

Approved
by the IGSF Executive Committee
May 15, 2021
President of IGSF
Iu. Scherbyna



REGULATION (NOTICE)
World Championship in Gira (Kettlebell-lifting) among the veterans
for 2021

1. Goals and objectives.

Competitions are held with the aim:

- further development and popularization of kettlebell lifting in the world;
- increasing the interest of veterans in a healthy lifestyle;
- determination of the winners of the competitions;
- the strengthening and expansion of international cultural and sports ties.

2. Competition date and location.

- World Championship in Gira (Kettlebell-lifting) among veterans is 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

4. Participants of the competition

The competition shall be individual.

Male veterans shall compete in the following age groups: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85 and over; female veterans shall compete in the following age groups: 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and over.

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.

Winners and prize winners are determined in each age group, in men - by the largest number of lifting weights in a jerk with a long cycle of 2 weights and 1-st weight and in the amount of a biathlon (jerk + snatch) in each weight category - up to 60,65,70,75,80,90, + 90 kg, for women - in a jerk 2 giras with a long and short cycle, a jerk the 1-st kettlebells with a long cycle and in a snatch - up to 60,70, + 70 kg.

Weight of kettlebells: for male veterans aged 40-59 – 24 kg, aged 60-79 – 16 kg, aged 80-84– 12 kg, 85 and over - 8 kg; for female veterans aged 35-54 – 16 kg, aged 55-69 – 12 kg, aged 70 and over – 8 kg.

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

6. Awarding.

Competition participants who took the 1st, 2nd and 3^d places in every weight class shall be awarded with diplomas and medals of respective degrees.

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.

Competition participation costs (travel, meals, accommodation, and accreditation of each participant) shall be incurred by the sending organizations.

Competition organization and holding costs (sports premises leasing, advertising, poster making, award attributes – diplomas, medals, valuable prizes, judges' fees, etc.) shall be incurred by IGSF, also on a share basis, the competition organizers, interested organizations and persons, and sponsors:

- the cost of the entry fee - 40 E from each competitor for each nomination;
- accreditation - the cost of a license to participate in international competitions this year is 20 E from each competitor (valid during the current year).

9. Applications

A preliminary application for participation in the competitions shall be filed to the Organizing Committee and the IGSF before June 1, 2021..

An individual application for participation in the competitions certified by a physician and the Federation (Association, Club...), a passport (identity card) and other documents stipulated by the competitions rules shall be filed to the Credentials Committee on the day of arrival.

Delegations coming to the competitions shall have a sports uniform of a single design, two state flags, and a digital record of the anthem of the country they represent made on digital media (flash drive, CD).

International Gira Sport Federation :

For enquiries: tel./fax: +380-4595-35-336; mobile: +380-66-70-39-071.

E-mail: weightballs@ukr.net

This notice is an official invitation to the competition!

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

