LITHUANIAN FEDERATION OF KETTLEBELL LIFTING

XVI OPEN LITHUANIAN CHAMPIONSHIP OF KETTLEBELL LIFTING

REGULATIONS

1. **CHAMPIONSHIP GOALS**
   A. Propagation and popularization of kettlebell lifting in Lithuania;
   B. Strenghtening of the international cooperation in the field of kettlebell lifting;
   C. Exchanging of experience between sportsmen of different countries;
   D. Determining the strongest athlete in each weight category;
   E. Determining the strongest team in the team relay race.

2. **TERMS AND VENUES**
   Competition venue: *Pakruojis sports center*, Statybininkai st. 3 Pakruojis, Lithuania.
   Arrival and registration: 26, April, 2014; 08:30am. - 10:00am.
   Time of the competition: 26, April, 2014; 11:00am. – 07:00pm.
   Starting fee: 20 LTL – Juniors; 30 LTL - Adults, 40 LTL – Seniors; 15 LTL – Relay race (team), 10 LTL – Women (all age groups). 10 LTL – every additional age group selected (for example, if a participant of Juniors decides to compete with the Adults as well, he will have to pay an additional fee of 10 LTL).

3. **MANAGEMENT OF THE COMPETITION**
   XVI Open Lithuanian Championship of Kettlebell Lifting is being organised according to the official rules of the *Lithuanian Federation of Kettlebell Lifting* and these regulations.
   Chief referee: Rolandas Kubilius (international category);
   Head secretary: Vytautas Gutauskas.
   Contacts: President of the *Lithuanian Federation of Kettlebell Lifting*, Alfonsas Špokas alfonsas.spokas@svarstis.lt ; +370 687 15026.
   More information: http://www.svarstis.lt/

4. **PARTICIPANTS**
   The championship is being held in the following groups:
   Men:
   a. Juniors (1992 year of birth and younger, 24 or 32 kg kettlebell);
   b. Adults (without age restrictions, 24 or 32 kg kettlebell);
   c. Seniors (40-50 years old, 16 or 24 kg kettlebell);
   d. Seniors (50-60 years old, 16 or 24 kg kettlebell);
   e. Seniors (60+ years old, 12 or 16 kg kettlebell).

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Women:

a. Juniors (1992 year of birth and younger, 12, 16 or 24 kg kettlebell);
b. Adults (without age restrictions, 12,16 or 24 kg kettlebell).

Weight categories:

Men:

a. Juniors (1992 year of birth and younger): -63; -68; -73; -78; -85; -95; +95 kg.
b. Adults: -63; -68; -73; -78; -85; -95; -105; +105 kg.
c. Seniors (all age groups): without weight categories.

Women:

a. Juniors (1992 year of birth and younger): -68; +68 kg.
b. Adults: -58; -63; -68; +68 kg.

If applicable, every participant may participate in more than one weight category (points will be given according to the table in the paragraph 5).
If there will not be at least 3 participants in each of the weight categories indicated, those categories may be merged with the following ones.

Team relay race:

Each team should consist of three members. Overlapping of two or more athletes that belong to the same weight category is not allowed. The team will be able to choose between kettlebells: Juniors (1992 year of birth and younger) and adults – between 24 or 32 kg. A team may consist of athletes from different countries, regions and teams, however, every team member shall belong to a different weight category.

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5. POINTS AND AWARDS

Points in the biathlon (men), snatch (women) and relay race (men) are given according to the table:

	12 kg	**16 kg**	**24 kg**	**32 kg**
Jerk (men)	0,5	1	2	4
Snatch (men)	0,25	0,5	1	2
Snatch (women)	0,5	1	2	-

In the team offset (Youth, Juniors, Adults), points are calculated from 12 best results of all the team members. Points are given according to the table:

Place	I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	.....	XVIII +
Points	20	18	16	15	14	13	12	11	10	9	8	7	6-2	1

1st-3rd place winning teams will be awarded cups and diplomas.
1st-3rd place winners in each age group and weight category will be awarded medals and diplomas.
1st-3rd place winners in the team relay race competition will be awarded medals, diplomas and cups.

6. APPLICATIONS

Any additional information regarding the championship can be obtained by contacting the following:
President of the *Lithuanian Federation of Kettlebell Lifting* Alfonsas Špokas alfonsas.spokas@svarstis.lt ; +370 687 15026.

Personal or team applications shall be handed at the day of the championship and sent via email: alfonsas.spokas@svarstis.lt untill 19th of April.

All the information regarding visas, accomodation and meals can be obtained by phone and email: alfonsas.spokas@svarstis.lt ; +370 687 15026.