

# Rules for Freestyle battle - Open Norwegian championship 2025

The main event consists of 2 rounds consisting of 30 seconds each where you have to outperform the opponent through juggling with a high degree of difficulty, a lot of variation, creativity and good execution with up to 4 balls, clubs or rings. After the 2 rounds are finished, the judges point to the juggler they think did best. The winning athlete advances to the next round.

Note: Judges can point to the left, right or make an X. If the majority gives an X or right and left hand side gets the same amount of votes, another round will be held until one player gets the majority.

There are no restrictions on what tricks you can do. It's also allowed to juggle a varied amount of objects during a 30 second round.

Before the tournament itself begins, all athletes must go through a qualifying round. Here you get 1 minute to show off your best tricks. The better you do in the qualification, the easier opponents you get in the tournament.

Exception from 2 rounds: In the finals, 3 rounds will be held.

Explanation of the four categories:

- **Difficulty**
  - The difficulty level of the tricks you execute
- **Creativity**
  - Innovative tricks or concepts
  - Surprise factor
- **Variation** (this is about both variation in individual rounds, but also throughout the tournament. If you do the same trick in the final round as in the semifinals, this can count negatively)
  - Variation in amount of objects (ex. 3 balls first round, 4 balls second)
  - Variation in type of object (ex. balls first round, rings second round and clubs third round)
  - Shows mastery of different types of techniques
    - Example:
      - Siteswaps
      - Body throws
      - Pirouettes
      - Slaps
      - Sync

- Async
- Balances
- rolls
- Spin control
- Multiplexes
- Etc ...

- **Execution**

- Few drops
- Few collisions
- How "clean" the pattern is
- Good transitions between tricks
- Little unnecessary movement
- Smooth rhythm
- Good technique