



EUCE-22 **CALISTHENICS** **FREESTYLE 2022**

Rulebook



Co-funded by
the European Union




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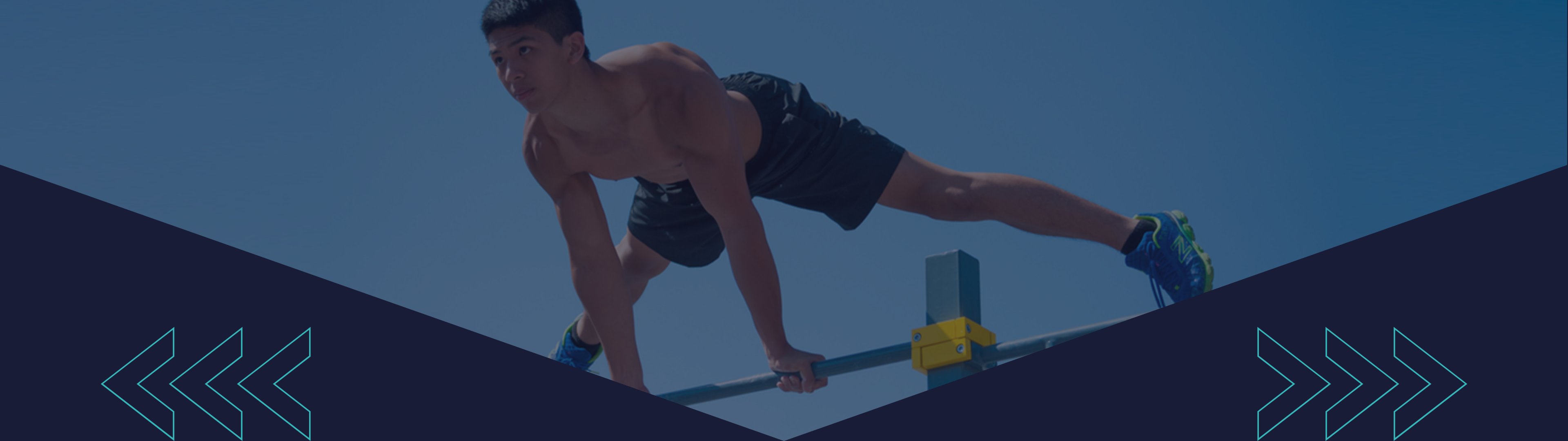


THE SPORT OF INCLUSION



The EUCE| Calisthenics Freestyle 2022 "Invitationals" European Championships is the first official legitimate European-wide sport event of its own 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 criterias and music makes this event well organized, easy to follow and an unforgettable lifetime experience.

The event is experiencing a sustainable growth in a short duration of time due to the joint 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, 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: FREESTYLE

FREESTYLE attracts many spectators and an impressive crowd which ensures a lot of emotions during the European Championship. The 1 VS 1 battles are engaging, 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 Championship during the EUCE | European Calisthenics Fair 2022 in Amsterdam The RAI.

rai
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 category

AGE:

16+





REGISTRATIONS:

E-Registration



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

QUALIFICATIONS

Who can qualify?

| EUCE

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

TYPES OF QUALIFICATIONS:

1. Athletes with an GOLDEN invitation by their National Federations to compete in Amsterdam on; "The Invitationals" for the European Freestyle Championship
2. National Championships which are pre announced for qualifications of European Championship
3. E-Games qualifications

CATEGORIES:

MALE -75 KG; 1st plac

MALE +75 KG; 1st place

FEMALE OPEN WEIGHT: 1st place

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!



QUALIFICATIONS

Who can qualify?

Wild card
E-qualifications

Wild-Card e-qualifiers EUCE. All e-qualifications online will be held in Oktober in 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 own behalf and expenses to participate in the topsport Calisthenics European-wide event.





NATIONAL CHAMPIONSHIPS

Discipline: [Freestyle](#)

DESCRIPTION

Winners of National Championships in 1 of the 10 European countries can also qualify for the European Championship during the EUCE | European Calisthenics Fair 2022 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



DUTCH NATIONAL CHAMPIONSHIP



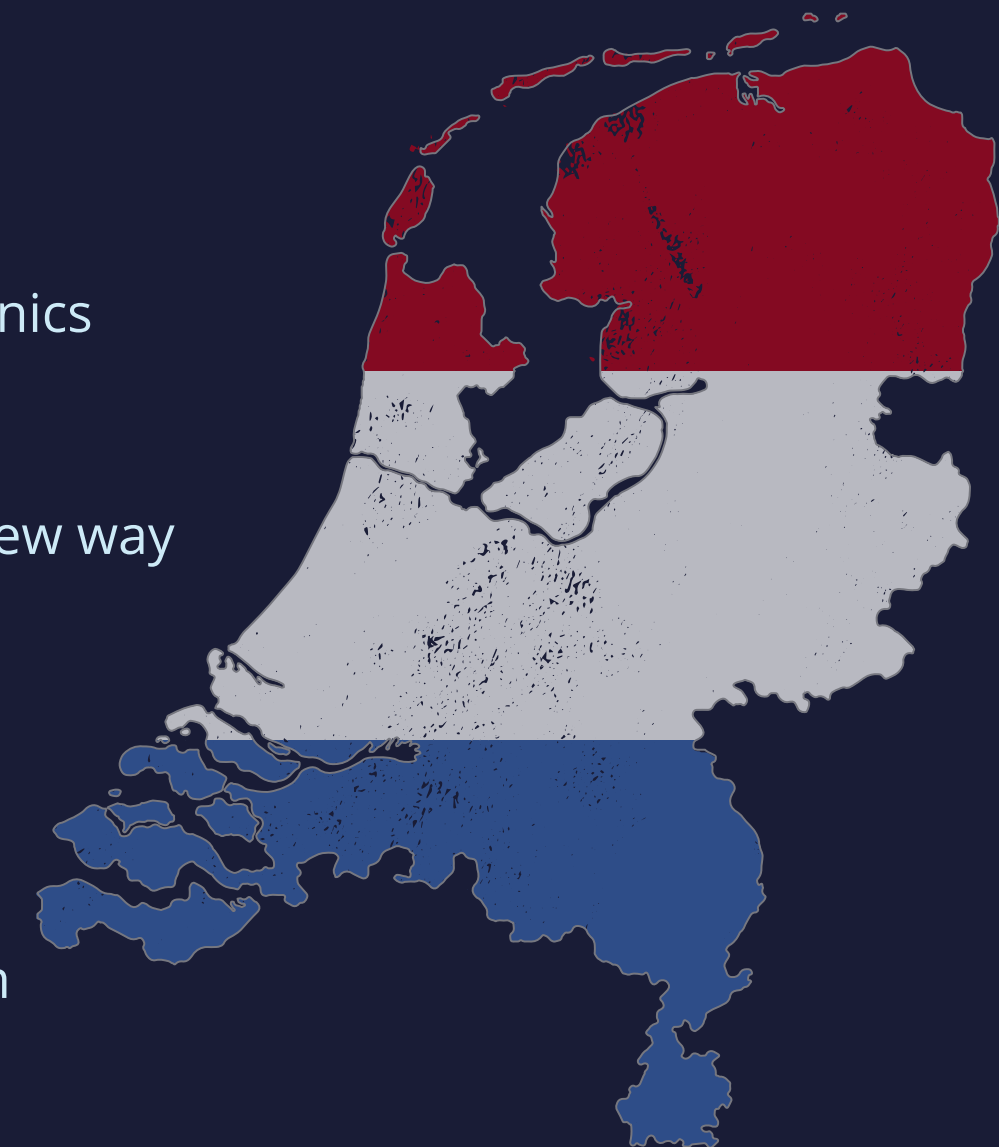
The Dutch National Championship Calisthenics 2022 is the first official legitimate urban sports event of its kind in the Netherlands, co-funded by the European Union's Erasmus+ program and as part of a new International and National Championship format set up by the 10 European federations for their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

During the Dutch Championship all athletes will compete against each other on a well equipped professional main stage in Primitive gym Harderwijk to battle for the title who is the best Calisthenics freestyle athlete of the Netherlands within his or her category.

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 winners of Dutch National Championship will qualify automatically for the "Invitational 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.



EUCE | NK CALISTHENICS FORMAT PRIMITIVE GYM

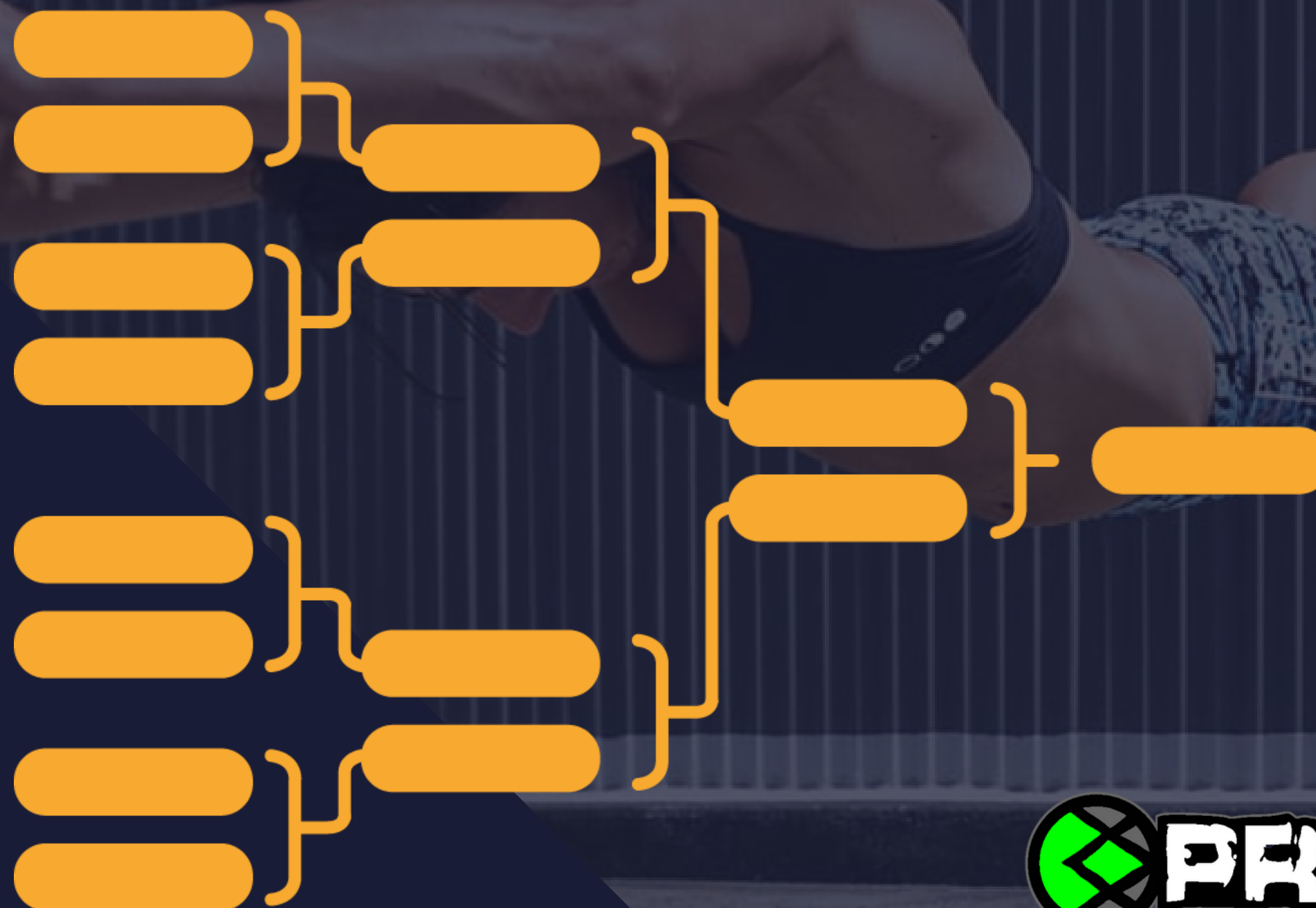


Brackets

Single Eliminations:
Round of 8 / 4 / 2

Sunday 23 October

Round of 8 / 4 / 2





RESULTS DURING NATIONAL CHAMPIONSHIP

Official prize winners ceremonie

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



EUCE | TOURNAMENT FORMAT AMSTERDAM THE RAI



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
AMSTERDAM



RESULTS DURING EUROPEAN CHAMPIONSHIP

Official prize winners ceremonie

Sunday 04.12.2022 will be an official prize winners ceremonie in gala set up





BATTLES

1 vs 1



ROUND SYSTEM

BO3 - Best of 3 series per battle



POINT SYSTEM

10 Points must system



TIES

GOLDEN BAR RULE

If the Battle ends in a tie 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 in the battlefield will be decided prior to 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

O1

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

DEFENDER / HOLD BACK POSITION

O2

replicating the opponents offensive move and then performing an Striker move of a higher level of difficulty.



TIMES

- 45 seconds per battle round per athlete
- 10 seconds switch time between athletes
- 30 seconds of rest between the rounds
- 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 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 sett up
- 10 Must system
- Each Referee judges the 5 criterias, so that means that you will get judged by 3 referees and each one will judge the athlete by the 5 criterias.



JUDGING CRITERIAS

1. Dynamics: Ability to perform power moves such as, 360s - 540's- 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 controle.
4. Creativity: ability to bring new movements or sequences to the performance.
5. Combinations and flow: 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.
- Athlete needs to submit a clear reason why he appeals for video review
- 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, Quarter final 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 into 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 prior to the competition date
- All athletes must come 1 day to weigh, medical check 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 own travel and accommodations. (Organizers can supply hotel options and event location)
- All athletes MUST have a mouth guard to compete. If you do not have one, organizers will supply an official mouthguard.

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 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

- Spitting out mouthguard, athlete MUST put mouthguard back in.
- Aggressive body language
- Obstructing your opponent

2nd yellow card = red card

disqualification

- 2nd time spitting out mouthguard
- 2nd time aggressive body language
- 2nd time obstructing your opponent



CLOTHING

- Proper shoes MUST be worn at ALL times during competition
- Athletes need to wear Authorized Competition gear during competition time and the whole event in Amsterdam. Shirts may not be removed when 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. Prior to said competition. To get a “user authorization” for athlete sponsor, please email 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 favorite 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 prior to the event. See playlist regulations.
- Music stops and switches after the first 45 second
- 30 seconds rest no music
- When the bell rings music starts again of 45 second 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

www.euce-project.eu

www.streetliftingeurope.org

www.thecalisthenicsclub.com



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