



EUCE-22 **STRENGTH** **ENDURANCE 2022**

Rulebook



Co-funded by
the European Union



TABLE OF CONTENTS

Table of contents	2	Judging criterias	13
The sport of bodyweight	3	Requirements	14
Qualifications	5	Codes of conduct	15
e-registrations	6	Disqualifications	16
EUCE Qualifications	7	Exercises for Male	17
The dutch national championship	8	Exercises for Female	23
Results	9	Summary	29
Tournament format	10		



THE SPORT OF BODYWEIGHT

Strength endurance is the discipline that represents The Sport of Bodyweight where all exercises are done in STRICT FORM with NO additional weights.

Athletes go simultaneously all together against each other in a race to see who has the best Strength Endurance finishing the competition routines as first. All repetitions have to be done in STRICT FORM. 1 Competition round in total.

The discipline where bodyweight categories, speed, techniques, strength, endurance, high-rep exercises, variation of difficulty levels make these routines an unpredictable race and enjoyable to watch.

Strength Endurance is the foundation of any other Calisthenics sports discipline, the basis of training bodyweight and the discipline where any athlete can test his maximal potentials to see his personal, physical and mental progressions.

Test your skills and compete in strength endurance on the Dutch national championship and qualify for the European Championship during the EUCE | European Calisthenics fair 2022 in The RAI Amsterdam.





Athletes from 10 European countries will win a variation of prizes, traveling to Amsterdam, Accommodations 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 potentials in this new Calisthenics topsport discipline:
STRENGHT ENDURANCE

STRENGHT ENDURANCE attractks many spectators and an impressive crowd which ensures a lot of emotions during the event. The SE-RACES are engaging, entertaining and create Interaction with the audience to make you become part of the SE-RACE. Just come and experience this incredible bodyweight performances yourself at the European Championship during the EUCE | European Calisthenics Fair 2022 in Amsterdam The RAI.

rai
AMSTERDAM

QUALIFICATIONS WHO CAN QUALIFY?

EUCE

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

TYPES OF QUALIFICATIONS:

- Athletes with an GOLDEN invitation by their National Federations to compete in Amsterdam on; "The Invitational" for the European Strength Endurance Championship
- National Championships which are pre announced for qualifications of the European Championship
- National E-Games qualifications

CATEGORIES:

- MALE -75 KG; 1st and 2nd place qualify
- MALE +75 KG; 1st and 2nd place qualify
- FEMALE OPEN WEIGHT: 1st and 2nd place qualify

If a qualified athlete gets injured prior to the event in Amsterdam and cannot compete the athlete will be replaced by the Federation and will not be able to travel!





E-REGISTRATIONS



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:
02.12.2022 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

EUCE QUALIFICATIONS

"THE INVITATIONAL"

EUROPEAN CHAMPIONSHIP

Discipline: STRENGTH ENDURANCE

CATEGORIES

WEIGHT:

Male: -75 KG

Male: +75 KG

Female: Open weight

AGE:

16+

DIRECT QUALIFICATIONS THROUGH NATIONAL CHAMPIONSHIP:

Male: -75 KG

1st Place

2nd Place

Male: +75 KG

1st Place

2nd Place

Female: Open weight

1st Place

2nd Place



THE DUTCH NATIONAL CHAMPIONSHIP



The Dutch National Championship Calisthenics 2022 is the first official legitimate urban sports event of its kind in the Netherlands, co-funded by the European Union's Erasmus+ program and as part of a new International and National Championship format set up by the 10 European federations for their athletes and their national teams.

During the Dutch Championship all athletes will compete against each other on a well equipped professional workout area in Primitive gym Harderwijk for the title who is the fittest Calisthenics athlete from the Netherlands.

Thanks to event technology, audio and visuals, professional referees and online broadcasting a new way of Calisthenics top sport performance will be presented to all its spectators in the Netherlands.

The top 2 ranked athletes of Dutch National Championship will qualify automatically for the "European Championship " in Amsterdam The Rai on 3 and 4 December 2022.

The rules and regulations for the Dutch National Championship are the same as for the European Championship EUCE "Invitationals" in December with additional rounds and different exercise routines.





RESULTS DURING NATIONAL CHAMPIONSHIP

OFFICIAL PRICE WINNERS CEREMONIE

Sunday 23.10.2022 will be the official announcement of the new Dutch National Strength Endurance Champions 2022



A male athlete is shown in a starting crouch, ready for a race. He is wearing a dark tank top and red sneakers. The background is a blurred outdoor setting with trees and a fence.

STRENGTH ENDURANCE | SE-RACE

DUTCH NATIONAL CHAMPIONSHIP

TOURNAMENT FORMAT

Athletes of each category compete all together at the same time in a STRENGTH ENDURANCE RACE: the “SE-RACE” to see who will finish first all exercise routines where each repetition needs to be performed in STRICT FORM. Each exercise has an amount of REPS that need to be done in correct form. By completing the amount of repetitions the athlete can move on to the next exercise. Once an athlete has completed the workout routine the time will automatically stop for the athlete individually and will be the athlete's end result of the SE-RACE. The Athlete with the fastest time will win the official titel of Dutch National Champion. All other time results will be placed on the National Calisthenics Strength Endurance rankings.

TIMES

- No time limit
- Open Race

ROUNDS

- 1 Final Round SE-RACE

RANKING

Time Based



TIES SE-RACE

If the SE-RACE ends in a tie with athletes ending at the same time there will be a final workout of Pull Ups battle of max rep full range of motion to decide the winner.

USE OF THE WORKOUT AREA

- Use the whole Calisthenics Park to reach your maximum potentials
- Use of Pull up Bar
- Use of Floor
- Use of Dip Bar
- Use of PBar



TIMES

- Open Race time
- Fastest time wins
- Each referee times the athlete with a stopwatch
- Time stops when the athlete has completed the complete routine
- Referees submit the time score to the head official
- Athletes ranking is based on end time results



REFEREES

- 1 Center Official: He coordinates the athletes on the workout area and makes sure all codes of conduct and regulations are respected during the SE-RACE.
- 1 Operating Official behind the laptop: Timekeeper
- 10 athletes total
- 20 Referees Total
- 2 Referees per athlete
- 1 Referee watches the form
- 1 Referee counts the REPS and monitors the time
- Scores get submitted per judge to the head official
- Rounds can get split up due to not enough referees

JUDGING CRITERIAS

1. Strict Form
2. REPS NOT STRICT FORM will be counted as a NO REP
3. Athlete needs to complete first the amount of correct REPS before they can move on to the next exercise.
4. Athletes are allowed to rest in between the REPS
5. Referees stop the time when the last REP has been completed
6. Referees submit the final time score to the head official





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
- All athletes must arrive 1 day prior to the competition date
- All athletes must come 1 day to weigh, medical check and receive their accreditations.
- All athletes must book their own travel and accommodations. (Organizers can provide hotel options near the event location)



CODES 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
- Corner man / Coach needs to maintain himself and the performing athlete in a professional manner 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

- Aggressive body language towards an official or athlete
- Getting in your opponents' way intentionally

2nd yellow card = red card

disqualification

- 2nd time aggressive body language towards an official or athlete
- 2nd time getting in your opponents' way intentionally

EXERCISES | MALE CATEGORY -75KG, +75KG



Exercises for the SE-RACE

Round of 10

1. Muscle ups 15
2. Push Up 75
3. Pull up 30
4. Squats 200
5. Dips 55

MUSCLE UPS

15X reps

Fully straight arms in starting position;

Fully straight arms (locked arms) in position above the bar without holding up on the bar for more than one second;

Joined outstretched legs, discipline performed without any kind of swinging;

The chest does not touch the bar when performing Muscle Up;

Grip - there is no false grip, the grip is the same as a grip for pull ups, the thumb is below the bar;

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

Dress code

Discipline is performed in shorts and body shirt



PUSH UPS

75X REPS

Fully locked arms before starting repetitions;

Touch the ground with the chest during each repetition;

Push-ups must be done on palms of the hand, push-ups with fists are not allowed;

The joined outstretched legs and the whole body move in harmony with the arms, not only the upper part of the body, the body is always straight along the entire movement.

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

Dress code

Discipline is performed in shorts and body shirt





PULL UPS

30X REPS

The arms must be in a starting position wider than shoulder width (similar to the letter V);

Grip - overhang - thumb is down; In the initial position the arms are fully extended; The limit for the pull ups is 35 cm away from the bar and extends to the height of the bar, it is not allowed to make an arch when performing this discipline; When performing the discipline the WHOLE HEAD must cross the bar;

Pull ups outstretched and without movement or any kind of swinging;

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

Dress code

Discipline is performed in shorts and body shirt

SQUATS

200X reps

Start by doing a squat, the push must be with the whole foot, pushing with fingers only or leaning forward is not allowed. You must lower your body to at least 90 degrees or lower. When pushing back up you must lock your knees in order to have a clean rep. Hands should be in the shoulder level and outstretched-locked, no movement.

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

Dress code

Discipline is performed in shorts and body shirt



DIPS

55X REPS

In the initial position, the arms are locked and ready to perform the exercise, the spine is straight;

The hands when performing the discipline must be exactly 90 degrees, which will have to be limited by props that are adjustable in relation to the competitor;

Joined outstretched legs and without movement or any kind of swinging;

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

Dress code

Discipline is performed in shorts and body shirt



EXERCISES | FEMALE CATEGORY

Exercises for the SE-RACE

Round of 10

1. Pull ups 20
2. Pushups 30
3. Toes to bar 20
4. Squats 100
5. Dips 25





PULL UPS

20X REPS

The arms must be in a starting position wider than shoulder width (similar to the letter V);

Grip - overhang - thumb is down; In the initial position the arms are fully extended; The limit for the pull ups is 35 cm away from the bar and extends to the height of the bar, it is not allowed to make an arch when performing this discipline; When performing the discipline the WHOLE HEAD must cross the bar;

Pull ups outstretched and without movement or any kind of swinging;

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

Dress code

shirt or tight body shirt and shorts

PUSH-UPS

30X REPS

Fully locked arms before starting repetitions;

Touch the ground with the chest during each repetition;
Push-ups must be done on palms of the hand, push-ups with fists are not allowed;

The joined outstretched legs and the whole body move in harmony with the arms, not only the upper part of the body, the body is always straight along the entire movement.

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

Dress code

no shirt or tight body shirt



FULL LEG RAISES

20X REPS

Full leg raises - 20x reps
Hang from a bar;

Lock your legs straight and lift them up until your toes touch the bar then lower your legs to the starting position without twisting your hips or losing your grip or bending your knees.

Keep your legs and arms straight and locked during the whole movement.

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

Dress code

Discipline is performed in shorts and body shirt





SQUATS

100X REPS

Start by doing a squat, the push must be with the whole foot, pushing with fingers only or leaning forward is not allowed. You must lower your body to at least 90 degrees or lower. When pushing back up you must lock your knees in order to have a clean rep. Hands should be in the shoulder level and outstretched-locked, no movement.

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

Dress code

Discipline is performed in shorts and body shirt



DIPS

25X REPS

In the initial position, the arms are locked and ready to perform the exercise, the spine is straight;

The hands when performing the discipline must be exactly 90 degrees, which will have to be limited by props that are adjustable in relation to the competitor;

Joined outstretched legs and without movement or any kind of swinging;

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

Dress code

shirt or tight body shirt and shorts



SUMMARY



CATEGORY	ROUTINE	TOTAL
Male -75KG, +75KG	Muscle ups 15x reps; Push-ups 75x reps; Pull ups 30x reps; Squats 200x reps; Dips 55x reps;	375 reps
Female Openbodyweight	Pull ups 20x reps; Push-ups 30x reps; Full leg raises 20x reps; Squats 100x reps; Dips 25x reps;	195 reps

CALISTHENICS

STREET SPORT ACCORD



SWBG



PSU



TCC



FSW



ASWCA



SWL



CSWI



CI



FNSWC



ESDT

Thank You

www.euce-project.eu

www.streetliftingeurope.org

www.thecalisthenicsclub.com



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