

## **INTERNATIONAL TOURNAMENT OF KETTLEBELL LIFTING 'JÈGA CUP 2014'**

### **REGULATIONS**

#### **I. OBJECTIVES**

1. Promotion of kettlebell lifting in the Republic of Lithuania.
2. International cooperation in the field of kettlebell lifting and training.
3. Determination of the strongest teams and athletes.
4. Promotion of sportsmanship in kettlebell lifting.
5. Establishment and maintenance of friendly relations with Lithuanian and foreign athletes and sports clubs.

#### **II. TERMS AND VENUES**

1. Competition venue: Pakruojis Atžalynas Gymnasium, Mašiotas st. 1, Pakruojis, Lithuania.
2. Arrival and registration: 08/11/2014 09:00am. – 10:00am.
3. Time of the competition: 08/11/2014 11:00am. – 07:00pm.
4. Participation fees: boys and girls under 22 – 5,00 LT (1,44 EUR), men, women, seniors – 10,00 LT (1,89 EUR).

#### **III. MANAGEMENT AND PARTICIPATION**

1. Tournament will be held in accordance with international rules of kettlebell lifting.
2. Teams and athletes may participate in both individual and team competitions.
3. Chief referee – Algirdas Navickas (International category, Lithuania), head secretary – Vytautas Gutauskas.

#### **IV. PARTICIPANTS**

1. Men:
  - a. Boys under 18 (biathlon, 16 kg kettlebell, weight categories up to 63, 73, 85 and +85 kg);
  - b. Men under 22 (biathlon, 24 kg kettlebell, weight categories up to 68, 78, 85 and +85 kg);
  - c. Men (biathlon, 32 kg kettlebell, weight categories up to 78, 85, 95 and +95 kg, no age restrictions);

- d. Seniors 40-50 years old (biathlon, 24 kg kettlebell, weight categories up to 78, 95 and +95 kg);
  - e. Seniors 50-60 years old (biathlon, 24 kg kettlebell, weight categories up to 78, 95 and +95 kg);
  - f. Seniors older than 60 (biathlon, 16 kg kettlebell, weight categories up to 78 and +78 kg).
2. Women:
- a. Girls under 18 (snatch, 12 kg kettlebell, weight categories up to 58 and +58 kg);
  - b. Women (snatch, 16 kg kettlebell, weight categories up to 68 and +68 kg, no age restrictions).
3. Relay race teams of boys under 18, men under 22 and men shall consist of 3 athletes from different weight categories representing same regions, countries or kettlebell clubs. Men participate with 32 kg kettlebells, boys under 18 and men under 22 participate with 16 and 24 kg respectively. Each team will be given 9 minutes (3 per athlete).

## V. RESULTS AND AWARDS

1. In the team offset points are calculated according to 9 best results of men (all age groups) and 1 best result of women (all age groups). Points are given according to the following table:

Individual place	I	II	III	IV	V	VI	VII	VIII	IX
Team points	20	18	16	14	12	10	8	6	4

2. 1<sup>st</sup> – 3<sup>rd</sup> place winning teams will be awarded cups and diplomas;  
 1<sup>st</sup> – 3<sup>rd</sup> place winners in each age group and weight category will be awarded medals and diplomas;  
 1<sup>st</sup> – 3<sup>rd</sup> place winners in the relay race competition will be awarded medals and diplomas.

## VI. ACCOMMODATION AND VISAS

In case of further questions or if you need the organizers to provide accommodation or help getting visas, contact Alfonsas Špokas (for Russian speakers) [alfonsas.spokas@svarstis.lt](mailto:alfonsas.spokas@svarstis.lt) +370 687 15026 or Modestas Talačka (for English speakers) [modestas.talacka@svarstis.lt](mailto:modestas.talacka@svarstis.lt).

Additional information will also be available at the website of Lithuanian Federation of Kettlebell Lifting at <http://www.svarstis.lt> and in Facebook at <https://www.facebook.com/LietuvosSvarsciuKilnojimoFederacija>