



International Gira Sport Federation

Federazione Ghiri Sport Italia

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**KETTLEBELL
WORLD CHAMPIONSHIP
IGSF | TORINO 2016**

KETTLEBELL WORLD CHAMPIONSHIP IGSF TORINO 2016

WORLD KETTLEBELL GRAND PRIX FGSI TORINO 2016

Italy - Torino, October 27/30th

LOCATION

Pala Ruffini
Viale Burdin, 10
10141 Torino, Italy.

KETTLEBELL WORLD CHAMPIONSHIP 2016

Competitions schedule

Thursday October 27th

Athletes arrivals

Registration and weigh-in of participants **10.00/21.00**

Friday October 28th

Starting competitions at **10.00**

Long Cycle Men

Elite: 32kg

Under 23: 32kg

Veterans 40-59 years: 24kg, 60-79 years: 16kg, +80 years: 12kg

Amateurs: 24kg

Amateurs Under 23: 24kg

Long Cycle Women

Long Cycle Women: 16kg

Under 23: 16kg

Veterans 35-54 years: 16kg, 55-69 years: 12kg, +70 years: 8kg

Awarding and Official Ceremonies

Saturday October 29th

Starting competitions at **10.00**

Biathlon Men

Elite: 32kg

Under 23: 32kg

Veterans 40-59 years: 24kg, 60-79 years: 16kg, +80 years 12kg

Amateurs: 24kg

Amateurs Under 23: 24kg

Snatch Women

Snatch Women: 16kg

Under 23: 16kg

Veterans 35-54 years: 16kg, 55-69 years: 12kg, +70 years: 8kg



Jerk Relay Men 2'x 5 athletes

Elite: 32kg
Amateur: 24kg

Snatch Relay Women 2'x 3 athletes

16kg

Awarding Ceremonies IGSF Ordinary Meeting

WORLD KETTLEBELL GRAND PRIX 2016 *Competitions schedule*

Sunday October 30th

Starting competitions at **10.00**

Women Special Event: Two arms Long Cycle Women

24+24kg/10'
16+16kg/10'
12+12kg/10'
8+8kg/10'

One arm Long Cycle Women

24kg 10'

For Two Arms and One Arm Long Cycle Women

weight divisions 60/70/+70kg awards based on girya weight.

Half Marathon Men

Jerk: 32kg, 24kg
Snatch: 32kg, 24kg
Long Cycle: 32kg, 24kg

Half Marathon Women

Jerk: 16kg, 12kg
Snatch: 16kg, 12kg
Long Cycle: 16kg, 12kg

Long Cycle, Biathlon Men

16kg

For Half marathon Men and Women, Long Cycle and Biathlon Men

coefficient awards. Formula: girya weight x repetitions/athlete weight
(Men i.e. $32\text{kg} \times 630\text{reps} / 71,7\text{kg} = 288,17$ Women $16\text{kg} \times 437\text{reps} / 49,3\text{kg} = 141,82$)

Men Spacial Event:

One Arm Long Cycle Men (one hand switch)

48kg/5'
40kg/5'
36kg/5'



Kids & Teens Kettlebell Special Event (from 10 to 16 years old)

We are happy to invite kids & teens to take part in a non competitive show of Kettlebell Sport during the Grand Prix.

Long Cycle and Biathlon (Boys)
Long Cycle and Snatch (Girls)

Registration for Kids & Teens is free.
Please declare the specialty at registration.

Awarding Ceremonies

REGISTRATION FEE

IGSF World Championship registration fee **€40** per athlete (men, women, juniors and veterans).

IGSF License **€20*** per athlete (men, women, juniors and veterans) for participation in the international competition.

***€20** per athlete from countries IGSF in compliance with the payment of IGSF collective membership fee for the current year (**€300**);

€20 + €50 (individual fee) per athlete from countries IGSF not in compliance with the payment of IGSF collective membership fee for the current year;

€20 + double registration fee (€40+€40)

per athlete from countries no IGSF membership.

World Kettlebell Grand Prix FGSI (October 30th) registration fee **€40** per athlete (men, women).

Competitions are under the IGSF Rules and Regulations.

Oleh Ilika

Main Organizer

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WORLD KETTLEBELL GRAND PRIX FGSI TORINO 2016

Italy - Torino, October 27/30th

TRAVEL & STAY INFORMATION

COMPETITION AREA

Pala Ruffini
Viale Burdin, 10
10141 Torino, Italy.

HOW TO REACH PALA RUFFINI

From "Sandro Pertini" **TORINO CASELLE AIRPORT**
(about 16km from the city centre and Pala Ruffini):

by SADEM Bus Company (50 min.)

There is a shuttle service from the airport to the railway station of Porta Nuova and Porta Susa. Ticket **6,50€** if you buy it in the Airport Ticket Office, **7,50€** on the bus. There is a Bus every 15/30 minutes.

www.aeroportoeditorino.it

by Taxi (30 min.)

Public taxi are located on the left at the exit of Arrivals Terminal. The taxi fare is about **35/50€** to reach downtown. Turin and the travel time is about 30 minutes.
Pronto Taxi ph. **+39 011 57 37**
Radio Taxi ph. **+39 011 57 30**

From **MILANO MALPENSA AIRPORT:**

by MPX Express

The Milano Malpensa Express connects the centre of Milan to Malpensa Airport (Terminal 1, ground floor). Times and ticket purchase from

www.malpensaexpress.it

There are frequent trains from Milano Centrale railway station to Turin (Porta Nuova and Porta Susa mail railway stations). For more information:

www.trenitalia.com

www.italotreno.it

by SADEM Bus Company

The SADEM Bus Company runs a service between Malpensa Airport and the center of Turin, operating 10 returns trips over an 18-hour period each day.

www.sadem.it



From **TORINO RAILWAY STATIONS** Porta Nuova and Porta Susa:

by Taxi (10 min)

Public taxi are located at the exit of Porta Nuova (on the left, via sacchi) and Porta Susa (in front of the exit, Corso Bolzano). The Taxi fare is about **15€** to Pala Ruffini.

by Underground (M) and bus (20/30 min)

From Porta Nuova and Porta Susa railway stations take the Line 1 (**Fermi direction**) and get off at "**Rivoli**" stop, exit the underground and go to the bus stop **n.3501 "Rivoli Nord"** (Corso Lecce before Piazza Rivoli), take the bus Line 2 (**Corradini direction**) for 6 stop, then get off at "**Palasport**" stop.
www.gtt.to.it

From **ITALIAN MOTORWAYS:**

by Car

From A4 and A5 follow Tangenziale Sud (**Savona - Piacenza**) and from A6, A21 and A26 follow Tangenziale Nord (**Milano - Aosta**) All the motorways join the tangenziale Sud or Nord. From both take the "**Corso Allamano**" exit and follow signs for Torino, go straight and enter the city (Corso Sebastopoli), at the **fourth traffic light turn on the left** in Corso Siracusa. Go straight for 1 km, you will find on the **left** the Ruffini Park (Free Parking).
The competition area, Pala Ruffini is inside the Ruffini Park.

PARKING AREA:

Large free parking area located all around Pala Ruffini in Ruffini Park.

HOTELS:

Event code "KETTLEBELL"
Additional hotel information will coming soon.

Hotel Campus Sanpaolo

(800 mt walking distance to Pala Ruffini)
Via Caraglio, 97 - Torino
ph. +39 011 38 28 416
booking@campussanpaolo.it
www.campussanpaolo.it

Hotel Adriano

(about 1km walking distance to Pala Ruffini)
Via Pollenzo, 41 - Torino
Mr. Riccardo Romano
ph. +39 011 38 54 050
reception@hotel-adriano.it

TOURIST INFORMATION CENTRE

www.turismotorino.org

For any question please do not hesitate to contact us by email to info@ghirisport.it