

APPROVED  
By the Executive Committee  
IPO «International  
of Gira Sport Federation»  
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## **THE RULES**

### **of gira sport competitions**

#### **I. The Type of the competitions, program and organizational questions**

##### 1. The Type of the competitions

1.1. The Rules of gira (kettlebell) sport competitions (next – the Rules) determine the basic principles of organization and conduction of gira sport throughout the whole world.

1.2. The original Rules are developed by International public organization “International of Gira SportFederation” (next – Federation).

1.3. By the Type the gira competitions can be:

personal;

team;

personal-team.

In the personal competition only the individual result of the sportsperson counts and determines his/her position in the tournament.

In the team and personal-team competitions individual and team results are counted separately and the positions are granted accordingly.

1.4. The competitions could have the following grade: International (I, II), National (III, IV), Regional or Local (V), and other (VI).

1.5. In the competitions could take part sportspersons that compete out of contest or compete for personal credit. The credentials committee takes decision about their admittance.

1.6. In each case the competitions must be determined by the regulations, that designates the type of these competitions.

## 2. The Program of the competitions

2.1. Competitions are carried out with the kettlebells of 16, 24 and 32kg:

2.1.1. Men compete:

In biathlon (the two arms kettlebell jerk from the chest (the short cycle) and the kettlebell snatch with one arm switch;

in two arms kettlebell jerk from the chest with dropping kettlebells into the hanging position after each jerk (the long cycle).

2.1.2. Women compete:

in kettlebell snatch with one arm switch;

in one arm jerk with one arm switch (in short and long cycle), and two arms jerk (short and long cycle).

2.1.3. The team relay race must be held according to the regulations of the competitions.

2.2. Veterans compete with kettlebells of 12,16,24kg for men and 8,12,16kg for women.

2.3. The term of the competitions in biathlon for one weight category must be determined with the regulations of the competitions. First goes jerk, then snatch. Kettlebell weights must be determined by the regulations of the competitions.

2.4. The minimum break between two exercises must be no less than 30 minutes. Organisers must provide this time for rest.

During the competitions of National and International grade the minimum rest time is 1 hour.

2.5. The program of the competitions in every particular case is determined by the regulations of these competitions.

### 3. The regulations of the competitions

3.1. The Regulations is the document which determines the conditions of the competitions and is developed by the hosting organization. Only the hosting organization can make changes in the Regulations.

The Regulations (and changes) must be agreed with the Federation.

3.2. The Regulations must include the following issues: goals and objectives, time and place of the competitions, the management of the competitions, participants, type and program of the competitions, safety precautions on the place of the competitions, the conditions of winners and prizewinners defining, awarding, the conditions of reception and accommodation of the participants, financing, terms and conditions of applying for participation, other conditions for good quality conducting of the competitions.

3.3. If two or more competitions of different grades are held simultaneously or on close dates, and the athletes take part in both, the Federation can decide to transfer the results from the higher grade competitions to the lower grade competitions.

3.4. The Regulations should not contradict to the valid regulations of the competitions.

3.5. The competitions must be held according to the approved Regulations.

### 4. Applications

4.1. The applications for participation should be submitted in time determined by the Regulations of the competitions directly to the mandatory committee.

4.2. Application should include full name and surname, date of birth and qualification of the athlete, type of the competitions he/she will take part, and medical conclusion for admission to compete. The date, signature of the doctor and the stamp of the sports medicine dispensary or other medical institute where the athlete is serviced should be placed next to the surname of every participant. The medical conclusion must be issued no later than 10 days before the competition. The

qualification of the athlete must correspond to the qualifying requirement of the state which he/she introduces.

4.3. The preliminary applications must be sent to the organizational committee in terms determined by the Regulations term before the competitions. Only athletes who have confirmed their participation in a scheduled time are allowed to take part in the contest.

#### 5. The Mandatory Committee

5.1. The Mandatory Committee must be composed on the spot of the competitions.

5.2. The Mandatory Committee must include: the representative of the hosting organization, main judge (the Chairman of the Committee), chief secretary, senior judge on stage and physician.

5.3. The Mandatory Committee examines the applications and documents of athletes, checks their compliance with the Rules and Regulations of the competitions, and makes permissions for the sportspersons to compete.

## **II. The participants of the competitions**

### 1. Age and gender of the athletes

1.1. The gira sport competitions are held among men and women.

1.2. The following categories are allowed to compete on gira sport competitions:

Youngsters (boys/girls) - 14-15 years;

Youth (boys/girls) - 16-18 years;

Juniors (men/women) - 19-22 years;

Adults (men/women) – older than 22 years (with no upper age limit);

Veterans: men - 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85 years and older, women - 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 years and older.

1.3. The age of athletes is determined by the year of birth (for the 1<sup>st</sup> of January of the current year), the date of birth is not taken into account.

1.4. Youngsters (boys/girls), youth (boys/girls) and juniors (men/women) can compete in the elder group only with a special medical permission and decision of the Federation.

1.5. The veterans (men, women) can compete in the “older than 22 years (with no upper age limit)” group and also in a group of younger veterans with a special medical permission and decision of the Federation.

## 2. Weight categories

2.1. The gira sport competitions are held in such weight categories:

Youngsters (boys), youth (boys)	Juniors (men), adult men, veterans (men)	Youngsters (girls), youth (girls)	Juniors (women), adult women, veterans (women)
up to 55 kg		Up to 50 kg	
Up to 60 kg	Up to 60 kg	Up to 60 kg	Up to 60 kg
Up to 65 kg	Up to 65 kg	More than 60 kg	Up to 70 kg
Up to 70 kg	Up to 70 kg		More than 70 kg
Up to 75 kg	Up to 75 kg		
Up to 80 kg	Up to 80 kg		
More than 80 kg	Up to 90 kg		
	more than 90 kg		

## 3. The terms of weighting

3.1. The weighting of athletes, who take part in the competitions, is determined by the Regulations. It starts no later than 2 hours before the beginning of the competitions and lasts 1 hour.

3.2. The weighting must be held in a special room (men and women separately) on the same scales for each weight category. The members of the Chief Judging Committee and one official representative from each team can be present.

3.3. The weighting of sportspeople must be held by judges who referee the competitions and are assigned by the Chief Judging Committee.

3.4. Athletes can be weighted naked or in swimming trunks (sportswomen in swimming suits). Every athlete can be weighted only once.

The repeated weighting can be held for those sportspersons whose personal weight does not correspond with the announced weight category after the first weighting.

The number of repeated weighting in terms of regulation of the competitions is not limited until one reaches the weight which corresponds to the applied category.

3.5. The sortition of the athletes for determination the order of priority to compete must be held while weighing.

3.6. The cards of athletes must be passed to the secretary after weighing.

3.7. For the objective determination of the leader in each weight category the Chief Judging Committee defines the final group of the strongest sportsmen, formed by the results of the latest competitions according to the cards of athletes.

#### 4. Rights and obligations of the athlete

##### 4.1. The athlete is obliged:

- To know and comply rules and regulation of the competition.
- To keep the discipline and ethics norms on competition place and out of it, to keep correct attitude towards other sportspeople, spectators and judges;
- To pass procedures of weighting, introduction and awarding;
- To compete in a tidy sport clothes and use equipment according to the rules;
- To fulfill the instructions of the judges about the rules of the competitions;
- To warn the judges on the stage and the jury before the beginning of the contest about the inability to straighten the arm or leg in a knee joint because of the physical defect;
- To go to the stage for introduction right after the call of the informer judge. The athlete, that will not appear after the call of the informer judge will be removed out of the competition;
- To be present for the doping control (if the athlete was warned about it);

- If the athlete won the prize position (1,2,3), he/she is obliged to come to the award ceremony, dressed in sport uniform. If the sports person is not present for awarding, he/she will be deprived of the award.

4.2. The athlete has following rights:

- To appeal to judges with any questions only via the representative/captain of the team or the judge of the participants;
- To compete only in one weight category;
- To use the equipment and magnesium in the place of warming up and competitions;
- To prepare the kettlebells before call to the stage. The preparation of the kettlebells must be held in a special place visible for judges;
- To prepare the kettlebells that standing on his/her certain stage and and perform with these kettlebells;
- To use only magnesium for preparation of the kettlebells and hands;
- If the athlete wants to advertise any company or production, he/she must inform the host organization and get the permission of the Main Judging Committee.

4.3. It is prohibited:

- To use any devices to ease the lifting of kettlebell (kettlebells);
- To use tars and any other substances (except of magnesium) to ease the grabbing of kettlebell (kettlebells);
- To change clothes or get naked before the spectators;
- To be untidy and compete in a dirty, untidy sport clothes;
- To talk while performing on stage.

4.4. The athlete can be removed out the competitions and his/her results annulled by decision of the Chief Judging Committee or jury in the case of:

- breaking the rules or the regulations of the competitions, norms of behavior and sport ethics in the competition place or out of it;
- refusal to pass the doping control.

4.5. In case of a rude violation of the rules by the athlete the Judging Committee reports to the organization he/she presents.

#### 5. The representatives and the coaches of the teams

5.1 Every organization that takes part in a personal-team and team competition chooses the representative – coach of the team.

5.2. If there is no representative, the team captain or coach or (as exception) the athlete must keep these responsibilities.

5.3. The representative, as the leader of the team, is responsible for the discipline of team athletes, the presence of athletes in competitions, their accommodation and food.

#### 5.4. The representative must:

- to know and fulfill the rules and regulations of the competitions;
- to obey the orders of the judges of the competitions;
- to provide in time the team sportspeople's applications for the Mandatory Committee;
- to ensure that athletes will appear in time to the Mandatory Committee, for weighting and sortition, representation, appearing on the stage (stages), and participation of athletes in the opening and closing ceremonies;
- to wear sport clothes and stay at a designated place or with the members of his/her team during the competitions.

#### 5.5. Representative has the following rights:

- to be present at the weighting and sortition;
- to participate in the meetings of the jury, if they are carried out with representatives;
- to get information about the conditions and judging on competitions in the Judging Committee or the Secretariat;



- to appeal and protest to the Panel of Judges regarding the organization and judging of the competitions. Protests must be applied before the next flight will appear on the stage.

5.6. During national and international competitions the protest must be submitted together with the money deposit. The amount of this deposit must be determined by the Judging Committee;

if the protest is satisfied, the deposit will be returned to the representative;

if the protest is rejected, the deposit will defray the organizational costs.

5.7. The coach must:

- to implement the directions of judges as for the conduct of the competitions;
- to be present at the place of warming up and competitions in a sport clothes.

5.8. The coach has the following rights:

- to be present at the weighting and sortition of athletes;
- to take part in the meetings of the Judging Committee if they are conducted together with coaches and representatives.

5.9. The representatives and coaches are not allowed to interfere the work of judges and persons conducting the competitions.

5.10. The representatives (coaches) can be suspended from their duties by the decision of the Judging Committee or the Jury for:

- the violation of rules or regulations, norms of behavior and ethics on spot of the competitions or out of it;
- the refusal to follow the decisions of the judges.

5.11. In case of tactless behavior or rude violation of the rules or regulations of competitions by the representative (coach), the Judging Committee shall inform the organization he/she represents.

## 6. The equipment of athletes

### 6.1. The costume

6.1.1. During the competitions athletes are allowed to wear sports trunks, shorts, leggings, T-shirts, jerkins or leotard.

6.1.2. The costume for female athletes can consist of sports trunks, shorts, sports skirts, tops, sports swimming suit with short sleeves or without them, T-shirts, and bra, which must be worn under the shirt.

6.1.3. The underpants must be worn under sports trunks, shorts, leggings, sports swimming suit, leotard, skirt.

6.1.4. The lower edge of sports trunks, shorts, leggings, leotard, swimming suit or skirt should not cover the knees; the sleeves of t-shirts should not cover elbows.

6.1.5. At the opening and closing ceremony and during the awarding ceremony the athlete must be in sportswear.

### 6.2. The belt

6.2.1. During the competitions athletes have the right to use a belt with a maximum width of 10 cm in front and 15 cm aback.

6.2.2. The belt must be worn only over the suit of the participant (T-shirts, tank top, leotard, leggings, pants, shorts, etc.).

6.2.3. It is not allowed to use bandages (adhesive bandages, cloth, rubber, etc.) for winding on the belt in order to increase its thickness.

### 6.3. The shoes

6.3.1. Athletes compete in sport shoes (weightlifting shoes, running shoes, sneakers).

6.3.2. The form of shoes, and the height of soles and heels are not limited.

6.3.3. Socks should not cover the knees and connect with bandages or knee pads.

### 6.4. Supporting equipment

6.4.1. Athletes during the competitions are allowed to use bandages, headbands, wristbands and knee pads imposed on the wrist joints (without covering the hand) and knee joints.

6.4.2. The length of bandages and dressings is not limited; their width on the wrist joint should not exceed 10 cm, and 25 cm on knee joints.

6.4.3. It is not allowed:

- to use combinations of bandages, dressings and wristbands or knee pads;
- to put the bandages, or their substitutes on the torso and elbow joints;
- to combine bandages, knee pads, bandages with leggings (pants, shorts, etc.) and socks.

6.4.4. In order to protect the elbow joints the patches may be used. The patch must be placed only inside and back parts of the elbow joint and its ends should not reach each other. The width of the patch should not exceed 5 cm.

### **III. The place of the competitions**

#### **1. Generalities**

1.1. Competitions are held in a room with adequate ventilation, lighting, heating (in winter), and the necessary equipment.

1.2. In the warm period of the year the competitions, in order to promote kettlebell sport, can be conducted open air.

#### **2. Equipment and Supplies**

2.1. Competitions are held on the stage (platform) of no less than 1,5 x 1,5 m size; the distance between the stages must be safe enough to exercise and not to interfere the process of competition. The surface of the platform must provide traction with the athletes footwear.

2.2. The weight of kettlebells shall not deviate from the nominal by more than 100 grams.

### 2.3. Parameters and color of the kettlebells:

size (for all kettlebells):	weight:	color:
height – 280 mm	8 kg	blue
Diameter of the body - 210 mm	12 kg	brown
Diameter of the handle – 35 mm	16 kg	yellow
Distance between body and handle – 58 mm	24 kg	green
	32 kg	red

2.4. The kettlebells should be numbered according to the platform`s numbering.

2.5. On national or international competitions the electronic judiciary alarm system (scoreboard) must be installed to provide visibility of information about the performing of every participant for spectators and athletes.

2.6. On national or international competitions the video camera must be installed to ensure the objectivity of the judging. If the competitions include 5-6 (or more) stages, two cameras must be mounted in such an angle to display the athlete`s performing and the results on the scoreboard.

## **IV. The Panel of judges**

### 1. Generalities

1.1. The Panel of judges must be composed by the Judging Committee of the Federation and approved by the Executive Committee of the Federation no later than 30 days prior to the event.

1.2. Judges serving on the competitions must be members of the Federation, have a certificate of the judge, a book of judge and a copy of the competition rules.

1.3. Experienced athletes without judicial category can be allowed to judge the competitions of IV-VI rank, if they are not participate in these competitions.

1.4. The gira sport judge must have excellent knowledge of these rules and know how to use them on the competitions. He/she must be objective and critical in his/her

decisions, be an example of discipline, orderliness and accuracy in the work, have excellent knowledge of the regulations of the ongoing competitions.

1.5. Judges should have a uniform dress code: red jacket, black pants (women - black skirt), white shirt (for women - a blouse) and a tie. In summer (in a case of hot weather) it is allowed to take off the jacket and put on a white shirt with short sleeves (T-shirt) ) after agreement with the jury.

1.6. Judges are required to attend the judging seminars and meetings, and to stay in the competitions place from beginning to the end.

## 2. The structure of the Panel of judges

### 2.1. The structure of the Panel of judges includes:

- on the competitions with the number of participants up to 50 people: chief judge, the chief secretary, a doctor, a senior judge, and the judge on each platform (judicial brigades), the judge for duplicating the protocol, Secretary, Judge informer, the judge timekeeper, judge attached to the participants, the technical inspector;
- on competitions with the number of participants of more than 50 people, as well as during the competitions on several stages, the Deputy Chief Justice is attracted and therefore increases the number of other judges.

2.2. During the competitions on several stages the allocation of judges on the stages must be determined by drawing lots.

2.3. For the administrative support of the competitions the hosting organization must determine for the judging team the Commandant of the competitions.

## 3. The Chief Judging Panel

3.1. The members of the Chief Judging Panel are: the chief judge, his/her deputy and the chief secretary.

3.2. On national and international competitions the jury must be selected from the judging panel.

3.3. The jury consists of three or five people who have the highest judging category, together with the Chief Judge of the contest. The members of jury are selected by the Chief Judging Panel.

3.4. The Chairman of the jury can be the chief referee or one of his deputies. If the President of the Federation or the Chairman of the Chief Judging Panel are entering the jury, they can also perform the duties of the Chairman of the jury.

3.5. On the mass competitions the Chief Judge performs the jury duties.

#### 4. The rights and obligations of the Chief Judging Panel (jury)

##### 4.1. The Chief Judging Panel (jury):

controls the competitions according to the rules and its regulations;  
 accepts the applications and protests and passes decisions upon them;  
 can stop the competitions for the period of the protest review;  
 cancels the decision of the fixing judge in a case of the visible violation of rules;

dismisses the judges who make rude mistakes;  
 makes changes in a schedule of the competitions if needed;  
 suspends athletes from the competitions in a case of a technical unpreparedness, untidy look, unsporting behavior;

removes from the general result for intentional throwing of kettlebells after the end of the exercise: 5 repetitions on international and national competitions, and 1 repetition on other competitions.

##### 4.2. The Chief Judging Panel (jury) has the right to:

make changes in the schedule of the competitions;  
 delay the beginning of the competitions or cancel them when the medical personnel are missing or the place of the competitions is not prepared or the necessary equipment is missing;

dismiss athletes from the competitions; to fine athletes, representatives or coaches for the unsporting behavior or the violation of rules and regulations of the

competitions on the national and international contests. The fines are to cover organizational costs;

replace the judges on the stage;

dismiss incompetent judges;

take decision about the mistakes of judges;

annul the decision of the judge on the stage and (with the unanimous decision) allow the athlete as an exception to make one more effort on the national and international competitions;

impose penalty on judges on the national or international contest;

stop the competitions temporarily if the equipment does not work, or if there is a need to review the protest or if the spectators interfere the competitions;

use video recordings for reviewing the protests and take decision according to the records of the camera.

4.3. All the decisions are taken by the Chief Judging Panel (jury) with the majority of votes.

4.4. The Chief Judging Panel (jury) does not have the right to change the regulations of the competitions.

## 5. The Chief Judge and his/her deputies

5.1. Chief Judge is the chairman of the Chief Judging Panel and heads its work, and is responsible to the organization conducting the competitions and the Federation for the proper organization, discipline and safety of the competitions, equal rights for all athletes, strict compliance with the existing rules, the objectivity of the judging, the calculation of the results and the outcome of the competitions.

### 5.2. The Chief Judge must:

- to approve the members of the jury on the stage;
- to hold a session of the jury and a seminar with the representatives and judges concerning the rules of the competitions and check the presence and correspondence of the stock and equipment before the beginning of the competitions;
- to instruct the doctor about his/her duties during the competitions;

- to determine together with the jury the terms of work of the Chief Judging Panel and judges on stage;
- to manage the competitions and solve emerging issues;
- to control the work of judges during the competitions and while choosing the winners;
- to take for discussion in jury received applications and protests. The competitions must be stopped for the time of the considering the protests;
- to present in a three day term the written report and the necessary documentation for the hosting organization;
- to appoint and hold the meeting of the judging committee during the competitions.

5.3. The Chief Judge has the following rights:

- to make changes in the schedule of the competitions if necessary;
- not to allow the athletes to participate, if their technical preparedness and costume does not correspond to the Rules and Regulations of the competitions.

5.4. The Deputy of the Chief Judge must be guided by orders of the Chief Judge, and takes his/her duties if the Chief Judge one is absent.

6. The Chief Secretary of the competitions

6.1. The Chief Secretary:

- works under the guidance of the Chief Judge;
- prepares the necessary technical documentation, and is responsible for its formalization;
- prepares the protocols of the meetings of the judging committee, orders and decisions of the Chief Judge;
- with permission of the Chief Judge gives information about the competitions to the judge-informer, representatives of the teams and mass media;
- prepares the protocols of the competitions and works with documentation;
- makes certifications about the sport records;
- gives to the Chief Judge the necessary materials for the report;



- keeps count of the protests and fixes the decisions for the protests;
- determines the responsibilities of assistants of the Chief Secretary.

## 7. The judicial brigades

### 7.1. The chief judge on stage:

- controls the appearance and the clothes of athletes;
- controls if the numeration of kettlebells complies with the numeration of stages;
- counts the number of properly performed repetitions;
- fixes the technically improper repetitions with the commands “No count!” and “Stop!”;
- admonishes the athlete, if he/she talks on the stage; if the athlete does not respond to admonishments, gives the command “Stop!”;
- informs the Secretariat about the final result of the participant in each exercise.

### 7.2. Judge on the stage:

helps to the chief judge to fulfill his duties;

stands in such a way that the athlete could be visible;

makes records of the performance of the athlete on stage;

gives information to the secretary about the final result of the participant in each exercise.

7.2.1. In the contest of the IV-VI rang the duties of the chief judge on stage and his assistant are fulfilled by one judge.

### 7.3. The secretary of the contest:

Before the beginning of the contest in the weight category he receives in the secretariat the judging documentation, the list of sportsmen and weight categories, protocols of weighting and protocols of contest;

fills cards of athletes at the weighting (weighting protocol) protocol and competition protocol on the platform of the certain weight category;

conducts the draw of athletes and judges;

prepares the protocols of the competition;

at the end of the competing in each weight class gives the protocol to the judges on stages for signing, and passes it to the Chief Secretary.

#### 7.4. The judge-informer:

- announces the decisions and orders of the Chief Judging Panel;
- calls athletes to the stages, and warns athletes of the next flight to prepare;
- controls the time for the exercises set by the rules of competitions with help of electronic or mechanical timing device (timer or stopwatch);
- warns athletes about beginning and end of exercise;
- informs spectators, coaches, referees and athletes about the results of competitions;
- presents the winners of the competitions during awarding ceremony, as well as persons who hold it.

7.4.1. The announcements of the judge-informer should not interfere the judges on stages and athletes.

7.4.2. The judge-informer does not have the right to interfere work of the judges on stages and give orders to athletes.

#### 7.5. The judge-timekeeper:

- cooperates with the judge-informer:
- controls the time set by the rules for every competition exercise;
- turns on and off the electronic timer (scoreboard) by the signal of the judge-informer according to the rules of the competitions.

7.5.1. If the judge-timekeeper is absent, the judge-informer takes his/her duties.

#### 7.6. The judge for participants:

- checks with the lists the presence of the athletes on the competitions, their documents, the correspondence of their dress to the rules of the competitions and reports to the Secretary about the results of the check;

- warns the athletes about their call to the stage timely;

- puts the athletes in formation and leads them to stages according to the draw;

informs the Secretary about the absence of the sportsperson or about the refusal to take part in the competitions;

is the mediator between athletes, representatives of teams, coaches and the Judging Panel;

controls the preparation of kettlebells;

does not allow the athletes to competitions if their equipment or documents does not comply with the rules and regulations of the competitions;

leads the winners and prize holders for awarding ceremony.

#### 7.7. The Technical inspector:

together with the Deputy of the Chief Judge weigh the kettlebells and makes a report about their correspondence to the rules of the competitions;

controls the technical condition of the kettlebells and equipment (scales, stages), quality of work of the judging signal system.

#### 7.8. The doctor of the competitions

7.8.1. The doctor of the competitions is the member of the Judging Panel as a Deputy of the Chief Judge on medical issues.

##### 7.8.2. The doctor of the competitions:

takes part in work of the mandatory committee;

checks athletes` applications of admission to the competitions;

provides medical surveillance for the participants during weighting and the process of competitions, detects anatomical defects that obstruct straightening of extremities;

monitors the compliance of sanitary and hygienic conditions during competitions, and in accommodation and food places;

provides medical care for injuries or illnesses for participants of the competitions, determines the possibility of further performance;

coordinates the question of the removal of athlete with the Chief Judge, gives a written statement of the reasons of the removal; allows the usage of additional bandages, plaster, lining for the athlete, and informs about it the Chief Judging Panel;

takes part in the work of the Doping Control Commission;  
gives the health care service report to the Chief Judge at the end of the competitions.

#### 7.9. The Commandant of the competitions

7.9.1. The Commandant is responsible for the timely preparation of equipment (stages, kettlebells, scales, judging signal system, etc.), location for competing and warming up, places for representatives, judges and media. The Commandant is responsible for decoration of the premises of competitions; provides the Parade of participants with technical equipment and attributes, implement the instructions of the Chief Judge and representative of the hosting organization.

## **V. The Rules of performance of exercises**

### 1. Generalities

1.1. Two minutes before the beginning of the exercise the athlete must be called to the stage. 10 seconds before the beginning of the exercise the command "Ready! Attention! Start!" or the countdown: 5, 4, 3, 2, 1 must be given; and then goes the command "Start!".

1.2. The athlete has 10 minutes for exercise. The judge-informer declares the monitoring time every minute. After 9 minutes the time must be declared in seconds: 30 sec, 40 sec, 50 sec and for of the last 5 seconds every second must be declared;

when the competitions go on several stages, all athletes should start the exercise immediately after the command "Start". If the athlete failure to do so, the judge on the platform gives the command "Stop!";

if the athlete begins the exercise before the command "Start!" (false start) a judge on the platform gives the command "Stop!", and after stopping allows to perform the exercise with the command "Start";

the athlete performing the exercise must stand on the stage face to the judge;

the performing of the exercise is considered true when the repetition ends with arms and legs straightening and fixation of kettlebells (kettlebell) over head in the

frontal plane, and the visible stop of kettlebells (kettlebell) and of the athlete (immovable).

1.3. After 10 minutes the command "Stop!" must be given, after that all repetitions are not counted and the athlete must stop the exercise.

1.4. Each correct performed repetition must be accompanied by an appropriate numeric display on the scoreboard corresponding to the score of the chief judge on stage. When the electronic alarm system is absent, each correct performed repetition must be accompanied by the count of the chief judge on the stage, accessible to the perception of the participant and spectators.

1.5. It is forbidden for the athlete to talk while performing the exercise.

1.6. If the requirements for technical performance of the exercise were violated, a chief judge on the stage gives commands "No count!", "Stop!".

1.7. When the exercise is complete, the participant drops kettlebells (kettlebell) down, and must hold kettlebells (kettlebell) with handle (handles) and accompany their descent.

## 2. The jerk

2.1. At the beginning of the exercise kettlebells must be lifted from the stage to the chest soever in one continuous motion without extraneous help.

2.2. The jerk of kettlebells (kettlebell) must be performed from the chest from unmoved start position: shoulders (and elbows) are pressed to the body, kettlebells (kettlebell) are placed on the outer side of arms (arm) and legs are straight. While performing the jerk after preliminary half squat legs must be straightened and kettlebells must be lifted over head using any kind of sit under. At the moment of over head fixation of kettlebells (kettlebell) arms, torso and legs of the athlete must be straightened, and the motion of kettlebells (kettlebell) and the athlete must be stopped. After every lift kettlebells (kettlebell) must be put down to the chest.

2.3. The command "Stop!" must be given when:

kettlebells (kettlebell) are placed on the shoulder joints (except the beginning of the exercise after lifting kettlebells on the chest) or on the stage; or if kettlebells (kettlebell) were down off the chest below the belt;

the athlete steps off of the stage.

2.4. The command "No count!" must be given when:

the kettlebell jerk was done with a break in motion, i.e. with re-jerk, press;

alternately jerk of every kettlebell from the chest;

non-simultaneous fixation of kettlebells in the upper position;

absence of fixation in the starting position and at over head.

2.5. The long cycle jerk of kettlebells (kettlebell) must be performed according to the rules of kettlebell jerk from the chest with the subsequent dropping kettlebells (kettlebell) down from the chest to the hanging position after each lift;

the swing must be performed only once while kettlebells are dropping down;

while kettlebells are dropping down for next swing, the command "Stop!" must be given when:

kettlebells (kettlebell) were stopped in hanging position for rest

double swing was performed

kettlebells (kettlebell) were put on the stage.

### 3. The snatch

3.1. The exercise must be done in one motion. The athlete must lift the kettlebell without any stop up over head on straight arm and fixate it. At the moment of fixation arm, legs and torso must be straight, the motion of kettlebell and athlete must be stopped.

After fixation at the top the athlete must drop kettlebell down to perform another lift; it is not allowed to touch the torso with kettlebell. The swing must be performed only once while kettlebell is dropping down.

3.2. One can switch arms only once.

3.3. The command "Stop!" must be given when:

kettlebell is placed on shoulder;

kettlebell is placed on stage (if kettlebell touched the floor while swinging it is not a mistake);

the athlete steps off of the stage;

kettlebell was stopped in hanging position for rest or double swing was performed;

if kettlebell was stopped in hanging position for rest or double swing was performed before arms were switched, the command "Switch!" must be given. If the athlete does not obey, the command "Stop!" must be given next.

3.4. It is allowed to make one extra swing after switching kettlebell from one arm to the other (changing hands) and before performing the snatch with the next arm;

in other cases, if kettlebell was stopped in hanging position for rest or double swing was performed after switching arms the command is "Stop" must be given.

3.5. The repetition is not counted when:

kettlebell was pressed up;

absence of fixation of kettlebell over head;

a free arm or any other part of the body touched the stage, legs, torso, working arm, kettlebell (except of the moment of switching arms).

#### 4. Selection of winners and prize holders

4.1. Position of the athlete in each weight class is determined by the results in separate exercises (jerk, snatch), the sum in biathlon and the long cycle jerk.

4.2. In each weight category the winner is determined by the maximum sum of repetitions in two exercises (biathlon), as well as in separate exercises (jerk, snatch) and long cycle jerk. The sum of repetitions performed by each arm scores for the snatch and one arm jerk.

4.3. When several athletes have the same number of repetitions, the priority must be given to:

athlete who has the lightest body weight before performance;

athlete who performs before the contender according to the draw;

athlete who finished the exercise earlier than the contender;

athlete who has the lightest body weight after performance.

4.4. If one of the biathlon exercises was not performed (zero point) the sum is not counted.

4.5. The participant who received zero point in jerk on biathlon competitions must be not allowed to perform the next exercise.

4.6. The position in the team competition is determined by the maximum number of scores of athletes. The scores are counted in a way specified in the regulations of competitions (according the table, for reached positions, for total number of repetitions, etc.)

The table of evaluation of gira sport competition athletes' results according to reached positions

Position	1	2	3	4	5	6	7	8	9	10	11	12
Scores	36	33	30	27	25	23	21	19	17	15	14	13
Position	13	14	15	16	17	18	19	20	21	22	23	24
Scores	12	11	10	9	8	7	6	5	4	3	2	1

For 25th and following position the score is 1 point

## VI. Relay race

1. Relay race is a team competition in a phased kettlebell lifting:

the number of phases, exercises, weight of kettlebells (kettlebell), time of performing the exercise are determined by the regulations of the competitions;

the exercises are performed according to the Rules;

the athletes are allowed to compete only in one phase;

the athlete is allowed to perform in a higher weight class;

the athletes of different teams compete simultaneously on each phase.



2. The order of the relay race conducting:

the competition is held if no less than 3 teams are present

the competition starts with light weight categories;

the athletes of the first phase receive the command “Ready! Attention! Start!” 5 seconds before the start;

5 seconds before the end of every phase the command “Attention!” must be given;

the command “Change!” must be given when the time of competing finishes;

with the command “Change!” the athletes who were performing the exercise must put the kettlebells (kettlebell) on the stage and athletes of the following phase must start the performance;

any repetition made after “Change!” command will be not counted for the athlete of the previous phase;

if the athlete of the previous phase has finished the exercise before time ends, the next athlete does not have the right to start exercise before the “Change!” command;

the scores are counted with an increasing result;

the relay race finishes with the “Stop!” command according to general rules;

the team position is determined by the total number of repetitions made by each team;

if several teams have the same number of repetitions, the priority is given to that team, the total body weight of athletes in which is the lightest.

## **VII. Registration of records**

1. National records are registered only on official national and international competitions, which were included into the Calendar Plan of physical culture, health improving, and sport events of Federation. The record in the snatch is registered if the exercise performed with each arm. The judging panel must include no less than 3 judges of the international category.

2. World records are registered only on international competitions, which are included into the Calendar Plan of International Federation of Gira sport upon condition of passing of doping control. The judging panel must include no less than 3 judges of the international category.

### **VIII. The awarding of participants**

1. The awarding procedure for athletes of each weight category, as well as for prize winners teams is held right after competitions according to the regulations of the competitions.
2. The awarding is held in order of weight classes ascending.
3. The athletes who reached third place are awarded first, and then those who reached second place, after them those who reached first place.
4. The Chief Judging Panel and the Federation have the right to award:  
coaches who educated the winners and prize holders of the competitions;  
best judges of the competitions;  
athletes for setting the record, for the best technique of exercise performing;  
People's Choice award etc.
5. Awarding is conducted by representative of the Federation, or the hosting organization of the competition.

### **IX. Doping control**

1. Doping control (DC) is part of competitions and can be performed on any of them.
2. According to the anti doping rules of the World Anti-Doping Agency (WADA), athletes on gira sport events may be asked to pass anti doping testing during the training process and during competitions.
3. Doping control is carried out in designated areas that have enough space for allocation of athletes, the appropriate number of bathrooms for men and women, and should meet the criteria of confidentiality of information.

4. The number of athletes and individuals to undergo DC must be determined by the Chief Judging Panel. The Panel is obliged to warn athletes about the DC (in oral or written form).

5. Warned athletes must appear in a biological sampling area immediately after the performance on the competition.

6. If the athlete does not appear for biological sampling or left the competition area prematurely or refused to be tested, he/she receives positive result on the DC.

7. The biological sampling must be conducted by the accompanying person or doping officer in a special isolated toilet room, according to the instructions of WADA:

athletes (men and women) give biosample (urine) into a special vessel naked in the presence of the accompanying person or the representative of an anti-doping center (doping officer);

the accompanying person (doping officer) has to be of same sex with athlete;

the accompanying person (doping officer) must monitor the output of the biosample (urine) from the athlete to the vessel; after, according to the instructions, must fill in and sign together with the athlete and the representative the required documents and send a biosample to the anti-doping laboratory.

8. At the moment of biological sampling the representatives of the anti-doping center, coach, team doctor, members of the HSC can be present in the doping control room (not in the toilet room).

9. Representatives of mass media cannot be present in the room for DC.

10. For the usage of prohibited by WADA drugs and medical procedures or refusal to be tested the athletes according to the decision of the Federation shall be subject to disciplinary sanctions in the form of fines and a prohibition to participate in competitions for a certain period of time (disqualification), including lifetime.

11. The athlete is obliged to pay fines and compensate the expenses for testing (doping control) in case of a positive doping test; fines and expenses must be paid to the International Gira Sport Federation, or the national federation.

12. After the final decision the Federation has the right to provide information about anti-doping rules violations of the athlete to the media or the public.

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