

STREETLIFTING

Competition Guidelines and Rules

Streetlifting consists of two basic exercises performed with additional weight attached to a special belt. Athletes choose their own weight. The exercises are the weighted pull-up and the weighted parallel-bar dip.

Each athlete has three attempts per exercise and selects the weight for each attempt. The weight may only increase, or remain the same following an unsuccessful attempt. The best successful attempt in each exercise is recorded. The competition result is the sum of these two best results.

One athlete performs at a time. Two judges assess each attempt to ensure correct execution. Footwear is mandatory during competition.

Weighted pull-up: execution

- The athlete starts on the platform in front of the competition apparatus, with the weights positioned between their legs, and assumes the starting position without assistance. In the starting position, the athlete hangs with elbows fully extended, shoulders lowered and relaxed (not tensed), using an overhand grip.
- Swinging during the attempt is prohibited because it generates additional momentum.
- Crossing the legs is not permitted.
- The athlete must bend their arms and pull up until the underside of the chin (not merely the tip) clears the top of the bar.
- The chin does not need to touch the pull-up bar.
- The judge calls "rep" or "no rep" depending on whether the chin has cleared the top of the bar.
- The athlete must return to the starting position without assistance and hang briefly before releasing the bar.
- An additional attempt is granted in the event of a technical issue.

An attempt is invalid if:

- The arms are bent in the starting position.
- Momentum is used during the attempt.
- The direction of movement is reversed during the pull. A pause during the upward movement is allowed, but downward movement from that position is not.
- The underside of the chin does not reach the required height.
- The chin is used to assist the pull: after the tip of the chin clears the bar, the athlete places their chin on the bar and makes a nodding movement to help complete the pull.
- The chin rests on the bar for more than one second.
- Any additional equipment is used (wraps, compression supports, etc.).

Weighted parallel-bar dip: execution

- The athlete starts on the platform in front of the competition apparatus, with the weights positioned between their legs, and assumes the starting position without assistance. In the starting position, the athlete holds their body upright with elbows fully extended and shoulders pressed down.
- Movements that imitate swinging are prohibited during the attempt.
- The athlete begins by bending their arms and lowering their body between the parallel bars, reaching an angle of at least 90 degrees between the shoulder, elbow and wrist. The entire body, including the hips, must move down during the descent.
- The judge calls "rep" or "no rep" depending on whether the required depth has been reached.
- The athlete must return to the starting position without assistance, fully lock out their elbows and remain still for a brief moment.
- An additional attempt is granted in the event of a technical issue.

An attempt is invalid if:

- The starting position is incorrect.
- The angle of the bent arm in the bottom position is less than 90 degrees.
- The hips do not move down during the descent and the weights remain stationary during the upward push.
- The direction of movement is reversed during the attempt. A pause during the upward movement is allowed, but downward movement from that position is not; the same rule applies in reverse during the descent.
- Any additional equipment is used (wraps, compression supports, etc.).

Categories

U16; U18; Men -70 kg; Men -82.5 kg; Men +82.5 kg; Women.

Prohibited at the competition venue

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

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