

Competition Rules & Guidelines:

Battle Rounds

Scenario A: In the event that there are 11 athletes or less, the first round will be a 60 second qualification round where athletes have the opportunity to best showcase their skills in the categories below. Athletes are not required to fill up the entire 60 seconds and are allowed to take water breaks between apparatuses as needed. The athletes are not battling 1 vs. 1 in this round, but will be ranked from 1-8, to set up pairings for the first round of battles (quarter finals); the top 8 athletes (in each the male & female categories), make it through to the battle rounds (up to 16 athletes total).

Scenario B: In the event that there are 12 or more athletes, there will be a pairings ceremony prior to the competition (either the day before or morning of), to determine 1 vs. 1 battles. In this scenario there will be no qualification round and the first time the athletes compete will be in a battle versus another athlete.

The battle rounds will take place against a paired opponent in a 1 vs. 1 style. Each athlete will have two 45 second rounds in this format:

- Athlete A: 45 secs
- Athlete B: 45 secs
- Athlete A: 45 secs
- Athlete B: 45 secs

The judges will then determine the winner and they will move on to the next round.

Athletes will be judged in the following categories:

1. Dynamics
2. Statics & strength
3. Combos
4. Execution

Dynamics

Dynamics will be scored out of 10 based on difficulty. "Dragon," versions of skills are scored less than release skills. Dragon refers to always keeping at least one hand in contact with the bar while the skill is performed. For example: a dragon 360 will score less than a swing 360 (releasing fully from the bar). The more flips and twists in a skill will increase the difficulty. For example: a swing 540 or a geinger will score higher than a swing 360. A wide variety of dynamic skills will result in a higher score.

Statics & Strength

Statics & strength will be scored out of 10 and focus on isometric holds and controlled dynamic skills with no momentum (ie no swinging or kipping).

Statics will be scored on difficulty. Lever skills in order of difficulty include: split lever, elbow lever, back lever, human flag, front lever, Victorian, planche. Each skill can be made more difficult depending on its variation. Variations of skills in order of easiest to hardest are: tuck, advanced tuck, single leg tuck, single leg advanced tuck, half lay, straddle, full lay (full skill). Handstand holds can score higher difficulty based on shapes and hand placement (ie split legs is easier than a straight line; hollow backs, straight bar grip, iguana grip, and one arms add difficulty).

This is not an exhaustive list of statics, but general guidelines. Using a single arm or wide arm variation, or equipment to reduce stability can increase difficulty where applicable.

Strength skills are considered a transition skill and will be scored based on difficulty. Repetitions over 3 will not be counted (this is not a reps competition). Strength skills include (but are not limited to), muscle up, front lever row, back lever row, back lever press, front lever press, press handstand, handstand push up, Russian dip, bar pull over, reverse pull over, Korean dip. These skills are meant to be performed without momentum to show off strength. This is not an exhaustive list, but general guidelines.

A wide variety of static and strength skills will result in a higher score.

Combos

Combos are scored out of 10 and include back to back dynamic skills, back to back static skills, and back to back dynamic and static skills (in either order). Combos involve seamlessly tying one skill into another. Multiple reps of the same strength skills do not count as a combo (ie 2 handstand push ups in a row do not count as a combo, however doing multiple handstand push ups within a combo with other skills will not break that combo). Back to back dynamic skills of the same skill do count as a combo (ie 540 540, or 360 360). Repeating a static skill twice will count as a combo if it is tied together with a strength skill (ie front lever, front lever row, front lever).

What breaks a combo:

- Stepping on the floor
- Sitting and pausing on the bar for more than 3 seconds (a short 1-3 second pause to hype up the crowd is allowed)
- Falling
- Extra swings between dynamic skills

An athlete should demonstrate both static to static combos (including strength skills), dynamic to dynamic combos, and static to dynamics and/or dynamic to static combos to maximize their score.

Execution

Execution looks at the overall cleanliness and “wow factor,” of a performance and will be scored out of 10. This category emphasizes:

- Clean catches squared to the bar (ie, not hitting with forearms or catching a skill short)
- Locked out arms on statics where expected (ie, planche, front lever, handstands)
- No wobbles or chicken winging in strength skills (ie handstand push ups and muscle ups)
- Clean lines on statics (ie not piking in a front lever)
- Making hard things look easy
- Points are given for crowd engagement and getting a reaction from the audience

Deductions

If an athlete falls during a skill they will not be scored on it and will be deducted a point. If the athlete immediately replicates the skill and catches it, they will be scored on that skill, but still deducted a point for the fall.

If an athlete falls during a combo, they are deducted a point and do not receive credit for the combo of the skill they fell on and the skill before. If the combo had more skills preceding it, they will be scored on those skills.

Example A: if an athlete competes 360 540 and falls on the 540, they do not get credit for the combo.

Example B: if an athlete competes 360 360 540 and falls on the 540, they get credit for the 360 360.

If an athlete comes down early from a static hold (less than 3 seconds), they get credit for the hold but a point will be deducted for time.

Judging

Each judge will be assigned a category from above (dynamics, statics & strength, combos, or execution). After the athletes have completed their rounds, the judges will each wave an arm in the direction of the athlete that won their category. In the event of

a tie, the judges will compare exact scores to break the tie. If there is still a tie, the athletes will battle in a tie breaker round to determine the winner. The tie breaker round is one round of 30 seconds for each athlete.

Other rules & recommendations

Mouth guards are recommended for athletes sending elite level release moves. Athletes are responsible for supplying their own.

Athletes will be supplied t-shirts and are encouraged to compete in them for at least one round to support our sponsors. There is no specific dress code for athletes, but athletes must compete in clothing that is safe and easy to move in (ie it will not get caught or in the way of the athlete). Athletes are allowed to compete in shoes or socks.

Athletes are allowed to submit songs for their qualifying round and finals round.

Athletes are permitted one person in the competition zone to film and/or coach them during their rounds. This person must not stand in front of the judges and must exit the competition zone immediately after the athlete is done their round. This person must already be permitted to enter the competition as an athlete or paid spectator.

All athletes are required to conduct good sportsmanship and contribute to an inclusive environment. Acts of sexism, racism, homophobia, xenophobia, or any other type of hate will not be tolerated and will result in a ban from the competition.