

# STREETLIFTING

## Guide

The discipline consists of performing two base exercises, where the athlete has a weight, which they can freely choose, attached to a special belt. The exercises are the weighted pull-up and the weighted dip. Each athlete has three attempts per exercise, during which they can choose their weights. The weights may only increase or remain the same in the event of a failed attempt. The best performance in both exercises is written down, and the competition results are determined by summing the best performances of both exercises.

Each exercise is performed by one athlete at a time. Two judges oversee each attempt to ensure proper execution. Wearing shoes is mandatory during the competition.

### Exercise Execution Rules

#### Weighted Pull-Up

- The athlete starts on a platform in front of the competition structure, with weights placed between their legs, and takes in the starting position independently. The starting position is achieved when the athlete hangs with straight arms from the elbow, using an overhand grip.
- Swinging during the exercise is prohibited to prevent excessive momentum.
- Crossing the legs is not allowed.
- The athlete must pull themselves up so that the lower part of the chin (not the tip) clears the top of the bar.
- Contact between the chin and the bar is not required.
- The judge will call “rep” or “no rep” based on whether the chin clears the bar or not.
- The athlete must return to the starting position independently and momentarily pause in a dead hang before releasing the bar.
- In case of technical issues, the athlete is granted an additional attempt.

An attempt is invalid if:

- The arms are bent in the starting position.
- Momentum is used during the movement.
- The direction of movement changes mid-rep. If the athlete is moving upwards, they may pause but cannot drop back down from that position.
- The lower part of the chin does not clear the bar.
- The chin is used to assist the pull-up (e.g., after the chin initially clears the bar, the athlete places their chin on the bar and nods to gain additional height).
- The chin is rested on the bar for more than one second.
- Any additional equipment (e.g., straps, compression gear) is used.

## Weighted Dip

- The athlete starts on a platform in front of the competition structure, with weights placed between their legs, and takes in the starting position independently. The starting position is achieved when the athlete holds themselves upright on straight arms with shoulders depressed.
- Movements that mimic swinging are prohibited.
- The athlete begins the exercise by lowering themselves between the parallel bars, bending the arms until reaching at least a 90-degree angle at the shoulder, elbow joint, and wrist.
- The judge will call “rep” or “no rep” based on whether the required depth is achieved or not.
- The athlete must return to the starting position independently, locking out the elbows and pausing briefly, before coming off the dip bars.
- In case of technical issues, the athlete is granted an additional attempt.

An attempt is invalid if:

- The starting position is incorrect.
- The elbow angle in the bottom position is less than 90 degrees.
- The direction of movement changes mid-rep. If the athlete is moving upwards, they may pause but cannot drop back down from that position (and vice versa).
- Any additional equipment (e.g., straps, compression gear) is used.

Competition Categories:

- Boys U16
- Girls U16
- Boys U18
- Girls U18
- Men -70kg
- Men -82.5kg
- Men +82.5kg
- Women

Athlete Requirements:

- Valid athlete license from the Estonian Calisthenics and Street Workout Union

Prohibited on Competition Grounds:

- Smoking (including e-cigarettes)
- Littering

- Inappropriate language
- Use of personal speakers
- Physical conflict
- Weapons
- Narcotic substances
- Pyrotechnics

For additional information, please contact us via email [info@kalisteenika.ee](mailto:info@kalisteenika.ee)