

KALISTHENIC KINGDOM
KONQUEROR DOMAIN

Kalisthenic Kingdom Rule Book
4th Edition
Effective as of January 1st, 2026

Acknowledgements.....	2
Footage.....	2
Equipment.....	2
One Rep Max Street lifting Rules.....	3
Muscle up.....	3
Pull up.....	3
Dip.....	3
Squat.....	3
Weighted Endurance Rules.....	5
Body Weight Endurance Rules.....	6
Weight classes & Judges.....	7
Injury.....	8

Acknowledgements

This rulebook has been authored and co-authored by Jonathan Morris, Josiha Kerr, Kevin Lazar, and James Lin, and has been reviewed and approved by the Kalisthenic Kingdom Judge Committee.

Footage

- For the Weighted Endurance, Body Weight Endurance, and 1 Rep Max Street Lifting competitions, judges will be recording all reps done by the competitor.
- Recorded reps would be used to confirm if a competitor's rep is valid, and it will be used for any disputes the competitor may have.
- General footage may also be used during *all* competitions for social media posts and promotion.

Equipment

- After careful consideration, all competitions will allow the use of equipment.
- This includes: knee sleeves, elbow sleeves, squat belt, and wrist wraps. Different types of dip belts are also allowed.
- However, the use of knee straps and elbow straps are **not allowed**.
- If a competitor wishes to use equipment while warming up, he or she may do so.
- Bandages such as KT tape and the like are permitted.

One Rep Max Street lifting Rules

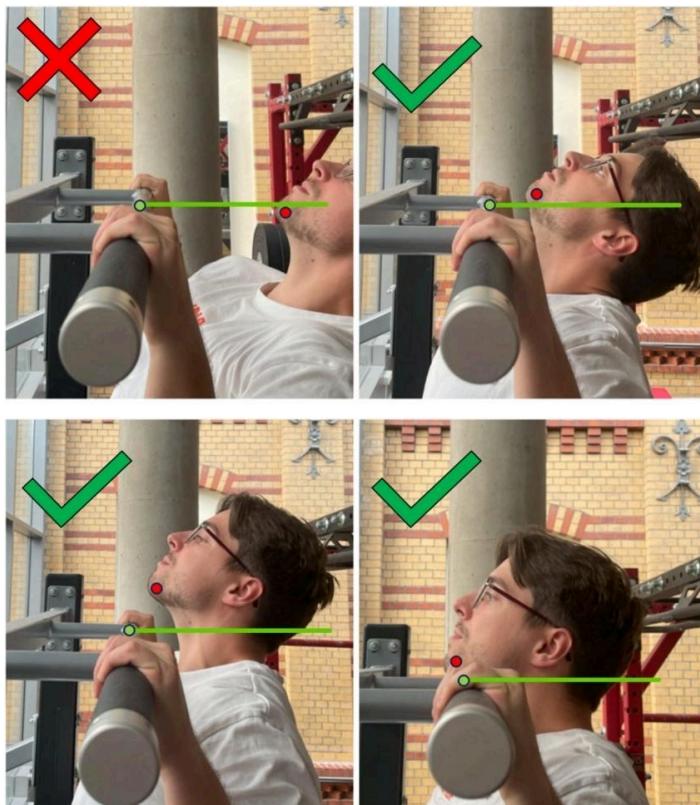
Muscle up

- ALL COMPETITORS MUST DO THEIR POUNDS (LBS) TO KILOGRAMS (KG) CONVERSIONS PRIOR TO GIVING THE JUDGE WEIGHT THEY WANT TO ATTEMPT. THE JUDGE WILL NOT DO THE CONVERSIONS FOR THEM.
- All competitors get 3 attempts at this lift.
- Your name will be called 3 times on a microphone when you are up next to give the judge the weight you wish to attempt and to prepare. If the competitor does not respond or is not ready in time by the third call, the competitor will miss their attempt.
- Competitors have 1min to perform their lift.
- Females ONLY have the option to perform a bar or ring muscle up. All rules still apply. For ring muscle ups, females are allowed to use false grip. This would be the ONLY exception.
- 1 misgroove is allowed.
- No false grip will be allowed.
- Weight *must* be between the legs and **not across the shins** of the competitor.
- Full lock out at the bottom and top of the lift, and competitors must wait until the signal is made before lifting. If the lift is made before the signal, this would be a false start and would be considered a **no rep**.
- Lock out must be at the top of the lift.
- Minimal hip kip and minimal knee kip within the realm of natural movement that is not advantageous is permissible.
- Advantageous knee kipping is not allowed and would be considered a **no rep**.
- There must be a brief pause at the top of the lift to show control of the weight.
- Chicken wing reps would be counted as a **no rep**.
- Grinding is allowed, double grinding would be a **no rep**.
- Competitors are not allowed to rest their chest on the bar, this would be considered a **no rep**.

Pull up/Chin up

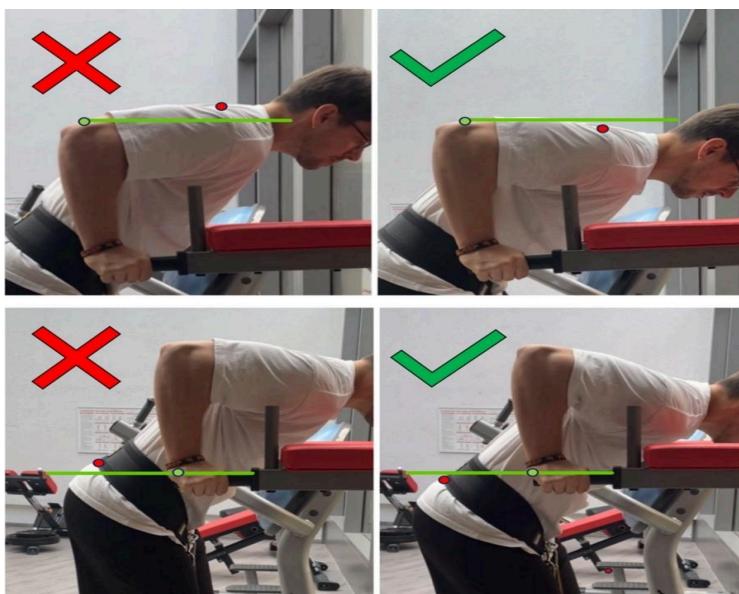
- ALL COMPETITORS MUST DO THEIR POUNDS (LBS) TO KILOGRAMS (KG) CONVERSIONS PRIOR TO GIVING THE JUDGE WEIGHT THEY WANT TO ATTEMPT. THE JUDGE WILL NOT DO THE CONVERSIONS FOR THEM.
- All competitors get 3 attempts at this lift.

- Your name will be called 3 times on a microphone when you are up next to give the judge the weight you wish to attempt and to prepare. If the competitor does not respond or is not ready in time by the third call, the competitor will miss their attempt.
- Competitors have 1min to perform their lift.
- 1 misgroove is allowed prior to the attempt.
- No false grip will be allowed
- Weight *must* be between the legs of the competitor.
- Full lock out at the bottom of the lift, and competitors must wait until the signal is made before lifting. If the lift is made before the signal, this would be a false start and would be considered a **no rep.**
- Minimal hip kip and minimal knee kip within the realm of natural movement that is not advantageous is permissible.
- Advantageous knee kipping is not allowed and would be considered a **no rep.**
- Chin must be over the bar for the rep to count.
- Thumb over and thumb under are both permissible.
- Grinding is allowed, double grinding would be a **no rep.**
- Photo from the Final Rep Rulebook VI 25.2



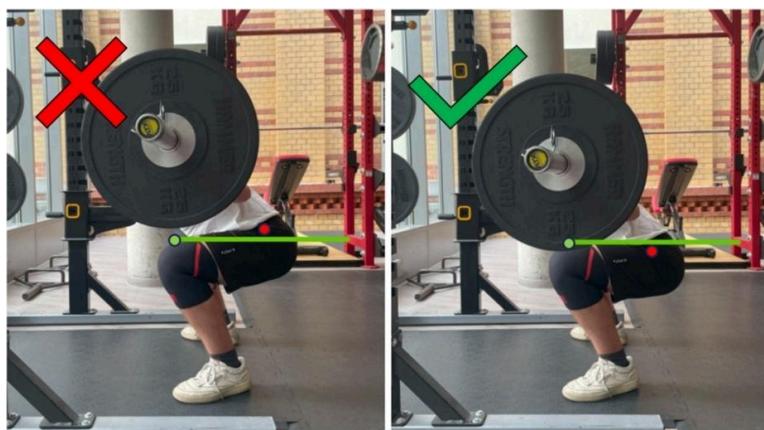
Dip

- **ALL COMPETITORS MUST DO THEIR POUNDS (LBS) TO KILOGRAMS (KG) CONVERSIONS PRIOR TO GIVING THE JUDGE WEIGHT THEY WANT TO ATTEMPT. THE JUDGE WILL NOT DO THE CONVERSIONS FOR THEM.**
- All competitors get 3 attempts at this lift.
- Your name will be called 3 times on a microphone when you are up next to give the judge the weight you wish to attempt and to prepare. If the competitor does not respond or is not ready in time by the third call, the competitor will miss their attempt.
- Competitors have 1min to perform their lift.
- 1 belt readjustment after rolling the weight off of the box is allowed.
- Weight *must* be between the legs of the competitor.
- Legs are not allowed to hit the box when lifting. This will result in a **no rep**.
- Full lock out at the top of the lift, and competitors must wait until the signal is made before lifting. If the lift is made before the signal, this would be a false start and would be considered a **no rep**.
- The rear deltoid must break 90 degrees from the elbow for the rep to count.
- The hips must be lower than the bars for the rep to count.
- If the rear deltoid does not break 90 degrees from the elbow and/or hips are not below the dip bars at any point of motion, this will be considered a **no rep**.
- Grinding is allowed, double grinding would be considered a **no rep**.
- Photo from the Final Rep Rulebook VI 25.2



Squat

- **ALL COMPETITORS MUST DO THEIR POUNDS (LBS) TO KILOGRAMS (KG) CONVERSIONS PRIOR TO GIVING THE JUDGE WEIGHT THEY WANT TO ATTEMPT. THE JUDGE WILL NOT DO THE CONVERSIONS FOR THEM.**
- All competitors get 3 attempts at this lift.
- Your name will be called 3 times on a microphone when you are up next to give the judge the weight you wish to attempt and to prepare. If the competitor does not respond or is not ready in time by the third call, the competitor will miss their attempt.
- Competitors have 1min to perform their lift.
- 1 misgroove is allowed prior to the attempt.
- Full lock out at the top of the lift, and competitors must wait until the signal is made before lifting. If the lift is made before the signal, this would be a false start and would be considered a **no rep.**
- The hips must break 90 degrees from the top of the knee for the rep to count, if the hips are above the knees, this would be considered a **no rep.**
- Grinding is allowed, double grinding would be considered a **no rep.**
- If the judge misjudges, and grabs the bar too early while the athlete is grinding a lift, the athlete will get a re attempt after all other athletes have completed their attempts.
- If the competitor fails the attempt, he or she **MUST NOT** bail the weight by dumping the bar behind them. This will cause an **IMMEDIATE DISQUALIFICATION** of the competitor.
- Photo from the Final Rep Rulebook VI 25.2



Weighted Endurance Rules

Pull ups (weighted endurance)

- For this lift, the males will have 3 weight options of 50KG (5 points), 40KG (3 points), and 20KG (2 points). Females and men 50+ will have the option of 10KG (5 points), 5KG (3 points), and 2.5KG (2 points).
- The reps will be deadstop and the athlete has to wait 1.5 seconds for the judges tap.
- Weight *must* be between the legs of the competitor.
- No false grip is allowed.
- Full lock out at the bottom of the lift.
- Minimal hip kip and minimal knee kip within the realm of natural movement that is not advantageous is permissible.
- Knee kipping is not allowed and would be considered a **no rep.**
- Chin must be over the bar for the rep to count.
- Thumb over and thumb under are both permissible.
- Grinding is allowed, double grinding would be a **no rep.**
- 7 second rest at the bottom of the pull up is permissible, if rest exceeds 7 seconds, the competitor would be forced to no longer proceed with their reps.

Dips (weighted endurance)

- For this lift, the males will have 3 weight options of 70KG (5 points), 50KG (3 points), and 30KG (2 points). The females and men 45+ will have the option of 20KG (5 points), 15KG (3 points), and 10KG (2 points).
- 1 belt readjustment after rolling the weight off of the box is allowed.
- The reps will be deadstop and the athlete has to wait 1.5 seconds for the judges tap.
- Weight *must* be between the legs of the competitor.
- Full lock out at the top of the lift, and the competitor must wait for the tap to proceed with the reps. Lifts done before the tap will be a **no rep.**
- Rear deltoid must break 90 degrees from the elbow for rep to count.
- The hips must be lower than the bars for rep to count.
- If the rear deltoid does not break 90 degrees from the elbow and/or hips are not below the dip bars at any point of motion, this will be considered a **no rep.**
- Grinding is allowed, double grinding would be a **no rep.**

- 7 second rest at the top of the bars is permissible, if rest exceeds 7 seconds, the competitor would be forced to no longer proceed with their reps.

Muscle ups (weighted endurance)

- For this lift, males will have the option of 20KG (5 points), 15KG (3 points), and 10KG (2 points). The females and men 45+ will have the option of 5KG (5 points), 2.5KG (3 points), and bodyweight (2 points).
- The reps will be continuous.
- Weight *must* be between the legs of the competitor.
- No false grip is allowed.
- Full lock out at the bottom and top of the lift.
- Minimal hip kip and minimal knee kip within the realm of natural movement that is not advantageous is permissible.
- Chicken wing reps would be counted as a **no rep**.
- Grinding is allowed, double grinding would be considered a **no rep**.
- Competitors are not allowed to rest their chest on the bar, this would be considered a **no rep**.
- 7 second rest at the top of the bar is permissible, if rest exceeds 7 seconds, the competitor would be forced to no longer proceed with their reps.

Body Weight Endurance Rules

Muscle ups (body weight endurance)

- This lift will be 2 points.
- Full lock out at the top and bottom of the muscle up.
- Reps will be continuous.
- No false grip is allowed.
- No knee kipping, knee kipping would be considered a **no rep**.
- Minimal hip kip and minimal knee kip within the realm of natural movement that is not advantageous is permissible.
- Grinding is allowed, double grinding would be considered a **no rep**.
- 7 second rest at the top of the bar is permissible, if rest exceeds 7 seconds, the competitor would be forced to no longer proceed with their reps.

Dips (body weight endurance)

- This lift will be 1 point.

- Full lock out at the top of the dip.
- The reps will be deadstop and the athlete has to wait 1.5 seconds for the judges tap.
- Rear deltoid must break 90 degrees from the elbow.
- Hips must be below the dip bars at the bottom of the dip.
- Grinding is allowed, double grinding would be considered a **no rep**.
- 7 second rest at the top of the bars is permissible, if rest exceeds 7 seconds, the competitor would be forced to no longer proceed with their reps.

Pull ups (body weight endurance)

- This lift will be 1 point.
- Full lock out at the bottom of the pull up.
- No false grip is allowed.
- The reps will be deadstop and the athlete has to wait 1.5 seconds for the judges tap.
- Chin must be over the bar.
- No leg kip, if leg kipping occurs, it would be considered a **no rep**.
- Both thumb over or under the bar is permissible.
- Grinding is allowed, double grinding would be considered a **no rep**.
- 7 second rest at the bottom of the pull up is permissible, if rest exceeds 7 seconds, the competitor would be forced to no longer proceed with their reps.

Weight classes & Judges

- Weight classes will be attributed to 1 rep max and weighted endurance competitions.
- For 1 rep max competitions, there will be men +80KG, -80KG, -73KG, and male 50+. There will be an open class for the females.
- For weighted endurance competitions, there will be men +73KG, -73KG, and male 50+. There will be an open class for the females.
- There will be a minimum three/four judges (Ontario Champs and Rep Wars) for all lifts across all competitions. All judges must be in agreement for rep(s) to be counted (**ONLY FOR 1RM**). If one judge disagrees with the lift, it will be considered a **no rep**.
- For 1RM competitions, judges will declare a **clean rep** by **flashing a green card**. **No reps will be indicated by one or more of the judges flashing a red card**.
- Athletes are allowed to contest any lift as many times as they deem necessary; however, there will be no retroactive decisions after the judges have made their final decision.
- When reviewing footage, **ONLY THE JUDGES AND THE ATHLETE CAN DISCUSS THE VALIDITY OF THE REP**. Coaches, parents, spectators, and/or other athletes **MUST NOT AND WILL NOT** have any say in judging the validity of a rep.
- Only footage taken by the judges will be considered when determining the validity of the rep.

- For Weighted Endurance/Bodyweight 2 or more Judges must agree for it to be a good lift.
- For 1 Rep Max competitions, all judges must agree for the rep to count
- For One Rep Max competitions, if two or more people have an equal overall total, the athlete that weighs the least/has a higher RIS score, will be the winner.

Injury

- All competitors must fill out and sign the waiver of the facility in which the competitions will be held and are obligated to comply with the rules outlined in the waiver.
- Pain relieving cream, bandages, KT tape and the like will be permitted, although we would suggest not to compete if the injury visibly persists.
- If the judges deem the injury to be too severe, they are allowed to pull the competitor out of the competition to prevent further injury. The competitor's total score will still be calculated.
- If the competition is held outdoors, all competitors must know the risk of injury and compete at their own discretion.