

BRUSSELS FREESTYLE CUP

3RD EDITION



9 NOVEMBER 2024
COMPLEXE SPORTIF CYNTHIA BOLINGO
NEVEROFFLINE.BE



OFFICIAL RULES & REGULATIONS



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Brussels Freestyle Cup Rules & Regulations

The rules and regulations outlined below have been carefully established by the board of directors of Never Offline. By registering for a Never Offline competition, each participant willingly accepts and agrees to comply with the following rules, which also include the judging system. These regulations have been formulated to ensure fairness, transparency, and to encourage the freestyle aspect and creativity of the Street Workout & Calisthenics sport. They shall be applicable to all competitions organized by Never Offline.



1. Pre-Requisites

- The BFC warmly welcomes athletes no matters the genders, nationalities, and religious, who are physically and mentally prepared to compete.
- During the selection process, every athlete will be treated fairly and equally.
- Registrations will only be possible during the time allowed for this purpose, no more and no less.
- Once selected, each athlete agrees to honour his or her commitment, pay the €10 entry fee and abide by the competition rules.
- All athletes must possess valid health insurance to participate in the competition.
- By registering, each athlete confirms their awareness of potential risks involved and takes full responsibility for their health conditions, actions, and any potential consequences during both the competition and free time.
- Athletes are fully aware that travel costs are not covered by the organizers and must be arranged independently.
- Each athlete must be legally eligible to travel to the country where the event takes place. If a visa is required, it must be obtained before the registration is submitted.
- The minimum age for registration is 16. No athlete under the age of 16 will be able to take part in the competition, except in special circumstances. Moreover, the Never Offline association has the right to deny any athlete access to registration and to the competition.
- The following individuals are excluded from participating in the competition: Organizers of the competition, Judges of the competition, People with the impression not possessing the physical or mental state of competing.

2. General Data Protection Regulation (GDPR) Policy

- By completing the registration form and ticking the appropriate box: I accept that my details will be collected, stored securely, and processed by one of the members of the Neveroffline association exclusively for the purposes of the competition or Future Never Offline Projects. I understand that I can withdraw my consent at any time by contacting Never Offline at contact@neveroffline.be.



3. Selection Process

During the registration phase, each athlete must send a video of maximum 1 minute. No editing, speeding up, slowing down or cutting will be allowed.

When registration is closed, the organisers (Ansotte Thomas, Depagneux Lea and Jean Renaud) will establish a male and female ranking based on the judging criteria that will be used during the competition (listed below).

Following this ranking:

- The top 8 men will qualify for the PRO category.
The next 16 athletes (ranked from 9th to 24th place) will qualify for the SEMI-PRO category.

- The first 8 women will qualify for the PRO category
The next 8 female athletes (ranked 9th to 16th) will qualify for the SEMI-PRO category.

In the case of a cancellation of one of the selected athletes, the ranking will be redone and the non-selected athletes (next on the list) may then be called back.

For example, if the male athlete ranked 8th withdraws,

- The 9th-placed athlete moves up to 8th and therefore to the PRO category
- The 18th athlete, who was not initially selected, will have his place in the SEMI-PRO category.



4. Judgement

The judging system is inspired by **Redline**

A. The System

4 experienced judges will objectively score the athletes' performances out of 5 points on an assigned judging criterion that is as close as possible to the judge's speciality:

STATIC - AGILITY - DYNAMIC STRENGTH – COMBOS

Each judge will be able to assign 1 CREATIVITY point based exclusively on his judging criterion:

JUGE N°1

- STATIC / 5 PTS
- CREATIVITY / 1 PTS

JUGE N°2

- AGILITY / 5 PTS
- CREATIVITY / 1PTS

JUGE N°3

- DYNAMIC STRENGTH / 5 PTS
- CREATIVITY / 1 PTS

JUGE N°4

- COMBOS / 5PTS
- CREATIVITY / 1 PTS

Each judge will give one vote to the athlete with the highest score per criterion. The athlete who obtains a minimum of 3 votes wins the battle.

In the case of a tie/equality, the athlete with the highest overall score will win the battle.

It is important to note that overall points will only be counted in the event of a tie.

In the event of a perfect tie in the overall score, the athletes will decide by performing a final 45-second passage each.



B. Categories

STATIC: Each static movement must be held for a minimum of 2 seconds (0-1-2) and will be scored according to difficulty of execution and cleanliness.

AGILITY: Each agility movement will be validated if the athlete catches the bar(s) directly with his/her hands without touching the ground during the execution of the movement and will be marked according to the difficulty of execution, cleanliness and fluidity.

DYNAMIC STRENGTH: Dynamic strength movements are defined as the execution of strength movements in motion, such as push-up planks, presses, hefestos, etc. They will be validated if the amplitude of the movements is sufficiently large. They will be validated if the amplitude of movement is complete and only the force is used and not the momentum and will be marked according to the cleanliness and difficulty of execution.

COMBOS: A combo is a succession of a minimum of 3 validated movements without interruption. They will be marked according to cleanliness, fluidity, difficulty of sequence and diversity of movements. In order to enhance the completeness of our sport, an athlete who mixes agility and static in a single combo will be more rewarded than someone doing just static or dynamics in a combo.

CREATIVITY: An element is creative if :

- It is rare or never appeared in competition.
- It is performed on unusual equipment.
- Creativity also comes into play when the athlete performs his moves or combos in musicalities.
- When the athlete interacts with the audience.

FAILS: for any static fail (hold less than 2 sec, balance fail, etc.) and dynamic fail (fall from the bar, touch the ground, etc.), the movement will simply not be counted and will only have an impact on the combo. But no negative points will be attributed.



C. Battles

Selection for the battles will be made by random draw for all categories on 4 or 5 November on Neveroffline's instagram.

If an athlete is unable to take part, their replacement will take their place in the draw, and the draws will not be repeated.

All battles for each category will be 2 rounds of 45 sec for intermediate and 2 rounds of 1min. Unless for the final where the finalists will have to perform 3 rounds of 45 seconds for each category.

The competition will be run as follows:

