

## APPROVE

Vice-president  
of International Union of Kettlebell Lifting  
Mr. Igor Solodov

## COORDINATED

President of  
Estonian Kettlebell Lifting Union  
Mr. Juulo Kuusk

### REGULATION ABOUT REALIZATION OF OPEN EUROPEAN CHAMPIONSHIP AMONG VETERANS IN SEPARATE EXERCISES OF KETTLEBELL LIFTING in 2014

#### 1. The Aims & Objectives

- Development of Girevoy Sport;
- Strengthening friendship between nations & building strong cooperation in sport;
- Development of sport mastership, exchange of experience, establishing strongest athletes between seniors in Girevoy Sport;
- Sport is for healthy living & without age limits!

#### 2. Terms and venues

<u>Place of conducting of competitions:</u>	64a Ringi street, Maardu, Tallin region, Estonia
<u>Date of conducting of competitions:</u>	29 <sup>th</sup> - 30 <sup>th</sup> of June, 2014.
<u>Day of arrival and registration of participants:</u>	28 <sup>th</sup> of June, 2014
<u>Weighting of participants:</u>	women (long cycle): 28 June, from 17.00 to 18.00; 29 June, from 10.00 to 11.00; men (jerk): 28 June, from 18.00 to 20.00; 29 June, from 10.00 to 11.00; men (snatch): 29 June, from 18.00 to 20.00;
<u>Beginning of competitions:</u>	29 June at 12.00 (men – jerk, women – long cycle); 30 June at 11.00 (men - snatch).
<u>Day of delivery of protocols and departure of participants:</u>	01 of July, 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. 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.

**The amount of participants from every country in one weight category is not limited!**

Competitions are individually-teams and conducted in next ages groups:

**Women Veteran Age group (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 16kg**

**40-44 to 63kg; to 68kg; +68kg 16kg**

**45-49 to 63kg; to 68kg; +68kg 16kg**

**50-54 to 68kg; +68kg 12kg**

**55-59 to 68kg; +68kg 12kg**

**60-64 absolute weight 8kg**

**+65 absolute weight 8kg**

**Men Veteran Age Group (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 24kg**

**45-49 to 63kg; to 73kg; to 85kg; to 95kg; +95kg 24kg**

**50-54 to 73kg; to 85kg; to 95kg; +95kg 24kg**

**55-59 to 73kg; to 85kg; to 95kg; +95kg 24kg**

**60-64 to 73kg; to 85kg; to 95kg; +95kg 16kg**

**65-69 to 73kg; to 85kg; +85kg 16kg**

**70-74 to 78kg; +78kg 12kg**

**+75 absolute weight 12kg**

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

The team 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. Disciplines**

**Man - Jerk & Snatch**

**Women – Long Cycle only**

**Time – according with international standards - 10 min for each exercises.**

## **6. Points and awards**

This Championship is conducted under rules of IUKL with amendments & changes valid on the day of Competition.

Winners among men are determined separately in jerk and in snatch, among women - in a long cycle. Also on the sum of points of men and women of every team - in team offset.

Estimation of results : Jerk - 1 point, snatch - 0,5 point (in a snatch the result of sum by one and other hand), a long cycle - 1 point (for women in a long cycle the result of sum by one and other hand).

Team points are charged extra for a 1 place in weight categories are 20 points, for 2 places - 18 points, for 3 places - 16 points, for 4 - 15 points and further one less.

At the identical amount of points advantage is got by a participant (team) having less own weight.

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

For teams in 1-3 places - cups & certificates .

**Doping control is enforced.**

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

## **7. Financial conditions.**

All expenses (travel , accommodation , meals) is responsibility of athletes or their federations.

**Accommodation: „Euro-Hostel”, 6 Kroodi street, Maardu,  
cost for one person 15-27 EUR / night (depending on the amount of beds in the room).**

### **Registration fees :**

<b>Men –</b>	<b>Jerk</b>	<b>20 EUR</b>
	<b>Snatch</b>	<b>20 EUR</b>
<b>Women –</b>	<b>Long cycle</b>	<b>20 EUR</b>

**All athletes & teams ,who are not the members of IUKL will be charged double registration fees .**

**All athletes & teams –members of IUKL , who have not paid annual fee , will have to pay double registration fee.**

## **8. Applications.**

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

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

Mr. Vasilijs 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. Vasilijs Ginko: [vasilijs.ginko@vgt.lv](mailto:vasilijs.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: Ял. Сестраклд, Рига, Латвие, LV-3264  
 www.giri-iukl.com

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

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

**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: Seļgas str. 1d, Rīga, Latvia, LV-3264  
 Юридический адрес: Ул. Селгацкд, 1d, Рига, Латвия, LV-3264  
 www.giri-iukl.com

Secretary general of IUKL Vasilij 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:

Signature of the representative or the responsible person:

XXXXXXXXXXXXXXXXX \_\_\_\_\_.

Заявка может быть передана в секретариат МСГС по факсу (+371) 636 68 850, или по электронной почте [vasilijs.ginko@vgt.lv](mailto:vasilijs.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 [vasilijs.ginko@vgt.lv](mailto:vasilijs.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.