



International Gira Sport Federation

Ghiri Sport (Kettlebell Lifting) Ranks achievement

MEN:

I-Rang, II-Rang, III-Rang, KMS Rank achievement:

You need to perform the number of repetitions requested by the Rank, corresponding to your weight category, with the proper kettlebell, in any of the competition disciplines (Biathlon 10', Long Cycle 10', Sprint 3' - Snatch and Long Cycle, Marathon 1h - Jerk). Ranks can be achieved ONLY during competitions held by FGSI, following the events listed in the competition calendar.

Master Sport (MS) achievement:

There are two alternative ways:

- Perform the number of repetitions corresponding to your weight category, with the proper kettlebell, in Biathlon 10' or Long Cycle 10' disciplines.
- Perform the number of repetitions requested by MS Rank corresponding to your weight category, with the proper kettlebell, in Sprint 3' (Snatch or Long Cycle) or Marathon 1h (Jerk) disciplines. In addition, you have to qualify as KMS in Biathlon 10' or Long Cycle 10' disciplines, with 32 kg kettlebell.

All the performances needed for the MS rank achievement MUST be executed during competitions held by FGSI, following the events listed in the competition calendar.

Master Sport International Class (MSIK) achievement:

There are two alternative ways:

- Perform the number of repetitions corresponding to your weight category, with the proper kettlebell, in Biathlon 10' or Long Cycle 10' disciplines.
- Perform the number of repetitions requested by MSIK Rank corresponding to your weight category, with the proper kettlebell, in Sprint 3' (Snatch or Long Cycle) or Marathon 1h (Jerk) disciplines. In addition, you have to qualify as MS in Biathlon 10' or Long Cycle 10' disciplines.

ATTENTION: the performance for the MSIK Rank achievement MUST be executed during International Competitions listed in the FGSI competition calendar.

WOMEN:

I-Rang, II-Rang, III-Rang, KMS Rank achievement:

You need to perform the number of repetitions requested by the Rank, corresponding to your weight category, with the proper kettlebell, in any of the competition disciplines (Snatch 10', Long Cycle 10', Sprint 3' - Snatch and Long Cycle, Marathon 1h - Jerk). Ranks can be achieved ONLY during competitions held by FGSI, following the events listed in the competition calendar.

Master Sport (MS) achievement:

There are two alternative ways:

- Perform the number of repetitions corresponding to your weight category, with the proper kettlebell, in Snatch 10' or Long Cycle 10' disciplines.
- Perform the number of repetitions requested by MS Rank corresponding to your weight category, with the proper kettlebell, in Sprint 3' (Snatch or Long Cycle) or Marathon 1h (Jerk) disciplines. In addition, you have to qualify as KMS in Snatch 10' discipline, with 16 kg kettlebell, or in Long Cycle discipline, with 24 kg kettlebell.

All the performances needed for the MS rank achievement MUST be executed during competitions held by FGSI, following the events listed in the competition calendar.

Master Sport International Class (MSIK) achievement:

There are two alternative ways:

- Perform the number of repetitions corresponding to your weight category, with the proper kettlebell, in Snatch 10' or Long Cycle 10' disciplines.
- Perform the number of repetitions requested by MSIK Rank corresponding to your weight category, with the proper kettlebell, in Long Cycle - Sprint 3' or Marathon 1h disciplines. In addition, you have to qualify as MS in Snatch 10' or Long Cycle 10' disciplines.

ATTENTION: the performance for the MSIK Rank achievement MUST be executed during International Competitions listed in the FGSI competition calendar.

TABLES WITH INSTRUCTIONS ABOUT NUMBER OF REPETITIONS AND KETTLEBELL TO USE CAN BE VIEWED AT THE FOLLOWING INTERNET ADDRESS:

<http://www.ghirisport.it/regolamento3.html>