



Approved by

President of National French
Federation of Power Sports
« FFForce »

Mr. Stéphane Hatot



Organized by

President of Kettlebell National
Sport Commission « CSNK »

Mr. Laurent Faucher

Rules and Regulation of Open French Championship 2019

1. Purposes and goals

- Propagation and popularization of kettlebell sports,
- Strengthening of international relationship and development of the international cooperation in the field of sports,
- Increase of athletic skills, exchange of experience and determination of the strongest Kettlebell Lifting athletes.

2. Place and dates of Competitions

<u>Event organizer:</u>	Association Cristal Kettlebell
<u>Place of competitions:</u>	Gymnasium College Jean-Claude Izzo 2, place Espercieux 13002 MARSEILLE
<u>Date of competition:</u>	Saturday, March 23, 2019
<u>Day of arrival and registration of participants:</u>	Friday, March 22, 2018, from 18:00
<u>Weighting of participants:</u>	Friday, March 22, 18:00 – 21:00 Saturday, March 22, 8:00-8:45 Saturday, March 22, 8:45-8:55
<u>Presentation of Competition</u>	Saturday, March 22, 8:45-8:55
<u>Beginning of competitions:</u>	Saturday, March 23, 9:00
<u>Day of delivery of protocols:</u>	Saturday, March 23,

Registration deadline: Sunday, March 10 at midnight

3. Management of competitions

The general management of the organization and running the competitions performs by the French National Power Sports Federation (FFForce).

Chief referee of competitions and chairman of referee assembly: Mr. Gregory Souquet (France, National category).

Main secretary of association : Mr. Hautin Sébastien (language: French - English)



Contact persons on organization of competitions

French, English

Mr. Souquet Gregory +33(0)6 68 42 20 51; kettlebell13@gmail.com / gregory.souquet@gmail.com

Mr. Hautin Sebastien +33(0)6 35 46 71 55; hautin.sebastien@gmail.com

4. Participants and conditions

According to the rules, the competition is open to sportsmen from national federations and countries that are the members of IUKL

Competitions are held according to the IUKL rules.

Competitions are held by classes: Men under 40/Men up 40 and Women under 40/Women up 40

Each team should have a single form with the symbol of their country. The delegation, which arrived to the competition, should have a flag and the record of the national anthem on USB key or CD.

The responsibility for the level of training and the health of the participants are on the responsibility of delegations.

5. Age groups and competitive disciplines

Competitions are held according to the rules of IUKL, which are posted on the website IUKL with additions and changes on the day of competition.

Competitions are individually:

- **Men (U40 – 40+);**

- **Women (U35 – 35).**

Sporting weight

Men & Women: kettlebells: 8kg / 12kg / 16kg / 20 kg / 24kg / 32kg

Competitive disciplines:

For men:

- Classic biathlon (classic «short» jerk + snatch);
- Long cycle;

For women:

- Snatch;
- Long cycle (with one kettlebell).

Temporal regulation – 10 minutes on every exercise (jerk, snatch, long cycle).

Notice:

The competition schedule will be displayed at the time of weighing after pre-registration deadline on **Sunday, March 10 at midnight** after receiving all personal applications, cards for each participant and processing financial obligations of the participating organizations. The sample of an application find in Annex 1.



6. Estimation of results and rewarding

CLASSIFICATION : The classification will be made to the index according to the following formula:

$$\frac{\text{Repetition Number} \times \text{KBs Total weight} \times \text{Coef. Pentathlon} \times \text{Coef. Time}}{\text{Bodyweight}}$$

Coef. Pentathlon

The weight of the kettlebells chosen by the athlete is a multiplier coefficient as follows:

8kg: x1	20kg: x2,5
12kg: x1,5	24kg: x3
16kg: x2	32kg: x4

Coef. Temps

A time coefficient is also applied depending on the duration of the test performed by the athlete, the coefficients are as follows:

Till 10 minutes : x2,5	Till 7'59 minutes : x1,7	Till 5'59 minutes : x1.5
Till 8'59 minutes : x1,8	Till 6'59 minutes : x1,6	Till 4'59 minutes : x 1

The minima made according to the rules of IUKL will be registered officially.

There will be a general ranking for all categories and age categories:

Estimation of results :

- Men in a weight category: a jerk - 1 point (through the total amount of lifts), a snatch - 0,5 point (in a snatch the result of lifts by one and by other hand); a long cycle - 1 point (through the total amount of lifts).
- Men in an absolute category - through the weight coefficients.
- Women in an absolute category - through the weight coefficients,

At the identical amount of points advantage is got by a participant having less own weight.

Participants who took 1-3 places in individual overall in each weight category and in relay (classical jerk) are awarded with medals.

Participants who took 1-6 places in absolute overall are awarded with diplomas.

During competitions realization of doping control is foreseen. Registration of records and higher achievements - in accordance with REGULATION about registration of IUKL.



7. Financial terms

Costs related to the organization and conduct of the competition is the organizers of the place of the competition.

The costs associated with the participation of athletes in competitions (travel, meals, accommodation, participation fees) are compensated by sportsmen or their organizations.

The entry fees for participation in the competition for licence FFFORCE and licence IUKL:

Registration date :	Until march, 10th		Friday 22 th Or Saturday 23th march	
	1 épreuve	2 épreuves	1 épreuve	2 épreuves
Etranger	45 €	90 €	60 €	120 €

Athletes have the possibility to compete for two events (Biathlon + Shoulder Throw for men / Ripped + Epaulé thrown for the ladies), they will have to specify it during the registration.

Entry fees for participation in the competition can be prepaid on the bank account of CRISTAL KETTLEBELL not later, than 4 days prior to the date of realization of competitions or can be prepaid in cash at passing of registration on competitions.

Bank details of CRISTAL KETTLEBEL

CRISTAL KETTLEBELL / CIC MARSEILLE CHATEAU GOMBERT
IBAN (International Bank Account Number) : FR76 10096181570002653760132
BIC (Bank Identifier Code) : CMCIFRPP

Entry fees at non-appearance athlete will not be returned.

Entry applications should be submitted before **Sunday, March 10 at midnight.**

If entry applications are submitted after the **Sunday, March 10 at midnight** participation fees are paid in double amount.

9. Applications

The last delay for the applications is **Sunday, March 10 at midnight**
The participant's card is filled for each competitive format.

Applications for participation should be submitted: kettlebell13@gmail.com

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