

ANNIVERSARY X INTERNATIONAL TOURNAMENT ON KETTLEBELL LIFTING "VENTSPILS ATLANTS"

REGULATIONS

1. The purposes and tasks

- Popularization of kettlebell lifting in Ventspils, in Latvia and on international scene;
- Carrying out of spiritual and physical development of youth;
- Definition of the strongest sportsmen in various competitive classes.

2. Terms and a place of carrying out

A place of carrying out of competitions: Latvia, Ventspils, 7/9 Sporta street, Olympic center "Ventspils" – Track and field sports (Light athletics) hall.

Date of carrying out of competitions: 21-22nd September 2013.

Day of arrival: 20th September 2013.

Weighing and a toss-up: 20th September, from 18:00 till 20:00; 21st September, from 09:00 till 11:00.

The beginning of competitions: 21st September at 12:00; 22nd September at 11:00

Day of delivery of reports and departure of participants: 23rd September 2013.

3. A management of carrying out

Competitions will be organized by Kettlebell Lifting Club "VENTSPILS ATLANTS" in cooperation with:

- Ventspils city municipality;
- Olympic center "Ventspils";
- Latvian Association of Kettlebell Lifting (LAKL);
- International Kettlebell and Strength Training Academy (IKSA);
- International Union of Kettlebell Lifting (IUKL).

The main judge of competitions: Mr. Nikita Sekretov (Latvia, International category).

The main secretary: Mr. Vasily Ginko.

The contact person on the organization of competitions: Vasily Ginko (Latvia) (+371) 26 398 120;
Maris Leschinskis (Latvia) (+371) 26 131 499.

4. Participants of competitions

In competition are participate sportsmen-members of the IKSA and IUKL.

In competition can take part sportsmen that are not the members of IKSA and IUKL - on the preliminary concerted application or on the personal invitation.

Sportsmen act in 6 classes ("GIRLS-18", "WOMEN", "YOUNG MEN-18", "AMATEUR", "MASTERS", "POWER JUGGLING") depending on age and competitive disciplines.

- **1 class "GIRLS-18" - girls till 18 years inclusive (1995 year of a birth and younger).**
Competitions are spent with kettlebells in weight of:
8 kg (with coefficient 0,5);
12 kg (with coefficient 1);
16 kg (with coefficient 2);
weight categories of 53 kg, 58 kg, 63 kg, + 63 kg;
- **2 class of "WOMAN" - the woman is more senior than 18 years (1994 year of a birth and also more senior).**
Competitions are spent with kettlebells in weight of:
12 kg (with coefficient 0,5);
16 kg (with coefficient 1);
24kg (with coefficient 2);
weight categories of 58 kg, 63 kg, 68 kg, + 68 kg;
- **3 class "YOUNG MEN-18" - young men till 18 years inclusive (1995 year of a birth and younger).**
Competitions are spent with kettlebells in weight of 16 kg;
weight categories of 53 kg, 58 kg, 63 kg, 68 kg, 73 kg, 78 kg, 85 kg, +85 kg;
- **4 class "AMATEURS" – young men and adults.**
Competitions are spent with kettlebells in weight of 24 kg;
weight categories of 63 kg, 68 kg, 73 kg, 78 kg, 85 kg, 95 kg, + 95 kg;
- **5 class "MASTERS" – adults.**
Competitions are spent with kettlebells in weight of 32 kg;
weight categories of 63 kg, 68 kg, 73 kg, 78 kg, 85 kg, 95 kg, + 95 kg;
- **6 class "POWER JUGGLING" – An absolute category – girls, women, young men, men, single and pair categories.**
Competitions are spent with kettlebells in weight:
- girls, women 8 kg;
- young men, men 16 kg.

5. Program of competitions

Girls and women compete:

- in exercise „snatch” (with single changing of arm).
- in long cycle with one arm (with single changing of arm);

Men (young men, amateur, masters) compete:

- in exercise „jerk”.
- in exercise „snatch” (with single changing of arm).
- in biathlon (jerk + snatch).
- in long cycle;

In power juggling compete:

girls, women, younger, men – single and group.

6. Shedule of competitions

24 August:

1 flow: men (young men, amateur, masters) compete in exercise „jerk”;

2 flow: girls and women compete in exercise „snatch”;

3 flow: men (young men, amateur, masters) compete in exercise „snatch”;

4 flow: girls, women, younger, men compete in individual power juggling;

Rewarding in jerk, snatch, biathlon (jerk + snatch), individual power juggling.

25 August:

1 flow: men (young men, amateur, masters) compete in long cycle;

2 flow: girls and women compete in exercise long cycle;

3 flow: girls, women, younger, men compete in group power juggling;

Rewarding in long cycle, group power juggling.

7. An estimation of results and rewarding.

Refereeing is spent by rules of the International Union of Kettlebell Lifting, with additions and the changes brought at date of carrying out of competitions.

Winners in personal offset at men (young men, amateur, masters) are defined separately in long cycle, in exercise “jerk”, in exercise “snatch”, in biathlon (jerk + snatch).

Winners in personal offset at girls and women are defined separately in long cycle and in exercise "snatch".

The participants who have borrowed 1 - 3 places in personal offset, in each weight category and in each separate class, are awarded with medals and diplomas, namely:

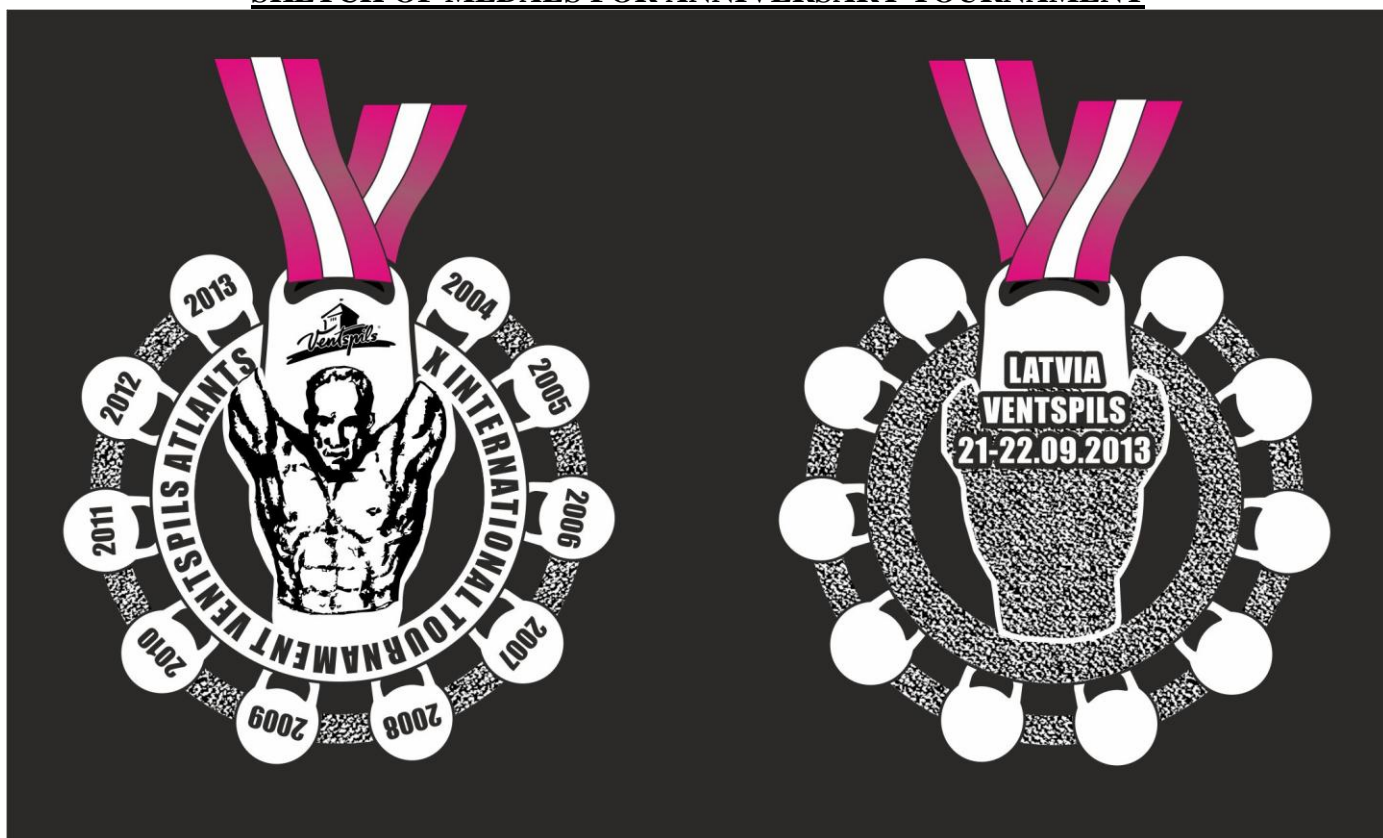
men (youths, amateurs, masters) in disciplines long cycle and biathlon - by large medals,

in separate exercises “jerk” and “snatch” - by small medals;

girls and women in long cycle and exercise “snatch” - by large medals;

in power juggling – by large medals.

SKETCH OF MEDALS FOR ANNIVERSARY TOURNAMENT



The winners of tournament on the absolute result in every separate class are rewarded by cups, diplomas of ABSOLUTE WINNER of TOURNAMENT and monetary prizes according to data of table 1.

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

MEN (young men, amateurs, masters)

Absolute result = (BIATHLON + LONG CYCLE) : Personal weight of sportsman.

WOMEN (girls, women)

Absolute result = (SNATCH + LONG CYCLE) : Personal weight of woman.

Amount of points for one repetition: <u>MEN (young men, amateurs, masters)</u> Jerk = 2 points; Snatch = 1 point; Long Cycle = 3 points.	<u>WOMEN (girls, women)</u> A jerk = is a 1 point; A long cycle = is 2 points.
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Table 1. Distribution of monetary prizes on classes in absolute offset.

A place	The sizes of monetary prizes, LVL				
	<u>1 class</u> <u>GIRLS-18</u>	<u>2 class</u> <u>WOMEN</u>	<u>3 class</u> <u>YOUNG MEN-18</u>	<u>4 class</u> <u>AMATEURS</u>	<u>5 class</u> <u>MASTERS</u>
1.	50	75	50	75	100
2.	40	60	40	60	80
3.	30	45	30	45	60
4.	-	-	-	-	50
5.	-	-	-	-	40
6.	-	-	-	-	30
Σ	120	180	120	180	360

8. Financial conditions.

The expenses connected with participation of sportsmen in competitions (travel expenses, a feed, residing) - are compensated by sportsmen or the organizations which have sent them.

Starting payment:

Long cycle (youngers, amateurs, men) - 20 EUR;

Long cycle (girls, women) - 20 EUR;

Jerk (youngers, amateurs, men) - 20 EUR;

Snatch (youngers, amateurs, men) - 20 EUR;

Biathlon (youngers, amateurs, men) - 20 EUR;

Snatch (girls, women) - 20 EUR;

Power juggling – starting payment for participation in competitions is not raised.

Sportsmen and teams which are not members of the International Union of Kettlebell Lifting, should pay starting payment at double rate.

Sportsmen and teams which are members of the International Union of Kettlebell Lifting, should pay starting payment at double rate in case if has not paid annual membership payment for 2013.

Accommodation in hotel 10 – 22 LVL (~ 15 – 32 EUR) / per night (to reserve it is necessary to inform hotel reservations on desire in advance).

7. Applications.

Forward orderings are accepted by phones
or by fax:
or by e-mail:

Vasily Ginko (Latvia) (+371) 26 398 120.
(+371) 636 68 850,
vasilijs.ginko@vgt.lv

Official applications should be submitted in accordance with Reglament of realization of official international competitions of IUKL on kettlebell lifting in 2013.