

LITHUANIAN FEDERATION OF KETTLEBELL LIFTING



III OPEN LITHUANIAN CHAMPIONSHIP OF KETTLEBELL LIFTING IN LONG CYCLE

REGULATIONS

1. CHAMPIONSHIP GOALS

- A. Propagation and popularization of kettlebell lifting in Lithuania;
- B. Strengthening of the international cooperation in the field of kettlebell lifting;
- C. Exchanging of experience between sportsmen of different countries;
- D. Determination of the strongest athletes;
- E. Determination of the strongest teams.

2. TERMS AND VENUES

Competition venue: *Tauragė sports centre*, Gaurės st. 27A Tauragė, Lithuania.

Arrival and registration: 14, February, 2015; 09:00am. - 11:00am.

Time of the competition: 14, February, 2015; 12:00.

Starting fee: **3 Eur** – juniors (U-16 and U-18); **6 Eur** – youth (U-22); **10 Eur** – adults and seniors; **6 Eur** – relay race (team), **3 Eur** – women (all age groups). **5 Eur** for every additional age group selected (for example, if a participant of Juniors decides to compete with the Adults as well, he will have to pay an additional fee of 5 Eur).

3. MANAGEMENT OF THE COMPETITION

XVI Open Lithuanian Championship of Kettlebell Lifting is being organised according to the official rules of *Lithuanian Federation of Kettlebell Lifting* and these regulations.

Chief referee: Rolandas Kubilius (international category);

Head secretary: Vytautas Gutauskas.

Contacts: President of *Lithuanian Federation of Kettlebell Lifting*, Alfonsas Špokas
alfonsas.spokas@svarstis.lt ; +370 687 15026

More information: <http://www.svarstis.lt/>;

<https://www.facebook.com/LietuvosSvarsciuKilnojimoFederacija>

4. PARTICIPANTS

The championship is being held in the following groups:

Men:

- a. Juniors (1999 year of birth and younger, 12 kg, 16 kg, 24 kg, 32 kg kettlebell);
- b. Juniors (1997 year of birth and younger, 12 kg, 16 kg, 24 kg, 32 kg kettlebell);
- c. Youth (1993 year of birth and younger, 12 kg, 16 kg, 24 kg, 32 kg kettlebell);
- d. Adults (without age restrictions, 12 kg, 16 kg, 24 kg, 32 kg kettlebell);

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- e. Seniors (40-50 years old, 12 kg, 16 kg, 24 kg, 32 kg kettlebell);
- f. Seniors (50-60 years old, 12 kg, 16 kg, 24 kg, 32 kg kettlebell);
- g. Seniors (60+ years old, 12 kg, 16 kg, 24 kg, 32 kg kettlebell).

Women:

- a. Juniors (1997 year of birth and younger, 12 kg, 16 kg, 24 kg kettlebell);
- b. Youth (1993 year of birth and younger, 12 kg, 16 kg, 24 kg kettlebell);
- c. Adults (without age restrictions, 12 kg, 16 kg, 24 kg kettlebell).

Weight categories:

Men:

- a. Juniors (1999 year of birth and younger) -58; -68+68 kg;
- b. Juniors (1997 year of birth and younger) -53; -58; -63; -68; -73; -78; -85; +85 kg;
- c. Youth (1993 year of birth and younger) -63; -68; -73; -78; -85; -95; +95 kg;
- d. Adults: -68; -78; -95; +95 kg;
- e. Seniors (all age groups): 3 in each category according to their age.

Women:

- a. Juniors (1997 year of birth and younger) -63; +63 kg;
- b. Youth (1993 year of birth and younger) -63; +63 kg;
- c. Adults: -68; +68 kg.

If applicable, every participant may participate in more than one age group (points will be given according to the table in paragraph 5).

If there will not be at least 3 participants in each of the weight categories indicated, those categories may be merged with the following ones.

Team relay race:

Each team should consist of three members. Overlapping of two or more athletes that belong to the same weight category is not allowed. Kettlebell weight – 16 kg for juniors, 24 kg for youth and 32 kg for adults. A team may consist of athletes from different countries, regions and teams, however, every team member shall belong to a different weight category.

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5. POINTS AND AWARDS

Points are given according to the table:

Kettlebell	12 kg	16 kg	24 kg	32 kg
Points	0,5	1	2	4

In the team offset (youth, juniors, adults), points are calculated from 12 best results of all the team members. Points are given according to the table:

Place	I	II	III	IV	V	VI	VII	VIII	IX	X	XI..
Points	20	18	16	14	12	10	8	6	4	2	0

1st-3rd place winning teams will be awarded cups and diplomas.

1st-3rd place winners in each age group and weight category will be awarded medals and diplomas.

1st-3rd place winners in the team relay race competition will be awarded medals, diplomas and cups.

6. APPLICATIONS

Any additional information regarding the championship (visas, accomodation and meals, etc.) can be obtained by contacting the following:

President of *Lithuanian Federation of Kettlebell Lifting* Alfonsas Špokas

alfonsas.spokas@svarstis.lt ; +370 687 15026

Personal or team applications shall be handed at the day of the championship and sent via email: alfonsas.spokas@svarstis.lt until February 7, 2015.