

# *Bar Battle of Japan RULE BOOK*

Official Organizer : KAMUI PARK (World Street Workout and Calisthenics Federation Affiliated Gym JAPAN )

## Competition Category

- Street Lifting (Max kg)
- Calisthenics (Max Rep & Hold)
- Entertainment Freestyle Battle

## Street Lifting Rulebook

Weighted Pull Up

Weighted Dip

## Street Lifting Minimum to Max Weight

- Pull Up MAX: 100kg

10kg 20kg 30kg 40kg 45kg 50kg 60kg 65kg 70kg 75kg 80kg 85kg 90kg  
100kg

- Dip MAX : 140kg

10kg 20kg 30kg 40kg 45kg 50kg 60kg 65kg 70kg 75kg 80kg 85kg 90kg  
100kg 105kg 110kg 115kg 120kg 125kg 130kg 135kg 140kg

## Street Lifting Professional Class

- **Professional League is for intermediate to advanced competitors.** Athletes are grouped by Weight.
- Competitors are grouped into 3 categories by weight : **Light Weight / Middle Weight / Heavy** Weight. From three categories, we will award one athlete with highest records.
- In each body weight category, **at least 2 competitors must be registered.** Less than 2, he/she competes in the nearest category. For example, in case of only one athlete with 70 kg registering in middle weight (68kg–79kg), his competing league changes from middle to light weight (–68kg)

Light Weight <b>~68kg</b>	Middle Weight <b>68kg~79kg</b>	Heavy Weight <b>80kg~</b>
---------------------------	--------------------------------	---------------------------

- After **athletes are weighed at the competition site** , their competing weight category will be finalized.

## Street Lifting Amateur Class

- **Amateur league is for beginners.** Competitors are **not grouped by weight.** They battle for their max weight they lift as well as how they make their turns entertaining for the audience. Winner from the amateur category is based on **highest records** and **most polls** by the audience.
- Polls are casted by freewill of the audience. They are not based on how heavy you lifted but how much cheering you had, how you made your turns more exciting to be watched. For example athletes are allowed to wear a Halloween like costume or make small performance with music.

- Athletes are not scaled their weight in Amateur Class
- Winners are chosen based on their strength and performance skills.

No weight category

## Failures

- Athletes must conduct one repetition of pull up or dip with perfect form and no swing to go heavier plates.
- Staff call for from 10kg ~ and add by 5kg. If Athletes can start with any weight but they cannot go back to lighter weight for any reason.
- Athletes are allowed to make 3 tries including success and failures. For example, they can try for 3 for weighted pull up and another 3 for weighted dip.

(IE)

10kg ○→40kg✗→50kg✗ (FIN)      Final Record : 10kg

60kg○→65kg✗→70kg○ (FIN)      Final Record : 70kg

- Athletes are advised to plan and pick wisely.
- After making partial or complete failure, you are allowed to rest 90 seconds until your next try.
- The max weight(kg) you have successfully lifted goes to your final scores.

## Street Lifting Weighted Pull Up & Dip Form

- Athletes can use regular grip and reverse grip. Alternative grip is not allowed.
- For pull ups, you must start in dead hanging position with completely straightened arms. Of course your body needs to be in completely static, no swing. From this position, you must lift and touch your chin on the top of the bar (Picture below)
- Partial motion is counted as 1 failure. Athletes must know they can only try 3 times.
- For weighted dip, Athletes start in top position with your arms locked. You lowered yourself until your elbow hits 90 degree and you need to hold in this bottom position for 0.5 seconds. The judge gives you a vocal or physical signal, then you lift yourself up to the starting position with straight elbows.
- In dipping motion, athletes have to make sure their shoulders don't go far ahead from their hip position. This is counted as a failure. You must lower yourself almost vertically.

## Street Lifting Judges and Points

Street Lifting Professional Point System

Pull Up	100/100	○○kg × 1p 40kg→40p
Dip	100/100	○○kg × 0.7p 40kg→28p
Total	200/200	-----

### Street Lifting Amateur Point System

Pull Up	100/100	○○kg × 1p 40kg→40p
Dip	100/100	○○kg × 0.7p 40kg→28p
Style	30/30	You will get polls from the audience based on your performance and entertainment during your turns.
Total	230/230	-----

Athletes gain extra points according to their age range to their pull up and dip scores not style points.

40 ~ 44 years old × 5%

46 ~ 49 years old × 10%

50 ~ 54 years old × 15%

55 ~ 59 years old × 20%

60 years old ~ × 25%

※Codes for Female athletes will be announced when more than two female athletes registered for the competition.

# Calisthenics Rulebook

## Overview

Calisthenics elements Rep and Hold

## Calisthenics 8 Elements

• One athlete can register for up to 1~2 elements. A winner with the highest score is chosen from each category. Top records will be recognized as official Japan record.

REP	Push Up	Dip	Pull up	Muscle up
HOLD	L sit	Back Lever	Human Flag	Front Lever

## Calisthenics Judge

- Your final records are judged by visual counts and video check.
- For static elements such as L sit and human flag, the judge starts count when athletes gets in the horizontal position.
- Athletes are allowed to go into horizontal position in any way.
- Judges stop counts when athletes lose their horizontal position. For details, check the tables below.
- During conducting your performance, If any of the behaviors listed here, Judges stop their count and gives a warning. The count continues after such behavior is

	Not Allowed
Push up	<ul style="list-style-type: none"> <li>• Chest NOT touching the ground and your back touches the resistant band above you</li> <li>• Elbows NOT completely straight in top position</li> <li>• NO more than 2 seconds pause between allowed</li> </ul>
Dips	<ul style="list-style-type: none"> <li>• Elbows NOT completely straight in starting position</li> <li>• Elbows NOT 90 degree in bottom position</li> <li>• Shoulders and hip NOT almost in vertical line</li> <li>• Swing or momentum range <b>NO MORE THAN 61cm</b> (obstacle placed at 61cm in distance from the bar)</li> <li>• NO more than 2 seconds pause between</li> </ul>
Pull up	<ul style="list-style-type: none"> <li>• NO Bent elbows in the hanging position. Your chin NOT touching the bar</li> <li>• Swing or momentum range <b>NO MORE THAN 30cm</b> (obstacle placed at 30cm in distance in front of a competitor)</li> <li>• Only regular grip allowed. Reverse and alternative NOT allowed</li> <li>• NO Kipping or momentum</li> <li>• more than 2 seconds pause between</li> </ul>
Kipping Muscle up	<ul style="list-style-type: none"> <li>• Swing or momentum <b>NO MORE THAN 55cm</b> (obstacle placed at 55cm in distance from the bar)</li> <li>• Elbows not straight in hanging position. Elbows not straight in top position</li> <li>• Chicken wing muscle up (not both elbows at the same time)</li> <li>• Gymnastic Kipping (Defined as kipping with toes higher than hip)</li> <li>• more than 2 seconds pause between</li> </ul>

L sit	<ul style="list-style-type: none"> <li>•Not maintain 90 degree (legs falling)</li> <li>•V sit NOT allowed</li> </ul>
Back Lever	<ul style="list-style-type: none"> <li>•No hollow body(chest, shoulders and hip almost in vertical line)</li> <li>•Hip and legs drop / body Not in vertical line</li> </ul>
Human Flag	<ul style="list-style-type: none"> <li>•No bent pushing arm</li> <li>•Hip and legs drop / body Not in vertical line</li> </ul>
Front Lever	<ul style="list-style-type: none"> <li>•Bent arms</li> <li>•Hip and legs drop / body Not in vertical line</li> </ul>

## Calisthenics Awards

•An athlete with the highest record in each element is awarded as Bar Battle of JAPAN Calisthenics Winner as well as recognized as Japan National Record Holder. In total, 8 athletes will be awarded in calisthenics category.

※Codes for Female athletes will be announced when more than two female athletes registered for the competition.

More than 2 females, we have female category for awards for each element.



## Entertainment Freestyle Battle Rule

Performance based Street Workout battle.

- 1<sup>st</sup> Round

1 vs 1 Battle (30s × 2 / person)

- 2<sup>nd</sup> Round

2 vs 2 Battle (45s × 2 / Team)

## Entertainment Freestyle Battle Notes

- In each battle, judges don't announce winners.
- About 1<sup>st</sup> rounds, 1vs 1 battle(2people) may change to 1vs1vs1(3people).
- About 2nd rounds, 2vs 2 battle (4people) may change to 3vs3 (6people): 45seconds × 3 per team.
- Athletes cannot chose music for their rounds.

## Entertainment Freestyle Battle Codes for points

Time Management	5/5	Use time fully for performance  Too much resting deducts points.
Music	5/5	Music match with performance
General Creativity	5/5	uniqueness such as costumes and creativity as a performer.
Element Creativity	5/5	Unique moves, new element as a street workout athlete
Dimensional Use	5/5	Fully use complex on and off the stage
Difficulty and Accuracy	5/5	Difficulty and accuracy of elements
Audience Poll	10/10	Votes for individual athlete

※In 2<sup>nd</sup> round 2vs 2, athletes are judged individually not by group.

## Entertainment Freestyle Battle Awards

- Top 3 athletes with highest scores
- BEST Move Award (1) goes to an athlete who showed outstanding moves and performance on the stage.