



**WORLD FITNESS RUNNING FEDERATION
(WFRF)**
**World Academy Fitness Running Federation
(WAFRF)**

Official Competition Disciplines

The **World Fitness Running Federation (WFRF)** is an independent international sports organization dedicated to the promotion, development, regulation, and advancement of Fitness Running and its associated disciplines throughout the world.

Recognizing the growing importance of health, physical fitness, athletic performance, and active lifestyles, WFRF has established a comprehensive system of competition, education, coaching, officiating, and athlete development based on internationally accepted scientific and sporting principles.

The Federation governs a diverse range of disciplines that combine running, functional fitness, strength, endurance, agility, balance, coordination, flexibility, artistic performance, and athletic excellence. Each discipline has been developed to encourage participation at all levels, from recreational athletes to elite international competitors.

This Official Competition Rulebook has been prepared to provide a unified framework for organizing, conducting, and judging all WFRF-sanctioned competitions. It establishes standardized technical regulations, competition procedures, judging criteria, safety requirements, athlete responsibilities, and ethical principles to ensure fairness, consistency, and professionalism across all events.

The regulations contained within this Rulebook are based on the core values of **fair play, integrity, respect, safety, equality, transparency, innovation, and sporting excellence**. They are designed to protect athletes, support officials, promote healthy competition, and encourage the continuous growth of Fitness Running worldwide.

Every athlete, coach, judge, technical official, organizer, national federation, affiliated member, and event promoter participating in WFRF activities is expected to understand, respect, and comply with these regulations.

As the official governing document of the World Fitness Running Federation, this Rulebook serves as the authoritative reference for all national, continental, and international championships organized or sanctioned by WFRF. It provides a common standard that ensures equal opportunities, objective judging, athlete welfare, and high-quality competition across every member nation.

The World Fitness Running Federation believes that sport is a universal language capable of inspiring healthier communities, building character, encouraging international friendship, and promoting lifelong participation in physical activity. Through education, innovation, leadership, and professional competition management, WFRF is committed to shaping the future of Fitness Running as a modern global sport.

This Rulebook reflects that commitment and represents the Federation's vision of **one international standard, one sporting community, and one shared passion for fitness, running, and human performance**.

01. FITNESS PILATES

Fitness Pilates combines core strength, flexibility, posture correction, breathing control, and functional movement patterns. Athletes are evaluated on technique, precision, body control, and overall physical conditioning.

02. FITNESS MODELING

Fitness Modeling focuses on athletic physique presentation, symmetry, aesthetics, confidence, healthy appearance, and professional stage performance while promoting a fitness lifestyle.

03. FITNESS DANCE

Fitness Dance combines fitness training with rhythm, choreography, endurance, flexibility, and artistic expression. Athletes are judged on technique, creativity, and performance quality.

04. FITNESS AEROBICS

Fitness Aerobics emphasizes cardiovascular endurance, coordination, power, flexibility, and synchronized movement patterns performed with high energy and precision.

05. COMBINED FITNESS

Combined Fitness integrates strength, endurance, power, flexibility, and functional movements in a variety of high-intensity challenges. Athletes are evaluated on overall performance, versatility, technique, and efficiency in different fitness stations.

06. STYLE FITNESS

Style Fitness emphasizes individual style, creativity, body control, posture, and performance quality. Athletes express their personality through movements that combine fitness techniques with artistic and stylish presentation.

07. PRO FIT FITNESS

Pro Fit Fitness is a high-performance discipline that showcases advanced training, exceptional physique, symmetry, conditioning, and stage presence. It represents the highest level of athletic fitness and professional presentation.

08. FITNESS AERIAL

Fitness Aerial combines strength, flexibility, balance, and grace using aerial apparatus such as silks, hoop, and straps. Athletes are judged on technique, control, creativity, and artistic execution in the air.

09. CLASSIC FITNESS

Classic Fitness emphasizes balanced muscular development, symmetry, proportion, and classical physique aesthetics. Athletes are judged on posing, muscle tone, definition, and overall stage presence.

10. FITNESS POWER

Fitness Power focuses on maximal strength, explosive power, and functional strength movements including lifting, pressing, pulling, and lower body power exercises. Athletes are judged on performance, technique, and overall strength capacity.

11. STREET RUNNING

Street Running is a dynamic urban running discipline that tests speed, agility, endurance, and mental strength in real street environments. Athletes are judged on performance, technique, and race strategy.

12. BEACH RUNNING

Beach Running is held on sand surfaces, challenging athletes' strength, balance, endurance, and stability. It develops lower body power and cardiovascular fitness under natural conditions.

13. TREADMILL RUNNING

Treadmill Running evaluates athletes' endurance, speed control, pacing ability, and mental focus in a controlled indoor environment. It is a key test of consistency and performance.

Discipline 01 FITNESS PILATES

Article 1 – Purpose

Fitness Pilates is a competitive discipline that evaluates athletes through controlled movements emphasizing core strength, flexibility, posture, balance, stability, breathing technique, movement precision, and overall physical conditioning.

Article 2 – Competition Area

- Competition area: 10 m × 10 m
 - Flat, non-slip surface
 - Standard lighting
 - Temperature between 20–24°C
 - Quiet competition environment
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Article 3 – Categories

Age Divisions

- Children (8–12)
 - Youth (13–17)
 - Junior (18–23)
 - Senior (24–39)
 - Masters 40+
 - Masters 50+
 - Masters 60+
-

Gender

- Male
 - Female
 - Mixed Pair
 - Team
-

Article 4 – Performance Time

Individual

- Minimum: 90 seconds
- Maximum: 150 seconds

Pairs

- Maximum: 180 seconds

Teams

- Maximum: 240 seconds
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Article 5 – Competition Attire

Athletes shall wear:

- Official sportswear
 - Clean athletic shoes or barefoot (according to event regulations)
 - No jewelry
 - Hair secured
 - Competition number visible
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Article 6 – Routine Requirements

Every routine must include:

- Core control
 - Balance movements
 - Flexibility elements
 - Dynamic stability
 - Static holds
 - Controlled breathing
 - Smooth transitions
 - Symmetrical body alignment
-

Article 7 – Judging Criteria

Item	Score
Technique	25
Body Control	20
Balance & Stability	15
Flexibility	15
Posture & Alignment	10
Artistic Presentation	10

Item	Score
Overall Performance	5
Total Score	= 100 Points

Article 8 – Deductions

Judges may deduct points for:

- Loss of balance
 - Incorrect posture
 - Poor breathing control
 - Uncontrolled movements
 - Lack of synchronization
 - Exceeding time limit
 - Incomplete required elements
 - Unsportsmanlike behavior
-

Article 9 – Prohibited Actions

The following are prohibited:

- Dangerous movements
 - Unsportsmanlike conduct
 - Offensive gestures
 - Use of prohibited substances
 - Outside assistance during performance
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Article 10 – Winner Determination

The athlete with the highest final score shall be declared the winner.

In case of a tie:

1. Higher Technique Score
 2. Higher Body Control Score
 3. Higher Artistic Score
 4. Chief Judge Decision
-

Article 11 – Officials

Each competition shall include:

- Chief Judge
 - Technical Judges (5)
 - Difficulty Judge
 - Timekeeper
 - Competition Director
 - Medical Officer
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Article 12 – Safety

Athletes must:

- Complete warm-up

- Pass medical inspection
- Use approved equipment
- Follow referee instructions

Official Motto

Precision • Balance • Control • Strength

Official Competition Rules

Discipline No. 02

FITNESS MODELING

Article 1 – Purpose

Fitness Modeling is a competitive discipline designed to evaluate athletes based on physique symmetry, proportional muscular development, aesthetic appearance, stage presentation, confidence, posture, and overall fitness lifestyle. The discipline emphasizes a healthy, athletic, and well-balanced body rather than extreme muscularity.

Article 2 – Competition Venue

1. Competitions shall be conducted on a standard competition stage.
2. The minimum stage size shall be 10 × 8 meters.
3. Professional lighting shall be provided to ensure proper physique evaluation.
4. The stage shall include a designated T-Walk and comparison area.

Article 3 – Competition Categories

Age Divisions

- Children (if applicable)
- Youth (13–17 years)
- Junior (18–23 years)
- Senior (24–39 years)
- Masters 40+
- Masters 50+

Competition Classes

- Men's Individual
- Women's Individual
- Mixed Pair
- Team

Article 4 – Competition Attire

Athletes shall wear official competition attire approved by the Federation.

Men

- Standard competition shorts
- Barefoot or as specified by the event regulations

Women

- Official Fitness Modeling competition attire
- Competition heels (if permitted)
- Professional grooming and appearance in accordance with Federation regulations

Clothing that is offensive, unsafe, or outside the official standards is prohibited.

Article 5 – Competition Format

The competition shall consist of the following stages:

- Athlete Introduction
 - T-Walk Presentation
 - 360-Degree Turn
 - Mandatory Model Poses
 - Group Comparisons
 - Final Ranking and Awards Ceremony
-

Article 6 – Judging Criteria

Judges shall evaluate athletes based on:

- Overall Physique
 - Muscular Symmetry
 - Body Proportion
 - Athletic Appearance
 - Stage Presence
 - Confidence
 - Walking Technique
 - Presentation Skills
 - Mandatory Poses
 - Professional Appearance
-

Article 7 – Scoring System

Evaluation Criteria	Points
Overall Physique	20
Muscular Symmetry	20
Body Proportion	15
Stage Presentation	15
Confidence	10
Walking Technique	10
Mandatory Poses	5
Grooming & Appearance	5

Total Score: 100 Points

Article 8 – Point Deductions

Points may be deducted for:

- Poor body symmetry
 - Incorrect posture
 - Improper posing
 - Poor stage presentation
 - Inappropriate attire
 - Late appearance on stage
 - Unsportsmanlike conduct
 - Failure to follow judges' instructions
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Article 9 – Prohibited Actions

The following actions are prohibited:

- Use of prohibited performance-enhancing substances
 - Unsportsmanlike behavior
 - Offensive conduct toward judges or competitors
 - Unauthorized costume changes during the competition
 - Unauthorized promotional materials on stage
 - Any form of cheating or false representation
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Article 10 – Determination of the Winner

The athlete receiving the highest final score shall be declared the winner.

In the event of a tie, the following criteria shall apply in order:

1. Higher Overall Physique Score
 2. Higher Muscular Symmetry Score
 3. Higher Stage Presentation Score
 4. Final decision of the Chief Judge
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Article 11 – Competition Officials

Each competition shall include:

- Chief Judge
 - Five Scoring Judges
 - Technical Judge
 - Results Recorder
 - Competition Director
 - Medical Officer
-

Article 12 – Safety and Code of Conduct

All athletes shall:

- Observe the principles of fair play and sportsmanship.
 - Respect judges, officials, and fellow competitors.
 - Comply with all Anti-Doping Regulations.
 - Report to the competition area at the scheduled time.
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Official Motto

"Symmetry • Confidence • Elegance • Professional Presentation"

Official Competition Rules

Discipline No. 03

FITNESS DANCE

Article 1 – Purpose

Fitness Dance is a competitive discipline that combines fitness, dance, rhythm, endurance, coordination, flexibility, strength, creativity, and artistic expression. The objective is to evaluate the athlete's ability to perform dynamic fitness movements synchronized with music while demonstrating technical excellence, physical conditioning, and stage performance.

Article 2 – Competition Area

1. The competition area shall be a flat, non-slip stage measuring a minimum of **12 × 12 meters**.
2. The stage shall be clean, safe, and free from obstacles.
3. Professional lighting and sound systems shall be provided.
4. Music quality shall be clear and uninterrupted.
5. Emergency medical personnel must be present throughout the competition.

Article 3 – Competition Categories

Age Divisions

- Children (8–12 years)
- Youth (13–17 years)
- Junior (18–23 years)
- Senior (24–39 years)
- Masters 40+
- Masters 50+
- Masters 60+

Competition Classes

- Men's Individual
- Women's Individual
- Mixed Pair
- Trio
- Small Team (4–8 athletes)
- Large Team (9–20 athletes)

Article 4 – Competition Time

Individual

Minimum: **90 seconds**

Maximum: **150 seconds**

Pair

Maximum: **180 seconds**

Team

Minimum: **180 seconds**

Maximum: **300 seconds**

Performances exceeding the time limit shall receive deductions.

Article 5 – Music Regulations

1. Music may be selected by the athlete or team.
 2. Music must not contain offensive, discriminatory, political, or inappropriate language.
 3. Music editing is permitted.
 4. Music must be submitted before the competition.
 5. Technical failure of the sound system may result in permission to restart the performance.
-

Article 6 – Competition Attire

Athletes shall wear official Fitness Dance competition attire.

The attire must:

- Allow complete freedom of movement.
- Be clean and professional.
- Meet Federation standards.
- Be appropriate for all audiences.

The following are prohibited:

- Dangerous accessories
- Sharp objects
- Glass decorations
- Offensive symbols
- Excessive body exposure

Athletic shoes are mandatory unless otherwise specified by the Federation.

Article 7 – Routine Requirements

Every routine shall include:

- Aerobic movements
- Strength elements
- Flexibility movements
- Balance elements
- Dance choreography
- Rhythm synchronization
- Dynamic transitions
- Floor movements
- Standing movements
- Directional changes
- High-energy performance

- Artistic presentation

Article 8 – Judging Criteria

Evaluation Criteria	Points
Technical Execution	20
Choreography	15
Musical Interpretation	15
Physical Fitness	15
Synchronization	10
Creativity	10
Stage Presence	10
Difficulty	5

Total Score: 100 Points

Article 9 – Point Deductions

Judges may deduct points for:

- Loss of rhythm
 - Incorrect technique
 - Falls
 - Incomplete movements
 - Poor synchronization
 - Exceeding the time limit
 - Unsafe execution
 - Unsportsmanlike conduct
 - Leaving the competition area
 - Costume malfunction
-

Article 10 – Prohibited Actions

The following are prohibited:

- Dangerous acrobatic skills not approved by the Federation.
 - Offensive gestures or behavior.
 - Use of prohibited substances.
 - Outside assistance during performance.
 - Unsportsmanlike conduct.
 - Unauthorized props.
 - Physical contact intended to gain unfair advantage.
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Article 11 – Winner Determination

The athlete or team receiving the highest total score shall be declared the winner.

In the event of a tie, the following order shall apply:

1. Higher Technical Execution score.
2. Higher Choreography score.

3. Higher Musical Interpretation score.
4. Higher Creativity score.
5. Decision of the Chief Judge.

Article 12 – Competition Officials

Each competition shall include:

- Chief Judge
- Five Scoring Judges
- Technical Judge
- Artistic Judge
- Timekeeper
- Music Operator
- Competition Director
- Medical Officer

Article 13 – Safety Regulations

All athletes shall:

- Complete an official warm-up before competition.
- Follow all referee instructions.
- Wear approved footwear and attire.
- Immediately report any injury.
- Respect all safety regulations established by the Federation.

Article 14 – Anti-Doping

All athletes are subject to the Anti-Doping Regulations of the World Fitness Running Federation (WFRF). Refusal to comply with doping control procedures shall result in disqualification and disciplinary action.

Article 15 – Code of Ethics

All athletes, coaches, judges, and officials shall:

- Respect opponents.
- Demonstrate sportsmanship.
- Accept judges' decisions.
- Maintain professional conduct.
- Promote the values and image of the World Fitness Running Federation.

Official Motto

"Rhythm • Fitness • Energy • Performance • Excellence"

Official Competition Rules

Discipline No. 04

FITNESS AEROBICS

Article 1 – Purpose

Fitness Aerobics is a competitive discipline designed to evaluate athletes through continuous aerobic movement patterns that combine cardiovascular endurance, muscular endurance, coordination, flexibility, rhythm, balance, strength, agility, and artistic performance. The discipline promotes health, physical fitness, technical precision, and dynamic presentation.

Article 2 – Competition Area

1. The competition area shall measure **10 × 10 meters**.
 2. The floor must be flat, shock-absorbing, non-slip, and approved by the Federation.
 3. Lighting and sound systems shall meet international competition standards.
 4. The competition area shall remain free of obstacles throughout the event.
 5. Medical personnel and emergency equipment shall be available at all times.
-

Article 3 – Competition Categories

Age Divisions

- Children (8–12 years)
- Youth (13–17 years)
- Junior (18–23 years)
- Senior (24–39 years)
- Masters 40+
- Masters 50+
- Masters 60+

Competition Classes

- Men's Individual
 - Women's Individual
 - Mixed Pair
 - Trio
 - Team (4–8 Athletes)
-

Article 4 – Competition Time

Individual

Minimum: **90 Seconds**

Maximum: **120 Seconds**

Pair

Maximum: **150 Seconds**

Team

Minimum: **150 Seconds**

Maximum: **180 Seconds**

Failure to comply with the official time limit shall result in score deductions.

Article 5 – Music Regulations

1. Music shall accompany every performance.
2. Music may be selected and edited by the athlete or team.

3. Music containing offensive language, political messages, or discriminatory content is prohibited.
4. Music files shall be submitted before the official competition.
5. In case of technical failure, the Chief Judge may authorize a restart.

Article 6 – Competition Attire

Athletes shall wear official Fitness Aerobics uniforms approved by WFRF.

The uniform must:

- Allow unrestricted movement.
- Be clean and professional.
- Fit securely throughout the performance.
- Display the official competition number.

The following are prohibited:

- Jewelry
- Sharp accessories
- Dangerous decorations
- Offensive symbols
- Loose clothing that interferes with performance

Athletic shoes are mandatory.

Article 7 – Routine Requirements

Every routine shall include:

- Continuous aerobic movement
- High-impact movements
- Low-impact movements
- Arm coordination
- Leg coordination
- Strength elements
- Flexibility elements
- Balance elements
- Dynamic transitions
- Direction changes
- Floor patterns
- Rhythm synchronization
- Cardiovascular endurance
- Artistic expression

Article 8 – Difficulty Elements

Each routine should include elements selected from the following categories:

- Strength
- Balance
- Flexibility
- Jumping
- Dynamic coordination

The level of difficulty shall be evaluated according to Federation standards.

Article 9 – Judging Criteria

Evaluation Criteria	Points
Technical Execution	25
Aerobic Performance	20
Choreography	15
Synchronization with Music	10
Strength & Endurance	10
Flexibility	5
Artistic Presentation	10
Overall Impression	5

Total Score: 100 Points

Article 10 – Point Deductions

Points shall be deducted for:

- Incorrect technique
 - Loss of rhythm
 - Loss of balance
 - Falls
 - Interrupted movement
 - Incomplete required elements
 - Exceeding or failing to meet the time limit
 - Stepping outside the competition area
 - Unsportsmanlike conduct
 - Costume malfunction
-

Article 11 – Prohibited Actions

The following actions are prohibited:

- Dangerous acrobatic skills not approved by WFRF
 - Use of prohibited substances
 - Offensive gestures
 - Physical aggression
 - Outside assistance during performance
 - Unauthorized props
 - Any action endangering athlete safety
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Article 12 – Winner Determination

The athlete, pair, or team with the highest total score shall be declared the winner.

In the event of a tie, priority shall be given in the following order:

1. Higher Technical Execution Score
2. Higher Aerobic Performance Score
3. Higher Choreography Score

4. Higher Artistic Presentation Score
5. Decision of the Chief Judge

Article 13 – Competition Officials

Each official competition shall include:

- Chief Judge
- Five Scoring Judges
- Technical Judge
- Difficulty Judge
- Artistic Judge
- Timekeeper
- Music Operator
- Competition Director
- Medical Officer

Article 14 – Safety Regulations

All athletes shall:

- Complete an official warm-up before competition.
- Follow all referee instructions.
- Wear approved footwear and attire.
- Immediately report any injury.
- Respect all safety regulations established by the Federation.

Article 15 – Anti-Doping

All competitors shall comply with the WFRF Anti-Doping Regulations.

Any athlete refusing doping control or testing positive for prohibited substances shall be disqualified and subject to disciplinary action.

Article 16 – Code of Ethics

Athletes, coaches, judges, and officials shall:

- Demonstrate respect for all participants.
- Promote fair play.
- Accept judging decisions professionally.
- Maintain discipline and integrity.
- Uphold the values and reputation of the World Fitness Running Federation.

Official Motto

"Endurance • Rhythm • Precision • Energy • Excellence"

Official Competition Rules

Discipline No. 05

COMBINED FITNESS

Article 1 – Purpose

Combined Fitness is a multidisciplinary competitive discipline that integrates functional fitness, muscular strength, cardiovascular endurance, muscular endurance, agility, speed, balance, coordination, flexibility, power, and movement efficiency into a single event. Athletes are evaluated on their ability to perform a series of standardized fitness stations with maximum efficiency, safety, and technical precision.

The discipline is designed to identify the most complete athlete by assessing overall physical performance rather than excellence in a single fitness component.

Article 2 – Competition Principles

The competition shall be based on:

- Functional movement
- Equal opportunity for all competitors
- Technical execution
- Safety
- Fair Play
- Objective judging
- Standardized event design

Article 3 – Competition Area

1. Competition area shall measure a minimum of **25 × 20 meters**.
2. Each station shall be clearly marked.
3. Running lanes shall remain unobstructed.
4. All equipment shall be inspected before competition.
5. Medical and emergency services shall remain on-site throughout the event.

Article 4 – Competition Categories

Age Divisions

- Children (8–12 Years)
- Youth (13–17 Years)
- Junior (18–23 Years)
- Senior (24–39 Years)
- Masters 40+
- Masters 50+
- Masters 60+

Competition Classes

- Men's Individual
- Women's Individual
- Mixed Pair
- Team Relay
- Team Competition

Article 5 – Competition Format

A Combined Fitness event consists of several consecutive stations.

The Competition Director may determine the official sequence.

Typical stations include:

1. Sprint Run
2. Sled Push
3. Sled Pull
4. Bulgarian Bag Carry
5. Farmer Carry
6. Sandbag Carry
7. Burpees
8. Box Jump
9. Battle Rope
10. Medicine Ball Throw
11. Rope Skipping
12. Agility Ladder
13. Functional Lunges
14. Tire Flip
15. Kettlebell Carry
16. Final Sprint

The Federation may modify stations according to the level of competition.

Article 6 – Equipment Standards

Only WFRF-approved equipment may be used.

Equipment includes:

- Sled
- Bulgarian Bag
- Kettlebell
- Sandbag
- Battle Rope
- Plyometric Box
- Medicine Ball
- Agility Ladder
- Cones
- Functional Barriers

All equipment shall be inspected before competition.

Article 7 – Competition Time

Competition may be organized as:

- Fastest Time Wins
- Point Accumulation
- Elimination Format
- Multi-Round Championship

Maximum event duration shall be announced before competition.

Article 8 – Athlete Attire

Athletes shall wear:

- Official competition uniform
- Athletic shoes
- Competition bib
- Approved wrist protection if necessary

The following are prohibited:

- Jewelry
 - Dangerous accessories
 - Performance-enhancing equipment
 - Unauthorized gloves or grips
-

Article 9 – Technical Requirements

Athletes must:

- Complete every station.
- Follow the official course.
- Perform every movement according to Federation standards.
- Finish within the prescribed rules.
- Respect referee instructions.

Failure to complete a station results in penalties.

Article 10 – Judging Criteria

Evaluation Criteria	Points
Technical Execution	25
Speed	20
Functional Strength	15
Endurance	15
Movement Efficiency	10
Agility & Coordination	10
Overall Performance	5

Total Score: 100 Points

Article 11 – Penalties

Time or point penalties shall be applied for:

- Incorrect technique
- Missing repetitions
- Incomplete station
- Skipping obstacles
- Leaving the official course
- Unsafe movement
- Equipment misuse

- False start
- Unsportsmanlike conduct
- Receiving outside assistance

Repeated violations may result in disqualification.

Article 12 – Prohibited Actions

The following are prohibited:

- Deliberately interfering with another athlete.
 - Damaging competition equipment.
 - Using unauthorized equipment.
 - Receiving coaching during restricted periods.
 - Use of prohibited substances.
 - Physical or verbal abuse.
 - Unsportsmanlike behavior.
 - Failure to obey officials.
-

Article 13 – Winner Determination

The winner shall be determined by:

Time Format

The athlete completing the course in the shortest official time.

Points Format

The athlete earning the highest total score.

Multi-Round Events

The athlete with the highest cumulative ranking after all rounds.

Tie-breaking order:

1. Better Technical Execution Score
 2. Faster Final Station Time
 3. Fewer Penalties
 4. Decision of the Chief Judge
-

Article 14 – Competition Officials

Each official competition shall include:

- Chief Judge
 - Competition Director
 - Technical Judge
 - Five Scoring Judges
 - Course Referees
 - Equipment Supervisor
 - Timekeepers
 - Results Manager
 - Medical Officer
 - Safety Officer
-

Article 15 – Safety Regulations

All competitors shall:

- Complete the official warm-up.
- Undergo equipment inspection.
- Follow referee instructions.
- Stop immediately if instructed by medical staff.
- Respect all safety barriers.
- Report damaged equipment immediately.

Unsafe performance may result in immediate disqualification.

Article 16 – Anti-Doping

All athletes shall comply with the WFRF Anti-Doping Regulations.

Any athlete refusing testing or testing positive for prohibited substances shall be disqualified and subject to disciplinary sanctions.

Article 17 – Code of Ethics

Athletes, coaches, judges, and officials shall:

- Respect opponents and officials.
 - Demonstrate honesty and integrity.
 - Promote fair competition.
 - Protect the reputation of the World Fitness Running Federation.
 - Encourage sportsmanship at all times.
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Official Motto

"Strength • Endurance • Speed • Power • Total Performance"

Official Competition Rules

Discipline No. 06

STYLE FITNESS

Article 1 – Purpose

Style Fitness is an artistic fitness discipline that combines physical fitness, body control, creativity, movement quality, rhythm, confidence, elegance, and stage presentation. Athletes are evaluated on their ability to perform a creative fitness routine that demonstrates technical excellence, originality, physical conditioning, and artistic expression.

The discipline emphasizes quality of movement, body awareness, aesthetics, and professional presentation rather than maximum muscular size or strength.

Article 2 – Competition Principles

The competition shall be conducted according to the following principles:

- Fair Play
 - Technical Excellence
 - Creativity
 - Safety
 - Artistic Expression
 - Professional Stage Presentation
 - Equal Opportunity
 - Respect for Competition Regulations
-

Article 3 – Competition Area

1. The competition area shall measure a minimum of **10 × 10 meters**.
 2. The surface shall be flat, clean, non-slip, and approved by the Federation.
 3. Professional lighting and sound systems shall be provided.
 4. The competition area shall remain free from obstacles.
 5. Medical personnel shall be present throughout the competition.
-

Article 4 – Competition Categories

Age Divisions

- Children (8–12 Years)
- Youth (13–17 Years)
- Junior (18–23 Years)
- Senior (24–39 Years)
- Masters 40+
- Masters 50+
- Masters 60+

Competition Classes

- Men's Individual
 - Women's Individual
 - Mixed Pair
 - Team (3–8 Athletes)
-

Article 5 – Performance Time

Individual

Minimum: **90 Seconds**

Maximum: **150 Seconds**

Pair

Maximum: **180 Seconds**

Team

Minimum: **180 Seconds**

Maximum: **300 Seconds**

Exceeding or failing to meet the official time limit shall result in score deductions.

Article 6 – Competition Attire

Athletes shall wear official Style Fitness competition attire approved by WFRF.

The attire shall:

- Allow unrestricted movement.
- Be clean and professional.
- Match the style of the performance.
- Ensure athlete safety.

The following are prohibited:

- Dangerous accessories
- Offensive symbols
- Political or discriminatory messages
- Sharp objects
- Clothing that may endanger the athlete or others

Athletic shoes are recommended unless otherwise specified by the Federation.

Article 7 – Music Regulations

1. Athletes may freely select their music.
2. Music must be appropriate for public audiences.
3. Offensive, discriminatory, or political content is prohibited.
4. Edited music is permitted.
5. Music files shall be submitted before the competition.
6. In case of technical failure, the Chief Judge may authorize a restart.

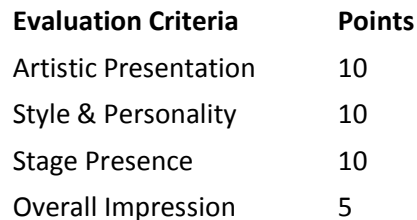
Article 8 – Routine Requirements

Every routine shall demonstrate a balanced combination of:

- Fitness movements
- Strength elements
- Flexibility elements
- Balance movements
- Coordination
- Dynamic transitions
- Rhythm synchronization
- Artistic choreography
- Body control
- Creativity
- Stage utilization
- Audience engagement
- Professional finishing pose

Article 9 – Judging Criteria

Evaluation Criteria	Points
Technical Execution	20
Creativity & Choreography	15
Musical Interpretation	15
Body Control	15

The logo of the World Federation of Aerobic Fitness is a circular emblem. It features a central figure of a man and a woman in athletic poses, surrounded by a laurel wreath. The text "WORLD FEDERATION OF" is at the top and "AEROBIC FITNESS" is at the bottom, with "RUNNING" visible in the lower right. The entire logo is rendered in a light, faded yellow color.

Evaluation Criteria	Points
Artistic Presentation	10
Style & Personality	10
Stage Presence	10
Overall Impression	5

Total Score: 100 Points

Article 10 – Point Deductions

Points shall be deducted for:

- Incorrect technique
 - Loss of balance
 - Interrupted performance
 - Poor synchronization with music
 - Leaving the competition area
 - Weak choreography
 - Incomplete routine
 - Costume violations
 - Unsportsmanlike conduct
-

Article 11 – Prohibited Actions

The following actions are prohibited:

- Dangerous or uncontrolled movements
 - Use of prohibited performance-enhancing substances
 - Offensive behavior toward judges or competitors
 - Unauthorized assistance during the performance
 - Use of prohibited props or equipment
 - Deliberate damage to competition facilities
 - Unsportsmanlike conduct
-

Article 12 – Winner Determination

The athlete or team with the highest total score shall be declared the winner.

In the event of a tie, priority shall be given in the following order:

1. Higher Technical Execution Score
 2. Higher Creativity & Choreography Score
 3. Higher Musical Interpretation Score
 4. Higher Stage Presence Score
 5. Final decision of the Chief Judge
-

Article 13 – Competition Officials

Each official competition shall include:

- Chief Judge
- Competition Director
- Five Scoring Judges

- Technical Judge
- Artistic Judge
- Timekeeper
- Music Operator
- Results Manager
- Safety Officer
- Medical Officer

Article 14 – Safety Regulations

All competitors shall:

- Complete an official warm-up before competition.
- Wear approved competition attire.
- Follow all referee instructions.
- Perform only movements within their physical capability.
- Report injuries immediately.
- Respect all Federation safety regulations.

The Chief Judge or Medical Officer may stop a performance if athlete safety is at risk.

Article 15 – Anti-Doping

All athletes shall comply with the WFRF Anti-Doping Regulations.

Any athlete who refuses doping control or is found guilty of using prohibited substances shall be disqualified and subject to disciplinary sanctions.

Article 16 – Code of Ethics

Athletes, coaches, judges, and officials shall:

- Respect all participants.
- Demonstrate honesty and integrity.
- Promote sportsmanship and Fair Play.
- Accept judges' decisions professionally.
- Uphold the reputation and values of the World Fitness Running Federation.

Official Motto

"Creativity • Style • Confidence • Performance • Excellence"

Official Competition Rules

Discipline No. 07

PRO FIT FITNESS

Article 1 – Purpose

Pro Fit Fitness is the premier competitive discipline of the World Fitness Running Federation (WFRF), designed to identify the highest level of complete fitness athletes. The discipline evaluates muscular development, body symmetry, conditioning, functional strength, athletic performance, stage presentation, and overall physical excellence.

Unlike traditional bodybuilding, Pro Fit Fitness emphasizes a balanced combination of aesthetics, athletic ability, functional movement, and physical performance.

Article 2 – Competition Objectives

The objectives of Pro Fit Fitness are to:

- Promote complete physical fitness.
 - Encourage healthy muscular development.
 - Reward athletic performance and functionality.
 - Evaluate symmetry, proportion, and conditioning.
 - Inspire professional standards within the sport.
 - Promote fair play and healthy competition.
-

Article 3 – Competition Categories

Age Divisions

- Youth (16–17 Years)
- Junior (18–23 Years)
- Senior (24–39 Years)
- Masters 40+
- Masters 50+
- Masters 60+

Competition Classes

- Men's Individual
- Women's Individual
- Mixed Pair (Exhibition)
- Team Showcase

Weight or Height Classes

The Federation may organize divisions according to:

- Height Classes
 - Weight Classes
 - Open Class
 - Professional Class
-

Article 4 – Competition Venue

1. The competition shall be conducted on an official stage.
 2. Minimum stage dimensions shall be **12 × 10 meters**.
 3. Professional lighting shall ensure accurate physique evaluation.
 4. A posing line and comparison area shall be clearly marked.
 5. Medical personnel shall be present throughout the competition.
-

Article 5 – Competition Format

The competition consists of the following rounds:

Round 1

Physique Assessment

Round 2

Mandatory Poses

Round 3

Individual Presentation Routine

Round 4

Group Comparisons

Round 5

Final Evaluation

The Competition Director may modify the order depending on the event schedule.

Article 6 – Mandatory Poses

Each athlete shall perform the following mandatory poses:

- Front Relaxed
- Quarter Turn Right
- Back Relaxed
- Quarter Turn Left
- Front Double Biceps
- Side Chest
- Back Double Biceps
- Side Triceps
- Abdominals and Thigh
- Favorite Classic Pose

Failure to perform mandatory poses correctly shall result in deductions.

Article 7 – Individual Routine

Each athlete shall perform a free posing routine.

Routine duration:

Minimum: **60 Seconds**

Maximum: **90 Seconds**

Music shall be selected by the athlete.

The routine shall demonstrate:

- Athleticism
 - Confidence
 - Creativity
 - Body Control
 - Stage Presence
-

Article 8 – Competition Attire

Athletes shall wear official WFRF-approved competition attire.

Men:

- Competition shorts

Women:

- Official Pro Fit Fitness attire

Attire must be:

- Clean
- Professional
- Safe
- Non-offensive

Jewelry and dangerous accessories are prohibited.

Article 9 – Judging Criteria

Evaluation Criteria	Points
Muscular Development	20
Symmetry & Proportion	20
Conditioning	15
Stage Presentation	15
Mandatory Poses	10
Individual Routine	10
Confidence & Professionalism	5
Overall Impression	5

Total Score: 100 Points

Article 10 – Point Deductions

Points shall be deducted for:

- Poor posing technique
 - Lack of symmetry
 - Excessive body fat
 - Poor conditioning
 - Incorrect mandatory poses
 - Exceeding routine time
 - Unsportsmanlike conduct
 - Inappropriate attire
 - Failure to follow officials' instructions
-

Article 11 – Prohibited Actions

The following are prohibited:

- Use of prohibited performance-enhancing substances.
- Offensive gestures or language.
- Unsportsmanlike conduct.
- Unauthorized assistance during judging.
- Misrepresentation of athlete identity.
- Dangerous behavior on stage.

- Failure to comply with Federation regulations.

Article 12 – Winner Determination

The athlete with the highest final score shall be declared the Champion.

Tie-breaking order:

1. Higher Muscular Development Score
2. Higher Symmetry & Proportion Score
3. Higher Conditioning Score
4. Higher Stage Presentation Score
5. Decision of the Chief Judge

Article 13 – Competition Officials

Each official competition shall include:

- Chief Judge
- Competition Director
- Five Scoring Judges
- Technical Judge
- Head Expeditor
- Stage Marshal
- Results Manager
- Medical Officer
- Anti-Doping Officer

Article 14 – Athlete Safety

All competitors shall:

- Complete the official athlete registration.
- Undergo the official medical check if required.
- Follow all referee instructions.
- Maintain proper hydration and health.
- Respect competition safety procedures.

The Medical Officer may withdraw an athlete for health or safety reasons.

Article 15 – Anti-Doping

All athletes are subject to the WFRF Anti-Doping Code.

Any athlete who:

- Refuses doping control,
- Tampers with samples,
- Uses prohibited substances or methods,

shall be immediately disqualified and may receive additional disciplinary sanctions, including suspension or lifetime ineligibility.

Article 16 – Code of Ethics

Athletes, coaches, judges, and officials shall:

- Demonstrate integrity and professionalism.

- Respect all competitors and officials.
- Promote healthy fitness values.
- Protect the reputation of the World Fitness Running Federation.
- Follow all Federation regulations at all times.

Official Motto

"Power • Symmetry • Conditioning • Excellence • Professionalism"

OFFICIAL COMPETITION RULES

Discipline No. 08

FITNESS AERIAL

Article 1 – Definition

Fitness Aerial is an official discipline of the World Fitness Running Federation (WFRF) in which athletes perform suspended routines using approved aerial apparatus. The discipline combines functional fitness, bodyweight strength, flexibility, mobility, coordination, endurance, balance, artistic movement, and aerial technique into a single competitive performance.

Athletes are evaluated on technical execution, movement quality, physical conditioning, creativity, safety, and artistic presentation.

Article 2 – Objectives

The objectives of Fitness Aerial are:

- Promote functional fitness through aerial movement.
 - Develop total-body strength and muscular endurance.
 - Improve flexibility and joint mobility.
 - Enhance coordination and neuromuscular control.
 - Encourage creativity and artistic expression.
 - Promote athlete safety and technical excellence.
 - Standardize international aerial fitness competitions.
-

Article 3 – Competition Divisions

Age Categories

- Children (8–12)
- Youth (13–17)
- Junior (18–23)
- Senior (24–39)
- Masters 40+
- Masters 50+
- Masters 60+

Competition Categories

- Individual Men
- Individual Women
- Mixed Pair
- Duo
- Team (3–8 Athletes)

Article 4 – Approved Apparatus

The following apparatus are officially recognized:

- Aerial Silk
- Aerial Hoop (Lyra)
- Aerial Hammock
- Aerial Rope
- Aerial Straps
- Flying Pole
- Cube Apparatus (Optional)
- Other apparatus approved by the WFRF Technical Committee.

All equipment shall possess an official safety certification before competition.

Article 5 – Competition Venue

Competition venue shall include:

- Minimum area: 12 × 12 meters.
- Ceiling height: Minimum 8 meters.
- Certified rigging system.
- Crash mats available during warm-up.
- Safety zone surrounding apparatus.
- Professional lighting.
- Competition sound system.
- Emergency medical station.
- Equipment inspection area.

Article 6 – Competition Format

Competition consists of:

Round One

Technical Qualification

Round Two

Artistic Routine

Round Three

Final Performance

The Technical Committee may modify the format according to the championship level.

Article 7 – Performance Duration

Individual

Minimum: 3:00

Maximum: 4:00

Pair

Maximum: 5:00

Team

Maximum: 6:00

Every second beyond the official limit results in deductions.

Article 8 – Athlete Attire

Competition attire shall:

- Fit securely.
- Permit unrestricted movement.
- Cover the body appropriately.
- Avoid interference with apparatus.

Prohibited:

- Jewelry
- Watches
- Loose accessories
- Sharp decorations
- Unsafe footwear

Bare feet or approved aerial shoes may be used according to event regulations.

Article 9 – Mandatory Technical Elements

Each routine shall include at least:

- One mount
- One climb
- One inversion
- One balance position
- One flexibility element
- One strength hold
- One dynamic movement
- One rotation
- One controlled transition
- One dismount

Failure to include mandatory elements results in deductions.

Article 10 – Difficulty Groups

Difficulty elements are divided into:

Group A

Basic Skills

Group B

Intermediate Skills

Group C

Advanced Skills

Group D

Elite Skills

Difficulty alone does not determine the score.

Execution quality always has priority.

Article 11 – Judging Criteria

Evaluation	Points
Technical Execution	25
Body Control	15
Strength	10
Flexibility	10
Difficulty	10
Creativity	10
Choreography	10
Artistic Presentation	5
Safety	5
Total = 100 Points	

Article 12 – Deductions

Judges shall deduct points for:

- Loss of grip
 - Loss of body control
 - Incorrect technique
 - Falls
 - Incomplete skills
 - Poor transitions
 - Lack of synchronization
 - Unsafe movement
 - Time violations
 - Costume violations
 - Unsportsmanlike conduct
-

Article 13 – Safety Violations

Immediate disqualification may occur if an athlete:

- Performs dangerous skills beyond their ability.
 - Uses damaged equipment.
 - Ignores referee instructions.
 - Performs without approved rigging.
 - Creates danger for spectators or officials.
-

Article 14 – Prohibited Actions

The following are prohibited:

- External assistance during performance.
 - Equipment modification during competition.
 - Unauthorized apparatus.
 - Unsportsmanlike behavior.
 - Offensive gestures.
 - Abuse of officials.
 - Use of prohibited substances.
 - Deliberate delay of competition.
-

Article 15 – Competition Officials

Every official competition shall include:

- Chief Judge
 - Competition Director
 - Technical Judge
 - Artistic Judge
 - Difficulty Judge
 - Safety Judge
 - Five Scoring Judges
 - Equipment Inspector
 - Timekeeper
 - Medical Officer
 - Anti-Doping Officer
 - Results Manager
-

Article 16 – Winner Determination

The athlete with the highest total score shall be declared Champion.

Tie-breaking order:

1. Technical Execution
 2. Body Control
 3. Safety Score
 4. Difficulty Score
 5. Artistic Presentation
 6. Decision of the Chief Judge
-

Article 17 – Medical & Safety Requirements

Every athlete shall:

- Pass equipment inspection.
- Complete the official warm-up.
- Attend the technical meeting.
- Follow all safety procedures.

- Stop immediately if instructed by the Medical Officer.
- The Chief Judge may stop any performance considered unsafe.
-

Article 18 – Anti-Doping

All athletes shall comply with the WFRF Anti-Doping Code.

Any athlete refusing testing or violating anti-doping regulations shall be disqualified and subject to suspension or additional disciplinary sanctions.

Article 19 – Code of Ethics

All athletes, coaches, judges, officials, and organizers shall:

- Respect all participants.
 - Promote Fair Play.
 - Maintain honesty and professionalism.
 - Protect athlete safety.
 - Preserve the reputation of the World Fitness Running Federation.
-

Official Motto

"Strength • Flight • Balance • Grace • Excellence"

Official Competition Rules

Discipline No. 09

CLASSIC FITNESS

Article 1 – Purpose

Classic Fitness is an official physique discipline of the World Fitness Running Federation (WFRF) designed to evaluate athletes based on balanced muscular development, symmetry, proportion, muscle definition, conditioning, posture, elegance, and classical physique aesthetics.

The discipline promotes a healthy, athletic, and harmonious physique rather than excessive muscular size. Athletes are judged on overall body balance, stage presentation, confidence, and professional appearance.

Article 2 – Competition Objectives

The objectives of Classic Fitness are to:

- Promote a healthy and symmetrical physique.
- Encourage proportional muscular development.
- Reward excellent physical conditioning.
- Preserve the aesthetics of the classic athletic body.
- Develop professional posing and stage presentation.

- Encourage fair competition and sportsmanship.

Article 3 – Competition Categories

Age Divisions

- Youth (16–17 Years)
- Junior (18–23 Years)
- Senior (24–39 Years)
- Masters 40+
- Masters 50+
- Masters 60+

Competition Classes

- Men's Individual
- Women's Individual (Classic Fitness Women)
- Mixed Pair (Exhibition)
- Team Presentation (Optional)

Height Classes

The Federation may organize competitions according to athlete height:

- Up to 170 cm
- 170–175 cm
- 175–180 cm
- Over 180 cm

or Open Class according to championship regulations.

Article 4 – Competition Venue

1. Official competition stage.
2. Minimum stage size: **12 × 10 meters**.
3. Professional lighting for physique evaluation.
4. Clearly marked comparison line.
5. Athlete waiting area.
6. Medical station available throughout the event.

Article 5 – Competition Format

Competition shall consist of the following rounds:

Round One

Physique Assessment

Round Two

Quarter Turns

Round Three

Mandatory Poses

Round Four

Individual Posing Routine

Round Five

Final Comparisons

Article 6 – Mandatory Quarter Turns

Athletes shall perform:

- Front Position
- Quarter Turn Right
- Back Position
- Quarter Turn Left

Judges evaluate:

- Symmetry
 - Posture
 - Balance
 - Muscle Tone
 - Overall Appearance
-

Article 7 – Mandatory Poses

Each athlete shall perform the following poses:

- Front Double Biceps
- Front Lat Spread
- Side Chest
- Back Double Biceps
- Back Lat Spread
- Side Triceps
- Abdominals and Thigh
- Classic Favorite Pose

Each pose shall be held for approximately **3 seconds**.

Article 8 – Individual Routine

Each athlete shall perform a free posing routine.

Routine duration:

- Minimum: **60 Seconds**
- Maximum: **90 Seconds**

The routine shall demonstrate:

- Smooth posing transitions
- Classical presentation
- Body control
- Confidence
- Artistic expression
- Professional stage presence

Music is selected by the athlete and must comply with WFRF regulations.

Article 9 – Judging Criteria

Evaluation Criteria Points

Muscular Symmetry 20

Body Proportion 20

Evaluation Criteria Points

Muscle Definition	15
Conditioning	15
Mandatory Poses	10
Stage Presentation	10
Individual Routine	5
Overall Impression	5

Total Score: 100 Points

Article 10 – Point Deductions

Points shall be deducted for:

- Poor symmetry
 - Poor posture
 - Incorrect posing technique
 - Weak muscle definition
 - Excessive body fat
 - Poor conditioning
 - Exceeding routine time
 - Unsportsmanlike conduct
 - Inappropriate attire
 - Failure to follow judges' instructions
-

Article 11 – Competition Attire**Men**

- Official Classic Fitness posing trunks approved by WFRF.
- Bare feet.
- Competition number visible.

Women

- Official Classic Fitness attire approved by WFRF.
- Bare feet or approved footwear according to event regulations.

The following are prohibited:

- Jewelry
 - Watches
 - Offensive logos
 - Unsafe accessories
-

Article 12 – Winner Determination

The athlete with the highest total score shall be declared Champion.

Tie-breaking order:

1. Higher Muscular Symmetry Score
2. Higher Body Proportion Score
3. Higher Conditioning Score
4. Higher Stage Presentation Score

5. Decision of the Chief Judge

Article 13 – Competition Officials

Each official competition shall include:

- Chief Judge
 - Competition Director
 - Five Scoring Judges
 - Technical Judge
 - Stage Marshal
 - Results Manager
 - Timekeeper
 - Medical Officer
 - Anti-Doping Officer
-

Article 14 – Athlete Responsibilities

Every athlete shall:

- Attend the official athlete meeting.
- Report on time for all competition rounds.
- Wear approved competition attire.
- Follow judges' instructions.
- Demonstrate respect toward officials and competitors.

Failure to comply may result in warnings, deductions, or disqualification.

Article 15 – Anti-Doping

All competitors are subject to the WFRF Anti-Doping Code.

Any athlete who:

- Uses prohibited substances,
- Refuses doping control,
- Tampered with doping samples,

shall be disqualified and may face suspension or additional disciplinary action.

Article 16 – Code of Ethics

Athletes, coaches, judges, and officials shall:

- Respect all participants.
 - Demonstrate integrity and professionalism.
 - Promote fair play.
 - Protect the image and values of the World Fitness Running Federation.
 - Accept judging decisions respectfully.
 - Maintain the highest standards of sportsmanship.
-

Official Motto

"Symmetry • Proportion • Elegance • Tradition • Excellence"

Official Competition Rules

Discipline No. 10

FITNESS POWER

Article 1 – Purpose

Fitness Power is an official strength-based discipline of the World Fitness Running Federation (WFRF). The discipline evaluates an athlete's maximum functional strength, explosive power, muscular endurance, lifting technique, stability, and total physical performance through standardized strength exercises and functional lifting events.

Unlike traditional powerlifting, Fitness Power combines maximum strength with athletic movement quality, speed, endurance, and technical execution.

Article 2 – Objectives

The objectives of Fitness Power are to:

- Develop functional strength.
 - Improve explosive power.
 - Promote safe lifting techniques.
 - Evaluate total-body strength.
 - Encourage healthy athletic development.
 - Establish international standards for strength competitions.
-

Article 3 – Competition Categories

Age Divisions

- Children (Modified Events)
- Youth (13–17 Years)
- Junior (18–23 Years)
- Senior (24–39 Years)
- Masters 40+
- Masters 50+
- Masters 60+

Competition Classes

- Men's Individual
- Women's Individual
- Mixed Pair (Exhibition)
- Team Competition

The Technical Committee may also establish **Weight Classes** or **Open Class** competitions.

Article 4 – Competition Venue

The competition venue shall include:

- Minimum area: **20 × 20 meters**

- Official lifting platform
- Functional competition lanes
- Equipment inspection area
- Warm-up area
- Medical station
- Recovery zone
- Spectator safety barriers

Article 5 – Official Competition Events

A Fitness Power competition may include one or more of the following official events:

1. Deadlift
2. Squat
3. Bench Press
4. Overhead Press
5. Farmer Carry
6. Sandbag Carry
7. Bulgarian Bag Carry
8. Tire Flip
9. Sled Push
10. Sled Pull
11. Kettlebell Clean & Press
12. Log Lift
13. Atlas Stone Lift
14. Medicine Ball Throw
15. Rope Pull
16. Functional Power Circuit

The Competition Director shall publish the official event order before the competition.

Article 6 – Equipment Standards

Only WFRF-approved equipment may be used.

Approved equipment includes:

- Olympic Barbell
- Weight Plates
- Power Rack
- Adjustable Bench
- Kettlebells
- Dumbbells
- Sandbags
- Bulgarian Bags
- Atlas Stones
- Farmer Carry Handles
- Log Bar
- Sled
- Battle Rope

- Tires
- Medicine Balls

All equipment shall pass technical inspection before competition.

Article 7 – Competition Format

Competitions may be conducted in one of the following formats:

- Maximum Weight Lift
- Maximum Repetitions
- Fastest Completion Time
- Points-Based Competition
- Multi-Event Championship
- Elimination Format

The official format shall be announced before the event.

Article 8 – Athlete Attire

Athletes shall wear:

- Official WFRF competition uniform
- Athletic shoes or lifting shoes
- Competition number

The following equipment is permitted:

- Weightlifting belt
- Wrist wraps
- Knee sleeves
- Chalk

The following are prohibited unless specifically authorized:

- Mechanical lifting suits
 - Spring-loaded equipment
 - Unauthorized grip aids
 - Electronic assistance devices
-

Article 9 – Technical Requirements

Each athlete shall:

- Lift only upon the referee's command.
- Demonstrate full control of every lift.
- Complete the full range of motion.
- Return equipment safely.
- Finish each attempt according to technical standards.

An attempt shall be declared **No Lift** if:

- The athlete fails to complete the movement.
 - Incorrect technique is used.
 - Safety rules are violated.
 - The referee's commands are ignored.
 - Equipment is intentionally dropped or thrown.
-

Article 10 – Judging Criteria

Evaluation Criteria	Points
Maximum Strength	30
Technical Execution	20
Explosive Power	15
Muscular Endurance	10
Functional Performance	10
Stability & Control	10
Overall Performance	5

Total Score: 100 Points

Article 11 – Point Deductions

Points or attempts may be deducted for:

- Incorrect lifting technique
- Partial range of motion
- False start
- Failure to follow referee commands
- Unsafe lifting
- Dropping equipment intentionally
- Leaving the competition area
- Unsportsmanlike conduct
- Exceeding the time limit

Repeated violations may result in disqualification.

Article 12 – Prohibited Actions

The following actions are prohibited:

- Use of prohibited performance-enhancing substances.
 - Altering or modifying official equipment.
 - Receiving physical assistance during an attempt.
 - Unsportsmanlike conduct.
 - Verbal abuse of officials or competitors.
 - Deliberately damaging competition equipment.
 - Competing under another athlete's identity.
 - Ignoring referee instructions.
-

Article 13 – Winner Determination

The winner shall be the athlete with the highest total score or best official performance according to the competition format.

Tie-breaking order:

1. Higher Maximum Strength Score
2. Higher Technical Execution Score
3. Better Functional Performance Score
4. Fewer Failed Attempts

5. Decision of the Chief Judge

Article 14 – Competition Officials

Each official competition shall include:

- Chief Judge
 - Competition Director
 - Five Scoring Judges
 - Technical Judge
 - Platform Referees
 - Equipment Inspector
 - Timekeeper
 - Results Manager
 - Medical Officer
 - Anti-Doping Officer
-

Article 15 – Safety Regulations

All athletes shall:

- Complete the official warm-up.
- Undergo equipment inspection.
- Follow referee commands at all times.
- Report any injury immediately.
- Use approved protective equipment.
- Stop immediately if instructed by the Medical Officer.

Unsafe lifting may result in immediate termination of the attempt or disqualification.

Article 16 – Anti-Doping

All athletes shall comply with the WFRF Anti-Doping Code.

Any athlete who refuses doping control, tampers with samples, or uses prohibited substances or methods shall be disqualified and may face suspension or permanent ineligibility.

Article 17 – Code of Ethics

Athletes, coaches, judges, and officials shall:

- Demonstrate honesty, integrity, and professionalism.
 - Respect all competitors and officials.
 - Promote fair play.
 - Protect the safety of all participants.
 - Uphold the reputation and values of the World Fitness Running Federation.
-

Official Motto

"Strength • Power • Control • Performance • Excellence"

Official Competition Rules

Discipline No. 11

STREET RUNNING

Article 1 – Purpose

Street Running is an official discipline of the World Fitness Running Federation (WFRF) conducted on public roads, city streets, urban parks, and designated road courses. The discipline evaluates an athlete's endurance, speed, pacing strategy, agility, cardiovascular fitness, technical running efficiency, and mental resilience in real urban environments.

Street Running promotes healthy lifestyles, organized road running, public participation, and safe urban sports events.

Article 2 – Competition Objectives

The objectives of Street Running are to:

- Promote road running as a healthy lifestyle.
- Improve cardiovascular fitness.
- Develop endurance and running efficiency.
- Encourage tactical racing.
- Promote community participation.
- Establish international standards for urban road racing.
- Ensure athlete safety.

Article 3 – Official Race Distances

Official WFRF Street Running competitions shall be organized over the following standard distances:

Division	Distance
Sprint Street Run	2 Miles
Short Street Run	3 Miles
Classic Street Run	5 Miles
Intermediate Street Run	7 Miles
Long Street Run	10 Miles
Endurance Street Run	12 Miles
Championship Street Run	14 Miles

No official WFRF Street Running event shall be shorter than **2 miles** or longer than **14 miles**.

Article 4 – Competition Categories

Age Divisions

- Children (Modified Distance)
- Youth (13–17 Years)
- Junior (18–23 Years)

- Senior (24–39 Years)
- Masters 40+
- Masters 50+
- Masters 60+

Competition Classes

- Men's Individual
- Women's Individual
- Mixed Relay
- Team Competition

Article 5 – Competition Course

The race course shall:

- Be officially measured and certified.
- Use paved roads or approved urban streets.
- Be completely marked.
- Include directional signs.
- Have kilometer and mile markers.
- Be closed to normal traffic.
- Include hydration stations.
- Include medical stations.
- Have security personnel throughout the course.

Article 6 – Start Procedure

The official start shall include:

- Athlete check-in.
- Equipment inspection.
- Safety briefing.
- Official countdown.
- Electronic timing activation.

False starts may result in penalties or disqualification.

Article 7 – Athlete Equipment

Athletes shall wear:

- Official race bib.
- Running shoes approved for road competition.
- Official competition uniform.
- Timing chip.
- GPS tracker (if required).

The use of bicycles, roller skates, scooters, or unauthorized assistance is prohibited.

Article 8 – Race Conduct

Athletes shall:

- Follow the official route.
- Pass every checkpoint.

- Respect race officials.
- Respect other competitors.
- Complete the entire course without shortcuts.

Failure to pass any checkpoint shall result in disqualification.

Article 9 – Judging Criteria

Judges and officials shall evaluate:

Evaluation Criteria	Points
Official Finish Time	40
Running Technique	15
Pace Management	10
Endurance	10
Tactical Decision Making	10
Course Compliance	10
Sportsmanship	5

Total Score: 100 Points

Article 10 – Time Limits

Maximum official finishing times:

- **2 Miles:** 30 Minutes
- **3 Miles:** 45 Minutes
- **5 Miles:** 75 Minutes
- **7 Miles:** 105 Minutes
- **10 Miles:** 150 Minutes
- **12 Miles:** 180 Minutes
- **14 Miles:** 210 Minutes

Athletes exceeding the official time limit may be removed from the course.

Article 11 – Penalties

Penalties shall apply for:

- False start.
 - Leaving the official course.
 - Missing checkpoints.
 - Receiving outside assistance.
 - Dangerous running.
 - Blocking competitors.
 - Unsportsmanlike conduct.
 - Unauthorized pacing.
 - Littering outside designated zones.
-

Article 12 – Prohibited Actions

The following actions are prohibited:

- Shortcutting the course.

- Using vehicles or bicycles.
- Receiving physical assistance.
- Unsportsmanlike behavior.
- Wearing another athlete's bib.
- Doping violations.
- Interfering with other competitors.
- Ignoring officials' instructions.

Article 13 – Winner Determination

The winner shall be the athlete who completes the official course in the fastest valid time.

Tie-breaking order:

1. Official Chip Time
2. Gun Time
3. Fewer Rule Violations
4. Decision of the Chief Judge

Article 14 – Competition Officials

Each official Street Running event shall include:

- Race Director
- Chief Judge
- Technical Delegate
- Starter
- Finish Judge
- Course Marshals
- Timing Officials
- Medical Director
- Safety Officer
- Anti-Doping Officer

Article 15 – Medical & Safety Regulations

Every race shall include:

- Ambulances.
- Medical stations every **2 miles**.
- Hydration stations every **2 miles**.
- Emergency communication system.
- Weather monitoring.
- Police or traffic control.
- Rescue vehicles.

The Race Director may suspend or cancel the event if weather or course conditions pose a safety risk.

Article 16 – Anti-Doping

All athletes are subject to the WFRF Anti-Doping Code.

Any athlete refusing testing or found guilty of a doping violation shall be disqualified and may face suspension or lifetime ineligibility.

Article 17 – Code of Ethics

All athletes, coaches, officials, and organizers shall:

- Respect all competitors.
 - Promote fair play.
 - Protect public safety.
 - Respect the host city and environment.
 - Uphold the values of the World Fitness Running Federation.
-

Official Motto

"Run the Streets • Challenge Yourself • Inspire the World"



Official Competition Rules

Discipline No. 12

BEACH RUNNING

Article 1 – Purpose

Beach Running is an official discipline of the World Fitness Running Federation (WFRF), conducted on natural or artificial sand surfaces. This discipline evaluates an athlete's endurance, lower-body strength, balance, stability, cardiovascular fitness, agility, running technique, and adaptability to unstable terrain. Unlike road running, Beach Running requires athletes to overcome the resistance of sand while maintaining speed, efficiency, and proper biomechanics under natural environmental conditions.

Article 2 – Objectives

The objectives of Beach Running are to:

- Promote healthy outdoor physical activity.
 - Develop lower-body muscular strength and endurance.
 - Improve balance, coordination, and stability.
 - Enhance cardiovascular performance.
 - Encourage environmental awareness and beach conservation.
 - Standardize international beach running competitions.
 - Promote tourism through beach sports.
-

Article 3 – Official Race Distances

Official WFRF Beach Running events shall be conducted over the following distances:

Competition Division	Distance
Beach Sprint	1 Mile
Beach Short Run	2 Miles
Beach Classic Run	3 Miles

Competition Division Distance

Beach Endurance Run **4 Miles**

Beach Championship Run **5 Miles**

Beach Elite Challenge **6 Miles**

Official WFRF Beach Running competitions shall not be shorter than 1 mile or longer than 6 miles.

Article 4 – Competition Categories

Age Divisions

- Children (Modified Distance)
- Youth (13–17 Years)
- Junior (18–23 Years)
- Senior (24–39 Years)
- Masters 40+
- Masters 50+
- Masters 60+

Competition Classes

- Men's Individual
 - Women's Individual
 - Mixed Relay
 - Team Competition
 - Open Category
-

Article 5 – Competition Course

The race course shall comply with the following requirements:

1. At least **70% of the course** shall be on natural sand.
 2. The course may include dry sand, wet sand, compact sand, and natural beach terrain.
 3. Rocky, hazardous, or unstable areas shall be avoided.
 4. The course shall be clearly marked with flags, cones, and directional signs.
 5. The race shall be scheduled according to tidal conditions.
 6. The course may consist of loop, point-to-point, or out-and-back layouts.
 7. The Technical Committee shall inspect and approve the course before competition.
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Article 6 – Competition Format

Beach Running competitions may be organized as:

- Individual Race
- Time Trial
- Team Race
- Relay Race
- Stage Race
- Beach Running League
- Championship Final

The Competition Director shall determine the official format before the event.

Article 7 – Athlete Equipment

Athletes shall wear:

- Official WFRF competition uniform.
- Official race bib.
- Electronic timing chip.

Athletes may compete:

- Barefoot; or
- Wearing approved beach running shoes.

The use of footwear shall be announced in the official competition regulations.

Article 8 – Competition Rules

Athletes shall:

- Follow the official race course at all times.
- Pass every official checkpoint.
- Respect all race officials.
- Complete the course without outside assistance.
- Remain within the marked course boundaries.
- Respect environmental protection regulations.

Short-cutting the course shall result in immediate disqualification.

Article 9 – Judging Criteria

Evaluation Criteria	Points
Official Finish Time	35
Running Technique on Sand	20
Balance & Stability	15
Endurance	10
Energy Management	10
Course Compliance	5
Sportsmanship	5

Total Score: 100 Points

Article 10 – Official Time Limits

Distance Maximum Time

1 Mile	20 Minutes
2 Miles	40 Minutes
3 Miles	60 Minutes
4 Miles	85 Minutes
5 Miles	110 Minutes
6 Miles	135 Minutes

Athletes exceeding the official time limit may be removed from the course and shall not receive an official ranking.

Article 11 – Penalties

The following violations shall result in penalties, time additions, or disqualification:

- False Start
- Leaving the Official Course
- Missing Checkpoints
- Receiving Outside Assistance
- Obstructing Other Competitors
- Unsportsmanlike Conduct
- Littering Outside Designated Areas
- Failure to Wear Official Race Identification
- Ignoring Officials' Instructions

Article 12 – Prohibited Actions

The following actions are prohibited:

- Using bicycles, skates, scooters, or any vehicle.
- Receiving physical assistance during the race.
- Using unauthorized pacing assistance.
- Damaging course markers.
- Deliberately interfering with another athlete.
- Using prohibited performance-enhancing substances.
- Damaging the beach or surrounding environment.
- Abusive behavior toward officials or competitors.

Article 13 – Winner Determination

The winner shall be the athlete who completes the official course in the fastest valid time.

In the event of a tie, priority shall be given to:

1. Fastest Electronic Chip Time.
2. Fewest Rule Violations.
3. Highest Sportsmanship Evaluation.
4. Decision of the Chief Judge.

Article 14 – Competition Officials

Each official Beach Running competition shall include:

- Competition Director
- Chief Judge
- Technical Delegate
- Starter
- Finish Judge
- Course Marshals
- Timing Officials
- Medical Director
- Beach Safety Coordinator
- Environmental Officer

- Anti-Doping Officer

Article 15 – Safety Regulations

Every Beach Running event shall include:

- Lifeguards whenever the course is adjacent to water.
- Ambulances and emergency medical teams.
- Hydration stations every **1 mile**.
- First aid stations every **2 miles**.
- Continuous monitoring of tide conditions.
- Weather monitoring.
- Heat and sand temperature assessment.
- Emergency evacuation procedures.

The Competition Director or Chief Judge may delay, suspend, or cancel the competition if weather, tides, excessive heat, or other environmental conditions create an unacceptable safety risk.

Article 16 – Anti-Doping

All athletes shall comply with the **WFRF Anti-Doping Code**.

Any athlete who refuses doping control, tampers with samples, or uses prohibited substances or methods shall be disqualified and may be suspended or declared permanently ineligible under WFRF disciplinary regulations.

Article 17 – Code of Ethics

All athletes, coaches, judges, officials, and organizers shall:

- Respect all competitors and officials.
- Promote Fair Play and integrity.
- Protect the beach and natural environment.
- Demonstrate professionalism at all times.
- Comply with all WFRF regulations.
- Uphold the reputation and values of the World Fitness Running Federation.

Official Motto

"Run the Sand • Master the Elements • Finish with Honor."

Official Competition Rules

Discipline No. 13

TREADMILL RUNNING

Article 1 – Purpose

Treadmill Running is an official discipline of the World Fitness Running Federation (WFRF), conducted on certified motorized treadmills in a controlled indoor environment. The discipline evaluates an athlete's endurance, speed control, pacing ability, cardiovascular fitness, running technique, consistency, and mental focus.

Unlike outdoor running, all athletes compete under identical environmental conditions, ensuring fairness and accurate performance measurement.

Article 2 – Objectives

The objectives of Treadmill Running are to:

- Improve cardiovascular endurance.
- Develop speed control and pacing.
- Enhance running efficiency.
- Evaluate consistency under controlled conditions.
- Promote safe indoor running competitions.
- Standardize international treadmill racing.

Article 3 – Official Race Distances

Official WFRF Treadmill Running competitions shall be conducted over the following distances:

Competition Division Distance

Sprint	1 Mile
Short Distance	2 Miles
Standard Race	3 Miles
Middle Distance	5 Miles
Endurance Race	7 Miles
Championship Race	10 Miles

No official race shall exceed **10 miles**.

Article 4 – Competition Categories

Age Divisions

- Children
- Youth (13–17 Years)
- Junior (18–23 Years)
- Senior (24–39 Years)
- Masters 40+
- Masters 50+
- Masters 60+

Competition Classes

- Men's Individual
- Women's Individual
- Team Competition
- Relay Competition

Article 5 – Competition Equipment

1. All athletes shall compete on the same model of treadmill.
2. Treadmills shall be calibrated before each competition.
3. Speed and distance displays must be accurate.
4. Safety emergency stop systems shall be functional.
5. Power supply must be stable throughout the event.

Article 6 – Competition Rules

1. Athletes start only after the official start signal.
2. The race begins with the treadmill set at **0% incline**, unless otherwise specified.
3. Athletes may adjust speed during the race.
4. Holding the handrails while running is prohibited, except momentarily for safety.
5. Leaving the treadmill before completing the race results in disqualification.
6. All competitors shall complete the full official distance.

Article 7 – Athlete Equipment

Athletes shall wear:

- Official WFRF competition uniform.
- Running shoes.
- Competition bib number.
- Electronic timing device (if required).

Personal electronic devices such as headphones, mobile phones, or smart watches are prohibited unless authorized by the Competition Director.

Article 8 – Technical Requirements

Judges shall evaluate:

- Running technique.
- Body posture.
- Stride efficiency.
- Speed consistency.
- Pace management.
- Safe treadmill operation.
- Finish procedure.

Article 9 – Judging Criteria

Evaluation Criteria Points

Official Finish Time	40
Pace Management	20
Running Technique	15
Speed Consistency	10
Endurance	10
Sportsmanship	5

Total Score: 100 Points

Article 10 – Penalties

The following violations may result in warnings, point deductions, time penalties, or disqualification:

- False start.
 - Grabbing or leaning on the handrails for prolonged periods.
 - Stepping off the treadmill during the race.
 - Interfering with equipment.
 - Unsportsmanlike conduct.
 - Failure to follow officials' instructions.
 - Wearing unapproved equipment.
-

Article 11 – Prohibited Actions

The following actions are prohibited:

- Receiving physical assistance during the race.
 - Adjusting another athlete's treadmill.
 - Tampering with treadmill settings.
 - Using performance-enhancing substances.
 - Deliberately damaging equipment.
 - Abusive behavior toward officials or competitors.
 - Any attempt to manipulate official race results.
-

Article 12 – Winner Determination

The winner shall be the athlete who completes the official distance in the fastest valid time.

If two or more athletes finish with identical times, the following tie-break criteria shall apply:

1. Better pace consistency.
 2. Fewer rule violations.
 3. Better running technique score.
 4. Decision of the Chief Judge.
-

Article 13 – Competition Officials

Each official competition shall include:

- Competition Director
 - Chief Judge
 - Technical Judge
 - Timekeeper
 - Equipment Inspector
 - Results Manager
 - Medical Officer
 - Safety Officer
 - Anti-Doping Officer
-

Article 14 – Safety Regulations

1. Every treadmill shall have a functional emergency stop system.
2. Athletes shall complete a warm-up before competition.
3. Medical personnel shall be present throughout the event.

4. Competition shall stop immediately if equipment failure creates a safety risk.
5. Athletes experiencing dizziness, chest pain, or injury shall immediately stop running and notify officials.

Article 15 – Anti-Doping

All athletes shall comply with the **WFRF Anti-Doping Code**.

Any athlete who refuses doping control or is found guilty of using prohibited substances or methods shall be disqualified and may face suspension or permanent ineligibility.

Article 16 – Code of Ethics

All athletes, coaches, judges, and officials shall:

- Respect all participants.
- Demonstrate honesty and professionalism.
- Follow all competition rules.
- Promote Fair Play.
- Respect officials' decisions.
- Uphold the reputation and values of the World Fitness Running Federation.

Official Motto

"Control Your Pace • Master Your Mind • Finish Strong."

Official Competition Rulebook

General Principles, Objectives, and Enforcement of the Regulations

The **World Fitness Running Federation (WFRF)** has established this Official Competition Rulebook to promote the development of modern fitness, running, and performance sports based on health, scientific training, athletic excellence, and fair competition.

These regulations provide the official framework for the organization, management, and supervision of all WFRF-sanctioned competitions at local, national, continental, and international levels. They are designed to ensure that every event is conducted according to the highest standards of safety, fairness, professionalism, and sporting integrity.

The rules contained in this Rulebook are founded upon internationally recognized principles of exercise science, sports physiology, biomechanics, sports medicine, competition management, athlete welfare, and ethical sporting conduct. They establish a unified system that guarantees equal opportunities and consistent competition standards for all participants worldwide.

All athletes, coaches, judges, technical officials, organizers, national federations, affiliated associations, clubs, and event promoters operating under the authority of WFRF shall fully comply with these regulations.

The primary purpose of these rules is to create a safe, transparent, and professional competitive environment in which every athlete may demonstrate physical fitness, technical ability, athletic performance, discipline, and sportsmanship under equal conditions.

The World Fitness Running Federation believes that sport is more than competition. It is a powerful tool for improving public health, encouraging active lifestyles, strengthening communities, promoting international friendship, and inspiring people of all ages to pursue lifelong physical activity.

For this reason, every WFRF competition shall be conducted according to the principles of **Fair Play, equality, respect, integrity, responsibility, and excellence**. Athletes are expected to compete honestly, respect officials and opponents, and represent the values of the Federation with dignity both on and off the field of competition.

Competition organizers are responsible for ensuring that all venues, equipment, timing systems, medical services, safety measures, and technical operations fully comply with WFRF standards before the start of each event. Certified judges, qualified technical officials, emergency medical personnel, and approved competition equipment are mandatory for all official competitions.

Athletes are responsible for maintaining appropriate physical preparation, respecting competition regulations, following officials' instructions, and competing with honesty and professionalism.

Every participant shall contribute to a safe, respectful, and positive sporting environment.

The World Fitness Running Federation maintains a strict **zero-tolerance policy** toward cheating, fraud, manipulation of results, violence, discrimination, harassment, corruption, and any form of unethical behavior. Violations of these principles may result in warnings, penalties, suspension, disqualification, or permanent exclusion from WFRF activities.

All athletes participating in official WFRF competitions are subject to the Federation's Anti-Doping Regulations. The use of prohibited substances or methods, refusal to submit to doping control, tampering with samples, or any violation of anti-doping rules shall result in disciplinary action in accordance with the WFRF Anti-Doping Code.

The Federation is equally committed to environmental sustainability and social responsibility.

During outdoor disciplines such as **Street Running** and **Beach Running**, organizers and participants shall protect public spaces, preserve natural environments, dispose of waste responsibly, and respect local communities and public property.

This Rulebook applies to every official discipline recognized by the World Fitness Running Federation, including all Fitness, Running, Functional Fitness, Strength, Indoor, Outdoor, Beach, and future disciplines approved by the WFRF Executive Board.

The Executive Board, Technical Committee, and Rules Committee of the World Fitness Running Federation retain the exclusive authority to interpret, amend, update, or revise these regulations whenever necessary. The most recently published edition of the Official Rulebook shall always prevail and shall serve as the sole authoritative reference for all sanctioned competitions.

The World Fitness Running Federation is committed to building a modern international sporting system founded upon **health, education, innovation, fairness, athlete safety, inclusion, sustainability, and sporting excellence**. Through these principles, WFRF aims to create opportunities for athletes, coaches, judges, and member organizations to develop and compete under one unified international standard.

This Official Competition Rulebook shall enter into force upon its approval by the Executive Board of the World Fitness Running Federation (WFRF) and shall govern all official championships, leagues, cups, ranking events, national championships, continental championships, and World Championships organized or sanctioned by the Federation.