

2022 BALTIC CHAMPIONSHIP OF KETTLEBELL LIFTING

REGULATIONS

1. GOALS

- Popularization of kettlebell lifting in in the Baltic states;
- Strengthening friendly relations between the Baltic States;
- Determination of the strongest athletes and teams.

2. TIME AND VENUE

Competition venue: Estonia, Pärnu County, Pootsi, 88115

<https://goo.gl/map/kQFrQLm8ARVYSFCCA>

Arrival and registration: 23 July, 12.00-13.00 am.

Time of the competition: 23 July, 13.00 am

3. MANAGEMENT

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

Main organizer and contact person: Erki Soo, email: erki@sangpommisport.ee , +3725267807.

Chief referee: Ülo Kuusk;

Additionally, each country is required to delegate a referee.

4. PARTICIPANTS

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

The championship is being held in biathlon and in two groups:

- Men (no age restrictions, 24 or 32 kg kettlebells) 32 kg – points x2.
- Women (no age restrictions, 16 or 24 kg kettlebells) 24 kg – points x2.

Weight categories:

- Men (without age restrictions, biathlon): -63; -68; -73; -78; -85; -95; +95 kg;
- Women (without age restrictions, biathlon): -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:

Jerk for mem with 32 kg kettlebells. A team should consist of four athletes from the same country. Each athlete will be given three minutes to complete the exercise (12 minutes in total).

5. TEAM POINTS

A national team should consist of 11 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. In the case of equal points, the team ranking will determine the best place for the competition Points will be given as follows:

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

Teams are required to bring one judge for competition.

7. ADDITIONAL INFORMATION

Competition will be an out-door event and in case of any bad weather, organizer will inform the location of new venue.

After the competition, a late lunch/early dinner will be organized between the participants. Time and location will be announced later.

FINANCIAL TERMS AND ACCOMMODATION

Participation in the championship is free of charge.

8. APPLICATIONS

Team applications should be handed at the day of the championship and submitted by email: erki@sangpommisport.ee no later than 18 July 2022.

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President

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