

**«CONFIRM»**

Chairman of the Supreme Council of WAAC  
The President of ANO "Alashara"  
\_\_\_\_\_ M.H. Ekzekov



**Inzhich-Chukun  
2018**

## **POSITION**

**about holding sports competitions "Games of Abaza people»**

## **ORGANIZERS OF COMPETITIONS**

"Games of Abaza people" are held by the Supreme Council of the World Abaza-Abkhazian Congress of the International Association of assistance to development of the Abaza-Abkhazian ethnos "Alashara".

## **PURPOSES AND TASKS**

The competition is aimed at popularization of physical culture and sports among the Abaza-Abkhazian ethnos.

The main tasks of the competition:

- promotion of physical culture and sports, introduction of the population to a healthy lifestyle;
- enhancing the role of physical culture and sports in the life of every person;
- increase of sports and technical skills of athletes;
- education of the younger generation and youth;

## **DATE AND PLACE OF HOLDING**

Date - 21. 07. 2018 .

Place of holding: KCR, Abaza district, the village Inzhich-Chukun, 50, Lenin street.

## **THE PROGRAMME OF THE GAMES**

09: 00 h. - collection of teams, applications.

09: 30 h. - start of the competition.

11: 00 h. - opening of the competition.

11: 30 h. - continuation of the competition.

12: 00 h. - 17: 00 h. - alternative sites. (competition among the audience).

13: 00-14: 00 h. - lunch of participants and team representatives.

14.00-18.00 h. - continuation of the competition.

18: 30 h. - the ceremony of awarding the winners and prize-winners of the competition.

19: 30 h. - departure of participants.

## **FINANCIAL EXPENSES**

The expenses related to the organization and holding of the competition – food, accommodation of guests from Abkhazia and Turkey, participants of the competition, the prize Fund – are WAAC and ANO "Alashara".

## **COMPETITOR**

Teams of the city of Cherkessk, Stavropol, Moscow, the Republic of Abkhazia, Turkey and all Abaza settlements are allowed to participate in competitions. Participants of the competition should have an identity document (Russian, Abkhazian or Turkish passport) and a medical policy.

Age of athletes:

- among males at least 17 years old;
- among girls age is not limited.

Every athlete has the right to take part in all kinds of competitions.

## **APPLICATIONS**

Representatives of the teams are required to submit printed applications, indicating the Name, date of birth and admission of a doctor to the mandate commission. Application send on e-mail [msport@alashara.org](mailto:msport@alashara.org) not later 10. 07. 2018. The originals of applications should be transfer to the organizers of the Games on the day of the competition 21. 07. 2018.

## **SECURITY PROVISION**

According to the requirements of the relevant legal acts in force in the territory of the Russian Federation, public order and safety of participants and spectators will be provided by the Ministry of Internal Affairs on KCR.

### **REWARDING**

The team with the lowest score on the total number of places in each type of program becomes the winner in the team competition. If two or more teams have equal points, the team with more than the first, second, third places in the program types gets the advantage. The winners and prize-winners in personal competitions are awarded with certificates and medals. Teams that took 1, 2, 3 places in the team competition are awarded with diplomas, cups and valuable prizes.

### **THE ORDER AND LOCATION OF THE GAMES FROM 2019:**

In 2019, only 5 teams will participate in the games of the Abaza people: KCR, Stavropol, Moscow, Abkhazia, Turkey.

All Abaza villages of Karachay-Cherkessia will be in the same team - Abazashta. Previously, before the games of the Abaza people, among all Abaza auls, qualifying competitions will be held to identify the best athletes and the formation of the team.

Similarly, teams will be formed in Abkhazia and Turkey. In Abkhazia, the qualifying competitions will be held among the districts, and in Turkey – among the settlements in which the representatives of the Abaza people live compactly.

Teams of Stavropol and Moscow will be made up of athletes living in these cities.

Places of holding the Games in the next 3 years:

2019-Abkhazia,

2020-Turkey,

2021 - Russia, KCR.

### **COMPETITION PROGRAM:**

№	Types of competitions	Number of participants	Form of competition
1	Arm Wrestling		
	Weight category: up to 75 kg	men -1	personal
	Weight category: + 75 kg	men -1	personal
2	Triathlon (a stone's throw from shoulder, back through itself, from itself, from the bottom)	men – 1	personal
3	Push two weights with two hands (24 kg):		
	Weight category: up to 75 kg	men -1	personal
	Weight category: + 75 kg	men -1	personal
4	Air rifle shooting	girls-1	
		men -1	personal
5	Archery	girls - 1	
		men - 1	personal
6	Long jump with a run-up	girl-1	
		men -1	personal
7	Running (100 m)	girls-1	
		men -1	personal
8	Climbing the pole for a time - (4 m.)	men -1	personal
9	Stretching again the rope		
		men -5	team
10	Mini-football	men - 9	team
11	Volleyball	girls - 9	team

### **ARM WRESTLING**

Competitions are personal. Number of participants from each team-2 (men). In the weight category up to 75 kg - 1 man, over 75 kg-1 man. Competitions are held in a circular system with the elimination of the second defeat (right hand).

Personal championship is determined by according to the rules of the competition in armsport.  
**Note:** before the start of the competition, the participants will be weighed. Allowed short weight 1 kg.

### **TRIATHLON**

(throwing a stone: from a shoulder, back through oneself; from oneself from the bottom)

Competitions are personal. Number of participants from each team-1 (male).

Triathlon program:

- stone throw from shoulder;
- throw the stone back through yourself;
- throw the stone from yourself below.

The weight of the stone 12 kg.

The exercise is done with the place (without run-up).

Each participant is given 2 attempts (the best result is counted).

In the case of an intercession, the result is not counted.

The winner is determined by the distance of flying the stone in the sum of the three best shots.

### **PUSH OF TWO WEIGHTS WITH TWO HANDS (24 KG)**

Competitions are personal. Number of participants from each team-2 (men). In the weight category up to 75 kg - 1 man, over 75 kg-1 man. Push weights will be carried out from the shoulder. The winner is the participant who raised the weight more times. If two or more participants have the same amount of weight pushes, the advantage is given to the participant whose weight is less than the others.

**Note:** before the start of the competition, the participants will be weighed. Allowed short weight 1 kg.

### **SHOOTING WITH AIR RIFLE**

Competitions are personal. Number of participants from each team-2 people (girl – 1, man – 1). Participants are given 3 test and 5 test shots at a distance of 10 meters. The winner is the participant who gets more points on the sum of the exact hits. In case of equality of points at two and more participants win the advantage given to the participant who has more than 10-point, 9-point etc. shots.

Individual championship shall be determined separately for men and women.

### **ARCHERY**

Competitions are personal. Number of participants from each team-2 people (girl – 1, man – 1). Shooting is carried out from a classic bow, the target diameter of 80 cm. Participants are given 5 shots, 3 best results are taken into account, the distance to the target is 10 m. the Target has five concentric colored zones located from the center of the target to the periphery in the following order: yellow, red, blue, black, white. The score is calculated: hit the Central circle-5 points (yellow zone), further downwards – 4 (red zone), 3 (blue zone), 2 (black zone), 1 (white zone) point. The winner is the participant with the most points. In case of equality of points at two and more participants win the advantage given to the participant who has more than 5-points, 4-points, etc. shots.

Individual championship shall be determined separately for men and women.

### **LONG JUMP WITH RUN-UP**

Competitions are personal. Number of participants from each team-2 people (girl – 1, man – 1). When making a long jump, the athlete runs up in a special sector for long jumps, repulsion is made from a bar for repulsion, and landing is carried out in a pit with sand. Measurement of the result is carried out from the line of the bar near to the pit ("line of measurement") to the nearest to the line of measurement of the trace left by the jumper on the sand. Each participant of the competition is given three attempts, which they perform in turn in the prescribed manner. At the end of the competition, the places are distributed on the best measured attempt. In the case of an intercession, the result is not counted.

### **RUNNING – 100 m**

Competitions are personal, separately among men and girls. Number of participants from each team-2 people (1 girl, 1 man). Competitions are held in two stages: semi-final and final parts. There are four races in the semifinal part. According to their results, 4 runners who showed the best time are selected. They're reaching the final.

In the final part, the athlete who ran the fastest 100-meter distance (the first to cross the finish line), becomes the winner.

### **CLIMBING THE POLE**

Competitions are personal. Number of participants from each team -1 (male). The participant on the team "March" begins to rise on a specially installed pole with the help of hands and feet. The task is to get to the conditional mark as soon as possible. As soon as the participant touches by the hand of the conditional mark, the second records the time. The winner is the one who showed the least time.

### **STRECHING AGAIN THE ROPE**

Team competitions. The team consists of 5 people (men), in case of injury, the replacement of the participant is allowed.

The teams are divided into 4 groups, where the meetings are held in a circular system.

The meeting between the teams consists of 3 attempts. In case of victory of one of the teams in two attempts, the third is not carried out. After each attempt, the teams change places and rest (no more than 2 minutes). Uniform – random, shoes – boots or sneakers (for turf).

The group winners meet in the semi-final criss-cross. The winners reach the final, the losers play for the third place.

Other places are played as follows: the teams that took second places in groups, meet each other in a circular system and play places from the 5th to the 8th; teams that took third places in groups meet each other in a circular system and play places from the 9th to the 12<sup>th</sup>. Meeting for 5-12 places consist of one attempt.

### **MINI-FOOTBALL (MEN)**

Team competitions. The team consists of 9 people (5 main and 4 spare). At the same time on the site are 5 people (1 goalkeeper and 4 field players) from each team.

The meetings between the teams consist of two halves of 10 minutes.

The teams are divided into four groups. Semi-finalists of last year's Abaza games are distributed in different groups. Games in groups are held in a circular system. The teams that took 1st place in their groups, go to the semifinals. In the semifinals play: the winner of the first group — with the winner of the third group, the winner of the second group — with the winner of the fourth group. The winners of the semifinal pairs meet in the final, and the losers-in the match for third place.

### **VOLLEYBALL (GIRLS)**

Team competitions. The team consists of 9 people (6 main and 3 spare). At the same time on the site are 6 people from each team.

Meetings between teams consist of three sets up to 15 points. The team that wins in two sets of three becomes the winner of the meeting. Last year's game finalists are automatically in different subgroups, the rest of the teams are selected in the subgroups by draw. Meetings in subgroups are held in a circular system. The teams that took 1st place in their subgroups, go to the semi-finals crosswise. Matches for prizes are played from three sets, the first two - up to 25 points, in the case of equality in the sets of the decisive set is played up to 15 points. The remaining places on the standings are determined by the won and lost sets, in the case of equality in the sets will be considered scored and missed points.

Note: in case of not exhibiting a participant or team by kinds of sports points are calculated as follows:

**for not exhibiting participant or team by kinds of sport is assigned a place equal to the number of participating teams.**

Command requirement:

To send the completed application with the surnames and the names of participants by e-mail to 10. 07. 2018.

For more information, please contact us by phone:

+7-878-2-20-81-17 (work.)

+7-969-009-37-40 (pers.)

E-mail: rchukov177@mail.ru

**This provision is an official invitation to participate in the " Games of Abaza people - 2018»**