

LITHUANIAN FEDERATION OF KETTLEBELL LIFTING LIETUVOS SVARŠČIŲ KILNOJIMO FEDERACIJA



BALTIC CHAMPIONSHIP OF KETTLEBELL LIFTING 2013

REGULATIONS

1. CHAMPIONSHIP GOALS

- A. Propagation and popularization of kettlebell lifting in Lithuania.
- B. Strengthening of the international cooperation between the Baltic states.
- C. Exchanging of experience between sportsmen of the Baltic countries.
- D. Determining the strongest athlete in each weight category and age group.
- E. Determining the strongest team.

2. TERMS AND VENUES

Competition venue: Technikumo street 2, Naujasodis, Alanta subdistrict, Molėtai district, Lithuania.

Arrival and registration: 28, June, 2013; 10:00 - 11:00.

Time of the competition: 29, June, 2013; 12:00 – 18:00.

Date of departure: 30, June, 2013.

3. MANAGEMENT OF THE COMPETITION

Baltic Championship of Kettlebell Lifting is being organised by *Lithuanian Federation of Kettlebell Lifting* in cooperation with *LKSKA „Nemunas“* and is being held according to the official rules of *Lithuanian Federation of Kettlebell Lifting* and these regulations.

Chief referee: Rolandas Kubilius (international category);

Head secretary: Vytautas Gutauskas.

Contacts: President of the *Lithuanian Federation of Kettlebell Lifting* Alfonsas Špokas: alfonsas.spokas@svarstis.lt ; +370 687 15026.

4. PARTICIPANTS.

The championship is being held in four groups:

- Men (1995 year of birth and younger, 16 or 24kg kettlebells) 24kg – points x2.
- Women (1995 year of birth and younger, 12 or 16kg kettlebells) 16kg – points x2.
- Men (no age restrictions, 24 or 32kg kettlebells) 32kg – points x2.
- Women (no age restrictions, 16 or 24kg kettlebells) 24kg – points x2.

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Weight categories:

- Men (1995 year of birth and younger, biathlon): -58; -68; -78; +78 kg;
- Women (1995 year of birth and younger, snatch): -63; +63 kg;
- Men (without age restrictions, biathlon): -63; -68; -73; -78; -85; -95; -105; +105 kg;
- Women (without age restrictions, snatch): -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:

Each team should consist of five members. **Overlapping of two or more athletes that belong to the same weight category is not allowed.** The relay race team should consist of athletes from the same country. Teams will compete with 24kg kettlebells. Three minutes will be given to each of the athletes (total – 15 min.)

5. POINTS AND AWARDS

A national team should consist of 17 members (one member in each weight category of the four groups). Points will be given as following: I place – 3 points; II place – 2 points; III place – 1 point. The best team is determined according to the number of points collected.

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

1st-3rd place winners in the team relay race competition will be awarded medals and diplomas.

1st-3rd place winning teams will be awarded cups and diplomas.

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. ACCOMODATION AND FINANCIAL TERMS

Accommodation – 9 eur/night (number of people and dates should be indicated in the application).

Catering – 8 eur/day (**pre-order by contacting Alfonsas Špokas**)

All the 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 sent **by email** (alfonsas.spokas@svarstis.lt) **until 1 June 2013**.