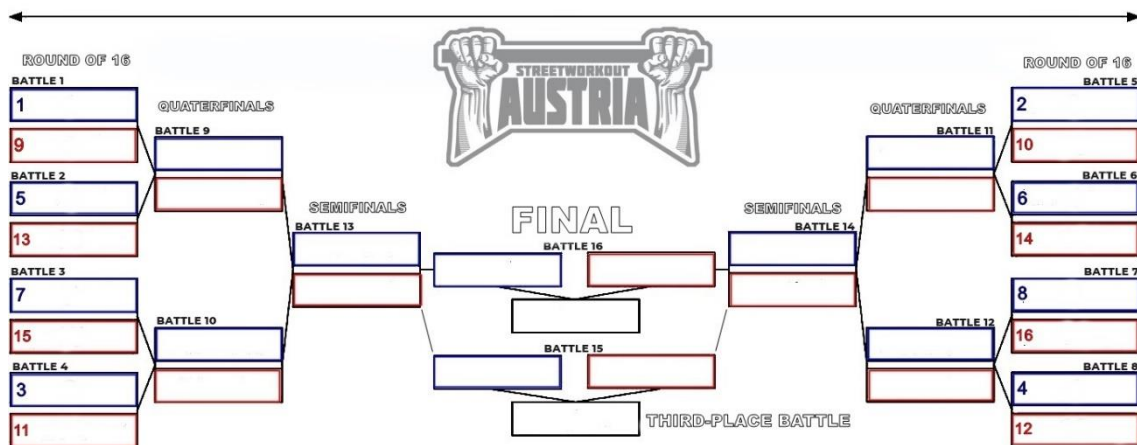
3.0.8 The announcement of which athletes have made it into the knockout battles will follow immediately afterwards. The leaderboard and points of the qualifying round will only be released to the athletes after the end of the Championships in order to create more excitement.

3.0.9 If an athlete fails to appear for their qualification round **within two minutes** of being called, the attempt will be deemed invalid, and the athlete will be disqualified from the competition. There is no entitlement to damages or a refund of the entry fee.

4 COMPETITION SYSTEM OF THE BATTLES

4.1 Construction of the Battle Tree

4.1.1 The best men and women from the qualifiers will be allocated to the respective battle tree in order to create fair conditions and excitement, as shown in the following graphics:



Women's BATTLETREE (8 athletes)



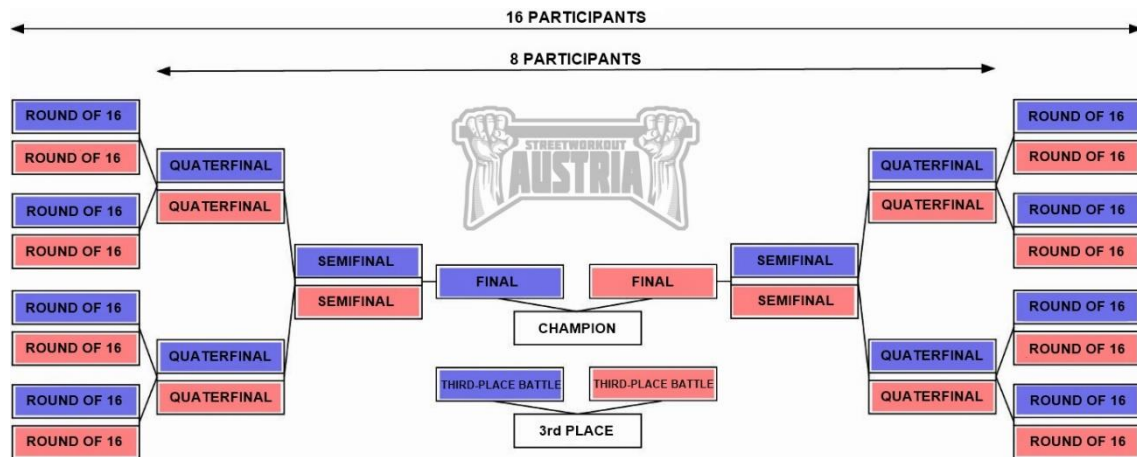
Men's BATTLETREE (16 athletes)

4.1.2 The Battle will be executed according to a classic 1vs1 knockout system, where the athlete who has won the Battle will move up in the Battle Tree accordingly and the athlete who has lost the Battle will be eliminated.

4.1.3 For reasons of transparency and clarity for the judges and visitors, the respective two athletes will be assigned a color (**blue** and **red**) before each round.

Round of 16 quarter-finals => Top box: **blue**; Bottom box: **red**

Battle for 3rd place & final => Left box: **blue**; Right box: **red**



4.2 Structure of the round system

A battle always consists of **two** performance rounds of **45 seconds** each :

1st round => athlete A (**blue**): 45 seconds

1st round => athlete B (**red**): 45 seconds

2nd round => Athlete A (**blue**): 45 seconds

2nd round => athlete B (**red**): 45 seconds

4.2.1 The athlete from the **blue** corner **always opens** the respective battle and starts with the first round.

4.2.2 **Within a Battle, there is no break between rounds.**

Example: As soon as the first round of **athlete A** is finished, the first round of **athlete B** starts immediately afterwards.

4.2.3 Between rounds, athletes have the opportunity to move the mats or adjust the setup for their next round. However, significant delays will not be tolerated and will result in a warning for a breach of fair play. The subsequent round is intended to follow immediately.

4.2.4 The music will begin once all involved parties (athlete, judges, DJ, and host) have given a clear signal that they are ready.

4.2.5 The round timer begins, as with the qualification round, as soon as the athlete starts his performance, but at the latest or automatically after a **max. 10 second** intro of the music.

4.2.6 Immediately after the last round of each battle, the winner will be determined by the judges. The final is excluded from this, in order to create more excitement at the award ceremony. The final of the national rankings will take place on Saturday.

4.2.7 The host, with the athletes at his side, moderates the decision of the judges. The results of all categories will be revealed. The total points achievable per category are divided among the respective athletes based on their contribution. Following the last category, the athlete with the **higher total number of points** is announced as the winner and moves on to the next round.

4.2.8 Each athlete has the opportunity to choose a music of his choice for his battle rounds. **The music must be uploaded exclusively in a common MP3 or WAV format to a folder specified by the organizer no later than 14 days before the Championships.** The link to the folder will be sent to the athlete by email after confirmed registration. **If the athlete does not submit music by the deadline, the DJ will play well-known music from a pool.** **ATTENTION!** - for organizational reasons, **no music requests** can be accepted on site. Furthermore, it is pointed out that in the case of non-royalty-free music, the livestream can/must be muted during this time.

5 EVALUATION AND JUDGES

5.1 Judges

5.1.1 The competition will be judged by 5 renowned competition judges (optionally also 3 judges) who are well-known in the calisthenics scene, practice or have practiced the sport themselves and/or have sufficient theoretical and practical experience as well as appropriate knowledge. The organizer takes the liberty of selecting these judges according to the criteria just mentioned.

5.1.2 The judges are **not** allowed to participate in the competition or to help or support the athletes in their performance (e.g. as a partner for an exercise).

5.1.3 The five evaluation categories consist of **Statics, Dynamics, Strength Dynamics, Combinations** and **Creativity**.

5.1.4 During the awarding of points **in the battle**, the judges are **not** allowed to communicate with each other in order to prevent possible collusion.

5.1.5 To ensure that the judging process is fair, there is a Head Judge who is supposed to ensure that all Competition Judges evaluate the Championships based on these rules. This includes checking the entries in the correct fields on the judging sheet and eliminating uncertainties on site. It is used for **communication** between the **competition judges**, the **hosts** and, if necessary, the **athletes**.

5.1.6 The Head Judge is **not** permitted to award individual points themselves! Their role is limited to pointing out if something is not being scored or recorded in accordance with the rules. Subsequently, the error must be corrected by the respective competition judge. Additionally, it is the Head Judge's responsibility to ensure that judging remains within a timeframe that guarantees a fast and predictable event flow.

5.2 Scoring & Rating in the Qualification

5.2.1 The scoring for the qualifying round consists of a **point scale of 0 to 10 points per category or 0 to 5 points for Creativity**

(0-0,5-1-1,5-2-2,5-3-3,5-4-4,5...) The higher the scores, the better the performance.

5.2.2. The judges will endeavour to match the points of the respective categories proportionately to each other in such a way that the athlete with the **best** or **bestmost difficult overall performance**. However, in the qualifying round, the full range of points from 0 to 10 does not have to be used by the judges if this does not contribute to the fulfilment of 5.2.2.

5.2.3 Each Competition Judge will evaluate **all five categories** and thus have the opportunity to award a maximum number of points of 45 points per athlete in the qualification. Thus, the maximum number of points achievable in the qualifying round is 225 points.

5.2.4 After all athletes have completed their qualifying round, the judges may consult each other in order to add up all points and determine the ranking or the result of all rankings or to reassign the points.

5.2.5 The judges may not award the total points for the qualifying round until the last athlete has finished his performance, if necessary. That is, after seeing the performances of all the athletes in the qualifying round. Thus, the points can be adjusted to the level of the athletes, which serves to ensure a fair assessment of all athletes.

5.2.6 In the event of identical results (equal sum of points by two or more athletes), the judges must determine the winner by constructive arguments, collegially and democratically.

5.3 Scoring & Rating in the K.O. Battle

5.3.1 Each judge evaluates all five categories and is allowed to take notes during the battle.

5.3.2 The Judges will take into account the variety between Battle rounds. A **combo that is repeated too often** and an excessive use of a trick in multiple battles will be **rated lower**.

5.3.3 During the awarding of points for the categories, the judges are prohibited from communicating or coordinating with each other. This should enable the best possible and individual evaluation of each individual athlete.

5.3.4 The competition judges judge the **performance** of the athletes in each category. The performances of both are **considered holistically and together**. Afterwards, each competition judge awards points, which relate the **athletes' performances** to each other and to the overall performance as a percentage .

5.3.5 For this purpose, 10 points each must be distributed to the categories Statics, Dynamics, Strength Dynamics and Combinations and 5 points to the category Creativity in such a way that the results **of both athletes add up to 10 and 5 points respectively**.

Regulations 5.3.4 and 5.3.5 can be simplified **in the following ways** :

10 points must be divided between the athletes in the categories Statics, Dynamics, Strength Dynamics and Combinations, and 5 points in Creativity. The points awarded should reflect the performance of the respective athletes in the respective categories. All points must be awarded proportionately.

For example: Athlete blue gets 6 points for statics, so athlete red must get 4.

5.3.6 Points can be awarded per category and athlete from **0 to 10** in **0.5 increments**, similar to qualification (except Creativity has only 5 points). The **exact middle**, i.e. 5 points (or 2.5 points for creativity), **cannot be assigned**. This guarantees that there is always a **category winner**.

5.3.7 Due to the 5 competition judges, each athlete can earn a maximum of **50 points** (or **25 points** in Creativity) per category. Thus, this adds up to a maximum score of **225** points, which must be **divided** between the athletes.

5.3.8 The **winner** of the Battle is the person who has achieved the **most points** in total.

5.3.9 In the event of a **tie**, **the athlete who has also won more categories at the same time wins**. This is to prevent replica rounds.

Important: It is not the amount of elements shown that is decisive for the awarding of points, but the individual assessment of the competition judges, based on the specifications of the categories in Chapter 6.

5.3.10 The competition judges will distribute the individual points immediately after the 2nd round of the **red athlete**, without making any arrangements.

6 CATEGORIES AND RULES FOR ATHLETES

The categories defined here and the weighting of the elements shown give the judges the framework on which they have to make the decisions for the awarding of points.

6.1 Statics (static elements)

6.1.1 A static element is a holding exercise in which the body is held in one position for a certain amount of time.

6.1.2. A static hold is valid if it is held in a stable position for 2 seconds and the athlete **clearly** demonstrates **no change** in **position** or loss of control. It must be clearly evident to the judges that the athlete has **full control** over the movement. If these requirements are not met, the move will be considered a **fail** and will not be scored!

6.1.3 If a static hold is performed after a Strength Dynamic element, it is considered more severe in judging and can positively influence the evaluation of the Statics category. (If this is not done, point 6.1.3 is deleted.)

Example: A held planche after performing planche pushups tends to result in a better score than planche pushups that are executed without hold.

6.1.4 The judges will evaluate the difficulty of the exercise in combination with the cleanliness of the execution at their own discretion, but in the following weighting:

1. **Difficulty** and **execution**
2. **"Hold Time"** – clearly visible hold of the element must be met. If a hold is held longer than necessary, this can have a positive influence on the rating.
3. **Quantity** and **variety** – variety of different static elements

Example 1: A technically 2-second-long, clean planche is thus valued higher than a 3-second planche, with worse execution.

Example 2: A few technically clean statics that meet the "hold time rule" are valued higher than many statics that are "too short".

6.1.5 To receive points in this category, at least one valid static element of the following difficulty or higher must be demonstrated:

- Women (National Ranking): Elbow lever / Handstand / Straddle back lever
- Men (National Ranking): Advanced tucked planche or frontlever / Closed-leg handstand
- Men (International Ranking): Straddle planche or frontlever

Examples of statics: Handstand, L-Sit, Back Lever, Front Lever, Elbowlever, Human Flag, Planche, Human Flag, V-Sit and many other skills and their progressions

6.2 Dynamics (dynamic elements)

6.2.1 A dynamic element is a movement in which the athlete makes e.g. spins or flips, as well as any type of movement that is **mainly performed** with **momentum** and momentum.

6.2.2 The judges will evaluate the difficulty of the tricks in combination with the cleanliness of the execution at their own discretion, but in the following weighting:

1. **Release & Catch** – In a dynamic element, the bar is released with both hands and grabbed/caught again
2. **Difficulty** of the element and **variety**
3. **Quality** and **quantity**
4. **Overall Performance**

6.2.3 "Overall Performance" – the overall performance of all dynamic elements is always considered, including elements that **are not** Release & Catch.

Examples of dynamics: Spins (180, 360, 540, 720, 900), rolls, swing gainers, twist flips, front flips, shrimp flips or transfer jumps with dynamic movement as well as all other dynamic skills and their progressions

6.2.4 A dynamic element is deemed to have failed if the athlete does not catch the element or touches the ground with at least one foot. **Failed** dynamics will **not be** counted!

Important: If an athlete touches the ground due to his height, but retains full control over the further events, the judges can recognize the shown element as **valid at their own discretion**. However, this only applies **in** this special case.

6.2.5 To get points in this category, at least one of the following **Release & Catch** elements must be shown in a variant:

- **High-Bar:** Swing 360 / Swing 540 / Alley Oop / Geinger / Shrimp Flip / Frisbee / Frontflip Regrab

This rule applies only to the knockout battles of the national and international men's rankings!

6.3 Strength Dynamics (kraft-dynamische Elemente)

6.3.1 A Strength Dynamic Element is a dynamic movement performed by the athlete using **force** rather than momentum or momentum.

6.3.2 The judges will evaluate the difficulty of the trick in combination with the cleanliness of the execution at their own discretion, but in the following weighting:

1. **Difficulty** and **Execution**
1. **Quantity** and **variety** (quantity & variety)
2. **Deadstop** (short pause of the endposition), if the last strength dynamic element was **unstable**

6.3.3 Strength dynamics performed in a **handstand, planche, maltese, frontlever, or victorian** are classified as **unstable** elements. A deadstop **must** occur at the end of the movement and must be held long enough for the judges to **clearly** recognize that the athlete has full control. If multiple unstable strength dynamics are combined, a deadstop is only required after the final repetition.

Example 1: If an athlete performs a planche hold followed by three additional planche pushups but fails to maintain a deadstop afterward, the hold will be counted toward the "statics" score, but none of the planche push-ups will be counted.

Example 2: An athlete performs two planche pushups and a press after a planche hold. The deadstop is only required once they reach the handstand or after the planche negative.

6.3.4 If the same unstable element is performed multiple times in a row and a dead stop cannot be maintained after the final repetition, all identical strength-dynamic elements in that series will be marked as a "fail" and will therefore not be included in the scoring.

6.3.5 To receive points in this category, at least one strength-dynamic element of the following difficulty or higher must be demonstrated:

- Women (National Ranking): Pullover / Pullup / Pushup
- Men (National Ranking): Muscle-up / Bent-arm handstand press / Advanced-tucked frontlever pullup / Advanced-tucked planche pushup
- Men (International Ranking): Full ROM handstand pushup / Straddle planche push-up or press / Straddle frontlever pullup or raise

Examples of Strength Dynamics: Handstand Press, Slow Muscle Up, Pull-over, Free-style Pull Up, Hefesto, Planche Push Up, Handstand Push Up, Front and Back Lever Pull Up, One Arm Pull up and many other skills and their progressions

6.3.6 A strength-dynamic move is considered a "fail" if the athlete either loses strength and is unable to complete the full range of motion or exercise, or if the final element of a series is an unstable element and is completed without a dead stop. Elements rated as a "fail" will not be taken into account for the scoring.

For Example: An athlete fails to push themselves all the way back up during a handstand pushup or loses control and falls over.

6.4 Combinations (combined elements)

6.4.1 Combinations are a **mixture** of **static**, **dynamic** and/or force-dynamic **elements** without long pauses and without interruptions. Here, the focus is on the **variety** of different skills and categories and is accordingly rated higher than if different elements of the same category are combined.

6.4.2 If a Static, Dynamics and/or Strength Dynamics element has previously been assessed as **failed**, this will result in a **combo interruption**. This is considered by the judges **here** when awarding points.

6.4.3 In this category, the judges will judge at their discretion how the athlete combines the different movements and categories. The **length** of the combo, the **flow** (flowing movement transitions), the **difficulty** of the elements and the **variety** are taken into account. Combinations in which the different categories flow into each other are rated the **highest**.

6.4.4 Full or longer combinations will have a detrimental effect in the Combo and Creativity categories if they are identical and are shown multiple or repeated times during the course of the competition.

6.4.5 In order to score points in this category, at least **3** related elements must **be shown** in a row **and** without interruptions **in** each round.

Combo Example 1: L-sit – Press / Push to Handstand – Handstand – Pushup negative – Elbowlever

Combo Example 2: Planche – Planche Press – Giant – 360 – Frontlever

6.5 Creativity (stylish creative elements)

6.5.1. In this category, the judges evaluate their own **style**, the **expressiveness** of the performance, their own **creativity**, courage and the use of the available local possibilities (music, equipment, etc...).

The following exercises, movements and their execution are considered creative:

6.5.1.1 A rare and/or new trick or unusual skill combination is shown. (**Uniqueness**)

6.5.1.2 The athlete shows courage by showing unusual elements or combinations where the risk of a combo interruption is increased. (**Guts**)

Important: Negligent behavior is evaluated negatively if one's own health or the health of other people is deliberately put at risk!!

6.5.1.3. The athlete coordinates his performance to the music. It is performed in time with the music and not just waiting for a conspicuous place where the performance then starts. **(Music-fit)**

6.5.1.4 The athlete uses many parts of the overall performance area or equipment and/or uses them in a creative way. **(Setup-Use)**

6.5.1.5 The inclusion of **objects** in the performance.

6.5.1.6 Rare or unique **variants** of known skills are performed.

Examples of the Creativity category are:

- New / Unique Dynamic Move (Uniqueness)
- Technically difficult combos that require courage to perform live (Guts)
- Bardances (Music-fit)
- Smooth, non-stop transitions from the individual devices within a combo (setup use)

6.5.2 Combinations of other sports with calisthenics are shown, such as breaking, gymnastics, tricking or parkour.

Example: Flick-Flack to Planche (creative combination => therefore Creativity Points)

However, tricks from the above-mentioned sports are not counted if they are performed individually or not in combination with typical calisthenics elements, such as backflip on the ground from a standing position.

6.5.3 Elements that are repeated exactly more often will be judged by the competition judges as less creative, which will **therefore not** be reflected in the scoring.

6.5.4 Creative elements that have been performed more frequently in **recent years** will also not be taken into account if they are repeated. This is intended to promote innovation and personal initiative.

The following **examples** illustrate this:

- Drinking from a bottle during a skill
- Reading a book during a skill
- Wrapping Weight While Performing a Static Element

6.5.5 The judges will evaluate the athletes' rounds based on the above criteria and will distribute the points at their discretion at their own discretion.

7 GENERAL GUIDELINES

7.0.1 Prior to the competition, all judges must be familiar with the rules of the competition and confirm their **agreement** to the rules with their signature. The head judge is also supposed to ensure this during the event.

7.0.2 During the entire course of the competition (qualification and knockout battles) only the respective athlete, DJ, host, judges and SWA staff team members and helpers may be on the performance area without exception.

7.0.3 Athletes must arrive in the athletes' area shortly before their start for the qualifying and/or battle round. Again, only authorised persons listed in point 7.0.2 may be present there.

7.1 General Guidelines for Qualification

7.1.1 If an athlete **does not show** static, dynamic, force-dynamic, combined or creative elements during his performance, the round can be evaluated by the judges in the respective category with **0 category points**.

7.1.2 Each Competition Judge may award the maximum score of 10 points per category if the athlete performs the movement of the category **cleanly** and the athlete completes his round **without any mistakes**. (e.g. by releasing the rod or a fail).

7.1.3 The judges may not award the total points for the qualifying round until the **last** athlete has finished his performance, if necessary. That is, after seeing the performances of all the athletes in the qualifying round. Thus, the points can be adjusted to the level of the athletes, which serves to ensure a fair assessment of all athletes.

7.1.4 In the event of identical results (equal sum of points by two or more athletes), the competition judges must determine the winner by constructive arguments, **collegially** and democratically.

7.1.5 The points awarded by the Competition Judges must be **published** after **the composition and completion of the Championships**.

7.2 General Guidelines for the Battle

7.2.1 If both athletes do not show the given elements **of the same** category, the judges must still decide. This is based on the other elements and the shown "**overall performance**" of the battle. The point difference between the athletes in this category must **not be more** than 3 points.

For example: Both athletes do not show release & catch elements; **However, athlete red** does a roll combo with a flyaway as an exit, while **athlete blue** does not show any swing elements. Thus, the decision should be in favor of the **athlete**, as he has shown more elements that correspond to the dynamics category. The result may be a maximum of 3.5 to 6.5 points.

7.2.2 Each judge will receive a **judge sheet** before the competition with all the necessary requirements to facilitate the judging. In addition, they are provided with a digital document in which they must carry out their points allocation.

These will be published after the competition so that everyone involved in the competition can refer to them if necessary.

8 PLACEMENT DETERMINATION AND PRICES

Prize money will be awarded to the winners in the following categories:

- **National women's classification** (only athletes with Austrian. Citizenship)
- **National men's classification** (only athletes with Austrian subtitles) Citizenship)
- **International Men's Classification**

All three first-place finishers in each classification will receive trophies and non-cash prizes from the sponsors. In addition, each athlete, regardless of the placement achieved, will receive an exclusive goodie bag and an SWA medal in recognition of their participation in the competition. This also applies to all athletes who have been eliminated in previous rounds.

8.1 Winner of the national ranking

The first and second-placed athlete in the **national women's and men's rankings** will be **crowned** "Austrian National Champion or Austrian Vice National Champion in Free-style Calisthenics".

8.2 Winner of the international ranking

The first-place finisher will be named "**Int. Calisthenics Champion Pro 2026**".

9 OTHER PROVISIONS

9.1 Warning and disqualification

Any athlete who discredits the sport due to his bad behavior at the competition venue or in the immediate vicinity of the event venue will be officially warned by the competition management. If he continues his bad behavior, the competition management or the organizer can exclude the participant from the competition and expel him from the venue. The organizer is also authorized not only to officially warn an athlete, but to immediately exclude him from the competition if the misconduct is serious enough.

9.2 Complaints and appeals

If an athlete wants to appeal the judges' verdict, he, and **only the athlete concerned**, has until the beginning of the next round at most until the beginning of the next round **to report to the head judge**.

The complaint will only be taken seriously if the athlete has **concrete indications / evidence** that the rules have been violated and that he has therefore been treated at a disadvantage. **No photo or video evidence** from outsiders (e.g. spectators, accompanying persons or other persons not officially involved in the competition) will be accepted.

If the accusation is relevant, the head judge communicates this with the hosts and the competition judges. They then have **2 minutes** to discuss their decision, which is communicated **by the head judge to the athlete** before the competition continues. This allows the actual competition judges to continue to concentrate on the competition, which should not cause any time delay.

No replicas will be performed as long as no intentional and unfair rule violation has been made by the judges to favor an athlete!

9.3 Medical Guidelines

Participation in the competition is at your own responsibility and risk. The SWA Association and the organizer assume no liability for injuries resulting from the execution of an exercise. The unrestricted constitution is a prerequisite for participation.

The athlete bears the duty of care for this. If an athlete is injured during the warm-up or competition or shows signs that his or her health is affecting and the athlete's well-being is in serious danger, the competition management has the right to exclude the athlete from the competition after a discussion with the person concerned and after appropriate consultation with the judges. After a unanimous decision by the competition management and the judges, the person concerned must be informed of the decision made. The decision is final and there is no appeal body against it.

9.4 Anti-Doping Guidelines

In connection with the participation of athletes in freestyle calisthenics competition events, but also in general, the association Street Workout Austria clearly speaks out against doping in sports in accordance with the current guidelines of the World Anti-Doping Agency (WADA). In case of suspicion, the organizer reserves the right to carry out a doping test in accordance with the international regulations and requirements of the World Anti-Doping Agency (WADA). If a result of the anti-doping test is positive, the athlete concerned will be banned from participating in the Calisthenics Championships in Austria, as well as the WSWCF World Championship **for a period of two 2 years.**

Important: Certain medications and drugs such as marijuana are also on the doping list!



10 CONFIRMATION

These rules and competition regulations come into force upon publication and are valid until amended.

Approved by the Board of Directors of STREET WORKOUT AUSTRIA

Florian SCHACHNER
(President SWA)

Marvin SCHUPPE
(Organizer)

Patrick Kreutzer
(Head-Judge)

Vienna / Carinthia, March 18, 2026

