

**Name of the event:**

1st "MÁLAGA COUNTY COUCNIL" PROVINCIAL CALISTHENICS CUP 2021

**Description of the event:**

We announce the 1st "MÁLAGA COUNTY COUCNIL" PROVINCIAL CALISTHENICS CUP 2021, where a double aspect of the sport takes place, since both federated athletes and regular participants will be able to compete.

These are the different categories:

- Dinamic – Freestyle.
- Resistance.

**Objectives**

- To promote Calisthenics in all the municipalities interested in participating.
- To encourage the participation of all kinds of athletes, both federated and non-federated.
- To offer an events schedule guaranteeing continuity and structuring dates and different categories.

**Technical characteristics and scoring system**

**Minors category.**

- MALE
- FEMALE
- ADAPTED

**Adults category**

- MALE
- FEMALE
- ADAPTED

This competition segment is aimed to experienced athletes.

**-Dinamics (FREESTYLE):** Bar exercises (turns, somersaults, and others). It's the most eye-catching category, where originality and the combination of different movements are rewarded.

**-Resistance:** The aim is to perform as many repetitions as possible of certain exercises such us pull-ups, push-ups, dips, and muscle-ups. Each repetition must be performed in good form and full range of motion.

### Profile of participants

The call will be open to all categories, differentiated by category and sex, both federated and non-federated in Calisthenics.

The participant must be at least 14 years old or turn 14 during 2021, meaning being born in 2007 or earlier.

Underage athletes, between 14 and 17 years of age, must present an authorisation from their legal guardians to be able to participate in the activity.

### Link to access the activity schedule.

<https://www.malaga.es/deportes>

### Participation. Where to register.

Registrations, including payment, will be made online through the platform set up for this purpose.

Link: <https://www.malaga.es/deportes>

### Prizes

#### PRIZES IN EACH LOCALITY

A medal for the first 3 classifieds in each category and sex.

Optionally, the city hall may give other types of gifts or typical products to the participants.

#### FINAL AWARDS

The first 3 classifieds in each category and sex will be awarded with a trophy of their final classification in the 1st Provincial Calisthenics Cup – Málaga County Council.

### Contact information for possible enquiries

- Spanish Calisthenics Federation – [formacion@feswc.org](mailto:formacion@feswc.org)
- Málaga County Council – [grocha@malaga.es](mailto:grocha@malaga.es) / [amoya@malaga.es](mailto:amoya@malaga.es)

### Final observations

- ◆ The timetable of the heats shall always be adjusted to the later scheduled time, in the event of a change on the day of the race.
- ◆ The Organisation may post images and other information of the activity to advertise and promote the event. According to the current legislation and European regulations, those interested may exercise the rights of access, rectification, cancellation, and opposition, by writing to the General Registry of Málaga County Council, C/ Pacífico 54, 20004, Málaga.

Málaga, October 2020