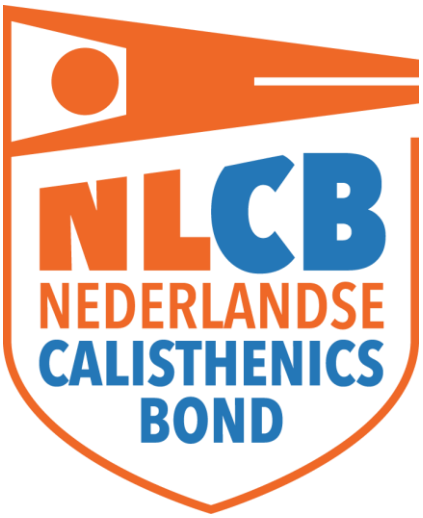
OFFICIAL RULES: PULL UPS
(EXTREME ENDURANCE)





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Inhoud

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1. About the Extreme Endurance Discipline

The endurance discipline challenges athletes to maximize their performance within a fixed time limit. The primary objective is to complete as many fully validated repetitions as possible before the timer expires.

Key Features:

- **Continuous timing**: Once the official timer starts, it runs uninterrupted until the designated time ends. Rest periods do not pause or stop the timer; it remains active throughout the attempt.

- **Single, unbroken attempt**: The entire challenge takes place within one continuous timeframe. Athletes can take multiple rest breaks at any point, but must resume repetitions before the time runs out.

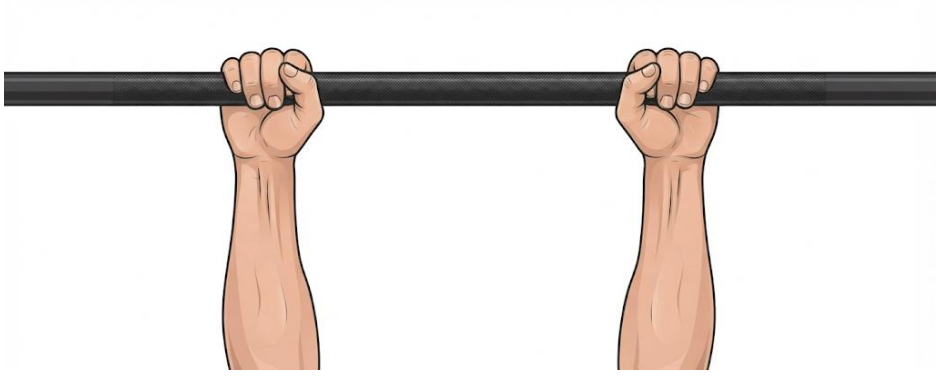
- **Scoring criteria**: The final score reflects the total number of validated repetitions completed before the timer stops. Repetitions begun after the buzzer will not be counted.

2. Posture & Body Alignment

- **Vertical line:** Maintain a controlled, substantially vertical body position from head to feet throughout the movement.
- **No momentum**: Do not swing, kip or deliberately use momentum to assist the pull-up.
- **Hip stability:** Keep the hips aligned with the torso. Sagging, tilting or bending the hips out of alignment invalidates the repetition.
- **Backward lean:** A minimal backward lean necessary to perform the movement is permitted. Excessive backward lean is not permitted.

3. Grip & Accessories

- **Grip type:** Use a pronated grip, with the palms facing away from the athlete.
- **Hand placement:** Place the hands shoulder-width apart or slightly wider. Extremely wide grips are not permitted.



Permitted accessories:

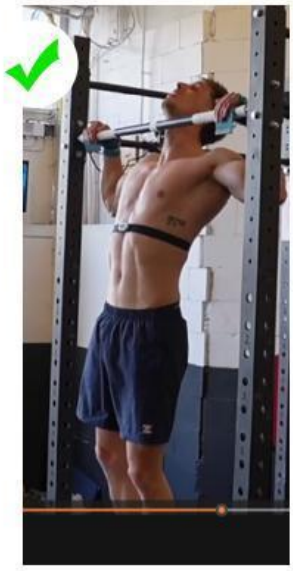
- Chalk, magnesium powder, gloves, and wrist sleeves to prevent friction and skin irritation.

Prohibited Aids & Support:

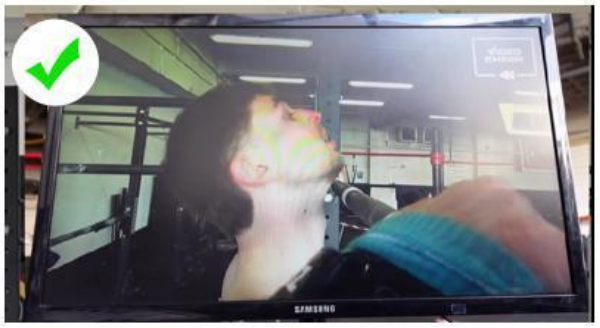
- No grip aids that fully support or replace grip force. This includes lifting hooks (a mechanical gear piece that replaces or assists hand grip).
- Use of any equipment that undermines the authentic grip or movement is forbidden.

4. Execution & Movement Standards

- **Arms**: Start and finish every repetition with fully extended arms.
- **Chin height**: At the top, the chin must clearly pass above the upper plane of the bar. Keep the head and chin close to the bar without exaggerated backward positioning.
- **Head position**: A slight backward head tilt is permitted. Tucking the head or using an exaggerated backward position is not permitted.
- **Legs**: Keep the legs straight and uncrossed. A small natural bend is permitted, provided the legs do not assist the movement.







5. Examples of incorrect execution

🚫 Excessive backward lean





🚫 Keep the legs straight and uncrossed. A small natural bend is permitted, provided the legs do not assist the movement.





🚫 An arched back and/or hips dropping out of alignment with the torso



🚫 Crossed legs, feet tucked behind the body, excessive knee bending or swinging during the movement.





6. Arm position

Keep the hands shoulder-width apart or slightly wider. Fully extend both arms at the start and finish of every repetition. This section summarises sections 3, 4 and 7; it does not introduce a different standard.







7. Starting & Ending Position

- **Start**: Start from a controlled hang with arms fully extended and feet off the ground. Legs should be controlled and no jumping is allowed. A platform may be used to reach the bar before the starting deadhang, but all contact and momentum from mounting must end before the first repetition begins.
- **Top**: Reach the top position with the chin above the bar and the body aligned according to the aforementioned standards.
- **Repetition completion**: Return to a dead-hang position with fully extended arms before starting the next repetition or releasing the bar.

8. Pace, Continuity & Rest Periods

The athlete determines their pace, rhythm and repetition frequency. Rest breaks are at the athlete's discretion. The timer continues to run throughout every rest break. The athlete may release the bar and stand or sit during rest. Ground contact during rest is not a no-rep; contact during a repetition invalidates that repetition.

9. Invalid Repetitions (No-Reps)

Reps are not counted if any of the following infractions occur:

Invalid execution (examples)	Judging criterion
Kipping	The athlete pumps the body to assist the movement.
Leg swing / momentum	The legs swing or accelerate the body to assist the pull-up.
Excessive backward lean	The body leans beyond the permitted minimal backward tilt.
Hips displacement or arched back	The hips or back visibly break the required body alignment.
Crossed legs	The legs cross during the repetition.
Insufficient chin height	The chin does not clearly pass above the upper plane of the bar.
Incomplete arm extension	Both arms are not fully extended in the required start or end position.
Early release	The athlete releases the bar before completing the required end position.
Ground contact	Any ground contact during a repetition invalidates that repetition. Set the bar high enough to allow proper execution without ground contact.

10. Athletic Apparel Requirements

- Athletes must wear form-fitting, lightweight, and breathable athletic apparel that does not absorb excess moisture or obscure the body's lines.

- Prohibited clothing: Baggy clothing, oversized shirts, hoodies, or any garments that conceal the elbows, shoulders, or chin from camera angles. This ensures judges can clearly verify full arm extension and chin clearance at all times.

- A judge may require an athlete to change a clothing item if it obstructs a clear view of the pull-up execution for the judge or the camera.

11. Camera Positions

To ensure objective record verification, official attempts must record simultaneous footage from three mandatory angles:

Camera view	Purpose
Front view	Captures overall body posture, arm movement symmetry, and confirms the absence of leg support or assistance.
Side view	Assesses body posture alignment, momentum, hip position, and checks for excessive backward lean.
Top-of-Bar	Provides undisputed, direct evidence confirming whether the chin fully clears the top plane of the bar.

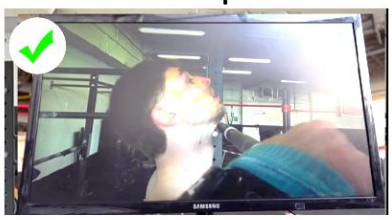
Side view



Front view



Top-of-Bar



Before the attempt, record a test repetition and confirm that the three views collectively show all required judging criteria. Synchronise the recordings against a common time reference. Agree a procedure for camera failure before the attempt; a missing view must not be assumed to prove a valid repetition.

12. Verification Protocol

- **Stricter and refined rules**: to ensure accuracy.
- **Independent judges**: the federations appoint a specialized team of judges to guarantee a strictly objective and professional assessment.
- **Multi-angle video recording**: all attempts are captured simultaneously from three different angles—front, side, and top—allowing every repetition to be analyzed from every conceivable perspective.
- **Automated digital recording**: both valid repetitions and invalid attempts ('no-reps') are tracked using advanced, automated digital systems that accurately record the timing and count of each set.
- **Video review with 'instant replay'**: extensive use is made of video review with 'instant replay' for final validation, enabling immediate assessment of questionable moments.
- **Tamper-proof timing**: an official, tamper-proof clock is used throughout the attempt to ensure conclusive timing.
- **Immediate invalidation**: movements that do not meet the strict standards are immediately ruled as 'no-reps'.
- **Thorough post-attempt evaluation**: a comprehensive evaluation takes place after the record attempt, during which all 'no-reps' and questionable moments are reviewed in detail.

13 Contact

For official record attempts or guidance, contact:

- Dutch Calisthenics Federation: www.nlcb.nl
- Belgian Calisthenics Federation: www.calisthenicsfederation.be