

OPEN FRANCE CUP OPEN GRAND PRIX SATURDAY 18 MAY & SUNDAY 19 MAY 2024 KETTLEBELL SPORT 2024 REGULATIONS

1_Purpose and objectives

- Promote and popularise sport and healthy lifestyles,
- Improve athletic skills, share experiences,
- Ensure the principles of fair play in sport
- Develop top-class sport,
- Designate the strongest athletes in various age and weight categories.

2_Doping control

The French Anti-Doping Agency (AFLD) carries out its doping control activities in accordance with the World Anti-Doping Code and the World Anti-Doping Agency's (WADA) International Standard for Testing and Investigations.

The AFLD can conduct tests on any athlete, whether in or out of competition, by trained, sworn and approved medical personnel (doctors, nurses, etc.) <https://www.afld.fr/>

Irrespective of their level of participation in the sport, the athletes are responsible for the intake of any doping substances detected in their samples.

<https://www.ffforce.fr/fr/la-federation-francaise-de-force/lutte-contre-le-dopage-ffforce/le-dopage.html>

3_Participants and conditions

The French Kettlebell Sport Championships and the Grand Prix Fédéral are open to all athletes holding a FFForce "competition licence" or "individual licence", regardless of their place of residence

The Coupe de France Open is open to foreign athletes holding an IUKL licence.

The TITRE DE PARTICIPATION UNIQUE (TPU) is not accepted

These competitions are held in accordance with the Fédération Française de Force's sporting regulations published on its website. Additions and modifications can be made on the day of the competition to suit the circumstances. <https://www.ffforce.fr>

All athletes must dress in their club colours, particularly at the opening and award ceremonies.

Athletes are obliged to stay until the end of the competition (unless there is a major reason for not doing so, which must be notified to the organisers prior to the event).

The various events are organised for each gender under five age categories and two weight categories.

**OPEN FRANCE CUP
OPEN GRAND PRIX
SATURDAY 18 MAY & SUNDAY 19 MAY 2024
KETTLEBELL SPORT 2024 REGULATIONS**

4_Age categories.

Only the year of birth is taken into consideration. The date of birth does not apply.

- Category U16; up to and including 16 years of age

- Category U23; up to and including 23 years of age
U-16s can enter this category.

- Category U40M / U-35F
Up to the age of 39 for male and 34 for female
U-23 and U60M / U-50F can enter this category.

- Category U60M / U-50F
Up to the age of 59 for male and 49 for female
+60M / +50F can enter this category.

- Category +6M / +50F
From the age of 60 for male and 50 for female

5_Weight categories

- <78 kg and ≥ 78 kg for male,
- <68 kg and ≥ 68 kg for female.

6_French Elite Sup. Championship

For categories (U-40H / U-35F):
Kettlebell weighing 32kg (red) for male and 24kg (green) for female.

6bis_French Elite Championship

For categories (U-23) # (U-40H / U-35F) # (U-60H / U-50F):
Kettlebell weighing 24kg (green) for male and 16kg (yellow) for female.

For categories (U-16) # (H+60 / W+50):
Kettlebell weighing 16kg (yellow) for male and 12kg (blue) for female.

**OPEN FRANCE CUP
OPEN GRAND PRIX
SATURDAY 18 MAY & SUNDAY 19 MAY 2024
KETTLEBELL SPORT 2024 REGULATIONS**

7_Honour French Championship

For categories (U23) # (U-40H / U-35F) # (U-60H / U-50F):
Kettlebell weighing 16kg (yellow) for male and 12kg (blue) for female

For categories (U16) # (H+60 / W+50)
Kettlebell weighing 12kg (blue) for male and 8kg (pink) for female

9_French Open Cup

The French Open Cup is open to foreign athletes. The regulations are the same as those for the French Championships.

10_Individual discipline: Jerk, Snatch, and Long-cycle (clean & jerk)

The time allotted to each event is ten minutes. Any athlete who withdraws before six minutes is eliminated.

Athletes are free to participate in the discipline of their choice. Each discipline is ranked according to the number of lifts.

Discipline scores are converted into points according to the following scale:

- Two-arms jerk: 1 point per lift.
- One-arm snatch (only one hand change allowed): 1 point per lift.
- Two-arms long-cycle: 1 point per lift.

11_Combined Events: Biathlon and All-round

- Biathlon: Two-arms jerk + One-arm snatch

Athletes taking part in these two disciplines are automatically placed in the Biathlon event. Event scores are converted into points according to the following scale:

**OPEN FRANCE CUP
OPEN GRAND PRIX
SATURDAY 18 MAY & SUNDAY 19 MAY 2024
KETTLEBELL SPORT 2024 REGULATIONS**

- Jerk: 1 point per lift / Snatch: 0.5 point per lift.

- All-round: Two-arms jerk + One-arm snatch + Two-arms long-cycle

Athletes taking part in these three events are automatically placed in the All-round event. Event scores are converted into points according to the following scale:

- Jerk: 2 points per lift / Snatch: 1 point per lift / Long-cycle: 3 points per lift.

The sum of these points determines the final ranking.

12_TeamRelays 4 x 3 minutes

Athletes will be offered a long-cycle or snatch relay. Each relay lasts three minutes. The composition of the teams will be determined by drawing lots or at the discretion of the organisers.

The team with the most lifts wins the relay. There is no specific prize for this event.

13_Titles and awards

For each competition, the podiums are organised as follows:

- For individual events (two-arms jerk / one-arm snatch / two-arms long-cycle):
In the following order: Sex / Age / Body weight / Place (winner last)
(Awards: Bronze / Silver / Gold medals)
- For Biathlon and All-round:
In the following order: Sex / Age / Body weight / Place (winner last)
(Awards: Trophies 3rd / 2nd / 1st)

14_Registrationrequirements

To take part in the competitions, you must:

- Be up to date with your competition or individual licence,
- Fill in the registration form,
- Respect registration deadlines,
- Pay the entry fee.

The registration form does not constitute definitive confirmation of participation.

Entries will not be definitive until they have been paid for and validated by the Competition Secretary.

Entries received after the deadline defined in point 17 of the regulations - will not be tolerated, as they seriously disrupt the organisation.

**OPEN FRANCE CUP
OPEN GRAND PRIX
SATURDAY 18 MAY & SUNDAY 19 MAY 2024
KETTLEBELL SPORT 2024 REGULATIONS**

Entries may be cancelled up to one week before the start of the events on 11 May 2024, by notifying the organisers, failing which the entry fee will remain payable even if the athlete does not compete.

Expenses associated with the athletes' participation in competitions (travel, accommodation, meals, entry fees etc.) are borne by the athletes or their clubs.

15 Place and dates of the Competition

Place Gymnase des Droits de l'Homme @ rondpoint des Saules, 78280 Guyancourt France

Dates:

- Saturday 18 May 2024: Two-arms jerk / One-arm snatch (Biathlon)
- Sunday 19 May 2024: Two-arms long-cycle (All-round) / Relay

Important: the participants must comply with current health regulations.

16 Competition programme & time schedule

- Saturday 18 May 2024:
 - Weigh-in from 11:00 a.m. to 12:00 p.m. (no late arrivals will be accepted) - Presentation of licence and ID is compulsory.
 - Opening ceremony and presentation of athletes: 2:45 p.m.
 - Start of competition: 3:00 p.m.
- Sunday 19 May 2024:
 - Weigh-in from 08:30 a.m. to 09:30 a.m. (no late arrivals will be accepted) - Presentation of licence and ID is compulsory.
 - Athlete presentation: 09:45 a.m.
 - Start of competition: 10:00 a.m.

The individual time schedule will be published after registration closes, at the latest 1 day before the start of the competition. The organisers reserve the right to modify it at any time.

17 Commitment formalities

The deadline for registration is midnight on Friday 10 May 2024.

**OPEN FRANCE CUP
OPEN GRAND PRIX
SATURDAY 18 MAY & SUNDAY 19 MAY 2024
KETTLEBELL SPORT 2024 REGULATIONS**

You can register via the following link <https://forms.gle/4fQZpE3GGMyC1n8B8>

The registration fee is €50. This is a flat fee, regardless of the number of events for which the athlete registers. Payment must be made at the same time as registration by bank transfer:

Owner: ASSOC. KETTLEBELL SPORT CLUB 78
IBAN : FR76 1820 6001 1765 0668 34 734
BIC : AGRIFRPP882

Registrations will not be accepted until payment has been received

18_IT law and Civil liberties

In accordance with the French Data Protection Act of 6 January 1978, the participant has the right to access, rectify and object to the data in his/her file. To exercise this right, the participant must contact the Competition Secretary.

19_Unforeseen events

The organisers reserve the right to amend the regulations at any time to accommodate unforeseen circumstances.

20_Contacts

KETTLEBELL SPORT CLUB 78 ksclub78@gmail.com

