

2018 BALTIC CHAMPIONSHIP OF KETTLEBELL LIFTING

REGULATIONS

1. GOALS

- Popularization of kettlebell lifting in in the Baltic states;
- Strengthening friendly relations between the Baltic States;
- determination of the strongest athletes and teams.

2. TIME AND VENUE

Competition venue: Häädemeeste Spordikeskuses Kooli str. 10, Pärnumaa, Estonia.

Arrival and registration: 27 April 18.00-20.00 pm. and 28 April 10.00-11.00 am.

Time of the competition: 28 April 12.00 am

3. MANAGEMENT

The championship is being organised by the Estonian Kettlebell Lifting Federation and will be held according to the official rules of the International Union of Kettlebell Lifting and these regulations.

Chief referee: Ülo Kuusk;

Additionally, each country is required to delegate a referee.

Contact person: President of the Estonian Kettlebell Lifting, tel. +372 51961112.

4. PARTICIPANTS

National teams of Estonia, Latvia and Lithuania are eligible to participate in the championship

The championship is being held in two groups:

- Men (no age restrictions, 24 or 32 kg kettlebells) 32 kg – points x2.
- Women (no age restrictions, 16 or 24 kg kettlebells) 24 kg – points x2.

Weight categories:

- Men (without age restrictions, biathlon): -63; -68; -73; -78; -85; -95; -105; +105 kg;
- Women (without age restrictions, snatch): -53; -68; +68 kg.

Overlapping of two or more athletes in the same weight category from the same country is not allowed.

Team relay race:

Jerk for mem with 32 kg kettlebells. A team should consist of five athletes from the same country. Overlapping of two or more athletes that belong to the same weight category is not allowed. Each athlete will be given three minutes to complete the exercise (15 minutes in total).

5. TEAM POINTS

A national team should consist of 11 members (one member in each weight category of the four groups in biathlon and snatch). The best team will be determined according to the total number of points collected. In the case of equal points, the team ranking will determine the best place for the competition. Points will be given as follows:

Individual place in weight category	I	II	III
Points	3	2	1

6. ADDITIONAL REQUIREMENTS

Teams are required to submit an electronic version of their national anthem;

Teams are required to bring their national flag;

Teams are required to wear representative sportswear

7. FINANCIAL TERMS AND ACCOMMODATION

Participation in the championship is free of charge.

8. APPLICATIONS

Team applications should be handed at the day of the championship and submitted by email: andres.metjer@gmail.com no later than 23 April 2018.