



Approved
by the IGSF Executive
Committee
on October 12, 2017
Athens (Loutraki), Greece
IGSF President
Iu. Shcherbyna

REGULATION (NOTICE)

World Championships in Gira (Kettlebell)-lifting among the veterans for 2018

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 Championships in Gira (Kettlebell)-lifting among veterans shall be held on November 1-6, 2018, in Bukhara, Uzbekistan.

Place of residence: Hotel "Grand Bukhara" St. I. Muminova, 8, Bukhara city 200100 Uzbekistan.

- Day of arrival 01 November 2018.
- The Credentials Committee, the meeting of the Jury representatives of the teams and weighing the participants - November 2, 2018.

Day of departure - November 6 after the end of the competition.

3. Competition management.

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

The direct carrying out of the competitions is entrusted to the Federation of athletic games and kettlebell lifting of Uzbekistan, the Organizing Committee and the Ground Jury, approved in accordance with the established procedure.

Chairman of the Organizing Committee (visa support) Vice-President of IGSF Najmedinov Vakhiddin Ergashevich (Uzbekistan).

Chief referee of the competitions Najmedinov Vakhiddin Ergashevich

T-Н: +998909110202 E-mail: uzbekistangirevoy@mail.ru

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. 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 - 35 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 license obtained in 2018 at previous competitions).

8. Applications

A preliminary application for participation in the competitions shall be filed to the Organizing Committee and the IGSF at least 40 days prior to the competitions.

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 KETTLEBELL SPORT AMONG THE
VETERANS!**