

European Open 2014

Kettlebell Sport Championship

Rules and Regulations

1. Goals and tasks.

- Promotion and popularization of kettlebell sport;
- Strengthening of international relations and cooperation in the kettlebell sport field;
- Attracting youth to kettlebell sport;
- Increase sports mastership, exchange of experience, **locating** the strongest kettlebell athletes in Europe.

2. Dates and venue.

Competition venue: Russia, St. Petersburg, г. Пушкин, Конишennaya Street 2, house 16, St. Petersburg state Agrarian University winter stadium «Манеж».

Competition date: May 12-16, 2014 .

Participants' arrival and registration date: May 12, 2014.

Weigh-in: May 12 from 18:00 to 20:00; May 13 and May 14 from 08:00 to 09:00.

Competition start date: May 13 at 11:00; May 14 and May 15 at 10:00.

3. Judges and officials.

VFGS in collaboration with IUKL are two main organizations in charge for this event.

Head Judge Vladimir Rasskazov.

Head Secretary Vasiliy Ginko.

Contacts: Sergey Kirillov phone: +7 921 9486095, Kirillov@vfgs.ru , Vasiliy Ginko phone: 37126398120 ; vasilijs.ginko@vgt.lv

4. Competition participants.

Teams and athletes who represent national federations, organizations or representatives of countries-members of IUKL are allowed to participate in the competition. Athletes are allowed to participate in competition on an application from a national federation, organization or country representative.

Athletes, whose countries are not IUKL members and do not have IUKL representatives , but who have obtained a special personal invitation or approval on their participation application are allowed to participate in the competition.

Women Amateurs Junior Age Group (18-22 y.o.)

16 kg kettlebells.

Weight categories: under 58 kg, under 63 kg, under 68 kg, 68+

Women Professionals Junior Age Group (18-22 y.o.)

24 kg kettlebells.

Weight categories: under 58 kg, under 63 kg, under 68 kg, 68+

Women Amateurs (18 y.o. or older)

16 kg kettlebells.

Weight categories: under 58 kg, under 63 kg, under 68 kg, 68+

Women Professionals (18 y.o. or older)

24 kg kettlebells.

Weight categories: under 58 kg, under 63 kg, under 68 kg, 68+

Note: participants younger than 18 y.o. may compete with written doctors permission only.

Women Veteran Age group (35 y.o. or older in age groups with 5 years steps)

16 kg kettlebell. Age groups: 35-39;40-44;45-49.

Weight categories: under 63, under 68 and 68+

12 kg kettlebells. Age groups 50-54, 55-59, 60-64.

Weight categories: under 68, 68+

8 kg kettlebell. Age group 65 y.o. or older

Weight categorie: absolute.

Men Amateur Junior Age Group (18-22 y.o.)

24 kg kettlebells

Weight categories: under 63 kg, under 68 kg, under 73 kg, under 78 kg, under 85 kg, under 95 kg, 95+

Men Professionals Junior Age Group (18-22 y.o.)

32 kg kettlebells

Weight categories: under 63 kg, under 68 kg, under 73 kg, under 78 kg, under 85 kg, under 95 kg, 95+

Men Amateurs (18 y.o. or older)

24 kg kettlebells

Weight categories: under 63 kg, under 68 kg, under 73 kg, under 78 kg, under 85 kg, under 95 kg, 95+

Men Professionals (18 y.o. or older)

32 kg kettlebells

Weight categories: under 63 kg, under 68 kg, under 73 kg, under 78 kg, under 85 kg, under 95 kg, 95+

Note: participants younger then 18 y.o. may compete with written doctors permission only.

Men Veteran Age Group (40 y.o. or older with 5 years step)

24 kg kettlebells. Age groups: 40-44; 45-49, 50-54, 55-59

Weight categories: under 63 kg, under 73 kg, under 85 kg, under 95 kg, 95+ kg

16 kg kettlebells. Age groups: 60-64, 65-69.

Weight categories: -73 kg, -85kg, 95 kg, 95+ kg

12 kg kettlebells. Age group: 70-74, 75+

Weight categories: -85kg, 85+ kg

PLEASE NOTE: In case there is fewer than 3 persons per weight category in women and men (veterans), the particiants of the category in question will perform in the next (higher) category

Professionals.

There are only one participant allowed from every country in every age group, discipline and weight category.

Amateurs.

Any number of participants are allowed.

Veterans

The number of representatives in one weight categories is unlimited.

Team Relay.

There are only one team from each country in Amateurs and in Professionals are allowed (total 2 teams).

Any athlete could join the team (previously competed in discipline or ‘fresh’)

If Team/Country does not have adult representative in weight category the points of Junior athlete competed in the same weight category can be deducted. Note: the fee for the adult participant must be paid separately.

The sportsmen should have a uniform with symbolic of their country.

Participants - representatives of the country should have a flag and an audio recording (CD) of their national anthem.

5. Competitive varieties (disciplines)

In individual superiority of competition are held:

For men:

- classical biathlon
- long cycle
- team relay

For women:

- only snatch

Time regulations - 10 minutes on each exercise (long cycle, snatch, jerk), 3 minutes for each participant in the relay race.

6. Schedule.

May 13:

Men Adults and Junior age groups -Biathlon

Women Adults and Junior Age Group -Snatch

May 14:

Men Adults and Junior age groups -Long Cycle and -Team Relay (Jerk)

May 15:

Men Veteran Age Group –Biathlon, -Long Cycle, -Team Relay

Women Veteran Age Group -Snatch

6. Points and awards

Open European Cup is held according to the rules of IUKL, with the changes made as of the date of championship.

The participants who will have placed in the first three in personal offset in each discipline (Biathlon, Long cycle – for men; Snatch – for women) in each weight category, or in the relay race will be awarded medals and diplomas.

General points calculation.

Men.

Jerk- 1 point

Snatch – 0.5 points

LC – 1 point

Biathlon – Jerks + Snatch divided by 2

Women

Snatch- 1 point

Winners and prizewinners of Open European championship in every discipline (biathlon, long cycle and relay race for men, snatch for women), in every competitive group and in every weight category are determined.

The points in team offset are awarded as outlined below:

First place in weight categories – 20 points, Second place – 18 points, third place – 16 points, Fourth place – 15 points and so on by 1 point increments.

If there is a tie in points, the participant (team) with lower weight gets **priority**

Doping control is enforced.

All records will be registered according to IUKL Rules and Regulations.

7. Financial conditions/disclaimer.

Expenses related to athletes' participation in the competition (travel, meals, room and board) are the responsibility of athletes or their organization.

Registration Fees

Biathlon - 20 EUR;

Long Cycle – 20 EUR;

Snatch – 20 EUR;

Team Relay (Team Fee)- 25 EUR;

Athletes and teams from countries non-members of IUKL must pay twice the participation fee.

Athletes and teams from countries-members of IUKL must pay twice the participation fee if their country did not pay the annual membership fee for 2014 at the time of the competition.

8. Applications.

Additional information and consultations can be obtained by contacting:

Sergey Kirillov, Tel.+79219486095, e-mail Kirillov@vfgs.ru

Vasiliy Ginko, Tel.+3712639812, e-mail: vasilijs.ginko@vgt.lv

Applications adopted for participation in competition (application sample can be found on IUKL website www.giri-iukl.com) may be submitted at:

Fax: (+371) 636 68 850,

E-mail: Kirillov@vfgs.ru

E-mail: vasilijs.ginko@vgt.lv