

LITHUANIAN KETTLEBELL LIFTING FEDERATION LIETUVOS SVARŠČIŲ KILNOJIMO FEDERACIJA



2019 BALTIC CHAMPIONSHIP OF KETTLEBELL LIFTING

REGULATIONS

1. GOALS

- Popularization of kettlebell lifting in Lithuania;
- Strengthening of international cooperation;
- Exchange of experience between athletes;
- Determination of the strongest athletes and teams.

2. TIME AND VENUE

Competition venue: Panevėžio r. Paįstrio Juozas Zikaras Gymnasium, Panevėžio r. sav., Paįstrys, Įstros str. 1.

Arrival and registration: 6 September 18.00–20.00 pm. and 7 September 09.00–10.00 am.

Time of the competition: 7 September 2019, 10.30 am.

3. MANAGEMENT

The championship is being organized by the Lithuanian Kettlebell Lifting Federation and will be held according to the official rules of the International Union of Kettlebell Lifting and these regulations.

Chief referee: Rolandas Kubilius (international category);

Additionally, each country is required to delegate a referee.

Head secretary: Andrius Kubilius, email: andrius.kubilius@svarstis.lt

Contact person: President of the Lithuanian Kettlebell Lifting Federation Rolandas Kubilius, email rolandas.kubilius@svarstis.lt, phone +370 686 13175.

4. PARTICIPANTS

National teams of Estonia, Latvia and Lithuania are eligible to participate in the championship.

The championship is being held in four groups:

- Men (2001 year of birth and younger, 16 or 24 kg kettlebells) 24 kg – points x2.
- Women (2001 year of birth and younger, 12 or 16 kg kettlebells) 16 kg – points x2.
- Men (no age restrictions, 24 or 32 kg kettlebells) 32 kg – points x2.

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- Women (no age restrictions, 16 or 24 kg kettlebells) 24 kg – points x2.

Weight categories:

- Men (2001 year of birth and younger, biathlon): -58; -68; -78; +78 kg;
- Women (2001 year of birth and younger, snatch): -63; +63 kg;
- Men (without age restrictions, biathlon): -63; -68; -73; -78; -85; -95; +95 kg;
- Women (without age restrictions, snatch): -58; -63; -68; +68 kg.

Overlapping of two or more athletes in the same weight category from the same country is not allowed.

Team relay race:

Following biathlon, national teams will compete in the team relay race competition. No age restrictions are applicable and each team is allowed to choose the kettlebell (24 or 32 kg; 32 kg – points x2). A team should consist of five athletes from the same country. Overlapping of two or more athletes that belong to the same weight category is not allowed. Each athlete will be given three minutes to complete the exercise (15 minutes in total).

5. TEAM POINTS AND AWARDS

A national team should consist of 17 members (one member in each weight category of the four groups in biathlon and snatch). The best team will be determined according to the total number of points collected. Points will be given as follows:

Individual place in weight category	I	II	III
Points	3	2	1

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

1st–3rd place winning teams in the relay race competition will be awarded medals and trophies.

1st–3rd place winning teams will be awarded trophies.

6. ADDITIONAL REQUIREMENTS

Teams are required to submit an electronic version of their national anthem;

Teams are required to bring their national flag;

Teams are required to wear representative sportswear.

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7. FINANCIAL TERMS AND ACCOMMODATION

Participation in the championship is free of charge.

Accommodation (www.paskatina.lt/viesbutis/):

- Double room – €35 per night (with breakfast);
- Triple room – €45 per night (with breakfast).

Any charges linked with participation in the championship should be paid by the participants or their national federations.

8. APPLICATIONS

Team applications should be handed at the day of the championship and submitted by email andrius.kubilius@svarstis.lt no later than 4 September 2019. Submissions after 4 September will not be accepted.