



European Championships 2013 "Wexford, Ireland"

24th– 26th May 2013

REGULATIONS

1. The purpose of the Competition

- The European Championships in Ireland will help promote and development Kettlebell Sport in Western Europe and Worldwide.
- The European Championships are an opportunity to promote health and fitness through sport.
- The European Championships will help advance and strengthen friendships between IUKL nations.
- The European Championships will contribute to building a peaceful and better world by educating youth through sport practiced without discrimination of any kind and in the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity and fair play.

2. Location of European Championship May 2013

Location: Sports hall "St. Joseph's Community Centre – Wexford, Ireland.

Date: 24th– 26th May 2013.

Day of arrival: 23rd May.

Weigh in: 23rd May from 18:00 till 20:00; 24th & 25th May, from 08:00 till 9:00am.

The beginning of competition: 24th May at 11:00am; 25th & 26th May at 10:00am.

3. Organizers

The European Championships will be organized by the "AIKLF" in cooperation with:

- International Union of Kettlebell Lifting (IUKL).

The main judge of the competition: Vladimir Shvanev from Russia.

The main secretary: Mr. Vasily Ginko.

The main contacts for the European championships: Mr. Mick Kelly (Ireland) (+353) 86 2621488; Vasily Ginko (Latvia) (+371) 26 398 120.

4. Who is eligible to compete at European Championships

1. Members and Federations of the IKSA and IUKL.
 2. Athletes from Countries promoting the sport of kettlebell lifting who have no official registered Federation can register if they have received personal invitations from the IUKL.
- **"FEMALE AMATEUR JUNIOR" - women over 18 and under 22 years of age**
Female Amateur Junior's will use a 16kg kettlebell during the competition;
Weight categories 58 kg, 63 kg, 68 kg, + 68 kg;
 - **"FEMALE PROFESSIONAL JUNIOR"- women over 18 years of age and under 22 years of age**
Female Professional Junior's will use a 24kg kettlebell during the competition;
Weight categories 58 kg, 63 kg, 68 kg, + 68 kg;

Note: Male & Female youth who are under 18 yrs of age can compete at older age level once they submit medical assessment

- **"AMATEUR WOMEN" - women over 18 years of age**
Amateur women will use a 16kg kettlebell during the competition;
Weight categories 58 kg, 63 kg, 68 kg, + 68 kg;
- **"PROFESIONAL WOMEN" - women over 18 years of age.**
Professional women will use a 24kg kettlebell during the competition;
Weight categories 58 kg, 63 kg, 68 kg, + 68 kg;
- **"VETERAN WOMEN" - (35-39,40-44,45-49,50-54,55-65, 65+ years of age).**
Veteran Women will use a 16kg or 8kg (over 55yrs) kettlebell during competition;
Weight categories 58 kg, 68 kg, +68kg
- **"JUNIOR AMATEUR MEN" – men over 18 years and under 22yrs of age**
Junior Amateur men will use 24kg kettlebells during the competition;
Weight categories 63 kg, 68 kg, 73 kg, 78 kg, 85 kg, 95 kg, +95kg;
- **"JUNIOR PROFESSIONAL MEN" – men over 18 years and under 22yrs of age.**
Junior Professional men will use 32kg kettlebells during the competition;
Weight categories 63 kg, 68 kg, 73 kg, 78 kg, 85 kg, 95 kg, +95kg;

Note: Male & Female youth who are under 18 yrs of age can compete at older age level once they submit medical assessment

- **"AMATEUR MEN" – men over 18 years of age.**
Amateur men will use 24kg kettlebells during the competition;
Weight categories 63 kg, 68 kg, 73 kg, 78 kg, 85 kg, 95 kg, +95kg;
- **"MASTER MEN" – men over 18 years of age.**
Professional men will use 32kg kettlebells during the competition;
Weight categories 63 kg, 68 kg, 73 kg, 78 kg, 85 kg, 95 kg, +95kg;
- **"VETERAN MEN" (40-44,45-49,50-54,55-59,60-69,70-79, +80) .**
Veteran men will use 24 kg or 16kg (over 60yrs) kettlebells during the competition;
Weight categories of 63 kg, 73 kg, 85 kg, 95 kg, +95kg;

5. Also at this event the ALL IRELAND KETTLEBELL LIFTING FEDERATION will host an Open Female Long Cycle Competition, this will be run separate from the European Championships

- **The purpose of the Female Long Cycle Competition**
- To promote and develop Kettlebell Sport for Women Internationally
- Introduce more opportunities for women to compete at National & International Competitions
- This competition is an opportunity to promote health and fitness for women through sport.
- **Organizers**
- The Open Female Long Cycle Competition will be organized by the "AIKLF".
- **Who is eligible to compete at Female Long Cycle Competition**
- Members and Federations of the AIKLF, IKSA and IUKL.
- Athletes from Countries promoting the sport of kettlebell lifting who have no official registered Federation can register if they have received personal invitations from the IUKL.

- **"AMATEUR WOMEN" - women over 18 years of age**
Amateur women will use a 16kg kettlebell during the competition;
Weight categories 58 kg, 63 kg, 68 kg, + 68 kg

6. Competition program for European Championships

Women (Junior, Amateur, Professional , Veterans) will compete:

- in the „snatch only” (with single arm change).

Men (Junior, Amateur, Professional, Veterans) will compete:

- in the long cycle.
- in the biathlon (jerk + snatch).

7. Competition program for Female Open Long Cycle Competition

Women (Amateur) will compete in the Long cycle only (with single arm change).

8. Schedule of the Event

24th May: Junior, Amateur & Professional Biathlon & Womens Snatch

Opening Ceremony

1st to lift: men (junior, amateur, professional) compete in the „jerk”;

2nd to lift: women (Junior, amateur, professional) compete in the „snatch”;

3rd to lift: men (junior, amateur, professional) compete in the „snatch”;

Medal Ceremony

25th May: Veterans Biathlon & Womens Veteran Snatch

1st to lift: men (veterans) compete in the „Jerk”;

2nd to lift: women (veterans) compete in the „Snatch”;

3rd to lift: men (veterans) compete in the „snatch”;

Medal Ceremony

26th May: Female, Junior, Amateur, Professional & Veterans Long Cycle

1st to lift: Open Female Long Cycle Competition.

2nd to lift: men (Junior, amateur, professional) compete in the „Long Cycle”;

3rd to lift: men (veterans) compete in the „Long Cycle”;

Medal Ceremony

9. Rules & determining the Winners.

Rules & regulations will be as per International Union of Kettlebell Lifting (IUKL) with amendments and changes valid on the day of the Competition.

The winner in each weight class is determined by the highest score in that lift.

The Jerk is equal to 2 points

The Snatch is equal to 1 point

The Long Cycle is equal to 1 point

In the Biathlon – total result is the sum of both jerk & snatch.

Winners of 1-3 places in every age and weight category will be awarded with medals & certificates.

Same for teams in 1-3 places.

10. Financial conditions.

All expenses (travel , accommodation , meals) are the responsibility of the athletes federations.

Registration fee:

Long cycle (female) – 20 Euro;

Long cycle (Juniors, amateurs, men, veterans) - 20 EUR;

Biathlon (Juniors, amateurs, men, veterans) - 20 EUR;

Snatch (Juniors, women, veterans) - 20 EUR;

Athletes and teams which are not members of the International Union of Kettlebell Lifting, will have to pay double the registration fee.

Athletes and teams which are members of the International Union of Kettlebell Lifting will be expected to pay double the registration fee if their annual membership has not been paid.

Hotel accommodation will be **30/40 euro per night**, this cost will also include breakfast.

Directions :

Arrival – Dublin Airport. Then take the bus from the Airport to Wexford Town (AIKLF representatives will meet you at the Airport), this journey will take approx 3hrs. At Wexford Bus station a shuttle bus will be waiting to bring athletes & officials to hotels.

11. Applications.

Forward bookings are accepted by phone

Mick Kelly (Ireland) (+353) 86 2621488.

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

or by fax:

(+371) 636 68 850,

or by e-mail:

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Official applications should be submitted during weighing.

Note: Final applications must be submitted by 17th March 2013, accompanied by hotel reservation details.

**This regulation is an official invitation
to participate at this competition**