



# CALISTHENICS FREESTYLE 2023

Rulebook

# EUCE



Co-funded by  
the European Union




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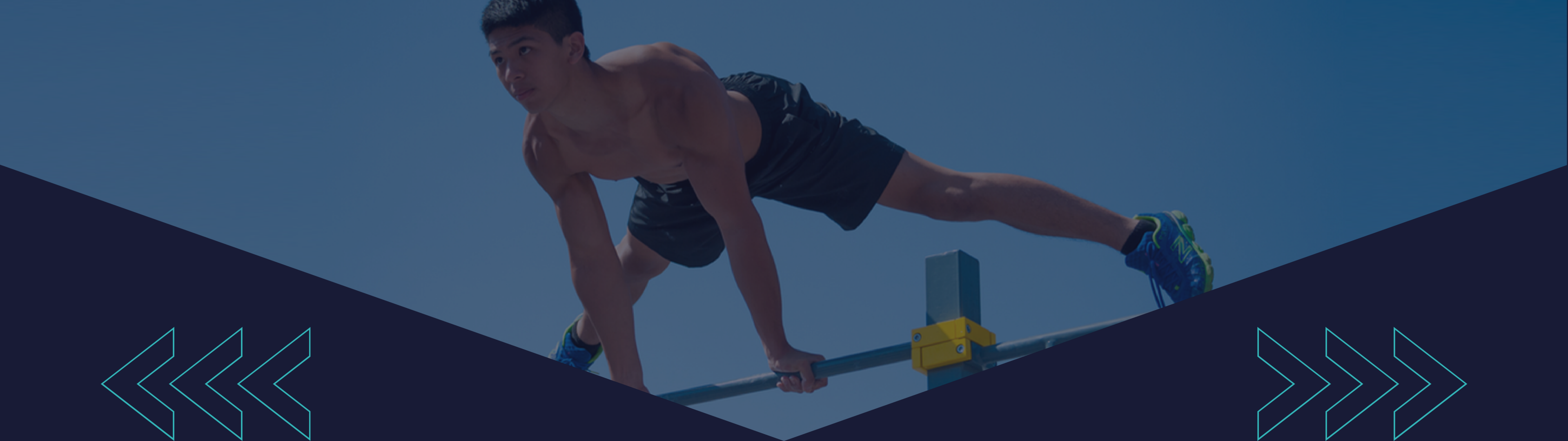


# THE SPORT OF INCLUSION



The EUCE | Calisthenics Freestyle 2023 “Invitationals European Championship” is the first official legitimate European-wide event of its kind, Co-Funded by the Erasmus+ programme of the European Union, Created by the 10 European Federations for their athletes and their national freestyle teams, going head to head on a well professional equipped mainstage.

Where due to media, event technology, audio and visuals, professional refereeing, live broadcasting and a new way of Calisthenics-top sports performances is presented to all its spectators in the world, on the event, televisions and online live streams.



EUCE| is the first to market and implement a successful proof of concept with the 1 VS 1 Battle style competition that includes a "BO3 " Best of 3 series combined with a 30 seconds rest between the athletes' performances, weight categories, 10 must system, scoring criteria and music makes this event well organized, easy to follow and an unforgettable lifetime experience.

The event is experiencing sustainable growth in a short duration of time due to the collaboration of the European Union and 10 European Calisthenics Federations, presenting new universal rules and regulations and an innovative global championship format for the freestyle discipline.





Athletes will win a variation of prizes, travelling to Amsterdam, Accommodation and Food paid, medals, certifications, sponsorship opportunities, social media engagements and most important of all: Honor!

The event will be broadcasted on TV and ONLINE which makes all national teams and athletes highly motivated to compete and show all the best creativity they have inside them for maximum potential in this new Calisthenics top sport discipline: FREESTYLE

FREESTYLE attracts many spectators and an impressive crowd which ensures many emotions during the event. The 1 VS 1 battles are engaging, and entertaining and create Interaction with the audience to make you become part of the show. Just come and experience the WOW factor yourself at the European Freestyle Championship during the EUCE | European Calisthenics Fair 2023 in Amsterdam de RAI.

**raii**  
AMSTERDAM

# EUCE QUALIFICATION

## "THE INVITATIONALS"

## EUROPEAN CHAMPIONSHIP

Discipline: **FREESTYLE**

### DESCRIPTION

Calisthenics Freestyle is the discipline where the athlete uses their power and momentum to perform dynamic and static skills, tricks on the bar as part of a creative performance where each trick is connected together in a consistent flow of combinations on music.

### CATEGORIES

#### WEIGHT:

Male: -70 KG

Male: +70 KG

Female: Open weight

#### AGE:

16+





# REGISTRATIONS: E-Qualifications



## O1

Each athlete needs to register on:  
<https://www.sportdata.org/calisthenics/set-online/>

## O2

Select your discipline and category you will be competing in and confirm your registration

## O3

Enter all required data complete inside. Make sure you don't miss out on any information while filling out your registration application

## O4

Athletes will need to receive their accreditations, weighing and medical check 1 day prior to the event:  
24.02.2023 Amsterdam de Rai

## O5

Athletes will receive a QR Code as their proof of accreditation

## O6

Athletes will have a medical check 1 day prior to the event



# QUALIFICATIONS

## Who can qualify?

Direct Qualifications

All athletes have to be invited by their National Federations to compete in Amsterdam on; “The Invitationals Championship”

10 European Countries: FR / BG / SRB / IE / IT / PT / LV / RO / GR / NL

MALE -70 KG; 1st place qualifies

MALE +70 KG; 1st place qualifies

FEMALE OPEN WEIGHT: 1st place qualifies

National Championships which are pre-announced for qualifications of the European Championship

E-GAMES: Online qualifiers, 6 wild card spots per category. 1 video upload of freestyle session 1-minute max no editing allowed. Athletes applying for qualification through wild cards are responsible for their accommodation, travelling and expenses to Amsterdam.

If a qualified athlete gets injured before the event in Amsterdam and cannot compete he will be replaced by the Federation and will not be able to travel with the national teams.



# QUALIFICATIONS

## Who can qualify?

Wild card  
E-qualifications

Wild-Card e-qualifiers EUCE. All e-qualifications online will be held in Oktober at the same time.

For each Freestyle category, there will be only 6 wildcards available.

Open global online sub-qualification for athletes that are willing to come on their behalf and expenses to participate in the topsport Calisthenics European-Championship.

### E-GAMES:

- 1 VIDEO UPLOAD
- 1 MINUTE PERFORMANCE
- SHOW MATCH CODE
- NO EDITTING ALLOWED





# NATIONAL CHAMPIONSHIPS

Discipline: [Freestyle](#)

## DESCRIPTION

Winners of National Championships in 1 of the 10 European countries can also qualify for the European Freestyle Championship 2023 if authorized by their National Federation.

## CATEGORIES

MALE -70 KG; 1st place qualifies

MALE +70 KG; 1st place qualifies

FEMALE OPEN WEIGHT: 1st place qualifies



# EUCE | TOURNAMENT FORMAT



## Brackets

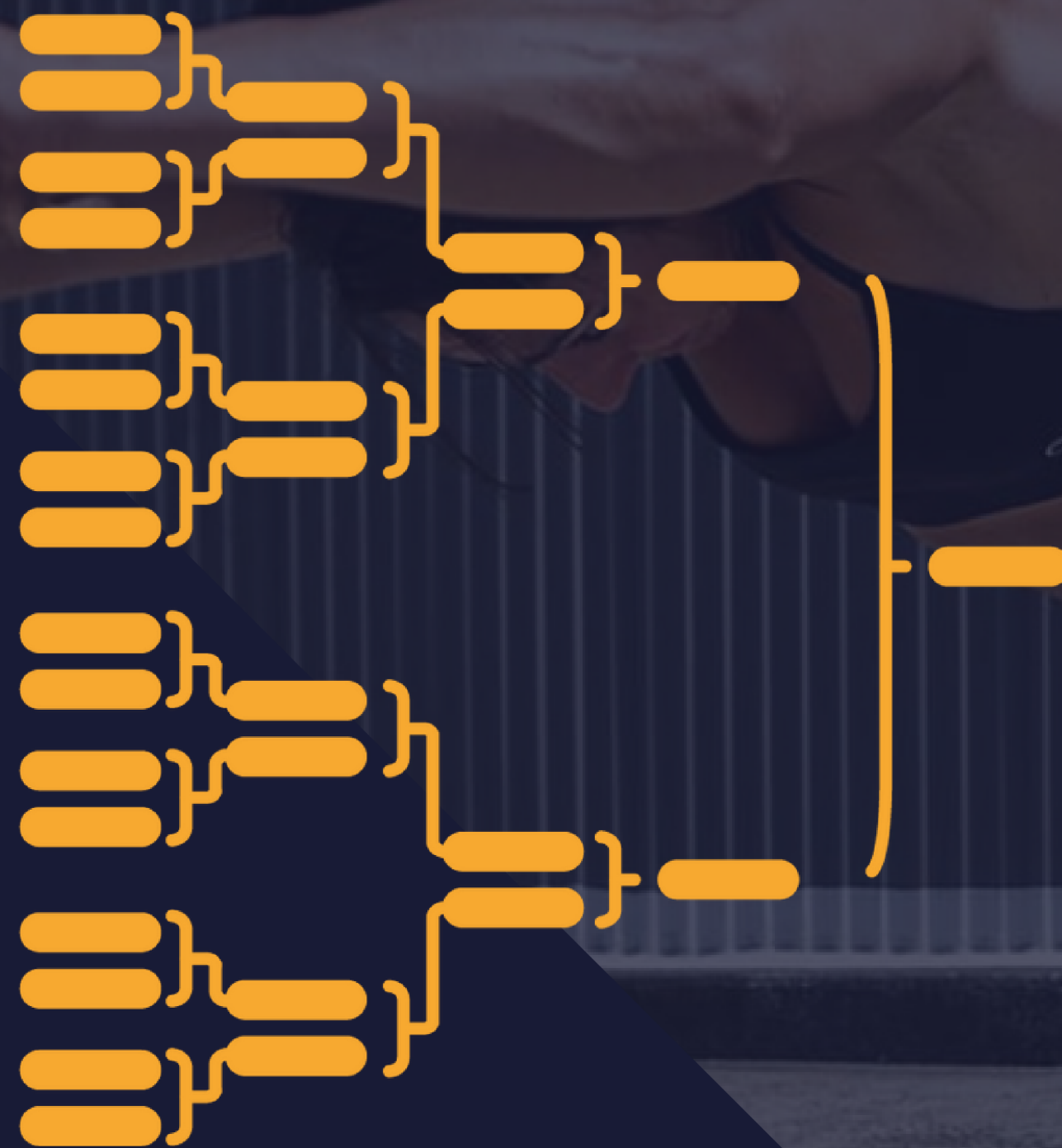
Single Eliminations:  
Round of 16 / 8 / 4 / 2

## Day 1

Round of 16  
Quarter Finals

## Day 2

Semi finals  
Finals: Gala set up



**rai**





# RESULTS DURING EUCE | AMSTERDAM

## Official prize winners ceremony

Sunday 26.02.2023 will be an official prize winners ceremony in gala set up







## BATTLES

1 vs 1



## ROUND SYSTEM

B03 - Best of 3 series per battle



## POINT SYSTEM

10 Points MUST system



## TIES

# GOLDEN BAR RULE

If the Battle results in an even score after the 3rd round there will be a final battle of 1 minute each to decide the winner.

## USE OF THE

# BATTLEFIELD

- Use the whole Calisthenics Park to reach your maximum potentials
- Don't get stuck on 1 position of the Bar
- Use the Floor
- Use Accessorie
- Use of Parallettes
- Use of PBar

# STARTING POSITIONS:

The athlete's starting position on the battlefield will be decided before the Battle of BO3 starts by a flip of a coin. (digitally on screen) The athlete has a choice to choose a Striker's position by going ALL IN his performance from the start or to go in Defender position and to wait and see what his opponent does first. What strategy they choose is up to the athletes themselves.

## STRIKER / GO AHEAD POSITION

01

Is the act of performing a set of moves to show up your opponent, which then must be topped by the opponent (defender)

## DEFENDER / HOLD BACK POSITION

02

Replicating the opponents's offensive move and then performing a Striker move of a higher level of difficulty.





## TIMES



- 3 x 45 seconds per battle round per athlete
- The athletes switch per 45 seconds of 1 battle round
- Between the rounds of athletes during the battles: 30 seconds of rest.
- After 30 seconds of rest, The bell rings and the clock starts ticking again.
- The athlete in the STRIKER position starts the battle
- The athlete in the DEFENDER position waits for his opponent to finish
- Each battle starts after the bell of the round rings.

## REFEREES

- 1 Center Official on the mainstage: He coordinates the 2 opponents on the mainstage and makes sure all codes of conduct and regulations are respected during the battles.
- 1 Operating Official behind the laptop: Timekeeper
- 3 neutral Referees: on the sides of each corner
- Scores get entered per judge on a tablet: 3 scoring tablets per set up
- 10 Must system
- Each Referee judges the 5 criteria, so that means that you will get judged by 3 referees and each one will judge the athlete by the 5 criteria.



# JUDGING CRITERIAS

1. Dynamics: Ability to perform power moves such as 360s - 540s- 720's-900's, geingers, transfers, and other rotations.
2. Strength: ability to sustain tensions and static holds must be held for 3 seconds clean.
3. Technique: ability to execute movements with proper anatomical alignment and control.
4. Creativity: ability to bring new movements or sequences to the performance.
5. Combinations and flow: the ability to perform a minimum of 3 executive movements after each other without having rest.







# APPEALS

- Need to be done within 5 minutes after the B03 has been finished
- The athletes need to inform the Center official on the mainstage about him submitting an appeal for video review.
- The athlete needs to submit a clear reason why he appeals for a video review
- The corner coach needs to fill out the appeal form for the athlete
- Referees will decide if the appeal for video review is granted or not for video revision
- Only video reviews where technical mistakes have been made by a referee could qualify for video review.
- Every athlete has only 1 video review option during the round of 16, Quarterfinal and Semifinals
- If you win the appeal you have not wasted your video review
- If you lose the appeal you lost your video revision
- Every athlete will get again 1 video review by entering the finals
- Protest against a protest is not allowed!







# REQUIREMENTS

- Good physical condition
- Valid Health-Insurance
- Aware of the risks of competing
- Takes full responsibility for any injuries that may occur before, during and after the competition.
- Legal authorization to travel to Amsterdam
- Visas for out of Schengen countries need to be applied before the registration ends
- All athletes qualified by the national federations of EUCE will have all their travel, accommodation and food covered. Breakfast, lunch, dinner.
- All athletes qualified by the WILD CARD qualifications are aware that the travel, accommodation and food costs are NOT covered by the organizer.
- All athletes must arrive 1 day before the competition date
- All athletes must come 1 day to weigh, medical checks and receive their accreditations.
- All athletes must prove travel visas are confirmed and that travel arrangements have been made
- All WILD CARD athletes must book their travel and accommodations. (Organizers can supply hotel options and event locations)
- All athletes MUST have a mouthguard to compete. If you do not have one, organizers will supply an official mouthguard.

# CODE OF CONDUCT



## DESCRIPTION

- Respect at all times between opponents or you will be disqualified
- Respect at all times for Central Official and Referees or you will be disqualified
- Respect at all times for the organizers and spectators or you will be disqualified
- Cornerman / Coach to maintain himself and the performing athlete professionally at all times





# DISQUALIFICATIONS



## Red card

Direct disqualification:

- NO discussion and arguments with officials and referees are allowed during the competition.
- No bad language, rude acts or rude hand gestures are allowed

## Yellow card

1 warning

- Spitting out mouthguard, athlete MUST put mouthguard back in.
- Aggressive body language
- Burning time

## 2nd yellow card = red card

disqualification

- 2nd time spitting out the mouthguard
- 2nd-time aggressive body language
- 2nd time burning time



## CLOTHING

- Proper shoes MUST be worn at ALL times during the competition
- Athletes need to wear Authorized Competition gear during competition time and the whole event in Amsterdam. Shirts may not be removed when the competition starts. Athletes may not wear at any time during the competition another sponsor-related item or use logos unless specifically authorized by the Federations. Before said competition. To get a “user authorization” for athlete sponsor, please email [sport@thecalisthenicsclub.com](mailto:sport@thecalisthenicsclub.com)
- and in the subject line put “Athlete sponsor authorization”. Please state the following information: Name sponsor, industry, sponsor contacts details



## MUSIC REQUIREMENTS

- Each athlete chooses his favourite music per BO3 battle round
- Each song needs to be a minimum of 3 minutes
- Each qualified athlete needs to submit his playlist of all rounds until the final before the event. See playlist regulations.
- The music stops and switches after the first 45 second
- 30 seconds rest no music
- When the bell rings music starts again for 45second from the opponent
- Choose music with no “F” and “N” words
- Choose music with no copyrights because this will be broadcasted on tv
- All your chosen songs submitted in the playlist before the competition will be verified.
- If any song would not be allowed you will receive a request to change the song.





# CALISTHENICS

## STREET SPORT ACCORD



SWBG



PSU



TCC



FSW



ASWCA



SWL



CSWI



CI



FNSWC



ESDT





# THANK YOU

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[www.euce-project.eu](http://www.euce-project.eu)  
[www.thecalisthenicsclub.com](http://www.thecalisthenicsclub.com)  
[www.streetliftingeurope.org](http://www.streetliftingeurope.org)

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