



Approved
by the IGSF Executive Committee
November 09, 2012
Milan, Itali

PROVISIONS **on International Kettlebell Lifting Competition for 2013**

1. Aims and Targets

The competitions are held for the purposes of:

- further development and promotion of kettlebell lifting in the world;
- deciding on the winners;
- reinforcement and expansion of international cultural and sport relations.

2. Dates and Place of Competitions

- World Championship for men and women (long cycle) – April 13-16, 2013, Tashkent, Uzbekistan;
- World Championship for juniors born in 1991-1994 (long cycle) – April 13-16, 2013, Tashkent, Uzbekistan;
- World Championship for students (men – long cycle, women – snatch) – April 13-16, 2013, Tashkent, Uzbekistan;
- World Championship for veterans – men and women (long cycle) – April 13-16, 2013, Tashkent, Uzbekistan;
- European Championship for veterans (men – biathlon, women – snatch) – May 17-19, Kerch, Ukraine;
- World Championship for young men and girls born in 1995-1997 (specific exercises) – May 17-19, Kerch, Ukraine;
- World Championship for men (double-event (jerk and snatch), relay) and women (snatch, relay) – October 03-07, Athens (Loutraki), Greece;
- World Championship for juniors born in 1991-1994 (men - double-event, women – snatch) – October 03-07, Athens (Loutraki), Greece;
- World Championship for veterans - (men – specific exercises (jerk, snatch), double-event; women – snatch) – October 03-07, Athens (Loutraki), Greece;

Day of arrival to the championship is the first day according to the calendar plan.

Credentials commission, sitting of judges together with the team representatives and weighing the competition participants:

- World Championship, long cycle jerk (Hamburg),
- World Championship for students (Hamburg),
- World Championship for double-event (Milano) – the day after arrival;
- European Championship for veterans (Kerch),
- World Championship for young men and girls (Kerch) - on the day of arrival.

3. Management of Competition

Organization and holding competition are generally performed by the IGSF Executive Committee.

Holding the competitions is the immediate responsibility of the national and territorial federations for kettlebell lifting in the place of competition, Organising Committee and the Chief Jury approved in accordance to the established procedure.

4. Participants of Competition

All the competitions except the world championship for veterans are individual and team.

National teams and sportsmen from countries cultivating kettlebell lifting are admitted for participation in competitions. List of team members is defined before weighing the competition participants. Number of team members in each weight category is unlimited.

Team Line-Up:

- World Championship for youth born in 1994-1996 (specific exercises) – 14 sportsmen, 1 coacher, 2 judges, 1 representative,
- World Championship for girls born in 1994-1996 (snatch) – 3 sportswomen, 1 coacher, 1 judge, 1 representative;
- World Championship (long cycle jerk), men – 7 sportsmen, women – 3 sportswomen, 1 coacher, 1 judge, 1 representative of sport delegation, (relay) – 5 sportsmen, 1 coacher, 1 judge;
- World Championship for juniors (long cycle) – men - 7 sportsmen, 1 coacher, 1 judge, 1 representative;
- World Championship for students: men – 7 sportsmen, women – 3 sportswomen, 1 coacher, 1 judge, 1 representative;
- World Championship for men (double-event (jerk and snatch) - 7 sportsmen, 1 coacher, 1 judge, 1 representative, (relay) – 5 sportsmen, 1 coacher, 1 judge;
- World Championship for women (snatch) – 3 sportswomen, 1 coacher, judge, 1 representative;

- World Championship for juniors born in 1990-1993 (double-event) - – 7 sportsmen, 1 coacher, 1 judge, 1 representative, for juniors born in 1990-1993 (snatch) – 3 sportswomen, 1 coacher, 1 judge, 1 representative;
- European Championship for veterans, men (double-event) – 21 sportsmen, 1 coacher, 2 judges, 1 representative. women (snatch) – 9 sportswomen, 2 coachers, 2 judges, 1 representative;
- World Championship for veterans, men (long cycle, double event, specific exercises – 21 sportsmen, 1 coacher, 2 judges, 1 representative. women (long cycle, snatch) – 9 sportswomen, 2 coachers, 2 judges, 1 representative.

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

Sportsmen being younger than the respective age group may participate in the competition held for youth and juniors only subject to special permission given by a doctor and IGSF.

Age of participants is determined based on the year of birth specified in their passports.

National federations that declared more than 7 participants must provide additional number of judges (1 judge for 5 participants).

5. Program of Competition and Deciding on Winners

Competitions are held under the rules of the International Gira Sport Federation being effective at the moment the competition is conducted.

Team championship is decided in all kinds of competition only based on the results of scoring members and subject to participation of at least 5 countries in the competition according to the places won.

Team championship among veterans is not decided.

Relays are held as separate kind of competition subject to participation of at least 4 teams from various countries. Kind of relay for men depending on major competition consists of jerking two kettlebells upwards from chest (short jerk) or jerking two kettlebells upwards from chest and subsequent lowering to vertical hang (long cycle). Time-limit of exercises: 5 stages lasting 2 minutes each. Team line-up: 5 members of various weight categories.

For women, relay includes one-hand snatch - 3 stages lasting 2 minutes each.

Team line-up: 3 members of various weight categories.

Relay results are not included into total team score.

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

World Championship for men and women (long cycle jerk):

The competition is individual or team.

Winners of individual trials among men are decided based on the largest number of kettlebells lifts in each weight category: up to 60, 65, 70, 75, 80, 90, 90+ kg.

Winners of individual trials among women are decided based on the largest number of one-hand lifts in each weight category: up to 60, 70, 70+ kg. Weight of kettlebells: men - 32 kg, women - 16 kg.

The competition is individual or team.

Team results are decided based on the largest score of each scoring member of the team received according to the Federation Scoring Table.

Relay results are decided based on the largest sum of kettlebells lifts made by each member of relay team.

The competition arbiter: Vahiddin Najmidinov, Uzbekistan,

Tel.: +99-87-12-75-95-07; E-mail: uzatletik@yandex.ru

World Championship for juniors (long cycle) (young men – long cycle jerk):

The competition is individual or team.

Winners of individual trials are decided based on the largest number of two kettlebells lifts in each weight category – up to 60, 65, 70, 75, 80, 90, 90+ kg.

Weight of kettlebells: 32 kg.

Team results are decided based on the largest score of each scoring member of the team received according to the Federation Scoring Table.

The competition arbiter: Vahiddin Najmidinov, Uzbekistan,

Tel.: +99-87-12-75-95-07; E-mail: uzatletik@yandex.ru

World Championship for students (men - long cycle jerk, women - snatch):

The competition is individual or team.

Winners of individual trials among men are decided based on the largest number of two kettlebells lifts in each weight category – up to 60, 65, 70, 75, 80, 90, 90+ kg.

Winners of individual trials among women are decided based on the largest number of one kettlebell lifts with one hand in each weight category – up to 60, 70, 70+ kg. Weight of kettlebells: for men – 24 kg, for women - 16 kg.

The competition is individual or team.

Team results are decided based on the largest score of each scoring member of the team received according to the Federation Scoring Table.

The competition arbiter: Vahiddin Najmidinov, Uzbekistan,

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World Championship for male and female veterans (long cycle jerk):

The competition is individual.

Male veterans 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 in the following age groups 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and over.

Winners are decided in each age group, among men – based on the largest number of two kettlebells lifts in each weight category up to 60, 65, 70, 75, 80, 90, 90+ kg, among women – one kettlebell lifts in each weight category up to 60, 70, 70+ kg.

Weight of kettlebells: for male veterans aged 40-59 – 24 kg, aged 60-79 – 16 kg, aged 80 and over – 12 kg, for female veterans aged 35-54 – 16 kg, aged 55-69 – 12 kg, aged 70 and over – 8 kg.

The competition arbiter: Vahiddin Najmidinov, Uzbekistan,
Tel.: +99-87-12-75-95-07; E-mail: uzatletik@yandex.ru

European Championship for veterans (men – double-event, women – snatch):

The competition is individual.

Male veterans 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 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.

Winners are decided in each age group; among men – based on the largest numbers of kettlebells lifts summed after double-event (jerk and snatch) in each weight category: up to 60, 65, 70, 75, 80, 90, 90+ kg; among women – snatch in each weight category: up to 60, 70, 70+ kg.

Weight of kettlebells: for male veterans aged 40-59 – 24 kg, aged 60-79 – 16 kg, aged 80 and over – 12 kg; for female veterans aged 35-54 – 16 kg, aged 55-69 – 12 kg, aged 70 and over – 8 kg.

The competition arbiter: Sergii Vereshchagin, Ukraine.
Tel.: +38-050-39-74-968, tel./fax: +38-06561-6-17-11, +38-06561-6-17-55;
E-mail: [vti <vti@kerch.com.ua>](mailto:vti@kerch.com.ua)

World Championship for young men and girls (specific exercises):

The competition is individual or team.

Winners of individual trials among young men are decided only in specific exercises (short jerk – day 1, snatch – day 2 of competition) based on the largest number of kettlebells lifts in each weight category: up to 55, 60, 65, 70, 75, 80, 80+ kg;

Girls – snatch, - up to 50, 60, 60+ kg.

Weight of kettlebells: young men – 24 kg, girls – 16 kg.

Team results are decided based on the largest score of each scoring member of the team.

The competition arbiter: Sergii Vereshchagin, Ukraine.
Tel.: +38-050-39-74-968, tel./fax: +38-06561-6-17-11, +38-06561-6-17-55;
E-mail: [vti @kerch.com.ua](mailto:vti@kerch.com.ua)

World Championship (men – double-event, snatch, jerk; women – snatch):

The competition is individual or team.

Winners of individual trials among men are decided based on the largest number of kettlebells lifts summed after double-event (jerk and snatch), as well as in jerk and snatch for double-event participants in each weight category up to 60, 65, 70, 75, 80, 90, 90+ kg.

Winners of individual trials among women are decided based on the largest number of one kettlebell snatch in each weight category up to 60, 70, 70+ kg.

Weight of kettlebells: men - 32 kg, women - 16 kg.

The competition is individual or team.

Team results are decided based on the largest score of each scoring member of the team received according to the Federation Scoring Table.

The competition arbiter: Pantelis Filikidis, Greece.

T-H: +30-69-72-31-54-21; Fax +30-27-44-06-36-89,

E-mail: hlmarion@otenet.gr

World Championship for juniors (young men – double-event, girls – snatch):

The competition is individual or team.

Winners of individual trials among young men are decided based on the largest number of kettlebells lifts summed after double-event (jerk and snatch) in each weight category up to 60, 65, 70, 75, 80, 90, 90+ kg.

Girls: snatch in each weight category up to 60, 70, 70+ kg.

Weight of kettlebells: young men – 32 kg, girls – 16 kg.

Team results are decided based on the largest score of each scoring member of the team received according to the Federation Scoring Table.

The competition arbiter: Pantelis Filikidis, Greece.

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E-mail: hlmarion@otenet.gr

World Championship for veterans (men – double-event, specific exercises; women – snatch):

The competition is individual.

Male veterans 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 in the following age groups 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and over.

Winners are decided in each age group, for men - based on the largest number of kettlebells lifts summed after double-event (jerk and snatch), as well as in specific exercises (jerk and snatch) in each weight category up to 60, 65, 70, 75, 80, 90, 90+ kg, for women - snatches in each weight category up to 60, 70, 70+ kg.

Weight of kettlebells: for male veterans aged 40-59 – 24 kg, aged 60-79 – 16 kg, aged 80 and over – 12 kg; for female veterans aged 35-54 – 16 kg, aged 55-69 – 12 kg, aged 70 and over – 8 kg.

The competition arbiter: Pantelis Filikidis, Greece.

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6. Awarding

Participants of competition that won the first, the second and the third places in each weight category are awarded with diplomas and medals of respective places.

Winners are awarded with commemorative prizes.

Coachers that trained the competition winners are awarded with diplomas.

Winning teams and runners-up are awarded with diplomas and commemorative prizes.

Participants that won the first, the second and the third places in relay are awarded with diplomas and medals, and relay teams are awarded with diplomas and commemorative prizes.

7. Financing

Expenses for participation in competition (travel, food, accommodation, initiation fee, accreditation) are covered by sending organization.

Expenses for organization and holding competition (lease of sport facilities, advertisement, production of posters, awards – diplomas, medals, valuable prizes, judges' fees etc) are covered by competition organizers, organizations concerned, sponsors, as well as on a share-basis with IGSF deductions from participants' initiation fees.

Initiation fee amounts to:

- World Championship for young men and girls (Ukraine), European Championship for veterans (Ukraine), World Championship for young men and girls (Italy)- €30 from each participant;
- World Championship for long cycle snatch – men, women, juniors, veterans (Germany) - €40 from each participant;
- World Championship for men (Italy) – double-event, specific exercises - €45 from each participant; for women (Italy) – €30 from each participant;

- World Championship for veterans – jerk, snatch, double-event for men, snatch for women (Italy) – €20 from each participant in each nomination (except relay).

Accreditation is the value of license for participation in the international competition in the current year – €20 from each participant.

For countries that did not pay collective membership fee to IGSF for the current year amount of initiation fee is equal to double contribution for each nomination from each participant of competition, of which 50% is intended for organization of competition, and another 50% - for solution of statutory goals of IGSF.

Simultaneous world championships among various categories of sportsmen (without age limitation, juniors, veterans and others) are considered as separate competitions. In this case, parallel scoring of competition participants is performed subject to payment of initiation fee for participation in each such competition.

8. Application

Preliminary applications for participation in competition are submitted to organizing committee and IGSF at least two months prior to competition.

Individual applications for participation in competition certified by a doctor and NGSF, passport (identity certificate) and other documents required by the competition rules are to be submitted to the credentials commission on the arrival date.

Delegations that arrived to competition must be dressed in the same competition form, and must have two state flags and the national anthem of the country they are representing recorded to electronic media (flash drive, CD).

Tel./Fax in case of query: + 380 – 4595- 35-336, cell: +380-66-70-39-071.

E-mail: www.igsf.biz

These provisions are the official invitation to competition!

**WE KINDLY INVITE YOU TO TAKE PART IN THE
INTERNATIONAL COMPETITION!**