



Approved by:
Vice President of the International
Union of Kettlebell Lifting (IUKL)
Mr. Igor Solodov



Organized by:
Athletenclub Hamburg e.V.
President: Mr. Johann Martin

Rules and Regulation

on holding of

World Championship in Kettlebell Lifting

and

World Championship in Kettlebell Lifting among juniors

(2.version)

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;
- Establishing the strongest Kettlebell Lifting Athletes of the World.

2. Dates and Place of Competitions

Date: **November 20-24, 2014, Hamburg, Germany**
Place: **Sporthalle Wandsbek, Rüterstraße 75, 22041 Hamburg**

3. Management of Competitions

The competition is the official World Championship of the International Union of Kettlebell Lifting (IUKL). The IUKL will provide the organizing Committee and the Jury members.

The Competition is supported by the "Behörde für Inneres und Sport; Landessportamt / Sportförderung" (Department of the Interior and Sports).

The competition will be held by the Hamburger Gewichtheber Verband e.V. (Weightlifting Federation of Hamburg) and organized by the Athletenclub Hamburg e.V..

Chief Jury of competition – J. Martin, Germany (approved by IUKL)

Chief Secretary – A. Maximov, Russia (approved by IUKL)

Assistant Chief Secretary – V. Egorov, Russia (approved by IUKL)

Contact persons for IUKL organization:

Vasilij Ginko (General Secretary of IUKL)

Contact phone number: +37126398120

E-mail: vasilij.ginko@vgt.lv

Contact persons for competition organization:

Johann Martin (President Athletenclub Hamburg e.V.)

Contact phone number: +491791773358

E-mail: johann.martin@wt.net.de

Slawa Wasiljew (President Hamburger Gewichtheber Verband e.V.)

E-mail: wsk-play@gmx.de

The jury board for servicing the competition should be formed by the organizing committee. There are 36 jury members with the category not lower national. The organizing committee of the IUKL will provide the total amount of jury board.

4. Competition participants

Competitions are individual and team and held in accordance with the IUKL REGULATIONS http://www.giri-iukl.com/Eng/regulations_rus.html and the international rules for competitions http://www.giri-iukl.com/Eng/sudejstvo_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** : ***year of birth 1992 and younger***
- **masters class men**: year of birth 1974 and older
- **masters class women**: year of birth 1979 and older

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 – 7 persons, male juniors – 7 persons;

Long cycle: men – 7 persons, male juniors – 7 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 categories, Weight of kettlebells:

Male juniors:

- Professionals, Weight categories: to 63kg; to 68kg; to 73kg; to 78kg; to 85kg; to 95kg; +95kg; kettlebell weight - 32 kg.

Men:

- Amateurs, Weight categories: to 63kg; to 68kg; to 73kg; to 78kg; to 85kg; to 95kg; +95kg; kettlebell weight - 24 kg;

- Professionals, Weight categories: to 63kg; to 68kg; to 73kg; to 78kg; to 85kg; to 95kg; +95kg; kettlebell weight - 32 kg.

Female juniors:

- Professionals, Weight categories: to 58kg; to 63kg; to 68kg; +68kg; kettlebell weight - 24 kg.

Women:

- Amateurs, Weight categories: to 58kg; to 63kg; to 68kg; +68kg; kettlebell weight - 16 kg;

- Professionals, Weight categories: to 58kg; to 63kg; to 68kg; +68kg; 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.

Masters:

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

Age groups: 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; +75

Weight categories: 40-44 to 63kg; to 73kg; to 85kg; to 95kg; +95kg; kettlebell weight: 24kg
45-49 to 63kg; to 73kg; to 85kg; to 95kg; +95kg; kettlebell weight: 24kg
50-54 to 73kg; to 85kg; to 95kg; +95kg; kettlebell weight: 24kg
55-59 to 73kg; to 85kg; to 95kg; +95kg; kettlebell weight: 24kg
60-64 to 73kg; to 85kg; to 95kg; +95kg; kettlebell weight: 16kg
65-69 to 73kg; to 85kg; +85kg; kettlebell weight: 16kg
70-74 to 78kg; +78kg; kettlebell weight: 12kg
+75 absolute weight; kettlebell weight: 12kg

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

Age groups: 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; +65

Weight categories: 35-39 to 63kg; to 68kg; +68kg; kettlebell weight: 16kg
40-44 to 63kg; to 68kg; +68kg; kettlebell weight: 16kg
45-49 to 63kg; to 68kg; +68kg; kettlebell weight: 16kg
50-54 to 68kg; +68kg; kettlebell weight: 12kg
55-59 to 68kg; +68kg; kettlebell weight: 12kg
60-64 absolute weight; kettlebell weight: 8kg
+65 absolute weight; kettlebell weight: 8kg

5. Program of Competitions

November 20, 2014

Day of arrival

Registration and weigh-in of participants

From 17:30 till 18:00 – Credentials Committee

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

From 19:00 till 21:00 – weighting of participants performing biathlon and snatch

November 21-23, 2014

Schedule of competitions (on days), starting protocols in competition disciplines will be placed on a web-site of IUKL after completion of pre-registration, after 10th of October, 2014, after the receipt of nominal applications.

November 24, 2014

Teams departure

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:

- snatch.

The following forms are held in team championship competition:

for male juniors, men:

- team relay (classical jerk);

For male juniors and female juniors, men and women:

- 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 with both hands; the total sum will be divided by two; one snatch with one hand would be ½ point)

In biathlon general result is calculated with the sum of points in jerk and snatch.

long cycle – 1 point.

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.

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.

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.

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

Doping-control among adults in World Championship:

Winners in weight categories – total control – 20 samples;

Prize-winners – partial control – 10 samples.

Doping-control among juniors in World Championship among juniors:

Winners in weight categories – total control – 20 samples;

Prize-winners – partial control – 10 samples.

7. Financing

Expenses for athlete participation in World Championship and World Championship among juniors (travel, food, accommodation, entry fee) are covered by the sending organization of the country.

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 2014 on the period of competition are held.

8. Application

The **registration deadline** for the **application** is **October 31 2014**.

If applications are submitted after **October 31 2014** the double entry fee has to be paid.

Applications for taking part in competition should be filled in a due form (Annex 1). Please send the application for the complete team at once to Johann Martin. E-mail address:

johann.martin@wtnet.de

For additional information, consultations and explanations please contact Mr. Martin either via e-mail or phone (+491791773358).

For the application (annex 1) and visa issues (annex 4) we would like you to follow these 3 recommendations:

1: It is strongly recommended to have **only one contact person** in each country who organizes the visa and application matters – ideally the national coach.

2: **Send only the list of the complete team at once** when you fill in the application form (see annex 1) and especially when you fill in the form for the visa application (see annex 4)! It has been quite troublesome in the past when single team members had to be processed for visa after the whole team already passed the process.

3: **Please apply in time!** Especially for Visa applications it is very important and it would be too bad if a team cannot participate, just because the visa couldn't be issued in time.

Deadline for sending the complete list of participants for **visa** (see annex 4) is **October 1 2014**



World Championship of Kettlebell Lifting for juniors, seniors and masters 2014 in Hamburg

**THE APPLICATION FORM FOR PARTICIPATION IN OFFICIAL COMPETITIONS OF IUKL
ЗАЯВКА НА УЧАСТИЕ В ОФИЦИАЛЬНЫХ СОРЕВНОВАНИЯХ МСГС**

Name of competition / Название соревнований:

World Championship of Kettlebell Lifting 2014 for juniors, seniors and masters

Period of carrying out of competitions / Период проведения соревнований:

November 20-24, 2014

Place of carrying out of competitions / Место проведения соревнований:

Hamburg, Germany

Sporthalle Wandsbek, Rüterstraße 75, 22041 Hamburg

Personal data of sportsmen / Личные данные спортсменов: (Example / ОБРАЗЕЦ)

Country / Страна	Organization or Club / Организация	Name, Surname / Имя, Фамилия	Year of a birth / Год рождения	Sports category / Спортивный разряд/	Weight category / Весовая категория	Disciplines / Дисциплины
Germany	Athletenclub Hamburg	Josephine Pora	1996	-	-63 kg	„snatch“
ЛАТВИЯ	Лавтийская Ассоциация гиревого спорта	Элина Токаренко	1971	КМС	-68 kg	„Рывок“

place / date / signature / stamp
город / Дата / место подписи / печать

Карточка участника\participant card			
СТРАНА\Country			
ФАМИЛИЯ ИМЯ\Surname Name			
ДАТА РОЖДЕНИЯ\date of birth	ВЕСОВАЯ КАТЕГОРИЯ\ Weight category	ВЕС ГИРЬ\ KB weight	
СОРЕВНОВАТЕЛЬНЫЙ КЛАСС\ Competitive classes	ВОЗРАСТНАЯ ГРУППА\Age group	ДИСЦИПЛИНА\ Discipline	
ЛУЧШИЙ СОРЕВНОВАТЕЛЬНЫЙ РЕЗУЛЬТАТ В 2014 ГОДУ			
ТОЛЧОК\ Jerk	РЫВОК\ Snatch	ДВОЕБОРЬЕ\ Biathlon	ДЛИННЫЙ ЦИКЛ\Long Cycle
СПОРТИВНЫЕ ДОСТИЖЕНИЯ\sport achievements			
ТРЕНЕР\ coach			
СОБСТВЕННЫЙ ВЕС\ Personal weight			
ДАТА ВЫСТУПЛЕНИЯ\date of the competition	ГРУППА\ Group	СМЕНА\ Heat	ПОМОСТ\ Platform
ПОКАЗАННЫЙ РЕЗУЛЬТАТ\ shown result			
ТОЛЧОК\ Jerk	РЫВОК\ Snatch	ДВОЕБОРЬЕ\ Biathlon	ДЛИННЫЙ ЦИКЛ\Long Cycle
ПОДПИСЬ ГЛАВНОГО СЕКРЕТАРЯ\ signature of main secretary			

Annex 2– Accommodation / Приложение 2- Размещение

Several Hotels are located close to the Arena in which the competition is held.

The IBIS Hamburg City Ost is just across the street from the Arena:

ibis budget Hamburg City Ost

Address: Wandsbeker Zollstraße 25, 22041 Hamburg

Phone: +49-40-20947520

E-Mail: H5194@accor.com

<http://www.accorhotels.com/gb/hotel-5194-ibis-budget-hamburg-city-ost/index.shtml>

Prices: around 48€

The following Hotels are within a range of ca. 1 km of the arena:

Hotel Zollhof

Address: Wandsbeker Zollstr. 71-75; 22041 Hamburg

Phone: +49 40 22622980

E-Mail: info@hotelzollhof.de

<http://www.hotelzollhof.de/>

Prices: around 40€ Singel Room / 50€ Double Room

Hotel Marco Polo

Address: Börnestraße 14; 22089 Hamburg

Phone: +49-40-200039390

E-Mail: marcopolo@hamburg.de

<http://www.hotel-marcopolo-hamburg.de/>

Prices: around 50€ Singel Room / 75€ Double Room / 85€ Triple Room

Wandsbeker Hof

Address: Kattunbleiche 20; 22041 Hamburg

Phone: +49-40-680907

E-Mail: info@wandsbeker-hof.de

http://www.wandsbeker-hof.de/hof_frame.htm

Prices: around 46€ Double Room / 66€ Triple Room / 84€ Four bed room

ibis Hotel Hamburg Alsterring

Address: Pappelallee 61, 22089 HAMBURG

Phone: +49-40-658020

E-Mail: h3282@accor.com

<http://www.accorhotels.com/gb/hotel-3282-ibis-hamburg-alsterring/index.shtml>

Prices: around 68€

Tiefenthal Hotel Hamburg

Address: Wandsbeker Marktstr. 109; 22041 Hamburg

Phone: +49-40-67049670

E-Mail: mail@tiefenthal-hotel.de

<http://www.tiefenthal-hotel.de/>

Prices: around 90€-110€

A Youth Hostel is probably the cheapest way of accommodation and the quality is really good for the price.

The Youth Hostel "Horner Rennbahn" is only 1,8 km from the arena:

Youth Hostel Hamburg "Horner Rennbahn"

Address: Rennbahnstr. 100, 22111 Hamburg

Phone: +49-40-5701590

E-Mail: hamburg-horn@jugendherberge.de

<http://www.jugendherberge.de/en/youth-hostels/hamburg%20horner%20rennbahn522/Portrait>

Prices: around 25€ per Person in dorm rooms (up to 8 beds)

The other youth hostel is located near the harbor, 8,5 km from the arena:

Youth Hostel Hamburg "Auf dem Stintfang"

Address: Alfred-Wegener-Weg 5, 20459 Hamburg

Phone: +49-40-5701590

E-Mail: stintfang@jugendherberge.de

<http://www.jugendherberge.de/en/youth-hostels/hamburg%20auf%20dem%20stintfang523/Portrait>

Prices: around 25€ per Person in dorm rooms (up to 8 beds)

For further Hotels just check the official website of Hamburg:

<http://english.hamburg.de/accommodation/>

Annex 3 – Directions / Приложение 3 – маршрут

Getting to the Arena “Sporthalle Wandsbek” Address: Rüterstraße 75, 22041 Hamburg:

From the Airport:



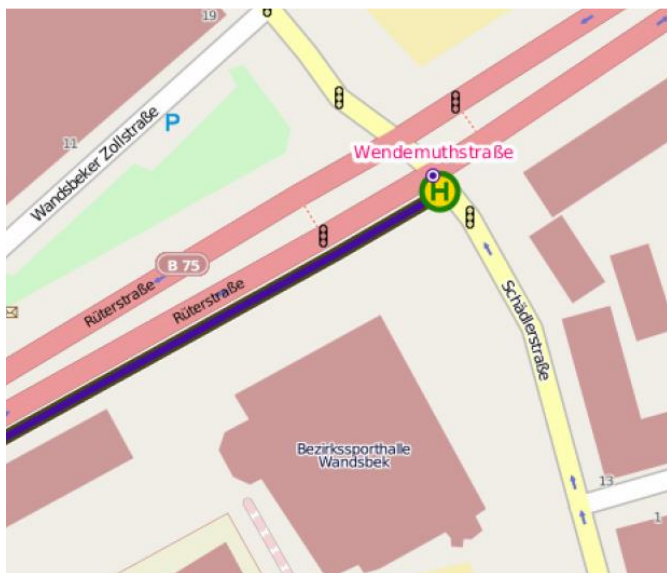
Take Bus No. 39 direction “Wandsbek Markt”

Get off at “Wandsbek Markt” (13th stop- 30minutes)

Take Bus No. 8 direction “Poppenbüttel” or “Großlohe”

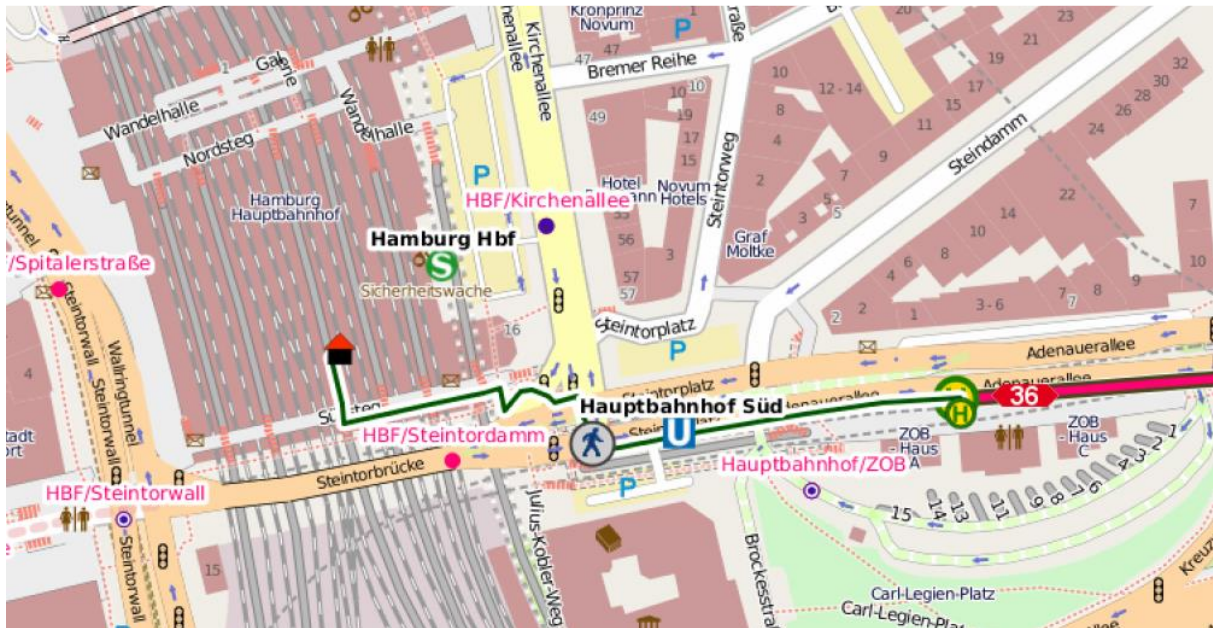
Get off at “Wendemuthstraße” (fist stop – 3minutes)

The Arena is right at the intersection where the busstop is.



From the Railway Station or the Central Bus Station:

The Railway Station (Hauptbahnhof / Hbf) and the Central Bus Station (ZOB) are right next to each other.



Take the Bus No 36 direction “Berner Heerweg”

Get off at “Maxstraße” (4th stop- 10minutes)

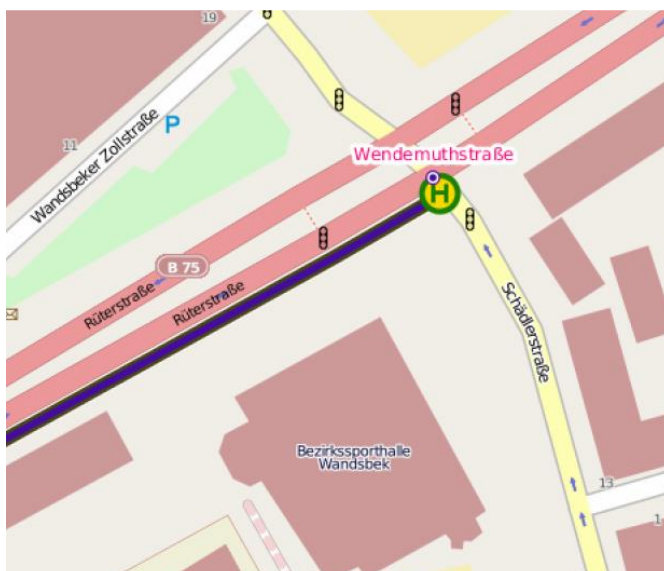
Take the Bus No 261 direction “Horner Rennbahn”

Get off at Wandsbek Markt (3th stop- 8minutes)

Take Bus No. 8 direction “Poppenbüttel” or “Großlohe”

Get off at “Wendemuthstraße” (first stop – 3minutes)

The Arena is right at the intersection where the busstop is.



The Webpage of the public transportation organization in Hamburg is:

<http://www.hvv.de/en/index.php>

Annex 4 – Visa / Приложение 3 – виза

For Athletes and Coaches from Countries who need a visa to enter Germany the following procedure is necessary:

1.: The National Coach will receive a form from the host of the competition, “Hamburger Gewichtheber Verband” – please contact Mr. Martin: johann.martin@wt.net.de

2.: The National Coach will fill in the personal data (Names, birth date, passport numbers etc.) of the athletes and coaches who will participate in the competition. He will sign and stamp the document (please use blue ink) and send it back to the host of the competition, “Hamburger Gewichtheber Verband”.

3.: The host of the competition will also sign and stamp the form and send the following documents to the national coach:

- An invitation for the competition for the persons on form
- The signed and stamped form with the personal data of the members of the team
- A Copy of the entry in the registry of associations from the Hamburg Municipal Court
- A Copy of the identity card of the President of the “Hamburger Gewichtheber Verband”
- The Regulation of the competition.

4.: The National Coach will then send these documents to the German Embassy in his respective country and will receive the visa from the embassy.

It is very important to apply for the visa in time!!! Deadline for sending the visa form to the “Hamburger Gewichtheber Verband” (step 2) is **October 1 2014.**