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

REGULATIONS (NOTICE)
holding 26 World Championships in Gira (Kettlebell)-lifting in biathlon and 21 world championships in a long cycle of jerk among men, women, juniors and juniors for 2018.

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.

The World Championship in kettlebell -lifting among men, women, juniors and juniors is 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
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4. Competitions Participants

The World Championship in kettlebell-lifting is held among men,women, juniors and juniors in 2000-2002.

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.

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

The World Championship on the kettlebell sport among men, women and juniors born in 1996-1999 years – 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,
- 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.

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

Team results are determined by the largest number of points received by each scoring team member according to the Federation table:

- the sum of results in biathlon (men) and snatch (women);
- the sum of the results in the jerk by the long cycle of 2 weights (men) and the jerk by the long cycle of the 1st dumbbell (women).

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 4 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.

<u>The time-limit of the exercises:</u>

- 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 kettlebels 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 1st, 2nd and 3d 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. 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).

Collective membership fee in IGSF for the current year: Federation of the country - 300E, clubs - 100 E, 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.

8. Applications

Preliminary applications for participation in competitions are submitted to the organizing committee and IGFF in English not later than 40 days before the competition:

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 MEN, WOMEN, JUNIORS AND JUNIORS 1996-1999 BIRTHDAY!