

**APPROVE**

**President  
of International Union of Kettlebell Lifting  
Mr. Imants Lochmels**

**COORDINATED**

**President of  
Estonian Kettlebell Lifting Union  
Mr. Juulo Kuusk**

**REGULATION  
ABOUT REALIZATION OF  
OPEN EUROPEAN CHAMPIONSHIP U-16 / U-18  
AMONG YOUNGER (1996 year of birth and younger)  
IN KETTLEBELL LIFTING in 2014**

**1. The purposes and tasks**

- Propagation and popularization of kettlebell lifting in the countries of the Europe.
- Strengthening of friendship between people and development of the international cooperation in the field of sports.
- Promotion of health life and sport between younger.
- Increase of sports skill, an exchange of experience, revealing of the strongest younger sportsmen-kettlebell lifters of the Europe.

**2. Terms and conducting place**

<u>Place of conducting of competitions:</u>	64a Ringi street, Maardu, Tallin region, Estonia
<u>Date of conducting of competitions:</u>	27 <sup>th</sup> - 28 <sup>th</sup> of June, 2014.
<u>Day of arrival and registration of participants:</u>	26 <sup>th</sup> of June, 2014
<u>Weighting of participants:</u>	girls (snatch): 26 June, from 17.00 to 18.00; 27 June, from 10.00 to 11.00; boys (in a biathlon): 26 June, from 18.00 to 20.00; 27 June, from 10.00 to 11.00; boys (long cycle): 27 June, from 18.00 to 20.00; 27 June at 12.00 (boys – biathlon, girls - snatch); 28 June at 11.00 (boys – long cycle, relay race)
<u>Beginning of competitions:</u>	27 June at 12.00 (boys – biathlon, girls - snatch); 28 June at 11.00 (boys – long cycle, relay race)
<u>Day of delivery of protocols and departure of participants:</u>	29 of June, 2014.

**3. Managing**

The managing of preparation and conducting of competitions is carried out by Estonian Kettlebell Lifting Union in a cooperation with International Union of Kettlebell Lifting (IUKL).  
Chief referee of competitions and chairman of referee assembly: Mr. Vladimir Rasskazov (Russia, International category).  
Main secretary: Mr. Juulo Kuusk (Estonia)  
Contact persons on organization of competitions: Mr. Juulo Kuusk (+372) 51 961 112,  
Mr. Vasily Ginko (+371) 26 398 120.

**4. Competitors**

Competitions are individually-teams and conducted in two ages groups:  
- till 16 years old (1998 year of birth and younger);  
- till 18 years old (1996 year of birth and younger).

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.

Each country-participants can have only one sportsman in every weight category in every competition discipline (biathlon, long cycle or snatch for girls) in every age group, and similarly to have a separate team for participating in a team relay race.

***Weight categories:***

Boys-16: till 58kg; till 68kg; till 78kg; over 78kg;

Boys-18: till 53kg; till 58kg; till 63kg; till 68kg; till 73kg; till 78kg; till 85kg; over 85kg;

Girls-16: till 58kg; over 58kg;

Girls-18: till 53kg; till 58kg; till 63kg; over 63kg.

A team relay race (without age groups): till 68kg; till 73kg; till 78kg; till 85kg; over 85kg.  
5 persons from a country, combination of two persons in one weight is shut out.

***Sporting shells:***

Boys-16:

All weight categories - kettlebells 16kg.

Boys-18:

All weight categories - kettlebells 24kg.

Girls-16:

All weight categories - kettlebells 12kg.

Girls-18:

All weight categories - kettlebells 16kg.

Team relay race – only boys (without age groups):  
kettlebells 24kg.

A team must have a single form with symbolism of the country.

Participants or representatives of country, must have a flag and CD with the record of hymn of the country.

## **5. Kinds of competitions**

In individual superiority competitions are conducted:

For boys:

- on a classic biathlon (classic «short» jerk + snatch);

- in a long cycle («long» jerk).

For girls:

- in a snatch.

In team superiority competitions are conducted:

For boys:

- in a team relay race (classic «short» jerk);

For boys and girls:

- in a team offset (on the amount of glasses, collected the representatives of every team).

Temporal regulation – 10 minutes on every exercise (jerk, snatch, long cycle).

Team relay race – 3 minutes for every participant of command, total time 15 minutes.

## **6. Estimation of results and rewarding**

Competitions are conducted by Rules of International Union of Kettlebell Lifting, with additions and changes, borne on the day of conducting of competitions.

Winners among boys are determined in the sum of biathlon and in a long cycle in an individual and team offsets, among girls - in a snatch in an individual and team offsets.

For 1-3 places in individual offset in each age group in each weight category participants are reward by medal and diploma.

For 1-3 places in team relay rase team are reward by cups and diploma, participants – by medal and diploma.

For 1-3 places in team offset the team are reward by cup and diploma.

**During competitions realization of doping control is foreseen. Registration of records and higher achievements - in accordance with REGULATION about registration of IUKL.**

## **7. Financial terms**

Charges, linked with participation of sportsmen in European Championship U-18 (travelling charges, feed, residence) belong on the account of sportsmen or sending on an assignment organizations.

**Accommodation: „Euro-Hostel”, 6 Kroodi street, Maardu, cost for one person 8-27 EUR / night (depending on the amount of beds in the room).**

**Starting payment for participating in competitions:**

**biathlon (boys) - 20 EUR;**

**long cycle (boys) – 20 EUR;**

**snatch (girls) – 20 EUR;**

**team relay race – 5 EUR / for every participant (25 EUR at complete composition of team).**

**Sportsmen and teams from countries which are not the members of IUKL pay starting payment for participating in competitions in a double size.**

**Sportsmen and teams from the countries-members of IUKL, pay starting payment for participating in competitions in a double size in case if their country did not pay an annual membership fee for 2014 in the moment of conducting of competitions.**

## **9. Applications**

Additional information, consultations and elucidations, can be obtained on phones

Mr. Juulo Kuusk (+372) 51 961 112 (contact for visa related questions)

Mr. Vasilij Ginko (+371) 26 398 120.

Application on participating in the competitions of standard form (standard form – on a site of IUKL [www.giri-iukl.com](http://www.giri-iukl.com)) can be given:

e-mail Mr. Juulo Kuusk: [ellen@palamuse.ee](mailto:ellen@palamuse.ee)

e-mail Mr. Vasilij Ginko: [vasilij.ginko@vgt.lv](mailto:vasilij.ginko@vgt.lv)

**Preliminary application on participating in competitions must be given to 13 of June, 2014.**

**Final application on participating in competitions and also registration of hotel (a standard form for registration is in an appendix) must be given to 20 of June, 2014.**

**This regulation is an official invitation  
to participate in this competitions**



The legal (judicial) address: Seļgas str. 1d, Rīga, Latvia, LV-3264  
 Юридический адрес: Ул. Селгаскд, Рига, Латвия, LV-3264  
 www.giri-iud.com

Secretary general of IUJK: Vasily Ginko - Генеральный секретарь МСТС - Василий Гинко,  
 e-mail: vasilis.ginko@vgt.lv, phone: (+371) 26398120, fax: (+371) 3668850,

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

**Название соревнований:** Открытый Чемпионат Европы U-18 в 2013

**Name of competitions:** Open European Championship U-18 in 2013

**Период проведения соревнований:** 27 июля – 28 июля 2013 года

**Period of carrying out of competitions:** 27 July – 28 July, 2013

**Место проведения соревнований:** Германия, Гамбург

**Place of carrying out of competitions:** Germany, Hamburg

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

Страна/ Country	Организация/ Organization	Имя, Фамилия/ Name, Surname	Год рождения/ Year of a birth	Спортивный разряд/ Sports category	Весовая категория/ Weight category	Примечания / Notes
ЛАТВИЯ	Клуб гиревого спорта „Ventspils Atlants”	Юлия Прокопенко	1996	1 разряд	-68 kg	„Рывок”
ЛАТВИЯ	Клуб гиревого спорта „Ventspils Atlants”	Евгения Прокопенко	1995	1 разряд	-58 kg	„Рывок”
ЛАТВИЯ	Клуб тяжелой атлетики „Ventspils Titāns”	Иварс Зальмежс	1995	КМС	-78 kg	Толчок (Т), Ком. Эст. (КЭ)
ЛАТВИЯ	Клуб тяжелой атлетики „Ventspils Titāns”	Иво Лиепиньш	1997	1 разряд	-53 kg	Двоеборье(ДВ)



The legal (juridical) address: Selgas str. 1d, Rīga, Latvia, LV-3264  
Юридический адрес: Ул. Селгас 1д, Рига, Латвия, LV-3264  
www.giriukl.com

Secretary general of IUKL Vasily Ginko - Генеральный секретарь МСГС - Василий Гинько,  
e-mail: vasilij.ginko@vgt.lv, phone (+371) 26398120, fax (+371) 3668850,

**Резервирование гостиницы: / Hotel reservation: (ОБРАЗЕЦ / SAMPLE)**

Общее количество мест/ Total quantity of places	Тип гостиницы, номера/ Type of hotel			Примечания/ Notes
	1-местный	2-местный	3-местный	
9	3	3	3	

**Оплату гостиницы гарантируем / Accommodation fee it is guaranteed.**

**Резервирование питания: / Food reservation: (ОБРАЗЕЦ / SAMPLE)**

Общее количество персон/ Total quantity of persons	Тип питания/ Type of food			Примечания/ Notes
	Завтрак/ Breakfast	Обед/ Lunch	Ужин/ Dinner	
9	9	3	3	Breakfasts – in hotel; lunch – on a place of carrying out of competitions; dinner – in hotel

**Оплату питания гарантируем / Food payment it is guaranteed.**

Дата подачи заявки: \_\_\_\_\_.

Имя, Фамилия, должность представителя или ответственного лица:  
Name, Surname, post of the representative or the responsible person:

Василий Гинько, председатель правления ЛАГС \_\_\_\_\_.

Подпись представителя или ответственного лица: \_\_\_\_\_ **XXXXXXXXXXXXXXXXXX** \_\_\_\_\_.  
Signature of the representative or the responsible person:

Заявка может быть передана в секретариат МСГС по факсу (+371) 636 68 850, или по электронной почте [vasilij.ginko@vgt.lv](mailto:vasilij.ginko@vgt.lv), оригинал заявки должен быть подан в секретариат или в мандатную комиссию в день регистрации участников соревнований.

The application form can be transferred in secretary IUKL by fax (+371) 636 68 850, or by e-mail [vasilij.ginko@vgt.lv](mailto:vasilij.ginko@vgt.lv), the original of the application form should be submitted to secretary or in credentials committee in day of registration of participants of competitions.