



Approved  
by the IGSF Executive Committee  
April 27, 2023  
President of IGSF  
Iu. Scherbyna

## **REGULATIONS (NOTICE)**

### **30 World Championship in Gira (Kettlebell-lifting) among men, women and juniors, boys and girls for 2023**

#### **1. Goals and objectives.**

Competitions are held with the aim:

- further development and popularization of kettlebell lifting in the world;
- 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 kettlebell lifting among men, women, juniors and juniors is held on October 26-30, 2023, in Belgrade, Serbia.

Accommodation in an accredited hotel:

Hotel Srbija - Address: Ustanička 127c Beograd RS, 11000, Serbia

Phone: +381 11 3044000

The cost of staying at the hotel is 40 euros per night, including breakfast and dinner.

- The day of arrival for the competition is October 26, 2023.
- Credentials Commission, meeting of the panel of judges together with representatives of the teams and weigh-in of participants - October 27, 2023.

Competitions October 28-29 - Shumice Sports Center: Address: Ustanička 125/1, Beograd, Serbia

In the format of the World Championship in kettlebell lifting, on October 27-30 an international certified training seminar on kettlebell lifting is held for teachers, trainers and judges.

Departure day - October 31, 2023 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 the Organizing Committee, and the duly approved Main Jury.

Chief Judge of the competition **Miloš Dragić, Serbia**, international category.

Chairman of the Organizing Committee (visa support) **Miloš Dragić, Serbia**. Тел.: [+381654769808](tel:+381654769808) also in Viber and WhatsApp

E-mail: [dragicmi@gmail.com](mailto:dragicmi@gmail.com)

#### **4. Competitions Participants**

World Kettlebell Lifting Championship is held among men, women, juniors and juniors born in 2001-2004, among boys and girls (2005-2007)

Command structure:

- Men - 7 athletes, women - 3 athletes; 1 coach, 1 judge, 1 representative of the sports delegation;

- juniors - 7 sportsmen, juniors - 3 sportsmen, 1 coach; 1 judge, 1 representative of the sports delegation;

- boys -7 sportsmen, girls - 3 sportsmen, 1 coach; 1 judge, 1 representative of the sports delegation.

Sportsmen younger than the respective age group may participate in the competitions held for youth and juniors only under a special permission given by a physician and the IGSF.

For participation in the individual championship, the additional sportsmen and sportswomen may be admitted to participation in the competitions as advised by the GSF and agreed with the IGSF.

The participants' age shall be determined based on the year of birth specified in their passports.

Those federations that declared more than 7 participants must provide the additional number of judges (1 judge per 5 participants).

#### **5. Profile of the competition and selection of the winners**

World Kettlebell Lifting Championship is held among men, women, juniors and juniors born in 2000-2003, among boys and girls (2004-2006)

– individual and command competitions.

Competitions are held according to the rules of the International Gira Sport Federation and in conformity with the given Regulations.

##### **I. Winners and medalists are determined:**

- for men and juniors – by the largest number of lifting kettlebells in a jerk with a long cycle of 2 kettlebells and one kettlebell and in the amount of a biathlon (jerk + snatch) in each weight category - up to 60,65,70,75,80,90, + 90 kg;

- boys - in the sum of the double event (jerk + snatch) in each weight category - up to 55, 60, 65, 70, 75, 80, + 80 kg;

- for women and juniors - by the largest number of lifting

kettlebells in a jerk of 2 kettlebells with a long and short cycle, a jerk of one kettlebell with a long cycle and in a snatch - up to 60,70, + 70 kg.

-- girls - snatch - up to 50.60, + 60 kg.

Weight of kettlebells: for men and juniors – 32 kg, 24 kg; boys -24 kg; separate competitions, for women, juniors and girls – 16 kg.

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

## **II. Half-marathon**

Competitions are held in a kettlebell jerk with long-cycle and snatch with one-hand by free transferring the kettlebell from one hand to the other. The time limit for each exercise is 30 minutes.

Weight categories:

men: up to 70, up to 80, up to 90, over 90 kg;

women: up to 70, over 70 kg .

Kettlebell weight:

men under 59 years of age – 24 kg;

men under 60 years of age and older – 16 kg;

women under 49 years of age – 16 kg;

women under 50 years of age and older – 12 kg.

The results of competitions in the half-marathon aren't considering for the general command score.

**III. Relay races** shall be held as a separate kind of competition subject to participation of at least 3 teams from various countries.

The kind of relay for men and women consists of pushing two kettlebells from the chest (short jerk), pushing two kettlebells from the chest with the subsequent lowering to the position of a hang (long cycle), jerk a long cycle of one kettlebells, a snatch.

### The time-limit of the exercises:

- men – 4 stages lasting 2 minutes each. Team line-up: 4 members of various weight categories;

women – 4 stages lasting 2 minutes each. Team line-up: 4 members of various weight categories.

- The relay race results shall be determined based on the maximum number of kettlebells jerks made by each member of the relay race team.

The relay race results shall not be included in any total team score

**Doping tests may be performed at any stage of preparation and participation in the competitions.**

## **6. Awarding.**

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

Winning and prize-winning teams shall be awarded with diplomas and memorable prizes.

Relay race participants taking the 1st, 2nd and 3rd prizes in the relay race shall be awarded with diplomas and medals, and relay race teams – with diplomas and memorable prizes.

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

Competitions are held in compliance with the necessary security measures provided for by the rules of the Federation.

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;  
Collective membership fee in IGSF for the current year: Federation of the country - 300E, individual - 50 E.

Simultaneous holding of world championships among different categories of athletes (without age restriction, juniors) and with kettlebells of different weights, are considered separate competitions. In this case, a parallel scoring (credit) to the participants of the competition is carried out subject to payment of the entry fee for participation in each of them.

## **9. Applications**

A preliminary application for participation in the competitions shall be filed to the Organizing Committee and the IGSF before **August 15, 2023**.

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 :

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**This notice is an official invitation to the competition!**

**WE INVITE YOU TO PARTICIPATE IN THE WORLD  
CHAMPIONSHIP IN GIRA (KETTLEBELL-LIFTING)  
AMONG MEN, WOMEN, JUNIORS AND JUNIORS 2001-  
2004 YEARS OF BIRTH, YOUNGS AND GIRLS BORN  
2005-2007!**