

Approved

by the Executive committee of IGSF

October 12, 2017

Athens (Loutraki) , Greece

President of IGSF

Iu. Shcherbina



REGULATIONS on the 1st World Championships in Gira (Kettlebell)-lifting for athletes with disabilities in 2018.

1. Purpose and objectives

The aim of the competition is:

- further development and popularization of gira sport in the world;
- popularization of gira sport among athletes with limited physical abilities;
- increase of athletes' skill level;
- identification of competition winners;
- strengthening and widening the international cultural and sports contacts.

2. Time and place of competition

World Championships in Gira (Kettlebell)-lifting for athletes with disabilities shall be held on November 1-6, 2018, in Bukhara, Uzbekistan.

Place of residence: Hotel "Grand Bukhara" St. I. Muminova, 8, Bukhara city 200100 Uzbekistan.

- Day of arrival 01 November 2018.

- The Credentials Committee, the meeting of the Jury

representatives of the teams and weighing the participants - November 2, 2018.

Day of departure - November 6 after the end of the competition.

3. Competition management

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

The direct carrying out of the competitions is entrusted to the Federation of athletic games and kettlebell lifting of Uzbekistan, the Organizing Committee and the Ground Jury, approved in accordance with the established procedure.

Chairman of the Organizing Committee (visa support) Vice-President of IGSF Najmedinov Vakhiddin Ergashevich (Uzbekistan).

Chief referee of the competitions Najmedinov Vakhiddin Ergashevich

T-Н: +998909110202 E-mail: uzbekistangirevoy@mail.ru

4. Participants of the competition

World Championships in Gira (Kettlebell)-lifting championship for athletes with disabilities is an individual and team competition.

The athletes, men and women with limited physical abilities are admitted for the participation.

Age of participants:

- men – 39 and younger, 40 and older;
- women – 34 and younger, 35 and older.

The age of the participants is determined with the year of birth, specified in the passport.

The quantitative representation of participants in every weight category is not limited. Every participant must be insured against an injury.

5. Competition program and winners' identification

Competitions are held according to the Rules of the International Gira Sport Federation and in accordance with the given Regulation.

Competitions are held among men and women in one-hand gira bench press, one-hand gira snatch and jerk without transferring the gira from one hand to the other (one exercise for the choice of the participant of the competition). The time limit for each exercise is 5 minutes.

Weight categories:

- men: up to 70, up to 80, up to 90, over 90 kg;
- women: up to 60, over 60 kg;

Gira weight:

- men aged 39 and younger - 16 kg; 40 and older - 16 kg;
- women aged 34 and younger - 12 kg; 35 and older - 8 kg.

Exercises are made under the following conditions:

- the snatch competition is held in a standing position without transferring the gira from one hand to the other;
- the jerk competition (short cycle) is held in a standing position without transferring the gira from one hand to the other;
- the press competition is held in the position when the athlete is seated on the bench and is fastened to its back with a belt, with the back of the bench having 10 degree inclination. With the "Get ready!" command, the athlete lifts the gira to the chest independently or with the help of the assistant. With the "Attention!" command the athlete presses his elbow to the body, having a gira in one hand. With the "Start!" command the athlete starts pushing the gira, fixing it in the upper position every time and pressing the elbow to the body in the lower position. Press on the bench may be done with the athlete being dressed in the tracksuit pants.

The team result is being determined with the largest number of points earned by each scoring member of the team according to the Federation table.

Doping control may be held at any stage of the competition preparation and participation.

6. Awards distribution

Participants of the competition, who have taken the 1st, 2nd, 3rd places in every weight category, are awarded with the diplomas and medals of the respective grades.

The coaches of the competition winners are awarded with the diplomas.

Winning teams and prize-winners are awarded with the diplomas and commemorative prizes.

7. Financing

Participation in the competition (travel, food, accommodation, entry fee, accreditation of each participant) - at the expense of sending organizations.

Expenses for organizing and conducting competitions (rent of sports facilities, advertising, production of posters, awards - diplomas, medals, valuable prizes, judges' work remuneration and others) at the expense of IGSF, as well as at the expense of the organizers of competitions, interested organizations and persons as well as sponsors, on a shared basis.

Accreditation - the cost of a license for participation in international competitions this year is 20€ from each participant (valid license obtained in 2018 at previous competitions).

The entry fee to the Organizing Committee of the competition from athletes with disabilities is not collected.

8. Applications

Preliminary applications for participation in competitions are submitted to the organizing committee and the IGSF no later than April 1, 2018.

The personal application must include the last name, name, patronymic, date of birth, nosological group of disability, weight category, competitive exercise, medical opinion on admission. The date, the signature of the doctor and the seal of the medical and physical education dispensary or medical and prophylactic institution, where the athlete is receiving medical assistance, should be indicated opposite the name of each participant. Personal applications for participation in competitions certified by a doctor and organization, a passport, documents confirming the disability of the athlete, other documents provided for in the competition regulations are submitted to the mandate committee on the day of arrival.

Delegations arriving at the competition must be dressed in uniform track suits, have two national flags and an electronic record of the national anthem of the country they represent on electronic media.

International gira sport federation:

Tel/fax: +38045 95 35 336; cell +38066 70 39 071

E-mail: weightballs@ukr.net

The given regulation is the official invitation to the competition!

**WELCOME TO THE WORLD CHAMPIONSHIPS IN KETTLEBELL -LIFTING
FOR ATHLETES WITH DISABILITIES!**