

Approved
by the IGSF Executive Committee
March 17, 2024
President of IGSF
Iu. Scherbyna



REGULATION (NOTICE)
World Championship in Gira (Kettlebell-lifting) among the veterans
for 2024

1. Goals and objectives.

Competitions are held with the aim:

- further development and popularization of kettlebell lifting in the world;
- increasing the interest of veterans in a healthy lifestyle;
- determination of the winners of the competitions;
- the strengthening and expansion of international cultural and sports ties.

2. Competition date and location.

world championship in kettlebell lifting among veterans (men, women)
is held on July 04-10, 2024 in Aigle, Switzerland.

Accommodation in an accredited hotel:

GENEVA INTERNATIONAL AIRPORT (GVA) , 66 km from the
Aigle. Competitions July 05-07, 2024 - Collège des Dents-du-Midi
Sports Center: Address: Chemin de la Planchette 18, 1860 Aigle,
Switzerland From the hotel to the competition site 5 minutes walk. The
cost of staying at the hotel is 70 euros per night, including breakfast and
dinner.

In the format of the World Championship in kettlebell lifting, on July
05-10 an international certified training seminar on kettlebell lifting is
held for teachers, trainers and judges.

Departure day - July 11, 2024 after the end of the competition

3. Competition management.

General management of competition organization and holding shall be
performed by the IGSF Executive Committee.

Immediate competition holding shall be assigned to the Organizing
Committee, and the duly approved Main Jury.

The chief judge of the competition Andrea Burch, Switzerland

E-mail: andreaburch@gmx.ch Tel. +41 79 743 82 86

The Organizing Committee: President Kettlebell Lifting Schweiz Andrea Burch

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In order to receive an invitation to participate in the World championship and to
apply for visas, it is necessary to submit a preliminary individual or collective
application by May 01, 2024 in the name of: President Kettlebell Lifting
Schweiz Andrea Burch
E-mail: andreaburch@gmx.ch Tel. +4179 743 82 86

4. Participants of the competition

The competition shall be individual.

Male veterans shall compete in the following age groups: 40-44, 45-49, 50-
54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 and over; female
veterans shall compete in the following age groups: 35-39, 40-44, 45-49, 50-
54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 and over.

5. Competition program and winners' identification

Competitions are held according to the Rules of the International Gira Sport
Federation and in accordance with the given Regulation.

Winners and prize winners are determined in each age group, in men - by the
largest number of lifting weights in a jerk with a long cycle of 2 weights and 1-st
weight and in the amount of a biathlon (jerk + snatch) in each weight category -
up to 60,65,70,75,80,90, + 90 kg, for women - in a jerk 2 giras with a long and
short cycle, a jerk the 1-st kettlebells with a long cycle and in a snatch - up to
60,70, + 70 kg.

Weight of kettlebells: for male veterans aged 40-59 – 24 kg, aged 60-79
– 16 kg, aged 80-84– 12 kg, aged 85 and over - 8 kg; for female veterans
aged 35-54 – 16 kg, aged 55-69 – 12 kg, aged 70-74 - 8 kg , aged 75 and
over – 6 kg.

Doping control may be held at any stage of the competition preparation and
participation.

6. Awarding.

Competition participants who took the 1st, 2nd and 3^d places in every weight
class shall be awarded with diplomas and medals of respective degrees.

7. Safety and preparation of competition venues

Competitions are held in compliance with the necessary security
measures provided for by the rules of the Federation.

Responsibility for the life and health of participants on the way and during the event rests with the persons who accompany them.

8. Financing.

Competition participation costs (travel, meals, accommodation, and accreditation of each participant) shall be incurred by the sending organizations. Competition organization and holding costs (sports premises leasing, advertising, poster making, award attributes – diplomas, medals, valuable prizes, judges' fees, etc.) shall be incurred by IGSF, also on a share basis, the competition organizers, interested organizations and persons, and sponsors:

- the cost of the entry fee - 40 E from each competitor for each nomination;
- Collective membership fee in IGSF for the current year: Federation of the country - 300E, individual - 50 E.

Simultaneous holding of world championships among different categories of athletes (without age restriction, veterans) and with kettlebells of different weights, are considered separate competitions. In this case, a parallel scoring (credit) to the participants of the competition is carried out subject to payment of the entry fee for participation in each of them.

9. Applications

A preliminary application for participation in the competitions shall be filed to the Organizing Committee and the IGSF before **May 01, 2024**.

An individual application for participation in the competitions certified by a physician and the Federation (Association, Club...), a passport (identity card) and other documents stipulated by the competitions rules shall be filed to the Credentials Committee on the day of arrival.

Delegations coming to the competitions shall have a sports uniform of a single design, two state flags, and a digital record of the anthem of the country they represent made on digital media (flash drive, CD).

International Gira Sport Federation :

For enquiries: tel./fax: +380-4595-35-336;

mobile: +380-66-70-39-071; +380509373664 (Viber)

E-mail: weightballs@ukr.net

This notice is an official invitation to the competition!

**WE INVITE YOU TO PARTICIPATE IN THE WORLD
CHAMPIONSHIP IN GIRA (KETTLEBELL-LIFTING)
AMONG THE VETERANS!**