

CALIFEST OFFICIAL ATHLETE RULEBOOK

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1.1 PURPOSE OF THE RULEBOOK

This rulebook is designed to establish a framework of order, fairness, and professionalism throughout all stages of the Califest event. Its goal is to ensure safety, equity, and clarity for all athletes, coaches, teams, and organizers by standardizing participation criteria, movement standards, judging protocols, and behavioral expectations.

This document serves as the official foundation that governs the competition and is **mandatory for all participants**. By registering for the event, each athlete confirms they have read, understood, and accepted this rulebook in its entirety, without exception.

Califest is a national and international event aimed at **professionalizing competitive calisthenics**. It is defined by its attention to detail, commitment to athletic integrity, holistic athlete care, and the development of technically demanding, high-performance challenges.

This rulebook **overrides any personal or external criteria** in order to maintain consistency, fair play, and overall event safety.

1.2 OFFICIAL CATEGORIES

Califest 2025 features the following official categories, divided by gender and competitive level:

- **Elite Men**
- **Elite Women**
- **Advanced Men**
- **Advanced Women**
- **Intermediate Men**
- **Intermediate Women**
- **Kids Mixed** (Under 12 years old on the day of the event)

▪ Performance-Based Category Placement

The **Advanced** and **Intermediate** categories are not open for direct registration. Instead, they are determined based on the athlete's performance in the **first qualifying event** ("The Filter"), which also contributes to the competition score.

Men's Classification:

- **Top 100 athletes** → qualify for **Advanced Men**
- **Ranks 101–250** → qualify for **Intermediate Men**
- **Ranks 251–300** → are eliminated from the competition

Women's Classification:

- **Top 30 athletes** → qualify for **Advanced Women**
- **Ranks 31–70** → qualify for **Intermediate Women**

The **Elite category** has **restricted access**, granted only through previous qualification events — either by competing in approved international competitions or by participating in

the **official Califest online qualifier**. This category represents the **highest level of performance, technical skill, strength, and endurance**.

▪ Kids Category

The **Kids category** is reserved for athletes under the age of 12 on the day of the event. It is a **mixed-gender, non-competitive division**, designed with a focus on experience, physical development, and fostering the spirit of sportsmanship.

1.3 GENERAL COMPETITION FORMAT

Califest 2025 will take place on **July 25, 26, and 27**, featuring custom-designed events for each competition category. The event follows a **progressive, competitive, and fair format**, where some events act as **elimination filters**, while others contribute to the **cumulative scoring system**.[®]

General Schedule by Day and Category

Category	Friday, July 25	Saturday, July 26	Sunday, July 27
Elite Men	One vs Gravity, Hold It Still, Inquebrantable	Run It Down, Raw Reps, Rise & Burn	Heavy Feet, Double Trouble, Voted WOD, Final Rep
Elite Women	Raw Reps, Hold It Still, Rise & Burn	Run It Down, Heavy Feet	Double Trouble, Voted WOD, Final Rep
Advanced Men	The Filter	Under Pressure	Rompe Piernas, Rise & Burn, The Final Set
Advanced Women	The Filter	Under Pressure	Rompe Piernas, Rise & Burn, The Final Set
Intermediate Men	The Filter	Under Pressure	Drain & Run, The Final Set
Intermediate Women	The Filter	Under Pressure, Drain & Run	The Final Set
Kids	—	—	Califest Jrs.

Competition Format & Elimination Rounds

All events are **point-scoring events**. There are **no exhibition rounds**.

Some events serve as **elimination filters**, while others are part of the **cumulative scoring system**.

Athletes accumulate points in each event. The **winner is the athlete with the highest total score** after completing all events.

Example of Elimination Structure:

- In **Elite Men**, all 27 athletes begin with 6 initial events. Only the **top 20** move on to the next 3 events, and the **top 10** reach the final. Point values increase in the final stages.
- In **Advanced Men**, 100 athletes start. Then the top **50**, then **30**, and finally the **top 10** advance to each successive round.

Each elimination stage is designed to ensure the **highest level of competition** in the final events.

The complete **scoring tables, eliminations, and distribution by event** are detailed in **Section 5: Scoring System**.

Spectator Access

Spectators may attend all events, provided they have an **official ticket and corresponding wristband**.

There are **three available spectator zones**, each with different pricing:

- **General Zone** (bleachers)
- **Preferred Zone – Front Row**
- **Preferred Zone – Second Row**

Tickets available at: www.eventbrite.com

All athletes have **guaranteed access to the General Zone**. If they wish to sit in a preferred zone, they must purchase the appropriate ticket.

Important Note: Wristbands must be worn at all times for access.

If the wristband falls off, it may be replaced if presented.

If lost without proof, access will be denied.

All attendees must respect the assigned seating logistics and staff directions at all times.

1.4 PARTICIPATION REQUIREMENTS

Participation in **Califest 2025** is open to national and international athletes of all ages and levels, provided they meet the following mandatory conditions:

General Requirements

- All athletes must submit a **recent medical certificate** confirming they are physically fit to compete in high-performance events.
- All athletes must sign an **official liability waiver** provided by the organizing committee, releasing Califest and its affiliates from any responsibility for accidents, injuries, illnesses, property damage, or losses that may occur during the event.
- A **copy of the athlete's official ID (INE)** must also be submitted.

Participation of Minors

- Athletes under 18 must present a **liability waiver signed by a parent or legal guardian**, along with a **copy of the signatory's official ID**.
- Without this documentation, participation will not be allowed—even if registration has already been completed.

Acceptance of Terms

By completing registration, each athlete **explicitly and unconditionally accepts** all terms outlined in this rulebook, including but not limited to:

- Judging protocols
- Movement standards
- Scoring system
- Event schedules, cuts, and eliminations
- Conduct, penalties, and right of admission

Non-Refundable & Non-Transferable Registration

Registration for Califest 2025 is **personal, non-transferable, and non-refundable** under any circumstance, including but not limited to medical issues, personal reasons, weather conditions, or logistical complications.

- Athletes may not transfer their registration to another participant.
- No changes to name or category will be allowed once registration is complete.

International Athletes

- Foreign athletes are welcome to compete **without any additional restrictions**.
- Bilingual staff and **judging in English** will be provided if needed to ensure full understanding and fairness throughout the competition.
- The organizing team includes qualified personnel fluent in both **Spanish and English** for technical, logistical, and operational support.

Loss of Right to Compete

An athlete will **automatically forfeit the right to compete** in any event if they arrive late—**no exceptions and no re-dos**.

Violation of conduct rules, or any verbal or physical aggression toward judges, staff, fellow athletes, or spectators may result in:

- **Immediate expulsion** from the event
- **Cancellation of participation without refund**
- **Suspension from future editions of Califest**

- **Formal notification** to other national and international sports organizations

Rules on Sponsors and Personal Branding

- Athletes are allowed to wear apparel featuring **personal logos or sponsor branding**, as long as it does not violate standards of decency or respect.
- It is strictly prohibited to place **banners, flags, posters, or any form of personal or sponsor branding** in or around the competition area.
- **No personal photographers, brand representatives, or external media** will be allowed in the competition area unless previously accredited by the organizing committee.
- Any inappropriate behavior or rule violation by **family members, friends, companions, or fan groups** will be attributed to the athlete and may result in **penalties or expulsion** from the event.

Califest reserves the right of admission.

2.1 REGISTRATION PROCESS

Registration for **Califest 2025** was conducted in a **controlled manner** through the official Instagram channel [@califestmexico](https://www.instagram.com/califestmexico). In future editions, the registration process may shift to a specialized platform to improve user experience and administrative efficiency.

Registration Steps

1. Initial contact via **direct message (DM)** to the official Instagram account.
2. Submission of the following mandatory information:
 - Full name
 - Age
 - Team or gym affiliation
 - Country, state, or province
 - Email address
 - Phone number
 - Instagram username
 - Proof of payment
 - Athlete photo (for internal use and/or media purposes)

Once the information is validated, the athlete is added to the platform www.wodreps.com, where their name will appear as **confirmed**.

The registration is considered **complete** only when:

- Full payment has been made
- All required documentation has been submitted
- The athlete has been officially entered into the **WODReps platform**

On-Site Check-In and Athlete Kit Pick-Up

On **July 25**, at the Califest venue, all athletes must check in **in person** to complete their official registration and receive their athlete kit.

The following documents **must** be presented at that time:

- Recent medical certificate
- Signed liability waiver (for minors: signed by legal guardian, including a copy of their official ID)
- Copy of the athlete's INE (official ID)

Failure to present this documentation will result in **disqualification from the event**, with **no exceptions and no refunds**.

Payment Method

The **only accepted payment method** was **bank transfer**.
Cash, retail deposits, and in-person payments were not accepted.

Registration for the 2025 edition is **now sold out in all categories**.

Category Capacity

- **300 Male athletes**
- **70 Female athletes**
- **27 Elite Male athletes**
- **8 Elite Female athletes**

Once spots were filled, **no waitlists or additional registrations** were opened.

2.2 MEDICAL AND HEALTH REQUIREMENTS

To ensure the **physical well-being** of all participants and minimize risks during high-demand events, **all athletes must present a valid and up-to-date medical certificate** at the time of **on-site registration**.

Medical Certificate Requirements

The certificate must:

- Clearly state the **athlete's full name**
- Confirm the athlete is **fit for high-intensity physical activity**
- Include the **physician's signature and professional license number**
- Indicate the **place and date of issuance**, no more than **2 months prior to the event**

- Be **free of corrections, erasures, or missing information**

Submission and Validation

- The certificate **must be presented in physical form** on **July 25** during check-in and kit pick-up
- **Digital versions, photos, or documents sent via email or social media will not be accepted**
- All certificates will be reviewed by the registration team
- Any irregularities will be escalated to the appropriate organizational authorities

Failure to present a valid medical certificate may result in **disqualification from the event**, with **no right to refund**

Special Cases and Visual Assessment

If an athlete shows visible signs of **injury or illness**, or arrives with **orthopedic supports, braces, or medical devices**, they may be subject to direct evaluation by the event's medical or registration staff.

The organizing committee reserves the right to **deny participation** to any athlete who does not meet the required safety conditions, **regardless of their registration status**

Controlled Medical Conditions

Athletes with **chronic medical conditions** may participate **at their own risk**, provided the medical certificate **explicitly states they are cleared to compete** in high-performance physical activities.

On-Site Medical Support

During all three days of competition, Califest will provide a **professional medical team**, including:

- **1 fully equipped ambulance**
- **4 on-site paramedics**
- **1 physical therapy station**, offering services at a **discounted rate** for credentialed athletes

2.3 CANCELLATIONS AND REFUNDS

Registration for **Califest 2025** is **personal, non-transferable, and non-refundable under any circumstances**, including but not limited to:

- Illness or injury
- Personal or work-related issues
- Transportation or logistical problems

- Scheduling conflicts or last-minute changes
- Incomplete documentation, visas, or permits (for international athletes)

Cancellations by the Athlete

If an athlete decides to cancel their participation prior to the event:

- **No full or partial refunds** will be granted
- **No credits or reserved spots** will be offered for future editions
- **Registrations cannot be transferred** to another person

Once registered, the athlete **fully accepts the risk** of being unable to attend due to any personal reason.

Force Majeure Cancellations

In the unlikely event that the competition must be **canceled or postponed due to force majeure** (natural disasters, government decisions, health restrictions, etc.), the organization:

- Will **not issue monetary refunds**
- May offer **preferential compensation** or **priority registration** for future editions, depending on the case and conditions of the next event
- Reserves the right to define such compensations based on the specific context of the cancellation

2.4 LIABILITY WAIVER AGREEMENT

All athletes registered for **Califest 2025** must sign a **civil liability waiver**, acknowledging the risks involved in the competition and releasing the organization, sponsors, judges, volunteers, and general staff from any liability.

Signature and Submission of the Waiver

The waiver must be **submitted in physical form with a handwritten signature**.

The athlete may:

- Print and sign the document in advance and bring it to check-in, or
- Sign it on-site upon receiving their athlete kit on **July 25**

Along with the waiver, the athlete must also present:

- A printed copy of their **medical certificate**
- A **copy of their official ID (INE)** if over 18, or

- A **copy of their legal guardian's ID** if underage

Scope of the Liability Release

By signing the waiver, the athlete declares that:

- They **accept full responsibility** for any injury, accident, or consequence resulting from their participation in any event-related activity
- They understand they are **competing voluntarily and at their own risk**, acknowledging that the competition involves high physical demand
- The organization is **not responsible** for lost, damaged, or stolen personal belongings

Note: There will be no lockers or storage areas. Each athlete is responsible for their belongings throughout the event.

Damage to the Venue or Equipment

If an athlete **intentionally causes damage** to any competition equipment, event infrastructure, or property, they will be required to **cover the full cost of repair or replacement**, as determined by the organizing committee.

Third-Party Liability

If an athlete causes **physical or material harm** to another athlete, staff member, or spectator, the responsibility lies **entirely with the offender**. Califest is not liable for any legal, financial, or criminal consequences arising from such incidents.

3.1 CHECK-IN SCHEDULE

All athletes must report on **Friday, July 25, 2025** to complete their **official check-in** and receive their **competition kit**. This process is **mandatory** for all participants—**no exceptions** will be made.

Check-In Location and Schedule

- **Location:** Athlete Registration Area, located behind the *Auditorio de Usos Múltiples* at **FCA, UAQ**
- **Hours:** From **7:30 AM** until **15 minutes before the athlete's first event**

No early check-in dates or alternate times will be available. **Check-in is only available on July 25.**

Documents Required for Check-In

To complete check-in, the athlete must appear **in person** and present **physical copies** of the following documents:

- **Valid medical certificate** (issued no more than 2 months prior to the event)
- **Signed liability waiver**
- **Printed copy of official ID (INE)**
 - *For minors: a copy of the guardian's INE is required*

Athletes who forget or fail to provide any of these documents will **not be allowed to register or compete**. No exceptions.

What's Included in the Athlete Kit?

- **Official Califest 2025 wristband** (required for venue access)
- **Califest 2025 athlete shirt**
- **Competitor kit**

Importance of Punctuality

Athletes who fail to check in **at least 15 minutes before** their first event will **automatically forfeit their participation in that event**.

For athletes in **non-elite categories**, missing the first event also means **elimination from the competition**, as it determines their classification.

Check-in must be completed **personally**. **Third-party or proxy registration is not allowed**. Check-in is **non-transferable**.

3.2 DAILY COMPETITION SCHEDULE BY CATEGORY

Califest 2025 features a **detailed daily schedule** by category and event, carefully designed to ensure **efficiency, order, and maximum fairness** for all participants.

General Itinerary

Friday, July 25

- 7:30 AM – Venue opens & athlete check-in begins
- 8:00 AM – Opening ceremony
- 8:30 AM – Elite Men
- 9:05 AM – Elite Women
- 9:30 AM – Men's Filter (Advanced & Intermediate categories)

- 2:20 PM – Women's Filter (Advanced & Intermediate categories)
- 3:30 PM – Elite Men
- 4:10 PM – Elite Women

Saturday, July 26

- 7:15 AM – Venue opens
- 7:30 AM – Elite Men & Women
- 8:20 AM – Intermediate Women
- 9:10 AM – Intermediate Men
- 11:50 AM – Elite Men
- 12:50 PM – Elite Women
- 1:10 PM – Advanced Women
- 2:00 PM – Advanced Men
- 4:35 PM – Intermediate Women
- 5:00 PM – Elite Men

Sunday, July 27

- 7:30 AM – Venue opens
- 8:00 AM – Advanced Women
- 8:45 AM – Advanced Men
- 10:05 AM – Elite Men
- 10:45 AM – Intermediate Men
- 12:50 PM – Elite Women
- 1:30 PM – Elite Men
- 2:40 PM – Advanced Women
- 3:04 PM – Advanced Men
- 3:50 PM – Elite Women
- 4:05 PM – Elite Men
- 5:00 PM – Intermediate Women
- 5:15 PM – Intermediate Men
- 6:10 PM – Advanced Women
- 6:25 PM – Advanced Men
- 6:40 PM – Kids (one-day-only category)
- 7:05 PM – Elite Finals
- 7:55 PM – Awards Ceremony & Closing

Schedule Publication

- The **general schedule** will be published on the official Instagram account [@califestmexico](https://www.instagram.com/califestmexico)
- The **detailed schedule**, including **heats, lanes, and individual start times**, will be available a few days before the event on the official platform: www.wodreps.com

Punctuality Is Mandatory

- Each athlete must report to the **call zone at least 10 minutes** before their assigned heat
- Entry to the competition area will be **strictly controlled** by event staff. **Early or unsupervised access will not be allowed**
- **All events will begin on time**, even if athletes are missing

No delays, adjustments, or rescheduling will be made for late arrivals

Arriving late will result in the **automatic loss of the right to compete** in that event. In some cases, it may result in **elimination from the competition altogether**

3.3 PENALTIES FOR LATENESS

Punctuality is a core value at Califest, reflecting both respect for the event and fairness toward fellow athletes. The competition schedule will be followed **strictly**, with **zero tolerance for delays**.

Arrival Window

- Each athlete must be present **at least 10 minutes before** their scheduled heat.
- Athletes arriving **less than 10 minutes before** their heat will be allowed to enter **at their own risk**, with **no guaranteed warm-up time** and **no priority support** from staff.

Access to the Event

- Once an event has started, **no athlete will be allowed to enter, even if only one second has passed** since the countdown or starting signal.

There will be **no restarts, no pauses, and no exceptions** under any circumstances.

No Show or Late Arrival

If an athlete fails to show up for an event:

- They will receive a **score of 0** for that event
- Their continuation in the competition will depend on whether their **overall points** still allow them to advance
- In **categories with progressive cuts**, missing a single event will most likely result in **elimination**

Elimination Due to Lateness

- In the **Advanced** and **Intermediate** categories, the **first event (The Filter)** determines an athlete's **qualification and continuity** in the competition

If an athlete is **late or absent**, they will be **automatically eliminated**, as they will score **zero points** and cannot be ranked.

- In the **Elite** category, an athlete who misses a test will also receive **zero points**. Although they may continue competing in the remaining events, it will be **virtually impossible to recover from the scoring deficit**.

Zero Tolerance Policy

The organization will **not grant exceptions**, make **special considerations**, or apply **personal judgment**.

Being late to registration or an event will result in the same consequences: loss of placement or disqualification from competition.

3.4 ACCESS TO THE WARM-UP AREA

Califest 2025 will provide an **exclusive warm-up area** reserved for properly accredited athletes. This space is designed to allow competitors to physically prepare before each event and will be governed by **strict order and safety protocols**.

Location

The warm-up area will be located **inside the Multipurpose Auditorium at FCA-UAQ**, accessible through the **athletes-only entrance**, adjacent to the main competition zone.

Available Equipment

The following equipment will be available for general warm-up use:

- Pull-up bars
- Parallel bars
- Plyometric boxes
- Weight plates
- Resistance bands
- Jump ropes
- Parallettes

Access Control

Access will be **strictly regulated** by event staff.

- **Only athletes from the next scheduled heat** (those who have been officially called) will be allowed to enter the area to begin their preparation.
- **No other athletes** will be permitted to remain in the area—even if they have events later the same day.

Timing and Flow

- Athletes may enter the warm-up area **once the previous heat has left to compete and only after being instructed** by event staff.
- This typically occurs **10–15 minutes before the start of their heat**.
- An official call will be made for athletes to **exit the warm-up area and enter the competition floor**.

Restrictions

- **Coaches, physical therapists, companions, photographers, and family members are not allowed** in the warm-up area
- **No outside equipment** will be permitted
- Only athletes from the **next active heat** may remain in the area, and **must do so under direct staff supervision**

4.1 ENTRY AND EXIT FROM THE COMPETITION AREA

To ensure **order, safety, and impartiality** within Califest, **entry to and exit from the competition area** will follow a specific protocol, monitored at all times by the **lane staff**.

Entry into the Competition Zone

- Athletes may only enter the competition area **through the warm-up zone access point**.
- Once their heat is called, staff will **line up the athletes** and guide them toward their **assigned lane**.
- Entry will take place **as a group, in a predetermined order**. **Unsupervised or disorganized access is strictly prohibited**.

Entry Requirements

- Each athlete must wear their **official Califest wristband**, which will be **visually verified** before entry.
 - **Unauthorized equipment or accessories** are not allowed.
 - A **visual inspection** will be conducted by staff; any irregularity may lead to a **more thorough inspection** by judges or event operations staff.
-

Exit from the Competition Area

After completing their event, each athlete must:

1. **Sign their official participation sheet**, validating their presence and score.
2. **Exit immediately** through the designated path, following the staff-guided flow.
3. **Leave the auditorium**, and if they wish to return as a spectator, they must re-enter through the **general spectator entrance**.

Remaining inside the competition area **after finishing a heat is not allowed**. **Watching other events** from the lanes, structures, corridors, or restricted areas **is strictly prohibited**.

4.2 BRIEFING

The briefing is a **crucial information session** designed to ensure all athletes understand the event flow, valid movement standards, and specific competition logistics.

In-Person Briefing – Elite Category

An **exclusive in-person briefing** will be held for **Elite category athletes**, **one day before** the start of Califest.

- The **time and location** will be communicated directly to participating athletes in advance.
- This session will be led by the **event organizer** and will cover:
 - Logistical details
 - Scoring system
 - Movement standards for each exercise
 - Key notes per event
 - Live Q&A for clarification

While attendance is **not mandatory**, it is **strongly recommended**, as key insights and updates will be shared that may directly impact performance and outcomes.

Technical Information for All Categories

All athletes—regardless of category—are expected to **review the Official Rulebook**, as well as all content posted on **official social media channels** and the **WODReps platform**, where the following have been clearly explained:

- Valid movement standards
- Event formats and flow
- General protocols and mechanics

There will be **no general in-person briefing** for other categories. Each athlete is **responsible for arriving fully informed** for their respective events.

Questions and Doubts

- During the **Elite briefing**, athletes will be allowed to **ask questions openly**.
- For all other categories, questions should be addressed **in advance** via **direct message on Instagram** or during **official check-in on July 25**.

Judges are **not authorized** to change instructions or clarify strategic questions during an event.

It is the athlete's responsibility to ensure they have a **complete understanding** before competing.

4.3 BEHAVIOR DURING EVENTS

Athlete conduct within the competition area must reflect **respect, professionalism, and sportsmanship**. Califest is an event that promotes **not only physical excellence but also character and integrity**.

Expected Behavior

During each event, athletes are expected to demonstrate:

- **Complete respect** toward their judge, event staff, fellow competitors, and spectators
- A **professional attitude**, free from provocation, confrontation, or distraction
- A **competitive spirit**, without crossing the boundaries of **fair play and courtesy**

Prohibited Behavior

The following actions will be considered **serious violations** and may result in **penalties or disqualification**:

- **Insulting or verbally assaulting** judges, staff, athletes, or spectators
- **Disrespectfully or aggressively disputing** decisions
- **Provoking** other athletes during or after the event

- **Throwing, hitting, or damaging** equipment or event property
- **Leaving the assigned lane** without authorization

All conduct will be assessed by the judging team and event leadership.
Sanctions will be applied based on the severity of the offense.

Communication with Judges

- Athletes are allowed to **communicate with their judge** during the event to confirm valid reps or receive verbal counts
- It is **not permitted** to interrupt the judge to argue calls, dispute scoring, or divert their attention from officiating duties

Celebrations

- **Celebrations are allowed** after finishing an event, provided they do not **interfere with ongoing heats** or appear as **intentional provocation** toward other athletes or the audience
- Celebrations must remain within the boundaries of **respect and sporting decorum**

Score Sheet Signature & Disputes

- At the end of each event, every athlete must **sign their official participation sheet**
- If the athlete **disagrees with the result**, they may **politely refuse to sign** and explain their reason to the judge
- The case will be reviewed by the **head judging team**, and a modification will only be made if **clear and verifiable evidence** of an error exists

If these conditions are not met, the original result will stand.

4.4 TIEBREAK PROTOCOLS

In the event of a tie between athletes that affects **ranking, advancement through cuts, or podium placements**, Califest will apply **objective, pre-established criteria** to determine final standings.

No additional tiebreak events will be held under any circumstance.

Tie Scenarios Covered

- Ties during **cut-off events** (e.g., *The Filter*, *Rompe Piernas*, etc.)
- Ties affecting **advancement** to final heats or qualification rounds
- Ties in **podium positions** or **overall rankings**

Official Tiebreak Criteria

The following criteria will be applied **in the order listed**, depending on the event or scenario:

In The Filter event (all categories):

1. **Bodyweight** – Advantage goes to the **heavier athlete**, based on official weigh-in prior to the event.
2. If bodyweight is identical:
 - The athlete with **more chin-ups performed** during the same event will advance.

In other cut-off events:

- The athlete with the **highest score in the previous event** before the cut will advance.
(E.g., for *Rompe Piernas* in Advanced Women, the tiebreak is based on results from *The Filter*)

In podium placement ties:

- The athlete with the **best score in the final event** of their category will be placed higher.
(E.g., *The Final Set*, *Final Rep*, as applicable)

If the tie persists:

1. Athlete with the **highest single-event score**
2. Athlete with the **least unfavorable lowest score**
(i.e., the athlete with better consistency and no bottom-rank finishes)
3. Athlete with **higher official bodyweight**

Scope of Application

These tiebreak criteria apply to **all categories**: Elite, Advanced, Intermediate, and Kids.

- **No ties** will be shared for podiums or advancement through cuts.
 - **No physical tiebreak events** will be held.
-

Final Authority

If a tie arises that is **not specifically addressed** in this rulebook, the **final decision** will be made by the **event organizer**, who will resolve the case based on the principles of **fairness, athletic merit, and competitive consistency**.

5.1 TYPES OF EVENTS AND FORMATS

Califest consists of workouts specifically designed to assess the athletes' overall physical performance across a variety of formats. Each test is structured in advance by category and officially announced through Califest's social media and the WODReps platform.

Workout formats used:

Califest tests vary in structure and intent, and may include:

- **AMRAP (As Many Reps As Possible):** Athletes perform as many valid reps as possible within a set time cap.
- **For Time:** Athletes must complete a fixed set of exercises in the shortest time possible.
- **Isometrics:** Static holds that assess body control, scored in time blocks.
- **1RM or combined RMs:** Athletes aim to lift the highest possible weight in movements such as weighted muscle-ups or dips, within a time limit or limited attempts.
- **Combined challenges:** Multi-station circuits that mix strength, technique, endurance, agility, or gymnastic elements under fatigue.
- **Elimination rounds:** Certain tests serve as filters for athletes to advance or qualify to the next round.

Each category has its own set of tests, tailored to the expected technical and physical level. The full breakdown of each test (name, structure, sequence, duration, and goal) will be published on Califest's official channels and WODReps before the event.

Universal mechanics across all tests:

- All workouts begin with an official start signal (via countdown, beep, or judge cue).
- Each athlete competes in their assigned lane, individually but simultaneously with other athletes.
- Judges are assigned per athlete and are responsible for counting, validating, and applying penalties.
- Upon finishing, each athlete must sign their official score sheet with the result recorded by their judge.
- Athletes must exit the competition area immediately after their heat ends.
- Meeting the required range of motion is essential for reps to count. Exercise-specific movement standards are detailed in Section 7 of this rulebook.

5.2 SCORING SYSTEM

The Califest scoring system is designed to reward performance with precision, allowing clear differentiation between athletes who demonstrate consistency, technical mastery, and competitive capacity. All events contribute points from the very first round, including those used as filters or eliminations.

Points Allocation

Each event has a base score for first place. From there, a fixed point difference is applied per placement, depending on the number of athletes and the significance of the test.

Below is a summary of the scoring systems by category:

MEN'S ELITE

Test	Athletes	1st Place	Point Difference
One vs Gravity	27	100	-1
Hold It Still	27	100	-1
Inquebrantable	27	100	-1
Run It Down	27	100	-1
Raw Reps	27	100	-1
Rise & Burn	27	100	-1
Heavy Feet	20	100	-1
Double Trouble / Do You Even Lift	20	100	-1
Voted WOD	20	100	-1
Final Rep	10	100	-5

WOMEN'S ELITE

All events: 8 athletes – 1st place receives 100 points, with a -5 point drop per position.

MEN'S ADVANCED

Test	Athletes	1st Place	Difference
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The Filter	100	250	-1
Under Pressure	100	100	-1
Rompe Piernas	50	100	-1
Rise & Burn	30	100	-1
The Final Set	10	100	-5

WOMEN'S ADVANCED

Same system with fewer athletes:

- *The Filter, Under Pressure, Rompe Piernas*: 30 athletes, -1 point per rank
 - *Rise & Burn*: 20 athletes, -1 point
 - *The Final Set*: 10 athletes, -5 points
-

MEN'S INTERMEDIATE

Test	Athletes	1st Place	Difference
The Filter	150	150	-1
Under Pressure	150	150	-1
Drain & Run	100	100	-1
The Final Set	50	100	-2

WOMEN'S INTERMEDIATE

Test	Athletes	1st Place	Difference
The Filter	40	70	-1
Under Pressure	40	100	-1
Drain & Run	20	100	-1
The Final Set	10	100	-5

Scores are not rounded or shared. The athlete with the highest total score at the end of all events will be declared the winner of their category.

◆ **Athletes Who Do Not Finish**

- If an athlete does not complete the test within the time cap, their score will reflect how far they progressed, potentially placing them ahead of others who also failed to finish.
- If an athlete does not show up or quits before the time cap, they will automatically receive a score of **0**.
- In the “Double Trouble / Do You Even Lift” event, if the athlete fails to successfully validate at least one attempt in either movement (e.g., neither muscle-up nor dip), their score will be **zero**, regardless of effort or partial technique.

◆ **Penalties for No-Reps and Execution**

- If an athlete receives a no-rep, they must repeat the same movement until completing it with full range of motion.
- They may not move to the next exercise until the rep is performed correctly.
- In aerial-style events (e.g., rope climb, straight tube), specific penalties allow the athlete to continue the test but with time penalties applied. These are detailed in the corresponding section of this rulebook.

5.3 RANKING & FINAL STANDINGS

Placements at Califest are determined **exclusively** by the total number of points accumulated across all official events. No additional factors—such as consistency, visual impression, or performance in the final workout—are taken into account.

General Criteria

- The athlete with the highest total score at the end of all valid tests will be awarded **1st place** in their category, followed by the rest in descending order.
 - In case of a tie, the official **tiebreak protocols** detailed in section 4.4 of this rulebook will be applied.
 - **Winning the final event does not guarantee winning Califest.**
 - Final standings are based **solely on the overall point total**, not on any single workout—regardless of its difficulty, visibility, or emotional impact.
-

Elimination by Cuts

- If an athlete does not advance to the next round (e.g., Top 10), their final ranking will be **frozen** at the position they held right before the cut.
 - **Example:** If 11 athletes remain but only 10 move on to the final, the athlete ranked 11th will retain that position, with no further chance to climb the leaderboard.
-

Withdrawal or Disqualification

- In case of voluntary withdrawal or retirement, the athlete's **total accumulated score up to their last completed test** will determine their final placement.
- Athletes **disqualified** due to unsportsmanlike conduct, cheating, or severe rule violations will **lose their right to appear in the official ranking**.

Publication of Results

All official placements will be published on www.wodreps.com, including:

- Points earned per workout
 - Overall rankings by category
 - Individual performance breakdowns
-

International Ranking

The **official results of Califest 2025** will contribute to the **international ranking system** for competitive calisthenics athletes. This ranking will serve as a reference for:

- Future invitations
- Qualifier events
- Global athlete comparisons

Participation in Califest implies **full acceptance of this scoring and ranking system** as a valid method for competitive evaluation and international athletic projection.

5.4 FINALS & ADVANCEMENT CRITERIA

The Califest finals represent the last test of the event, where only the athletes with the highest cumulative scores will have the chance to compete for a podium spot.

However, qualifying for the final does not reset the scoreboard—all previous points remain and continue to count toward the final result.

Finalists per Category

Category	Finalists
Elite Men	10
Elite Women	8
Advanced Men	10
Advanced Women	10
Intermediate Men	50
Intermediate Women	10

There is no minimum number of completed tests required to qualify. Athletes only need to earn enough points to rank within the advancing spots.

In Case of a Tie

If there's a tie for the last qualifying position, the **tiebreak criteria listed in section 4.4** will be applied (e.g., score in previous event, best single result, etc.). No spots will be shared, and the number of finalists will **not** be expanded.

Final Event Format & Value

The final is **one more test within the cumulative scoring system**, but it typically carries more weight—often with larger point gaps between placements (e.g., -5 per place instead of -1)—to reflect its decisive importance.

Winning the final event does not guarantee winning Califest, since the overall result depends on total points from **all events**, including the final.

Lane Assignment & Order

Lane order for the final will be assigned based on the **cumulative ranking prior to the final**, from lowest to highest.

This ensures a fair and competitive layout that reflects each athlete's performance throughout the entire competition.

6.1 ROLE OF THE JUDGES

The judging team at Califest plays a critical role in ensuring fairness, consistency, and strict adherence to the official rulebook. Each judge is responsible for performing their duties with objectivity, authority, and professionalism.

Assigned Judge Responsibilities

Each athlete will have an individual judge assigned, whose responsibilities include:

- Counting valid repetitions
 - Verifying range of motion according to the official standards
 - Calling "no reps" in real time
 - Recording final time, number of reps, or heaviest successful lift (depending on the workout format)
 - Reporting any misconduct or rule violation to the head judge
-

Oversight by Head Judges

Every group of judges will be directly supervised by one or more head judges, who may step in at any moment to correct, assess, or support decisions.

Depending on the complexity of the test, there will be:

- 1 head judge per every 10 athletes
 - For more complex events, up to 2 or 3 head judges per group of 10
-

Training and Preparation

All Califest judges are trained under the **Official Califest Judging Manual**, developed and refined over the years by the event organizer in collaboration with national and international champion athletes. This manual is based on field experience and in-depth technical analysis.

Communication with the Athlete

Judges are **not allowed** to provide technical feedback, coaching, encouragement, or corrections during the test.

Their sole role is to validate (or not) reps, provide accurate counting, and stay fully focused on enforcing the protocol fairly.

If an athlete requests technical feedback **after receiving multiple no reps**, the judge may offer clarification.

Authority and Reporting

If an athlete commits a serious infraction, the judge must report it to the head judge, who has the authority to issue immediate penalties or disqualifications if necessary.

Individual judges cannot disqualify athletes on their own.

Score Logging

At the end of each workout:

- The judge records the official result on the athlete's scorecard.
- This result is validated with the athlete's signature.
- If the athlete signs, the result is considered final and official.
- If the athlete refuses to sign, the case will be reviewed by the head judges, who will decide whether a revision is warranted or the original score will stand.

6.2 TYPES OF REPETITIONS (VALID, INVALID, INCOMPLETE) AND VERBAL/VISUAL COUNTING

At Califest, maintaining a high technical standard is essential to ensure fairness, clarity, and professionalism throughout the competition. Each repetition will be judged individually by the assigned judge, based on objective criteria.

Valid Repetition

A repetition is considered valid **only if** it meets **ALL** of the following criteria:

- Clear and controlled body movement during execution
 - Full joint extension (where applicable)
 - Complete and visible range of motion, as defined for the movement
 - Proper body alignment (no collapse, cheating, or compensations)
 - Performed within the prescribed time or tempo, if applicable
-

Invalid Repetition ("No Rep")

A rep will be marked **invalid** if it shows any of the following:

- Incomplete range of motion or movement outside of standards
- Loss of control or poor body alignment
- Starting or finishing out of timing

- Breaking the imposed pace or rep structure

"No Rep" signaling includes:

- **Verbal:** Judge will clearly say "NO REP!"
 - **Visual:** Judge will cross their arms in front of their chest, then open them to the sides
-

Incomplete Repetitions – What Happens Next

If a rep is invalidated:

- The athlete must **immediately repeat** the same movement until it's executed correctly
 - The athlete **may not advance** to the next exercise or phase until the rep is validated
 - **Exception:** In certain aerial tests or those with special penalty systems (detailed below), the athlete may continue under penalty
-

Judge's Counting – Verbal and Visual

- The judge will count each valid repetition **out loud**: "One!... Two!... Three!..."
 - However, athletes are advised to **stay focused** as noise from the event may make it hard to hear
 - The judge will signal when the full rep count is complete, either verbally or with a **clear affirmative gesture**
-

Important Notes

- Partial, incomplete, or poorly executed reps **will not be validated**, regardless of effort or context
 - In tests with imposed pace or beep-led structure, any off-tempo execution **invalidates the rep**
-

Exception – Aerial Movements with Penalty (Special Case)

In certain events featuring complex aerial movements (e.g., **rope climbs, straight pole ascents**), Califest applies **penalty systems** instead of forcing indefinite retry attempts.

If the athlete fails to complete the aerial movement within the allowed attempts or time frame, they may continue the workout, but a penalty will be applied according to the category and severity.

Aerial Penalties – Breakdown

Severity	Cause	Consequence
Major	<ul style="list-style-type: none">- Fully letting go during descent- Missing mandatory contact point- Using both legs to push upward- Completely breaking technical form	Invalid rep. Athlete must restart the full attempt from the initial position. May be stopped by staff for safety.
Moderate	<ul style="list-style-type: none">- Slight rope contact with feet during descent- Visible knee bend opposite to foot hook- Unclear contact with top marker	Judge allows the athlete to continue but applies a penalty: <ul style="list-style-type: none">- +10 to +20 seconds to final time (For Time)- +1 to +10 penalty reps, if the format allows
Minor	<ul style="list-style-type: none">- Slight misalignment- Fast descent without full release- Minor knee flexion without advantage	Verbal warning only. Attempt remains valid but noted for tracking if repeated.

This penalty system is designed to maintain competitive flow and event feasibility, without automatically eliminating athletes for isolated technical failures in complex movements.

6.3 PENALTIES

During the course of the event, certain actions may warrant penalties, whether due to technical violations, misconduct, or logistical infractions. Penalties are enforced to ensure order, respect, and fairness among all athletes.

Actions Subject to Penalty

- Intentionally obstructing another athlete during competition
- Failing to follow the assigned judge's instructions
- Throwing or mishandling the provided equipment
- Specific violations of the aerial movement protocol (see previous section)
- Unsportsmanlike or disrespectful behavior toward judges, staff, fellow athletes, or spectators

Types of Penalties

Depending on the severity of the infraction, the **Head Judge** may apply one or more of the following:

- Extra time added to the final score
- Additional mandatory repetitions
- Formal warning
- Disqualification from the workout
- Full disqualification from the event in cases of severe or repeated misconduct

Enforcement and Communication

Penalties will be determined by the **Head Judge**, who will evaluate the situation based on the report from the assigned judge and any other available evidence.

The athlete will be notified at the end of the event. In the case of disqualification, the athlete will be informed directly and immediately.

Right to Appeal

Athletes may appeal a penalty **only** if they can present **clear and solid evidence**. Appeals will be reviewed by the **Judging Committee**, whose decision is final. Appeals based solely on personal disagreement or subjective interpretation will not be accepted.

Unsportsmanlike Conduct

Any form of disrespect, verbal aggression, provocation, or insult directed at anyone during the event will be considered a **serious violation** of sportsmanship.

Such behavior may result in immediate disqualification and expulsion from the event. It may also be **publicly reported** to other organizations within the competitive circuit.

7. MOVEMENT STANDARDS

All athletes must perform each exercise with clear, controlled technique and within the established range of motion. Every repetition must meet the following general criteria:

- **Full extension:** All involved joints must show full extension at either the start or end of the movement, depending on the exercise.

- **Body alignment:** The body must remain aligned during execution. Excessive lack of control—especially in aerial elements—will be penalized.
- **Full range of motion:** Each repetition must clearly show a complete movement from the valid starting to ending position.
- **Control:** Athletes must demonstrate mastery of the movement, avoiding swings, rebounds, or uncontrolled gestures.

Kipping or Momentum

The use of momentum generated by the legs or hips ("kipping") is strictly prohibited in all movements. Repetitions must be **strict**.

Beep-Controlled Workouts

In tests where a specific pace is dictated by sound cues (e.g., *The Filter*), synchronization with the beep is **mandatory**.

For **exercise-specific standards** (pullups, dips, squats, etc.), refer to the next section: **Standard Movements by Exercise**.

8.1 PULLUPS

Valid Repetition Criteria

- **Start:**
Body hanging with arms fully extended.
- **Ascent:**
The chin must clearly pass above the bar. For chin-ups (supinated grip), the same standard applies.
- **Descent:**
The athlete must return to full elbow extension before beginning the next rep or letting go of the bar.
- **Body control:**
The body must remain still and momentum-free.
- **Neck stability:**
Excessive neck extension or head jerking ("head nods") to artificially make the chin appear above the bar is not allowed.
The chin must pass the bar due to **vertical body displacement**, not neck compensation.
- **Distance rule:**
A cone will be placed one arm's length away from the bar. The athlete must not cross this distance at any time.

Grip Width and Grip Type

- **Grip width:**
Hand placement is not a judging factor as long as the athlete stays within the structural boundaries of the station and performs the movement without support or external interference.
Each athlete may choose their preferred grip width according to their strategy.
- **Grip type allowed:**
False grip is not permitted in pull-up tests unless specifically stated in the workout format.
The grip must meet the following criteria:
 - The wrist must remain **below** the bar throughout the entire movement.
 - The bar **cannot rest** on the base of the palm or forearm—this would constitute a false grip.
 - The grip must be **conventional**: pronated or supinated, depending on the variation, always with the hand grasping the bar from above.
- False grip offers a biomechanical advantage in certain movements and undermines fair evaluation of pulling strength.
Judges must closely observe wrist positioning at the start and throughout the movement.

Common Mistakes That Invalidate the Rep

- Not fully extending the arms at the bottom.
- Chin does not clearly pass above the bar.
- Using visible momentum or unauthorized kipping.
- Excessive head or neck movement to fake a valid rep.
- Using feet to push off the ground, structure, or auxiliary bar.
- Using **false grip** when not allowed.

8.2 DIPS

Start Position:

- The athlete begins with **arms fully extended** (complete elbow lockout).
- **Shoulders stabilized** in position.
- **Body aligned**, with a slight forward lean allowed.
- **Feet must not touch** the floor or any unauthorized support.

Descent:

- The athlete must lower in a controlled manner until the **top of the arm (humerus) breaks the 90° line** relative to the forearm.

- The angle must be **clearly broken**, not just reach parallel.
-

Ascent:

- The elbows must extend **fully**, returning to the start position with complete lockout.
 - The upward movement must be **smooth**, with **no use of momentum** from the legs, knees, or hips.
-

Throughout the Movement:

- **Legs must remain in a fixed position**, either suspended or aligned, allowing only natural movement resulting from the dip execution.
 - Taller athletes may keep their **legs bent** to maintain balance.
 - **No intentional swinging, repositioning, kicking**, or movement that shifts the body's axis or creates momentum is allowed.
 - Leg stability contributes to the overall control of the movement and is a visual cue of clean execution.
-

Errors That Invalidate a Repetition:

- Failing to break the 90° angle (only reaching parallel).
 - Not fully locking out at the **start or end** of the movement.
 - Using momentum from the legs or excessive trunk swinging.
 - Feet touching the floor or any other support.
 - Severe trunk misalignment that compromises form.
 - **Hips not following** the descent and ascent; hip lockout.
-

Special Considerations:

- For **weighted dips** (vest or belt), the technical standard remains the same.
- If using a **dip belt with a plate**, the plate must hang freely and **not touch the floor**.
- For **ring dips**, natural instability is allowed, but the athlete must maintain midline control and avoid excessive oscillations.

8.3 PUSHUPS

Mandatory Technical Standards:

- The **body must remain aligned** from ankles to head throughout the entire movement.
- **Hip-driven pushups ("worm-style") are not allowed.**

- The **90-degree angle** must be clearly and visibly **broken on the way down** in each repetition.
- **Full elbow extension** must be reached at the top of every rep for it to count as valid.

Common Errors That Invalidate a Rep (No-Rep):

- **Failing to break the 90-degree angle** at the bottom.
- **Not fully extending the elbows** at the top.
- **Uneven movement** (e.g., one arm rises significantly before the other).
- **Lifting the hips first** (compensated pushing pattern).
- **Using momentum** from any part of the body other than the upper body push.

Leg and Foot Control:

- Legs must stay **together** or at a **natural distance**.
- **Excessive separation of the feet is not allowed.**
- **Feet must remain in contact with the ground** throughout the entire movement.

8.4 SQUATS

Valid Range of Motion:

Each repetition must start from a **standing position** with **hips and knees fully extended**. The athlete must **descend with control** until the **hips clearly drop below the horizontal line of the knees**.

To count as valid, the rep must end with a **full extension of both hips and knees**.

Mandatory Technical Standards:

- **Both feet must remain flat on the ground** throughout the entire movement.
- The **torso must stay upright** relative to body control, without collapsing forward.
- **Bouncing or using the hands for momentum** during the ascent is not allowed.
- Athletes **may not hold on to any object or external surface** for assistance.

Common Errors That Invalidate a Rep (No-Rep):

- **Failure to break parallel** (hips do not drop below the knees).
- **Incomplete extension** of hips or knees at the top.
- **Lifting the heels** or losing full foot contact with the ground.
- **Pushing off the thighs, knees, or body with the hands.**
- **Partial range of motion** or performing reps with **excessive speed and no control**.


Body Control:

The athlete must demonstrate **postural control and mastery of movement** at all times.

8.5 MUSCLEUPS

Valid Range of Motion:

Each valid repetition of a muscle-up must start from a **complete hanging position**, with the arms **fully extended** and **feet off the ground**.

The athlete must perform a **continuous transition** from the pull phase to the lockout **above the bar**, finishing with **elbows fully locked** and the **chest clearly over the bar**. 

Mandatory Technical Standards:

- The movement must be a **fluid, uninterrupted transition**, without segmented or paused phases.
 - The athlete must **completely pass over the bar** and **fully lock out the elbows** at the top.
 - Each repetition must begin from a **dead hang**, with arms **completely extended**.
 - **False grip is not allowed**: the **wrist must remain below the bar** at all times.
 - The legs must remain **fully extended and controlled** throughout the movement, allowing only the **natural swing** that results from the muscle-up motion.
 - **Legs must not exceed a distance equivalent to one arm's length** (of the athlete) in relation to the bar. This rule applies during both the swing phase and the upward pull.
- The athlete must **demonstrate body control**, avoiding excessive leg lift as a method of generating momentum or masking lack of technique.

Common Errors That Invalidate the Repetition (No-Rep):

- Not starting from **full suspension** (bent elbows at the start).
- Failing to **lock out the elbows** completely above the bar.
- Not fully clearing the bar, such as **resting the stomach** on the bar or **breaking the movement into steps**.
- Using **leg drive or momentum** to perform the movement.
- **Lifting the legs excessively** or beyond the permitted **arm-length threshold** relative to the bar.

Body Control:

Excessive swinging, lack of core tension, or the use of **unauthorized momentum** will invalidate the repetition.

8.6 HANDSTAND

Valid Execution:

- The athlete must hold an inverted position, **balancing on fully extended arms**.
- The body alignment must be as **vertical as possible**: **wrists, shoulders, hips, knees, and ankles** should form a straight line.
- Entry can be performed via **kick-up or press**, as long as the position is **controlled** upon reaching full inversion.
- Time will start **once the athlete demonstrates control for at least 1 second** (this initial second will **not** count).
- The handstand may be performed **on the floor or on parallel bars**.
- The timer will pause if the athlete **loses control**, including bent elbows, excessive movement, or displacement.
- **Only time blocks that are multiples of 5 seconds** will count toward the score.

Errors That Invalidate the Attempt:

- Obvious **elbow bending**.
- **Legs apart or bent** in an unnatural way.
- **Falling** before the minimum time is reached.
- Excessive **movement** or clear **loss of balance**.
- **Banana position** (excessive back arching or deviation from vertical alignment).

8.7 HANDSTAND WALK

Valid Execution:

- The athlete must **advance while in a handstand position**, walking on the hands **within the designated lane or line**.
- The movement must begin with a **controlled entry into handstand, before the starting mark**.
- If allowed by the workout format, the athlete may **resume from the point of fall**.
- To complete a designated distance or block, the athlete must **clearly cross both hands** over the line.

8.8 FRONT LEVER

Valid Execution:

- The athlete must hang from the bar with **arms fully extended** and **lift the body to a horizontal position**, with the **hips aligned** and **legs fully extended and together**.
- The position must be **held for the minimum required time** stated in the workout in order to be considered valid.

- **No elbow bending, back arching, or hip break** is allowed.
- The timer will **stop immediately** if any of the required standards are broken.
- Time will **begin counting only after the position has been held for at least 1 second** in full control.

Errors That Invalidate the Attempt:

- **Separated or bent legs.**
- **Loss of horizontal line** (e.g., hips drop or legs rise).
- **Constant body movement or lack of stability.**
- **Bent elbows.**

8.9 ONE ARM PULLUP

Valid Execution:

- The athlete must perform a strict pull using **one hand only**, starting from a **full dead hang** and pulling **until the chin clearly passes above the bar**.
- The **free arm may not assist** at any point—this includes grabbing the wrist, forearm, clothing, bar, or making unnatural movements with it.
- The **body must remain as controlled as possible**, allowing only slight natural swing, but **no kicking or knee lifting**.
- Legs must remain **fully extended** throughout the movement.
- The pull must originate **primarily from the working arm and upper torso**, not through momentum from other parts of the body.
- The repetition must end in a **controlled manner**; if the athlete **intentionally drops** or loses control before completing the lockout or descent, the rep will not count.

Errors That Invalidate the Repetition:

- **Using the free arm** for support, contact, or balance.
- **Failing to bring the chin above the bar.**
- **Starting with partially bent elbow**, not from full extension.
- **Using the neck or head** to cheat the chin-over-bar position (head jerking).
- **Kicking or leg movement** that generates momentum.
- **Letting go before completing the full range of motion**, including the controlled descent.
- **Grabbing the bar with the opposite hand** before the repetition is complete.

8.10 ROPE CLIMB

Start:

- The athlete will begin **from a seated or standing position**, as specified by the workout.
- **Jumping to initiate the ascent is not allowed.**

Execution:

- **Kicking or unnatural leg movements are strictly prohibited.**
- Legs must remain **aligned and under control**, without **grabbing, wrapping, or locking the rope**.
- The athlete must **touch only the designated upper marker** on the rope to complete the ascent.

Descent:

- Descent must be executed **exclusively using the arms** (hand-over-hand technique).
- **Feet may not touch or grip the rope** during the descent.
- The repetition is considered **valid only when the athlete returns to the starting position** without **letting go or dropping from the rope**.

8.11 STRAIGHT BAR CLIMB

Execution:

- Only **one foot (instep)** may make contact with the bar for support.
- **Legs must remain fully extended** throughout the ascent and descent.
- In the **female category**, slight knee flexion is allowed **only if**:
 - The knees do **not create upward momentum**, and
 - There is **no significant advantage** gained through leg usage.

Validity:

- The athlete must **touch the top structure (PTR connector)** to validate the climb.

Descent:

- Must be executed using **hand-over-hand technique**, maintaining **the same leg position** as in the ascent.
- The attempt is only valid when **both feet touch the ground** without jumping or letting go from the top.

8.12 LUNGES

Execution:

- Start from a **standing position**.
- Perform a **wide step forward or backward**, as specified in the workout.
- The **back knee must touch the ground** in a **controlled manner**.
- The **torso must remain upright and stable** throughout the movement.
- To begin the next rep, the athlete must **return to the starting position with both feet aligned**.

Common Mistakes (No Rep):

- Back knee does **not touch the floor**.
- Loss of **knee alignment** or **torso stability**.

- **Using hands** for support or to generate momentum.

8.13 BOX JUMPS

Execution:

- Perform an **explosive jump** from the ground onto the box.
- The athlete must achieve **full extension of hips and knees on top of the box** for the rep to count.
- Athletes may **step or jump down** from the box.
- At least **half of the foot** must land on the surface of the box.

Common Mistakes (No Rep):

- Failing to **fully extend** at the top of the box.
- **Using the hands** to support or push off the box.

8.14 SQUAT BOX JUMPS

Execution:

- Follows the same standards as the **Box Jump**, with the added requirement of starting the movement with a **squat**.
- The squat must **break parallel** before the jump.

Common Mistakes (No Rep):

- **Not breaking parallel** before initiating the jump.
- **Not locking out** at the top of the jump.
- **Touching the box** with the hands during the jump.

8.15 BURPEES

Execution:

- Start from a **standing position**.
- Jump both feet **back simultaneously**, bringing the chest to the ground with **shoulders breaking parallel** at the bottom.
- Jump both feet **forward together**, returning to standing.
- Perform a **vertical jump** at the end, with **both arms extended straight overhead**.

Common Mistakes (No Rep):

- Feet do **not move together** during the descent or ascent.
- **No final jump** is performed at the top.

8.16 PISTOL SQUAT

Execution:

- Single-leg squat performed **on one leg only**.
- The **free leg or foot must not touch the ground** or be used for momentum.
- The **hip must clearly break parallel**.
- Arms may be extended forward for balance, but **grabbing the opposite leg or foot is not allowed**.
- The rep ends only after the **hip and knee are fully locked out**, followed by the lowering of the opposite foot.

Common Mistakes (No Rep):

- **Free leg touches** the ground.
- **Hip does not break parallel**.

8.17 LEG RAISE

Execution:

- Performed from an **elbow support position on parallettes**.
- Legs must rise **together** until the **heels pass the bar level**.
- **No knee bending** or excessive momentum is allowed.
- When performing consecutive reps, the **feet must not swing excessively backward beyond the vertical line**.

Common Mistakes (No Rep):

- **Not reaching the minimum height**.
- **Leg separation or knee bending** during the movement.

8.18 TOES TO BAR

Execution:

- Performed from a hanging position on the bar.
- **Both feet must touch the bar simultaneously** or clearly **pass above bar height**.
- **Legs must remain straight** throughout the movement.

Common Mistakes (No Rep):

- Contact made with **only one foot**.
 - **Unnecessary knee bend** or use of **excessive momentum**.
-

8.19 HANDSTAND PUSH-UP

Execution:

- Begin in a **fully extended handstand position**.
- Hold the position for **1 second before descending**.
- During the descent, the **shoulders must clearly break the 90-degree angle** with the elbows.
- Finish with a **full lockout of the elbows**, and hold the final handstand position for **1 second**.

Common Mistakes (No Rep):

- **Not breaking parallel** (shoulders don't reach required depth).
- **Failing to lock out** and hold the top position for 1 full second.

8.20 SHUTTLE RUN

Execution:

- Running between **two set points**.
- The athlete must **touch the cone or line with one hand** at each turnaround point.

Common Mistakes (No Rep):

- **Failing to touch** the cone/line.
- **Changing direction** outside the designated area.

9. CONDUCT, FAIR PLAY, AND UNSPORTSMANLIKE BEHAVIOR

At Califest, exemplary behavior is just as important as physical performance. All athletes must act with respect, integrity, and sportsmanship before, during, and after each event.

9.1 Unsportsmanlike Conduct

Any action that compromises fairness, safety, or respect among competitors, judges, organizers, or spectators is considered unsportsmanlike conduct. These actions include but are not limited to:

- Insulting, pushing, or physically or verbally assaulting another athlete, judge, or staff member.
- Failing to follow the instructions of the assigned judge or judging team.
- Deliberately obstructing another competitor during their performance.

- Throwing or intentionally damaging equipment or competition materials.
 - Faking injuries, causing confusion, or intentionally delaying the event.
 - Any offensive, disrespectful, or provocative behavior or gestures toward others.
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9.2 Sanctions

The **head judge** is the only authority authorized to apply sanctions for unsportsmanlike conduct. Penalties may range from a **verbal warning** to **disqualification** from the event, depending on the severity of the offense.

9.3 Califest Spirit

This event was born as a celebration of community, discipline, and respect. A true athlete is not only defined by physical capability but also by **humility in victory, grace in defeat, and sportsmanship at all times**. Athletic excellence begins with impeccable character. **At Califest, character is measured too.**

9.4 Anti-Doping Control

The organization reserves the right to conduct random anti-doping tests on any athlete at any time to ensure transparency and fairness in the sport. **Refusing to take the test will be considered a positive result.**

10. ALLOWED ATTIRE

10.1 Approved Clothing by Category

There is no mandatory uniform by category; however, athletes are **strongly encouraged** to wear **shorts or garments that do not cover the knees** in order to allow proper judging of movements such as squats, pistols, or lunges.

In the “**Double Trouble**” event, **loose-fitting shirts or garments that cover the elbows are strictly prohibited**, as they obstruct visibility and interfere with proper evaluation of the technical movement.

10.2 Permitted Accessories

Athletes are allowed to use the following:

- Gloves
- Wrist wraps
- Knee sleeves
- Elbow sleeves
- Compression sleeves

The use of **chalk (in any form)**, **weighted vests**, and **weight belts** will only be allowed if **provided by the organization**.

Personal versions of these items are **not permitted**.

10.3 Prohibited Accessories

The following are strictly prohibited:

- Gloves with excessive grip (rubber, silicone, neoprene with artificial traction).
- Footwear with springs, propulsion plates, or any technology that provides an unfair biomechanical advantage.
- Headphones, music devices, or active smartwatches during the competition.
- Any garment or accessory that, in the opinion of the judges or the organizing committee, offers an unfair advantage or compromises the integrity of the event.

10.4 Pre-Competition Checks

Before each heat or competition block, the judging team may conduct **random or mandatory gear checks** to ensure compliance with attire regulations.

If any irregularity is found, the athlete must adjust to the rules **before starting their event**.

Refusal to comply may result in a **penalty or disqualification**.

11. ATHLETE SAFETY

The physical integrity and well-being of all athletes is a top priority throughout the entire Califest event. The following guidelines are established to prevent, manage, and respond to any medical or emergency situation during the competition.

11.1 Pre-Assessment and Warm-Up

Pre-event warm-up is the responsibility of each athlete.

Athletes are encouraged to arrive **early** to complete their personal routine of mobility, activation, and **station familiarization** before competing.

11.2 Injury or Emergency Protocols

In the event of an injury or evident risk, the judge assigned to the affected lane will **signal an alert by crossing their arms above their head**. This signal will **immediately activate** the intervention of the Head Judge and the paramedic team.

The athlete's test will be paused at that moment, **without stopping the rest of the heat**. Paramedics will assess the athlete on site. If medical staff considers the athlete fit to continue, they may do so **at their own risk**, but **will not be allowed to restart** or receive any **time compensation**.

If the athlete's condition presents a risk, paramedics will indicate their **immediate removal** from the competition area to receive proper care.

11.3 On-Site Medical Staff

Trained **medical and paramedic personnel** will be present **throughout the entire event**, equipped to handle emergencies. An ambulance will also be available for **transportation if deemed necessary**.

11.4 Individual Responsibility

Each athlete participates in Califest **at their own risk**, acknowledging that they must be in **optimal physical and mental condition** to perform high-intensity physical effort.

The organization may intervene upon any sign of danger but is **not liable for incidents** resulting from individual exertion.

12. IMAGE RIGHTS AND MEDIA DISTRIBUTION

12.1 Image Rights Release

All athletes who register and participate in Califest **automatically, irrevocably, and freely grant** their image rights to the event organizers, including but not limited to: photographs, videos, recordings, live or recorded broadcasts, and any other audiovisual material generated during their participation.

12.2 Use of Photos and Videos in Media and Social Platforms

The organization reserves the right to use such material in **print, digital, audiovisual media, and social networks**, whether belonging to the event itself, sponsors, media outlets, partner institutions, or affiliated brands. Usage may include **promotional campaigns, advertising content, informational purposes, documentaries, or any other relevant**

use, without generating **payment, financial compensation, or any form of claim** by the athlete.

12.3 Media Coverage

Throughout the event, Califest will feature **photographic, audiovisual, and accredited media coverage**. Athletes may be recorded, photographed, or interviewed before, during, and after their participation, and their image may be used as part of the **event's visual narrative**.

12.4 Consent Upon Registration

By registering, each athlete **acknowledges and accepts** these terms of image use as part of the **official event regulations**. This image rights release is considered **mandatory** and is **not subject to revocation or later restriction**. No athlete may demand **compensation or limit the use** of materials generated during the event.

