



IX INTERNATIONAL TOURNAMENT ON KETTLEBELL LIFTING "VENTSPILS ATLANTS"

SCANDINAVIAN STAGE

18– 19th August 2012

BALTIC STAGE

29-30th September 2012

REGULATIONS (2nd redaction)

1. The purposes and tasks

- Popularization of kettlebell lifting in Ventspils, in Latvia and on international scene;
- Carrying out of spiritual and physical development of youth;
- Definition of the strongest sportsmen in various competitive classes.

2. Terms and a place of carrying out

SCANDINAVIAN STAGE

A place of carrying out of competitions: Sports hall "Cross Training – Keskus", Vihiojantie 5, 33800 Tampere, Finland.

Date of carrying out of competitions: 18– 19th August 2012.

Day of arrival: 17th August.

Weighing and a toss-up: 17th August, from 18:00 till 20:00; 18th August, from 09:00 till 11:00.

The beginning of competitions: 18th August at 12:00; 19th August at 11:00.

Day of delivery of reports and departure of participants: 20 August.

BALTIC STAGE

A place of carrying out of competitions: Latvia, Ventspils, 7/9 Sporta street, Olympic center "Ventspils" – Track and field sports (Light athletics) hall.

Date of carrying out of competitions: 29-30th September 2012.

Day of arrival: 28th September.

Weighing and a toss-up: 28th September, from 18:00 till 20:00; 29th September, from 09:00 till 11:00.

The beginning of competitions: 29th September at 12:00; 30th September at 11:00

Day of delivery of reports and departure of participants: 01st October.

3. A management of carrying out

Competitions will be organized by Kettlebell Lifting Club "VENTSPILS ATLANTS" in cooperation with:

- Ventspils city municipality;
- Olympic center "Ventspils";
- Latvian Association of Kettlebell Lifting (LAKL);
- International Kettlebell and Strength Training Academy (IKSA);
- International Union of Kettlebell Lifting (IUKL).

The main judge of competitions: Mr. Guntars Belkovskis (Latvia, International category).

The main secretary: Mr. Vasily Ginko.

The contact person on the organization of competitions: Mr. Martti Nappari (Finland) (+358) 44 59 909 23; Vasily Ginko (Latvia) (+371) 26 398 120.

4. Participants of competitions

In competition are participate:

sportsmen-members of the IKSA and IUKL, and also from countries cultivating the kettlebell lifting.

Sportsmen act in 6 classes ("GIRLS-18", "WOMEN", "YOUNG MEN-18", "AMATEUR", "MASTERS", "POWER JUGGLING") depending on age and competitive disciplines.

- **1 class "GIRLS-18" - girls till 18 years inclusive (1994 year of a birth and younger).**
Competitions are spent with kettlebells in weight of 12 kg or 16kg (with coefficient 2);
weight categories of 53 kg, 58 kg, 63 kg, + 63 kg;
- **2 class of "WOMAN" - the woman is more senior than 18 years (1993 year of a birth and also more senior).**
Competitions are spent with kettlebells in weight of 16 kg or 24kg (with coefficient 2);
weight categories of 58 kg, 63 kg, 68 kg, + 68 kg;
- **3 class "YOUNG MEN-18" - young men till 18 years inclusive (1994 year of a birth and younger).**
Competitions are spent with kettlebells in weight of 16 kg;
weight categories of 53 kg, 58 kg, 63 kg, 68 kg, 73 kg, 78 kg, 85 kg, +85 kg;
- **4 class "AMATEURS" – young men and adults.**
Competitions are spent with kettlebells in weight of 24 kg;
weight categories of 63 kg, 68 kg, 73 kg, 78 kg, 85 kg, 95 kg, 105 kg, + 105 kg;
- **5 class "MASTERS" – adults.**
Competitions are spent with kettlebells in weight of 32 kg;
weight categories of 63 kg, 68 kg, 73 kg, 78 kg, 85 kg, 95 kg, 105 kg, + 105 kg;
- **6 class "POWER JUGGLING" – An absolute category – girls, women, young men, men, single and pair categories.**
Competitions are spent with kettlebells in weight:
- girls, women 8 kg;
- young men, men 16 kg.

5. Program of competitions

Girls and women compete:

- in long cycle with one arm (with single changing of arm);
- in exercise „snatch” (with single changing of arm).

Men (young men, amateur, masters) compete:

- in long cycle;
- in exercise „jerk”.
- in exercise „snatch” (with single changing of arm).
- in biathlon (jerk + snatch).

In power juggling compete:

girls, women, younger, men – single and group.

6. Shedule of competitions

SCANDINAVIAN STAGE

18 August:

1 flow: men (young men, amateur, masters) compete in exercise „jerk”;

2 flow: girls and women compete in exercise „snatch”;
3 flow: men (young men, amateur, masters) compete in exercise „snatch”;
4 flow: girls, women, younger, men compete in individual power juggling;
Rewarding in jerk, snatch, biathlon (jerk + snatch), individual power juggling.

19 August:

1 flow: men (young men, amateur, masters) compete in long cycle;
2 flow: girls and women compete in exercise long cycle;
3 flow: girls, women, younger, men compete in group power juggling;
Rewarding in long cycle, group power juggling.

BALTIC STAGE

29 September:

1 flow: men (young men, amateur, masters) compete in long cycle;
2 flow: girls and women compete in exercise long cycle;
3 flow: girls, women, younger, men compete in individual power juggling;
Rewarding in long cycle, individual juggling.

30 September:

1 flow: men (young men, amateur, masters) compete in exercise „jerk”;
2 flow: girls and women compete in exercise „snatch”;
3 flow: men (young men, amateur, masters) compete in exercise „snatch”;
4 flow: girls, women, younger, men compete in group power juggling;
Rewarding in jerk, snatch, biathlon (jerk + snatch), group power juggling.

7. An estimation of results and rewarding.

Refereeing is spent by rules of the International Union of Kettlebell Lifting, with additions and the changes brought at date of carrying out of competitions.

Winners in personal offset at men (young men, amateur, masters) are defined separately in long cycle, in exercise “jerk”, in exercise “snatch”, in biathlon (jerk + snatch).

Winners in personal offset at girls and women are defined separately in long cycle and in exercise "snatch".

The participants who have borrowed 1 - 3 places in personal offset, in each weight category and in each separate class, are awarded with medals and diplomas, namely:

men (youths, amateurs, masters) in disciplines long cycle and biathlon - by large medals,
in separate exercises “jerk” and “snatch” - by small medals;
girls and women in long cycle and exercise “snatch” - by large medals;
in power juggling – by large medals.

The winners of tournament on the absolute result of two stages in every separate class are rewarded by cups, diplomas of ABSOLUTE WINNER of TOURNAMENT and monetary prizes according to data of table 1.

Calculation of absolute result of each sportsman is spent under the following formula:

MEN (young men, amateurs, masters)

Absolute result = {(I stage - BIATHLON) + (I stage - LONG CYCLE)} : Personal weight of sportsman on the I stage + {(II stage - BIATHLON) + (II stage - LONG CYCLE)} : Personal weight of sportsman on the II stage.

WOMEN (girls, women)

Absolute result = {(I stage - SNATCH) + (I stage - LONG CYCLE)} : Personal weight of woman on the I stage + {(II stage - SNATCH) + (II stage - LONG CYCLE)} : Personal weight of woman on the II stage.

Amount of points for one repetition:

MEN (young men, amateurs, masters)

Jerk = 2 points;

Snatch = 1 point;

Long Cycle = 3 points.

WOMEN (girls, women)

A jerk = is a 1 point;

A long cycle = is 2 points.

Table 1. Distribution of monetary prizes on classes in absolute offset.

A place	The sizes of monetary prizes, LVL				
	<u>1 class</u> <u>GIRLS-18</u>	<u>2 class</u> <u>WOMEN</u>	<u>3 class</u> <u>YOUNG MEN-18</u>	<u>4 class</u> <u>AMATEURS</u>	<u>5 class</u> <u>MASTERS</u>
1	50	75	50	75	100
2	40	60	40	60	80
3	30	45	30	45	60
Σ	120	180	120	180	240

8. Financial conditions.

The expenses connected with participation of sportsmen in competitions (travel expenses, a feed, residing) - are compensated by sportsmen or the organizations which have sent them.

Starting payment:

Long cycle (youngers, amateurs, men) - 20 EUR;

Long cycle (girls, women) - 20 EUR;

Jerk (youngers, amateurs, men) - 20 EUR;

Snatch (youngers, amateurs, men) - 20 EUR;

Biathlon (youngers, amateurs, men) - 20 EUR;

Snatch (girls, women) - 20 EUR;

Power juggling – starting payment for participation in competitions is not raised.

Sportsmen and teams which are not members of the International Union of Kettlebell Lifting, should pay starting payment at double rate.

Sportsmen and teams which are members of the International Union of Kettlebell Lifting, should pay starting payment at double rate in case if has not paid annual membership payment for 2012.

Accommodation in hotel **10 - 22 LVL (22 - 49 USD) / per night** (to reserve it is necessary to inform hotel reservations on desire in advance).

7. Applications.

Forward orderings are accepted by phones

or by fax:

or by e-mail:

Martti Nappari (Finland) (+358) 44 59 909 23

Vasily Ginko (Latvia) (+371) 26 398 120.

(+371) 636 68 850,

sportland@kolumbus.fi

vasilijs.ginko@vgt.lv

Official applications should be submitted during weighing.

**The given REGULATION
is an official call on the given competition.**