

# PARA CALISTHENICS GAMES

Project code

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# TABLE OF CONTENTS

3	<b>01   Statistics</b>
6	<b>What is calisthenics?</b>
7	<b>Benefits of the calisthenics training methods</b>
10	<b>02   Why Implementing para calisthenics?</b>
11	<b>03   Calisthenics disciplines</b>
12	<b>04   Structure of para calisthenics</b>
13	<b>The FREESTYLE judging system</b>
15	<b>Para calisthenics athletes freestyle performance</b>
16	<b>05   Para Calisthenics competition structure + pointing system</b>
19	<b>06   Equipment for para calisthenics games</b>

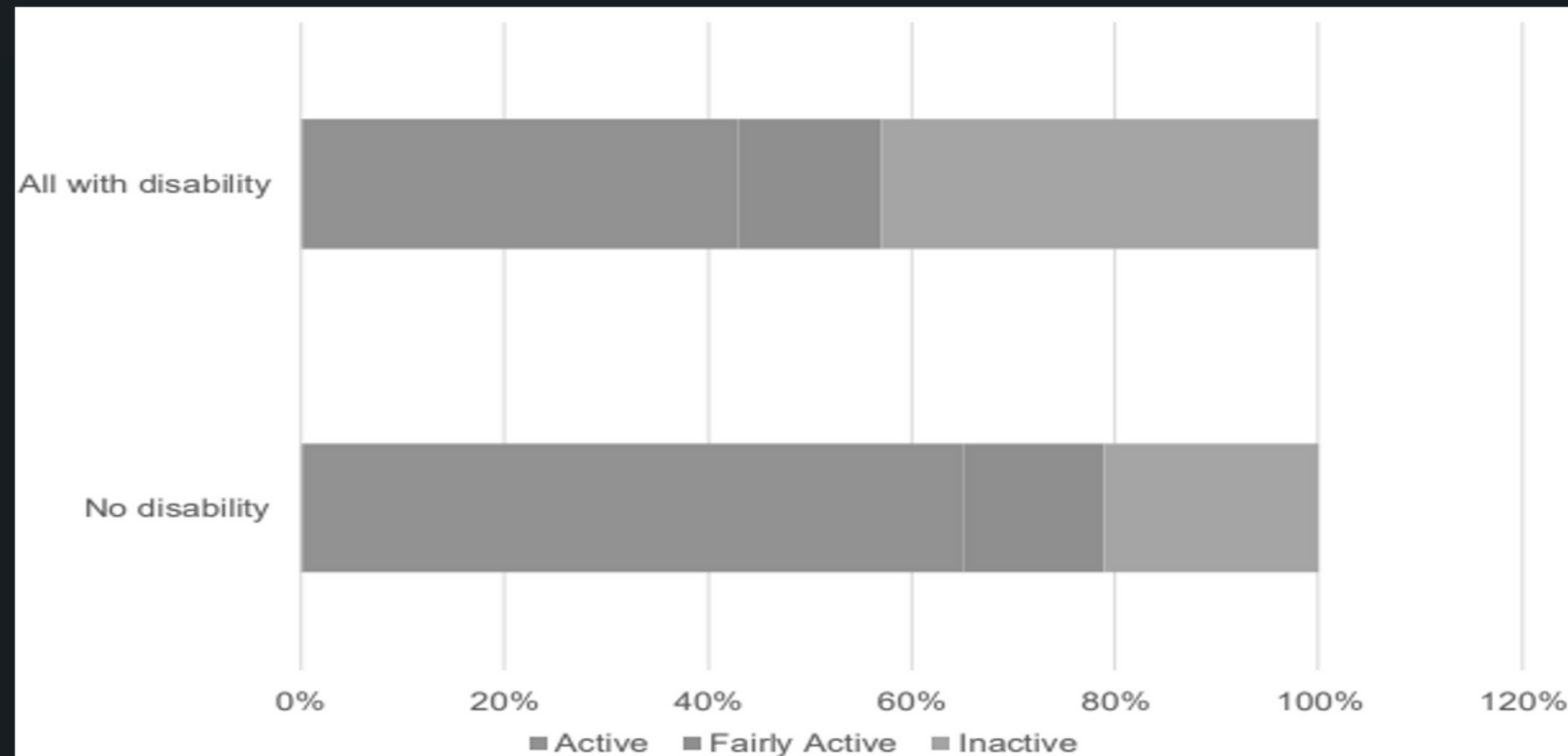


# 01 | STATISTICS

- One billion people, or 15% of the world's population, experience some form of disability, and disability prevalence is higher for developing countries.
- One-fifth of the estimated global total, or between 110 million and 190 million people, experience significant disabilities.
- In total, an estimated 135 million people in Europe live with a disability.
- In Paralympic Tokyo 2021 - 4,403 athletes, 22 sports and 539 events.



- The UK Government's national sport participation agency Sport England gave us the latest data from 2017 identifies that 43% of people with a disability exercised for over 150 minutes per week (as of May 2017), which is over 20% less than that those without a disability.
- Physical activity by disability status and impairments:







- The most recent results [April 2021] show that 53.2 % of adults who have a disability or physical condition that restricts life in some way participate at least 3 times.
- Most of the people with disabilities are from High-income countries, next middle-income countries, and at last are low-income countries.
- In 2050 WHO predicts they will be 38,1% of world population.





# WHAT IS CALISTHENICS?

- Calisthenics is the basis of every sport.
- Every basic bodyweight exercise that develops strength endurance is Calisthenics.



# **BENEFITS OF THE CALISTHENICS TRAINING METHODS:**

Calisthenics can help athletes develop their strength, endurance and flexibility.

It is the basis of physical training in any sport.

Calisthenics training methods have a beneficial effect on joints and tendons what is good for people with disabilities in general.



- Why Calisthenics for people with disabilities?
- Why Calisthenics competitions for people with disabilities?

We need to implement Para Calisthenics games because it creates a favorable environment for the development of people with disabilities. The sport will provide for Para athletes who can not continue anymore in their own sports a new competitive sport to be part of in the Para Calisthenics games.





- Athletes with disabilities can play almost any sport. There is adaptive equipment to allow participation in these sports if needed.
- Athletes with disabilities can compete in sports at elite levels.
- These levels can be only fractions behind athletes without disabilities.



## 02 | WHY IMPLEMENTING PARA CALISTHENICS?

- Calisthenics has a lot of health benefits
- Calisthenics sport is very easy, accessible for everyone, and its simple to start.
- Calisthenics is the basis of all sports, which means that:

Calisthenics for disabled people can be their main or sub sport and training method.

Gaining strength in different ways to improve their main sport.

Gives diversity form their main sport.

Getting strength mentality and physically leads to healthier lifestyle.

Being part of the global Calisthenics community



# 03 | CALISTHENICS DISCIPLINES

Calisthenics sport is separated in 2 disciplines: Strength Endurance and Freestyle.

- Strength Endurance are basic exercises of the sport and can be trained or performed almost everywhere at anytime. (Outdoors, gyms, fitness centers etc.)
- Freestyle: Acrobatic form of Calisthenics where elements of dynamics, statics, creativity, combinations and technique play a big role.
- Freestyle discipline can only be practiced on a complete Calisthenics park indoors or outdoors and requires safety measures.



# 04 | STRUCTURE OF PARA CALISTHENICS

The competition will be divided in 3 disciplines.

1.

Streetlifting: Max 1 Repetition (maximum amount of weight).

2.

Strength Endurance: Basics exercises on a max unbroken repetition time limited performance.

3.

Freestyle which includes all statics and dynamics elements.





# THE FREESTYLE JUDGING SYSTEM WILL BE ON 4 CATEGORIES:

- Strength statics
- Strength dynamics
- Dynamic acrobatics
- Combinations

Each discipline will be divided in categories and subcategories.







Para calisthenics athletes showing their strength endurance

# PARA CALISTHENICS ATHLETES FREESTYLE PERFORMANCE

The freestyle is the heart of creativity within the calisthenics sports.



There is no limits for the mind and for the body.





# 05 | PARA CALISTHENICS COMPETITION STRUCTURE + POINTING SYSTEM

How to judge Strength Endurance?

- For each repetition of the exercise will be given 1 point.
- There will be 3 judges: 1 for the form of the exercises; 1 to count the repetition of the exercises; 1 to write the score
- Every exercises must be performed in full range of motion with strict form (as much as disabled people can)



# 05 | PARA CALISTHENICS COMPETITION STRUCTURE + POINTING SYSTEM

How to judge Streetlifting 1 repetition max competition (1RM)?

- There will be 3 judges: 1 for the form of the exercises and to help with the weights ; 1 to count the repetition of the exercises; 1 to write the score
- Every exercises must be performed in full range of motion with strict form (as much as disabled people can)
- The competitor receives points depending off the bodyweight and weights lifted for each exercise according to the ISF point system algorithm.
- If the repetition of the exercise is with incorrect form there will be no points given: also known as a NO LIFT.

# 05 | PARA CALISTHENICS COMPETITION STRUCTURE + POINTING SYSTEM

How to judge freestyle competition?

There is 4 categories for judging:

- \* Strength statics
  - \* Strength dynamics
  - \* Acrobatic dynamics
  - \* Combinations
- There will be 4 judges: 1 for strength statics, 1 for strength dynamics, 1 for acrobatic dynamics and 1 for combinations.

- Every exercises must be performed in full range of motion with strict form (as much as disabled people can)
- The competitor receives points depending off the bodyweight and weights lifted for each exercise according to the ISF point system algorithm.
- If the repetition of the exercise is with incorrect form there will be no points given: also known as a NO LIFT.

## 06 | EQUIPMENT FOR PARA CALISTHENICS GAMES



### Allowed equipment:

- Magnesium/chalk
- Parallettes
- Elbow and wrist bands
- Sleeves and knee bands
- Pull up hooks and any form of prosthesis
- weight belt
- Step box
- Physical assistant
- Shoes



### Not allowed equipment:

- Grip bands
- Oversized clothes
- Doping supplements



## Para Calisthenics disciplines

### Strenght Endurance

Blind

Deaf

Blind & Deaf

Without sensory impairments

little people

Weight category +/-70KG

People with disabled hands

People with disabled legs

People with one hand:

Exercises:

- Pull ups
- Pull ups with prosthesis if (50% of the hand is missing)
- Dips with prosthesis if (50% of the hand is missing)

People with one leg:

Exercises:

- Pistol squads
- One leg squad on platform

People with two hands:

Exercises:

- Pull ups
- Dips
- Push ups
- Muscle ups

People with two legs:

Exercises:

- Squads
- Pistol Squads

## Para Calisthenics disciplines

### Strenght Endurance

Blind

Deaf

Blind & Deaf

Without sensory impairments

little people

Weight category +/-70KG

People with disabled hands

People with disabled legs

People with prosthesis:

Exercises:

- Pull ups
- Dips
- Push ups
- Muscle ups

People with two legs with prosthesis:

Exercises:

- Squads
- Pistol squads
- One leg squads on platform

People with one hand & one prosthesis:

Exercises:

- Pull ups
- Dips
- Push ups
- Muscle ups

People with one leg with prothesis:

Exercises:

- Squads
- Pistol Squads
- One leg squads on platform

## Para Calisthenics disciplines

### Streetlifting Classic

Blind

Deaf

Blind & Deaf

Without sensory impairments

little people

Weight category  $\pm 70\text{KG}$

People with disabled hands

People with disabled legs

People with one hand:

Exercises:

- Pull ups
- Pull ups with prosthesis if (50% of the hand is missing)
- Dips with prosthesis if (50% of the hand is missing)

People with one leg:

Exercises:

- Pistol squads
- One leg squad on platform

People with two hands:

Exercises:

- Pull ups
- Dips
- Push ups
- Muscle ups

People with two legs:

Exercises:

- Squads
- Pistol Squads



## Para Calisthenics disciplines

### Streetlifting Multilift

Blind

Deaf

Blind & Deaf

Without sensory impairments

little people

Weight category +/-70KG

People with disabled hands

People with disabled legs

People with prosthesis:

Exercises:

- Pull ups
- Dips
- Push ups
- Muscle ups

People with two legs with prosthesis:

Exercises:

- Squads
- Pistol squads
- One leg squads on platform

People with one hand & one prosthesis:

Exercises:

- Pull ups
- Dips
- Push ups
- Muscle ups

People with one leg with prosthesis:

Exercises:

- Squads
- Pistol Squads
- One leg squads on platform

## Para Calisthenics disciplines

### Freestyle

Blind

Deaf

Blind & Deaf

Without sensory impairments

little people

Weight category +-70KG

People with hands (CAN BE WITH wheelchair or without)

Hands with wheelchair or without

People with one leg and two healthy hands

People without legs and healthy one hand

People with two healthy hand and without two legs

People with healthy legs and healthy one hand

People with legs and healthy hands (if the person in paralyzes from the waist to the lower body)

People with one leg with prosthesis

People without two legs with prosthesis

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- THE CALISTHENICS CLUB
- CHAMPIONS FACTORY











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