

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

REGULATION (NOTICE)

REGULATIONS

World Championship in Gira (Kettlebell-lifting) for athletes with disabilities in 2023.

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 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** also in Viber and WhatsApp

E-mail: dragicmi@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 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. 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;

Simultaneous holding of world championships among different categories of athletes (without age restriction, veterans) 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

Preliminary applications for participation in competitions are submitted to the organizing committee and the IGSF before **August 15, 2023**.

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!

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