

OPEN EUROPEAN CUP 2013

(19-20, October, Zagreb, Croatia)

REGULATION ABOUT REALIZATION OPEN EUROPEAN CUP

1. Purposes and goals

- Propagation and popularization of kettlebell sports;
- Strengthening of international relationship and development of the international cooperation in the field of sports;
- Increase of athletic skills, exchange of experience, of the strongest athletes - kettlebell lifters of the world among men and women.

2. Terms and venues

Place of conducting of competitions: Zagreb, Croatia

Dates of conducting of competitions: October 18-21, 2013

October , 18th Day of arrival and registration of participants on European Championship;

3:00pm – 6:00pm - credentials committee.

6:00pm - 7:00pm - meeting of representatives and judges.

10:00am – 08:00pm - weighing of participants

3:00pm – 10:00pm – official training

October, 19th

8:00am - 9:00am - the additional weighing of participants in biathlon, snatch;

9:15am - 09:45am – open ceremony;

10:30 am - performance of men in exercise "Jerk"; women in exercise „Snatch“ and men in „Snatch“

6:00pm - rewarding of champions and prizewinners of competition;

October , 20th

10:00 am is a performance of men in exercise "Long Cycle Clean and Jerk";

04:00 pm - rewarding of champions and prizewinners of competition, Championship closing ceremony;

October , 21st

10:00 - delivery of protocols and official reports.

3. Management of competition

Chief Judge: From IUKL/RGSF organisation

Head Secretary: Vasily Ginko (Latvia).

Organization contacts: Igor Špoljarić phone +385981879179, e-mail: igor.spoljaric@gmail.com,

Vasily Ginko phone +37126398120 e-mail vasilijs.ginko@vgt.lv

4. Participants

In competition are participate:

1. Members of IKSA and IUKL;
2. Athletes from countries or organizations that are not the members of IKSA & IUKL and does not have the representatives in IKSA & IUKL, but getting the personal invitation or confirmation of application on participation.

The amount of participants from every country in one weight category is not limited!

The European Cup is for individual athletes and will be held in two groups:

- **Amateur** (men - weights of 24 kg (Biathlon and Long Cycle), women - weights of 16 kg (snatch))
- **Professionals** (men - weights of 32 kg (Biathlon and Long Cycle), women - weights of 24 kg (snatch));

Weight categories:

Men: up to 63 kg; up to 68 kg; up to 73 kg; up to 78 kg; up to 85 kg; up to 95 kg; 95+ kg

Women: up to 58 kg; up to 63 kg; up to 68 kg; 68+ kg.

The team should have a uniform with symbolic of their country.

Participants - representatives of the country should have a flag and an audio recording (CD) of their national anthem.

5. Competitive varieties

In individual superiority of competition are held:

For men:

- classical biathlon
- long cycle

For women:

- only snatch

Time regulations - 10 minutes on each exercise (long cycle, snatch, jerk).

6. Points and awards

Open European Cup is held according to the rules of IUKL, with the changes made as of the date of championship.

Winners and prizewinners of WORLD CUP in every weight category for men are determined on the absolute result of two disciplines (Biathlon + Long cycle), for women - on an absolute result in a snatch.

Calculation of absolute result of each sportsman is spent under the following formula:

MEN

Absolute result = [BIATHLON(points) + LONG CYCLE(points)] : Personal weight of sportsman

WOMEN

Absolute result = SNATCH(points) : Personal weight of woman.

Amount of points for one repetition: <u>MEN</u> Jerk = 2 points; Snatch = 1 point; Long Cycle = 3 points	<u>WOMEN</u> Snatch = 1 point
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The participants who will have placed in the first three in personal offset in each weight category, will be awarded medals and diplomas.

7. Financial conditions.

Charges related to participation of athletes in the Open European Cup (travel expenses, food, and hotel) will be the responsibility of athletes and their respective organizations.

Initial fee for Open European Cup:

Biathlon (men) -20 EUR; for non IUKL member 40 EUR;
Long cycle (men) - 20 EUR; for non IUKL member 40 EUR;
Snatch (women) - 20 EUR;for non IUKL member 40 EUR

Athletes and teams from the countries-members of IUKL, pay double payment for participation in case their country has not paid annual membership dues for 2013 at the moment of carrying out of competition.

8. Accommodation and meals

Place of residence:

Adress: Zagreb, Croatia

Reception and hospitality service: --

Reservations: --

Restaurant: --

E-mail: igor.spoljaric@gmail.com

9. Applications.

Additional information and consultations can take:

Vasily Ginko (+371) 2639812, e-mail: vasilij.ginko@vgt.lv ;

Igor Špoljarić phone +385981879179, e-mail: igor.spoljaric@gmail.com

Applications on participating in the competitions (standard of application - on a web-site of IUKL www.giri-iukl.com) can be given:

Fax: (+371) 636 68 850,

e-mail: vasilij.ginko@vgt.lv

e-mail: igor.spoljaric@gmail.com