

RULES & REGULATIONS OF WORLD CHAMPIONSHIP FOR SENIORS & VETERANS IN KETTLEBELL LIFTING IN 2012

1.-The Aims & Objectives

- Development of Girevoy Sport
- Strengthening friendship between nations & building strong cooperation in sport
- Development of sport mastership ,exchange of experience , establishing strongest athletes between seniors in Girevoy Sport
- Sport is for healthy living & without age limits!

2.-Place of Competition

- Sports Arena , Talsi town , Latvia

3.-Dates 16th -17th November 2012

- Date of arrival & registration—15th November 2012

Weight in & draw:

For Biathlon & Snatch (man & women)-15th of November 19:00-21:00 o'clock

Long Cycle (man) - 16th of November 18:00-20:00 o'clock

Start of competition : 16th of November @ 12:00 am

17th of November @ 10:00 am

Protocols & Departure: 18th of November 2012

4. Organizational Committee of Championship :

Association of Girevoy Sport Of Latvia together with IUKL.

Head Judge-Chairman of Panel of Judges-Guntars Belkovskis (Latvia,International Level)

Secretary – Vasilij Ginko

Contact Persons :Imants Locmels (+371) 27532035,

Vasilij Ginko (+371) 26398120

5. Participants

Competition is between teams & individuals in following age groups

- Man -40+ with intervals of 5y for younger & 10y for older

40-44 y

45-49 y

50-54 y

55-59 y

60-69 y

70-79 y

80 y

Women- 35+ with intervals of 5y for younger & 10y for older

35-39 y

40-44 y

45-49 y

50-54 y

55-65 y

65+

Registration is opened for all athletes of national federations & countries – members of IUKL . Also for representatives of national federations & countries , who had received personal invitations. Athletes from countries were are no officially registered federations can register only ,if they have received personal invitations.

6. **Weight categories**
 Man- up to 63 kg, up to 73 kg, up to 95 kg, 95 kg +
 Woman – up to 58 kg, up to 68 kg, 68+
7. **Kettlebell weights**
 Man -24kg, 16 kg (with lighter weights for over 60 y)
 Women -16 kg, 8 kg (with lighter weights for over 55 y)
 Each team has to have unified sports gear with symbols of their country.
 Participants-representatives of the country- have to have their flag & CD with National Anthem
8. **Disciplines:**
 Man- Long Cycle & Biathlon
 Women- Snatch only
 Time – according with international standards- 10 min for each excises.
9. **This Championship is conducted under rules of IUKL with amendments & changes valid on the day of Competition.**

Winners of competition will be determined by sum of points in disciplines.

Count:

Jerk -2point

Snatch- 1 point

Long Cycle -1 point

In Biathlon – total result is sum of points of jerk & snatch.

Winners of 1-3 places in every age group will be awarded with medals & certificates.

Same for teams in 1-3 places .

10. All expenses (travel , accommodation , meals) is responsibility of athletes or their federations.

11. Accommodation will be decided on taking in registrations .Aprox. price is E 15-30 per person per night.

Registration fees :

Man – Biathlon E20

Long Cycle E20

Women – Snatch E20

All athletes & teams ,who are not the members of IUKL will be charged double registration fees .
 All athletes & teams –members of IUKL , who have not paid annual fee , will have to pay double registration fee.

Registration & additional information :

Provisional registration for Championship have to be submitted before 15/11/2012. Final registration not later then 5/11/2012.

Directions :

Arrival – Riga.(airport , train station , bus station & etc.)Then take bus from bus station “Riga – Ventspils “ to Talsi. Or direct bus “Riga-Talsi”.At Talsi Bus station shuttle will be waiting to bring participants to place of staying.