

APPROVE
Vice-president
of International Union of Kettlebell Lifting
Mr. Igor Solodov

RULES & REGULATIONS of EUROPE GRAND PRIX in KETTLEBELL LIFTING in 2021

1. Purposes and goals

- Propagation and popularization of sports and healthy lifestyles on all continents
- Strengthening of international relationship and development of the international cooperation in the field of sports
- Increase of athletic skills, exchange of experience
- Ensuring the principles of fair play in sport
- Development of high-performance sports
- Determination of the strongest kettlebell lifters of the world in various competitive classes and age groups.

2. Place and dates of Competitions

<u>Event organizer:</u>	Lithuanian Kettlebell lifting federation
<u>Place of competitions:</u>	Vasario 16 th str. 8, Garliava city, Kaunas distr., Lithuania
<u>Dates of competitions:</u>	3 rd of July – 4 th of July, 2021
<u>Day of arrival and registration of participants:</u>	2 nd of July, 2021
<u>Weighting of participants:</u>	2 nd of July, 17:00 – 20:00 3 rd of July, 08:00 – 09:00

Participant registration and weigh-in shall take place at the official accommodation partner ibis Kaunas Centre Hotel, Vytauto Pr. 28, Kaunas, LT-44328, Lithuania.

<u>Beginning of competitions:</u>	3 rd of July, 16:00 4 th of July, 15:00
<u>Day of delivery of protocols:</u>	5 th of July 2021

Registration deadline: 4th of June 2021!

3. Management of competitions

The managing of preparation and conducting of competitions is carried out by Lithuanian Kettlebell Lifting Federation in a cooperation with International Union of Kettlebell Lifting (IUKL).

Chief referee of competitions and chairman of referee assembly: Mr. **Viktor Jeliseev** (Russia).
The Secretary: Ms. **Agnieszka Korol** (Poland)

Contact persons on organization of competitions:
Mr. **Rolandas Kubilius** (+370) 68613175; rolandas.kubilius@svarstis.lt
Ms. **Agnieszka Korol** (+48) 605 155 557; aga.korol@gmail.com
Mr. **Valentin Egorov**; evvwork@gmail.com

4. Participants and conditions

Competitions are held according to the IUKL rules, which are posted on the IUKL website www.giri-iukl.com with additions and changes on the day of competition.

The competition is open to all countries - members of IUKL.

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.

Athletes can compete only at the request of the national federation, organization, or representative of a country.

Athletes must be citizens of the country they represent or have proof of legal status that determines their affiliation with the country they represent.

National Federations recognized in their countries form a team based on their internal rules.

Organizations that do not have recognition in their countries should conduct qualifying competitions according to IUKL rules to determine the strongest athletes and form a national team.

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

In mixed relay (jerk + snatch), each athlete 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 team in the mixed relay.

In relay race each country can be represented by one team in the class of "Professionals", one in "Amateurs" and one in "Veterans".

The Board of Referees can form mixed streams depending on the number of declared participants in groups and weight categories.

Each team and each athlete must have a uniform with the symbols of their country.

5. Age groups, weight category and competitive disciplines

Competitions are held according to the rules of IUKL, which are posted on the website IUKL with additions and changes on the day of competition.

Competitions are individually:

- **Men (without limitation of age);**
- **Women (without limitation of age).**

Weight categories:

Male adults: -63 kg; -68 kg; -73 kg; -78 kg; -85 kg; -95 kg; -105 kg; +105kg

Female adults: -58 kg; -63 kg; -68 kg; -73 kg; -78 kg; -85 kg; +85 kg.

In the case of participation of fewer than 2 athletes in the weight category combination with a heavier weight category can be carried out

Competitive exercises and disciplines:

Male adults (with 24 kg kettlebells):

- biathlon (jerk + snatch)
- two arms long cycle
- relay (jerk) - 4 stages x 3 min
- relay (long cycle) - 4 stages x 3 min

Female adults (with 16 kg kettlebells):

- snatch
- biathlon (jerk + snatch)
- two arms long cycle
- relay (jerk) - 4 stages x 3 min
- relay (long cycle) - 4 stages x 3 min

Additional exercises and disciplines:

Male adults (with 32 / 28 / 24 kg kettlebells):

- one arm jerk
- one arm long cycle
- snatch -12 min!
- relay 24 kg (2 stages jerk + 2 stages snatch) - 4 stages x 3 min.

Female adults (with 24 / 20 / 16 kg kettlebells)

- one arm jerk
- one arm long cycle
- snatch -12 min!
- relay 16 kg (2 stages jerk + 2 stages snatch) - 4 stages x 3 min.

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

6. Competition program

Preliminary schedule of the competition – [Annex # 3](#) (Click on the link)

Detailed Competition Schedule, start list, and results of individual races will be posted on social media (Facebook)

- IUKL (Click on the link)
- the Group dedicated to this event (Click on the link)

After the deadline for participants' registration (4th of June!).

(After receiving all Application Forms and settling/processing all a financial obligation of the members IUKL and participants).

Protocols from the whole Competition will be posted on the [IUKL website](#).

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

7. Determination of winners and awards

In the team offset of the Europe Grand Prix, all personal results of all team members in all disciplines are taken into account, namely:

- all results among male in biathlon
- all results among male in long cycle
- all results among female in snatch [or] in biathlon
- all results among female in long cycle
- results in male and female team relay races.

Winners among men are determined in a biathlon and in a long cycle in weight categories and in an absolute category, among women - in a snatch [or] biathlon and in a long cycle in weight categories and in an absolute category.

Snatch - 12 minutes.
This is a snatch with any number of change of hands without placing the kettlebell on the platform. The weight of the kettlebell is determined by the competition regulations.

Estimation of results of the Europe Grand Prix 2021:

Men in a weight category: a jerk - 1 point (- through the total amount of lifts), a snatch - 0,5 point (in a snatch the result of lifts by one and by other hand); a long cycle - 1 point (through the total amount of lifts).

Men in an absolute category - through the weight coefficients.

Women in a weight category: a snatch - 1 point (in a snatch the result of lifts by one and by other hand) [or] in a jerk - 1 point (- through the total amount of lifts), in a snatch - 0,5 point (in a snatch the result of lifts by one and by other hand), a long cycle - 1 point (through the total amount of lifts).

Women in an absolute category - through the weight coefficients.

At the identical amount of points advantage is got by a participant having less own weight.

Participants who took 1-3 places in individual overall in each weight category and in relay (classical jerk) are awarded with medals.

Participants who took 1-6 places in absolute overall are awarded with cups.

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

8. Costs and Fees

Personal license cost per year, entry fees for participation in the competition and bank details of IUKL – Annex # 2 (Click on the link)

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, accreditation) are compensated by sportsmen or the organizations.

ATTENTION! Participating in competitions maybe only after payment of comprehensive accreditation. Kinds and cost of accreditation will be reported separately for each competition.

Athletes and teams from countries that are not IUKL members shall pay a double accreditation.

Athletes and teams from the IUKL, its members-countries must pay the double accreditation in case their country did not pay an annual membership fee until March 31, 2021.

In case of violation of the terms of comprehensive accreditation athletes and teams pay double entry fees to compensate for the costs of pre-booking services at the venue.

ATTENTION! In connection with the consequences of the emergency caused by the COVID-19 pandemic, we ask all participants to provide for the possibility of exchanging or refunding tickets in case of a change in the date of the competition.

In case of rescheduling or canceling the competition due to an emergency, the accreditation fee will be refunded in full.

9. Applications

Applications for participation must be submitted to the main contacts of the organizers and IUKL before the registration deadline – by the **4th of June 2021!**

! The list of documents that must be filed in the organizing committee:

Rolandas Kubilius (rolandas.kubilius@svarstis.lt), Agnieszka Korol (aga.korol@gmail.com), Valentin Egorov (evvwork@gmail.com)

1). The application form for participation – **Annex # 1 (Click on the link)**

2). Scan (or file in pdf format) health insurance for each participant

3). Payroll to the opening of a visa to Lithuania (if necessary).

! The application must be certified by the head of the Federation of Kettlebell Lifting of the country represented by the athlete/team.

10. Visas

When entering the territory of Lithuania 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 official invitation for a visa from the Lithuanian side, must inform the organizer (rolandas.kubilius@svarstis.lt) no later than **4th of June 2021!**

Data required for the invitation:

- 1) First and last name (English transliteration!)
- 2) Sex
- 3) Nationality
- 4) Date and place of birth
- 5) Address (place of residence)
- 6) Copy of 1st page of passport (with photo).

11. Doping control

At the competition in kettlebell lifting in 2021, foreseen for doping control!

Sampling of 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.