

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



REGULATION (NOTICE)
World Championship in Gira (Kettlebell-lifting) among the veterans
for 2023

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 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

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, aged 85 and over - 8 kg; for female veterans aged 35-54 – 16 kg, aged 55-69 – 12 kg, aged 70-74 - 8 kg , aged 75 and over – 6 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

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, 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

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 :

For enquiries: tel./fax: +380-4595-35-336;

mobile: +380-66-70-39-071; +380509373664 (Viber)

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!**

