**2024 BALTIC Championship of Kettlebell Lifting**

**REGULATIONS**

1. **goals**

* Popularization of kettlebell lifting in Latvia and Baltic state;
* Strengthening of international cooperation;
* Exchange of experience between athletes;
* Determination of the strongest athletes and teams.

1. **TIME and venue**

**Competition venue:** Viļāni; Rēzeknes iela 1a; Viļānu vidusskola

**Arrival** **and** **registration**: 06 July 09.00–11.30 am.

**Time** **of** **the** **competition**: 06 July 12:00 am.

1. **Management**

The championship is being organized by the Latvia Kettlebell Lifting association and will be held according to the official rules of the International Union of Kettlebell Lifting and these regulations.

**Chief** **referee**: Vladislavs Voitehovičs (international category);

Additionally, each country is required to delegate a referee.

**Head** **secretary**: Kitija Voitehoviča (international category), email: vladislavs99@inbox.lv

**Contact person**: President of the Latvia Kettlebell Lifting association Māris Rubulis, email [marissss2002@inbox.lv](mailto:marissss2002@inbox.lv) , phone +371 29666769.

1. **Participants**

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

**The championship is being held in four groups:**

* Men (no age restrictions, 24 or 32 kg kettlebells) 32 kg – points x2. – 2-ARM JERK
* Women (no age restrictions, 16 or 24 kg kettlebells) 24 kg – points x2. – 2 ARM JERK

**Weight categories:**

* Men (without age restrictions,2-ARM JERK): -63; -68; -73; -78; -85; -95; +95 kg;
* Women (without age restrictions, 2-ARM JERK): -58; -63; -68; +68 kg.

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

**Team relay race:**

Following jerk, national teams will compete in the team relay race competition. No age restrictions are applicable and each team is allowed to choose the kettlebell (24 or 32 kg; 32 kg – points x2). A team should consist of four athletes from the same country. Overlapping of two or more athletes that belong to the same weight category is **allowed**. Each athlete will be given three minutes to complete the exercise (12 minutes in total).

1. **TEAM POINTS** **and** **awards**

A national team should consist of 11 members (one member in each weight cat) + relay race The best team will be determined according to the total number of points collected. Points will be given as follows:

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

1st–3rd place winners in each age group and weight category will be awarded medals and diplomas.

1st–3rd place winning teams in the relay race competition will be awarded medals and trophies;

1st–3rd place winning teams will be awarded trophies.

1. **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.

Teams are required to bring one judge for competition

1. **FINANCIAL TERMS AND ACCOMMODATION**

Participation in the championship is free of charge.

Any charges linked with participation in the championship should be paid by the participants or their national federations.

1. **Applications**

Team applications should be handed at the day of the championship and submitted by email[vladislavs99@inbox.lv](mailto:vladislavs99@inbox.lv) no later than 01 July 2024. Submissions after 01July will not be accepted.