

2023



ENDURANCE SHOWDOWN

RULES V.1.1

GERMAN CALISTHENICS AND STREETLIFTING ASSOCIATION

CALISTHENICS
— *Deutschland* —

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

The regulations were decided by the DCSV Board of Directors and published on April 12th, 2023.

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 (automatically translated into english).

Copying, distribution and use of the rules for public competitions without the express permission 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

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

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

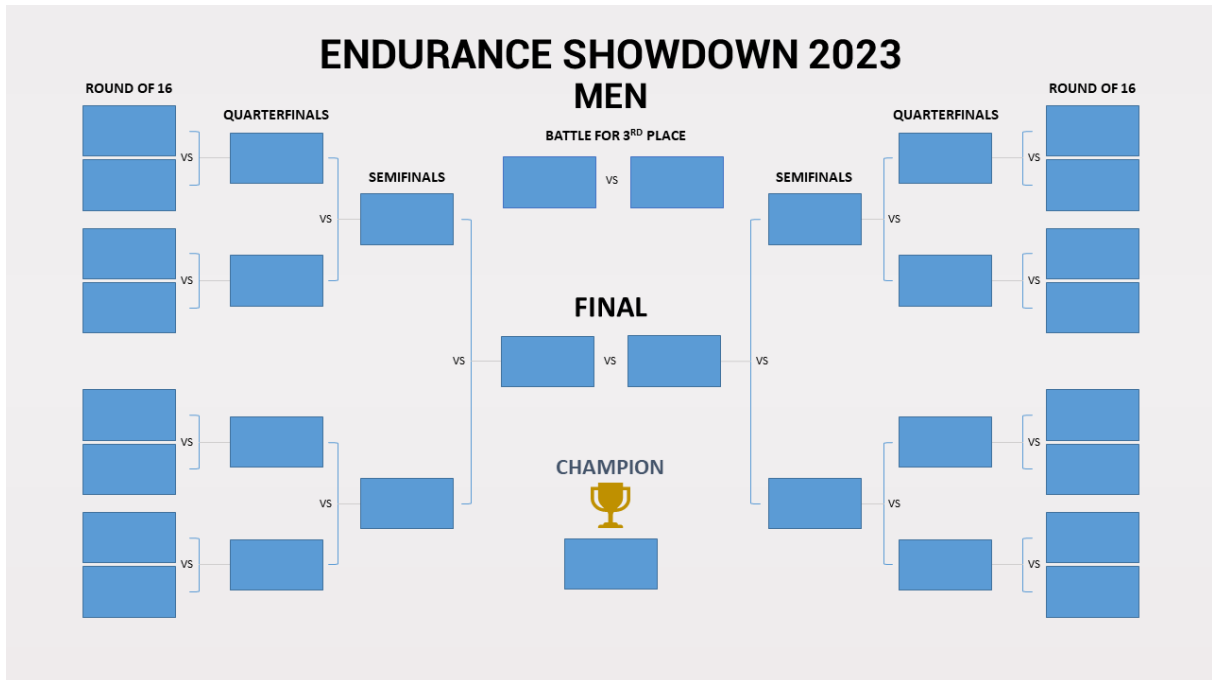
The Endurance Showdown is based on the principle of Strength Battles in combination with a Max Reps qualification round with a given time cap. After the qualification round, two raffled athletes compete against each other and have to complete a specified series of exercises in accordance with the rules. 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

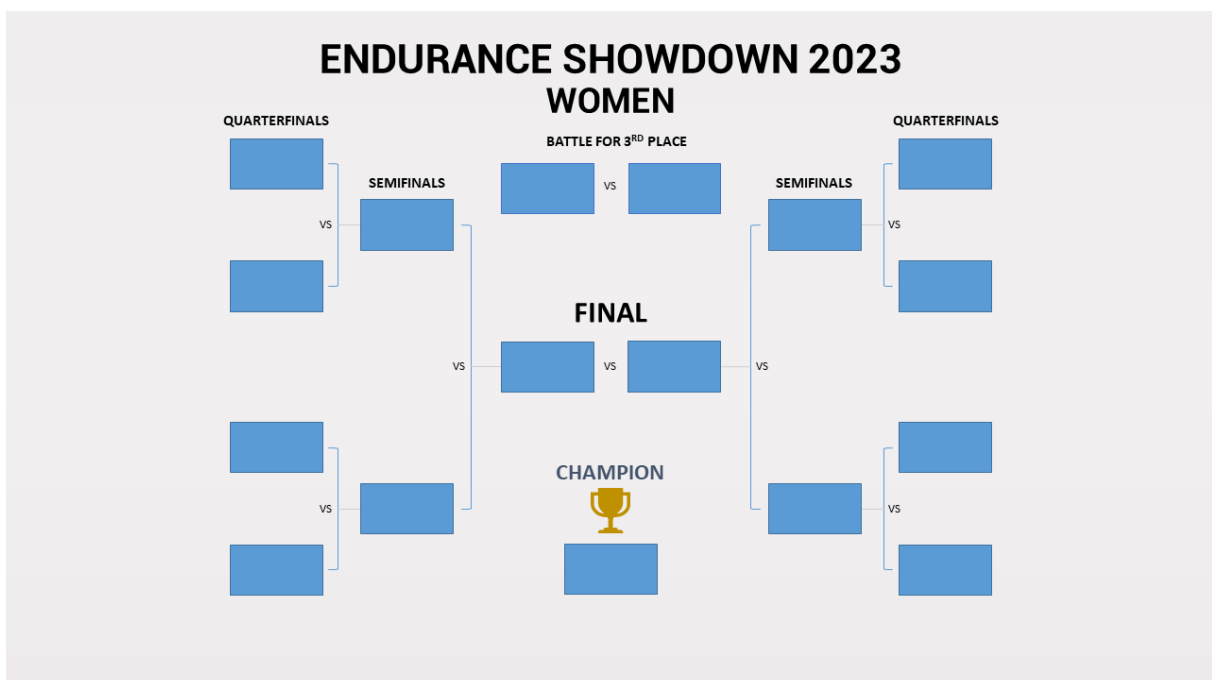
The qualification and the KO system are divided into two gender classes. There are no weight and age classes.

2.3 KO SYSTEM

2.3.1 MEN



2.3.2 WOMEN



3 QUALIFICATION

3.1 SEQUENCE

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 may decide for himself which discipline(s) he will perform and in what quantity in the given time.

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

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

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

discipline	points (men)	points (women)
Bar muscle ups	4	-
Pull ups / chin ups	2	3
bar dips	1	-
push ups	-	1

3.4 EQUAL POINTS

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

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

4 KO SYSTEM

4.1 GENERAL

4.1.1 BATTLE DRAW

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

4.1.2 ROUND WIN

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

4.2.1 ROUND OF 16

1. 5 bar muscle ups
2. 25 pull ups
3. 30dips
4. 45 push ups
5. 35 goblet squats (+40 kg vest/kettlebell)

4.2.2 QUARTERFINALS

1. 30 dips
2. 30 sec L sit hold @ P bars
3. 10 bar muscle ups
4. 20 pull-ups
5. 20 Weighted Push Ups @ Parallettes (+20kg Vest)

4.2.3 SEMIFINALS

1. 5 pull ups, 5 bar muscle ups, 5 bar dips
2. 4 pull-upss, 4 bar muscle ups, 4 bar dips
3. 3 pull-upss, 3 bar muscle ups, 3 bar dips
4. 2 pull-upss, 2 bar muscle ups, 2 bar dips
5. 1 pull up, 1 bar muscle up, 1 bar dip

4.2.4 BATTLE FOR 3RD PLACE

Both losers of the semi-final rounds 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. Athletes must take turns performing rule-compliant dips in doubling 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. 2 dips - 2 dips
2. 4 dips - 4 dips
3. 6 dips - 6 dips
4. 8 dips - 8 dips
5. ...

4.2.5 FINAL

1. 15 pull-ups
2. 10 bar muscle ups
3. 20 bar dips (+20 kg vest)
4. 30 goblet squats (+40 kg vest/kettlebell)
5. 20 Weighted Push Ups @ Parallettes (+20kg Vest)

4.3 ROUND WOMEN

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. 15 sec. L Sit Hold @ P Bars
3. 15 pull ups
4. 15 push ups

4.3.3 BATTLE FOR 3RD PLACE

Both losers of the semi-final rounds compete against each other in a push-up battle based on the pyramid principle. Both athletes face each other in the push-up position on the parallel bars and begin their battle after the referee's "go" signal. The athletes must take turns performing rule-compliant push-ups in doubling 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.

Push Up Pyramid

1. 2 push ups - 2 push ups
2. 4 push ups - 4 push ups
3. 6 push ups - 6 push ups
4. 8 push ups - 8 push ups
5. ...

4.3.4 FINAL

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

5 DISCIPLINE REQUIREMENTS

5.1 QUALIFICATION

5.1.1 BAR MUSCLE UPS

EXECUTION

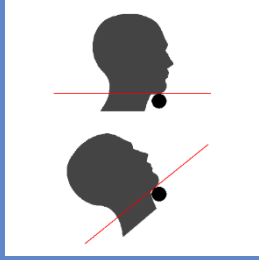
		PHASE	MOVEMENT EXECUTION		
		starting position (platform/ground/slope)	<ul style="list-style-type: none"> Platform or ground contact with both feet or slope Both hands grip the bar with an overhand grip (instep grip). The wrist does not touch the bar (false grip not allowed) 		
DISCIPLINE ATTEMPT		pendulum motion (hang lockout)	<ul style="list-style-type: none"> No more platform or ground contact Elbows are fully extended Body swings forwards and backwards until the train 	consistent knee and hip extension	
		upward movement(train, transition)	<ul style="list-style-type: none"> Body moves steadily upwards Overcoming the pull-up bar (transition) Pushing Out the Body (Bar Dip) 		
		final position (dip lockout)	<ul style="list-style-type: none"> Elbows are fully extended (plank) 		

RULE VIOLATIONS

		DESIGNATION	EXPLANATION
A		lock out	The elbows do not visibly reach the joint end position before the upward movement (hang lockout) or the end position (dip lockout).
B		kick	A significant change in knee extension or flexion during the attempt results in an athlete advantage.
C		Hip Drive / Kip	A significant change in hip extension or flexion of the legs from the hip joint during the attempt results in an athlete advantage.
D		Asynchronous transition	Uneven transition when crossing the pull-up bar on the upward movement. One elbow is guided past the bar faster than the other.
E		downward movement	A reversal of the direction of movement in the downward movement before the end position has been reached.
f		grip loss	Complete loss of contact with the pull-up bar with at least one hand.
G		False grip	Wrists are in contact with the bar.

5.1.2 PULL UPS / CHIN UPS

EXECUTION

		PHASE	MOVEMENT EXECUTION		
		starting position (platform/ground/slope)	<ul style="list-style-type: none"> Platform or ground contact with both feet or slope Both hands grasp the bar with an overhand grip (instep grip) or underhand grip (comb grip). 		
DISCIPLINE ATTEMPT		starting position (hang lockout)	<ul style="list-style-type: none"> No more platform or ground contact Elbows are fully extended Body does not swing (deadhang) 	consistent knee and hip extension	
		upward movement(Train)	<ul style="list-style-type: none"> Body moves up by bending elbows 		
		final position (chin over the bar)	<ul style="list-style-type: none"> The chin visibly passes the bar Both head positions are allowed: 		

RULE VIOLATIONS

	DESIGNATION	EXPLANATION
A	lock out	The elbows do not visibly reach the joint end position before the upward movement (hang lockout).
B	kick	A significant change in knee extension or flexion during the attempt results in an athlete advantage (as in BMU).
C	Hip Drive / Kip	A significant change in hip extension or flexion of the legs from the hip joint during the attempt results in an athlete advantage (as in BMU).
D	Height	The chin does not visibly cross the bar.
E	downward movement	A reversal of the direction of movement to a downward movement before the end position has been reached.

5.1.3 BAR DIPS

EXECUTION

		PHASE	MOVEMENT EXECUTION		
		starting position (dip lockout)	<ul style="list-style-type: none"> Active support with fully extended elbow joints on the pull-up bar 		
DISCIPLINE ATTEMPT	downward movement	<ul style="list-style-type: none"> The body moves downwards by bending the elbows 		consistent knee extension	
	reverse position	<ul style="list-style-type: none"> The chest visibly touches the bar at the lowest point 			
	upward movement(push movement)	<ul style="list-style-type: none"> Body moves up by extending elbows 			
	final position (dip lockout)	<ul style="list-style-type: none"> Elbows are fully extended (plank) 			

RULE VIOLATIONS

	DESIGNATION	EXPLANATION
A	lock out	The elbows do not visibly reach the joint end position before the downward movement (dip lockout).
B	kick	A significant change in knee extension or flexion during the attempt results in an athlete advantage (as in BMU).
C	depth	The chest does not visibly touch the bar.
D	downward movement	A reversal of the direction of movement to a downward movement before the end position has been reached.

5.1.4 PUSH UPS

EXECUTION

		PHASE	MOVEMENT EXECUTION		
		starting position (push lockout)	<ul style="list-style-type: none"> Active support with fully extended elbow joints The neck, torso and legs form a line 		
DISCIPLINE ATTEMPT	downward movement	<ul style="list-style-type: none"> The body moves downwards by bending the elbows 		consistent knee and hip extension	
	reverse position	<ul style="list-style-type: none"> The highest point of the shoulder muscles is almost at or below the horizontal line to the highest point of the elbow 			
	upward movement(push movement)	<ul style="list-style-type: none"> Body moves up by extending elbows 			
	final position (push lockout)	<ul style="list-style-type: none"> Elbows are fully extended (plank) 			

RULE VIOLATIONS

	DESIGNATION	EXPLANATION
A	lock out	The elbows do not visibly reach the joint end position before the downward movement (push lockout).
B	body line	A significant change in knee extension, flexion, or body line (neck, trunk, legs) during the attempt and results in an athlete advantage.
C	Round back/hollow back	The back becomes excessively rounded or falls into a strong hollow back.
D	Asynchronous Movement	The body is pushed up unevenly.
E	depth	The highest point of the shoulder muscles is not nearly at or below the horizontal line to the highest point of the elbow.
F	downward movement	A reversal of the direction of movement to a downward movement before the end position has been reached.

5.2 KO SYSTEM

5.2.1 PULL UPS

As in the qualifying round according to chap. 5.1.2. except that chin ups are not allowed. An override is required.

5.2.2 DIPS

EXECUTION

		PHASE	MOVEMENT EXECUTION		
		starting position (dip lockout)	<ul style="list-style-type: none"> Active support with fully extended elbow joints on parallel bars 		
DISCIPLINE ATTEMPT		downward movement	<ul style="list-style-type: none"> The body moves downwards by bending the elbows 	consistent knee and hip extension	
		reverse position	<ul style="list-style-type: none"> The highest point of the shoulder muscles is almost at or below the horizontal line to the highest point of the elbow 		
		upward movement(push movement)	<ul style="list-style-type: none"> Body moves up by extending elbows 		
		final position (dip lockout)	<ul style="list-style-type: none"> Elbows are fully extended (plank) 		

5.2.3 RULE VIOLATIONS

		DESIGNATION	EXPLANATION
A	lock out	The elbows do not visibly reach the joint end position before the downward movement (dip lockout).	
B	kick	A significant change in knee extension or flexion during the attempt results in an athlete advantage (as in BMU).	
C	shortcut	The highest point of the hip bone is almost above the top of the dip bar.	
D	depth	The highest point of the shoulder muscles is not nearly at or below the horizontal line to the highest point of the elbow.	
E	hyperextension	Hyperextension of the spine (strong hollow back) and resulting loss of control.	
F	downward movement	A reversal of the direction of movement to a downward movement before the end position has been reached.	

5.2.4 PUSH UPS

As in the qualifying round according to chap. 5.1.4.

FURTHER INSTRUCTIONS

The weighted push-ups are done with the vest tied up (+20 kg) on the provided parallel bars. The lacing is done with the help of a judge or an assistant.

5.2.5 VEST (GOBLET) SQUATS +10/+40 KG

EXECUTION

		PHASE	MOVEMENT EXECUTION		
		starting position (knee lockout)	<ul style="list-style-type: none"> Legs are fully extended. 		
DISCIPLINE ATTEMPT		downward movement	<ul style="list-style-type: none"> The body moves downwards by bending the legs. 	consistent knee and hip extension	
		reverse position	<ul style="list-style-type: none"> The surfaces of the thighs (muscles) are nearly level or lower than the tops of the knee joints. 		
		upward movement(push movement)	<ul style="list-style-type: none"> Body moves up by straightening legs. 		
		final position (knee lockout)	<ul style="list-style-type: none"> Legs are fully extended. 		

RULE VIOLATIONS

		DESIGNATION	EXPLANATION
A		lock out	The legs do not visibly reach the joint end position before the downward movement (knee lockout).
D		depth	The surfaces of the thighs (muscles) in the hip joint are not nearly level or lower than the tops of the knee joints.
C		downward movement	A reversal of the direction of movement to a downward movement before the end position has been reached.

FURTHER INSTRUCTIONS

Vest Squats +10 kg (women)

A 10 kg weight vest is used. The vest must be put on. A lacing of the vest is not necessary.

Vest Goblet Squats +40 kg (Men)

A 20 kg weight vest is used. The vest must be put on. A lacing of the vest is not necessary.

The additional 20 kg kettlebell can be held according to your own style without any specifications.

5.2.6 L SIT HOLD

EXECUTION

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"> ▪ The arms are stretched ▪ The legs are stretched and merged ▪ The heels are above the top edge of the parallel bars

RULE VIOLATIONS

The L-Sit Hold is timed when at least one of the the following rule violations apply:

	DESIGNATION	EXPLANATION
A	lock out	The legs or arms do not visibly reach the joint end position (lock-out) or are bent.
D	Height	The heels are below the top edge of the bar bars.
C	leg position	The legs or feet are crossed or crossed.
D	leg opening	The feet are opened after taking the holding position.

FURTHER INSTRUCTIONS

The L-Sit Hold is performed on parallel bars. As soon as there is a violation of the rules, the time is stopped. When the athlete resumes conforming form, time resumes.

5.2.7 BAR MUSCLE UPS

As in the qualifying round according to chap. 5.1.1.

6 CONTRIBUTORS

6.1 COMPETITION MANAGEMENT

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

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

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

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

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

Any athlete whose bad behavior may bring the sport into disrepute at or near the competition site 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

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, during warm-up or competition, an athlete becomes injured or shows signs that their health is compromised and the well-being of the athlete is at serious risk, the competition officials, after any discussion 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

In connection with the participation of athletes in the Endurance Showdown, 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. Dealing in, or advising or adversely influencing others regarding the use of, any Prohibited Substance or Prohibited Method by an Endurance Showdown Competitor will also 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.