

Approved

by the Executive committee of IGSF

on November 2, 2018

Bukhara, Uzbekistan

President of IGSF

Iu. Shcherbyna



**REGULATIONS (NOTICE)**  
**2<sup>st</sup> World Championships in Gira (Kettlebell-lifting)**  
**for athletes with disabilities in 2019.**

**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**

The 2<sup>st</sup> World Championships in Gira (Kettlebell-lifting)

for athletes with disabilities shall be held on November 1-6, 2019, Melbourne, Australia.

Accommodation in the accredited hotel: PARC HOTEL 10091 Plenty Road Bundoora, Victoria 3083 T-n: +61 03 9002 5100

email: reservations@parchotel.com.au

The day of arrival to the competition is October 31, 2019.

The Credentials Committee, the meeting of the panel of judges together with the representatives of the teams and the weigh-in of the participants - November 01

Competitions - 02-04 November.

Departure day - 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 conduct of the competition rests with the Organizing Committee and the Ground Jury, approved in the prescribed manner.

Chairman of the Organizing Committee (visa support) President of the Australia Kettlebell Lifting Federation (KSAF) Jadranka Zivka Marinovic.

Chief referee of the competition Jadranka Zivka Marinovic

Tel: +61 412053896

E-mail: info@kettlebellathletica.com.au

#### 4. Participants of the competition

The 2<sup>st</sup> World Championships in Gira (Kettlebell-lifting) for athletes with disabilities is an individual 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 kettlebell bench press, one-hand kettlebell snatch and jerk without transferring the kettlebell 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;

Weights Kettlebell:

- men under the age of 39 inclusive - 16 kg; 40 years and older - 16 kg;

- Women under the age of 34 inclusive - 12 kg; 35 years and older - 8 kg.

Exercises are made under the following conditions:

- the snatch competition is held in a standing position without transferring the kettlebell from one hand to the other;

- the jerk competition (short cycle) is held in a standing position without transferring the kettlebell 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 pressing the gira, fixing it in the upper position every time and pressing the elbow to the body in the lower position. The bench press is allowed to perform in sports pants.

**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 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> 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.

## **7. Financing**

The cost of participation in competitions (travel, food, accommodation, entry fee, accreditation) - at the expense of the sending organizations.

The costs of organizing and conducting competitions (rental of sports facilities, advertising, making posters, award attributes - diplomas, medals, prizes, remuneration of judges and others) at the expense of the competition organizers, interested organizations, sponsors, as well as the account of the IGSF deductions from the starting fees of the participants

-starting fee to the Organizing Committee of the competition - 120 avst.dol. (74€) for 1 nomination, subsequent installments of 80 Aust. Dollars (50€) for each nomination from each participant. For those who did not pay the annual membership fee to the IGSF, the entry fee is doubled.

- accreditation - the cost of a license to participate in international competitions in the current year - 20€ (33 Aust. dollars) from each participant of the competition (the license obtained in 2019 at previous competitions is valid).

Collective membership fee in the IGSF for the current year: Federations of the country - 300€ (488 Aust.Dollars), clubs - 100 € (160 Aust. Dollars), Individual - 50 € (80 Aust. Dollars).

Contribution to doping control - 35 Aust Dollars..

Simultaneous holding of world championships among various categories of athletes (without age limit, juniors) and with weights of different weights kettlebell are considered separate competitions. In this case, a parallel offset to participants of the competition is held subject to payment of the entry fee for participation in each of them.

## **8. Applications**

Preliminary applications for participation in competitions are submitted to the organizing committee and the IGSF in English no later than 40 days before the start of the competition (until September 20, 2019).

Nominal applications for participation in competitions certified by a doctor and the Federation (Association, Club ...), passport (identity certificate) and other documents stipulated by the competition rules are submitted to the credentials committee on the day of arrival. The date, the signature of the doctor and the seal of the medical-physical dispensary or medical institution where the athlete is under observation should be indicated opposite the name of each participant.

Delegations arriving at the competitions must have a uniform sporting form, two national flags and a sound recording of the national anthem they represent, made on electronic media (flash, CD).

International Gira Sport Federation :

For enquiries: tel : +38050 937 36 64; mobile: +380-66-70-39-071.

E-mail: [weightballs@ukr.net](mailto:weightballs@ukr.net)

**The given regulation is the official invitation to the competition!**

**WELCOME TO THE 2<sup>st</sup> WORLD CHAMPIONSHIPS IN KETTLEBELL  
LIFTING FOR ATHLETES WITH DISABILITIES!**