



RULES & REGULATIONS

“Beast Of The Barz“

The following rules and regulations are created by the organizers of BEAST OF THE BARZ (further stated a “authorities”). With the registration to a Beast Of The barz competition, every participant (further stated as “athlete”) accepts the following rules including the judging-system. These regulations were created in order to assure fairness, transparency and promote the sport in the best way possible. These rules and regulations will apply to every competition organized by BEAST OF THE BARZ

BEAST OF THE BARZ

Stockholm, Sweden

info@beastofthebarz.com

Edition 2019/2020

INDEX

1. General	3
2. Pre-Requisites	3
3. Selection Process	3
4. Battle Format	4
4.1. Battle-System	4
4.2. Round-System	5
4.3. Categories	5
4.3.1. Statics	5
4.3.2. Dynamics	5
4.3.3. Strength Dynamics	6
4.3.4. Combos	6
4.3.5. Music	6
4.4. Judging	7
4.4.1. Judges	7
4.4.2. Tasks	7
5. Confirmation	8

1. General

All Freestyle Calisthenics competitions in the BEAST OF THE BARZ will be conducted under the rules and regulations of organizers of BEAST OF THE BARZ

1.1 Every athlete need to wear shoes at all time's during their performance. No athlete are allowed to compete without shoes.

2. Pre-Requisites

- 2.1. Every athlete in a physical and mental state of competing no matter of gender, nationality or religion can register for the BEAST OF THE BARZ competition and will be treated equally during the selection process (See "3. Selection process").
- 2.2. Registration is only possible in the given timeframe when the registration for a specific event is open. After the deadline, no registration will be considered.
- 2.3. All athletes must have a valid health-insurance.
- 2.4. Upon registration the athlete confirms that she/he is aware of the risks and takes full responsibility for his health conditions liable for his actions and their possible consequences during both competition and free time.
- 2.5. All athletes are aware that the travel-costs will not be covered by the organizers.
- 2.6. All athletes must be legally allowed to travel to the country the event takes place.
- 2.7. All athletes must have basic English or Swedish language skills. If not, it is possible to bring a translator to the event at the athlete's cost.
- 2.8. Excluded from the competition are:
 - 2.8.1. Organizers of BEAST OF THE BARZ
 - 2.8.2. Judges (on the competition they judge)
 - 2.8.3. People with the impression not possessing the physical or mental state of competing.

3. Selection Process

- 3.1. After the registration is closed the selection process will start and the athletes will be informed about their ability to participate minimum 45 calendar days in advance of the event.
- 3.2. The athletes are then obliged to confirm their participation.
- 3.3. During the selection process the organizers will choose complete athletes which have an above average skillset in the five categories (See 4.3. "Categories") statics, strength dynamics, dynamics, combo. The authorities choose the athletes for the competition objectively with their best knowledge and conscience.
- 3.4. Once an athlete is chosen she/he is entitled to participate at a BEAST OF THE BARZ competition she/he has registered for.

3.5. If an athlete is selected and is not responding or cancels the plan afterwards, she/he is blocked for the next BEAST OF THE BARZ competition. Clauses are listed below and must be proven by doctors or responsible authorities:

3.5.1. Heavy injury or health issue

3.5.2. Death or severe health issue of a relative

3.5.3. Withdrawal to military service

3.5.4. Pregnancy

3.6. Male and female athletes compete in separate competitions.

3.7. The maximum number of participants can exceed 16 athletes for the male and female competition respectively but maximum 32 athletes in each gender category. Depending on the number of registrations a battle of 8 or 16 will be held.

4. Battle Format

4.1. Battle System

The battle will follow a classic K.O.-system in which the athlete who has won the round will move on accordingly to a battle tree.

For transparency and ease of organizing and judging the athletes are assigned to colors (red and blue or black and white ect) before every round.

4.2. Round System

4.2.1. During each battle every athlete has alternately 3 rounds of 30 seconds:

1. Athlete A: 30 seconds
2. Athlete B: 30 seconds
3. Athlete A: 30 seconds
4. Athlete B: 30 seconds
5. Athlete A: 30 seconds
6. Athlete B: 30 seconds

4.2.2. The Music for the battles will be chosen by the organizers

4.2.3. The round-timer will start when the athlete touches the bar.

4.2.4. The music starts after the DJ and the athlete give a clear sign that both are ready.

4.2.5. Right after the last round in the battle, the winner will be determined

4.2.6. The music which will be played is discussed in "4.4. Music"

4.3. Categories

The Athletes compete over 4 categories:

4.3.1. "Statics"

A static hold is an element where the body stays in a position for a specific amount of time.

The judges will rate the difficulty of the trick in combination with the cleanness of the execution. A hold will be considered as "failed" if it is held less than 3 seconds. Combining a static-move with a strength-dynamics move (4.3.3. "Strength Dynamics") the 3 seconds rule will not apply, this means that you need to hold the statics for 3 sec first before doing the power move to get points for the statics or after the dynamic move. A fail will lead to a combo interruption (See: 3.2.4 "Combos") The difference between bent arm planche and planche is when you have locked elbows and not bending them. When judging statics this will be notice and doing a planche with bent arms will be a "easier" version then with locked elbows.

Examples: Frontlever, Planche, Human Flag, ...

4.3.2. "Dynamics"

A dynamic-element is a movement where the athlete is in motion performing spins, flips or any movement which mostly uses momentum. The judges will rate the difficulty of the trick in combination with the cleanness of the execution. A trick will be considered as "failed" if the athlete slips from the bar, doesn't catch the trick, touches the ground with one or both feet

(during a skill that was obviously intended to be landed on the bar) falls when trying to do a flip (both hands on the ground or shoulder in the ground) or catch the bar with one hand (during a skill that was obviously intended to be landed with both hands)

This will lead to a combo interruption (See: 3.2.4 “Combos”)

Examples: Spins (360, 540), Swing gainer, Shrimp-Flip

4.3.3. “Strength Dynamics”

During a strength dynamic element, the athlete is also in motion, but uses strength instead of momentum. The judges will rate the difficulty of the trick in combination with the cleanness of the execution. A trick will be considered as “failed” if the athlete loses her/his power and can’t execute the full motion, Exempel of this is if you are trying to perform a frontlever pull up and don’t pull yourself up at least 90 degree with the elbow or do it with a bad form.

This will lead to a combo interruption (See: 3.2.4 “Combos”) *Examples:* Hefesto, Handstand Push-Up, Slow Muscle-Up, Handstand press..

4.3.4. “Combos”

In this category the judges will evaluate how the athlete combines the 3 movements stated above. The length, the flow, difficulty of the tricks and the diversity will be considered.

Examples: Flow means that you combine all the moves without a huge paus between them or how clean you are each combo. Interruptions are stated in the respective categories. To count as a combo it needs to have at least two dynamic skills and one static skill in it or two static skills and 1 dynamic skill.

Examples: Swing 360 to shrimpflip to straight bar planche.

4.3.5 “Set up”

Each athlete in both Qualifications/battles needs to use at least 2 parts of the set up provided by the organizers. *Examples:* One straight bar combo and one p-bar combo.

4.4. Music

4.4.1. For the qualifications the athlete is allowed to submit a track of her/his choice including the timecode where the song should start to play. Song should be chosen from Spotify and link should be send to that track.

According to “4.2.2.” the song starts to play 5 seconds before that timecode. (The round-timer starts at the chosen timecode as stated in “4.2.3.”)

4.4.2. For the battle round the music will be choose from a pool of music dedicated for the sport.

4.4.3. The athlete must submit their choice of music + timecode 20 calendar days₆

prior to the battle.

4.4.4.If the athlete doesn't submit any music until the deadline, music from the pool.

4.5. Judging

4.5.1. Judges

A team of 3 judges are elected advisedly by the BEAST OF THE BARZ head organizer team. Every judge has a perfect knowledge about the sport, the difficulty and the proper execution of the moves. Every judge independently and objectively assesses every athlete with the best of knowledge and conscience.

4.5.2. Tasks

1. Every judge judges *one* category each in the qualification. In the battle rounds each judge will judge every category and choose the athlete that they considered won the battle. If the battle consists of 3 athletes, every judge independently and objectively will choose the one they consider winner. When the winner is chosen the judge will choose the second place and third place.
2. The judges are allowed to take notes during the battle.
3. The judges consider the variety between the rounds. (A repeated combo and excessive use of a trick will be valued less.)
4. The judges decide if an athlete was better than his opponent in every category with an "either-or" system in the battle rounds.
5. The judges must not communicate with each other.
6. The judging time after each battle must not exceed 1 min. Within this time every judge decides which of the two athletes won the battle.
7. Within the 1 min the judge can change his mind. After the elapsed time the choice cannot be changed.
8. The judging time after a 3 athlete battle must not exceed 2 min. Within this time every judge decides which of the athlete came 1, 2, 3, The third place will be announced first then the first place and second place.
9. A judge must understand which tricks and/or elements he has to judge
10. A judge evaluates all athletes equally, nobody is given an advantage because of previous accomplishments and/or titles
11. The judge can evaluate athletes with marks from "0" to "10" points, including half points "0.5"
12. There must be a special place for the judges (table, chair, etc.). Judges must sit at the position where they can clearly see what is happening on the stage. Judge can warn someone if he cannot see the competition taking place.
13. A judge needs to perform his duties, without making any photos or videos of Participants to rewatch.
14. A judge must write comments while the athlete are performing but write down points only after an athlete's round. Points can be written in the comments section

and, after all Participants have performed, a judge must write down the final points for each athlete.

15. The judge cannot comment the decision to give marks made by another judge or impose his own opinion about any Participant.
16. The judge cannot whistle, scream or cheer up his favorite athlete. Only clapping/ applause is allowed.
17. The judges cannot participate in the competition or assist during any performance of any Participant.
18. Participants without shoes are not allowed to participate. A judge can interrupt the performance of an athlete and ask an athlete to put on shoes.
19. Results must be submitted on paper sheets provided to the judges by head of orginaziers of BEAST OF THE BARZ

CONFIRMATION

Approved by the board of directors of BEAST OF THE BARZ.

DANIEL FLEFIL & LUKAS BENGTSSON

Templet for this rules and regulations are created by the directors of WORLD OF BAR HEROES but modified according to the directors of BEAST OF THE BARZ own terms.

17th of Nov 2019