

FREESTYLE

Competition Guidelines

Freestyle combines acrobatic tricks and static holds performed on the bar, on the floor and on parallel bars.

Categories and performances

The categories are U14, U18, Men, Women and Seniors. Boys and girls are ranked separately in the U14 and U18 categories.

Adults have three performances, which must fit within two minutes. Athletes in the U14 and U18 categories have two performances.

Music and judging

Athletes must email their music file to the organiser at info@kalisteenika.ee at least 7 days before the competition day.

Static holds must be maintained for at least 2 seconds. Rankings are determined by points calculated using the judging application at <https://nextcalisthenics.web.app/>.

Additional information will be emailed to registered participants in advance.

Prohibited at the competition venue

- Smoking (including e-cigarettes)
- Littering
- Offensive language
- Use of personal speakers
- Physical altercations
- Weapons
- Narcotic substances
- Pyrotechnics

For further information, please email info@kalisteenika.ee.