



wludo



1ST

**WLUDO WORLD
FITNESS CHAMPIONSHIP
2026**

CONTESTS

COMPETITION



REGISTRATION



**PARTICIPATION
PARAMETERS**



**AWARDS AND
PUBLICITY**



Dear Executive Committee of the Sports Organization,

We extend our cordial greetings and best wishes for continued success in your leadership and contributions to the development of sport.

WLUDO is a global training and competition system that integrates fitness, martial skills, and inclusion, enabling athletes from diverse disciplines and conditions to participate in an innovative, accessible, and performance-oriented competitive environment.

In this context, WLUDO proudly presents the 1ST WLUDO WORLD FITNESS CHAMPIONSHIP 2026, an international competition that brings together athletes from around the world through a dynamic digital format.

Sincerely,

Master Jhon Fredy Marín

Master Nelson Páez

Chief Development Officer & Founder

Official Organizer – WLUDO

ORGANIZED BY



EMAIL SUPPORT::

wludoheroes@gmail.com

OFFICIAL WHATSAPP GROUP::

<https://chat.whatsapp.com/BViv3vX1tsNJpENhqID1Y>

DATE	ACTIVITY
■ May 25, 2026	Registration opens 
■ July 04, 2026	Registration closes 
■ June 27, 2026	Technical meeting 
■ May 25 – July 10 or 15, 2026	Video submission period 
■ August 15-16, 2026	Competition days 

COMPETITION

More than 240 million children worldwide live with some form of disability, and the vast majority have NOT had the opportunity to participate in a real sports competition.

WLUDO was created to change that reality.

COMPETITION FORMAT

The elimination system for the competition will be based on progressive cuts.

This first online event will be conducted using pre-recorded videos, which will be streamed online and evaluated in real time by international judges.

The event will be broadcast live through the WLUDO Heroes YouTube channel.

All event information, including competition brackets, medal tables, awards, and schedule, will be available at: heroes.wludo.com

COMPETITION MODALITIES

/// FITNESS

The Fitness modality in WLUDO is designed as a comprehensive physical development system, where the objective is not only competition, but also the promotion of movement, discipline, personal growth, and inclusion through sport.

It is structured into two main approaches:

ADAPTED FITNESS

(Athletes with cognitive or physical disabilities)

This modality represents the core of the WLUDO system. It is designed to provide real opportunities for sports participation to children and youth with disabilities, removing traditional barriers found in competitive sports.

The focus is not solely on performance, but on:

- *Development of motor skills*
- *Improvement of coordination and autonomy*
- *Strengthening of self-esteem*
- *Family and social integration*

In WLUDO, every participant in this modality is recognized as an athlete in a process of growth, where the most important achievement is to participate, progress, and belong.

CONVENTIONAL FITNESS

The Conventional Fitness modality is designed for children and youth without special conditions, who participate under an evaluation system focused on:

- *Physical performance*
- *Technical execution*
- *Endurance and body control*

This modality promotes:

- *Sports discipline*
- *Healthy competition*
- *Development of healthy habits from an early age*

Additionally, it encourages interaction within an inclusive environment where all participants share the same platform, promoting values such as respect, empathy, and fairness.

Both modalities are integrated into a single system, where WLUDO establishes a new standard in sport, demonstrating that competition and inclusion can coexist within a global, innovative, and accessible environment for all.



COMPETITION MODALITIES AND DIVISIONS

/// FITNESS

CATEGORY	DIVISION	GENDER	YOUTH B -11 YEARS	CADET 12-14 YEARS	JUNIOR 15-18 YEARS	SENIOR +18 YEARS
FITNESS	CONVENTIONAL	MALE	✓	✓	✓	—
		FEMALE	✓	✓	✓	—
	ADAPTED	MALE	✓	✓	✓	✓
		FEMALE	✓	✓	✓	✓

/// ADAPTED FITNESS CATEGORIES

THE ADAPTED FITNESS COMPETITION CATEGORIES ARE AS FOLLOWS:

- F1 Neurodiversity (ASD, Intellectual Disability, cognitive developmental disorders)
- F2 Hearing impairment (hearing loss and deafness)
- F3 Visual impairment
- F4 Ambulatory physical impairment (cerebral palsy, motor impairments without wheelchair use)
- F5 Wheelchair users*
- F6 Short stature
- F7 Mild neuromotor developmental disorders
- F8 Multiple conditions

Each coach or delegate submitting the registration is responsible for the accuracy of the athlete's classification in adapted fitness categories.

The organization reserves the right to make adjustments if deemed necessary.

*ADAPTED ATHLETES – WHEELCHAIR CATEGORY

For athletes using wheelchairs, specific adapted tests will be applied.

These tests are designed to ensure:

- Equal participation opportunities
- Fair evaluation standards
- Safety in execution

Adapted test protocols will be provided directly to registered coaches or organizations upon request.

Information: wludoheroes@gmail.com



FITNESS: OPEN CATEGORY

In this first edition, the Fitness modality will be developed under a single-category format, with the objective of ensuring inclusive, fair, and accessible participation for all athletes.

This approach allows participants with different levels of experience to be integrated into the same system, prioritizing:

- *Active participation*
- *Individual development*
- *Personal improvement*
- *A global sports experience*

Evaluation will be based on each athlete's individual performance, considering execution quality, effort, and continuous improvement.

FITNESS SCORING SYSTEM – WLUDO

The Fitness modality will be evaluated based on two main variables:

1. TECHNIQUE

This refers to the quality of execution of the movement or sequence performed.

Evaluation will consider:

- Starting position
- Movement Execution
- Body Posture
- Control and stability
- Proper completion
- Fluidity and coordination

The technique will be assessed on a scale from 1 to 5 points, where:

- 1.– *Very Basic*
- 2.– *Basic*
- 3.– *Acceptable*
- 4.– *Good*
- 5.– *Excellent*

1.1. TECHNICAL BASE SCORE

The base score will be assigned according to the technical level achieved, as follows:

TECHNIQUE	BASE SCORE
5	10.000 Pts.
4	9.950 Pts.
3	9.900 Pts.
2	9.850 Pts.
1	9.800 Pts.

2. TIME

This corresponds to the total time taken by the athlete to complete the test.

- *Measured in seconds*
- *The lower the time, the higher the score*

2.1 TIME PENALTY

The time penalty is applied progressively to ensure a balance between speed and technical quality:

- *From 0 to 60 seconds: each second deducts 1 point*
- *From 61 to 80 seconds: each second deducts 2 points*
- *From 81 seconds onward: each second deducts 3 points*

3. SCORING FORMULA

Final Score = Technical Base Score – Time Penalty

3.1. EXAMPLE

Athlete with technique level 4 (9950 points) and a time of 70 seconds:

- *First 60 seconds → $60 \times 1 = 60$*
- *Next 10 seconds → $10 \times 2 = 20$*

Total penalty = 80

Final Score = $9950 - 80 = 9870$ points

4. RANKING CRITERIA

The athlete with the highest final score will be ranked first.

4.1. TIE-BREAKING CRITERIA

In case of a tie:

- *The athlete with the higher technical score wins*
- *If the tie persists, the athlete with the lower time wins*
- *If the tie continues, judges will decide based on overall technical quality*

This scoring system has been designed to:

- Simplify technical evaluation through a clear scale
- Maintain the importance of movement quality
- Ensure that speed directly impacts the final result
- Create a dynamic, fair, and competitive environment

In WLUDO, technique defines the level, but speed defines the competition.

FITNESS TESTS

In the Fitness modality, there will be only a final round. Athletes must submit a single video, without cuts or editing, performing the three tests according to this regulation.

	EXERCISE	REPETITIONS	
01	Skater Jump	20 Repts.	
02	Jumping Jacks	20 Repts.	
03	Squat Jump	20 Repts.	

REGISTRATION

Registration is considered complete only when all required information and the competition video are submitted in accordance with the guidelines established in this document.

The email must include:

Subject line: Registration of (Name of organization or representative) for WLUDO Fitness Online

Email must include:

Name of the organization's representative or delegate

- Organization logo in PNG format with high resolution
- Athlete's name, age, and gender
- Athlete's country
- Category, modality, and division
- Video following the technical guidelines of this document, submitted via WeTransfer (or similar file transfer platform)

Email submission:

wludoheroes@gmail.com

All participants, including athletes, coaches, and representatives involved in the 1st WLUDO World Fitness Championship 2026, agree to and authorize WLUDO to use their videos and images for promotional, educational, and broadcasting purposes.

GENERAL INFORMATION

Participants must submit

- A front-facing photograph in a white background, following this style or a pose chosen by the athlete.
- ID-style photograph with a white background



REGISTRATION FEES

REGISTRATION & PAYMENT

Registration Fee:

USD \$60 per athlete

Payment must be completed through the official link below:

<https://www.paypal.com/ncp/payment/5FVHUCJJ57764>

IMPORTANT CONDITIONS

- Coaches or delegates may register one or multiple athletes in a single transaction
- To register multiple athletes, select the desired quantity at checkout
- Registration will only be considered valid once payment has been confirmed



PAY HERE

PAYMENT CONFIRMATION

Payment will only be considered confirmed when the status appears as "Completed" in the PayPal system.

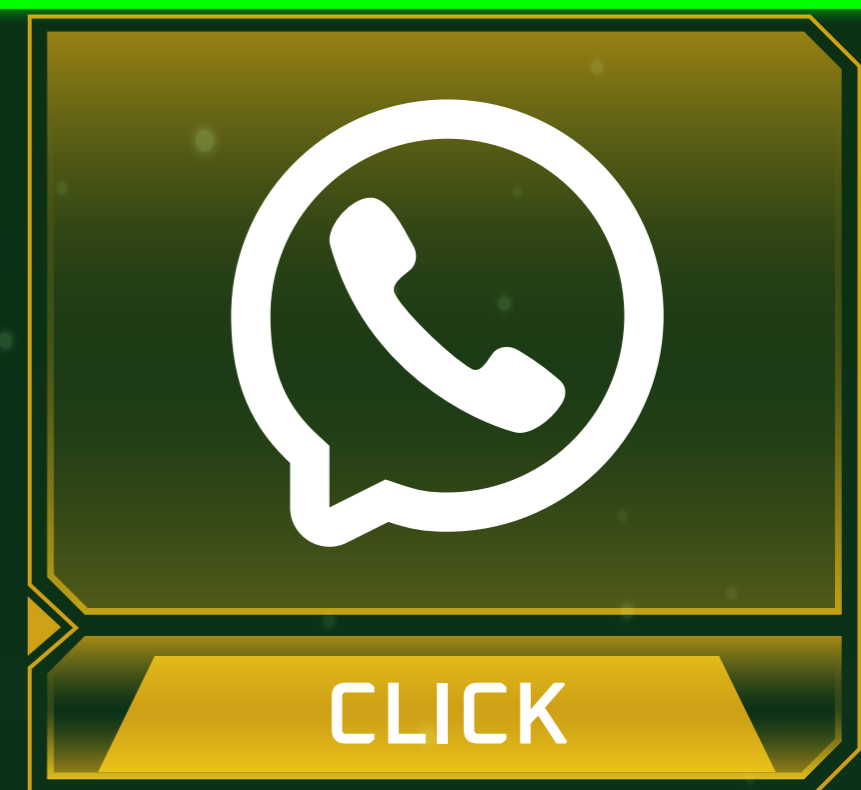
After completing the payment, the coach or delegate must send:

- Payment confirmation (screenshot)
- List of registered athletes
- Name of the coach or organization

PARTICIPATION PARAMETERS

FOR COACHES AND/OR SPORTS ORGANIZATION DIRECTORS

- Coaches are expected to join the official event WhatsApp group to receive information and guidance before and during the competition:
- The delegate must ensure that the submitted videos meet the highest quality standards, in accordance with the technical requirements.
- Coaches are expected to review and understand the Athlete Guidelines.



ATHLETE GUIDELINES

This protocol is designed as a guide for athletes participating in this pre-recorded video format with online transmission and real-time judging by international referees. It provides general information about the competition (schedule, dates, times, participation categories, platform) and the required technical specifications (hardware, software, etc.).

// PERSONAL PRESENTATION

The athlete's attire must meet functional, safety, and visibility standards for technical evaluation.

ALLOWED:

- Fitted or semi-fitted sportswear that allows clear observation of movement
- Athletic training shoes with non-slip soles

RESTRICTIONS:

- Green clothing or footwear (due to chroma key/green screen interference)
- Accessories such as chains, rings, or watches

- Clothing that restricts movement or compromises safety

RECOMMENDATION:

A strong contrast between the athlete's clothing and the background is highly recommended to ensure optimal visibility during video evaluation. Technical Recommendation:

It is strongly recommended that there is a clear contrast between the athlete's clothing and the background to ensure optimal visibility in video recordings, especially in digital production environments.

// DEDUCTIONS

Submission of videos that do not comply with the official competition tests will result in the minimum score being assigned.

VIDEO RECORDING GUIDELINES

VIDEO RECORDING

Athletes must record their performance from their location (home or preferred venue) with the highest possible video quality.

It is recommended that the recording be done in a dojang, dojo, or martial arts school, with the support of a coach, while complying with all the requirements established in this document.

TECHNICAL REQUIREMENTS FOR PARTICIPATION

1. Physical Environment:

- Ensure that the recording takes place in a suitable space for the performance
- Verify that there are no obstacles in the performance area
- Ensure that nothing interferes with the camera view during the athlete's performance (e.g., pets, other people, objects, etc.)

2. Recording:

- No cuts, edits, or alterations to the video are allowed upon submission
- The athlete must be in the starting position when the recording begins; entering or exiting the frame is not permitted
- The camera must be in horizontal (landscape) position
- The camera must be placed directly in front of the athlete
- The camera must be positioned at a distance that captures all details of the athlete's performance
- The performance must begin far enough from the camera to ensure the athlete remains fully visible at all times
- The camera must be positioned at a height between 1.5 and 1.8 meters from the ground

3. Lighting:

- Avoid backlighting (there should be no lights behind the athlete; lighting should come from above or in front)
- Lighting must be between a minimum of 500 lux and a maximum of 1200 lux

There is an official protocol for video recording. Participants must follow the recommendations outlined in the following WT videos

Additionally, it is required to record videos using a green screen background for editing purposes.



4. Accessories:

- Religious or political displays are not permitted.

5. Athlete Support:

- A support person must be present to assist the athlete with the recording. This person may be an assistant or the coach.

6. Green Screen Background:

- For Fitness, recording with a green screen background (wall and floor) is mandatory.

PLEASE NOTE DURING THE PERFORMANCE:

- The recording must begin from the starting position
- The support person will give the command "START" and indicate the assigned time for the test; the performance begins immediately
- When the time ends, the support person will give the command "STOP"
- The official time will be verified by the WLUDO system. Any repetitions performed after the time has ended will not be counted

TECHNICAL RECOMMENDATIONS FOR PROPER GREEN SCREEN RECORDING.

To ensure a successful participation and the best experience for both athletes and the evaluation and editing team, the following aspects must be considered when recording your routine:

GREEN RECORDING AREA (WALL AND FLOOR)

Each athlete must position themselves within a clearly defined space using a uniform green background that covers both the wall and the floor, creating a clean visual frame.

This area serves as the foundation for digital editing and ensures that your performance appears clear, professional, and free of visual interference.

SUGGESTED FRAMING:

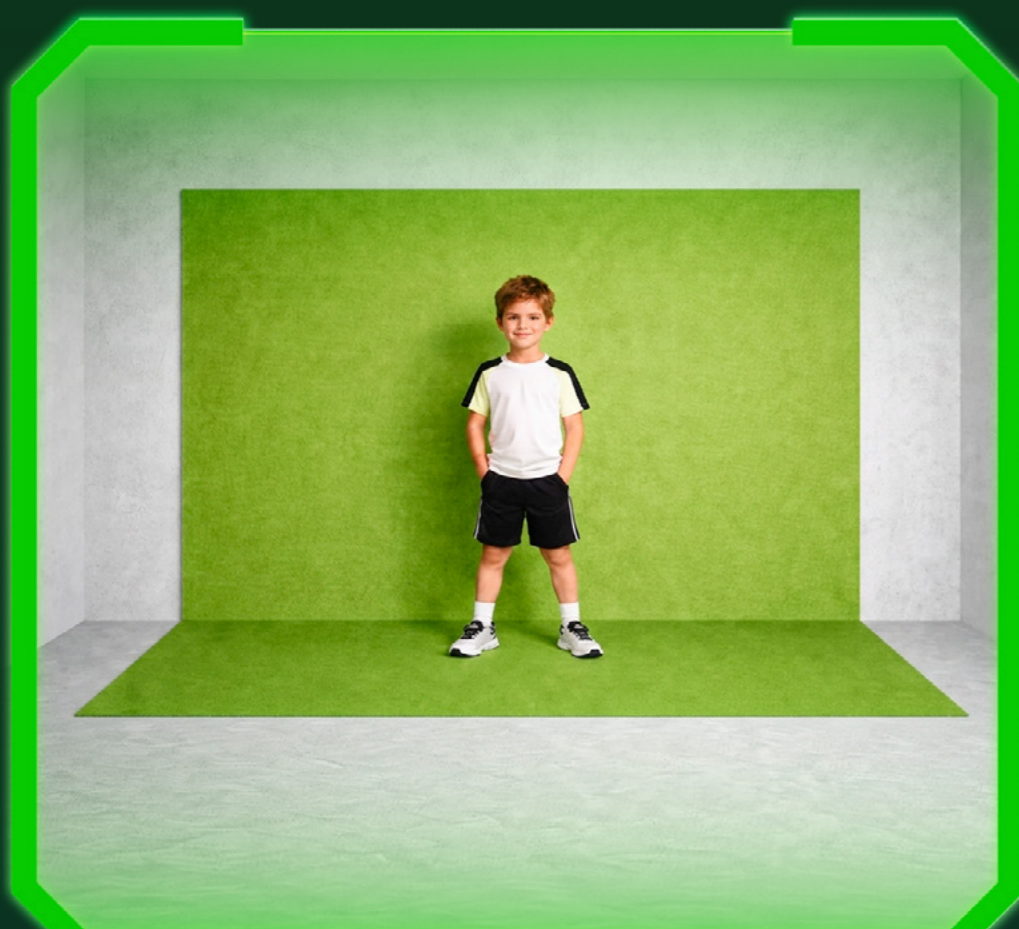
It is essential that the recording is limited strictly to the green screen area, avoiding any visible external elements such as walls, different floor surfaces, decorative objects, or surroundings.

This ensures easier editing, allows for high-quality visual effects, and guarantees that your performance remains consistent and uniform with that of other participants.

MOVEMENT WITHIN THE GREEN AREA

Throughout the entire routine, the athlete must keep their entire body within the green screen frame. Specifically:

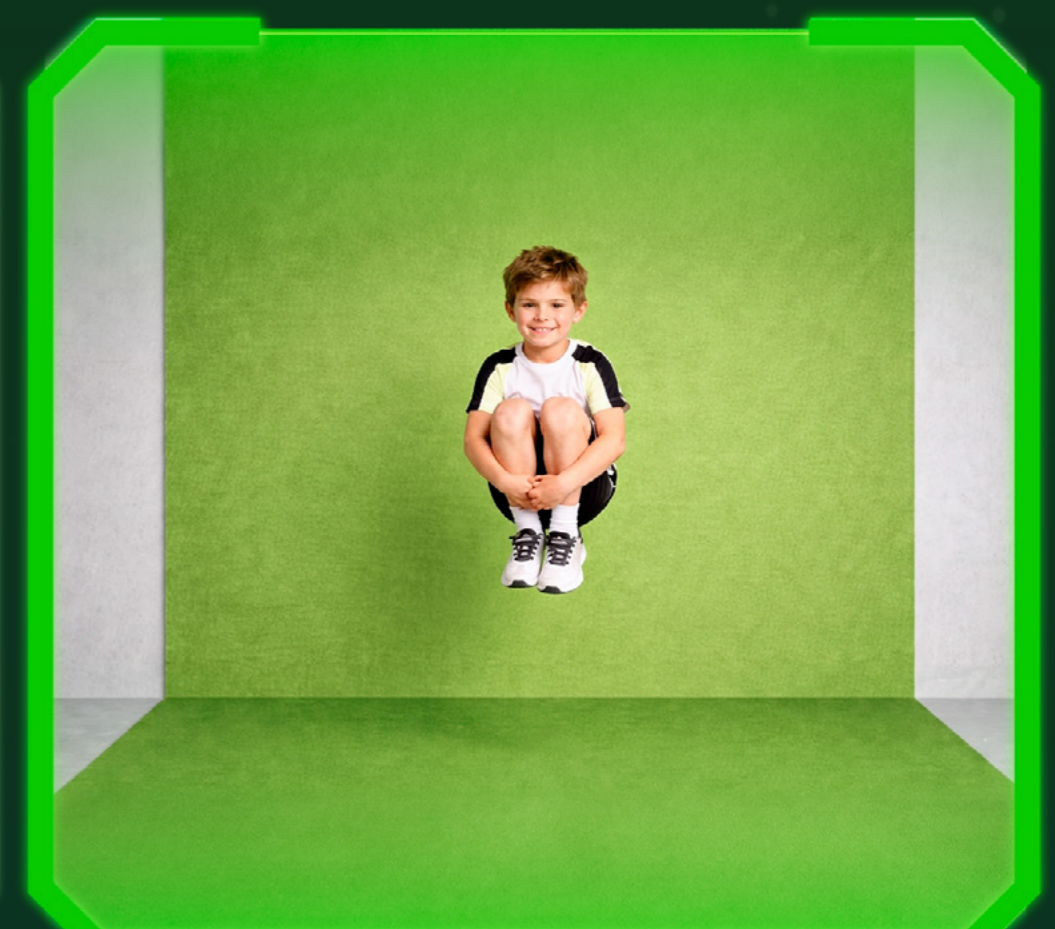
- *The head, hands, feet, or extended arms must remain within the green screen area at all times*
- *This applies even during dynamic exercises such as jumping jacks, squat jumps, or lateral movements*



GREEN RECORDING AREA



SUGGESTED FRAMING



MOVEMENT WITHIN THE GREEN AREA

/// IMPORTANT NOTE

If you require assistance, you may contact us via WhatsApp, where you will receive personalized guidance throughout the registration process if needed.

WLUDO establishes a new standard in sports competition, integrating technique, physical performance, and inclusion into a global, dynamic, and accessible format for all athletes.

IMPORTANT:

If the green screen is not used or is incorrectly framed, high-quality digital editing and visual effects cannot be properly applied. During the live streaming, the video presentation may appear limited or different compared to other competitors.

This may negatively affect the athlete's experience, as their performance may not appear as polished as others that are correctly edited. Our goal is to minimize these situations and ensure a consistent, high-quality visual experience for all participants.

WHY IS THIS IMPORTANT?

Following these recommendations not only ensures proper technical evaluation, but also guarantees a professional, clean, and visually appealing presentation.

It also reflects each participant's commitment to quality and respect for the competition format.

FINAL TIP

Before recording your final routine, perform a test recording to verify framing, lighting, and that all movements remain within the green screen area.

This will give you confidence and ensure that your performance looks outstanding.

The athlete must record their performance from their location (home or preferred venue) with the highest possible video quality. It is recommended that the recording be done at the training site, with the support of a coach, while complying with the requirements established in this document.

AWARDS AND PUBLICITY

AWARDS

To recognize the effort, discipline, and performance of all participants, the event will include the following awards system:

1. Digital Participation Certificate (E-Certificate)

Awarded to all registered athletes and organizations who successfully complete their participation.

2. Honor Certificates (E-Certificate Awards)

Awarded to:

- *First Place – Champion*
- *Second Place – Team Captain*
- *Two Third Places – Group Heroes*

3. International Recognition

Outstanding athletes will be featured across official WLUDO platforms, including:

- *Website*
- *Social media*
- *Live broadcast*

This provides international visibility and recognition within the WLUDO community.

STREAMING PUBLICITY AND VISIBILITY

Organizations may submit a promotional video with the following specifications

- *Maximum duration: 30 seconds*
- *Format: Horizontal (16:9)*
- *Recommended resolution: 1080p or higher*
- *Content: Team introduction, values, training, or institutional message*

Selected videos may be featured during:

- *Live event broadcast*
- *Official breaks during competition*
- *Promotional content on social media*

GLOBAL DIGITAL PRESENCE

The event will be streamed through digital platforms, allowing athletes and organizations to gain international exposure across multiple countries.

MEDIA USAGE

By participating in the event, athletes and organizations authorize the use of their image and audiovisual material for promotional, educational, and WLUDO project dissemination purposes.

WLUDO positions itself as a global sports platform for visibility, connection, and opportunity, connecting emerging talent with international audiences through technology, inclusion, and competition.

Contact and Social Media

For more information, registrations, and strategic partnerships, please contact us through:

Website: <https://heroes.wludo.com>

Email: wludoheroes@gmail.com

Social Media: @wludo / @wludoheroes

WLUDO was created as a global initiative aimed at transforming the way children and youth experience sport, creating real opportunities for participation, inclusion, and development through technology.

Today, we are taking the first step.

We invite organizations, coaches, families, and athletes from around the world to be part of this historic event, where we aim to bring together representatives from more than 32 countries in this first edition.

This is not just a sports event.

It is an opportunity to inspire, connect, and build a global community where everyone has a place.

Join Us
Be part of the change
Be part of WLUDO

EXPERIENCE THE COMPETITION IN REAL
TIME FROM ANYWHERE IN THE WORLD

WATCH IN LIVE

@WLUDOHEROES



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