

KARDO 9

WORKOUT ONLINE STAGE

STRENGTH
CONTROL
BALANCE
FREEDOM

PUSH
YOUR LIMIT
OWN THE BAR



GLOBAL STAGE

Open to Workout Athletes worldwide



SUBMIT YOUR BEST

Max 3-minute video showcasing your skills and creativity



TOP FINALISTS

Advance to the Grand Final in Russia



ALL EXPENSES COVERED

Flights, accommodation, meals & more!



CASH PRIZE AWAITS

Win and claim your glory on the world stage

ONLINE CATEGORIES

- ★ BEST STATIC
- ★ BEST DYNAMIC
- ★ BEST UNIVERSAL
- ★ BEST TRICK STATIC
- ★ BEST TRICK DYNAMIC
- ★ BEST GIRL

Will Advance to Grand Final (World Final)

ELIGIBILITY

- ✔ Open to male and female participants, 14 years of age and older.
- ✔ TOP Finalists must hold a valid passport with an expiration date no earlier than February 28, 2027.
- ✔ All participants must complete online registration on the official KARDO website: <https://rsv.ru>

VENUE

- 🌐 Online Stage Registration on <https://rsv.ru>
- 📍 Grand Final, Vladivostok, Russia

TIMELINE

- 1 ONLINE SUBMISSION
June 9th, 2026 – July 15th, 2026
- 2 JUDGING PROCESS
July 16th, 2026 – August 5th, 2026*
- 3 TOP 1 BEST STATIC FINALIST ANNOUNCEMENT
August 6th, 2026*
- 4 TOP 1 BEST DYNAMIC FINALIST ANNOUNCEMENT
August 6th, 2026*
- 5 TOP 1 BEST UNIVERSAL FINALIST ANNOUNCEMENT
August 6th, 2026*
- 6 TOP 1 BEST TRICK STATIC FINALIST ANNOUNCEMENT
August 6th, 2026*
- 7 TOP 1 BEST TRICK DYNAMIC FINALIST ANNOUNCEMENT
August 6th, 2026*
- 8 TOP 1 BEST GIRL FINALIST ANNOUNCEMENT
August 6th, 2026*
- 9 REGISTRATION FOR THE GRAND FINAL EVENTS
Aug 6th, 2026 – Aug 8th, 2026*
- 10 DELEGATION ARRIVAL IN VLADIVOSTOK
September 16th, 2026
- 11 GRAND FINAL (OPENING, COMPETITION, CLOSING)
Sept. 17th, 2026 – Sept. 19th, 2026
- 12 DELEGATION DEPARTING FROM VLADIVOSTOK
September 20th, 2026

NOTE :

* The Organizer reserves the right to amend the provisions of this guideline in accordance with the official KARDO Regulations. Any changes will be announced through the official website.

TOP SELECTED ONLINE FINALISTS PRIZE

Each category receives :

- ★ Official invitation to compete at the KARDO Grand Final in Vladivostok, Russia
- ★ Direct qualification to the Grand Final (World Final).
- ★ Status as Official KARDO Workout Grand Finalist (International Participant)
- ★ Visa support, including official invitation letters, provided in accordance with internal procedures and applicable regulations
- ★ Round-Trip flight tickets and internal transfers (arrival to and departure from Russia) during the period, provided in accordance with the official KARDO Regulations (flight type, route, and class are determined by the KARDO Organizing Committee)
- ★ Accommodation and meals provided for the entire Grand Final period
- ★ Official recognition, including a KARDO Grand Finalist Certificate, international exposure, and media coverage through official KARDO channels
- ★ Full access to all official programs, including competitions, Opening & Closing Ceremonies, and cultural, recreational, and networking activities
- ★ Priority consideration for future KARDO programs and projects (subject to Organizing Committee decision)

IMPORTANT NOTICE :

All benefits are provided only to participants who successfully qualify as Top Online Finalists, complete official Grand Final registration, and confirm attendance within the established deadlines. Participants are responsible for timely visa submission and compliance with immigration requirements.

RULES – ONLINE COMPETITION

1 VIDEO REQUIREMENTS

- Max duration: 3 minutes (intro and outro included).
- Video editing is allowed but must not distort realism.
- Edits that manipulate speed, remove mistakes, hide falls, or alter authenticity are strictly prohibited.
- Filming may be outdoors or indoors.
- No safety equipment or protective gear allowed.

2 CONTENT REQUIREMENTS

- Showcase your best static and/or dynamic elements, combinations, and overall control.
- Demonstrate strength, control, balance, creativity, and clean execution.
- Video must be your original performance created specifically for KARDO.

HOW TO ENTER



REGISTRATION

Register on <https://rsv.ru> and complete the application process on the official KARDO website <http://kardoaward.com>, selecting Workout as the competition direction and the appropriate appropriate category.



VIDEO POSTING

Post your video on your personal social media with the official hashtags: #workout #KARDO #KARDO9 or cloud drive.



VIDEO UPLOAD

Upload the video to your personal account on the KARDO website in the form of:

- One Playable Video File (MP4, MOV, AVI, etc.)
- Link to the video on social media or cloud storage
- Ensure the video is public

WORLD FINAL PRIZE*

WORKOUT – BEST STATIC*

🥇 1st Place (Champion)	75,000 RUB (= 979,72 USD)
🥈 2nd Place	35,000 RUB (= 457,2 USD)
🥉 3rd Place	20,000 RUB (= 261,26 USD)

WORKOUT – BEST DYNAMIC*

🥇 1st Place (Champion)	75,000 RUB (= 979,72 USD)
🥈 2nd Place	35,000 RUB (= 457,2 USD)
🥉 3rd Place	20,000 RUB (= 261,26 USD)

WORKOUT – BEST UNIVERSAL*

🥇 1st Place (Champion)	75,000 RUB (= 979,72 USD)
🥈 2nd Place	35,000 RUB (= 457,2 USD)
🥉 3rd Place	20,000 RUB (= 261,26 USD)

WORKOUT – GIRLS*

🥇 1st Place (Champion)	25,000 RUB (= 326,57 USD)
🥈 2nd Place	15,000 RUB (= 195,94 USD)
🥉 3rd Place	10,000 RUB (= 130,63 USD)

SPECIAL NOMINATIONS*

- ★ Best Trick Static 5,000 RUB (= 65,31 USD)
- ★ Best Trick Dynamic 5,000 RUB (= 65,31 USD)

🏆 ADDITIONAL BENEFITS

- ★ Official KARDO Certificate & Diploma
 - ★ Media exposure through KARDO official platforms
 - ★ Priority consideration for future KARDO programs
 - ★ and projects (subject to Organizing Committee decision)
- Prize payments are subject to the participant's presence at the Award Ceremony.

Find out More :

<https://worldkardoasia.com>

or on your browser :

info.worldkardoasia.com

KARDO 9
Workout
ONLINE STAGE
Competition Guideline

Description

Workout is a street sport discipline based on strength, control, balance, and body mastery, performed primarily using bodyweight exercises on bars and street structures. It combines static strength elements, dynamic movements, and fluid combinations that demonstrate physical power, endurance, and aesthetic control. Within the KARDO framework, workout is recognized as a competitive street sport that values technical precision, strength balance, clean execution, connectivity, and overall athletic presentation.

Overview

Participants must submit a workout performance video created specifically for the KARDO Award-Competition. The video must showcase the participant's best static and/or dynamic elements, combinations, and overall control.

The maximum duration of the video is 3 minutes (intro and outro included). Video editing is permitted, provided that it does not distort the realism of the performance. Editing that manipulates execution speed, removes mistakes, hides falls, or alters the authenticity of performance is strictly prohibited.

Filming may take place outdoors or indoors. The use of safety equipment or protective gear is strictly prohibited.

Period

Online Submission, June 9th, 2026 – July 15th, 2026
Grand Final, September 16th, 2026 – September 20th, 2026

Timeline

1. Online Submission	: June 9th, 2026 – July 15th, 2026
2. Judging Process	: July 16th, 2026 – August 5th, 2026*
3. Top 1 Best Static Finalist Announcement	: August 6th, 2026*
4. Top 1 Best Dynamic Finalist Announcement	: August 6th, 2026*
5. Top 1 Best Universal Finalist Announcement	: August 6th, 2026*
6. Top 1 Best Trick Static Finalist Announcement	: August 6th, 2026*
7. Top 1 Best Trick Dynamic Finalist Announcement	: August 6th, 2026*
8. Top 1 Best Girl Finalist Announcement	: August 6th, 2026*
9. Registration for the Grand Final Events	: Aug 6th, 2026 - Aug 8th, 2026*
10. Delegation Arrival in Vladivostok	: September 16th, 2026
11. Grand Final (Opening, Competition, Closing)	: Sept. 17th, 2026 – Sept 19th, 2026
12. Delegation Departing from Vladivostok	: September 20th, 2026

Eligibility

- Open to male and female participants, 14 years of age and older.
- TOP Finalists must hold a valid passport with an expiration date No earlier than February 28, 2027.
- All participants must complete online registration on the official KARDO website: <https://rsv.ru>

Venue

Online Stage Registration on <https://rsv.ru>
Grand Final, Vladivostok, Russia

Online Categories

- Best Static : Top 1 Finalist*
- Best Dynamic : Top 1 Finalist*
- Best Universal : Top 1 Finalist*
- Best Trick Static : Top 1 Finalist*
- Best Trick Dynamic : Top 1 Finalist*
- Best Girl : Top 1 Finalist*

Will Advance to Grand Final (World Final)

Top Selected Online Finalists Prize

Each category receives :

- Official invitation to compete at the KARDO Grand Final in Vladivostok, Russia
- Direct qualification to the Grand Final (World Final).
- Status as Official KARDO Workout Grand Finalist (International Participant)
- Visa support, including official invitation letters, provided in accordance with internal procedures and applicable regulations
- Round-Trip flight tickets and internal transfers (arrival to and departure from Russia) during the period, provided in accordance with the official KARDO Regulations (flight type, route, and class are determined by the KARDO Organizing Committee)
- Accommodation and meals provided for the entire Grand Final period
- Official recognition, including a KARDO Grand Finalist Certificate, international exposure, and media coverage through official KARDO channels
- Full access to all official programs, including competitions, Opening & Closing Ceremonies, and cultural, recreational, and networking activities
- Priority consideration for future KARDO programs and projects (subject to Organizing Committee decision)

Important Notice:

All benefits are provided only to participants who successfully qualify as Top Online Finalists, complete official Grand Final registration, and confirm attendance within the established deadlines. Participants are responsible for timely visa submission and compliance with immigration requirements.

World Final Prize*

Workout – Best Static*

- 1st Place (Champion): 75,000 RUB (€979,72 USD)
- 2nd Place: 35,000 RUB (€457,2 USD)
- 3rd Place: 20,000 RUB (€261,26 USD)

Workout – Best Dynamic*

- 1st Place (Champion): 75,000 RUB (€979,72 USD)
- 2nd Place: 35,000 RUB (€457,2 USD)
- 3rd Place: 20,000 RUB (€261,26 USD)

Workout – Best Universal*

- 1st Place (Champion): 75,000 RUB (€979,72 USD)
- 2nd Place: 35,000 RUB (€457,2 USD)
- 3rd Place: 20,000 RUB (€261,26 USD)

Workout – Girls*

- 1st Place (Champion) : 25,000 RUB (€326,57 USD)
- 2nd Place: 15,000 RUB (€195,94 USD)
- 3rd Place: 10,000 RUB (€130,63 USD)

Special Nominations*

- Best Trick Static: 5,000 RUB (€65,31 USD)
- Best Trick Dynamic: 5,000 RUB (€65,31 USD)

Additional Benefits

- Official KARDO Certificate & Diploma
- Media exposure through KARDO official platforms
- Priority consideration for future KARDO programs and projects (subject to Organizing Committee decision)

Prize payments are subject to the participant's presence at the Award Ceremony.

How To Enter

1. Registration

The participant must register personal account on <https://rsv.ru> and complete the application process in their personal account on the official KARDO website <http://kardoaward.com> , selecting Workout as the competition direction and the appropriate category.

2. Video Posting

The video must be posted on the participant's personal social media account with the official hashtags: #workout #KARDO #KARDO9 or cloud drive.

3. Video Upload

The participant must upload the video to their personal account on the KARDO website in the form of:

- One Playable Video File (MP4, MOV, AVI etc)
- A link to the video on social media or to cloud storage or any other free-access platform
- All links must remain active and publicly accessible until the end of the competition.

Rules Online Competition

1. Intro & Outro Requirement

- Participants must add the official intro and outro to their video.
- These materials can be downloaded from: <https://worldkardoasia.com> Assets.

2. Video Requirements (Online Competition)

- Maximum duration: 3 minutes
- Video format: vertical or horizontal (at the participant's choice).
- Filmed in 2025–2026 only
- Filming location: indoor or outdoor
- Intro and outro are included in the timing
- Video editing is allowed if realism is preserved
- Musical accompaniment and color correction are permitted

3. Recommendations

- When performing a combination, it is necessary to take into account that the “connectivity” criterion is not evaluated in the case of footage cuts (even if it is a change of camera angle)
- Choose a location with good lighting and visibility
- Avoid excessive editing; it is important that judges can assess the athlete's real physical abilities

4. The following will result in disqualification:

- Use of safety equipment or protective gear :
 - Safety mats
 - Foam pits
 - Soft landing zones
 - Gymnastic modules
 - Trampolines
 - Sand pits
- Distortion of performance realism through editing
- Use of old video materials (before 2025)

5. Online Qualification Results

Based on expert evaluation, the list of participants advancing to the next stage (TOP lists) will be published on the official KARDO website.

6. Expert Evaluation Criteria

- The participant is not required to specify a nomination when submitting an application; the video clip is automatically evaluated according to all criteria.
- Based on the judging results, the participant may be assigned to one or more categories:
 - Best Universal : all criteria are evaluated.
 - Workout Girls : all criteria are evaluated.
 - Best Dynamic : only dynamics, connectivity of dynamic elements, and aesthetics are evaluated.
 - Best Static : only statics, connectivity of static elements, and aesthetics are evaluated

7. Each performance is evaluated by the Expert Council based on the following criteria:

Technical Score

- Dynamics (up to 14 points)
 - The complexity and quality of execution of swinging elements requiring high technique, amplitude, and control are evaluated.
 - Includes: launches, flights, rotations, swings, landings, transitions; variability and smoothness of transitions between elements; cleanliness of execution and completeness of movements.
- Statics (up to 14 points)
 - Strength, balance, and stability in the execution of static elements are evaluated, as well as the complexity and control of transitions between elements.
 - Includes elements such as flags, horizontal and vertical supports, holds, or strength-based transitions performed on pull-up bars, various parallel bars, the floor, stall bars, or monkey bars.
- Variety of Elements (up to 4 × points)
 - The use of different types of elements in both dynamics and statics is evaluated. For each type of elements (a total of 4 types for dynamics and 4 for statics), a separate score is given for the most difficult element of that type.

Technical Bonus

- Diversity Bonus (0.2–0.6 points)
 - Additional points are awarded for performing multiple elements within one type, demonstrating a wide technical arsenal and a high level of athlete preparation. Scoring is based on the complexity of the elements for each type.

Performance Score

- Connectivity (up to 4 points)
 - The combination within a routine of two or more different elements or their variations. The structure and logic of combinations are evaluated, as well as the absence of pauses and “breaks” in the performance, dynamism, and maintenance of control throughout the entire program.
- Aesthetics (up to 2 points)
 - The delivery and artistry of execution are evaluated: expression, confidence, visual lightness, movement culture, completeness; the overall aesthetics of the video presentation (not the editing style, but the athlete’s technique and delivery).

8. Penalty points may be deducted for :

- Declared but not performed elements: –0.2 points each
- Falls, loss of control, or contact with the ground: –0.2 points or more, depending on severity
- Exceeding the 3-minute limit: footage beyond the limit is not evaluated
- Multiple mistakes are allowed, but cumulative penalties may result in a negative final score.

9. Disqualification. Participants may be disqualified for:

- Use of prohibited equipment
- Serious safety violations
- Submission of old or reused video materials
- Non-compliance with technical requirements

Additional Rules

1. Any Offline Qualification (if applicable)
 - Workout offline qualifications are held in selected regions and countries.
 - Participants may attend any available offline qualification event in any country or region and compete there.
 - Winners of offline stages are determined based on live competition results.
2. Grand Final Participation
 - Status as Official KARDO Workout Grand Finalist (International Participant)
 - They receive full access to official, competitive, recreational, and cultural programs of the KARDO Grand Final, subject to completed registration.
3. Final Qualification at Grand Final
 - During the Grand Final, an additional qualifying stage is held.
 - Participants from both online and offline qualifications compete together under equal conditions.
4. Selected online winners aged fourteen (14) years and above but under eighteen (18) years are required to be accompanied by a companion in order to attend and participate in the Grand Final. KARDO shall only cover the companion's accommodation (hotel) and meals. All other expenses, including but not limited to airfare and visa costs, shall be fully borne by the participant.
5. The format, requirements, and deadlines of the creative assignment are determined and announced by the KARDO Organizing Committee. All direction-specific competition criteria and technical regulations remain consistent and unchanged between the Online Qualification stage and the Offline Grand Final.
6. Participants do not select a category. All submissions are automatically evaluated according to the Workout judging criteria.

This guideline is developed in accordance with the official KARDO Regulations for Season IX. In case of any discrepancies or interpretation conflicts, the official KARDO Regulations prevail.

Information

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Note :

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