



REGULATION (NOTICE) **on International Kettlebell Lifting Competitions for 2015**

1. Goals and Objectives

The competitions shall be held for the following purposes:

- to further develop and promote kettlebell lifting in the world;
- to determine competitions winners;
- to strengthen and expand international cultural and sports relations.

2. Dates and Places of Competitions

- European Championship for veterans (men – biathlon, women – snatch) – May 22-25, Worms, Germany;
- World Championship for young men and girls born in 1997-1999 (specific exercises) – May 22-25, Worms, Germany;
- World Championship for men and women (long cycle) – July 02-07, Pécs, Hungary;
- World Championship for juniors born in 1993-1996 (long cycle) – July 02-07, Pécs, Hungary;
- World Championship for students (men – long cycle, women – snatch) – July 02-07, Pécs, Hungary;
- World Championship for veterans – men and women (long cycle) – July 02-07, Pécs, Hungary;
- European Championship for veterans – men and women (long cycle) – July 02-07, Pécs, Hungary;
- World Championship for men (biathlon, relay) and women (snatch) – October 01-06, Celje, Slovenia;
- World Championship for juniors born in 1993-1996 (men - biathlon, girls – snatch) – October 01-06, Celje, Slovenia;
- World Championship for veterans - (men – biathlon; women – snatch) – October 01-06, Celje, Slovenia.

Day of arrival at the championship shall be the first day according to the calendar plan. The credentials committee meeting, jury and team representatives meeting and weighing of competitors shall be held on the day of arrival.

3. Competitions Management

General management of competitions organization and holding shall be performed by the IGSF Executive Committee.

Immediate competitions holding shall be assigned to the the national and territorial federations for kettlebell lifting at the place of competitions, the Organizing Committee and the duly approved Main Jury.

4. Competitions Participants

All the competitions shall be individual and team.

National teams and sportsmen from the countries cultivating kettlebell lifting shall be admitted to participation in competitions. List of team members shall be defined before weighing of competitors. Number of team members in each weight category shall be unlimited.

Team Line-Up:

- World Championship for young men born in 1997-1999 (specific exercises) – 14 sportsmen, 1 coach, 2 judges, 1 representative; for young girls born in 1997-1999 (snatch) – 3 sportswomen, 1 coach, 1 judge, 1 representative;
- World Championship (long cycle), men – 7 sportsmen, women – 3 sportswomen, 1 coach, 1 judge, 1 representative of sports delegation, (relay) – 5 sportsmen, 1 coach, 1 judge;
- World Championship for juniors born in 1993-1997 (long cycle) – men - 7 sportsmen, 1 coach, 1 judge, 1 representative;
- World Championship for students: men – 7 sportsmen, women – 3 sportswomen, 1 coach, 1 judge, 1 representative;
- World Championship for men (biathlon - 7 sportsmen, 1 coach, 1 judge, 1 representative, (relay) – 5 sportsmen, 1 coach, 1 judge;
 - World Championship for women (snatch) – 3 sportswomen, 1 coach, judge, 1 representative;
- World Championship for juniors born in 1993-1996 (biathlon): men – 7 sportsmen, 1 coach, 1 judge, 1 representative, for girls born in 1993-1996 (snatch) – 3 sportswomen, 1 coach, 1 judge, 1 representative;
- European Championship for veterans, men (biathlon, long cycle) – 21 sportsmen, 1 coach, 2 judges, 1 representative;
- World Championship for veterans, men (long cycle, biathlon, specific exercises) – 21 sportsmen, 1 coach, 2 judges, 1 representative;
- World Championship for veterans, women (snatch, long cycle) – 9 sportswomen, 2 coaches, 2 judges, 1 representative;
- World Championship for veterans, women (long cycle, biathlon, specific exercises) – 21 sportsmen, 1 coach, 2 judges, 1 representative.

women (long cycle, snatch) – 9 sportswomen, 2 coaches, 2 judges, 1 representative. For participation in individual championship, the additional sportsmen may be admitted to participation in competitions as advised by the GSF and agreed with the IGSF. Sportsmen younger than the respective age group may participate in the competitions held for young men and juniors only under special permission given by a physician and the IGSF. Age of participants shall be determined based on the year of birth specified in their passports. Those federations that declared more than 7 participants must provide additional number of judges (1 judge per 5 participants).

5. Competitions Programme and Winner Election

Competitions shall be held under the International Gira Sport Federation rules valid as of the competition date. Team championship shall be determined in all kinds of competitions based on the results of scoring members of the countries according to the prizes taken.

Relays shall be held as a separate kind of competition subject to participation of at least 4 teams from various countries. Kinds of relays for men, depending on major competitions, shall consist of jerking two kettlebells upwards from chest (short jerk) or jerking two kettlebells upwards from chest and subsequent lowering to vertical hang (long cycle). For women, depending on major competitions, relay shall consist of jerking one kettlebell upwards from chest and subsequent lowering to vertical hang (long cycle), or snatching one kettlebell. Time-limit of exercises: 5 stages lasting 2 minutes each. Team line-up: 5 members of various weight categories.

For women relay shall consist of jerking one kettlebell upwards from chest and subsequent lowering to vertical hang (long cycle), or one-hand snatch – 3 stages lasting 2 minutes each. Team line-up: 3 members of various weight categories.

Relay results shall not be included in total team score.

Doping tests may be performed at any stage of preparation and participation in the competitions.

European Championship for veterans (men – biathlon, women – snatch):

The competition shall be individual and team.

Male veterans shall compete in the following age groups: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85 and over; female veterans shall compete in the following age groups: 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and over.

Winners and prize winners shall be determined in each age group; among men – based on the maximum number of kettlebells lifts summed after biathlon (jerk + snatch) in each weight category: up to 60, 65, 70, 75, 80, 90, 90+ kg; among women – in snatch: up to 60, 70, 70+ kg.

Weight of kettlebells: for male veterans aged 40-59 – 24 kg, aged 60-79 – 16 kg, aged 80 and over – 12 kg; for female veterans aged 35-54 – 16 kg, aged 55-69 – 12 kg, aged 70 and over – 8 kg.

Chairman of the Organizing Committee and competition arbiter – Aleksei Dornhof, Germany.

Tel.: +49-06241/309255, mobile: +49-015234250552

E-mail: dornhof74@gmx.net

World Championship for young men and girls (specific exercises):

The competition shall be individual and team.

Winners and prize winners in the individual event among young men shall be determined only in specific exercises (short jerk – day 1, snatch – day 2 of the competition) based on the maximum number of kettlebells lifts in each weight category – up to 55, 60, 65, 70, 75, 80, 80+ kg;

girls – snatch – up to 50, 60, 60+ kg.

Weight of kettlebells: young men – 24 kg, girls – 16 kg.

Team results shall be determined based on the maximum score gained by each scoring member of the team.

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World Championship for men and women (long cycle jerk):

The competition shall be individual and team.

Winners and prize winners in the individual event among men shall be determined based on the maximum number of two kettlebells lifts in each weight category: up to 60, 65, 70, 75, 80, 90, 90+ kg.

Winners and prize winners in the individual event among women shall be determined based on the maximum number of one-hand kettlebell lifts in each weight category: up to 60, 70, 70+ kg. Weight of kettlebells: men - 32 kg, 24 kg (separate competition), women - 16 kg.

Team results shall be determined based on the maximum score gained by each scoring member of the team as indicated in the Federation chart.

Relay results shall be determined based on the maximum sum of kettlebells lifts made by each member of the relay team.

Chairman of the Organizing Committee (visa assistance) Mihaly Balogh, Germany

Tel.: mobile +49(0)176 4000 8428; e-mail: giri-balogh@gmx.de

The competition arbiter shall be Mangne Keresztes Beatrix, Hungary

World Championship for juniors (men – long cycle jerk):

The competition shall be individual and team.

Winners and prize winners in the individual event shall be determined based on the maximum number of two kettlebells lifts in each weight category: up to 60, 65, 70, 75, 80, 90, 90+ kg. Weight of kettlebells: 32 kg, 24 kg (separate competition).

Team results shall be determined based on the maximum score gained by each scoring member of the team as indicated in the Federation chart.

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World Championship for students (men - long cycle jerk, women - snatch):

The competition shall be individual and team.

Winners and prize winners in the individual event among men shall be determined based on the maximum number of two kettlebells lifts in each weight category: up to 60, 65, 70, 75, 80, 90, 90+ kg.

Winners and prize winners in the individual event among women shall be determined based on the maximum number of one-hand kettlebell lifts in each weight category: up to 60, 70, 70+ kg. Weight of kettlebells: for men – 24 kg, for women - 16 kg.

Team results shall be determined based on the maximum score gained by each scoring member of the team as indicated in the Federation chart.

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World Championship for veterans – men and women (long cycle jerk):

The competition shall be individual and team.

Male veterans shall compete in the following age groups: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85 and over; female veterans shall compete in the following age groups: 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and over.

Winners and prize winners shall be determined in each age group, among men – based on the maximum number of two kettlebells lifts in each weight category – up to 60, 65, 70, 75, 80, 90, 90+ kg, among women – based on the maximum number of one kettlebell lifts – up to 60, 70, 70+ kg.

Weight of kettlebells: for male veterans aged 40-59 – 24 kg, aged 60-79 – 16 kg, aged 80 and over – 12 kg, for female veterans aged 35-54 – 16 kg, aged 55-69 – 12 kg, aged 70 and over – 8 kg.

Team results shall be determined based on the maximum score gained by each scoring member of the team as indicated in the Federation chart.

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European Championship for veterans – men and women (long cycle jerk):

The competition shall be individual and team.

Male veterans shall compete in the following age groups: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85 and over; female veterans shall compete in the following age groups: 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and over.

Winners and prize winners shall be determined in each age group, among men – based on the maximum number of two kettlebells lifts in each weight category – up to 60, 65, 70, 75, 80, 90, 90+ kg, among women – based on the maximum number of one kettlebell lifts – up to 60, 70, 70+ kg.

Weight of kettlebells: for male veterans aged 40-59 – 24 kg, aged 60-79 – 16 kg, aged 80 and over – 12 kg, for female veterans aged 35-54 – 16 kg, aged 55-69 – 12 kg, aged 70 and over – 8 kg.

Team results shall be determined based on the maximum score gained by each scoring member of the team as indicated in the Federation chart.

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The competition arbiter shall be Mangne Keresztes Beatrix, Hungary

World Championship (men – biathlon, women – snatch):

The competition shall be individual and team.

Winners and prize winners in the individual event among men shall be determined based on the maximum number of kettlebells lifts summed after biathlon (jerk + snatch), as well as in jerk and snatch only for biathlon participants in each weight category – up to 60, 65, 70, 75, 80, 90, 90+ kg.

Winners and prize winners in the individual event among women shall be determined based on the maximum number of kettlebell snatches in each weight category – up to 60, 70, 70+ kg. Weight of kettlebells: men - 32 kg, 24 kg (separate competition), women - 16 kg.

Team results shall be determined based on the maximum score gained by each scoring member of the team as indicated in the Federation chart.

Chairman of the Organizing Committee and competition arbiter Olena Semenova, Ukraine

Tel.: +380675036499; e-mail: 7al@ukr.net

World Championship for juniors (men – biathlon, girls – snatch):

The competition shall be individual and team.

Winners and prize winners in the individual event among men shall be determined based on the maximum number of kettlebells lifts summed after biathlon (jerk + snatch) in each weight category – up to 60, 65, 70, 75, 80, 90, 90+ kg.

Girls – snatch, up to 60, 70, 70+ kg.

Weight of kettlebells: men – 32 kg, 24 kg (separate competition), girls – 16 kg.

Team results shall be determined based on the maximum score gained by each scoring member of the team as indicated in the Federation chart.

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World Championship for veterans (men – biathlon; women – snatch):

The competition shall be individual and team.

Male veterans shall compete in the following age groups: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85 and over; female veterans shall compete in the following age groups: 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and over.

Winners and prize winners shall be determined in each age group, among men – based on the maximum number of kettlebells lifts summed after biathlon (jerk + snatch), as well as in specific exercises – jerk and snatch in each weight category – up to 60, 65, 70, 75, 80, 90, 90+ kg, among women – in snatch - up to 60, 70, 70+ kg.

Weight of kettlebells: for male veterans aged 40-59 – 24 kg, aged 60-79 – 16 kg, aged 80 and over – 12 kg, for female veterans aged 35-54 – 16 kg, aged 55-69 – 12 kg, aged 70 and over – 8 kg.

Team results shall be determined based on the maximum score gained by each scoring member of the team as indicated in the Federation chart.

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6. Awarding

Competitions participants who took the 1st, 2nd and 3^d prizes in every weight category shall be awarded with diplomas and medals of respective degrees.

Winners shall be awarded with memorable prizes.

Coaches who have trained the competition winners shall be awarded with diplomas.

Winning and prize-winning teams shall be awarded with diplomas and memorable prizes.

Relay participants who took the 1st, 2nd and 3^d prizes shall be awarded with diplomas and medals, and relay teams – with diplomas and memorable prizes.

7. Financing

Competitions participation costs (travel, meals, accommodation, initiation fee, accreditation) shall be incurred by the sending organizations.

Competitions organization and holding costs (sports premises leasing, advertising, poster making, award attributes – diplomas, medals, valuable prizes, judges' fees, etc.) shall be incurred by the competitions organizers, concerned organizations, and sponsors; the costs shall also be covered at the expense of the IGSF contributions from initiation fees on a share basis.

Initiation fee shall amount to:

- World Championship for long cycle jerk – men, women, juniors, veterans (Hungary) - €40 from each participant;
- World Championship for men – biathlon; for women – snatch (Slovenia)– €40 from each participant;
- World Championship for young men and girls (Germany), European Championship for veterans (Germany, Hungary) – €40 from each participant.

Accreditation shall be the value of a license for participation in the international competitions in the current year – €20 from each participant.

For those countries that did not pay any collective membership fee to the IGSF for the current year the initiation fee amount shall be equal to a double contribution for each nomination from each participant, of which 50% shall be intended for competitions organization, and another 50% - for solution of statutory goals of the IGSF.

Simultaneous world championships held among various categories of sportsmen (without age limitation, juniors, veterans and others), and with kettlebells of various weight, shall be considered as separate competitions. In this case, parallel scoring of competitions participants shall be performed subject to payment of initiation fee for participation in each such competition.

8. Applications

Preliminary competitions participation applications shall be filed to the Organizing Committee and the IGSF at least two months prior to the competitions.

Individual competitions participation applications certified by a physician and the IGSF, passport (identity card) and other documents stipulated by the competition rules shall be filed to the Credentials Committee on the day of arrival.

Delegations coming to the competitions shall have a sports uniform of single design, two state flags, and a digital record of the anthem of the country they represent made on digital media (flash drive, CD).

For enquiries: tel./fax: +380-4595-35-336; mobile: +380-66-70-39-071.

E-mail: weightball@mail.ru

This notice is an official invitation to the competitions!

**WE INVITE YOU TO TAKE PART IN THE
INTERNATIONAL COMPETITIONS!**