

«Agreed»  
ISF President

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Gulian Ararat



**COMPETITION RULES**  
**On-line World Championships**  
**in streetlifting and weighted pull-ups & dips**  
**(Classic & Multilift)**  
**Sub-Junior, Junior, Masters & Open**

**June 25-26, 2022**



## 1. The goals and objectives:

- Development and popularization of streetlifting in the world;
- Fixing World Record according to ISF;
- Rallying athletes from different countries and training of the teamwork spirit;
- Identify of the strongest team;
- Formation of the prestige of sports and, in a result, formation of the prestige of healthy lifestyle.

## 2. Management of Championship.

Broad guide will be taken by International Streetlifting Federation (hereinafter ISF), the direct organization of the competition is carried out by the Euro Streetlifting Federation (hereinafter EUSF) together with national ISF representatives in the Netherlands and Kazakhstan.

## 3. Dates and Places.

Date: June 25-26, 2022.

Venues:

- BAANWEG 28, 3844 KS HARDERWIJK, NETHERLANDS
- ABYIA (EURASIA) AVENUE 236, URALSK, KAZAKHSTAN

The schedule of weighing and lifting will be based on preliminary applications and will be available from June 16, 2022 on the official website of the federation: <https://streetlifting.world/blog/event/isf-open-world-streetlifting-championships-2022/>.

## 4. Rules, referees.

The Championship has held on the ISF Technical Rules. Read them on our website: <https://streetlifting.world/rules/>.

Only certificated referees by ISF are allowed. The referee should have appropriate clothing (white shirt, dark pants) and the appropriate referee category. All athletes (regardless of their location) will be judged by a single referee's team remotely via online video broadcast

Head Referee & Chairman of the Referee of Appeal:

- Gulian Ararat/ international referee category.
- Head Secretary:
  - Morozov Maksim/ international referee category.



#### 4.1. Divisions:

##### a) Classic Streetlifting (here in after Classic):

- Pull-up;
- Dip;
- Total (pull-up + dip).

##### b) Multilift Streetlifting (here in after Multilift):

- Men's divisions:
  - pull-ups with 8 kg (sub-juniors);
  - pull-ups with 16 kg (sub-juniors, juniors, masters);
  - pull-ups with 24 kg (open - amateurs);
  - pull-ups with 32 kg (open - professionals);
  - dips with 16 kg (sub-juniors);
  - dips with 24 kg (sub-juniors, juniors, masters);
  - dips with 32 kg (open - amateurs);
  - dips with 48 kg (open - professionals);
  - total 8 kg - 16 kg\* (sub-juniors);
  - total 16 kg - 24 kg\* (sub-juniors, juniors, masters);
  - total 24 kg - 32 kg\* (open - amateurs);
  - total 32 kg - 48 kg\* (open - professionals).
- Women's divisions:
  - pull-ups with 8 kg (sub-juniors, juniors, masters);
  - pull-ups with 12 kg (open);
  - dips with 12 kg (sub-juniors, juniors, masters);
  - dips with 16 kg (open);
  - double-exercises 8 kg - 12 kg\* (sub-juniors, juniors, masters);
  - double-exercises 12 kg - 16 kg\* (open).

\* The organizers have the right to adjust the program of the competition.



#### 4.2. Weight classes:

##### Women:

- 44,0 kg (to 44,0 kg) – for sub-juniors only
- 48,0 kg (from 44,01 to 48 kg)
- 52,0 kg (from 48,01 to 52,0 kg)
- 56,0 kg (from 52,01 to 56,0 kg)
- 60,0 kg (from 56,01 to 60,0 kg)
- 67,5 kg (from 60,01 to 67,5 kg)
- 67,5 kg + (from 67.51 and highest)

##### Men:

- 52,0 kg (to 52,0 kg) – for sub-juniors only
- 56,0 kg (from 52,01 to 56,0 kg)
- 60,0 kg (from 56,01 to 60 kg)
- 67,5 kg (from 60,01 to 67,5 kg)
- 75,0 kg (from 67,51 to 75,0 kg)
- 82,5 kg (from 75,01 to 82,5 kg)
- 90,0 kg (from 82,51 to 90,0 kg)
- 100,0 kg (from 90,01 to 100,0 kg)
- 110,0 kg (from 100,01 to 110,0 kg)
- 125,0 kg (from 110,01 to 125,0 kg)
- 140 kg (from 125,01 to 140,0 kg)
- 140,0 kg + (from 140,01 and highest)

#### 4.3. Age classes:

##### Men:

Nº	Classes	Age
1	Sub-juniors	13 - 17 y.o. (inclusive)
2	Juniors	18 - 22 y.o. (inclusive)
3	Open	13 y.o. and older
4	Masters M1	40 - 44 y.o. (inclusive)
5	Masters M2	45 - 49 y.o. (inclusive)
6	Masters M3	50 - 54 y.o. (inclusive)
7	Masters M4	55 - 59 y.o. (inclusive)
8	Masters M5	60 - 69 y.o. (inclusive)
8	Masters M6	70 y.o. and older

##### Women:

Nº	Classes	Age
1	Sub-Juniors	13 - 17 y.o. (inclusive)
2	Juniors	18 - 22 y.o. (inclusive)
3	Open	13 y.o. and older
4	Masters M1	40 - 44 y.o. (inclusive)
5	Masters M2	45 - 49 y.o. (inclusive)
6	Masters M3	50 y.o. and older

- It is allowed to count the successful attempts from the following age categories Sub-juniors, Juniors, M1, M2, M3, M4, M5 and M6 into Open age class.
- The Head Referee has the right to adjust the number of nominations in accordance with the submitted applications.

#### 5. Participants.

##### 5.1. Preliminary Rounds

Athletes from all countries of the world are allowed to participate in ISF competitions only if they successfully pass the online test for knowledge of the ISF Rules - <https://forms.gle/3wrBLn2J8SebbYfE9>.

##### 5.2. Age restriction

Athletes older than 13 years old are allowed to take part in competitions. Athletes who are under the age of 18 at the time of the competition may take part in them only with the written consent of the parents or the legal representative of the child, in the prescribed form: <https://streetlifting.world/documents/>.

Athletes of this age group are allowed to participate in competitions only with a coach or parents or their legal representatives.



##### 5.3. Equipment

Equipment and uniforms of athletes must comply with the ISF Rules. Athletes who do not perform with the requirements on equipment and uniforms are not allowed to the platform.

##### 5.4. Insurance

Every athlete has to consult with his doctor before taking part in competitions. All athletes perform at their own risk, realizing that they could be seriously injured.

Organizers are not responsible for health of the athletes, as well as risks associated with the trauma.

##### 5.5. Travel and accommodation of participants

All expenses on sending and accommodation of participants of the tournament are holding by participants.

## 6. Personal rewarding.

Athletes, who take first three places in each age and weight class, get the exclusive medals and diplomas.

Absolute rewarding is held in all age classes, by ISF Technical Rules, and calculates if there are 7 or more participants in combined age class among men, and 5 or more among women.

Winners and prizewinners of absolute category get exclusive medals, diplomas, cups and valuable prizes with sponsor help.

All awardees or their representatives have to be on awarding ceremony. In other way giving the prizes are not guaranteed.

## 7. Team organization and application rule.

To apply the team the captains, have to send an application form before June 15, 2022 to e-mail [info@streetlifting.world](mailto:info@streetlifting.world). The application you can take on the official website: <https://streetlifting.world/for-teams/>.



It is impossible to change something after June 15, 2022.

Regardless of whether an athlete performs in the individual competition or for the team, for each separately, athletes must be submitted online application.

## 8. Team rewarding.

- Number of participants is not limited but not less than 5.
- Each team must indicate an official represent of team – Team Captain.

The team points are calculated and the winner is determined according to the ISF Technical Rules.

Team points are awarded as follows: 12, 9, 8, 7, 6, - for the first five places in any weight category. Every next athlete who has finished the competition and who has collected the total amount receives 1 point. Team points are awarded according to eight best results.

At the end of the competition, the captains of the teams must submit the file with the best nominations to the Head Secretary of the competition. The score of team points must be download on the official website: <https://streetlifting.world/for-teams/>.

The winning teams gets cups, diplomas, and any valuable prizes if any sponsor help is occurred.

## 9. Entry form and payments.

- Preliminary applications are NECESSARY.

The application deadline is June 15, 2022 (inclusive).

Online registration form on official website: <https://streetlifting.world/online-registration/>



Entry fee:

- One nomination = 56 € (Netherlands), 28000 ₸ (Kazakhstan).

Two nominations and more - you get a 20% discount on the total amount of contributions.

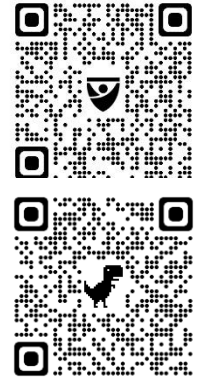
- Fines:

Athletes who want to correct the nominations and / or their number directly on the day of weighing and registering pay a fine = 20 € (Netherlands), 10000 ₸ (Kazakhstan)

## 10. Registration of National and world records.

By the results of this championship world records of ISF will be fix.  
To get the records certificate special online form on official website needs to be send: <https://streetlifting.world/record-certificate/>.

You can find the current records on the official website of the federation at the link: <https://streetlifting.world/records/>.



## 11. Funding.

The costs to organize a championship are borne by the organizers of the competitions, using funds attracted sponsors and entry fees of participants. Entry fees from participants will be spent on making original medals and cups for the winners, renting or buying sports equipment and paying off other expenses associated with holding a sporting event.

The costs of secondment, accommodation and meals of participants and their coaches have to be taken by sending organizations for athletes himself.

## 12. The contract for participation in the competition.

Passing weighing procedure and registration, each athlete is required to sign the reverse side of the registration card. The fact of signing this card is the conclusion of an Agreement on the participation in the competition between the athlete and the organizers.

By signing the card, the athlete agrees with the clauses of this competition rule, as well as with all the points of technical regulations ISF Federation and all of its decisions taken before the start of the competition and published on the official website.

Also, the athlete expressly agrees to the following conditions:

- Taking part in the competition, the athlete recognizes that it will require a maximum of physical and psychological stress, which entails a risk of injury or mutilation. Athlete assumes all risks associated with it, and bears full responsibility for any injury and mutilation, about which he known or not, that he can get.
- The athlete is realizing that he is responsible for the control of his health before taking part in the competition, thus confirming conducting regular medical check-up, and the absence of medical contraindications for participation in competitions, respectively, his full physical fitness and voluntarily insured his life and health on the period of participation in competition.
- Taking part in the competition, the athlete knowingly waives any claims in the event of injury or mutilation in this tournament, against ISF/EUSF Federations and ISF National Federations, the tournament organizers, the owner of the premises, directors, officers, employees, and assistants on the platform and all operating personnel of competition.
- Athlete voluntarily pays for all charitable contributions intended to repay the costs of the tournament, the production of awards merchandise and other expenses related to the sporting events.
- To conduct commercial photo or video filming, it is necessary to obtain accreditation from the organizing committee of the competition. All materials filmed and not accredited by photographers and video operators are considered freely distributed and the federation reserves the right to use them for its own purposes without the consent of the author if these materials appear in open sources.

### 13. Contact information

- Netherlands: Farid Bouchikhi – phone: [+31618042441](tel:+31618042441) (WhatsApp)
- Kazakhstan: Andrey Makarenko – phone: [+77076472887](tel:+77076472887) (WhatsApp)

ISF official website: <https://streetlifting.world/>

E-mail: [world22@streetlifting.world](mailto:world22@streetlifting.world)

**This document is an official a challenge to the competition.**