

Approved  
by the Executive committee of IGSF  
May 15, 2021

President of IGSF  
Dr. Scherbyna

## REGULATION (NOTICE)

### REGULATIONS

**World Championship in Gira (Kettlebell-lifting) for athletes with disabilities in 2021.**

#### 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 Championship in Gira (Kettlebell-lifting) for athletes with disabilities shall be held on July 1-7, 2021, in Athens (Loutraki), Greece. Accommodation in an accredited hotel:

**Hotel Marion is located at: 36, Grigoriou.Lekka Ave Loutraki 20300, Greece**

**Tel: + (30) 2744 066800**

**Accommodation cost per person per day: - 35 €;**

- The day of arrival to the competition is July 1, 2021.
- Credentials committee, meeting of the panel of judges in conjunction with team representatives and weighing of participants - July 2, 2021.
- Departure day - July 7 after the end of the competition.

#### 3. Competition management

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

Immediate competition holding shall be assigned to Greek gira sport Federation, and the Organizing Committee, and the duly approved Main Jury.

Chief Judge of the competition Pantelis Filikidis, Greece, international category.

Chairman of the Organizing Committee (visa support) Pantelis Filikidis, Greece

Tel .: +306971940736 +302105624138 E-mail: [pfilikidis@gmail.com](mailto:pfilikidis@gmail.com)

#### **4. Participants of the competition**

World Championship in Gira (Kettlebell-lifting) 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 (as chosen by the athletes). 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.

## **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.

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

## **7. Safety and preparation of competition venues**

In order to ensure antiviral measures in connection with the spread of the coronavirus COVID-19, the competitions are held without spectators in compliance with the necessary safety measures provided by the Federation:

-When weighing in, athletes, coaches and judges must wear masks. There are no more than two judges and two competitors in the weighing room, observing the distance between them - 2 m.

- the distance between the platforms on which the competitors are located is not less than 1.5 m;

-distance between judges and participants of competitions on the platforms - 4m.

- during the competition, referees, coaches and athletes who do not compete are wearing masks;

During the weigh-in and during the competition, there are hand disinfectants in the room.

Responsibility for the life and health of participants on the way and during the event rests with the persons who accompany them.

## **8. 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. The entry fee to the Organizing Committee is 30€ for each nomination from each participant.

## **9. Applications**

Preliminary applications for participation in competitions are submitted to the organizing committee and the IGSF before June 1, 2021.

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](mailto:weightballs@ukr.net)

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

**WE INVITE YOU TO PARTICIPATE IN THE WORLD CHAMPIONSHIP IN  
GIRA (KETTLEBELL-LIFTING) AMONG  
ATHLETES WITH DISABILITIES!**