**I CONFIRM**

**LSCA board president M. Rubulis**

 **2024 m. February 28**

**REGULATIONS**

**International tournament "Military Snatch"**

**KETTLEBELL SPORTS IN 2024**

**1. Purpose and tasks.**

To popularize the sport of kettlebell lifting in Latvia, the Baltics and the international arena

Implementation of sports opportunities for youth, adults and veterans.

Strengthening friendship between countries, increasing competition.

To find out the strongest athletes in different age and weight categories.

**2. Place and time.**

On June 8, 2024, in Olaine county, Olaine, Olaine sports house, Zemgales iela 33A

The competition starts at 12:00

Weighing on 07.06.2024 from 18:00-20:00; 08.06.2024 from 09:30 to 11:00

Meeting of team representatives 08.06.2024 - 11:30 to 11:45

**3. Competition management.**

The competition is organized by the Latvian Kettlebell Lifting Association, in cooperation with Olaine sports center, Olaine district and Jānis Āboliņš sports club.

Chief judge of the competition: V. Voitehovičs (International category), tel. 22075956,

Chief secretary of the competition: K. Voitehoviča (International category)

**4. Competition rules.**

The competition takes place in a snatch discipline with a control time of 12 minutes, unlimited change of hands without putting the ball on the floor.

When an athlete performs a snatch, he should choose suitable sports clothing.

<https://www.youtube.com/watch?v=PzAE2HOcAWQ> – #from **0:00-4:48min**

 **– Performance rules for snatch discipline.**

**5. Conduct of the competition.**

**The competition consists of snatch discipline lasting 12 minutes, with unlimited hand changes, without putting the ball on the floor.**

**6. Contestants.**

Participants take part in the competition individually.

According to the Law on Sports, the participants themselves are responsible for their health, team representatives or coaches are responsible for underage participants.

**1st group: Men - master class - open age group**

7 weight categories: -63kg; -68kg; -73 kg; -78 kg; -85 kg; -95 kg; +95 kg

Weight: 32 kg.

**2nd group: Men – amateur class – open age group**

7 weight categories: -63kg; -68kg; -73 kg; -78 kg; -85 kg; -95 kg; +95 kg

Weight: 24kg

**3rd group: Women – master class – open age group**

4 weight categories: -58kg; -63 kg; -68kg; +68 kg

Weight: 24kg

**4th group: Women – amateur class – open age group**

4 weight categories: -58kg; -63 kg; -68kg; +68 kg

Weight: 16kg

**5th group: Veterans - men; 40-49 years; age group from 1984-1975 year of birth**

2 Weight categories – 85 kg; +85 kg

Weight: 24kg

**6th group: Veterans - men; 50-59 years; age group from 1974-1965 year of birth**

2 Weight categories – 85 kg; +85 kg

Weight: 24kg

**7th group: Veterans - men; 60-69 years; age group from 1964-1955 year of birth**

2 Weight categories – 85 kg; +85 kg

Weight: 16 kg

**8th group: Veterans - men; 70-79 years; age group from 1954-1945 year of birth**

2 Weight categories – 85 kg; +85 kg

Weight: 12kg

**9th group: Veterans - men; +80 years; age group from 1944 and older**

Absolute weight class

Weight: 8 kg

**10th group: Veterans - women; 35-49 years; age group from 1989-1975 year of birth**

2 Weight categories – 68 kg; +68 kg

Weight: 16kg

**11th group: Veterans - women; 50-59 years; age group from 1974-1965 year of birth**

2 Weight categories – 68 kg; +68 kg

Weight: 12kg

**12th group: Veterans - women; +60 years; age group 1964 year of birth and older**

Absolute weight class

Weight: 8 kg

**13th group: Para - athletes; without age category**

Absolute weight category, divided by gender and paraclass

Weight: To be agreed during the competition

**14th group: Men - youth class - age group up to the year of birth 2006**

7 weight categories: -53kg; -58 kg; -63 kg; -68kg; -73 kg; -78 kg; +78 kg

Weight: 16kg

**15th group: Women - youth class - age group up to the year of birth 2006**

4 weight categories: -53kg; -58 kg; -63 kg; +63 kg

Weight: 12kg

**16th group: Men's supermaster class - open age group**

OPEN weight category

Weight: 36kg.

**17th group: Women's - supermaster class - open age group**

OPEN weight category

Weight: 28kg.

**7. Evaluation of results**

* The winner is determined by the number of times the kettlebell is lifted in each weight, age and gender category.
* Men-veterans classes of groups 5 and 6 are also added to 2nd group Men-amateurs in a parallel competition.
* The 10th group Women-veterans class is also added to the 6th group Women-amateurs in a parallel competition.
* It is possible to participate in only one age group.

**8. Awarding.**

* In all classes and weight categories, all 1-3 PLACE WINNERS are awarded with medals.
* Athletes of 1st group men-masters, 4th group women-masters, 16th group men-supermaster and 17th group women-supermaster all 1-3 PLACE WINNERS are awarded with medals and cups.

**9. Applications.**

Participants must register for the competition in advance. Send applications by **e-mail:** vladislavs99@inbox.lv , until 20.05.2024.

**Participants or teams who have not submitted an application for participation in the competition within the specified time are admitted only after paying the double participation fee.**

Participants who do not meet the weight category during the weigh-in on the day of the competition will be admitted to the competition only after paying double the participation fee.

The team must submit an application according to Appendix No. 1, all fields must be filled.

**Participation fee:** **25 euros**

1. There is no participation fee for participants under the age of 18 (also for foreign athletes)
2. There is no participation fee for LSCA members and their athletes who have paid membership fees for 2024.

**The participation fee must be transferred 5 days before the start of the competition to the following account:**

Konta Nr. LV22 HABA0551013936872 (Swedbank)

Latvijas Svarbumbu celšanas asociācija

Mangaļu prospekts 46, Rīga, LV-1030

Reģ. Nr. 40008103006

ar norādījumu: „Military Snatch 2024”.

Appendix No. 1

**APPLICATION**

**for participation in the International tournament "Military Snatch"**

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(city/county/club team name)

| Nr.p.k. | NAME AND SURNAME | YEAR OF BIRTH | GROUP | WEIGHT CATEGORY | NOTES |
| --- | --- | --- | --- | --- | --- |
| 1. | Vladislavs Voitehovičs | 1993 | 1 | +95 |  |
| 2. |  |  |  |  |  |

City/country/club manager: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Name Surname)

Team representative in the competition:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Name Surname)