



# ENDURANCE SHOWDOWN

## REGELWERK V.1.0

DEUTSCHER CALISTHENICS UND STREETLIFTING VERBAND

This set of rules contains the rules for the  
DCSV Endurance Showdown competition format.

The regulations were decided by the DCSV General Committee and published  
on April 9th, 2022.

We would like to thank all supporters and partners who have worked intensively on the creation  
of this set of rules and are involved in its implementation.

This document was written in German.

**Copying, distribution and use of the rules for public competitions without the express per-  
mission of the DCSV is strictly prohibited.**

For reasons of readability, the masculine form was chosen in the text.  
Nevertheless, the information relates to members of both sexes.

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## 1 GENERAL

### 1.1 CONDITIONS OF PARTICIPATION

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#### 1.1.1 ASSOCIATION MEMBERSHIP

DCSV membership is not required to participate in the Endurance Showdown.

#### 1.1.2 MINIMUM AGE

Participation in the competition is possible from the age of 16. Participants who have not yet reached the age of 18 must submit the signed declaration of consent from their legal guardian to the competition management on the day of the competition at the latest. Without a signed declaration of consent, the competition management reserves the right to prevent participation.

#### 1.1.3 CONTRIBUTORS

The participation of contributors and officials according to chap. 6 is excluded.

### 1.2 REGISTRATION

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Participation in the competition requires online registration during the registration period using the registration form provided on the DCSV website or during the qualifying window on site on the day of the competition. The registrations will be considered according to the time of receipt. For organizational reasons and due to local conditions, the DCSV reserves the right to set an upper limit for participants. Registration requires confirmation from the competition director.

## 2 COMPETITION SYSTEM

### 2.1 GENERAL

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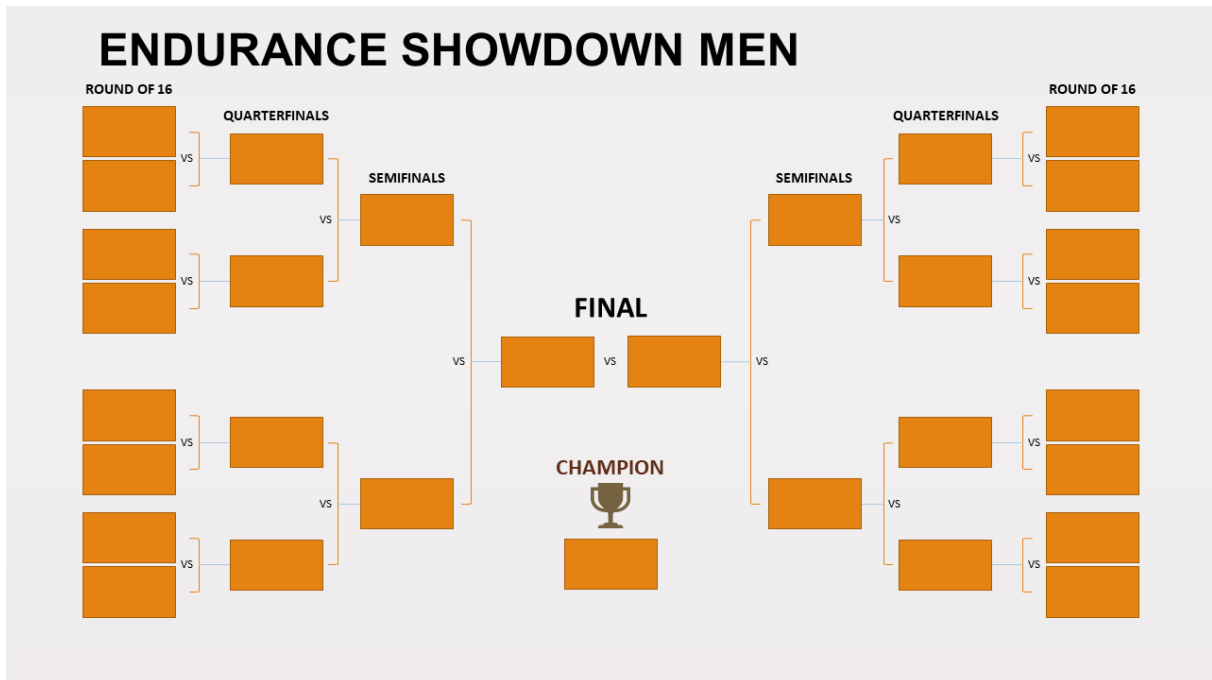
The Endurance Showdown is based on the principle of Strength Battles in combination with a Max Reps qualification round with a given time cap. After the qualification round, two raffled athletes compete against each other and have to complete a specified series of exercises in accordance with the rules. The athlete who successfully completes the disciplines first and rings the bell wins and advances to a lap. According to the KO system, this principle is followed up to the final.

## 2.2 RATING CATEGORIES

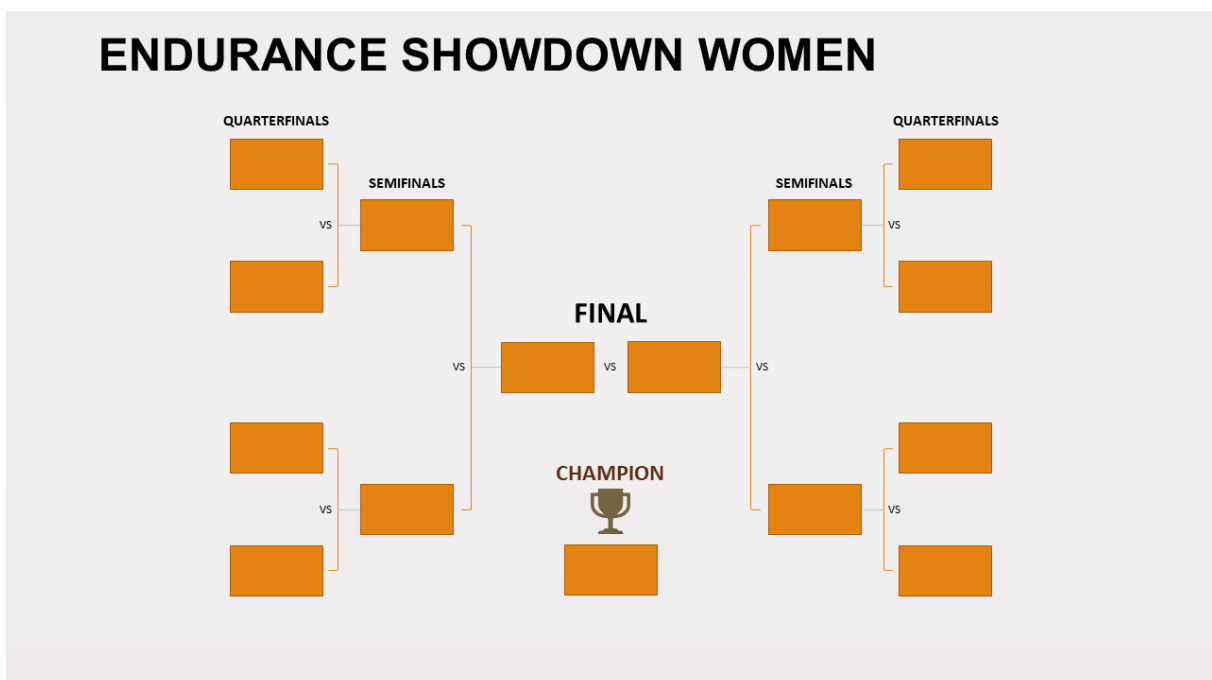
The qualification and the KO system are divided into two gender classes. There are no weight and age classes.

## 2.3 KO SYSTEM

### 2.3.1 MEN



### 2.3.2 WOMEN



## 3 QUALIFICATION

### 3.1 PROCESS

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The qualifying round takes place in the specified period and is based on a Max Reps attempt with a time limit of 60 seconds. Two athletes start at the same time and must complete as many repetitions of three or two specified disciplines as possible within this time limit. The aim is to complete as many rule-compliant repetitions as possible, which are converted into points. During the attempt, the athlete can decide for himself which discipline(s) he will perform in the given time and can divide his attempt individually.

#### 3.1.1 TEST START

Two athletes each start their attempts as soon as a “go” is signaled by the referee. The attempt is over as soon as the 60 seconds are up and the referee signals the “end”.

#### 3.1.2 ATHLETE ORDER

The athlete is responsible for his own qualification attempt and must complete it within the specified time window. There is no predetermined order.

### 3.2 DISCIPLINES

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#### 3.2.1 MEN

- Bar muscle ups
- Pull ups / chin ups
- bar dips

#### 3.2.2 WOMEN

- Pull ups / chin ups
- push ups

### 3.3 SCORING

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The scoring for each valid replay scored in both gender classes is shown in the following table:

discipline	Points
Bar muscle ups	5
Pull ups / chin ups	3
bar dips	1
push ups	1

## 3.4 EQUAL POINTS

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In the event of a tie in total points for individual athletes within a gender division, the following rules shall apply in the order listed to determine placement:

1. The athlete with the higher total number of reps wins.
2. The athlete with fewer total no reps wins.
3. The athlete with the most bar muscle ups or pull ups / chin ups wins.

## 3.5 QUALIFIED

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16 male and 8 female athletes qualify for the KO system with the highest total number of points.

# 4 KO SYSTEM

## 4.1 GENERAL

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### 4.1.1 BATTLE RAFFLE

The battle couples of both gender classes will be randomly raffled by the referee team before the first round.

### 4.1.2 ROUND WIN

The athlete who first successfully completes the specified series of exercises in accordance with the rules and then rings the bell wins the round.

### 4.1.3 TASK

Should an athlete no longer be able to meet the requirements of the discipline requirements during the battle and consequently receive permanent no reps, he can retire. The athlete who survives wins.

If two athletes are in the same situation and can no longer perform legal repetitions and consequently have to retire, the one who has progressed furthest in the routine wins.

## 4.2 ROUND MEN

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### 4.2.1 ROUND OF 16

1. 10 Pull Ups
2. 20 Dips
3. 30 Push Ups
4. 30 Vest Goblet Squats (+70lbs)

### 4.2.2 QUARTERFINALS

1. 20 dips
2. 10 sec . L-Sit Hold @ Parallettes
3. 20 Pull Ups
4. 10 sec . L sit hang hold
5. 20 push ups

### 4.2.3 SEMIFINALS

1. 5 pull up, 5 bar muscle up
2. 4 pull up, 4 bar muscle up
3. 3 pull up, 3 bar muscle up
4. 2 pull up, 2 bar muscle up
5. 1 pull up, 1 bar muscle up

### 4.2.4 BATTLE FOR 3RD PLACE

Both losers of the semifinals compete against each other in a dip battle based on the pyramid principle.

Both athletes face each other in dip support on the parallel bars and begin their battle after the referee's "go" signal. The athletes must take turns performing dips in accordance with the rules in increasing numbers without stopping. After each round you can cancel. The battle opponent has 5 seconds to start their attempt. The athlete who is the first not to reach the given number loses. A coin is tossed to determine who goes first. In the case of no reps, the respective repetitions must be repeated in the same round.

#### dip pyramid

1. 1 dip - 1 dip
2. 2 dips - 2 dips
3. 3 dips - 3 dips
4. 4 dips - 4 dips
5. ...

### 4.2.5 FINAL

1. 10 pull ups
2. 5 bar muscle ups
3. 20 bar dips
4. 10 pull ups
5. 30 push ups



## 4.3 ROUND WOMEN

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### 4.3.1 QUARTERFINALS

1. 10 pull ups
2. 15 dips
3. 20 push ups
4. 25 vest squats (+10kg)

### 4.3.2 SEMIFINALS

1. 15 dips
2. 5 sec. L-Sit Hold @ Parallettes
3. 15 Pull Ups
4. 5 sec. L sit hang hold
5. 15 push ups

### 4.3.3 BATTLE FOR 3RD PLACE

Both losers of the semifinals compete against each other in a push-up battle based on the pyramid principle.

Both athletes stand opposite each other on the floor in push-up support and begin their battle after the referee's "go" signal. The athletes have to take turns doing push-ups in accordance with the rules in increasing numbers without stopping. After each round you can cancel. The battle opponent has 5 seconds to start their attempt. The first athlete who cannot reach the specified number loses. A coin is tossed to determine who goes first. In the case of no reps, the respective repetitions must be repeated in the same round.

#### dip pyramid

1. 1 push up - 1 push up
2. 2 push ups - 2 push ups
3. 3 push ups - 3 push ups
4. 4 push ups - 4 push ups
5. ...

### 4.3.4 FINAL

1. 10 pull ups
2. 10 dips
3. 30 vest squats (+10kg)
4. 20 push ups

## 5 SET DISCIPLINE

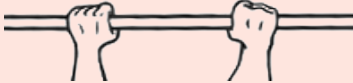
### 5.1 QUALIFICATION

#### 5.1.1 BAR MUSCLE UPS

##### execution

movement phase	movement execution
starting position (hang lockout)	<ul style="list-style-type: none"> <li>Hang in overhand (instep), semi-falsegrip, or falsegrip with fully extended elbow joints on the bar.</li> <li>The legs are as straight as possible and closed as an extension of the torso.</li> <li>If the athlete runs the risk of touching the ground with his feet due to the height of the pull-up bar and his height, he should lift them slightly from the hips, bend them or choose a wider grip.</li> </ul>
upward movement (pull phase)	<ul style="list-style-type: none"> <li>The body moves upwards (ie pulling, overcoming the pull up bar and bar dip) until the top end position is reached.</li> <li>A slight hip drive (hip raise) during the pulling phase is permitted.</li> </ul>
End position (dip lockout)	<ul style="list-style-type: none"> <li>The elbow joints must be fully extended in the dip lockout.</li> </ul>

##### Further instructions

determination	explanation
grip type	<ul style="list-style-type: none"> <li>Muscle ups are performed in the instep grip. A semi-falsegrip or falsegrip is allowed.</li> <li>The grip width can be determined by the athlete himself.</li> </ul> 

##### rule violations


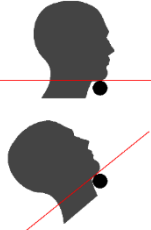
violation	explanation
No lockout	The athlete reaches the joint end position in his elbows invisibly in the starting position (hang lockout) or in the end position (dip lockout).
Strong leg bend	The athlete bends the legs excessively during the pulling phase in the knee joint.
Tilting, kicking, or swinging motions	Any form of conscious or unconscious tilting, kicking or swinging movement that results in a clear advantage is prohibited.
hip drive	Excessive hip drive (hip raises) that result in a clear advantage is not allowed during the pull phase (similar to gymnast tilt).

## 5.1.2 PULL UPS / CHIN UPS

### execution

movement phase	movement execution
starting position (hang lockout)	<ul style="list-style-type: none"> <li>▪ Hanging on the bar with an overhand or underhand grip (instep grip/comb grip) with the elbow joints fully extended.</li> <li>▪ If the athlete runs the risk of touching the ground with his feet due to the height of the pull-up bar and his height, he should lift them slightly from the hips, bend them or choose a wider grip.</li> </ul>
upward movement (Train)	<ul style="list-style-type: none"> <li>▪ The elbows are guided towards the torso or past the torso until the upper reversal point is reached.</li> </ul>
upper reversal point	<ul style="list-style-type: none"> <li>▪ The underside of the chin touches the pull-up bar or is significantly above it.</li> </ul>
downward movement	<ul style="list-style-type: none"> <li>▪ The elbows are removed from the torso or passed along the torso until the final position is reached.</li> </ul>
final position (hang lockout)	<ul style="list-style-type: none"> <li>▪ The end position corresponds to the starting position.</li> </ul>

### Further instructions

determination	explanation
grip type	<ul style="list-style-type: none"> <li>▪ Pull ups are performed with the overhand or underhand grip (instep grip/comb grip).</li> </ul> 
valid height	<ul style="list-style-type: none"> <li>▪ The underside of the chin touches the pull-up bar or is significantly above it. Both head positions are allowed.</li> </ul> 

### rule violations

A Pull Up / Chin Up repetition will not be scored (No Rep) if at least one of the following rule violations occurs:

violation	explanation
No lockout	The athlete reaches the joint end position in the lower reversal point invisibly with his elbows.
Missing height in upper reversal point	The bottom of the chin is not touching the pull up bar or is not significantly above it.
Tilting, kicking, or swinging motions	Any form of conscious or unconscious tilting, kicking or swinging movement that results in an advantage is prohibited.

### 5.1.3 BAR DIPS

#### execution

movement phase	movement execution
starting position (dip lockout)	<ul style="list-style-type: none"> <li>Active support with fully extended elbow joints on the pull-up bar.</li> <li>The legs are stretched and closed in line with the torso.</li> </ul>
downward movement	<ul style="list-style-type: none"> <li>The elbows are guided past the torso until the bottom reversal point is reached.</li> </ul>
Lower reversal point	<ul style="list-style-type: none"> <li>The respective highest point of the rear shoulder muscles is at least on a horizontal line to the respective highest points of the elbow.</li> </ul>
Upward movement (pushing phase)	<ul style="list-style-type: none"> <li>The elbow joints are guided past the torso until the final position is reached.</li> </ul>
End position (dip lockout)	<ul style="list-style-type: none"> <li>The end position corresponds to the starting position.</li> </ul>

#### Further instructions

grip type	The bar dips are performed with the overhand grip (instep grip). The reach can be chosen freely.
dip depth	<p>The exact specifications for a valid repetition of the minimum depth in the bottom reversal point of the bar dip can be found in the following graphic:</p>  <p>Abbildung 1 <b>Gültige Rep</b></p> <p>Der jeweils höchste Punkt der hinteren Schultermuskulatur (weiß) befindet sich mindestens auf einer waagerechten Linie zu dem jeweils höchsten Punkt des Ellenbogens. Die Handstellung</p>
device	Bar dips are done on the straight pull-up bar.

#### rule violations

A bar dip repetition will not be scored (No Rep) if at least one of the following rule violations occurs:

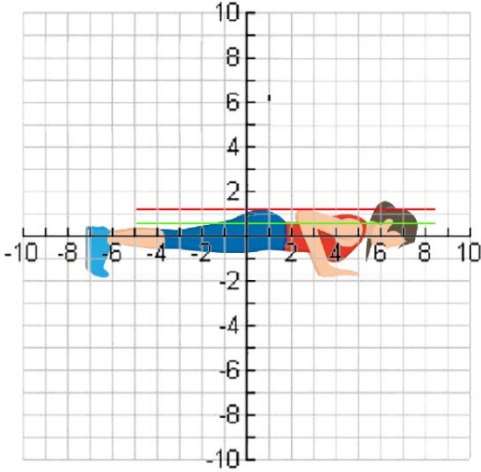
violation	explanation
No lockout	The athlete reaches the joint end position in the upper reversal point invisibly with his elbows.
lack of depth	At the bottom reversal point, the respective highest point of the rear shoulder muscles is not at least on a horizontal line to the respective highest point of the elbow.
Crossing the legs or feet	The athlete crosses their legs or feet.
shortcut	The athlete excessively shortens the range of motion due to a lack of parallel shifting of the hip and shoulder in the up or down movement.

## 5.1.4 PUSH UPS

### execution

movement phase	movement execution
starting position (push lockout)	<ul style="list-style-type: none"> <li>▪ Active support with visibly stretched elbows.</li> <li>▪ The neck, torso and legs form a line.</li> <li>▪ The legs are fully extended at the knees.</li> <li>▪ The legs remain closed.</li> </ul>
downward movement	<ul style="list-style-type: none"> <li>▪ The elbows are brought to the torso or past the torso until the turning point below is reached.</li> <li>▪ The neck, torso and legs form a line.</li> </ul>
Lower reversal point	<ul style="list-style-type: none"> <li>▪ The highest point of the shoulders is lower than the highest point of the elbows.</li> <li>▪ The neck, torso and legs form a line.</li> </ul>
Upward movement (pushing phase)	<ul style="list-style-type: none"> <li>▪ The elbows are guided past the torso until the upper reversal point is reached.</li> <li>▪ The neck, torso and legs form a line.</li> </ul>
Final position (push lockout)	<ul style="list-style-type: none"> <li>▪ The end position corresponds to the starting position.</li> </ul>

## Further instructions

determination	explanation
hand position	<ul style="list-style-type: none"> <li>The hand position can be set by yourself.</li> </ul>
Push up depth	<ul style="list-style-type: none"> <li>The highest point of the shoulders (green line) is lower than the highest points of the elbows:</li> </ul> 

## rule violations

A push-up repetition will not be scored (No Rep) if at least one of the following rule violations occurs:

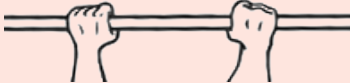
violation	explanation
No lockout	The athlete reaches the joint end position in the upper reversal point invisibly with his elbows.
opening the legs	Athlete opens legs during push ups.
Crossing the legs or feet	The athlete crosses their legs or feet during the push-up movement.
Strong hollow back	The athlete loses core tension and forms a strong hollow back in the starting or ending position, the downward or upward movement.
Strong round back	The athlete forms a strong hunchback in the starting or finishing position, the downward or upward movement.
loss of body stability	The athlete moves his upper and lower body unevenly in the downward or upward movement (upper and lower body do not form a line!).
Lack of depth at bottom dead center	The lowest position (lower reversal point) does not correspond to the implementation regulations

## 5.2 KO SYSTEM

### 5.2.1 PULL UPS

As in the qualifying round according to chap. 5.1.2. with the exception that chin ups are not allowed (underhand grip or comb grip):

#### Further instructions

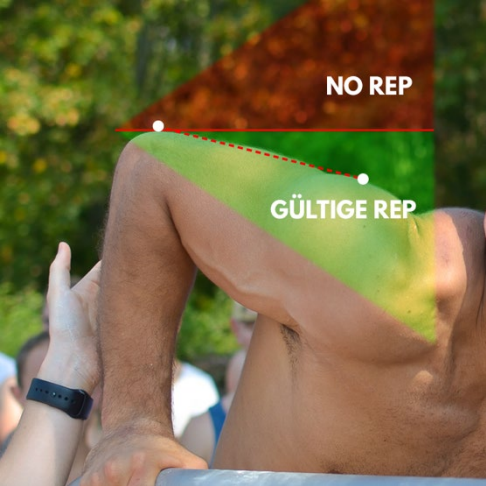

determination	explanation
grip type	<ul style="list-style-type: none"> <li>Pull-ups are performed with the overhand grip (in-step grip).</li> </ul> 

### 5.2.2 DIPS

#### execution

movement phase	movement execution
starting position (dip lockout)	<ul style="list-style-type: none"> <li>Active support with fully extended elbow joints in parallel bars.</li> <li>The legs are stretched and closed in line with the torso.</li> <li>A neutral pelvic position or a posterior pelvic tilt is permitted. The heels must not be behind the buttocks.</li> <li>If the athlete is in danger of touching the ground due to the height of the dip bar and his height, he may raise his legs slightly from the hips or bend his legs.</li> </ul>
downward movement	<ul style="list-style-type: none"> <li>The elbows are guided past the torso until the bottom reversal point is reached.</li> </ul>
Lower reversal point	<ul style="list-style-type: none"> <li>The respective highest point of the rear shoulder muscles is at least on a horizontal line to the respective highest points of the elbow.</li> <li>The feet do not touch the ground.</li> </ul>
Upward movement (pushing phase)	<ul style="list-style-type: none"> <li>The elbow joints are guided past the torso until the final position is reached.</li> </ul>
End position (dip lockout)	<ul style="list-style-type: none"> <li>The end position corresponds to the starting position.</li> </ul>

## Further instructions

grip type	Dips are performed in the spoke grip. The thumb should enclose the bar from below.
dip depth	<p>The exact specifications for a valid repetition of the minimum depth in the bottom dead center of the dip and the leg position can be found in the following graphics:</p>  <p>Abbildung 1 <b>Gültige Rep</b></p> <p>Der jeweils höchste Punkt der hinteren Schultermuskulatur (weiß) befindet sich mindestens auf einer waagerechten Linie zu dem jeweils höchsten Punkt des Ellenbogens.</p>
leg position	 <p>Abbildung 2 <b>Gültige Rep</b></p> <p>Die Fersen befinden sich in der Ab- oder Aufwärtsbewegung mindestens auf einer senkrechten Linie zu dem Gesäß.</p>



## rule violations

A dip repetition will not be scored (No Rep) if at least one of the following rule violations occurs:

violation	explanation
No lockout	The athlete reaches the joint end position in the upper reversal point invisibly with his elbows.
lack of depth	At the bottom reversal point, the respective highest point of the rear shoulder muscles is not at least on a horizontal line to the respective highest point of the elbow.
Crossing the legs or feet	The athlete crosses their legs or feet.
shortcut	The athlete excessively shortens the range of motion due to a lack of parallel shifting of the hip and shoulder in the up or down movement.
break out backwards	The athlete's heels fall significantly backwards from the vertical line in the downward or upward movement and are located behind the buttocks.

### 5.2.3 PUSH UPS

As in the qualifying round according to chap. 5.1.4.

### 5.2.4 VEST (GOBLET) SQUATS +34/+10 KG

#### execution

movement phase	movement execution
starting position	<ul style="list-style-type: none"> <li>Stand upright on both feet.</li> <li>The knee joints of the legs are visibly stretched.</li> <li>The heels touch the ground continuously.</li> </ul>
downward movement	<ul style="list-style-type: none"> <li>Lowering the body by bending the knee joints.</li> </ul>
Lower reversal point	<ul style="list-style-type: none"> <li>The surfaces of the thighs in the hip joints are lower than the tops of the knees.</li> </ul>
upward movement	<ul style="list-style-type: none"> <li>Straightening of the body by stretching the knee joints.</li> </ul>
final position	<ul style="list-style-type: none"> <li>The end position corresponds to the starting position.</li> </ul>

#### Further instructions

determination	explanation
Vest Squats + 10kg	<ul style="list-style-type: none"> <li>A 10 kg weight vest is used. The vest must be put on. A lacing of the vest is not necessary.</li> </ul>
Vest Goblet Squats +34 kg	<ul style="list-style-type: none"> <li>A 10 kg weight vest is used. The vest must be put on. A lacing of the vest is not necessary. The additional 24kg kettlebell can be held at will.</li> </ul>

## rule violations

A Vest (Goblet) Squat rep will not be scored (No Rep) if at least one of the following rule violations occurs:

violation	explanation
Lack of knee extension	The knee joints are not visibly stretched in the starting position or at the top reversal point.
Lack of depth at bottom dead center	The lowest position (lower reversal point) does not correspond to the implementation regulations
heel lift	The heels leave the floor during the downward or upward movement or in the starting position.

## 5.2.5 L SIT HOLD

### execution

movement phase	movement execution
holding position	<p>The stopping position is reached as soon as the following criteria are met:</p> <ul style="list-style-type: none"> <li>▪ The arms are stretched.</li> <li>▪ The legs are stretched and brought together.</li> <li>▪ The heels are above the top edge of the parallel bars.</li> </ul>

### Further instructions

determination	explanation
device	<ul style="list-style-type: none"> <li>▪ The L-Sit Hold is done on parallel bars.</li> </ul>
time continuation	<ul style="list-style-type: none"> <li>▪ As soon as there is a violation of the rules, the time is stopped. When the athlete resumes conforming form, time resumes.</li> </ul>

### rule violations

The L-Sit Hold will be timed if at least one of the following rule violations occurs:

violation	explanation
opening the legs	The feet are opened after taking the holding position.
Crossing the legs or feet	The legs or feet are crossed or crossed.
bending the knees	The legs are not extended due to flexion at the knee joint.
Missing Height	The heels are below the top edge of the parallel bars.

## 5.2.6 L SIT HANG HOLD

### execution

movement phase	movement execution
holding position	<p>The stopping position is reached as soon as the following criteria are met:</p> <ul style="list-style-type: none"> <li>▪ The bar is gripped with the overhand grip.</li> <li>▪ The arms are stretched.</li> <li>▪ The legs are stretched and brought together.</li> <li>▪ lifted from the hips at an angle of at least 90° to the upper body.</li> </ul>

### Further instructions

determination	explanation
device	<ul style="list-style-type: none"> <li>▪ The L-Sit Hold Hang is done on the pull-up bar.</li> </ul>
time continuation	<ul style="list-style-type: none"> <li>▪ As soon as there is a violation of the rules, the time is stopped. When the athlete resumes conforming form, time resumes.</li> </ul>

### rule violations

The L-Sit Hang Hold will be timed if at least one of the following rule violations occurs:

violation	explanation
opening the legs	The feet are opened after taking the holding position.
Crossing the legs or feet	The legs or feet are crossed or crossed.
bending the knees	The legs are not extended due to flexion at the knee joint.
Missing Height	The heels are below the top edge of the parallel bars.

## 5.2.7 BAR MUSCLE UP

As in the qualifying round according to chap. 5.1.1.

## **6 CONTRIBUTORS**

### **6.1 COMPETITION MANAGEMENT**

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The management of the competition is the responsibility of the competition management, which consists of at least one person and is or will be selected by the DCSV Executive Committee. The competition management must show their gratitude throughout the competition. If necessary, the competition management can also perform other tasks on the day of the competition (e.g. acting as a referee).

### **6.2 REFEREE**

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The professional assessment of the individual disciplines is the responsibility of the referees on the basis of this set of rules. All referees are selected by the DCSV Board of Directors based on their professional qualifications or their skills, knowledge and experience with regard to refereeing. Each referee also receives appropriate training from the competition management in advance. Each referee is assigned a fixed task and function by the competition management for each round.

## **7 CLOTHING AND TOOLS**

### **7.1 CLOTHING**

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#### **7.1.1 UPPER BODY**

When wearing upper body clothing, the elbow joints must always be visible when performing the disciplines. Athletes are not required to wear upper body clothing.

#### **7.1.2 LOWER BODY**

The nature of the trousers must enable the judges to make a clear decision in each discipline as to whether the knee joint or joints are flexed or straight.

#### **7.1.3 FOOTWEAR AND FOOTWEAR**

Every athlete is allowed to compete barefoot in every discipline or to wear socks or shoes.

#### **7.1.4 BEARD**

Athletes with a beard that covers the chin should use a band or similar for pull ups / chin ups. tie off so that the judges can make a proper decision.

## 7.2 AIDS

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### 7.2.1 CHALK

The use of friction resistance-increasing and hand perspiration-reducing aids such as magnesia or chalk is permitted in liquid, powder or block form.

### 7.2.2 GLOVES AND PULLING AIDS

The use of gloves or similar equipment such as straps or pulling aids is not permitted.

### 7.2.3 BANDAGES AND CUFFS

Wrist bandages or wrist cuffs, knee or elbow bandages or cuffs may be worn.

### 7.2.4 FLEXOR BELT

The use of flexion belts of any kind is not permitted.

## 7.3 CONTROL

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The clothing and personal equipment of an athlete participating in the competition can be checked by a judge or by the competition management at any time during the competition up to immediately before the start of each round. If the regulations are violated or if there are fundamental doubts about the clothing or personal equipment, the referee or the competition management can, in accordance with these rules, request the athlete to adjust the clothing or personal equipment in accordance with the rules. If this cannot be followed, the competition management, after appropriate consultation and a unanimous decision with the judges, can exclude the athlete concerned from a discipline or from the entire competition. The person concerned must be informed of the decision made by the competition management. The decision is final and there is no appellate body against it. If an athlete participating in the competition does not report a possible violation of the clothing and equipment regulations by a referee or the competition management before the athlete concerned begins the discipline attempt and the athlete begins or ends the discipline in accordance with the rules, the notification of the violation only extends to the following rounds.

## 8 OTHER PROVISIONS

### 8.1 WARNING / DISQUALIFICATION

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Any athlete whose bad behavior may bring the sport into disrepute at the competition venue or in the immediate vicinity of the competition venue will be officially warned by the competition management. If he continues his bad behavior, the competition management can exclude the athlete from the competition and expel him from the competition site. The competition management is also authorized not only to officially warn an athlete, but

also to immediately exclude him from the competition if the misconduct is serious enough.

## 8.2 MEDICAL GUIDELINES

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Participation in the competition is at your own risk and responsibility. The DCSV assumes no liability for injuries resulting from an attempt at discipline. The health unrestricted constitution is a prerequisite for participation. The participant bears the duty of care for this. If an athlete is injured during warm-up or competition, or shows signs that his or her health is compromised and the well-being of the athlete is at serious risk, the competition officials, after any interview they must offer to the injured party and after appropriate consultation, shall notify the athlete the judges have the right to exclude the athlete from the competition or from individual disciplines. After a unanimous decision by the competition management and the judges, the person concerned is to be informed by the competition management about the decision made. The decision is final and there is no appellate body against it.

## 8.3 ANTI-DOPING

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In connection with the participation of athletes in the GCL, but also in general, the DCSV is clearly against doping in sport according to the current guidelines of the World Anti-Doping Agency (WADA) and the National Anti-Doping Agency Germany (NADA). . This includes in particular the use or possession of prohibited substances or prohibited methods. Also, dealing in Prohibited Substances or Prohibited Methods, advising or adversely influencing others regarding the use of Prohibited Substances or Prohibited Methods by a GCL Competitor will not be tolerated. The DCSV provides sanctions against competitors who are proven guilty of a doping offense before, during or after the competition.

# 9 VALIDITY

These competition regulations come into force upon publication and are valid until changed.