



RULEBOOK



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The United Fitness Balkan Champions League 2026 is the first edition of what is set to become the most popular and the most exciting online fitness competition in the Balkan region.

Organized by the team behind United Fitness Balkan - the region's most influential functional fitness community known for its humor, authenticity, and relentless support of the Balkan athletes - this competition represents the true spirit of our community: competitive, passionate, unapologetic, and never afraid of a good meme.

Although born in the Balkans, the competition is not geographically limited. Athletes from across Europe and around the world are welcome to register and compete. Strength, engine, and skill know no borders - and neither does UFB.

The rules outlined here govern all aspects of the competition. Failure to comply with these rules may result in penalties, disqualification, and - in true UFB fashion - public callouts, memes, and a full year of online "shame posts" until the next UFB Champions League season.

1. GENERAL

The whole competition is planned to be held online with video submission, review and scoring protocols. There will be no on-site events where the presence of all the participants is mandatory.

UFB Champions League 2026 consists of four tests. All the WODs will be published on the official United Fitness Balkan Instagram profile. The details related to the announcement timelines, specified deadlines for completion of the workouts, submitting the scores, reviewing the videos, and publishing the official leaderboard are outlined below.

1. Event 1:
 - live announcement: Monday, March 16, 2026
 - score submission deadline: Sunday, March 29, 2026, at 11:00 PM (CET)
 - official leaderboards publish: Sunday, April 5, 2026, at 11:00 PM (CET)
2. Event 2:
 - live announcement: Monday, April 13, 2026
 - score submission deadline: Sunday, April 26, 2026, at 11:00 PM (CET)
 - official leaderboards publish: Sunday, May 03, 2026, at 11:00 PM (CET)
3. Event 3:
 - live announcement: Monday, May 11, 2026
 - score submission deadline: Sunday, May 24, 2026, at 11:00 PM (CET)
 - official leaderboards publish: Sunday, May 31, 2026, at 11:00 PM (CET)
4. Event 4 (Final Event):
 - live announcement: Sunday, June 07, 2026
 - score submission deadline: Sunday, June 21, 2026, at 11:00 PM (CET)
 - official leaderboards publish: Sunday, June 28, 2026, at 11:00 PM (CET)

After the submission window closes, scores for these WODs can no longer be adjusted or resubmitted.



Every WOD announcement comes with hype, borderline chaos, potential online duels, and enough meme material to keep the Balkan internet entertained for a month. Brace yourselves: suffering has never been this fun.

2. ATHLETES

Any athlete who meets the age and eligibility criteria can register to participate in the online qualifications. Athletes wishing to participate must complete the registration process in time to be eligible for the first WOD. To publish score videos, athletes must create and use YouTube or Vimeo accounts exclusively.

The UFB Champions League reserves the exclusive right to authorize or refuse the participation of any athlete. The UFB CL also reserves the exclusive right to validate or invalidate the scores of any athlete that submitted the result. The UFB CL will make these participation and scoring decisions to preserve the competition's integrity, reserving the exclusive right to invite participants of major global competitions, winners of regional events, promoters of UFB (especially them) or others to participate in this competition. This decision may be made to preserve the spirit and the energy of UFB community or for any other reason at its sole discretion.

Wildcards may be granted at any time – strategically, selectively, and occasionally simply because we can.

This competition is built on performance, respect, positive energy, and community spirit. There is no space for negativity, fragile egos, or unnecessary drama. If you are not ready to laugh at yourself, handle friendly call-outs, and embrace a bit of public banter - this might not be your competition. Bring fitness. Bring personality. Bring good vibes. Leave the rest at home.

3. REGISTRATIONS

Every competing athlete must register online on Circle 21, the official competition app, by selecting UFB Champions League 2026 Event. To successfully complete the registration process, athletes must submit the required fees. All payments are final, and no refunds will be allowed for any reason.

The UFB management has long-term financial plans - the budget has already been allocated toward a future Ferrari, a beachfront villa, and advanced meme production technology for the 2026 season.

4. DIVISIONS

The athlete's division must be selected based on their date of birth and gender at the time of registration. For the athletes, it will be the age as of December 31, 2026, that determines the division in which the athlete will compete. During the 2026 season, there will be a total of 9 divisions for individual competitors:

- Elite Women
- Elite Men



- Masters 35+ Women
- Masters 35+ Men
- Masters 40+ Men
- Advanced Women
- Advanced Men
- Scaled Women
- Scaled Men

There is no limit on the number of competitors. There are no team divisions in this edition of UFB Champions League.

Unfortunately, the most popular team in the Balkans - UFB - will be fully occupied with organizing the competition, so there is simply no point in having a team category when we are not competing.

5. FORMAT

For all the WODs, the test format will be published by the UFB Admins and uniformly communicated to all online athletes. The test format will include the following elements:

- Required Movement(s),
- Start and end ranges of the movement(s),
- Required number of repetitions and/or repetition scheme,
- Required equipment,
- Quantity of required weight
 - all weights will be given in kilograms,
 - it is the athlete's responsibility to use the correct weight,
 - if pounds are used, athletes must use appropriate combinations to achieve the correct weight in kilograms,
 - Collars or clips should not be counted in the total weight.
- Time domain or time limit,
- Scoring details,
- Filming and submission guidelines.

At all stages of the UFB Champions League competition, it is the athlete's responsibility to adhere to the test format. This includes performing all required movements according to the specified standard, counting and completing all required repetitions, using the necessary equipment and weights, meeting deadlines, and adhering to all submission and video standards.

Any modification to the test format in any way is prohibited and will result in the athlete's score being canceled. Only the UFB CL can provide official test versions for athletes to perform.

In other words, UFB Admins advise you for your own good: turn your brain on, activate common sense, read the rulebook carefully, and follow the instructions provided with each workout announcement. Creative interpretations are not encouraged - and rarely end well.



6. MOVEMENT CLAUSE

Any violation of the prescribed test format, including movement standards and range of motion, will result in the rejected repetition(s). Therefore, athletes and judges must familiarize themselves with the unusual movement clause.

Any movement deemed uncommon or outside the ordinary, or used to modify, shorten, or change the movement standard, including the line of action, may and will be rejected.

If an athlete is unable to meet the specific range of motion required for a movement, they are not allowed to substitute another movement or use tools/external assistance to achieve the range of motion.

The bottom line by UFB Admins - Your reps reveal your respect for yourself!

7. MOVEMENTS BY CATEGORY

Skill/Movement	Scaled Men	Scaled Women	Advanced & Masters 35+ Men	Advanced Women	Masters 40+ Men	Masters 35+ Women	Elite Men	Elite Women
Weightlifting (Snatch)	50 kg	30 kg	80 kg	45 kg	70 kg	40 kg	90 kg	60 kg
Bar Muscle Ups	No	No	Yes	No	Yes	No	Yes	Yes
Chest to Bar	No	No	Yes	Yes	Yes	Yes	Yes	Yes
Pull Ups	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Rope Climb	Regular	Regular	Regular	Regular	Regular	Regular	Legless	Legless
Kettlebell	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Wall Ball	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Walking Lunges	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Box Jumps	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Toes to Bar	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Jump Rope	Single Unders	Single Unders	Double Unders	Double Unders	Double Unders	Double Unders	Double Unders	Double Unders
Handstand Push Ups	No	No	Kipping	Kipping	Kipping	Kipping	Strict	Strict
Handstand Walk	No	No	No	No	No	No	Yes	Yes
Dumbbell	2x15 kg	2x10 kg	2x22.5 kg	2x15 kg	2x20 kg	2x12.5 kg	2x25 kg	2x17.5 kg
Wall Walk	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Row	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

8. SCORE SUBMISSION AND VALIDATION

Athletes must confirm their scores by uploading a video of their test on the Circle 21 Application. All the competitors must submit a video link with their score. If they do not submit a video, it will be requested, and a deadline will be provided. If, by the deadline, the video has not been received or is not visible, the score will be rejected.

It is solely the athlete's responsibility to ensure the timely submission of test results or videos each week. Incomplete submissions (missing information such as the full score or containing non-functional video links, etc.) will not be accepted. Scores must be submitted according to the dates communicated above.



Note: UFB CL reserves the right to extend the score submission deadline due to unforeseen circumstances. If the deadline is extended, athletes are allowed to complete or redo the tests within the new specified deadline.

The submitted videos will be reviewed by the internal UFB CL review team.

We are watching every move!

9. VIDEO SUBMISSIONS - SCORING PROTOCOL

Each scorecard includes all specific rules for video submissions and annotation. There are five possible outcomes that may be applied by the UFB CL internal review team in the judgment and scoring of online videos.

Submissions:

- **Good video:** The athlete adheres to the required movement standards, and the displayed score is correct. The score will be accepted.
- **Valid with minor penalty:** During the video, the athlete demonstrates the absence of a small number of repetitions resulting in a faster time or higher score for a given test. A minor penalty will be applied, and the athlete's final score will be adjusted. If the score is displayed as time, the total time to complete the test will be adjusted accordingly. *
- **Valid with major penalty (+15%):** During the video, the athlete demonstrates a significant number of missing repetitions resulting in a faster time or higher score for a given test. In this case, a major penalty will be applied, and the score may be adjusted by subtracting at least 15% of the total number of repetitions. If the score is displayed as time, the total time to complete the test will be adjusted accordingly. *
- **0 score:** During the video, if the athlete fails to pass the required test, a significant and unacceptable number of performed repetitions are invalid, they do not complete the required work, or they perform the wrong movements, UFB CL reserves the right to adjust their score to 0. If an athlete receives a score of 0, the rest of their competition score submissions will remain on the leaderboard.
- **Invalid:** UFB CL reserves the right to invalidate a score submission if it is determined that the athlete acted with malicious intent to manipulate the test for an unfair advantage. Additionally, the organization reserves the right to invalidate a score if the required equipment measurements (size and weight) for the test are not presented. If an athlete's score is invalidated, all their scores for the competition will be removed from the leaderboard.

Note: A score adjustment occurs when an athlete's score needs to be modified due to miscounted repetitions, missing repetitions, or a combination of both. A score adjustment may be standalone or applied in conjunction with a result of a minor or major penalty as described above.

* UFB CL will apply time penalties based on movements and/or circumstances during a given test. Time penalties may vary depending on the movement and context, and UFB CL reserves the right to update time penalties for movements based on the test's overall specifics, the specificity of the movement to be



performed, or the athlete's pace executing the movement(s). If a penalty results in a time exceeding the time cap, the athlete's score will be adjusted at a rate of -1 repetition for every several seconds over the time cap depending on the movement.

At the end of the day, the camera does not blink, and neither does the UFB review team. If you were known in your local gym as a "rep shaver," creative counter, or unofficial world record holder during regular training sessions - consider this your reality check. Karma now has HD resolution, slow motion, and a judging panel. Film clearly. Count honestly. Lock out fully. Show your equipment. This is not the time to discover new mathematics or invent alternative repetition standards. The leaderboard remembers everything.

10. VIDEO SUBMISSION APPEAL PROCESS

An athlete submitting a video will receive a notification through Circle 21 messaging platform and the email from the UFB CL team if the score posted with the video is modified. The message provides a brief description explaining the reason for the score change. Any athlete who disagrees with the modification of their score can respond directly to the email sent by the judging team, no later than 48 hours after announcing official results for every event. Upon receiving the notification that their score has been modified, they must specify in the reply message the test in question, the original score, the modified score, and the reason given for the score modification. They must also provide a brief explanation of the reasons for appealing to the decision. UFB CL will review the athlete's appeal and the video in question to make a final scoring decision. This decision will be communicated to the athlete via Circle 21 messaging platform.

Please, do not expect video explanations, memes, GIFs, funny reels etc. It is serious.

11. UFB CHAMPIONS LEAGUE LEADERBOARD

United Fitness Balkan Champions League, in collaboration with Circle 21, hosts the official leaderboard for the online competition. Athletes will be ranked on the UFB Champions League leaderboard based on their performance compared to other athletes in their division. During the events, athletes are ranked based on their overall ranking in all events. For example, an athlete with 7th, 3rd, and 4th places will have a total of 14 points ($7 + 3 + 4 = 14$) and will be ranked ahead of an athlete with 5th, 1st, and 12th places who would have 18 points ($5 + 1 + 12 = 18$).

In the event of a tie in total points, the higher ranking shall be awarded to the competitor with a **greater number of higher-placed finishes** in individual events. This shall be determined by a sequential comparison of the number of 1st place finishes, followed by 2nd place finishes, 3rd place finishes, and so on.

If the competitors remain tied after all criteria have been applied, they shall occupy the **same rank**, and the **prize pool** for the tied and the subsequent position(s) will be **combined and shared equally** among them.



In such cases, the **subsequent rank(s) will be skipped**. For example, if two competitors tie for 1st place, there will be no 2nd place awarded, and the next highest-scoring competitor will be ranked 3rd.

Unlike most competitions, we are transparent and open with our rules from the very start. However, that doesn't mean you should make our lives miserable with tie-breaks! Please, be unique. If you notice your score is identical to someone else's, just go ahead and redo the WOD. It's much easier for you to sell your soul to the Devil for a few more reps than it is for us to do math!

12. PRIZES

Prize Pool by Category (in EUR)

Place	Elite M/W	Masters M/W
1st	500	300
2nd	300	200
3rd	200	100

Place	Advanced M/W	Scaled M/W
1st	300	150
2nd	200	120
3rd	100	100
4th	90	80
5th	85	75
6th	80	65
7th	75	60
8th	70	50

Special Chaos & Glory Awards

Cash is nice, but glory, chaos, memes, fails, funky music, sexy outfits, and Admin-approved wild cards are forever.

In addition to the official cash prizes, UFB CL rewards chaos, creativity, and pure unfiltered personality. Special non-monetary awards (e.g. partner merch prizes or "divljaci" for partner competitions) may be given for, but not limited to:

- *Most insane video*
- *Smoothest or most elegant movement*
- *Funniest maneuver or introduction*
- *Biggest fail (yes, we love to laugh at pain... respectfully)*
- *Best music choice blasting in the background*
- *Sexiest outfit / most "functional fashion"*
- *Basically, anything the Admins think is hilarious, brutal, or very UFB*

We reserve the right to be completely arbitrary and savage with these awards.

Bring your personality, bring the chaos, bring the videos - at UFB, everything is fair game for glory, memes, and wild-card domination.



Prize Payment Timeline

All prizes will be awarded and cash prizes paid out within a maximum of 60 days after the conclusion of the competition.

Because even Admins need a little time to count the money, take most of it for themselves to fund Ferraris, beachfront condos, and advanced meme production, before responsibly sending your winnings your way.

13. FAIR PLAY AND CONDUCT RULES

All athletes commit to competing in a sportsmanlike manner.

Any unsportsmanlike behavior that may discredit UFB CL, the competition, other competitors, or the event's friends and partners, as determined by UFB CL in its sole discretion, may result in a penalty, suspension, disqualification, withdrawal, or exclusion from future events.

UFB CL maintains absolute authority over all decisions, including but not limited to, athlete disqualification, the reporting of malicious social media profiles, or the dismissal of any participant to protect the community and public image.

Look at us, basically legal scholars with a rulebook this tight! Besides being world-class event organizers, we've clearly become self-proclaimed experts in international law and the ultimate guardians of the digital world. We're just here to provide the platform for you to suffer - I mean, compete - and have the time of your lives. But please, don't test our 'lawyer' skills. We'd much rather be judging the depth of your squats and laughing at your memes than investigating fake profiles or filing boring paperwork. Play hard, keep the vibes high, and please - don't make us pull out the rulebook and remind you that we actually know how to use it!

14. LIABILITY WAIVER & INJURIES

Participants acknowledge that functional fitness competitions involve high-intensity physical activity and carry inherent risks. By registering, athletes agree that they compete at their own risk and that UFB CL, its staff and partners are not liable for any injuries, losses, or medical conditions sustained during the event. It is the sole responsibility of the athlete to ensure they are in adequate physical condition to compete.

Functional fitness is hard, unforgiving, and occasionally humiliating. By registering, you accept that UFB Admins are not responsible for torn quads, shattered egos, or the memes that will inevitably surface online.