



**WORLD  
PULL-UP  
ORGANIZATION**

**TECHNICAL AND  
COMPETITION RULES**

[worldpullup.org](http://worldpullup.org)

Note: For reasons of brevity, wherever the word 'pull-up' occurs in this rulebook, such reference is deemed to apply to an exercise performed using either the supinated, the pronated or the mixed grip. Similarly, wherever the words 'he', 'his' or 'him' occur in this rulebook, such reference is deemed to apply to either gender.

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[www.worldpullup.org](http://www.worldpullup.org)  
[contact@worldpullup.org](mailto:contact@worldpullup.org)

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# 1 PARTICIPANTS

## 1.1 General

Competitors shall be divided into Competition Classes based on their sex and weight. During the course of one competition, a competitor shall only compete in one Competition Class.

### 1.1.1 Sex

A competitor shall be eligible to compete in the men's competition if he is recognized as a male in law. A competitor shall be eligible to compete in the women's competition if she is recognized as a female in law.

### 1.1.2 Weight

A competitor shall be eligible to compete in the weight class he has registered for, if his bodyweight at the weigh-in is within the 'Bodyweight Limits' defined in rule 1.2.

## 1.2 Competition Classes

The World Pull-Up Organization recognizes the following Competition Classes in the World Pull-Up Championships.

Competition Class	Bodyweight Limits (kg)
➤ Men 60 kg	≤ 60.0
➤ Men 70 kg	60.1 – 70.0
➤ Men 80 kg	70.1 – 80.0
➤ Men 90 kg	80.1 – 90.0
➤ Men 100 kg	90.1 – 100.0
➤ Men 110 kg	100.1 – 110.0
➤ Men +110 kg	≥ 110.1
➤ Women 50 kg	≤ 50.0
➤ Women 60 kg	50.1 – 60.0
➤ Women 70 kg	60.1 – 70.0
➤ Women +70 kg	≥ 70.1

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*Note: Currently, the World Pull-Up Championships are an open age competition; there are no separate competitions for juniors or masters.*

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# 2 TECHNICAL RULES FOR ALL PULL-UPS

## 2.1 Disciplines

The World Pull-Up Organization recognizes two (2) separate disciplines:

- Pull-Up Repetitions
- Weighted Pull-Up

## 2.2 Weigh-In

All competitors must attend the weigh-in, which shall commence at least ninety (90) minutes and no more than five (5) hours before the start of the competition for that Competition Class. The weigh-in period shall last sixty (60) minutes.

Each competitor shall present a valid identity document to the Weigh-In Official to confirm his identity.

The weigh-in shall take place in a private room with only the competitor (and, if needed, his assistant or coach) and the Weigh-in Official present. Competitors shall be weighed either completely undressed or in undergarments. Competitors shall not wear shoes during the weigh-in. The Weigh-In Official shall be of the same gender as the competitor.

Bodyweight shall be measured to the nearest tenth of a kilogram.

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*Example of the competitor's bodyweight measured to the nearest tenth of a kilogram: 80.7 kg.*

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A competitor who is within the bodyweight limits of the Competition Class he has registered for, shall be weighed only once. A competitor who is under or over the bodyweight limits of the Competition Class he has registered for, may return to the weigh-in room as many times as necessary during the weigh-in period. A competitor who fails to comply with the bodyweight limits of his Competition Class within the allotted weigh-in period, shall be excluded from the competition.

In the Weighted Pull-Up, the competitors shall declare their first-round weight at the weigh-in. The attempted weight must be divisible by 0.5 kilos. The first-round weight shall not be changed after the weigh-in period has ended.

The bodyweight and the first-round weight shall be recorded in confidence and must not be made public until the end of the weigh-in period.

## 2.3 Costume and Appearance

### 2.3.1 Inspection

The Competition Director shall inspect the competitor's costume and appearance before the competitor steps on to the Competition Platform. If the competitor's costume and appearance do not comply with rules 2.3.2, 2.3.3, 2.3.4 and 2.3.5, the Competition Director shall not allow the competitor to step on to the Competition Platform and execute the competitive attempt.

Any attempt to gain an advantage by utilizing any kind of mechanical or electrical device, gear or aid attached to the competitor, leads to an automatic and immediate disqualification of the entire competitive attempt.

### 2.3.2 Clothing

The competitor shall wear clothing that leaves elbows and shoulders visible. Additionally, ankles shall remain visible during the Pull-Up Repetitions. The competitor must not wear clothing which could impede the Referees' view. The competitor must not wear any kind of gloves, wrist straps or tapings on his hands.

The clothing may feature advertising of a commercial or charitable nature. No advertising of any political cause or interest shall be allowed. Advertising of tobacco and alcohol products is prohibited.

### 2.3.3 Footwear

The competitor shall wear socks. No shoes of any kind shall be worn.

### 2.3.4 Hands and Arms

The competitor's hands and arms shall be free from all foreign substances. After inspection, the competitor may apply magnesium powder provided by the Organizer to his palms.

### 2.3.5 Beard

A competitor with a beard must tie the beard with a rubber band, or similar, so that the tip of his chin is visible to the Chin Referee.

## 2.4 Grip

All pull-ups shall be executed with two hands, both of which must remain in contact with the Pull-Up Bar during the entire competitive attempt. Competitors shall grip the Pull-Up Bar using either:

- Supinated grip (palms facing the competitor)
- Pronated grip (palms facing away from the competitor)
- Mixed grip (one palm facing the competitor, the other facing away from the competitor)

The competitor shall not change, widen or narrow his grip of the Pull-Up Bar during the competitive attempt.

The competitor is allowed to improve his grip of the Pull-Up Bar as long as a part of his hand (the fingers or the palm) remains in contact with the Pull-Up Bar.

# 3 TECHNICAL RULES FOR THE PULL-UP REPETITIONS

## 3.1 Course of the Competition

The competitor steps onto the Competition Platform in his own turn in the competition order and grips the Pull-Up Bar with the grip of his choice (supinated, pronated or mixed). The Chief Referee then gives the verbal command 'Hang', and the competitor adopts the Down Position (*see Figure 1*). Once the competitor is in the acceptable Down Position, the Chief Referee gives the verbal command 'Pull', after which the competitor may start the competitive attempt.

During the competitive attempt, the competitor does as many pull-ups as possible by flexing his elbow joints until at least the tip of his chin completely passes the Pull-Up Bar, both vertically and horizontally (*see Figure 3*) in the Up Position and then returns to the Down Position by extending his elbow joints. After clearing the Down Position, the competitor may start a new repetition attempt.

The competitive attempt ends when the competitor releases one or both hands from the Pull-Up Bar and/or when a Referee gives the verbal command 'Stop'.

Each competitor is allowed one (1) competitive attempt. If two or more competitors tie in first place, they perform one extra round to determine the winner (*see rule 3.4*).

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*Note: The Chief Referee gives the verbal command 'Pull' only once, to signal the start of the competitive attempt. After that the competitor will be in charge of adopting the acceptable Down Position between repetition attempts.*

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## 3.2 Competition Order

The Organizer of the competition shall choose the method of determining the competition order. Information about the method chosen must be available to the competitors throughout the registration period.

Methods of determining the competition order include:

- A draw conducted by the Organizer
- Ranking based on the competitors' classifications in a named previous competition, with the highest ranked placed last in the order
- Ranking based on the competitors' personal or season's bests, with the highest ranked placed last in the order

## 3.3 Causes of Disqualification

A single pull-up repetition attempt shall be deemed a 'Good Pull' unless at least one of the following violations occur during the attempt:

### 3.3.1 False Start

If the competitor starts the competitive attempt before the Chief Referee's 'Pull' command, the following consequences shall ensue:

- The Chief Referee calls 'Down'
- The current repetition attempt counts as a 'No Pull'
- The current competitive attempt must be discontinued and the competitor must release his grip of the Pull-Up Bar
- The competitor may then grip the Pull-Up Bar again and wait for a new 'Hang' and 'Pull' commands to start a new competitive attempt.

### 3.3.2 Incomplete Extension of the Elbow Joints in the Down Position

If the competitor fails to visibly fully extend and lock his elbow joints in the Down Position (*see Figure 1*) between repetition attempts, the following consequences shall ensue:

- The Chief Referee calls 'Arms'
- The current repetition attempt counts as a 'No Pull'
- The competitor may return to the Down Position and continue the competitive attempt.

### 3.3.3 Opening the Legs

If the competitor fails to keep his legs crossed at the ankles during the upward movement or in the Up Position, the following consequences shall ensue:

- The Leg Referee calls 'Legs'
- The current repetition attempt counts as a 'No Pull'
- The competitor may return to the Down Position and continue the competitive attempt.

### 3.3.4 Taking Support

If the competitor takes support from any other structures with his leg(s) or torso, the following consequences shall ensue:

- The Chief Referee commands 'Stop'
- If the violation occurs during the upward movement or in the Up Position, the current repetition attempt counts as a 'No Pull'
- The competitor may not continue the competitive attempt.

### 3.3.5 Incomplete Clearance of the Pull-Up Bar

If the competitor fails to pass the Pull-Up Bar completely with at least the tip of his chin, both vertically and horizontally (when viewed from the side of the Rack) in the Up Position, the following consequences shall ensue:

- ▶ The Chin Referee calls 'Chin'
- ▶ The current repetition attempt counts as a 'No Pull'
- ▶ The competitor may return to the Down Position and continue the competitive attempt.

### 3.3.6 Releasing the Grip

When the competitor releases one or both hands from the Pull-Up Bar, the following consequences shall ensue:

- ▶ The Chief Referee commands 'Stop'
- ▶ If the violation occurs during the upward movement or in the Up Position, the current repetition attempt counts as a 'No Pull'
- ▶ The competitor may not continue the competitive attempt.

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*Note: Improving the grip is not a cause of disqualification provided both w remain in contact with the Pull-Up Bar. The competitor may, for example, release his fingers from the Pull-Up Bar if his palms remain in contact with it.*

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### 3.3.7 Raising the Elbows above the Pull-Up Bar

If the competitor raises his elbow joint(s) above the top level of the Pull-Up Bar, the following consequences shall ensue:

- ▶ The Chin Referee commands 'Stop'
- ▶ If the violation occurs during the upward movement or in the Up Position, the current repetition attempt counts a 'No Pull'
- ▶ The competitor may not continue the competitive attempt.

### 3.3.8 Raising the Toes above the Waistline

If the competitor raises his toe(s) above his Waistline (*see Figure 4*), the following consequences shall ensue:

- ▶ The Leg Referee commands 'Stop'
- ▶ If the violation occurs during the upward movement or in the Up Position, the current repetition attempt counts a 'No Pull'
- ▶ The competitor may not continue the competitive attempt.

## 3.4 Result

The competitor's result in the Pull-Up Repetitions shall be the number of 'Good Pulls', calculated by subtracting the number of 'No Pulls' from the total number of repetition attempts.

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*Example: The competitor performed a total of forty (40) repetition attempts out of which five (5) were disqualified by at least one of the Referees. The competitor's results shall then be thirty-five (35).*

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## 3.5 Classification of Competitors

Factors determining the classification of competitors in the Pull-Up Repetitions are:

- ▶ Result - the highest ranks first. If the results are identical, then
- ▶ Bodyweight - the heaviest ranks first. If bodyweights are identical, then
- ▶ It shall be a tie unless the competitors tie in first place, then
- ▶ One (1) extra round for the competitors in the tie shall be performed in the same competition order as in the initial competition. A resting period of at least thirty (30) minutes is allowed for each competitor after his previous competitive attempt. If the number of 'Good Pulls' in the extra round is also identical, then
- ▶ It shall be a tie.

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*Note: If all repetition attempts by the competitor were deemed 'No Pulls', he shall not rank in the classification.*

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## 3.6 Scorecard

The Scorecard shall be maintained in either digital or manual format and shall include at least the following information:

- ▶ Name, place and date of the competition

- Competition Class
- Name, date of birth, team/country and bodyweight of each competitor
- Number of total repetition attempts (announced by Counter A)
- Number of repetition attempts deemed a 'No Pull' (announced by Counter B)
- Result
- Classification
- Additional information (such as notifications of new records).

## 4 TECHNICAL RULES FOR THE WEIGHTED PULL-UP

### 4.1 Course of the Competition

The competitor steps onto the Competition Platform in his own turn in the competition order wearing the Weight Belt provided by the Organizer. The Loader Officials load the Weight Plates onto the chain and attach the chain to the Weight Belt.

The competitor grips the Pull-Up Bar with the grip of his choice (supinated, pronated or mixed) and adopts the Down Position *(see Figure 2)*. Once the competitor is in the acceptable Down Position, the Chief Referee gives the verbal command 'Pull', after which the competitor may start the upward movement by flexing his elbow joints until at least the tip of his chin completely passes the Pull-Up Bar, both vertically and horizontally *(see Figure 3)* in the Up Position.

The competitive attempt ends when the competitor returns to the full extension of the elbow joint(s), after which the upward movement shall not be repeated.

After both the first and second rounds, the competitor must declare his next-round weight to the Scorekeeper before the competitor following him in the competition order has started his own competitive attempt. The weight attempted in rounds two and three must be either the same as, or at least half a kilogram (0.5 kg) heavier than in the previous round.

If the competitor fails to declare his next-round weight in time, the following consequences shall ensue:

- After a successful attempt, an automatic progression of half a kilogram (0.5 kg) shall be used in the next round
- After an unsuccessful attempt, the same weight shall be used in the next round

Each competitor is allowed three (3) competitive attempts. A possible fourth (4th) attempt for the winner of the competition is allowed if he is attempting a new record in his Competition Class.

### 4.2 Competition Order

The competition order shall generally be determined by the weights attempted in ascending order: the competitor who attempts the lightest weight is placed first and the competitor who attempts the heaviest weight is placed last in the order.

If two or more competitors attempt the same weight, the following rules apply in different rounds.

#### 4.2.1 First Round

The lightest competitor goes first. If there is still a tie, the competition order shall be determined by a draw conducted by the Scorekeeper.

#### 4.2.2 Second Round

The competitor whose 'Good Pull' in the first round was with the lightest weight, is placed first in the order. If there is still a tie, the lightest competitor is placed first. If there is still a tie, the competition order shall be determined by a draw conducted by the Scorekeeper.

#### 4.2.3 Third Round

The competitor whose 'Good Pull' in the second round was with the lightest weight, is placed first in the order. If there is still a tie, the competitor whose 'Good Pull' in the first round was with the lightest weight, is placed first. If there is still a tie, the lightest competitor is placed first. If there is still a tie, the competition order shall be determined by a draw conducted by the Scorekeeper.

### 4.3 Causes of Disqualification

A Weighted Pull-Up attempt shall be deemed a 'Good Pull', and each Referee shall raise the white flag, unless at least one of the following violations occur during the attempt:

#### 4.3.1 False Start



If the competitor starts the upward movement (flexes his elbow joint(s)) before the Chief Referee's 'Pull' command, the following consequences shall ensue:

- The Chief Referee raises the red flag
- The attempt counts as a 'No Pull'.

#### 4.3.2 Taking Support

If the competitor takes support from any structures with his leg(s) or torso, the following consequences shall ensue:

- The Chief Referee raises the red flag
- The attempt counts as a 'No Pull'.

#### 4.3.3 Incomplete Clearance of the Pull-Up Bar

If the competitor fails to pass the Pull-Up Bar completely with at least the tip of his chin, both vertically and horizontally (when viewed from the side of the Rack) in the Up Position, the following consequences shall ensue:

- The Chin Referee raises the red flag
- The attempt counts as a 'No Pull'.

### 4.4 Result

The competitor's result in the Weighted Pull-Up shall be his heaviest 'Good Pull'.

### 4.5 Classification of Competitors

Factors determining the classification of competitors in the Weighted Pull-Up are:

- Result - the heaviest ranks first. If the weights are identical, then
- Bodyweight - the heaviest competitor ranks first. If bodyweights are identical, then
- Second best 'Good Pull' - the heaviest ranks first. If this is identical, then
- Third best 'Good Pull' - the heaviest ranks first. If this is also identical, then
- It shall be a tie.

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*Note: If all attempts by the competitor were deemed 'No Pulls', he shall not rank in the classification.*

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### 4.6 Scorecard

The Scorecard shall be maintained in either digital or manual format and shall include at least the following information:

- Name, place and date of the competition
- Competition Class
- Name, date of birth, team/country and bodyweight of each competitor
- Weight attempted in each round and its adjudication ('Good Pull' or 'No Pull')
- Result
- Classification
- Additional information (such as notifications of new records)

### 4.7 Competition Groups

If a Competition Class has only a few competitors, combining several Competition Classes into larger Competition Groups is recommended, so that each competitor shall have a sufficient resting period of at least ten (10) minutes between competitive attempts.

## 5 REFEREES AND OFFICIALS

### 5.1 General Officials

#### 5.1.1 Weigh-In Officials

The Weigh-In Officials have the following responsibilities:

- To inspect the competitor's identity document
- To determine whether the competitor's clothing meets the requirements before the competitor steps on to the scales
- To record the competitor's bodyweight on the Scorecard
- To record the competitor's first-round weight on the Scorecard in the Weighted Pull-Up.

## 5.1.2 Competition Director

The Competition Director has the following responsibilities:

- › To inspect the competitor's costume and determine whether it complies with rules 2.3.2, 2.3.3, 2.3.4 and 2.3.5
- › To ensure that the next competitor is ready to make his competitive attempt
- › To adjust the height of the Platform (if adjustable) as per the competitor's instructions
- › To receive appeals and call on the Referees to examine the appeals.

## 5.1.3 Scorekeepers

The Scorekeepers have the following responsibilities:

- › To update the Scorecards defined in rules 3.5 and 4.5 during the competition
- › To announce the competition order
- › To record the second-round, third-round and fourth-round attempts in the Weighted Pull-Up
- › To conduct a draw to decide the competition order if needed in the Weighted Pull-Up.

## 5.1.4 Speaker

The Speaker shall make the appropriate announcements for the efficient running of the competition, including but not limited to:

- › The name of, or an introduction to, the competitor making an attempt
- › Notification in advance of the name of the next competitor
- › The number of total repetition attempts in the Pull-Up Repetitions
- › The number of 'No Pulls' in the Pull-Up Repetitions
- › The results (the number of 'Good Pulls') in the Pull-Up Repetitions
- › Instructions to the Loader Officials to load the required weights in the Weighted Pull-Up
- › The number of the competitor's attempt in the Weighted Pull-Up
- › The Referees' decision of 'Good Pull' or 'No Pull' in the Weighted Pull-Up.

## 5.2 Pull-Up Repetitions Referees and Officials

### 5.2.1 General

Depending on the adjudications made by the Chief Referee, the Chin Referee and the Leg Referee, all repetition attempts shall be deemed either as:

- › 'Good Pull' - when none of the Referees disqualify the attempt
- › 'No Pull' - when at least one of the Referees disqualifies the attempt.

### 5.2.2 Chief Referee

The Chief Referee shall give the competitor the following verbal commands and calls:

- › 'Hang' - when the competitor has taken a grip of the Pull-Up Bar and is ready to start his competitive attempt
- › 'Pull' - to signal the start of the competitive attempt, when the competitor is in the acceptable Down Position for the first time
- › 'Arms' - when the competitor starts a new repetition attempt without visibly fully extending and locking his elbow joints in between attempts
- › 'Down' - when the competitor has started the competitive attempt before the 'Pull' command.

### 5.2.3 Chin Referee

The Chief Referee shall give the competitor the following verbal commands and calls:

- › 'Chin' - when the competitor does not completely pass the bar with the tip of his chin, both vertically and horizontally in the Up Position
- › 'Stop' - when the competitor releases his grip of the Pull-Up Bar.
- › 'Stop' - when the competitor raises his elbows above the top level of the Pull-Up Bar.

### 5.2.4 Leg Referee

The Leg Referee shall give the competitor the following verbal commands and calls:

- › 'Legs' - when the competitor fails to keep his legs crossed at the ankles during the upward movement or in the Up Position
- › 'Stop' - when the competitor takes support from any other structures with his leg(s) or torso
- › 'Stop' - when the competitor raises his toe(s) above his waistline.

### 5.2.5 Counter Officials

Two Counter Officials keep track of each repetition attempt. The use of mechanical tally counters is recommended.

- ▶ Counter A counts the number of total repetition attempts made by the competitor. An attempt shall be counted every time the competitor starts the upward movement (when his elbow joints are no longer in full extension).
- ▶ Counter B counts the number of repetition attempts where at least one of the Referees has deemed a 'No Pull' by calling 'Arms', 'Chin', 'Legs' or 'Kick'. If the 'Stop' command is given during the upward movement or in the Up Position, that repetition attempt shall also be counted as a 'No Pull'.

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*Example: The Chief Referee calls 'Arms' three (3) times and the Chin Referee calls 'Chin' two (2) times. However, on one occasion, the same repetition attempt was called by both the Chief Referee and the Chin Referee. Therefore, Counter B shall count four (4) 'No Pulls' and not five (5). Only one disqualification per repetition attempt is counted.*

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The Counter Officials submit the number of total repetition attempts and the number of 'No Pulls' to the Scorekeeper.

## 5.3 Weighted Pull-Up Referees and Officials

### 5.3.1 General

Depending on the adjudications made by the Chief Referee and the Chin Referee, all competitive attempts shall be deemed either:

- ▶ 'Good Pull' - when both the Chief Referee and the Chin Referee (or the Video Referee) raise the white flag
- ▶ 'No Pull' - when at least one of the Referees raises the red flag.

### 5.3.2 Chief Referee

The Chief Referee shall give the competitor the following verbal command:

- ▶ 'Pull' - when the competitor is in the acceptable Down Position

After each competitive attempt, the Chief Referee shall raise either:

- ▶ White flag - to signal a 'Good Pull'
- ▶ Red flag - to signal a "No Pull" if the competitor has violated rule 4.3.1 and/or 4.3.2.

### 5.3.3 Chin Referee

After each competitive attempt, the Chin Referee shall raise either:

- ▶ White flag - to signal a 'Good Pull'
- ▶ Red flag - to signal a "No Pull" if the competitor has violated rule 4.3.3.

If the Chin Referee cannot clearly see whether the competitor completely passed the bar with the tip of his chin both vertically and horizontally in the Up Position, he crosses the white and red flags above his head to signal the need for a video review.

### 5.3.4 Video Referee

All competitive attempts shall be recorded by a video camera positioned so that the recording shows the competitor's head (particularly the chin) and the Pull-Up Bar from the side view in the Up Position.

If signaled by the Chin Referee, the Video Referee shall inspect the recording of the attempt frame by frame and determine whether it shall be deemed a 'Good Pull' or a 'No Pull'. Once the inspection is complete, the Video Referee shall raise either:

- ▶ White flag - to signal a 'Good Pull'
- ▶ Red flag - to signal a 'No Pull' if the competitor has violated rule 4.3.3.

Apart from the Referees, no other persons shall be present at the video review.

### 5.3.5 Loader Officials

Two (2) Loader Officials shall load the Weight Plates onto the chain through the holes on the Weight Plates. The Weight Plates shall be loaded as evenly as possible with the heaviest ones in the middle and the lighter ones at either side. The weight of the Weight Belt shall be counted in the weight attempted.

The Loader Officials shall ensure that the weight corresponds with the weight announced by the Speaker.

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*Example: The competitor attempts 80.0 kilograms. The Belt and the Chain together weigh 3.0 kilograms. The Loader Officials then load 77.0 kilograms in Weight Plates hence achieving the total weight of 80.0 kilograms.*

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## 6 EQUIPMENT

## 6.1 General

The Scales, Platforms, Racks, Pull-Up Bars, Motion Limiters, Weight Belts and Weight Plates used in pull-up competitions must be approved by the World Pull-Up Organization.

### 6.1.1 Scales

The Scales shall be of the electronic digital type and must register to the first decimal place. They shall have the capacity to weigh up to at least 150 (one hundred and fifty) kilograms. The Scales shall be calibrated within twenty-four (24) hours before the start of the weigh-in period.

### 6.1.2 Platform

The Platform under the Rack shall be sturdy and stable so that the competition can be executed safely. The Platform shall have the capacity to support at least 300 (three hundred) kilograms.

If the height of the Platform is adjustable, the Competition Director shall adjust the height as per the competitor's instructions prior to his competitive attempt.

### 6.1.3 Rack

The Rack shall be sturdy and stable so that the competition can be executed safely. The Rack shall not swing or move during the competitive attempts.

The height of the Rack shall be sufficient for all the competitors who must be able to adopt the Down Position without having to bend their knees.

### 6.1.4 Pull-Up Bar

In all competitions sanctioned by the World Pull-Up Organization, the Pull-Up Bar shall be:

- 1100 - 1300 millimeters in width
- 28 millimeters in diameter
- Perfectly round in cross-section
- Made of steel
- Straight
- Inflexible
- Diamond knurled (the center of the Pull-Up Bar may be unknurled)

No substances of any kind shall be applied onto the surface of the Pull-Up Bar.

The Pull-Up Bar shall be attached to the Rack firmly so that it does not swing, roll or detach during the competitive attempts.

## 6.2 Weighted Pull-Up Equipment

### 6.2.1 Weight Belt

The Weight Belt consists of the:

- Belt - worn by the competitor around his waist
- Chain - threaded through the holes on the Weight Plates and attached to the Belt.

### 6.2.2 Weight Plates

The Organizer shall have at least the following Weight Plates available for the competition:

- 2 x 50 kg
- 2 x 25 kg
- 2 x 20 kg
- 2 x 15 kg
- 2 x 10 kg
- 2 x 5 kg
- 2 x 2 kg
- 2 x 1 kg
- 1 x 0,5 kg

The list of approved weight plate manufacturers is as follows:

- Leoko
- Eleiko

## 7 RECORDS

A Record is an all-time best result made in a Competition Class. If two or more competitors achieve the same all-time best result, the record holder shall be the competitor with the heaviest bodyweight. If the bodyweights are equal, the competitors shall share the record.

The World Pull-Up Organization recognizes international and national junior, senior and master records in the categories defined in rule 1.2.

World Records can only be ratified by the World Pull-Up Organization. Continental Records can be ratified by the World Pull-Up Organization and/or a Continental Pull-Up Federation affiliated to the World Pull-Up Organization. National Records can be ratified by the World Pull-Up Organization and/or a National Pull-Up Federation affiliated to the World Pull-Up Organization.

## 8 PROTESTS AND APPEALS

A competitor or his assistant/coach may file a protest against a decision made by the Referee within 30 (thirty) minutes of the decision. The protest must be made by notifying the Competition Director of the protest either verbally or in writing. The protest must be accompanied by the cash sum of 100.00 (one hundred) euros.

The Competition Director shall then call on all the Referees who shall inspect the video recording(s) of the competitive attempt together. The Referee's shall vote on the final adjudication of the competitive attempt. If the vote is a tie, the Chief Referee shall be responsible for the final adjudication.

If the protest is held to be valid, then the adjudication is updated on the Scorecard and the sum of 100 euros is returned to the protestor.

It is recommended that the Organizer records all competitive attempts using a video camera positioned so that it is possible to check the validity of the Referee's decisions in case of protests.

## 9 ANTIDOPING POLICY

The World Pull-Up Organization is unequivocally opposed to the practice of doping in sport. The use, possession and/or trafficking of banned substances and methods, or the encouragement or counseling to use banned substances or methods, and/or taking measures to mask the use of banned substances or methods by any participant in competitions over which the World Pull-Up Organization has jurisdiction is unacceptable and will not be tolerated.

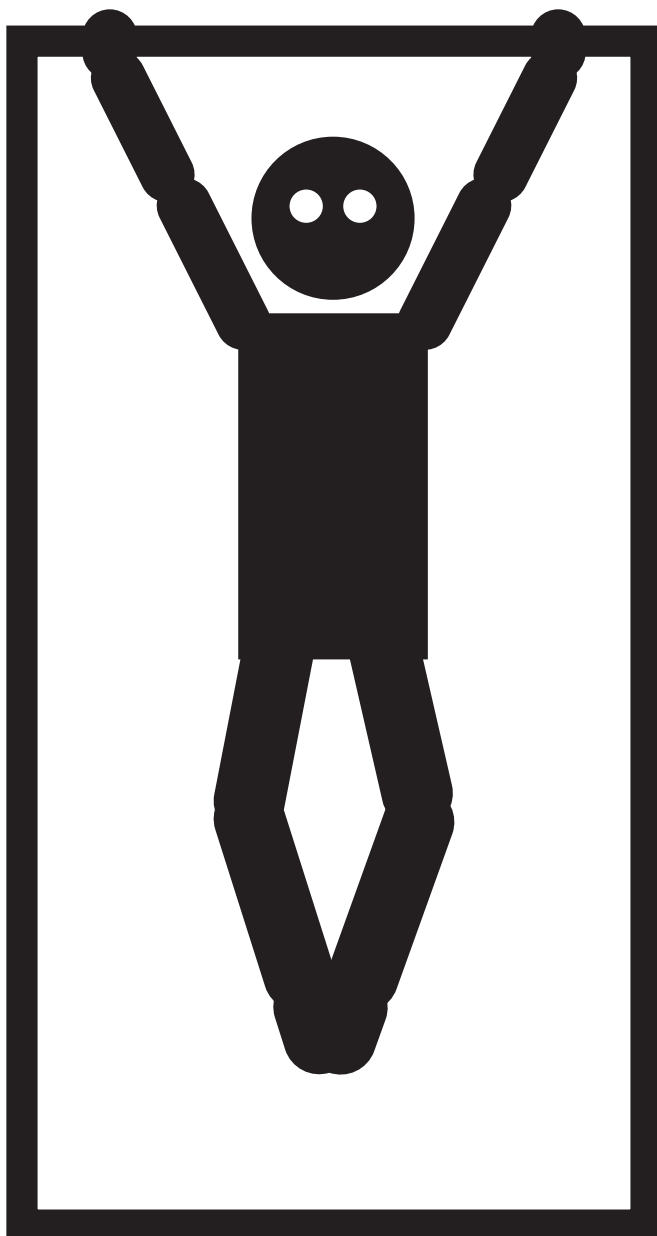
The World Pull-Up Organization's policy on doping applies to all participants in competitions over which it has jurisdiction and provides for sanctions against any competitor found guilty of any doping offence. All competitors are subject to doping controls (urine analyses, blood tests and other authorized techniques for detecting prohibited substances or methods) at any time.

## 10 LIABILITY STATEMENT AND WAIVER

By participating in a competition affiliated to the World Pull-Up Organization, a competitor agrees that he:

- Recognizes that the discipline requires physical exertion that may be strenuous and may cause physical injury, and that he is fully aware of the risks and hazards involved.
- Understands that it is his responsibility to consult with a physician prior to and regarding his participation in the event. He represents and warrants that he is physically fit and has no medical condition that would prevent his full participation in the event.
- Assumes full responsibility for any risks, injuries or damages, known or unknown, which he might incur as a result of taking part in the event.
- Knowingly, voluntarily and expressly waives any claim he may have against the World Pull-Up Organization and other organizer(s) of the event for any damages or injuries, including death that he may sustain as a result of participating in the event.
- Has read the above release and waiver of liability and fully understands its contents. By participating in the event, he voluntarily agrees to the terms and conditions stated above. This agreement remains in effect for as long as he participates in the event. If he is under the age of 18, his parents are aware of these terms and conditions as well and grants him permission to participate.

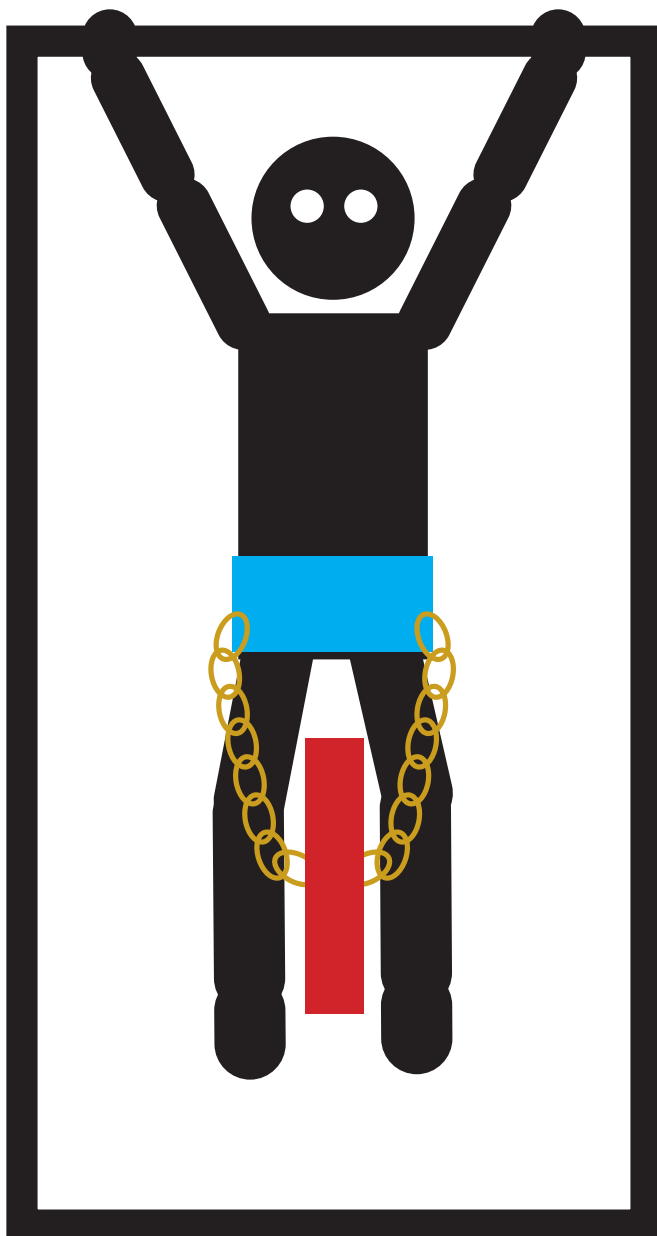
FIGURE 1



Acceptable Down Position in the Pull-Up Repetitions viewed from the front of the Rack:

- Competitor's face points toward the front of the Rack
- Competitor's elbow joints are visibly fully extended and locked
- Competitor's legs are crossed at the ankles
- Competitor is in contact with the Pull-Up Bar only with his hands.

FIGURE 2



Acceptable Down Position in the Weighted Pull-Up viewed from the front of the Rack:

- Competitor's face points toward the front of the Rack
- Competitor's elbow joints are visibly fully extended and locked
- Competitor is in contact only with the Pull-Up Bar only with his hands
- Competitor is wearing the Weight Belt with the Weight Plates.

## FIGURE 3

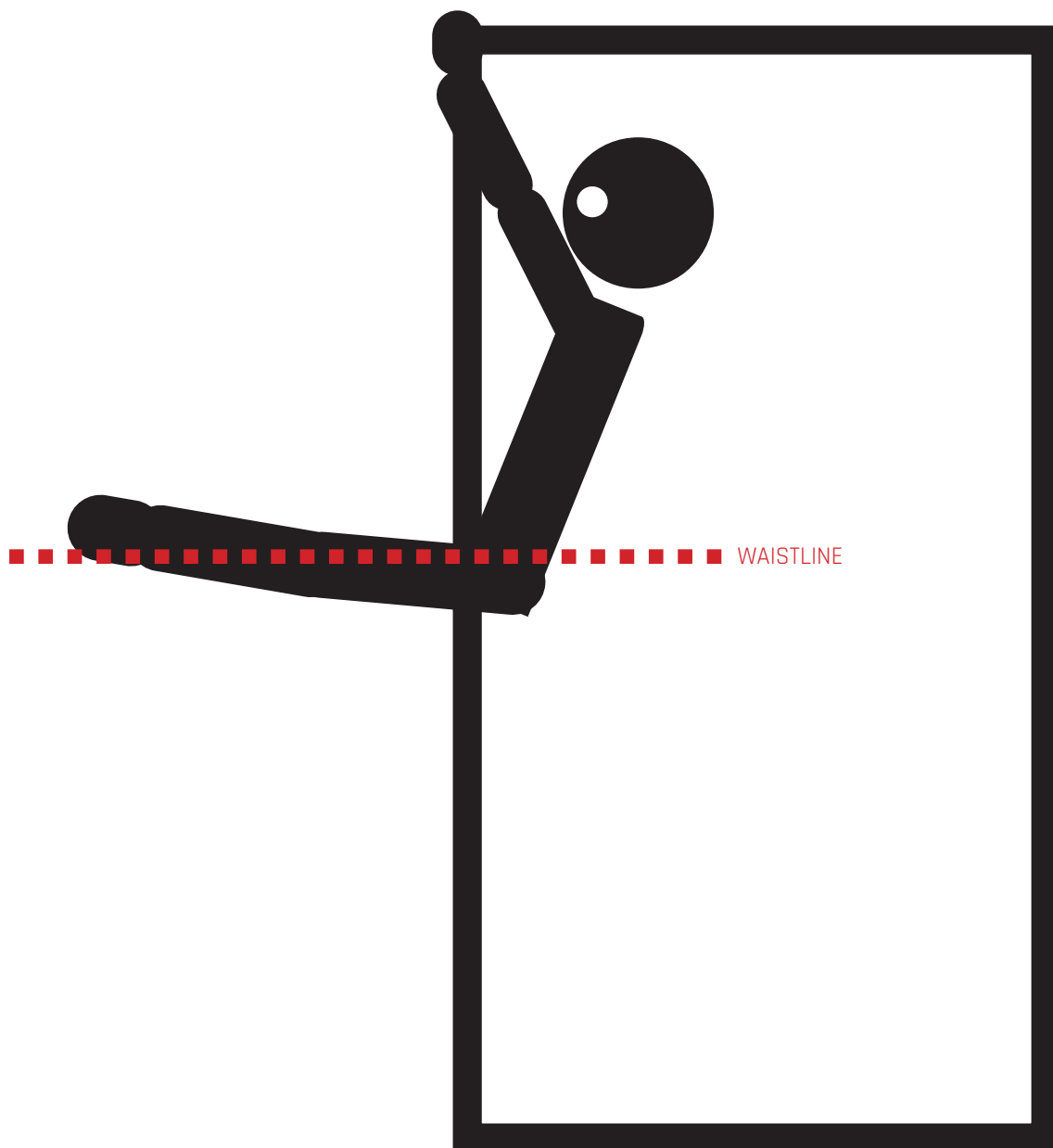


Acceptable Up Position viewed from the side of the Rack:

- The tip of the chin passes the Pull-Up Bar completely, both horizontally and vertically. If the tip of the chin remains in the red area, the attempt shall be deemed a 'No Pull'. If the tip of the chin reaches the white area, the attempt shall be deemed a 'Good Pull'.



FIGURE 4



Raising the Toes above the Waistline.