

**MONTHLY
ONLINE
INTERNATIONAL
CUP**



2024

RULES AND REGULATION OF ONLINE MONTHLY INTERNATIONAL KETTLEBELL CUP GIRLS, BOYS, JUNIORS, ADULTS, VETERANS IUKL 2024

1. PURPOSES AND GOALS

- Propagation and popularization of kettlebell sport and healthy lifestyles in all countries around the globe;
- Strengthening of friendship between people and development of international cooperation in the field of sports;
- Increase of sports skills, an exchange of experience;
- Through online competitions, equal opportunities to take part in world competitions and compete with the best athletes in the world.

Approved by:

President of the International Union of Kettlebell Lifting (IUKL) Mr Vasily Ginko



2. PLACE AND DATES OF COMPETITIONS

Place:

The competition will be held **online**.
Just fill out the application and send a link to the video.

Dates:

12 consecutive months (**January-December**) **2024**.

3. MANAGEMENT OF COMPETITIONS

INTERNATIONAL RULES OF JUDGING THE KETTLEBELL COMPETITIONS

МЕЖДУНАРОДНЫЕ ПРАВИЛА
СОРЕВНОВАНИЙ



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4. PARTICIPANTS AND CONDITIONS

- Competitions are held according to the IUKL rules, which are posted on the IUKL website www.giri-iukl.com
- The competition is open to all countries - members of IUKL.
- The competition is open to athletes whose countries (organizations) are not members of IUKL and do not have their representatives in it - after meeting the conditions specified below in the regulations.
- Athletes register for competitions on their own or, in the case of minors, by their coach or legal guardian.
- Athletes should have a paid:
 - annual IUKL competitor's license,
 - fees for participations.
- Athletes from countries not associated with the IUKL should pay double the fee for:
 - a competitor's license,
 - fees for participations.
- Participants are competing at their own risk. All Participants acknowledge that participation in the competition involves physical effort and entails a natural risk and risk of accidents, and the possibility of bodily and physical injuries (including death).

5. AGE GROUPS

- **Group U-16** — younger boys and girls, born in 2008 and younger;
- **Group U-18** — older boys and girls, born in 2006 and younger;
- **Group U-23** — male and female junior athletes, born in 2001 and younger;
- **Group Adults** — male and female adult athletes without age limits;
- **Groups Seniors** — athletes: male (40 years and older) and female (35 years and older).

6. COMPETITIVE CLASSES

- **Beginner** - an athlete who has NEVER competed internationally.
- **Advanced** - every athlete, without any conditions to meet.

7. COMPETITION PROGRAM, **DEADLINES** FOR SUBMITTING APPLICATIONS AND DISCIPLINES FOR EACH MONTH

12 different discipline in 12 months = 12 stages of the International Cup

January 2024						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2024						
M	T	W	T	F	S	S
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				4	5	6
	7	8	9	10	11	12
	13	14	15	16	17	18
	19	20	21	22	23	24
	25	26	27	28	29	

March 2024						
M	T	W	T	F	S	S
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					23	24
					25	26
					27	28
					29	30
					31	

April 2024						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May 2024						
M	T	W	T	F	S	S
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			9	10	11	12
			13	14	15	16
			17	18	19	20
			21	22	23	24
			25	26	27	28
			29	30	31	

June 2024						
M	T	W	T	F	S	S
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					29	30

July 2024						
M	T	W	T	F	S	S
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22	23	24	25	26	27	28
29	30	31				

August 2024						
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				19	20	21
				22	23	24
				25	26	27
				28	29	30
				31		

September 2024						
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						30

October 2024						
M	T	W	T	F	S	S
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			9	10	11	12
			13	14	15	16
			17	18	19	20
			21	22	23	24
			25	26	27	28
			29	30	31	

November 2024						
M	T	W	T	F	S	S
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				4	5	6
				7	8	9
				10	11	12
				13	14	15
				16	17	18
				19	20	21
				22	23	24
				25	26	27
				28	29	30

December 2024						
M	T	W	T	F	S	S
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Month Discipline	
January	1-arm Clean
February	1-arm Jerk
March	1-arm Long Cycle
April	1-arm Snatch
May	1-arm Swing
June	1-arm Half Snatch
July	2-arms Clean
August	2-arms Jerk
September	2-arms Long Cycle
October	1-arm Military Snatch*
November	2-arms Half Snatch
December	1 arm: 1 Swing + 1 Snatch

- One change of hand
- *Military Snatch with multiple hand changes

8. AGE GROUPS, COMPETITIVE CLASSES, TIME TO PERFORM, WEIGHT CATEGORY & KETTLEBELLS

Age Groups	Competitive classes							
	Beginner				Advanced			
	Time to perform	Weight category	Kettlebell weight		Time to perform	Weight category	Kettlebell weight	
	All e.c.	All e.c.	Girls / Female	Boys / Male	All e.c.	All e.c.	Girls / Female	Boys / Male
Group U-16	5 minutes	n/a	8 kg, 10 kg, 12 kg	12 kg, 14 kg, 16 kg	10 minutes	n/a	8 kg, 10 kg, 12 kg	12 kg, 14 kg, 16 kg
Group U-18	5 minutes	n/a	12 kg, 14 kg, 16 kg	16 kg, 20 kg, 24 kg	10 minutes	n/a	12 kg, 14 kg, 16 kg	16 kg, 20 kg, 24 kg
Group U-23	5 minutes	n/a	16 kg, 20 kg, 24 kg	24 kg, 28 kg, 32 kg	10 minutes	n/a	16 kg, 20 kg, 24 kg	24 kg, 28 kg, 32 kg
Group Adults	5 minutes	n/a	16 kg, 20 kg, 24 kg	24 kg, 28 kg, 32 kg	10 minutes	n/a	16 kg, 20 kg, 24 kg	24 kg, 28 kg, 32 kg
Groups Seniors	5 minutes	n/a	8 kg, 12 kg, 16 kg	12 kg, 16 kg, 24 kg	10 minutes	n/a	8 kg, 12 kg, 16 kg	12 kg, 16 kg, 24 kg

*You can choose a different kettlebell weight (from those listed in the table) for each discipline.

9. POINT CONVERSION TABLE

Kettlebell weight	x	Number of repetitions 1 lift = 1 point	x	Athlete's age	/	Athlete's weight	=	Results
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10. EVALUATION OF RESULTS

- The winner is determined by the results of the overall evaluation.
- The result is calculated based on the equation presented in the table in point 9 of these regulations.
- If the result is the same, the winner will be the athlete with the lower body weight.
- If the weight is the same and the result is the same, the athlete who competed with a heavier kettlebell wins.

11. AWARDING

- The individual achievements are determined in all age groups separately.
- In each discipline - athletes who take **1-3 places on the month**, in individual achievements in each age group, are awarded a diploma*.
- Athletes who **complete** the International Online Cup and take **1-3 places in the general classification** in each age group will awarded symbolic cups** funded by the organizer of this competition - IUKL, and diplomas*.
- **Scoring for the overall ranking** - for personal results: for the 1st place in age categories - 20 points, for the 2nd place - 18 points, 3rd place - 16 points, 4th place - 15 points, and further for one less.

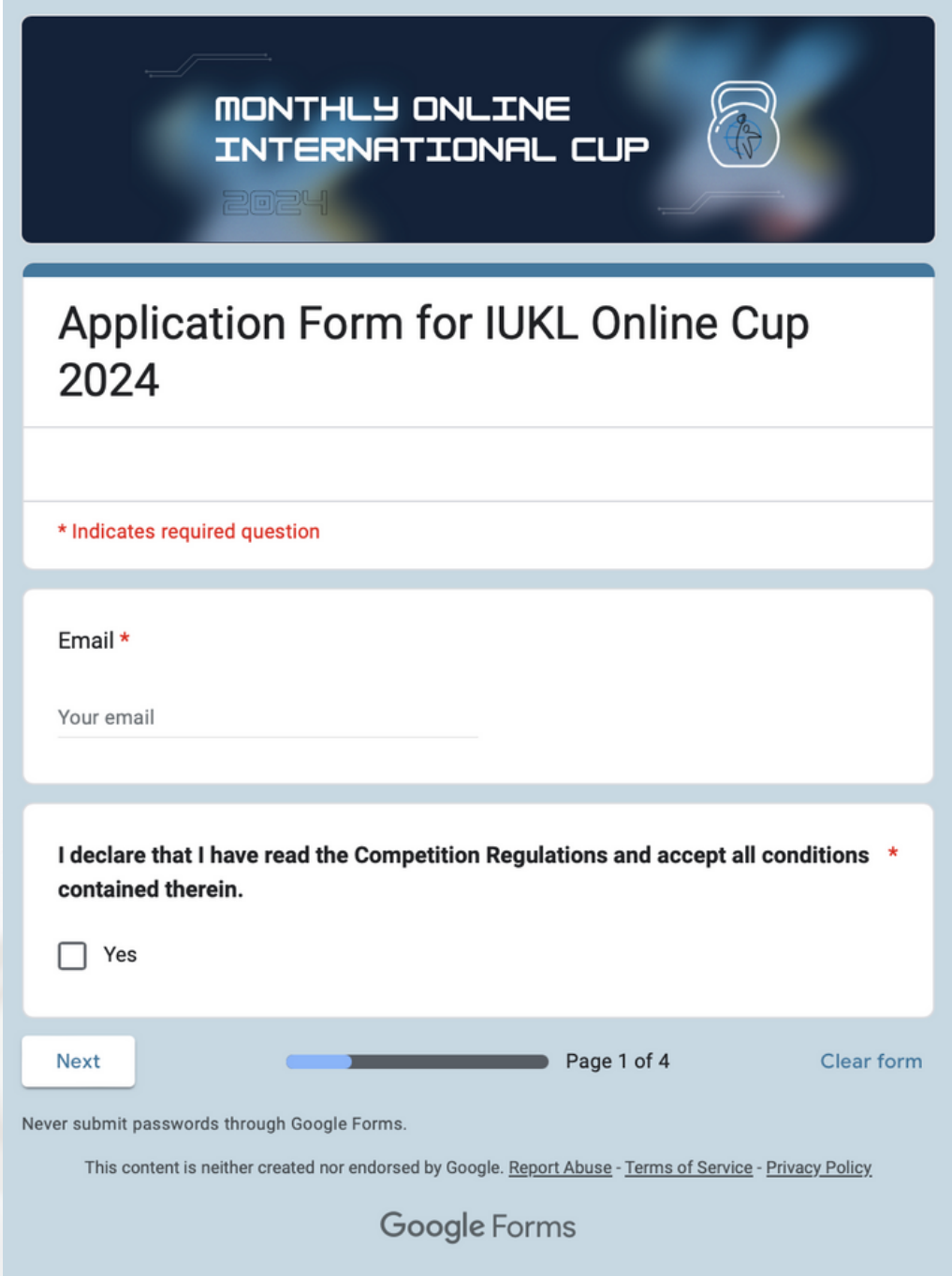
* The diploma will be issued online and sent via email.

** The cups will be handed over to the country representatives, but no later than on the occasion of the first offline competition in 2025.

12. APPLICATIONS AND VIDEO RECORDING

- **Before recording** the video, it is mandatory to record the: (1) weight of the kettlebell/s, and (2) participant's weight - in one frame of the film.
- The individual **video** should be recorded and placed in the athlete's cloud*, and then you need to put it up in the Application Form.
*Cloud = e.g. One Drive, Google Drive
- The athlete posting a link to a video declares that the link is real and free of viruses.
- Each athlete can submit only one video for each discipline separately.
- The deadlines for submitting the **Application Form** are marked on the calendar in point 7 of these regulations.

 **[LINK to Application Form](#)**



The screenshot shows a Google Forms interface for the 'MONTHLY ONLINE INTERNATIONAL CUP 2024'. The header features the event title and a kettlebell icon. The main title of the form is 'Application Form for IUKL Online Cup 2024'. A red asterisk indicates a required question. The form includes an 'Email' field with a red asterisk and a placeholder 'Your email'. Below this is a declaration: 'I declare that I have read the Competition Regulations and accept all conditions contained therein.' with a red asterisk. There is a checkbox labeled 'Yes' which is currently unchecked. At the bottom, there is a 'Next' button, a progress bar, 'Page 1 of 4', and a 'Clear form' link. A footer note states 'Never submit passwords through Google Forms.' and another footer note says 'This content is neither created nor endorsed by Google. Report Abuse - Terms of Service - Privacy Policy.' The Google Forms logo is at the very bottom.

13. COSTS AND FEES

- Costs related to the organization and conduct of the competition are the organizers of the competition and IUKL.
- Participating in the competitions is possible only after all financial liabilities related to the accreditation have been settled.
- Athletes and teams from countries, not IUKL members, shall pay a double accreditation.

Bank details of IUKL:

International Union of Kettlebell Lifting
Registration Nr. 40008022472
Address: 110-45 Saules Street,
Ventspils, Latvia, LV-3605
Bank: Swedbank; SWIFT Code: HABALV22
Account Nr.: LV34HABA0551014046363
IBAN: LV34HABA05510140463

Annual personal license (per year)

- Group U-16 - released,
- Group U-18 - released,
- Group U-23 - 60 EUR,
- Group "Adults" - 60 EUR,
- Group "Seniors" - 60 EUR.

A personal annual license gives the right to participate in all official IUKL competitions during the calendar year!

The entry fees for participation in the competition

- Group U-16 - 10 EUR / one discipline,
- Group U-18 - 10 EUR / one discipline,
- Group U-23 - 20 EUR / one discipline,
- Group "Adults" - 30 EUR / one discipline,
- Group "Seniors" - 30 EUR / one discipline.

Good luck to all Monthly Online International Cup participants!

14. PROTECTION OF PERSONAL DATA

14.1 Personal data provided by Participants are protected as personal data within the meaning of Regulation (EU) 2016/679 of the European Parliament and of the Council of 27 April 2016 on the protection of natural persons with regard to the processing of personal data and on the free movement of such data, and repealing Directive 95/46/EC (hereinafter referred to as GDPR).

14.2 The administrator of personal data is the International Union of Kettlebell Lifting (IUKL).

14.3 The purpose of processing personal data is to perform all necessary activities for participation in competitions, provision by the Administrator of services related to the organization and participation of Participants in competitions, publication of results, starting lists, handling complaints, pursuing claims, fulfillment of tax obligations.

14.4 The legal basis for processing is that processing is necessary for the performance of a contract to which the data subject is a party, or to take action at the request of the data subject prior to entering into a contract (Article 6(1)(b) of the GDPR) and to fulfill the legal obligation incumbent on the Administrator (Article 6(1)(c) of the GDPR).

14.5 Personal data may be disclosed by the Administrator to entities with him cooperating in the provision of services, based on data processing entrustment agreements, by applicable law on the protection of personal data (in particular, the organizer of the competition, if it is an entity other than the Administrator, IT service providers, results measurement, printing, etc.).

14.6 In connection with the processing of personal data, the Participant has the following rights:

- the right to withdraw consent to data processing - in this case, however, the Administrator informs that it will be impossible for the Administrator to perform the obligations of the organizer of the event, including in particular enabling the Participant to take part in the competition, measuring the results or issuing the prize;
- the right to access personal data and the right to request their rectification, deletion, or limitation of their processing;
- the right to object to processing;
- the right to transfer data on the terms set out in the GDPR;
- the right to complain to the supervisory authority.

14.7 Personal data will be processed throughout the organization and course of the competition, and also after that time if it is necessary to perform the obligations provided for by law or pursue the Administrator's interest.

14.8 The Participant consents to the recording of his image during the competition by any technique and consents to the Administrator using such image free of charge only for informational, promotional and marketing related to competitions. This consent covers the use of the image in all fields of exploitation referred to in art. 50 of the Act on Copyright and Related Rights. The user agrees to the processing of the image by cropping, digital processing, composition, and combining with others

- images or images of other people to the extent necessary for the purposes described above.