

**Rules and Regulation of**  
**Open European Youth Championship U-16 / U-18**  
**&**  
**IUKL Open European Youth Games**  
**in Kettlebell Lifting in 2019**

**1. The purposes and tasks**

- Propagation and popularization of kettlebell lifting in the countries of the Europe.
- Strengthening of friendship between people and development of the international cooperation in the field of sports.
- Promotion of health life and sport between younger.
- Increase of sports skill, an exchange of experience, revealing of the strongest younger sportsmen-kettlebell lifters of the Europe.

**2. Place and dates of Competitions**

<u>Place of competitions:</u>	Bertrand Dauvin Sports Center 12, rue Rene Binet, <b>75018</b> , Paris, France
Dates of competitions:	28 <sup>th</sup> June- 1 <sup>st</sup> July, 2019.
Day of arrival and registration of participants:	28 <sup>th</sup> June, 2019.
Weighting of participants:	28 <sup>th</sup> June, 2019, from <b>17.00 to 20.00</b> ; 29 <sup>th</sup> of June, 2019, from <b>8.00 to 9.00</b> .
Beginning of competitions:	29 <sup>th</sup> - 30 <sup>th</sup> June, 2019, at 10.00.
Beginning of competitions:	29 <sup>th</sup> - 30 <sup>th</sup> June, 2019, at 10.00.
Day of departure of participants:	1 <sup>st</sup> July, 2019.

**3. Management of competitions**

Overall management of preparation and holding of the European Championship carries “Federation Francaise de Force (FFForce)” in cooperation with the International Union of Kettlebell Lifting (IUKL).

Chief Jury: Rolandas Kubilius (Lithuania, category IC)

Chief Secretary: Agnieszka Korol (Poland, category IC)

Contact persons on organization of competitions:

Laurent Faucher (French): [laurent.faucher@ffforce.fr](mailto:laurent.faucher@ffforce.fr) ; tel: +33 (0) 6 20 32 68 65;

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Elena Tchekanova (French, Russian): [elena\\_rozganova@hotmail.fr](mailto:elena_rozganova@hotmail.fr) ; tel: +33(0)625170853;

- Agnieszka Korol (Chief Secretary of competition)  
+48 605 155 557; [aga.korol@gmail.com](mailto:aga.korol@gmail.com) (FB; Viber; WhatsApp; Skype)
- Vasilij Ginko (General Secretary of IUKL)  
+371 26 398 120; [vasilijs.ginko@vgt.lv](mailto:vasilijs.ginko@vgt.lv)

**4. Participants and conditions**

Competitions are held according to the rules IUKL, which are posted on the website IUKL [www.giri-iukl.com](http://www.giri-iukl.com) with additions and changes on the day of competition.

According to the rules, the competition is open to all countries - members IUKL.

Athletes are allowed to compete only at the application / request of the national federation, organization or representative of a country.

The competition is open to athletes whose countries (organizations) are not members of IUKL and do not have their representatives in it. Their admission is determined by personal IUKL invitation and special financial conditions for participation in the competition.

National federations with state recognition (accreditation) in their own countries, form a team on the basis of their internal rules.

Organizations that do not have the status of recognized (accredited) national federations in their respective countries, should conduct qualifying competition rules IUKL in their countries to determine the strongest athletes and team formation.

The results of qualifying competitions should be available to the public. In case of violation of these conditions of admission of participants in a given country depends on the decision of the Board IUKL.

Each countries-participants can have only one athlete in each weight category in each type of individual competition discipline (biathlon and long cycle for boys and girls, snatch for girls) in every age group, and similarly to have a separate team for participating in a team relay races.

In relay race each country can be represented by one team.

In the male relay, each boy can perform only in one stage, so there can be 4 participants in the male team in the relay.

In the female relay, each girl can perform in two stages, first in a jerk and then in a snatch, so there can be from 2 to 4 participants in the female team in the relay.

Each team must have a uniform form with the symbols of their country.

For level of preparation and health condition are responsible participants, representatives of countries and leaders of delegations.

During of the competition is expected to doping control and registration of highest achievements.

## **5. Age groups, weight category and competitive disciplines**

Competitions are individually-teams and conducted in two ages groups:

- **till 16 years old (2003 year of birth and younger);**

- **till 18 years old (2001 year of birth and younger).**

### ***Weight categories:***

Boys-16: till -53kg, -58kg; -63kg, -68kg; +68kg;

Boys-18: - 58kg; - 63kg; - 68kg; -73kg; - 78kg; +78kg;

Girls-16: -53kg, -58kg; + 58kg;

Girls-18: -58kg; - 63kg; +63kg.

### ***Sporting shells:***

Boys-16:

All weight categories - kettlebells 16kg.

Boys-18:

All weight categories - kettlebells 24kg.

Girls-16:

All weight categories - kettlebells 12kg.

Girls-18:

All weight categories - kettlebells 16kg.

### ***Team relay races:***

Boys without age groups and weight categories - kettlebells 24kg;

Girls without age groups and weight categories - kettlebells 16kg.

In individual superiority competitions are conducted:

For boys (in the program of the European Youth Championship):

- Biathlon (Two arms jerk + Snatch = 2-J + S);

- Two arms long cycle (2-LC).

For boys (in the program of the European Youth Games):

- One arm jerk (1-J)
- One arm long cycle (1-LC)

For girls (in the program of the European Youth Championship):

- Snatch (S);
- Biathlon (Two arms jerk + Snatch = 2-J + S);
- Two arms long cycle (2-LC).

For girls (in the program of the European Youth Games):

- One arm jerk (1-J)
- One arm long cycle (1-LC)

In team superiority competitions are conducted:

For boys:

- 2-J Relay (jerk) – 4 stages x 3 min (4 male athletes);
- 2-LC Relay (long cycle) – 4 stages x 3 min (4 male athletes).

For girls:

- 2-J + S Relay (jerk + snatch) – 4 stages (2 stages of jerk + 2 stages of snatch) x 3 min (2-4 female athletes)

For boys and girls:

- in a team offset (on the amount of points, collected the representatives of every team).

Temporal regulation – 10 minutes on every exercise (Jerk, snatch, long cycle).

## **6. Competition program**

### 28<sup>th</sup> June, 2019

- day of arrival all teams and accreditation;
- accomodation;
- examination of place of competition;
- excursions in city.
- Mandate Commission
- Weigh-In of competitors: from 17:00 till 20:00
- Meeting of the representatives and the jury: 20:00 - 21:00

### 29th June, 2019

- Weigh-In of competitors: from 08.00 to 9.00am;
- Open ceremony 9:30 – 9:50;
- Competition start time: 10:00;
- Boys U-16 / U-18 compete in two arms jerk: 10:00 – 12:00;
- Girls U-16 / U-18 compete in two arms jerk: 12:00 – 13:00;
- Boys U-16 / U-18 compete in the snatch: 13:00 – 15:00;
- Girls U-16 / U-18 compete in the snatch: 15:00 – 16:00;
- Boys U-16 / U-18 compete in 2-J Relay race: 16:00 – 16:30;
- Girls U-16 / U-18 compete in 2-J + S Relay race: 16:30 – 17:00;
- Awarding ceremony: after each weight category in each discipline;
- After competition: meeting of representatives and the jury.

### 30st June, 2019

- Competition start time: 10:00;
- Boys U-16 / U-18 compete in two arms long cycle: 10:00 – 12:00;
- Girls U-16/U-18 compete in two arms long cycle : 12:00-13:00
- Boys U-16 / U-18 compete in 2-LC Relay race: 13:00 – 13:30;
- Girls U-16 / U-18 compete in one arm jerk: 13:30 – 14:00;

- Boys U-16 / U-18 compete in one arm jerk: 14:00 – 14:30;
- Girls U-16 / U-18 compete in one arm long cycle: 14:30 – 15:00;
- Boys U-16 / U-18 compete in one arm long cycle: 15:00 – 15:30;
- Awarding ceremony: after each weight category in each discipline;
- After competition: meeting of representatives and the jury.

#### 1<sup>st</sup> July, 2019

- excursions in city;
- delivery of protocols;
- departure of competitors.

**Note:** Competition Schedule (by days), start protocols of competitive disciplines will be posted on the website of IUKL after pre-registration deadline on 1<sup>st</sup> June 2019 after receiving all personal applications, cards for each participant and processing a financial obligations of the participating organizations.

The Head of Jury gives the right to form a competitive groups and flights depending on the number of registered participants.

### **7. Estimation of results and rewarding**

Individual achievements is determined in all exercises and disciplines of the European Youth Championship and European Youth Games and team achievements is only in the overall offset of the European Youth Championship in accordance with the competition regulations of the IUKL.

Team championship are determined on next principle:

- 3 best results in a group BOYS- 16 in a biathlon;
- 5 best results in a group BOYS-18 in a biathlon;
- 3 best results in a group BOYS-16 in two arms long cycle;
- 5 best results in a group BOYS-18 in two arms long cycle;
- 1 best result in a group GIRLS-16 in a snatch or in a biathlon;
- 2 best results in a group GIRLS-18 in a snatch or in a biathlon;
- 1 best result in a group GIRLS-16 in two arms long cycle;
- 2 best results in a group GIRLS-18 in two arms long cycle;
- result in a team relay races.

Team points are charged extra for a 1<sup>st</sup> place in weight categories and relay race are 20 points, for 2<sup>nd</sup> place - 18 points, for 3<sup>rd</sup> place - 16 points, for 4<sup>th</sup> - 15 points and further one less.

In individual offset at the identical amount of points advantage is got by a participant having less own weight. In teams offset at the identical amount of points advantage is got by a team who has more 1,2,3 etc. places.

For 1-3 places in individual offset in each age group in each weight category participants are reward by medal.

For 1-3 places in team relay rase team are reward by cups, participants – by medal.

For 1-3 places in team offset the team are reward by cup.

**During competitions realization of doping control is foreseen. Registration of records and higher achievements - in accordance with REGULATION about registration of IUKL.**

### **8. Financial terms**

Costs related to the organization and conduct of the competition is the organizers of the place of the competition and IUKL.

The costs associated with the participation of athletes in competitions (travel, meals, accommodation, accreditation) are compensated by sportsmen or the organizations.

**ATTENTION! Participating in competitions maybe only after payment of comprehensive accreditation (entry fees + accommodation).** Kinds and cost of accreditation you may see in an Annex A2.

Athletes and teams from countries that are not IUKL members shall pay a double accreditation.  
Athletes and teams from the IUKL, its members-countries have to pay the double accreditation in case their country did not pay an annual membership fee until March 31, 2019.  
An accreditation payments at non-appearance athlete will not be returned!

Bank details of IUKL:

**International Union of Kettlebell Lifting (Starptautiskā svarbumbu celšanas savienība)**

**Address: 110-45 Saules street, Ventspils, Latvia, LV-3605**

**Registration Nr. 40008022472**

**Bank: Swedbank**

**SWIFT Code: HABALV22**

**Account Nr.: LV34HABA0551014046363**

## 9. Applications

Applications for participation should be submitted **till 1<sup>st</sup> June 2019!**

- The list of documents that must be filed in the organizing committee ( [laurent.faucher@ffforce.fr](mailto:laurent.faucher@ffforce.fr) ; [aga.korol@gmail.com](mailto:aga.korol@gmail.com) ; [vasilij.ginko@vgt.lv](mailto:vasilij.ginko@vgt.lv) ) to **1<sup>st</sup> June 2019**:
  1. The application form for participation - AFP (Annex 1),
  2. Scan (or file in pdf format) health insurance for each participant,
  3. The application form for accreditation - AFA (Annex 2).
    - ✓ AFP-application specified weight class of athlete, in which he plans to start;
    - ✓ AFP-application specified team composition in Relay races;
    - ✓ AFP-application shall include only all athletes;
    - ✓ AFA-application shall include all members of the delegation;
    - ✓ AFP and AFA applications must be certified by the head of the Federation of Kettlebell Lifting of the country, which is the team.

## 10. Visas

When entering the territory of French by foreigners who are not EU nationals must have a valid travel document (passport) and a valid visa, if necessary.

Representatives of all countries, who need to get an invitation from the French side, must inform the organizer no later than **June 1, 2019!**

Contact persons:

Laurent Faucher (French): [laurent.faucher@ffforce.fr](mailto:laurent.faucher@ffforce.fr) ; tel: +33 (0) 6 20 32 68 65;

Anaïs Cudi (French, English): [anaïs.a.cudi@gmail.com](mailto:anaïs.a.cudi@gmail.com) ; tel: +33(0)638614497;

Elena Tchekanova (French, Russian): [elena\\_rozganova@hotmail.fr](mailto:elena_rozganova@hotmail.fr) ; tel: +33(0)625170853;

## 11. Doping control

At the competition in kettlebell lifting in 2019, foreseen for doping control (can be carried out doping controls).

Taking doping tests carried out by an authorized person of the World Anti-Doping Agency (WADA) in accordance with the regulatory documents WADA / IUKL.

Surrender to control doping test is mandatory for those athletes who are winners of the competition and are and were chosen by lot.

Refusal or failure to undergo a doping test entails the responsibility stipulated by the relevant statutory WADA / IUKL.

Records and high achievements can be only registered according to the regulation of Records Registration of IUKL, under such conditions as:

- availability of doping control tests,
- athlete who sets the record should pass anti doping tests.