



# STREETLIFTING CLASSIC + MULTILIFT 2023

Rulebook

# EUCE



Co-funded by  
the European Union





# TABLE OF CONTENT



Table of content	2	National teams	13
Goals and objectives	3	Points	14
Management of Championship	4	Entry forms and payments	15
Dates	5	Contract for participation	16-17
Rules and Referees	6	Streetlifting Classic Absolute	18
Divisions	7	Streetlifting Multilift Absolute	19
Weight and Age classes	8	Nominations	20
Equipment and Insurance	9	Contact	21
Travell and Accommodation	10		
List of countries	11		
Team organization and application	12		



# THE GOALS AND OBJECTIVES

- Development and popularization of streetlifting in Europe
- Fixing European Records according to ISF/EUSF
- Rallying athletes from different countries and training in the teamwork spirit
- Identify the strongest team
- Formation of the prestige of sports and, as a result, formation of the prestige of a healthy lifestyle





# MANAGEMENT OF CHAMPIONSHIP

The broad guide will be taken by the International Streetlifting Federation (hereinafter ISF), and the direct organization of the competition is carried out by the European Streetlifting Federation (hereinafter EUSF).



**EUSF**  
EUROPEAN  
STREETLIFTING  
FEDERATION

**rai**  
AMSTERDAM





# DATES

Date: February 25-26, 2023.

Venue: De Rai, 16, Europaplein, Zuid, Amsterdam, North Holland, 1078GZ, Netherlands

- 24.02.2023: Weighing / Accreditation
- 25.02.2023: Classic Streetlifting
- 25.02.2023: Weighing / Accreditation
- 26.02.2023: Multilift

The schedule of weighing and lifting will be based on preliminary applications and will be available from November 20, 2022 on the official website of the EUSF: <https://streetliftingeurope.org/>







## RULES

The championship will be held according to the ISF Technical Rules

Read them on our website:

<https://streetliftingeurope.org/technical-rules/>



## REFEREES

Only certificated referees by ISF/EUSF are allowed. The referee should have appropriate clothing (white shirt, dark pants) and the appropriate referee category

### **Head Referee & Chairman of the Referee of Appeal:**

– Paco Podunajec / International Referee Category B

### **Head Secretary:**

– Farid Bouchikhi / International Referee Category B



# DIVISIONS

EUSF-2023

## CLASIC STREETLIFTING

### Men's divisions:

- Total (Pull/Chin-up + Dip)
- Muscle Up

### Women's divisions:

- Total (Pull-up + dip)

## MULTILIFT STREETLIFTING

### Men's divisions:

- Total 24 kg (Pull/Chin-ups) + 32 kg (Dips) (open - amateurs)
- Total 32 kg (Pull/Chin-ups) + 48 kg (Dips) (open - professionals)
- Muscle Up with 10kg

### Women's divisions:

- Total 12 kg (Pull/Chin-ups) + 16 kg (Dips)

\* The organizers have the right to adjust the program of the competition.





# WEIGHT AND AGE CLASSES

EUSF-2022

## CLASIC DIVISIONS

### Men

Open (Absolute weight & age category)

### Women

Open (Absolute weight & age category)

## MULTILIFT DIVISIONS

### Men's divisions:

- Total 24 kg (Pull/Chin-ups) + 32 kg (Dips) (open - amateurs)
- Total 32 kg (Pull/Chin-ups) + 48 kg (Dips) (open - professionals)
- Muscle Up with 10kg

### Women's divisions:

- Total 12 kg (Pull/Chin-ups) + 16 kg (Dips)







## AGE RESTRICTION

Athletes who are under the age of 18 at the time of the competition may take part in them only with the written consent of the parents or the legal representative of the child, in the prescribed form:

<https://streetlifting.world/documents/>. Athletes of this age group are allowed to participate in competitions only with a coach or parents or their legal representatives.

## EQUIPMENT

Equipment and uniforms of athletes must comply with the ISF Rules.

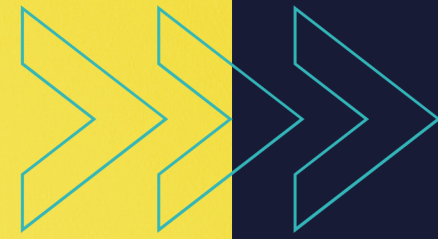
Athletes who do not perform with the requirements on equipment and uniforms are not allowed to the platform.

## INSURANCE

Every athlete has to consult with his doctor before taking part in competitions. All athletes perform at their own risk, realizing that they could be seriously injured.

Organizers are not responsible for health of the athletes, as well as risks associated with the trauma.





# TRAVEL AND ACCOMMODATION OF PARTICIPANTS

All expenses for business trips and accommodation of members of national teams from those countries that are included in paragraph 5.5. are covered by the Organizers of the competition. Representatives of national teams of paragraph 5.6, bear all the costs of travel and accommodation independently.







## 5.5: LIST OF COUNTRIES

1. Bulgaria
2. France
3. Greece
4. Ireland
5. Italy
6. Latvia
7. Portugal
8. Romania
9. Serbia
10. Netherlands

## 5.6: FULL LIST OF EUROPEAN COUNTRIES

Albania, Andorra, Armenia, Austria, Azerbaijan, Belarus (Authorised Neutral Athlete), Belgium, Bosnia & Herzegovina, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, Georgia, Germany, Hungary, Iceland, Kazakhstan, Kosovo, Liechtenstein, Lithuania, Luxembourg, Macedonia, Malta, Moldova, Monaco, Montenegro, Norway, Poland, Russia (Authorised Neutral Athlete), San Marino, Slovakia, Slovenia, Spain, Sweden, Switzerland, Turkey, Ukraine, United Kingdom, Vatican City (Holy See)





# TEAM ORGANIZATION AND APPLICATION RULE

Have to send an application form before November 19, 2022, to e-mail:

[info@streetliftingeurope.org](mailto:info@streetliftingeurope.org)

The application form you can take on the official website:

<https://streetlifting.world/for-teams/>

It is impossible to change something after November 19, 2022.

Regardless of whether an athlete performs in the individual competition or for the team, for each separately, athletes must be submitted an online application.







# NATIONAL TEAMS

- Each national team should consist of 3 athletes: 2 men and 1 woman.
- Only 1 national team is allowed from each country.
- 2 national teams are allowed to participate the host country of the Championship.
- Each team must indicate an official representative of the team – the Team Captain.

a





# POINTS

- The team points are calculated and the winner is determined according to the ISF Technical Rules.
- Team points are awarded as follows: 12, 9, 8, 7, 6, - for the first five places in any weight category. Every next athlete who has finished the competition and who has collected the total amount receives 1 point.

At the end of the competition, the captains of the teams must submit the file with the best nominations to the Head Secretary of the competition. The score of team points must be downloaded on the official website: <https://streetlifting.world/for-teams/>.

The winning teams get cups, diplomas, and any valuable prizes if any sponsor help is o





## PERSONAL REWARDING

Athletes, who take the first three places in each discipline get exclusive medals and diplomas.

All awardees or their representatives have to be at awarding ceremony. In other way giving the prizes is not guaranteed.

## ENTRY FORM AND PAYMENTS

Preliminary applications are NECESSARY.  
The application deadline is November 19, 2022 (inclusive)

Entry Fee = FREE  
No Nomination costs

Online registration form on the official website: <https://bit.ly/3edtOth>





# THE CONTRACT FOR PARTICIPATION IN THE COMPETITION

Passing weighing procedure and registration, each athlete is required to sign the reverse side of the registration card. The fact of signing this card is the conclusion of an Agreement on the participation in the competition between the athlete and the organizers.

By signing the card, the athlete agrees with the clauses of this competition rule, as well as with all the points of technical regulations ISF/EUSF Federations and all of its decisions taken before the start of the competition and published on the official website.

**Also, the athlete expressly agrees to the following conditions:**

- Taking part in the competition, the athlete recognizes that it will require a maximum of physical and psychological stress, which entails a risk of injury or mutilation. The athlete assumes all risks associated with it and bears full responsibility for any injury and mutilation, about which he knows or not, that he can get.
- The athlete is realizing that he is responsible for the control of his health before taking part in the competition, thus confirming conducting regular medical check-ups, and the absence of medical contraindications for participation in competitions, respectively, his full physical fitness and voluntarily insured his life and health on the period of participation in the competition.





- Taking part in the competition, the athlete knowingly waives any claims in the event of injury or mutilation in this tournament, against ISF/EUSF Federations and ISF National Federations, the tournament organizers, the owner of the premises, directors, officers, employees, and assistants on the platform and all operating personnel of competition.
- Athlete voluntarily pays for all charitable contributions intended to repay the costs of the tournament, the production of awards merchandise and other expenses related to the sporting events.
- To conduct commercial photo or video filming, it is necessary to obtain accreditation from the organizing committee of the competition. All materials filmed and not accredited by photographers and video operators are considered freely distributed and the federation reserves the right to use them for its purposes without the consent of the author of these materials appearing open sources.





# ABSOLUTE EUROPEAN CLASSIC STREETLIFTING CHAMPIONSHIP

EUSF-2023

## NATIONAL TEAMS CONSIST OF 3 MEMBERS:

- 1) Male over 13 years old  
Open body weight category
- 2) Male over 13 years old  
Open body weight category
- 3) Female 13 years and older  
Open body weight category

## COMPETITIVE DISCIPLINES:

- 1) Classic (2 lifts. Pull/Chin-up + Dip)
- 2) Classic Muscle Up (for Men)

1RM - Each athlete has 3 attempts

The winners (1st, 2nd, 3rd place) are determined using the ISFpoints formula

## All possible nominations of participants:

- 1) Classic Streetlifting (2 lifts) among Men of the Open category
- 2) Classic Streetlifting (2 lifts) among Women of the Open category
- 3) Classic Muscle Up among Men of the Open category





# ABSOLUTE EUROPEAN MULTILIFT STREETLIFTING CHAMPIONSHIP

EUSF-2022



## NATIONAL TEAMS CONSIST OF 3 MEMBERS:

- 1) Male over 13 years old  
Open body weight category
- 2) Male over 13 years old  
Open body weight category
- 3) Female 13 years and older  
Open body weight category

## COMPETITIVE DISCIPLINES:

For Men:

- 1) Multilift Amateur 24/32 (2 lifts. Pull/Chin-ups with 24 kg + Dips with 32 kg)
- 2) Multilift Pro 32/48 (2 lifts. Pull/Chin-ups with 32 kg + Dips with 48 kg)
- 3) Muscle Ups with 10 kg

For Women:

- 1) Multilift 12/16 (2 lifts. Pull/Chin-ups with 12 kg + Dips with 16 kg)

Max rep - Each athlete has 1 attempt

The winners (1st, 2nd, 3rd place) are determined by the number of repetitions performed in individual exercises, or by the sum of the final results of both exercises





# NOMINATIONS

## All possible nominations of participants:

- 1) Multilift Streetlifting (2 lifts) among Men (Amateur) of the <75kg BW category
- 2) Multilift Streetlifting (2 lifts) among Men (Amateur) of the >75kg BW category
- 3) Multilift Streetlifting (2 lifts) among Men (Pro) of the <75kg BW category
- 4) Multilift Streetlifting (2 lifts) among Men (Pro) of the >75kg BW category
- 5) Multilift Streetlifting (2 lifts) among Women of the Open category
- 6) Multilift Muscle Up among Men of the <75kg BW category
- 7) Multilift Muscle Up among Men of the >75kg BW category







# EUSF

EUROPEAN  
STREETLIFTING  
FEDERATION

## CONTACT INFORMATION

Farid Bouchikhi – phone: +31618042441 (WhatsApp), [info@streetliftingeurope.org](mailto:info@streetliftingeurope.org)

ISF official website: <https://streetlifting.world/>

EUSF official website: <https://streetliftingeurope.org/>

EUCE-Project: <https://euce-project.eu/>





# STREETLIFTING

## STREET SPORT ACCORD



SWBG



PSU



TCC



FSW



ASWCA



SWL



CSWI



CI



FNSWC



ESDT





# THANK YOU

---

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

# EUCE



**Co-funded by  
the European Union**