

INTERNATIONAL STREETLIFTING FEDERATION



ISF
INTERNATIONAL
STREETLIFTING
FEDERATION

TECHNICAL RULES COMPETITIONS FOR STREETLIFTING AND WEIGHTED CALISTHENICS

approved by the ISF Presidium on January 20, 2017.



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to the International Streetlifting Federation /ISF.

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[corrections are marked in blue]

The technical Rules is published in English and Russian,
in case of any conflict between English and another language,
the English version takes precedence.

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The rules have been prepared by referees of the international category
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International Streetlifting Federation

Notes:

- The text contains abbreviations wherever the terms "pull-up", "muscle-up" "chin-up" and "dip" are found in this set of rules, such terms are considered to apply to exercises performed with additional weight suspended from the athlete's belt;
- Wherever the term "pull-up" appears in this rulebook, the term is considered to refer to both pull-ups and chin-ups;
- Ropes and carabiners are used to secure additional weight on the athlete's belt;
- Rope (sling, ribbon, rope) is used to suspend weights on the athlete's belt; Recommended example - point 6.5.13.
- in these rules, the words "athlete", "participant", "athlete", "he", "him", etc. regard to persons of both sexes.

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1.1. General.

1.1.1. These rules are the main document regulating the basic principles of organizing and conducting competitions in streetlifting and individual types of movements according to International Streetlifting Federation / ISF.

Officials (team representatives, coaches, athletes and referees) taking part in the competition are obliged to follow these Rules.

1.1.2. Streetlifting is a sport focused on the development of strength and endurance, which includes two exercises, competitions on which are held in the following sequence:

- Weighted Pull-up or Chin-up (hereinafter - Pull-up);
- Weighted Dip (hereinafter - Dip).

Both exercises are performed with an additional weight suspended on a chain **or rope** from the belt of the athlete.

1.1.3. Weighted calisthenics is a sport focused on the development of strength and endurance, which includes four exercises that must be performed in the following sequence:

- Weighted Muscle-up (hereafter - Muscle-up);
- Weighted Pull-up or Chin-up (hereinafter - Pull-up);
- Weighted Dip (hereinafter - Dip)
- Barbell Squat (hereinafter Squats).

All exercises are performed with additional weights.

1.1.4. The ISF recognizes the following competitions in the types of divisions:

a) Streetlifting Classic (Max weight):

- Total - 2 lifts (pull-up and dip).
- individual disciplines:
 - Pull-up
 - Dip

In each of the exercises, the athlete has three attempts, in which he must show the greatest result-the maximum weight in one repetition. Total is the sum of the best results of two lifts.

b) Streetlifting Multilift (Max repetitions):

Men:

- Pull-ups (chin-ups) with 8 kg (sub-juniors);
- PULL-UPS with 16 kg (sub-juniors, juniors, masters);
- PULL-UPS with 24 kg (open);
- PULL-UPS with 32 kg (open);
- Dips with 16 kg (sub-juniors);
- Dips with 24 kg (sub-juniors, juniors, masters);
- Dips with 32 kg (open);
- Dips with 48 kg (open);
- Total 8 kg - 16 kg* (sub-juniors);
- Total 16 kg - 24 kg* (sub-juniors, juniors, masters);
- Total 24 kg - 32 kg* (open);
- Total 32 kg - 48 kg* (open).

Women:

- 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);
- Total 8 kg - 12 kg* (sub-juniors, juniors, masters);
- Total 12 kg - 16 kg* (open);

In each of the exercises, the athlete has one attempt in which he must show the greatest result-the maximum number of repetitions with kettlebell. The weight of the kettlebell used depends on the age of the athlete.

Total is the sum of the best results of two lifts.

* Multilift (Total) = X rep. + Y rep. X – result in the first exercise, Y – result in the second exercise.

c) Weighted calisthenics

- All-around (4 lifts);
- Muscle-up (max weight);
- Squats (max weight)
- Muscle-up (max repetitions).

1.1.5. The main document of the competitions, along with the rules, is the regulation of competition (statement), hereinafter the "Regulation". Other changes, which are not reflected in the rules, may be changed and must be stated in the regulation.

- 1.1.6. Permissible deviations from the rules, which may be stated in the regulation:
- uniting age categories in accordance with the statements of the current rules. The following age categories could be united for awards and the overall scores: "Masters M1, M2, M3, M4 and M5", into category "Masters", uniting all age categories into the one "Open";
 - uniting all weight classes, within the rules registered in the current Rules;
 - defining the other command of counting Team Championship Scores.
- 1.1.7. Competitive results and records are determined in kilograms.
- 1.1.8. In Streetlifting Multilift and individual types of movements competitive results are determined in repetitions.

1.2. Divisions.

Competitions are held among athletes in the divisions:

- «With doping control and drug control», hereinafter «Doping Free»;
- «Without doping control and drug control», hereinafter «Pro»;
- «With disabilities and without doping control», hereinafter – «Disabilitie»

taking into account the division of athletes in each division by gender, weight categories and age groups.

1.3. Age categories.

- 1.3.1. Competitive lifting shall be restricted to competitors aged 13 years and older. The athlete must be at the minimum age on the day of the competition. The athletes who haven't attained 18 years on the day of the competition can take part in the competition only with the written permission of his parents or the child's legal representative, made in the prescribed form.
- 1.3.2. There is a special rule about the age categories:
- The day an athlete turns 18 years he or she is no longer a sub-junior.
 - The day an athlete turns 23 years he or she is no longer a junior.
- 1.3.3. The following age categories for men and women, which recognized in ISF:

Men:

	Categories	Age
1	Sub-juniors	from 13 years to and including 17 years of age;
2	Juniors	from 18 years to and including 22 years of age;
3	Open	from 13 years and older
4	Masters M1	from 40 years to and including 44 years of age;
5	Masters M2	from 45 years to and including 49 years of age;
6	Masters M3	from 50 years to and including 54 years of age;
7	Masters M4	from 55 years to and including 59 years of age;
8	Masters M5	from 60 years and older
9	Masters M6	from 70 years and older

Women:

№	Categories	Age
1	Sub-juniors	from 13 years to and including 17 years of age;
2	Juniors	from 18 years to and including 22 years of age;
3	Open	from 13 years and older
4	Masters M1	from 40 years to and including 44 years of age;
5	Masters M2	from 45 years to and including 49 years of age;
6	Masters M3	from 50 years and older

- 1.3.4. If athletes from the following age categories: Sub-Juniors, Juniors, Masters M1, M2, M3, M4 and M5 decide to participate in an additional return category-Open, the results of their attempts in the lifts will be automatically counted in two age categories. (This rule only applies if the competitions are held on the same day. If the competitions are divided into several days, the athlete must again participate in an additional age group).

1.4. Body weight categories.

Women:

- 44.0 kg (class to 44.0 kg) – for Sub-juniors;
- 48.0 kg (class from 44.01 to 48 kg);
- 52.0 kg (class from 48.01 to 52.0 kg);
- 56.0 kg (class from 52.01 to 56.0 kg);
- 60.0 kg (class from 56.01 to 60.0 kg);
- 67.5 kg (class from 60.01 to 67.5 kg);
- 67.5 kg + (class from 67.51 to unlimited).

Men:

- 52.0 kg (class to 52.0 kg) – for Juniors;
- 56.0 kg (class from 52.01 to 56.0 kg);
- 60.0 kg (class from 56.01 to 60 kg);
- 67.5 kg (class from 60.01 to 67.5 kg);
- 75.0 kg (class from 67.51 to 75.0 kg);
- 82.5 kg (class from 75.01 to 82.5 kg);

- 90.0 kg (class from 82.51 to 90.0 kg);
- 100.0 kg (class from 90.01 to 100.0 kg);
- 110.0 kg (class from 100.01 to 110.0 kg);
- 110.0 kg + (class from 110.01 to unlimited)

2.1. General rules.

2.1.1. Classic streetlifting and its individual types of movements.

- the athletes shall lift with the maximum possible additional weight
- the weight of the belt with a rope and a carbine is not taken into account;
- when performing an exercise, the weight is fixed on the athlete's belt and is located in front or between his legs, the center of the additional weight should not be higher than the level of the knees;
- score of the best attempt approved by referees is counted. Sum of the best scores in two exercises is counted in combination of exercises.
- in each exercise no more than 3 (three) competitive attempts are allowed;
- the athlete shall start exercising within 1 (one) minute from the moment he is called to the platform by the Secretary;
- the athlete must take the initial starting position within 30 (thirty) seconds after the Central referee commands "get Ready!".
- the athlete has 1 (one) minute to perform the competitive attempt, after the central referee's signal "Start."
- kipping and swaying are prohibited;
- the legs are closed, but the legs' crossing is prohibited;
- during the exercise, no part of the athlete's body, as well as the weight attached to the belt of the athlete must not touch the platform (box), platform or horizontal and parallel bars.

2.1.2. Multilift streetlifting and its individual types of movements.

- the athletes shall perform the maximum number of repetitions with a kettlebell fixed on the athlete's belt, while the weight of the belt with a rope and a carbine is not taken into account;
- during the exercise on, the kettlebell is fixed on the athlete's belt and is located in front or back or between his legs (the handle of the kettlebell should not be higher than the knees);
- weight of the kettlebell depends on the age category of the athlete and the type of competition program chosen by him;
- score of the number of reps approved by referees is counted;
- in each exercise, a maximum of 1 (one) attempt is allowed;
- the athlete shall start exercising within 1 (one) minute from the moment he is called to the platform by the Secretary;
- the athlete must take the initial starting position within 30 (thirty) seconds after the Central referee commands "Get ready!".
- the athlete has 2 (two) minute to perform the competitive attempt after central referee issues the command "Start", which means the beginning of the competitive exercise. This command is given as assistants give to referee the command "Weight is prepared", which means that additional weight is fixed properly on the athlete's belt;
- kipping and swaying are prohibited;
- the legs are closed, but the legs' crossing is prohibited;

- 2.1.3. during the exercise, no part of the athlete's body, as well as the weight attached to the belt of the athlete must not touch the platform (box), platform or horizontal and parallel bars.

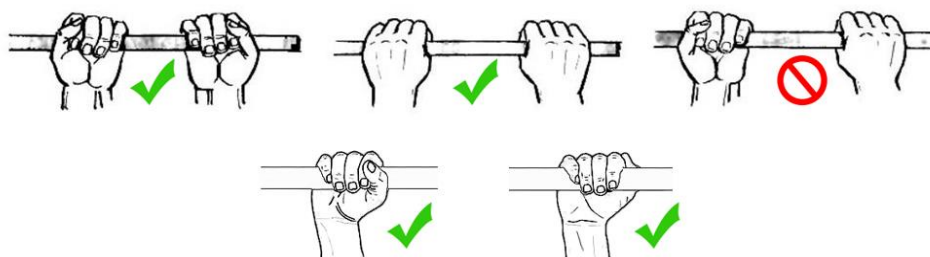
2.1.4. Permitted types of grip.

Fig. 1 Types of grip in a pull-up.

- during the pulling up on the crossbar, the athletes perform the exercise using a "pronated grip" (palms facing away from the athletes) or "supinated grip" (palms facing the athletes). Using "mixed grip", as well as changing one grip to another during the exercise is forbidden (see Fig. No. 1).
- both "open" and "closed" types of grip are allowed.
- when performing the exercise, the hands of the athlete must be in contact with the crossbar (bars) at all times.

Note: Improved grip does not result in disqualification if both hands remain in contact with the crossbar (bars). A participant can, for example, release his fingers if his palms remain in contact with the crossbar (bars).

- these rules are for all types of exercises, both in the classic and multilift streetlifting / **weighted calistenics**.

2.2. CLASSIC PULL-UP / MAX WEIGHT

2.2.1. The athlete is on the platform at the crossbar, stands on a mobile platform (or on a box) facing the central referee.

2.2.2. At the signal of the referee "Get ready!", which consist of the voice command of the same name and movement of the hand upwards, the athlete takes starting position:

- the athlete hangs on the crossbar with his arms straight at the elbows, using one of the permitted types of grip (point 2.1.3);
- the athlete's legs are straight at the knees and pointing down, while crossing the legs is prohibited.

In this position, the athlete must wait for the signal of the central referee "Start!" which consists of a voice command of the same name and a downward movement of the hand. The signal is given after the athlete takes the right position and stops any movement.

2.2.3. Having received the signal of the central referee, the athlete may begin the exercise. He must pull up **and return to the original starting position (point 2.2.2).**

2.2.4. Thus in the top point of exercise **he should take such position of a head that the tip of a chin is strictly above a bar, and the corner of a mandible was above level of a bar horizontally (see figure №2.1),** thus it is not necessary to touch a bar with a chin.

2.2.5. As soon as the athlete assumes a stationary body position in the bottom position (undoubtedly completing the movement), the Central Referee must signal the end of the lift - "Finish!"

2.2.6. The signal for the end of the exercise consists of a backward movement of the arm and a clear voice command "Finish!". Only after this signal, the athlete can complete the exercise.

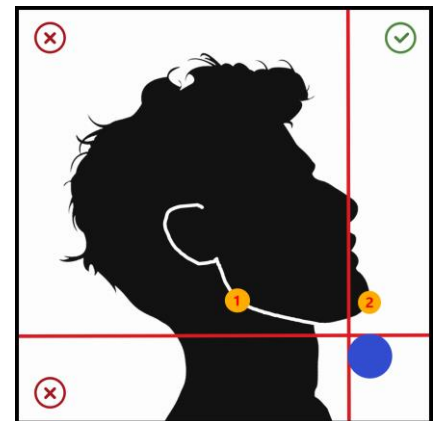


Fig. 2.1: The correct position of the head and chin over the bar.

Causes leading to not counting of the attempt

- error in accepting the initial starting position of the body at the beginning and / or end of the lift **[point 2.2.2];**
- failure to comply with any of the Central referee's commands on the platform, as well as performing a move before or after the referee's commands;
- kipping (any abrupt movement of the legs) and/or swaying during the lift;
- lifting the hips up more than 30 degrees (see figure 3.1);
- double movement (up-down-up), **that is more than one attempt to lift weight within one rep;**
- failed try to take the right up position when chin completely passes the crossbar, both vertically and horizontally (fig. 2.1);
- **It is not acceptable to hang on the chin/lower jaw on the chinning bar in order to take the correct position of the body at the upper point by the power of the jaw, not the arms;**
- during the doing a lift and before the referee commands "Finish!", additional weights suspended from the athlete's belt, or the athlete himself, touch the platform and/or the box, the crossbar structures (except the hands and chin of the athlete);
- touching an additional weight suspended from the athlete's belt, or the athlete himself, by assistants during the lift until the referee commands "Finish!";
- falling weights from the athlete's belt when the chain **or rope** breaks, or belt fasteners. In this case, the athlete is given an additional attempt.

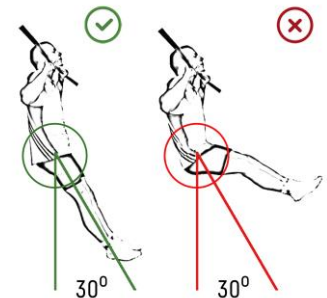


Fig 3.1: Acceptable leg position for PULL-UPS.

Allowed and is not an error:

- **improve your grip, but keep both hands in contact with the bar;**
- smooth **unidirectional** bending at the knees and/or lift of the legs, during the exercise, provided that
 - no jerking movements of the legs (any sudden, jerky movement of the legs),
 - legs pointing downward so that the athlete's thigh does not rise above 30 degrees (see fig. 3.1).

- 2.3.1. The athlete is on the platform at the crossbar, stands on a mobile platform (or on a box) facing the central referee.
- 2.3.2. At the signal of the referee "Get ready!", which consist of the voice command of the same name and movement of the hand upwards, the athlete takes starting position:
- the athlete hangs on the crossbar with his arms straight at the elbows, using one of the permitted types of grip (point 2.1.3);
 - the athlete's legs are straight at the knees and pointing down, while crossing the legs is prohibited.
- In this position, the athlete must wait for the signal of the central referee "Start!" which consists of a voice command of the same name and a downward movement of the hand. The signal is given after the athlete takes the right position and stops any movement.
- 2.3.3. Having received the signal of the central referee, the athlete may begin the exercise. He must pull up and return to the original starting position (point 2.3.2).
- 2.3.4. Thus in the top point of exercise he should take such position of a head that the tip of a chin is strictly above a bar, and the corner of a mandible was above level of a bar horizontally (see fig. №2.2), thus it is not necessary to touch a bar with a chin.
- 2.3.5. In the lower starting position, the athlete waits for the Central referee's signal to continue the exercise. The referee's signal consists of a distinct numerical voice command ("one!", "two!", "three!", etc.) and is given as soon as the athlete assumes a correct and stationary body position.
- 2.3.6. The next numerical command of the referee means the counted attempt, if instead of it the repetition of the previous score sounds, it means that the athlete made an error in the last repetition.
- 2.3.7. In case of breaking of the rule made by the athlete during the exercise, the Central referee must inform the athlete by voice command of the presence and type of the mistake made by the athlete, immediately before repeating the previous score (for example: "Up! Two! ").
- 2.3.8. The athlete has the right to make his own decision about the end of a competitive attempt, without waiting for the referee's signal.

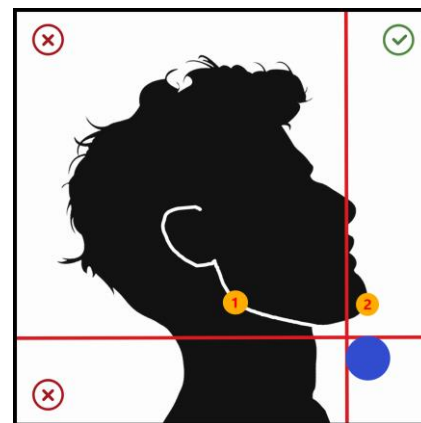


Fig. 2.2 The correct position of the head and chin over the bar.

2.3.9. Central referee's commands indicating technical errors of athlete:

- The command "Stop!" - Is given in order to stop and attract the attention of the athlete.
 - Failure to comply with any of the central referee's commands;
 - performing a move before or together with the central referee's commands, and not after the commands;
- Command "Down!"
 - Athlete fails to straighten elbows in lower position during exercise
- Command "Up!"
 - Unsuccessful attempt at the correct position at the top of the exercise with chin resting on the bar;
 - If the athlete tries to assume the correct position at the upper point of the exercise through the power of the jaw rather than the arms (hanging on the bar using the jaw or chin).
- The command "Legs!"
 - Athlete did not straighten his legs at the knees in the starting position;
 - The use of jerks (any sharp, jerky movement of the legs);
 - when lifting the hips more than 30 degrees (see fig #3.2);
 - when your feet touch the platform and/or crossbar structures
- The command "Balance!"
 - Use of body sway in the exercise;
 - Double movement (up-down-up), that is more than one attempt to lift weight within one rep;;
- The command "Finish!"
 - Athlete does not respond to the comments for more than three (3) repetitions in a row

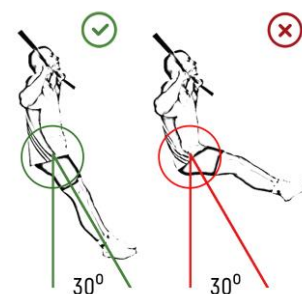


Fig 3.2: Acceptable leg position for PULL-UPS.

Causes leading to not counting of the attempt:

- error in accepting the initial starting position of the body at the beginning, during and / or end of the lift (point 2.3.2);
- failure to comply with any of the Central referee's commands on the platform or performing a move before or after the referee's commands;
- kipping (any abrupt movement of the legs) during the lift;
- swaying during the lift;
- lifting the hips up more than 30 degrees (see fig. 3.2);
- double movement (up-down-up), that is more than one attempt to lift weight within one rep;
- an unsuccessful attempt to take the correct position of the head and chin at the top point of the exercise (see fig. 2.1);
- It is unacceptable for the lifter to attempt to assume the correct position at the top point of the exercise through the power of the jaw rather than the arms (hanging on the bar using the jaw or chin);
- during the doing a lift and before the referee commands "Finish!", additional weights suspended from the athlete's belt, or the athlete himself, touch the crossbar structures (except the hands and chin of the athlete), the platform and / or the box;
- the assistants touch an additional weight suspended from the athlete's belt, or the athletes, during the exercise until the referee's command: "Finish!";
- use of an open grip; loss of contact of the palm with the bar or changing the type of grip;

Allowed and is not an error:

- improve your grip, but keep both hands in contact with the bar;
- smooth unidirectional bending at the knees and/or lift of the legs, during the exercise, provided that
 - no jerking movements of the legs (any sudden, jerky movement of the legs),
 - legs pointing downward so that the athlete's thigh does not rise above 30 degrees (see fig. 3.2)

2.4. CLASSIC DIP / MAX WEIGHT

2.4.1. The athlete is on the platform at the parallel bars, stands on a mobile platform (or on a box) facing the central referee.

2.4.2. At the signal of the referee "Get ready!", which consist of the voice command of the same name and movement of the hand upwards, the athlete takes starting position:

- holds himself up in a hanging position, leaning on the handles of parallel bars;
- the athlete's arms are straightened at the elbows;
- the body is in a vertical position, back is straight;
- the shoulders are lowered and drawn back, i.e. "sinking in the shoulders" is prohibited (see fig. 4.1);
- the athlete's legs are straight at the knees and pointing down*.

* Note: If the height of the bars does not allow the athlete to perform the exercise with straight legs, he is allowed to bend them. However, he must maintain this leg position during the exercise.

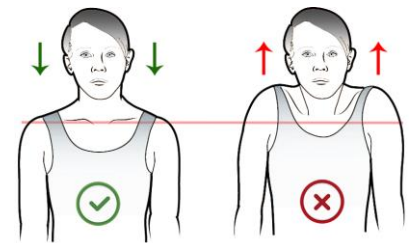


Fig. 4.1: The correct and incorrect position of the shoulders in the up position for dips.

2.4.3. In this position, the athlete should wait for the Central referee's signal "Start!", which consists of a downward movement of the hand and a clear voice command "Start!". The signal is given after the athlete takes the right position and stops any movement.

2.4.4. After receiving the signal from the Central referee about the start of the attempt, the athlete lowers the body down and then returns back to the original starting position (point 2.4.2)

2.4.5. At the same time his body should go down to the level where the line of the humerus will be parallel to the bars or below the angle of 90 degrees (see figure №5.1).

2.4.6. As soon as the athlete assumes a stationary body position in the top position (undoubtedly completing the movement), the Central Referee must signal the end of the lift - "Finish!"

2.4.7. the Signal for the end of the exercise consists of a backward movement of the arm and a clear voice command " Finish!". Only after this signal, the athlete can complete the exercise.

Causes leading to not counting of the attempt:

- error in accepting the initial starting position of the body at the beginning and / or end of the lift;
- failure to comply with any of the Central referee's commands on the platform, as well as performing a move before or after the referee's commands;
- a body tilt in which the shoulders go down faster than the pelvis. It is also not acceptable for the shoulders to drop and the pelvis to remain at the same level;

- an unsuccessful attempt to take the correct position at the lower point of the exercise, when the line of the humerus must be parallel to the bars or below the angle of 90 degrees (see fig. 5.1);
- kipping [any abrupt movement of the legs] and/or swaying during the lift;
- double movement (up-down-up), that is more than one attempt to lift weight within one rep;
- during the doing a lift and before the referee commands "Finish!", additional weights suspended from the athlete's belt, or the athlete himself, touch the platform, the box and/or crossbar structures (except the hands of the athlete);
- touching an additional weight suspended from the athlete's belt, or the athlete himself, by assistants during the lift until the referee commands "Finish!";
- falling weights from the athlete's belt when the chain or rope breaks, or belt fasteners. In this case, the athlete is given an additional attempt.

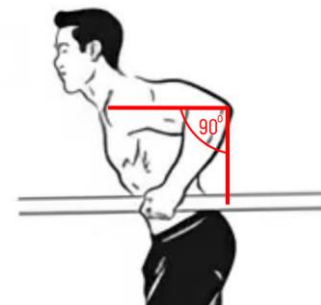


Fig. 5.1: Position of the humerus in relation to parallel bars.

Allowed and is not an error:

- improve your grip, but keep both hands in contact with the dip bar;
- smooth unidirectional bending at the knees and/or lift of the legs, during the exercise, provided that
 - no jerking movements of the legs (any sudden, jerky movement of the legs),
 - legs pointing downward so that the athlete's thigh does not rise above 30 degrees.

2.5. MULTILIFT DIPS / MAX REPS

2.5.1. The athlete is on the platform at the parallel bars, stands on a mobile platform (or on a box) facing the central referee.

2.5.2. At the signal of the referee "Get ready!", which consist of the voice command of the same name and movement of the hand upwards, the athlete takes starting position:

- holds himself up in a hanging position, leaning on the handles of parallel bars;
- the athlete's arms are straightened at the elbows;
- the body is in a vertical position, back is straight;
- the shoulders are lowered and drawn back, i.e. "sinking in the shoulders" is prohibited (see fig. 4.2);
- the athlete's legs are straight at the knees and pointing down*.

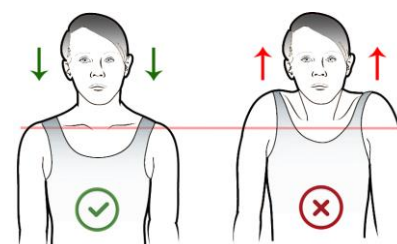


Fig. 4.2: The correct and incorrect position of the shoulders in the up position for dips.

* Note: If the height of the bars does not allow the athlete to perform the exercise with straight legs, he is allowed to bend them. However, he must maintain this leg position during the exercise.

- 2.5.3. In this position, the athlete should wait for the Central referee's signal "Start!", which consists of a downward movement of the hand and a clear voice command "Start!". The signal is given after the athlete takes the right position and stops any movement.
- 2.5.4. After receiving the signal from the Central referee about the start of the attempt, the athlete lowers the body down and then returns back to the original starting position (point 2.5.2)
- 2.5.5. At the same time his body should go down to the level where the line of the humerus will be parallel to the bars or below the angle of 90 degrees (see fig. №5.2).
- 2.5.6. As soon as the athlete assumes a stationary body position in the bottom position (undoubtedly completing the movement), the Center referee must signal the continuation of the lift.
- 2.5.7. in the upper starting position, the athlete waits for the command of the Central referee to continue the exercise. The referee's signal consists of a distinct numerical voice command ("one!", "two!", "three!", etc.) and is given as soon as the athlete assumes a correct and stationary body position.
- 2.5.8. The next numerical command of the referee means the counted attempt, if instead of it the repetition of the previous score sounds, it means that the athlete made an error in the last repetition.
- 2.5.9. In case of breaking of the rule made by the athlete during the exercise, the Central referee must inform the athlete by voice command of the presence and type of the mistake made by the athlete, immediately before repeating the previous score (for example: "Down! Two!").
- 2.5.10. The athlete has the right to make his own decision about the end of a competitive attempt, without waiting for the referee's signal.

2.5.11. Central referee's commands indicating technical errors of athlete:

- 1) The command "Stop!" - Is given in order to stop and attract the attention of the athlete.
 - Failure to comply with any of the central referee's commands;
 - performing a move before or together with the central referee's commands, and not after the commands;
- 2) Command "Up!"
 - the athlete did not straighten his elbows in the upper position during the exercise;
 - when unsuccessfully attempting to take the correct position at the top of the exercise;
 - staying in the upper exercise position with the shoulders raised for more than 3 seconds (time to eliminate the violation), in order to rest. In this case, the referee gives the command "Shoulders!" and conducts a countback "3, 2, 1" and, if the athlete does not react, the referee gives the signal to end the exercise (the command of the referee "Finish!");
- 3) Command "Down!"
 - an unsuccessful attempt to take the correct position at the lower point of the exercise;
 - a body tilt in which the shoulders go down faster than the pelvis.
- 4) The command "Legs!"
 - the athlete did not straighten his legs in the knees in the starting position, if there is no objective reasons for this (insufficient height of the bars);
 - The use of jerks (any sharp, jerky movement of the legs).
- 5) The command "Balance!"
 - using body sway to perform an exercise;
 - Double movement (up-down-up), that is more than one attempt to lift weight within one rep;
- 6) The command "Grip!"
 - loss of contact of the palm with the bars
- 7) The command "Finish!"
 - Athlete does not respond to the comments for more than three (3) repetitions in a row
 - If the athlete attempts to rest with shoulders down at the top point of the exercise more than three (3) times during the exercise.

Causes leading to not counting of the attempt:

- error in accepting the initial starting position of the body at the beginning and / or end of the lift;
- failure to comply with any of the Central referee's commands on the platform, as well as performing a move before or after the referee's commands;
- a body tilt in which the shoulders go down faster than the pelvis. It is also not acceptable for the shoulders to drop and the pelvis to remain at the same level;
- an unsuccessful attempt to take the correct position at the lower point of the exercise, when the line of the humerus must be parallel to the bars or below the angle of 90 degrees (see fig. 5.2);
- kipping (any abrupt movement of the legs) and/or swaying during the lift;
- double movement (up-down-up), that is more than one attempt to lift weight within one rep;
- during the doing a lift and before the referee commands "Finish!", additional weights suspended from the athlete's belt, or the athlete himself, touch the the platform, the box and/or bar structures (except the hands of the athlete);
- touching an additional weight suspended from the athlete's belt, or the athlete himself, by assistants during the lift until the referee commands "Finish!";
- loss of contact of the palm with the dip bar.

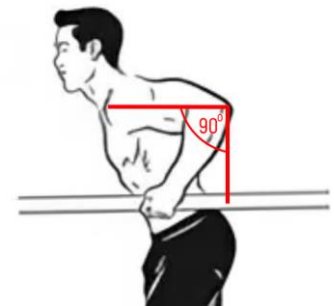


Fig. 5.2. Position of the humerus in relation to parallel bars.

Allowed and is not an error:

- improve your grip, but keep both hands in contact with the dip bar;
- smooth ~~unidirectional~~ bending at the knees and/or lift of the legs, during the exercise, provided that
 - no jerking movements of the legs (any sudden, jerky movement of the legs),
 - legs pointing downward so that the athlete's thigh does not rise above 30 degrees.

3.1. CLASSIC MUSCLE-UP / MAX WEIGHT

- 3.1.1. The athlete is on the platform at the crossbar, stands on a mobile platform (or on a box) facing the central referee.
- 3.1.2. At the signal of the referee "Get ready!", which consist of the voice command of the same name and movement of the hand upwards, the athlete takes starting position:
- standing on a mobile platform (or on a box), grasping the bar using a pronated grip. A semi-false grip is allowed (Fig. 6). The athlete's arms must be straightened at the elbows.
- In this position, the athlete must wait for the signal of the central referee "Start!" which consists of a voice command of the same name and a downward movement of the hand. The signal is given after the athlete takes the right position and stops any movement.
- 3.1.3. Having received the signal of the central referee, the athlete may begin the exercise. Holding the bar, the athlete leaves the platform (or on a box), making a forward body movement for the subsequent performance of the Muscle Up.
- 3.1.4. During the Muscle-Up, the athlete must observe the following requirements:
- at the lower point of the exercise:
 - a small single swing at the low point is allowed when the athlete leaves the box to begin the "Muscle-Up" exercise,;
 - straight body;
 - straight arms at the elbow and shoulder joints;
 - Legs straight at the knees and pointing down, crossing the legs is prohibited.
 - At the top point of the exercise:
 - the athlete must straighten his arms at the elbow joint.
- 3.1.5. As soon as the athlete assumes a stationary body position at the top point (undoubtedly having completed the movement), the center referee must signal the end of the lift "Finish!"
- 3.1.6. The signal for the end of the exercise consists of a backward movement of the arm and a clear voice command "Finish!". Only after this signal, the athlete can complete the exercise.

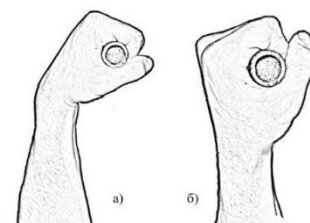


Fig. 6: A semi-false and normal grips

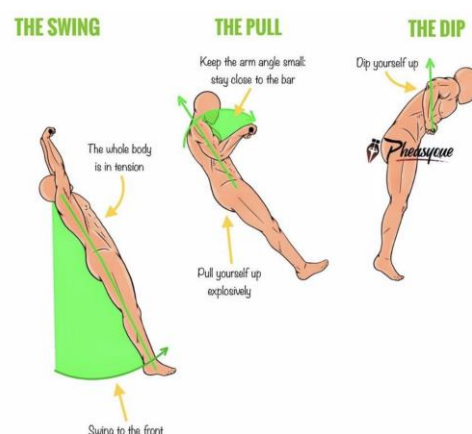


Fig. 7: The Muscle Up Stages

Causes leading to not counting of the attempt

- failure to comply with any of the Central referee's commands on the platform, as well as performing a move before or after the referee's commands;
- incomplete extension of the arms at the elbows in the start position, at the lowest point and at the end of the exercise;
- use of a prohibited type of grip in which the wrist or forearm touches the bar;
- kiping (any abrupt movement of the legs) during the lift;
- legs bent at the knees;
- double movement (up-down-up), that is more than one attempt to lift weight within one rep;
- exercise Muscle Up with alternate raising of the arms over the bar;
- an unsuccessful attempt to take the correct body position at the top point of the exercise;
- during the doing a lift and before the referee commands "Finish!", additional weights suspended from the athlete's belt, or the athlete himself, touch the platform and/or the box, the crossbar structures (except the hands, chin and chest of the athlete);
- touching an additional weight suspended from the athlete's belt, or the athlete himself, by assistants during the lift until the referee commands "Finish!";
- falling weights from the athlete's belt when the chain or rope breaks, or belt fasteners. In this case, the athlete is given an additional attempt.

Allowed and is not an error:

- improve your grip, but keep both hands in contact with the bar;
- touching the bar with the chest, if it does not affect the performance of the exercise;

- smooth lift of the legs, during the exercise, provided that there was no kipping (any abrupt movement of the legs) and legs facing down.

3.2. BARBELL SQUAT

- 3.2.1. The lifter shall face the front of the platform. The bar shall be held horizontally across the shoulders, hands and fingers gripping the bar. The hands may be positioned anywhere on the bar inside and or in contact with the inner collars.
- 3.2.2. After removing the bar from the racks, (the lifter may be aided in removal of the bar from the racks by the spotter / loaders) the lifter must move backwards to establish the starting position. When the lifter is motionless, erect (slight deviation is allowable) with knees locked the Chief Referee will give the signal to begin the lift. The signal shall consist of a downward movement of the arm and the audible command "Squat". Before receiving the signal to "squat" the lifter may make any position adjustments within the rules, without penalty. For reasons of safety the lifter will be requested to "Replace" the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given.
- 3.2.3. Upon receiving the Chief Referee's signal the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees. Only one decent attempt is allowed. The attempt is deemed to have commenced when the lifters knees have unlocked
- 3.2.4. The lifter must recover at will to an upright position with the knees locked. Double bouncing at the bottom of the squat attempt or any downward movement is not permitted. When the lifter is motionless (in the apparent final position) the Chief Referee will give the signal to rack the bar
- 3.2.5. The signal to rack the bar will consist of a backward motion of the arm and the audible command "Rack". The lifter must then return the bar to the racks. Foot movement after the rack signal will not be cause for failure. For reasons of safety the lifter may request the aid of the spotter/loaders in returning the bar to, and replacing it in the racks. The lifter must stay with the bar during this process.
- 3.2.6. Not more than five and not less than two spotter/loaders shall be on the platform at any time. The Referees may decide to the number of spotter/loaders required on the platform at any time 2, 3, 4, or 5.

Causes for disqualification of a Squat::

- ❌ Failure to observe the Chief Referee's signals at the commencement or completion of a lift.
- ❌ Double bouncing at the bottom of the lift, or any downward movement during the ascent
- ❌ Failure to assume an upright position with the knees locked at the commencement or completion of the lift.
- ❌ Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted
- ❌ Failure to bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees, as in the diagram.
- ❌ Contact with the bar or the lifter by the spotter/loaders between the Chief Referee's signals in order to make the lift easier.
- ❌ Contact of the elbows or upper arms with the legs. Slight contact is permitted if there is no supporting that might aid the lifter.
- ❌ Any dropping or dumping of the bar after completion of the lift.
- ❌ Failure to comply with any of the items outlined under Rules of Performance for the squat.

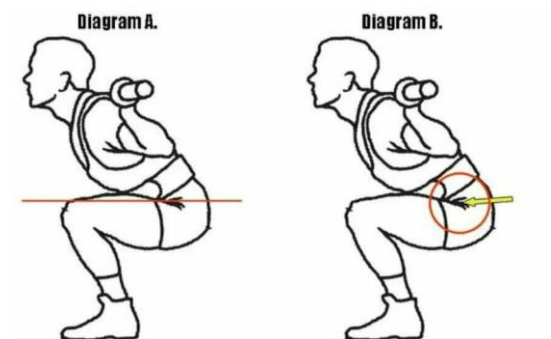


Рис. 7: Необходимая глубина приседания

4.1. Defining winners.

- 4.1.1. The winner of the Classic streetlifting is the athlete, who has collected the largest total of results in two competitive lifts. Other athletes are determined in descending command based on the lifted total. The athletes, who lifted a zero result in all three attempts of the one lift, are excluded from further competition of the Classic streetlifting.
- 4.1.2. The winner in single lift of the Classic streetlifting is the athlete, who has collected the largest result. The result includes the best lift from all three attempts was done by the athlete on the platform and approved by the referees. The other prizes places are listed in descending order based on the results of the athletes.
- 4.1.3. The winner of the Multilift streetlifting is the athlete, who has collected the largest total of results in two competitive lifts. Other athletes are determined in descending command based on the total coefficient. The athletes, who lifted a zero result of the one lift, are excluded from further competition of the Multilift streetlifting.
- 4.1.4. The winner in single lift of the Multilift streetlifting is the athlete, who has collected the largest result. The result includes the most many of repeats were done by the athlete on the platform and approved by the referees. The other prizes places are listed in descending order based on the results of the athletes.
- 4.1.5. If the results of two or more athletes are the same, the preference is given to the athlete with the lighter bodyweight. If two athletes in the weight-in were registered with the same body weight and by the end of the competition set the same amount, the procedure of re-weighting will take place. The higher place will take the athlete whose body weight will be lighter. If the bodyweight of the athletes will be the same, then both athletes are given the same place and the next place is not occupied.

4.2. Rewarding competitors.

- 4.2.1. The awarding of ISF Championships participants and winners in the personal, absolute and team scores is led in accordance with the Statement of the competition.
- 4.2.2. Medals and diplomas are awarded to the athletes who took the first three places. Occupied places are distributed in each age category, and within them-in each weight category.
- 4.2.3. Permitted form of clothing of athletes for the award ceremony – full tracksuit of the national team, t-shirt, sports shoes. Control of the form of clothing at the awards is carried out by the technical controller of the corresponding competition stream. According to the decision of the Jury, failure to comply with the requirements for the form of clothing at the award may deprive the athlete of the right to receive a medal (s), although their place in the final Protocol is preserved.
- 4.2.4. All athlete costume items must be clean and tidy. It is not allowed use the emblems and logos of offensive content, on uniform of the athletes.

4.3. Absolute qualification.

- 4.3.1. Absolute winners ("best athletes") are determined **only in the Classic Streetlifting, both in the total and in individual competitive disciplines.**
- 4.3.2. Winners and prizewinners are defined only in the Open age category, among all weight categories, taking into account gender of athletes.
- 4.3.3. The Absolute winner in the Classic streetlifting (total, pull-up, dip) is the athlete who has shown the best result according to the formula ISF Points, taking into account the age (point 3.3.5) and weight (point 3.3.6) coefficients.
- 4.3.4. The constant link of the formula ISF Points – streetlifting.world/points
- 4.3.5. When assigning classes and ranks, as well as the distribution of prizes in the combined age categories, the result demonstrated by the participants, whose age exceeds 40 years, increases in accordance with the following table:

Nº	Categories	Age	result of increasing the percentage
1	Masters M1	from 40 years to and including 44 years of age;	2,5 %
2	Masters M2	from 45 years to and including 49 years of age;	5 %
3	Masters M3	from 50 years to and including 54 years of age;	7,5 %
4	Masters M4	from 55 years to and including 59 years of age;	10 %
5	Masters M5	from 60 years to and including 69 years of age	12,5 %
6	Masters M6	from 70 years and older	15 %

4.3.6. Example of calculating the final results for an athlete aged 46 years:

Exercises	The result	Calculation	Total (with rounding)
Classic streetlifting (total)	120 kg	$120 + 5 \% = 126 \text{ kg}$	126,25 kg
Classic streetlifting (pull-up)	47,5 kg	$47,5 + 5 \% = 49,875 \text{ kg}$	50 kg
Classic streetlifting (dip)	72,5 kg	$72,5 + 5 \% = 76,125 \text{ kg}$	76,25 kg
Multilift streetlifting (total)	31 rep.	$31 + 5 \% = 32,55 \text{ rep.}$	33 rep.
Multilift streetlifting (pull-ups)	12 rep.	$12 + 5 \% = 12,6 \text{ rep.}$	13 rep.
Multilift streetlifting (dips)	19 rep.	$19 + 5 \% = 19,95 \text{ rep.}$	20 rep.

4.4. Team championship.

- 4.4.1. The team championship can be held at the tournament, according to Regulation.
- 4.4.2. The Regulation determines the amount and team composition.
- 4.4.3. The Regulation also regulates the system of point scoring for team championship.
- 4.4.4. The main rule for point scoring is the following: team points are get for first ten places and are allocated in the following command: 12 points – for the 1 place, 9 points – for the 2 place, 8 points – for the 3 place, 7 points – for the 4 place, 6 points – for the 5 place, 5 points – for the 6 place, 4 points – for the 7 place, 3 points – for the 8 place, 2 points –for the 9 place and 1 points – for the 10 place. All the participants of the competition ranked below the 10th place earn 1 point for command superiority.
- 4.4.5. The team, which gets the maximum number of points, becomes a winner in the command superiority.
- 4.4.6. If the number of team points is equal for two teams, the command, which has more taken first places, becomes a winner.
- 4.4.7. In case of having, the same amount of 1st places in the command and the same scores amount the winner is determined by the number of 2d, 3d, 4th and so on places.
- 4.4.8. There could be Increasing coefficients for team scores which could be attained according to the athletes level in Sports standard.
- 4.4.9. The Captain of the Team sends team entry form accordingly to deadline announced in the Regulation. Changes and additions after deadline could be made only with the agreement of the Organizing committee of the championship.
- 4.4.10. The Competition Regulation regulates other questions about team championship.

4.5. Championship ranking.

- 4.5.1. ISF identifies the following classification of championships:
- International;
 - Continental;
 - National;
 - Interregional;
 - Regional;
 - City (district, club);
- 4.5.2. Requirements for the technical equipment of tournaments are listed in supplement No. 2 "Technical requirements for running ISF competition". Obeying these requirements is an absolute must for all the competitions, which are held under ISF.
- 4.5.3. Requirements for the referees and fixing records are described in the relevant paragraphs of the current Rule Book.
- 4.5.4. International championship is Championships and Cups of World.
- Sport ranks till ISF Elite
 - Registration of world records.
- 4.5.5. Continental championship is Championships and Cups of Continent.
- Sport ranks till ISF Pro (Master of Sport of International class) ISF.
 - Registration of world and continental records.
- 4.5.6. National championship is Championships and Cups of Country.
- Sport ranks till ISF Advanced (Master of Sport).

- Registration of national records.
- 4.5.7. Interregional championship is Championships and Cups between Regions of Country.
 - Sport ranks till ISF Advanced (Master of Sport).
 - Registration of national and interregional records.
- 4.5.8. Regional championship is Championships and Cups of Regions/Subjects of Country.
 - Sport ranks till ISF Intermediate (Candidate Master of Sports).
 - Registration of regional and city records.
 - Organized without division "Amateurs-D".
- 4.5.9. City (district, club) championship is Championships and Cups of City/District/Club.
 - Sport ranks till ISF 1 class.
 - Registration of city records.
 - Organized without division "Amateurs-D."
- 4.5.10. There could be done another classification of Championships for ISF national departments according to the features of the country. The ISF Presidium must approve usage of the other classification.
- 4.6. Drug-testing.

- 4.6.1. During ISF, competitions there are drug-testing operations, which are conducted in accordance with the "ISF Anti-doping rules".
- 4.6.2. The constant link of the formula ISF Points -streetlifting.world/antidoping/
- 4.7. ISF Records.

- 4.7.1. ISF registers the following records:
 - international
 - continental
 - national

In the regional ISF branches regional records (subject of the country, city) might also be registered. Their management and keeping is duties of national and regional representatives and is not a mandatory requirement of the Federation.
- 4.7.2. National branches, in case of setting of continental or world records at their tournaments, shall provide the Protocol of the determined sample and data on records to the directorate of ISF Federation within 7 days from the date of the end of tournament.
- 4.7.3. The level of records setting in the competition depends on the classification of the tournament and the classification of referees working on the tournament.
- 4.7.4. All records are recorded in the following exercises:
 - Classic – Classic Streetlifting (total sum, pull-up, dip);
 - Classic – Pull-up (max weight);
 - Classic – Dip (max weight);
 - Multilift – Multilift Streetlifting (total sum, pull-up, dip);
 - Multilift – Pull-ups (max reps);
 - Multilift – Dips (max reps).
- 4.7.5. Records are fixed in each age, weight category, with a difference in the sex of athletes, as well as in different divisions "Doping Free", "Pro", "Disabilitie".
- 4.7.6. Registration of records is possible only in tournaments authorized by ISF Federation and when observing the rules of the Federation and when equipment and qualification of referees meets the requirements.
- 4.7.7. Record attempts may be made by athletes in any attempt. If within the framework of one competition, in one weight category several successful record attempts are made, the last, the heaviest weight counted by the referee's as an ISF record.
- 4.7.8. In case when two athletes have exceeded the existing record in an individual exercise or in total with the same result, the record holder will be the one whose own weight in the weighing was less. If both athletes at weighing were registered with identical own weight, the record holder will be considered the athlete who exceeded the existing record earlier.
- 4.7.9. ISF records in the «Classic» divisions are fixed in excess of 0.5 kg relative to the existing record result. ISF records in the «Multilift» divisions are fixed in excess of 1 repetition relative to the existing record result.

- 4.7.10. Records in the age groups shall be counted even if one participant takes part in the weight and age groups.
- 4.7.11. When there are no record results in the record categories, records at all levels are considered to be records determined by ISF Presidium as a "Standard record". Only an athlete who breaks this result becomes a record holder.
- 4.7.12. The athlete might be provided with a fourth record attempt, in each exercise in the «Classic» divisions. This attempt aims only at setting a new record. The fourth attempt does not go into the amount, is not taken into account when calculating the place that the athlete takes in the competition, as well as not taken into account when registering the classification standard, is not used to calculate team points, and is not used to calculate the result in the absolute category.
- 4.7.13. An additional record attempt is given to the athlete only in case of successful (counted by referees on a platform) the third attempt.
- 4.7.14. In the «Multilift» divisions does not provide an additional attempt to set a record.
- 4.7.15. Only athletes who have applied to participate in the competitions can try to set a record in an additional attempt (i.e. an athlete with a zero result in three attempts, but who remains in the tournament as a guest, cannot set a record in the fourth attempt).
- 4.7.16. Athletes can set a record only in the division (or divisions) which they have chosen before the end of the last weighing session.
- 4.7.17. Transfer of records is allowed by age categories as follows: depending on category athlete has chosen – "Junior" can set a record in both "Juniors" and "Open" category, "Sub-juniors" can set a record in their age category and "Open", athletes from the "Open" category can set a record only in the "Open", "Masters" can set records both in "Masters" and in the "Open".
- 4.7.18. If terms of the tournament conditions specify that all athletes can only participate in the "Open" category, regardless of their actual age (sub-juniors, junior or master), then they will be able to set records in their actual age category.
- 4.7.19. Each time when an athlete sets a new record, the senior referee shall check his equipment on the platform, until athlete leaves the platform.

5. EQUIPMENT AND ITS SPECIFICATION

5.1. General.

- 5.1.1. For each level of tournaments, there are different requirements for the availability and quantity of equipment. These requirements are listed in document "Technical requirements for ISF competitions".
- 5.1.2. The constant link of the "Technical requirements for ISF competitions". - streetlifting.world/documents/
- 5.1.3. The meeting the requirements is a must. However, all the equipment described in them, must comply with the following items of rules:

5.2. Scales.

- 5.2.1. Scales for weighing the athletes shall be digital electronic, showing weight with two decimal signs after a comma and a measuring range of at least 180 kg.
- 5.2.2. The scales must have a certificate with the date of calibration within one year prior to the date of the competition.

5.3. Platforms.

- 5.3.1. All lifts must be performed on a platform whose size is from a minimum of 3 x 3 m to a maximum of 6 x 6 m. It must not exceed 15 cm in height from the surrounding stage or floor.
- 5.3.2. The surface of the platform shall be flat and non-slip. It is not allowed to use the platform from several segments, which are not mounted to each other. The upper surface of the platform must provide good grip of athlete's feet with platform, so it shall be non-slip and be hard. A movable upper surface in the platform is prohibited.

5.4. Horizontal (crossbar) and parallel bars.

- 5.4.1. Horizontal bar for PULL-UPS and parallel bar for dips might be both single complex or separate equipment.
- 5.4.2. Any complex (or separated equipment) must ensure safe of the lifts, as well as be attached to the platform or installed on it so as to avoid movement and/or separation from the surface during the exercise.
- 5.4.3. All elements of the complex must be rigidly fastened together, providing a single, strong structure.
- 5.4.4. During exercise, there is no element of the structure shall change its parameters, to move or to get off the ground. The only exception is the special system for bringing the weight.
- 5.4.5. Horizontal and parallel bars shall not bend during an exercise and shall be strictly parallel to the surface of the platform.
- 5.4.6. It is allowed to use both parallel and V-shaped bars.
- 5.4.7. When using parallel bars at the national and international level competitions, athletes must be given the opportunity to choose the width of the grip. It can be several options in a given range from 45 to 60 cm.
- 5.4.8. The main parameters of the horizontal bar for PULL-UPS:
- Minimum height from the platform to crossbar – 2200 mm.
 - Minimum horizontal bar width – 1200 mm.
 - The diameter of the crossbar shall be in the range from 27 to 30 mm.
- 5.4.9. The main parameters of bar for dips:
- Minimum height from the platform to parallel bar – 1500 mm
 - The distance between the bars shall be from 450 to 600 mm.
 - The diameter of the bars shall be in the range from 45 to 60 mm.
 - The length of the bars handles should not be less than 500 mm
- 5.4.10. At national and international tournaments, only ISF-certified horizontal and parallel bars ensuring safe exercising shall be used.
- 5.4.11. Recommended samples:

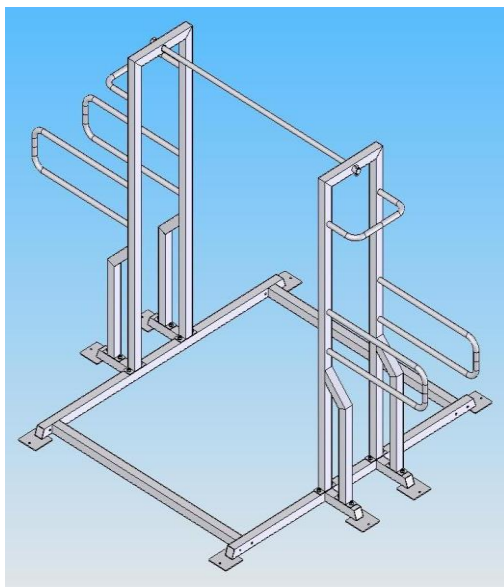


Fig.8.1 Collapsible complex - crossbar with bars

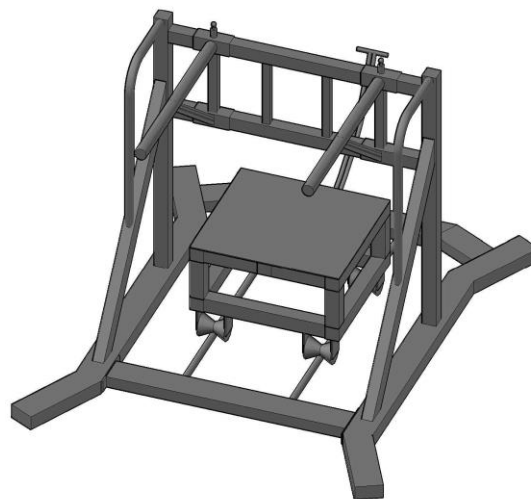


Fig. 8.2 Bars with width adjustment

5.5. Weight discs.

- 5.5.1. Weight discs are used only in disciplines "Classic".

Weight discs used in ISF competitions shall meet the following requirements:

- 5.5.2. All weight discs used in the competitions must be free of chips, cracks and other defects affecting their safe operation.
- 5.5.3. The weight of discs used in competitions must not deviate by more than 10 grams from the nominal weight.

- 5.5.4. The competition set should consist of the following weight discs: 0.5 kg; 1.25 kg; 2.5 kg; 5 kg; 10 kg; 15 kg; 20 kg; 25 kg. Weight discs 50 kg are allowed to be used.
- 5.5.5. At the competitions it is allowed to use as metal discs and as rubberized discs.
- 5.5.6. The thickness of the weight discs from 25 kg should not exceed 7 centimeters. Weight discs 20 kg and less should not be thicker than 6 cm. These are the rules for metal, non-rubber weight discs.
- 5.5.7. It is recommended to use discs with grips (Fig. 8).



Fig. 8 Rubberized discs with grips

- 5.5.8. Weight discs should be the following colors: 0,5 kg, 1.25 kg; 2.5 kg – any monochrome colouring; 5 kg – white; 10 kg – green, 15 kg – yellow, 20 kg – dark blue, 25 kg – red, 45 kg – gold, and 50 kg – green. It is possible to use the weight discs of different colors only upon agreement with the head of national branch of federation.
- 5.5.9. All weight discs should have a clear marking of their weight, at least on one side. All weight discs put on in a certain sequence, so that referees can see the marking of each disc.
- 5.5.10. The diameter of the largest weight disc shall not exceed 45 cm.
- 5.5.11. The diameter of the inner hole of weight discs shall be the size so one can pull chain **or rope** with a carabiner through it.

5.6. Kettlebells.

- 5.6.1. Kettlebells are used only in disciplines "Multilift".
- 5.6.2. All kettlebells used in the competitions must be free of chips, cracks and other defects affecting their safe operation.
- 5.6.3. The weight of kettlebells used in competitions must not deviate by more than 10 grams from the nominal weight.
- 5.6.4. At ISF competitions the following kettlebells might be used:
- 8, 12, 16, 24 и 32 kg for PULL-UPS.
 - 8, 12, 16, 24, 32 и 48 for dips.
- 5.6.5. Kettlebells should be the following colors:

8 kg	12 kg	16 kg	24 kg	32 kg	48 kg
Pink	Blue	Yellow	Green	Red	Golden

It is allowed to use a different color of weights, only with the approval of the head of the national branch of the Federation.

5.7. Box.

- 5.7.1. Box is used as follows:
- To put and set the weight;
 - To take starting position while performing PULL-UPS or dips;
 - To ensure safe completion of the exercise;
 - To take the weight.
- 5.7.2. Depending on the height of the horizontal and parallel bars, the height of the box shall be from 40 to 75 cm.
- 5.7.3. The width and length of the box should not be less than 50 cm
- 5.7.4. The box shall withstand a weight of more than 300 kg.

5.8. Device helping to set the weight..

- 5.8.1. To facilitate the weight load, its installation, it is permissible to use a special device. It can represent, as an element of the design of the complex to perform the exercises, as well as a separate device.
- 5.8.2. The main requirement is to ensure the safe exercise of the exercise.

5.9. Referee signal system.

- 5.9.1. At competitions, the sound-and-light signal system shall be provided due to which referees have to report their decisions. It shall have an information board with three white signals and three red signals in horizontal row, and one remote control for each of three referees on the platform, as well as two-tone alarm sound.
- 5.9.2. Signal system and evaluation have to be visible to the referees on the platform, to the jury, to the secretary, athlete on the platform and to the audience.
- 5.9.3. Referees report their decision by switching the signals on the remote control. White light means a positive evaluation "Good lift", red – negative "No lift".
- 5.9.4. The signal lamps shall be placed horizontally according to the position of the three referees. If possible, the light signal system shall be arranged so that the signal lamps are switched on at the same time, but not separately when activated by the three referees.
- 5.9.5. The referees are obliged to monitor the correct completion of competitive movement by athlete. In case of breaking the rules, the referee has the right to give sound-and-light signal by remote control before completing the lift. When the majority of referees turn on the remote control, sound signal sounds informing the athlete that his attempt is failed.
- 5.9.6. In case of impossibility of providing competitions with sound-and-light signal system, or its breakage, athlete's attempts shall be evaluated using flags of white and red color due to which the referees can show their decision after voice command of the senior referee "Flags". When there are no flags, the referees show an estimate using hand gestures. The thumb up means "good lift", thumb down means "no lift".
- 5.10. Clock timer.

- 5.10.1. The clock timer (stopwatch) is used to set a time limit, after calling the athlete on the platform, and before the start of the exercising.
- 5.10.2. The clock timer must be placed within the overall visibility of the referees on the platform, secretary, jury, audience and athletes in the exit area on platform. There should be an information board that shows countdown time allotted to exit the athlete.

6. CLOTHING, PERSONAL EQUIPMENT AND APPEARANCE

6.1. Main requirements.

- 6.1.1. The uniform of athletes consists of a tank top, shorts, socks and sports shoes. Equipment of the athlete includes an athletic belt and wrist bandages (if desired).
- 6.1.2. The uniform must be sporty, neat and clean.
- 6.1.3. On any piece of clothing and equipment offensive text and images, contrary to the spirit of sporting events, are forbidden. What is more, political and religious text and images (including references to parties, associations, etc.) are prohibited.
- 6.1.4. The athletes should remove earrings, rings, watches, bracelets and other jewelry before performing exercises.
- 6.1.5. It is forbidden to use any wraps or bandages on the elbow joints.
- 6.1.6. An athlete with a beard should tie it with an elastic band, so that the tip of the chin and neck were visible to the referees.
- 6.1.7. Athletes with long hair (below the shoulder line) should put them in a ponytail or bun.
- 6.1.8. Female Muslim athletes can wear nonsupportive suit that covers arms and legs, and wear head scarf hijab.
- 6.1.9. If the athlete has no at least 50% of total of fingers on one hand, including a thumb, then during performance of exercises it is allowed to use a strap for this hand. It can fasten only on a wrist.
- 6.1.10. Any physical anomalies of the athlete, which cannot allow following completely technical rules, have to be brought to the attention and explained to officials of a tournament. It has to be made prior to the beginning of competition.
- 6.1.11. The athlete, officials and Referees of a scaffold have to discuss all details and adapt a scaffold for this athlete. For example - deafness, a blindness or anomalies of extremities and (or) joints which prevent the correct straightening or grip.



6.2. Tank top.

6.2.1. The athletes should wear a tank top. Women can also put on a top or a bra under a t- shirt if it doesn't give additional support.

6.2.2. The tank top shall meet the following requirements:

- it is forbidden to use the tank tops consisting of any rubberized stretching material, denim and tarpaulin are also forbidden
- must not have sleeves, hood, pockets, buttons, zippers

6.3. Shorts.

6.3.1. Both female and male shorts shall have a sporty look and not be longer than the level of knees.

6.4. Shoes

6.4.1. When performing an exercise, the athlete shall wear shoes.

6.4.2. Sport sneakers shall be used as allowed shoes.

6.4.3. It is forbidden to use shoes with open heel (slippers, flip-flops).

6.4.4. It is forbidden to use shoes with metal spikes or strips, pads.

6.5. Weight belt, chain or rope and hook

6.5.1. Athletes must use only those weight belts, **ropes and carabiners** that have been provided by the competition organizers.

6.5.2. The weight of the weight belt, rope and carabiners is not taken into account.

6.5.3. The belt shall be made of leather or other non-stretchable material from one or more layers glued and (or) stitched together.

6.5.4. Two sizes of belts are used in competitions: 85 and 100 cm in length. The athlete can choose the belt only until such time as it is not fixed to the **rope** with the weight.

6.5.5. The width of the belt should not be more than 15 cm.

6.5.6. Belt shall have metal rings at both ends to fasten the **rope** with carabiners.

6.5.7. The rings shall be fastened to the belt using buttons, rivets or shall be sewed to ensure the safe use of the belt.

6.5.8. Using carabiners and **rope**, additional weight is fixed only to the metal rings on the belt.

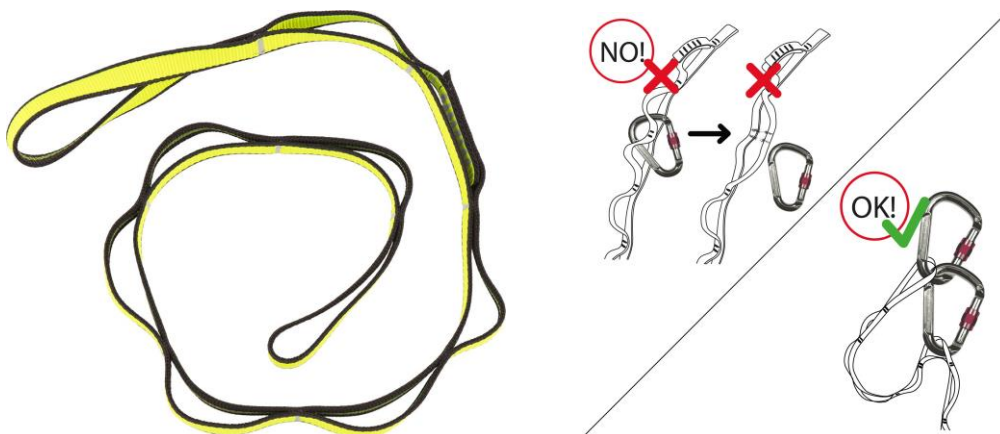
6.5.9. The rope must be made of strong and non-stretchable material (ideally polyester).

6.5.10. The rope of the sling must be at least 95 cm and have at least three sections for carabiners, which allow adjusting the length when fixing it on the belt.

6.5.11. **Rope**, carabiner, belt and its components shall be safe and withstand a weight of more **than 300 kg**.

6.5.12. At the national and international tournaments, only an ISF-certified **rope**, carabiner, and belt are used to ensure safe exercise performance.

6.5.13. Recommended sample "Daisy chain" sling and instructions on how to properly secure the carabiners to ensure safety.



6.6. Wrist wraps.

- 6.6.1. It is allowed to use bandages or wraps of only elastic single-layer factory-produced materials: medical crepe, polyester, cotton or combinations thereof.
- 6.6.2. Wrist wraps shall not exceed 1 m in length and 8 cm in width. Any velcro, insets for securing shall be included in the one-meter length. A loop might be used as an auxiliary means of fastening. The loop shall not be over the thumb or fingers when performing an exercise.
- 6.6.3. The total width of winding of wrist wraps shall not exceed 12 cm and be from the middle of the wrist up towards the elbow, up to 10 cm (no more) and down to the hand, up to 2 cm (no more).
- 6.6.4. Simultaneous use more than one wrap on the one hand at the same time is prohibited.
- 6.6.5. To use medical tape or its analogues (plasters) is prohibited anywhere on the body without the official permission of the jury or a senior referee.
- 6.6.6. All medical reports to support an athlete's request for permission to use bandages when performing an exercise shall be submitted to the chief referee prior to the competition to determine their eligibility according to the rules.
- 6.6.7. The use of elbow pads, as well as any bandages on the elbow joint, while performing an exercise, is prohibited.

6.7. Inspection of personal equipment.

- 6.7.1. The inspection of personal equipment may take place at any time available for the competition. It is not a mandatory procedure. Any athlete in case of doubt of any of the referees may be checked for permissible use of equipment, both before and after the competition.
- 6.7.2. At the wish of athlete, he can provide the form for checking at the session of weighing, but no later than 20 minutes prior to performing an exercise.
- 6.7.3. Only the referees, the jury, the members of the Technical Committee may check the equipment of the athlete.
- 6.7.4. Equipment that does not meet these rules is not allowed to use. Except where it can be corrected.
- 6.7.5. Any parts of uniform or equipment shall be prohibited if they have unkempt appearance or is damaged (torn), as well as have offensive text or images.
- 6.7.6. If the referee made a mistake when checking the equipment, it does not entitle to use this equipment during the competition. If such an error is discovered, all attempts that the athlete has made with its use are considered failure.
- 6.7.7. Any athlete who has set a national, continental or world record shall be immediately checked by a jury or referees on the platform.

6.8. Use of auxiliary substances and materials.

- 6.8.1. It is allowed to use baby powder, talc, magnesium (powder or liquid) provided by organizers of competition.
- 6.8.2. It is forbidden to use any substances for cleaning equipment, except those used as sterilizing agents.
- 6.8.3. Use of drafts, hand gloves, handgrips and various hooks for drafts is prohibited (except special artificial limbs for athletes - disabled people (an exception 5.1.9)).

6.9. Antiseptic preparation of equipment.

- 6.9.1. Blood or open wounds are forbidden when the athlete is on a platform. Any injuries shall be dressed and bandaged before the exit to a platform. If there is blood on the equipment, performance of exercises shall be put on hold, and the equipment shall be sterilized by disinfecting solution. Organizers of competition are responsible for availability of such solution.
- 6.9.2. If there is bleeding or an open wound, the athlete is responsible for solving this problem in order to get permission to perform an exercise. When this happens, time will keep getting on, and if he fails to solve the problem before time runs out, then he loses that attempt.

7. WEIGH-IN

- 7.1. Weigh-in of the competitors shall start 24 hours before the start of the competition in the respective weight category. The organizers have the right to appoint the first weighing session at any time at this time interval.
- 7.2. The first weigh-in lasts at least an hour and a half. Reweighing is carried out two hours before and ends an hour before the start of the competition in the respective weight category. These two weighing sessions are obligatory. It is possible to organize additional sessions of preweighing upon the decision of the Organizing Committee of the competition. The information about all weighing sessions shall be brought to the attention of athletes and coaches.
- 7.3. All athletes in the respective weight category shall be weighed in one of two obligatory weighing sessions or additional one (if it is provided), which shall be held in the presence of at least one certified ISF referee.
- 7.4. The schedule of weighing is given in the regulations of competition and is its integral part.
- 7.5. Each participant shall be weighed in a separate room behind closed doors or a screen where there is the participant, his representative (coach or manager) and the referee or appointed official.
- 7.6. Athletes shall be weighed naked or in underwear (underpants for men; bra and panties for women). Weigh-in should be carried out by officials of the same sex as is the athlete. In this case, additional officials with the relevant judicial category may be appointed.
- 7.7. Each athlete is weighed only once. Reweighing is only for those athletes whose own weight was less or more than the permissible limits of the weight category. These athletes shall return to the weigh-in and weigh again at one of the two obligatory weighing sessions, before the end of the last weighing session lasting for the hour and a half allowed for this category; otherwise they will be excluded from the competition in this weight category. An athlete trying to adjust his weight can be weighed as many times as he wants, but within the time allotted for the weight category.
- 7.8. If the weight of an athlete exceeds the limits of his weight category, he can move to the next, heavier weight category. In this case, the athlete shall weigh again during the weighing session for the next category, if such is established by the regulations. The athlete shall meet all the established qualification standards of these competitions. Qualification is checked in the presence of the athlete.
- 7.9. If the weight of the athlete is below his weight category, he can move to a lighter weight category, provided that the weigh-in of this weight category has been not yet completed. Qualification is checked in the presence of the athlete.
- 7.10. The official weight of the athlete, which will be put on the Protocol, will be recorded with rounding to 100 grams.
- 7.11. Participants of age categories "Sub-juniors", "Juniors", "Masters" have the right to participate or transfer in category "Open" without additional weigh-in, or to weigh again at own will.
- 7.12. At weigh-in, data of the athlete shall be recorded in participant's card, or in the program for carrying out tournament.
- 7.13. The following information shall be included:

- athlete's surname and name ;
- division where the athlete compete;
- date of birth, age and age category;
- athlete's own weight according to the result of weigh-in and his weight category;
- initial weight in first attempt in all exercises;
- team;
- coach's surname and name;
- the form sheet of incurring responsibility in case of injury or accident occurred due to the fault of the athlete;
- athlete's contact details (phone, postal and e-mail address);
- date of filling out and athlete's signature.

Secretary at the weigh-in shall properly record and the athlete shall personally check the accuracy of all data filled out. After the athlete signs the participant's card, he takes responsibility for the accuracy of all data in it.

- 7.14. Participant's card is official document for the tournament.
- 7.15. Registration and weigh-in of participants is made only upon presentation of the athlete's identity document.
- 7.16. At any of the weighing sessions, an obligatory equipment check may be announced. This shall be stated in the regulations of the tournament. Otherwise, equipment check is not obligatory at the weigh-in, but the athlete might check it at his own will, asking the referee to check his equipment at the weigh-in.
- 7.17. In case when participants of several weight categories or divisions are weighed at one session, those athletes have priority in the order whose competition will begin no more than in 2 hours from the current time. Otherwise, the order of weighing is determined by the athletes waiting for their turn.
- 7.18. In case of severe weather conditions or emergencies in the competition area, the time allocated for the weigh-in may be prolonged by the decision of the technical Secretary or a member of the referee.

8. COMPETITION ORDER

8.1. The Round system:

- 8.1.1. All participants of a tournament are distributed on streams according to regulations of holding a tournament.
- in competitive exercises "Classic" each stream consists of three attempts (rounds) for each participant.
 - in competitive exercises "Multilift" each stream consists of one attempt (round) for each participant.

Formations of streams, sequence of approaches have to correspond to the rules provided in this chapter.

- 8.1.2. The stream has to be created so that all its participants carried out one competitive exercise.
- 8.1.3. If on competition more than 20 athletes, they must be separated for few rounds with an approximate number of participants. In one round must be no more than 20 athletes.
- 8.1.4. The stream can consist, as well as of one weight category, and any combination weight, to the discretion of the organizer. Streams have to be classified as "The stream 1", "the Stream 2", "the Stream 3" or to be designated by letters: A, B, C, etc.
- 8.1.5. Rounds forming by weight and age classes by increasing the declared weight in the first attempt. Athletes of the lightest weight classes with the lowest first attempts are forming first round (Round 1). Next rounds forming by ascending weight classes and weights of first attempts.
- 8.1.6. Arrangement of rounds, which included two or more lifts, must implemented as follows: Round 1 performing three attempts of first lift, then Round 2 performing three attempts of first lift. At this time, Round 1 warmed up to second lift.
- 8.1.7. After Round 2 first lift ends, Round 1 start second lift, and Round 2 warmed up to next lift. If stream of division with several lifts is only one, must be another division lifts or 30 minutes between to warm up.
- 8.1.8. If number of participants in one round less than 10, an added time should be provided in the end of each round: 9 athletes – 1 minute, 8 athletes – 2 minute, 7 athletes – 3 minutes and so on: 1 minute more for 1 athlete less. Tournament secretary must make an announcement about that breaks and turn on a timer after the last athlete in the round.
- 8.1.9. In each round a bar, weight is set from smallest to largest (in accordance with the existing applications of athletes). Weight can makes less only after mistakes.
- 8.1.10. Each athlete makes first lift in the first round, second lift in the second round and third lift in the third round. All record lifts will be after the third (the fourth round for Professionals) round for each lifts.
- 8.1.11. Athlete can change the first attempt weight only one time in each lifts. Weight can be increased or decreased, after that command of lifts in round must be changed. Weight changing is possible not later than 5 minutes before first attempt starts. The change of the weight may be higher or lower than the lifter's previously submitted third attempt. However, these are only permitted if the lifter has not been called to the bar already loaded to his previously submitted weight by the speaker.
- 8.1.12. If two athletes declared the same weight, athlete who has less draw number lifts first.
- 8.1.13. Time to attempt in the «Classic» division is one minute, in the «Multilift» division – two minutes. Time to attempt starts after a signal of a referee "the bar is loaded".
- 8.1.14. If attempt failed by a bar loading mistake, an additional attempt should be given with declared weight in the end of round. If wrong weight loaded and is checked by athlete before he starts to lift, he can continue a lift after mistake fix or take additional attempt in the end of a round. If an athlete is the last in this round, 5 minutes adds to his next attempt.
- 8.1.15. An athlete has to declare the second and the third attempts in one minute after his lift. If next attempt not declared, 2.5 kg automatically added to last attempt weight. If last attempt was not good and athlete was not declaring a next attempt weight, he will repeat this weight in next lift. Responsibility for weight declaring lies on an athlete.

- 8.1.16. The weight stated on approach in the second round can't be changed. According to this rule once, the submitted application for approach can't be withdrawn and replaced. The belt has to be loaded according to this application.
- 8.1.17. In the third round, it is allowed to change twice-stated weight. Change of the weight stated on the third approach can be made aside, both increase, and reduction. However, it is authorized only if the athlete is not called on a platform to earlier stated weight yet.
- 8.1.18. The weight declared by the athlete for the next round cannot be less than the weight that the athlete has already performed (or tried to perform) in previous attempts.
- 8.1.19. In federation ISF, minimal weight change is 1.25 kg.

8.2. The coach of the athlete

- 8.2.1. During any competition-taking place, only the lifter and his coach, members of the Jury, officiating referees and spotter/loaders will be allowed around the platform or on the stage. Photo/video reporters also can be admitted on the platform by agreement.
- 8.2.2. During the execution of a lift, only the lifter, spotter/loaders and the referees are permitted to be present on the platform. Coaches shall remain within the designated coaching area as defined by the Chief Referee in charge.
- 8.2.3. The selection of a zone for coaches should be made in such a way that each coach can choose within this zone a convenient place to observe the performance of the exercises and provide instructions and signals to the athlete regarding technical details (for example: squat depth). At the same time, it must do not interfere with the work of referees, juries, secretaries and spotters. Photo/video reporters also can be admitted on the platform by agreement.
- 8.2.4. The form of coaches' clothes at international competitions is a national team's sports suit, plus a national team's T-shirt or T-shirt, approved by ISF.
- 8.2.5. In case of violation of the established form of clothing, the Chief Referee or the jury may prohibit the coach from being at the venue of the competition.
- 8.2.6. A lifter shall not wrap or adjust any part of his costume or equipment while on the platform. The only exception to this rule is that he may adjust his belt.

8.3. Rules for filing an appeal

- 8.3.1. In the case of a decision "2 to 1" referees, the athlete or his representative has the right to appeal to the jury within 10 minutes (if there is a video recording of his attempt of appropriate quality, on which you can determine the error of the referees). Together with the video material, the sportsman or his representative will give the jury a deposit in the amount of 1000 RUB (15 American dollars) in National championship and 2000 RUB (30 American dollars) in International one.
- 8.3.2. If the jury recognizes the fact of the erroneous decision of the referees, the deposit is immediately returned to the athlete or his representative, and the athlete is given an additional attempt at the end of the round currently in progress (if, up to the end of this round, three other athletes or less, Who filed an appeal, acted as the last in the approach, then before his additional attempt a break is given for three minutes). Decision of the referees in a controversial attempt is not subject to change.
- 8.3.3. In the case that the jury recognizes the referees' assessment is correct, or the video cannot unambiguously and unmistakably determine the correctness of the athlete's approach, an additional attempt is not given to the athlete, the lien is not returned to the athlete and transferred to the cashier for further expenditure at the discretion of the Chief Referee of the competition.
- 8.3.4. Within a 30 day period from the end of the competition if there are clear and credible videos of any record lift, they shall be sent to the organizers of competition and are subject to review by the jury. If the bar was determined to be under loaded the correct weight will be credited. If this amount is still a new record, the record will be awarded at the new lower amount. If the bar was determined to be over loaded the correct weight will be credited and the new record will stand at the correct amount of weight as determined by the Committee.

Such video is used only for definition of the correct installation of weight which was a new record. It will not be used for the analysis of other approaches or contest of the decision of referees.

8.4. Suspension of the participant from participation in the competition

The athlete is suspended from participation in the competition if:

- a) the athlete did not enter the platform after 1 minute after the challenge, without medical reasons and without notifying the competition secretariat.
- b) according to the conclusion of the competition doctor in case of injury or illness.
- c) for unsportsmanlike conduct:
 - profanity;
 - threats, insults towards opponents and the referee;
 - challenging aggressive behavior;
 - striking;
 - deliberate violation of the rules;
 - unethical or rude behavior towards judges and secretaries, as well as other officials;use of alcoholic beverages and/or narcotic drugs and / or psychotropic substances during participation in competitions.
- d) when bleeding occurs on the palms and hands (calluses, open wounds) and do not use armbands that prevent bleeding.
- e) it is forbidden to go on the platform in jewelry, amulets, chains, bracelets, rings, earrings, watches, hats and in the form of clothing of the athlete that does not comply with the rules.
- f) If the participant refuses to comply with these rules, the athlete is suspended from the competition

8.5. The officials

- Speaker/Announcer - a national or International referee (preferably) who is able to converse in English and that of the host nation.
- Technical Secretary - an International Referee preferably able to converse and write in English and that of the host nation.
- Time Keeper (a qualified referee).
- Marshals/Expeditors.
- General referee (a qualified referee).
- Side referee (a qualified referee).
- Secretaries (a qualified referee).
- Assistants.

Additional officials may be appointed as required, e.g. doctors, paramedics etc.

8.6. Responsibilities of the Officials

8.6.1. Speaker/Announcer:

The speaker is responsible for the efficient running of the competition:

- He acts as Master of Ceremonies and arranges the attempts chosen by the lifters in commandly fashion, dictated by weight and, if necessary, lot number. He works with the protocols and participants' cards.
- He announces the weight required for the next attempt and the name of an athlete.
- Additionally the speaker announces, in command, the three lifters succeeding the lifter on platform.
- When the bar is loaded and the platform cleared for lifting, the Chief Referee will indicate the fact to the Speaker. When the Speaker announces that the bar is ready and calls the lifter to the platform, the clock will begin. To clarify, when the Speaker announces that the bar is "ready/loaded", then the lifter is committed to the attempt. Attempts announced by the speaker must be displayed upon the scoreboard erected in a prominent position, with the lifters names in command of lot number.

Weight prepared for the attempt announced by the speaker should be reflected on the scoreboard together with the name of the athlete and his weight.

8.6.2. Technical Secretary:

- The Technical Secretary is responsible for compile the Jury, Referee and the other officials schedules from the names of those referees declared available for duty throughout the competition.
- If a full jury of three people is not required, he can be the one responsible for enforcing ISF rules. If the technical secretary is absent from the competition, then the official of the highest status must fulfill his duties.

- He is responsible interact with all the personnel of the competition, with the referees and athletes; resolve any disputable issues, referring to the technical rules.
- He is responsible check and monitor compliance with the technical requirements for hosting ISF tournaments, the availability of all necessary documentation in the tournament.
- He is responsible for registering the new records and collecting information for the preparation of documents.

8.6.3. Time Keeper:

- is responsible for exact maintaining periods between announcements that the platform is ready and the athlete begins to carry out the attempt.
- is responsible for counting of time when it is required by rules, for example, when the athlete after completion of attempt has to leave a platform within 30 seconds.

The only exception if the Referee checks the athlete's equipment, after establishment of a new record. After the timer has been started, it can be stopped only on the expiration of time given to the athlete on performance of attempt or at the command of the chief Referee.

After the Secretary has invited the athlete on the platform using the command "We invite (name and surname) on the platform", the athlete has one minute to come on the platform. After the senior referee gives the command "Prepare", the athlete has one minute (for "Classic") or two minutes (for "Multilift") for his competition attempt. If the athlete doesn't fulfill these requirements during the allotted time a timekeeper announces "Time" and the chief Referee gives the loud command "Weight Is Not Taken" (" No LIFT"). The attempt in that case isn't set off. The chief Referee passes the final decision after team of a timekeeper "Time", the athlete has broken temporary restriction.

8.6.4. Marshals/Expeditors:

- They are responsible for collecting the weight of required attempts from the lifters or their coaches and passing the information immediately to the speaker. The lifter is allowed one minute between completing his last attempt and informing the speaker, via the marshal, of the weight required for his next attempt.
- They are responsible control compliance with the rules of athlete equipment in the warming-up zone. If an attempt is found to violate the requirements for the equipment, for example: use the knee sleeves under the knee wraps, or use a few knee wraps, etc., they must immediately indicate to the participants (or his representative) who violates the rule. If this is not possible, then inform the Chief Referee or the referee on the platform.

8.6.5. Secretaries:

- They are responsible for the weighing and registering participants, competitions, recording all results and providing signatures of three Referees on the records of the competitions, records of new records and other documents requiring signatures.
- They are responsible for prepare the award ceremony. In addition, they are printout of diplomas of winners of personal, absolute and team championships.
- They are responsible for admission of the referees to the ISF competitions.

As far as possible, the functions of the Speaker and the Secretary should be distributed among several official representatives.

8.6.6. Assistants:

- They are responsible for the safety of the athlete, and provide him with immediate assistance in case he cannot overcome the declared weight during the lift
- Assistants are responsible for loading and unloading the bar, adjusting squat racks and benches as required, cleaning the bar or platform.

All the assistants should work together as a team, and should be neatly dressed in a clean uniform, including in tournament Tank tops.

All the assistants must inform the chief referee of any malfunctions in the equipment so that they can assess the problem and take the necessary measures to solve it.

At no time shall there be less than two or more than six assistants on the platform.

When the lifter prepares for his attempt, the spotter/loaders may assist him in removing the bar from the racks. They may also assist in replacing the bar after the attempt. However, they shall not touch the lifter or the bar during the actual attempt, i.e. during the period of time that elapses between the commencement and completion signals. The only exception

to this rule being that if the lift is in jeopardy and likely to result in injury to the lifter, the spotter/loaders may, either at the request of the Chief Referee or the lifter himself, step in and relieve the lifter of the bar.

If the lifter himself is deprived of an otherwise successful attempt by the error of a spotter/loader and through no fault of his own, he shall be awarded another attempt at the discretion of the Referees and Jury at the end of the round.

Any additional spotter that an athlete may need must be selected before the competition and be instructed by the spotter 30 minutes before the start of the competition. Additional spotter should be available to all athletes in all types of lifts.

In all ISF recognized competitions, the additional weight on the belt must always be a multiple of 1.25kg. The progression must be at least 1.25kg between all attempts. The weight shall always be announced in kilograms.

The General Referee will be solely responsible for decisions taken in the case of loading errors or incorrect announcements by the speaker. His decision will be given to the speaker who will make the appropriate announcement.

8.7. Examples of errors in setting the weight:

- If the weight suspended to the athlete's belt has appeared less, than has been stated, and the attempt was successful, the athlete can agree with this approach or prefer new approach to originally stated weight. If approach unsuccessful, the additional attempt to originally stated weight has to be provided to the athlete. In both above-mentioned cases additional attempts can be carried out only at the end of a round in which the mistake is made.
- If the weight suspended to the athlete's belt has appeared more than stated and approach successful, this approach is set off. However then the additional weight on the belt can be reduced if it is required for other athletes. If the attempt was unsuccessful, the additional attempt to originally stated weight at the end of a round in which the mistake has been made has to be provided to the athlete.
- If the commentator has made a mistake, having announced the weight suspended to the athlete's belt, smaller or big than it is necessary for the athlete the senior Referee has to make the same decision, as with mistakenly established weight.
- If for any reasons the athlete or his trainer can't remain in close proximity to a platform to follow the competitions and the athlete misses the attempt because the announcer didn't announce him then weight will be reduced to necessary and the additional attempt, but at the end of a round is allowed the athlete.

8.8.1. Three unsuccessful attempts in the Classic streetlifting and one unsuccessful attempt in the Multilift streetlifting automatically exclude the athlete from competitions in the double-event sum.

8.8.2. Assistants shouldn't help the athlete with acceptance of a starting position in any of exercises.

8.8.3. Upon termination of approach, the athlete has to leave a platform within 30 seconds. At non-compliance with this requirement the lifted weight lifted by the athlete can be not counted at the discretion of Referees. Violation of the rule 30 of second leave a platform is also controlled by jury. Exceptions of this rule are possible for athletes: set a record (for check of equipment by the senior Referee), have got any trauma during performance, or for disabled athletes, for example, with the weakened sight.

8.8.4. If during warm-up or competitions, the athlete complains of a trauma or shows signs of deterioration in the state of health and health, officially appointed doctor of competitions has the right for survey of the athlete. If the doctor considers that the athlete isn't recommended to continue a competition, he can, having consulted to jury, to insist on removal of the athlete from competitions. The head of team or the trainer have to be informed on such decision.

8.8.5. Any remark of Referees or jury of competitions to the athlete before or after attempt, concerning the technology of performance, violation of the rules or any violations connected with equipment is considered verbal prevention. If the athlete repeats violation, then all three Referees surely have to cancel his attempt.

8.8.6. If the Referee issues to any athlete a verbal warning, he has to inform at once other Referees on a platform about this warning because Referees have to work together as one team. All three Referees will have to show red light in case of repeated violation by the athlete.

8.8.7. As for blood or particles of skin caught on the bar or platform, it is recommended to clean off with the solution of antiseptic or alcohol to avoid infection.

8.8.8. Any athlete or the trainer discrediting sport, offending other participants of competitions by the behavior has to be officially warned. If violation continues, jury, and in his absence – referees, can disqualify the athlete or the trainer and to order them to leave the place of a competition. The head of team shall be informed on such decision.

8.8.9. The jury or referees may immediately disqualify an athlete or official by their majority decision if they believe that the violation of the rules is serious enough to entail an immediate disqualification rather than a warning.

9.1. Referee

- 9.1.1. Three referees shall be on the platform: senior (central) and two side referees.
- 9.1.2. Three referees are located in such place near the platform that suits them to see each exercise. However, the senior referee shall always remember that he should be in front of the athlete performing a PULL-UPS or dips.
- 9.1.3. The referees are responsible for qualitative and well-timed evaluation of attempts.
- 9.1.4. The referees check observing the rules of competition and performing the exercises.
- 9.1.5. The senior referee is responsible for giving the necessary signals in both two exercises in divisions "Classic" and "Multilift". Side referees may give signal to the senior referee if they see a violation when athlete takes starting position.
- 9.1.6. Before competition, all referees shall make sure that:
- the platform and competition equipment meet all rule requirements. The weight of kettlebells and weight discs is checked. Defective equipment is taken out of service. The second weight belt is prepared and located next to the platform in case of damage of the main one;
 - scales operate correctly and accurately (calibrated and certified);
 - athletes are weighed within the time and limits of their weight class;
 - athlete's personal equipment was checked and meets all rule requirements.
- 9.1.7. During the competition, the three referees shall ensure that:
- the weight fixed in the weight belt corresponds to the weight said by the commentator. For this purpose, referees might be provided with tables for the weight setup, or, if a special program is used, a monitor on which a graphical image of the weight is displayed.
 - athlete's personal equipment meets all rule requirements. If any of the referees doubt purity of the athlete, he shall inform the senior referee about his suspicion after completion of the approach. Then the referee can check athlete's equipment again. If it is found that the athlete was in the platform, using any forbidden item of equipment, except when this equipment was mistakenly allowed by the referees, he will be immediately disqualified from these competitions. When the athlete used forbidden equipment in the successful attempt and this happened because of referee's mistake, the result of this attempt shall be annulled, and the athlete should be given an additional attempt at the end of the round, after it will take off forbidden equipment.
- In cases of minor violations in the equipment, the athlete attempt may be counted. At the same time, he gets a warning that he shall eliminate violation before the next attempt. If such a violation is found before the start of attempt, the referee shall ask to correct this violation. At the same time, the time allotted to the athlete for this attempt does not stop.
- 9.1.8. At the signal of the Central referee "Get ready!" (when the athlete should take the initial starting position before the start of the exercise), the side referees should raise one hand in front of them and hold it until the athlete takes the right body position. As soon as the athlete takes the right position, the side referees should lower their hands down. For the Central referee, it means that he can signal "Start!".
- 9.1.9. At the end of the exercise, the referees report their decision using sound-and-light signal system. White light means a positive evaluation "Good lift", red – negative "No lift".
- 9.1.10. The athlete or his coach may ask the reason for the failure immediately after the attempt by any of the referees. Such a question shall be made in the period until the next athlete has started his attempt, so as not to break the timing of competition.
- 9.1.11. Referees shall withhold comment both orally and in writing, and not receive any documents or verbal explanations regarding course of the competition from third parties.
- 9.1.12. The referee shall not try to influence the decision of other referees.
- 9.1.13. Referees take decision regarding the legitimacy of record attempts, conducting repeated checks of athlete's equipment, who have made a record attempt, directly on the platform (not allowing the athlete to leave the competition area, until the examination comes to the end).
- 9.1.14. The senior referee may consult with the side referees, the jury or other officials in course of the competition, if necessary.
- 9.1.15. The senior referee may, in its sole discretion, give instruction to clean the equipment or the platform. If an athlete or coach ask to clean the equipment or platform, the request shall be addressed to the senior referee and not to the assistants on the platform.
- 9.1.16. It is forbidden to change the referee's team during the competition of one stream, except when the qualification of referees does not fit for recording record attempts. It is preferable that one referee's team refereed the same competitive movement at different categories.

- 9.1.17. The election of a referee as a senior one in one category shall not prevent him from being elected as a side referee in another category.
- 9.1.18. When refereeing it is forbidden to use phones or any other electronic devices.
- 9.1.19. Referees will be uniformly dressed as follows:
- Men: Trousers and a white shirt with appropriate ISF badge on the left breast and the inscription "REFEREE" on the back.
- Women: Proper skirt or trousers and a white shirt with appropriate ISF badge on the left breast and the inscription "REFEREE" on the back.
- A long-sleeved shirt may be worn in winter and a short-sleeved shirt (polo) in summer.
 - The color of the pants/skirt should be Dark blue or black.
 - The color of the shirt should be white or light blue.
 - On the shirt on the right side of the chest is additionally allowed to place information about the category of the Referee, as well as his name and surname.
 - Only black or plain shoes, boots or tennis shoes are allowed (sandals or open toe shoes are prohibited).
 - All items of clothing shall be neat and clean throughout the time of referee's work.
 - Examples of errors that are considered as minor:
 - loop on the big thumbs were not taken off before exercise.
- 9.1.20. Examples of errors that shall be corrected by an athlete before attempt:
- items that may have been forgotten to take off after a warm-up or items that keep warm (e.g. hats, rubberized elbow pads, etc.)
- 9.1.21. Examples that shall consider as a deliberate attempt to defraud:
- use of a prohibited support undervest.
 - use of more than one pair of bandages, more than one layer (stitched together bandages) or bandages of prohibited length.
 - the athlete did not wear a tank top before the exercise.
- 9.1.22. Referees of ISF tournaments, the activities of which will be determined as unsatisfying, shall be suspended from their referee functions until re-certification.
- Referees might be suspended in case:
- inappropriate observing of rules for refereeing.
 - interested refereeing, actions in favor of one or several athletes to the disadvantage of the rest of competitors.
 - action or actions on the ISF competitions that tear down their reputation in respect of any states, nations, races, individual or legal entities.

9.2. Referee's qualifications

- 9.3.1. Regional referee:
- Shall be ISF member.
 - Shall be recommended by its regional representative and approved by Referee's committee of the National Federation.
 - Shall be 18 years at least and have at least 1 year of experience as a competing athlete in streetlifting and its individual movements.
 - Shall pass a written online test in the form approved by ISF, as well as a practical exam, under the control of the Chairman of the Referee's Commission (or a candidate for his position) during ISF competition.
 - Result shall be 90% and more.
 - Shall pass the practical exam within 45 days of taking the written test.
 - Shall act as a referee in at least 2 competitions of not lower than regional level within the year in ISF to maintain accreditation.
 - Shall follow all updates and changes in ISF rules.
 - A referee, who has not working for 1 years, loses his qualification.
- 9.3.2. National referee:
- Shall be ISF member.
 - Shall be recommended by regional representative and approved by Referee's committee of the National Federation.
 - Shall work as a regional referee at least 2 years.

- Within this period shall referee at least 6 competitions not lower the regional level with an average experience of five streams in one competition.
- Shall pass a written online test in the form approved by ISF under the control of ISF Referee's Commission.
- Result shall be 95% and more.
Shall act as a referee in at least two competitions of not lower than national level within the year in ISF to maintain accreditation.
- Shall follow all updates and changes in ISF rules.
- A referee, who has not working for 2 (two) years, loses his qualification.

9.3.3. International referee:

- Shall be ISF member.
- Shall be recommended by of Referee's committee of the ISF.
- Shall work as a national referee at least 3 years.
- Within this period shall referee at least 9 competitions with an average experience of five streams in one competition.
Within this period shall referee at least three national and three international tournaments.
- Shall pass a written online test in the form approved by ISF under the control of ISF Referee's Commission.
- Result shall be 95% and more.
- If the exam is not passed, the candidate shall wait 6 months for retaking the exam.
- Shall follow all updates and changes in ISF rules.
- A referee, who has not working for 2 (two) years, loses his qualification.

9.4. Jury

- 9.5.1. The jury may be appointed to chair each competition stream. The jury shall work during the tournaments of international level. In the absence of a jury at the tournament, the chief referee of the competition performs these functions.
- 9.5.2. The jury shall consist of three referees, a member of the jury having the highest referee's category shall be appointed as the Chairman of the jury.
- 9.5.3. The jury shall ensure that all technical regulations are followed.
- 9.5.4. During the competition, the jury may by a majority vote replace any referee whose assessments, in their opinion, reveal his incompetence. The referee receives a warning before being suspended. If there is a protest against the referee's action in the jury, the referee may be informed about it. The jury shall not unnecessarily pressure the referees on the platform.
- 9.5.5. Referee's impartiality cannot be questioned, but good faith error might be made. In such case, the referee is allowed to explain his assessment, which was the reason for the warning.
- 9.5.6. If there is a serious error in the refereeing that contradicts the technical rules, the jury shall respond appropriately to correct it. They may, at their discretion, provide the athlete with an additional attempt.
- 9.5.7. The jury may not overrule or change the decisions of the referees.
- 9.5.8. The members of the jury shall seat so that they can see the competition without interference
- 9.5.9. Before each tournament, the Chairman of the jury shall ensure that all members of the jury are aware of their responsibilities and any new rules contained in the most recent version.