

**Approved by:**  
the IUKL President

\_\_\_\_\_ **Mr. Imants Lochmels**

**Coordinated with:**

Director of Sports and Youth Policy  
Department of Tyumen region

\_\_\_\_\_ **Mr. Dmitry Gramotin**

**Coordinated with:**

the President of the Russian Girevoy Sport  
Federation

\_\_\_\_\_ **Mr. Igor Solodov**

**REGULATIONS**  
**on holding of World Kettlebell Lifting Championship**  
**and**  
**World Kettlebell Lifting Championship among juniors**

**1. Aims and Targets**

- Promotion and popularization of Kettlebell Lifting;
- Strengthening of friendly ties between the nations and developing of international cooperation in the field of sport;
- Revealing of the strongest kettlebell lifters of Europe.

**2. Dates and Place of Competitions**

November 20-24, 2013, Tyumen, Russia. Address: 1, V. Gnarovskaya Str., GAU DOD TO "Olympic Training Center" "Tyumen-Judo".

**3. Program of Competitions**

**November 20, 2013**

Arrival and registration of participants

**From 15:00 till 18:00** – Credentials Committee

**From 18:00 till 19:00** – Meeting of representatives and juries

**From 19:00 till 20:00** – weighting of participants performing biathlon, snatch and long cycle ("VOSTOK" hotel)

**From 15:00 till 22:00** – training in sports complex "Stroy mash" 49a, Industrialnaya Str.

**November 21, 2013**

**Biathlon competition**

**10:00** – "Jerk"

- Junior Group "A" and "B" weight categories 63, 68, 73, 78kg.

- Men group "B" weight categories 63, 68, 73, 78kg.

"Snatch"

- Female juniors and women group "B" weight categories 58, 63, 68, +68 kg.

- Juniors group "A" and "B" weight categories 63, 68, 73, 78 kg.

- Men groups "B" weight categories 63, 68, 73, 78 kg.

**17:00** – Official Opening Ceremony of the Competitions.

**17:40** – "Jerk" – men group "A" weight categories 63, 68, 73, 78 kg.

"Snatch" - women group "A" weight categories 58, 63, 68 +68 kg,

Men group "A" weight categories 63, 68, 73, 78 kg.

**20:00** - Awarding of winners and prize-winners.

## November 22, 2013

Biathlon competition

**10:00** – “Jerk” – male juniors and men weight categories 85, 95, +95 kg.

“Snatch” – male juniors and men weight categories 85, 95, +95 kg.

**14:00** - relay, juniors, “JERK”;

**14:30** - relay, men “JERK”;

**15:30** - awarding of winners.

## November 23, 2013

“LONG CYCLE”

**10:00** – male juniors and men weight categories 63, 68, 73, 78, 85, 95, +95 kg.

**13:00** - Awarding of winners

**15:00** – Delivery of protocols.

## November 24, 2013

**09:00** – Teams departure.

### **4. Management of Competitions**

General management of competitions preparation and organization is performed by IUKL organizing committee and the Ministry of Sports and Youth Policy of Russia.

Holding the competition is the immediate responsibility of the Kettlebell Lifting Federation of Russia, Department of Sports and Youth Policy, Kettlebell Lifting Federation of Tyumen region.

Chief Jury of competition – (approved by IUKL)

Chief Secretary - (approved by IUKL)

Contact persons for competition organization:

**General Secretary of IUKL: Mr. Vasilij Ginko**

**Contact phone number: +37126398120**

**E-mail: [vasilij.ginko@vgt.lv](mailto:vasilij.ginko@vgt.lv)**

Holding competitions organization:

**Sergey Tolstov, contact phone number: +79129981053**

**Oleg Elizarov, contact phone number: +79829151313, e-mail: [elizarov.85@bk.ru](mailto:elizarov.85@bk.ru)**

Jury board for servicing competitions should be formed by organizing committee. There are 36 juries with the category not lower national. Organizing committee provides 50% of juries from the total amount of jury board.

### **5. Competition participants**

Competitions are individual and team and held in accordance with the IUKL REGULATIONS

[http://www.giri-iukl.com/Eng/regulations\\_rus.html](http://www.giri-iukl.com/Eng/regulations_rus.html) .

#### **Competitive classes:**

- **amateurs** (men – kettlebell 24 kg, women – kettlebell 16 kg);

- **professionals** (men – kettlebell 32 kg, women – kettlebell 24 kg);

#### **Age groups:**

- **men, women**

- **male juniors, female juniors starting since 1991 and younger.**

Sportsmen of national federations and countries as well as representatives of national federations and countries obtained personal calls admitted for participation in World Championship and World Championship among juniors.

Each participating country has the right to provide one athlete in each weight category, each class, each age group, in each competitive class such as biathlon, long cycle, snatch as well as to have a separate athlete staff for participating in relay.

### **Delegation staff:**

#### **professionals**

Biathlon: men – 8 persons, male juniors – 8 persons;

Long cycle: men – 8 persons, male juniors – 8 persons;

Snatch: women – 4 persons, female juniors – 4 persons;

Relay (classical jerk): men – 5 persons, male juniors – 5 persons;

Coach – 1 person for 10 athletes;

Jury (Jury category – not lower national) – 1 person for 10 athletes;

Team representative – 1 person.

Athletes representation from each country in the amateur class is not limited.

Team relay - men, male juniors: 5 persons from the country, combination of two persons in the same weight is not allowed.

### **Weight of kettlebells:**

#### **Men, male juniors:**

- amateurs, kettlebell weight - 24 kg;

- professionals, kettlebell weight - 32 kg.

#### **Women, female juniors:**

- amateurs, kettlebell weight - 16 kg;

- professionals, kettlebell weight - 24 kg.

#### **Team relay. Only men, male juniors professionals:**

weight of kettlebells - 32 kg.

Each team should have a single team form with a symbol of their country.

## **6. Competitive forms**

The following forms are held in individual championship competition:

#### **for male juniors and men:**

- classical biathlon (classical jerk + snatch);

- long cycle.

#### **For female juniors, women:**

- in snatch.

The following forms are held in team championship competition:

#### **for male juniors, men:**

- in team relay (classical jerk);

#### **For male juniors and female juniors, men and women:**

- in team overall (number of points scored by representatives of each team).

Time limit – 10 minutes for each exercise (jerk, snatch, long cycle).

Team relay – 3 minutes for each team participant, total time 15 minutes.

## **7. Estimated results and awarding**

Competitions are held in accordance with the Rules of IUKL with some additions and amendments, submitted to a day of competitions.

Winners among male juniors and men are revealed in the sum of biathlon, in jerk in a long cycle, in individual overall; among lady juniors and women in snatch in individual overall, among junior teams – in relay and team overall, among adult teams – in relay and team overall.

Estimated results: jerk – 2 points, snatch – 1 point (result of calculated sum of repetitions made both hands in snatch), long cycle – 1 point. In biathlon general result is calculated with the sum of points in jerk and snatch.

In team overall winners and prize-winners are revealed by the following:

- 5 best results in men (male juniors) revealed in biathlon;
- 5 best results in men (male juniors) revealed in long cycle,
- 2 best results in women (female juniors) revealed in snatch.

Points scored for the 1 place in weight categories 20 points, for the 2 place 18 points, for the 3 place 16 points, for the 4 place 15 points and further for one less.

If points are equal, participant or (team) who has less proper weight gets the advantage.

Participants who took 1-3 places in individual overall in each competitive class, age group, weight category are awarded with medals and diplomas.

Teams who took 1-3 places in team relay are awarded with cups and diplomas, team participants with medals and diplomas.

Teams who took 1-3 places in team overall are awarded with cups and diplomas.

**Dope control is envisaged during the competitions. Recording of high achievements in accordance with PROVISIONS on IUKL registration.**

**Dope-control among adults in World Championship:**

**Winners in weight categories – total control – 20 samples;**

**Prize-winners – partial control – 10 samples.**

**Dope-control among juniors in World Championship among juniors:**

**Winners in weight categories – total control – 20 samples;**

**Prize-winners – partial control – 10 samples.**

## **8. Financing**

Expenses for athlete participation in World Championship and World Championship among juniors (travel, food, accommodation) are covered by sending organization. Flights from Moscow to Tyumen and Tyumen to Moscow are organized at the expense of the organizing committee.

**Entry fee for participation:**

**biathlon (male juniors, men) - 20 EUR,**

**long cycle (male juniors, men ) – 20 EUR,**

**snatch (female juniors, women) – 20 EUR,**

**team relay - 25 EUR.**

**Athletes and teams from countries that are not IUKL members should pay the double entry fee.**

**Athletes and teams from the IUKL member-countries should pay the double entry fee for participation in case if their country did not pay an annual membership fee for 2013 on the period of competition are held.**

Accommodation fee **35 USD/per day with breakfast in “VOSTOK” hotel.**

Address: Republic str., 159

Registration and servicing:

Booking: Phone: +7 (3452) 686-111, Fax: +7 (3452) 686-140

E-mail: [bron@vostok-tmn.ru](mailto:bron@vostok-tmn.ru)

## 9. Application

**Preliminary applications for participation in competitions should be submitted until November 01 2013, registration deadline until November 10 2013.**

Additional information, consultations and explanations can be obtained by using the following coordinates:

Sergey Tolstov, contact phone number: +7912-998-10-53, email: [tolstovsb@mail.ru](mailto:tolstovsb@mail.ru)

Oleg Elizarov, contact phone number: +7-982-915-13-13, email: [elizarov.85@bk.ru](mailto:elizarov.85@bk.ru)

Vasilij Ginko, contact phone number: +371-263-98-12, email: [vasilijs.ginko@vgt.lv](mailto:vasilijs.ginko@vgt.lv)

Applications for taking part in competition should be filled in a due form (application pattern [www.giri-iukl.com](http://www.giri-iukl.com) ) You can also use:

Fax: +7 (3452) 51-72-59

E-mail: [elizarov.85@bk.ru](mailto:elizarov.85@bk.ru)

[vasilijs.ginko@vgt.lv](mailto:vasilijs.ginko@vgt.lv)