

Approved
International Kettlebell Sports
Federation
Chairman of the Presidium
_____ E.E. Nazarevich
«__» _____ 201__

Agreed
Grodno Regional Executive
Committee
Vice-chairman
_____ V.A. Liskovich
«__» _____ 201__

Approved
Management of Sport and
Tourism
Grodno Regional Executive
Committee
Chief
_____ O.E. Andreichik
«__» _____ 201__

Approved
Agency
of National Olympic Committee

in Grodno region
Chairman
_____ I.G. Zhuk
«__» _____ 201__

Approved
World Association of
Kettlebell Sport Clubs

President
_____ S.A. Rachinsky
«__» _____ 201__

Approved
Belarusian Federation of Masters
of Kettlebell Sport and Power
Juggling

Chairman of the Presidium
_____ V.S. Katashuk
«__» _____ 201__

Approved
Paralympic Committee
of the Republic of Belarus
Chairman
_____ O.A. Shepel
«__» _____ 201__

REGULATIONS

for the World Cup in kettlebell sport, the World Championship, the European Championship, the Championship of the Union State of Russia-Belarus, I International Inclusive Tournament in the field of mass sports and kettlebell triathlon in 2019.

Grodno, Belarus

1. Goals and objectives

Physical and spiritual development of the society.

Promotion of a healthy lifestyle, popularization of kettlebell triathlon and kettlebell sport. The introduction of innovative methods of competition. Identifying the strongest athletes in various types of kettlebell sport. Rehabilitation and adaptation of the athletes with disabilities (inclusive approach).

Strengthening sports ties with foreign countries in the international arena.

2. Place and time

The competition is to be held from November 15 to November 17, 2019 in the city of Grodno (Republic of Belarus) at the Central Sports Complex “Neman” (3 Kommunalnaya St.).

3. Terms and application conditions

The competition is personal-team. They are conducted according to the rules of the International Kettlebell Sport Federation (IKSF) and the International Kettlebell Triathlon Federation (IKTF). Men and women of any age who possess an identity document with age confirmation, a medical certificate from a doctor (Dispensary for Sports Medicine) and medical sports insurance are allowed to participate in the competitions. For athletes from the Russian Federation, the former Soviet republics and countries outside the former Soviet Union insurance policy is needed.

For athletes over 40 years of age, the maximum allowable time for the exercise and the kettlebell weight are indicated in the medical admission.

If an athlete is missing the application, verified by a sports medical institution or insurance, the participation in the competitions is not allowed.

Questions not specified in these Regulations, as well as changes and the course of the competition are regulated on the credentials committee before the start of the competition. The information about changes in the competition is posted on the website www.sportgiri.ru.

Teams of the CIS countries and countries outside the former Soviet Union should have the national flag and national anthem with them.

This Regulation is the official call for the competition.

3.1 Trip, registration, accommodation and meals

Directions from the railway station - bus number 10 and 15 to the hotel "Belarus", from the bus station - bus number 15, trolley buses number 2, 3, 6, 11 to the hotel "Belarus".

The registration of the participants is to be held on November 15, 2019 from 08.00 to 21.00 in Grodno at Central Sports Complex "Neman", 3 Kommunalnaya Street.

Accommodation is in the hotel "Belarus" (1 Kalinovsky Street), "Sport" (3 Kommunalnaya Street) and other hotels in Grodno. Meals are available at the Arena Cafe on the territory of the Neman Central Sports Complex, tel.: + 375 0152 77-32-65 and +375 0152 73-88-88.

3.2. Applications

Call for applications is to begin on July 15, 2019 and is to end on October 15. Applications sent later than 10/15/2019 will be considered after paying double target organizational fee during the registration for the competition.

Applications are accepted in the prescribed form, where the surname, name, patronymic (in full), year of birth, age group in which the performance is expected, weight category are indicated. A brief description of the exercises is given, it is clearly stated in which nominations the performance and time limit are supposed. The sample can be downloaded from the official website of IKSF www.sportgiri.ru.

Applications can be sent by mail to the address: Republic of Belarus, 230028, Grodno, 11 Strelkovaya St., apt. 1, "International Kettlebell Sport Federation" or by e-mail: iksfpresident@gmail.com.



Responsible: Evgeny Evgenievich Nazarevich, Chairman of the Presidium of the IKSF, tel. +37529 5865 353, WhatsApp, Viber.

Applications for participation in the group “Kettlebell Sport” (World Cup) should be mailed to srir@mai.ru. Responsible: Rachinsky Sergey Anatolyevich, tel. +7921 4404 937, WhatsApp, Viber and Denisov Ivan Nikolaevich, tel. +7922 0100 001, WhatsApp, Viber.

4. Participants

1. Paralympic sport

1.1 Wheelchair athletes (kettlebell push, kettlebell push long cycle). It is performed with one kettlebell by men and women. Time-limit: 1, 3, 5 minutes.

Weight categories. Men Up to 60 kg, up to 70 kg, up to 80 kg, up to 90 kg, over 90 kg. Women. Up to 55, up to 60 kg, up to 65 kg, up to 70 kg, over 70 kg.

Age groups and kettlebell weight. Men under 18 (individual approach), 18-22 years old (14 kg), 23-39 years old (16 kg), 40-44 years old (12 kg), 45-49 years old (10 kg), 50-54 years old (8 kg), 55-59 years old (6 kg), 60-79 years old (4 kg).

Women. Under 18 (individual approach), 18-24 years old (8 kg), 25-34 years old (10 kg), 35-44 years old (8 kg), 45-59 years old (6 kg), 60-74 years old (4 kg), over 75 (2.5 kg). Absolute weight category.

1.2 Athletes with musculoskeletal impairment (bench push of two kettlebells, sitting push of one or two kettlebells, kettlebell push long cycle performed with one kettlebell). Time-limit: 1, 3, 5, 10, 30, 60 minutes.

Age groups and kettlebell weight. Men under 18 (individual approach), 18-22 years old (14 kg), 23-39 years old (16 kg), 40-44 years old (12 kg), 45-49 years old (10 kg), 50-54 years old (8 kg), 55-59 years old (6 kg), 60-79 years old (4 kg).

Women. Under 18 (individual approach), 18-24 years old (8 kg), 25- 34 years old (10 kg), 35-44 years old (8 kg), 45-59 years old (6 kg), 60-74 years old (4 kg), over 75 (2.5 kg). Absolute weight category.

1.3 Athletes with hearing and visual impairment (snatch, jerk, jerk long cycle, stand up push of one kettlebell, bench push of two kettlebells alternately). Time-limit: 1, 3, 5, 10 minutes.

Age groups and kettlebell weight. Men under 18 (individual approach), under 22 (20 kg), 23-34 years old (24 kg), 35-39 years old (22 kg), 40-44 years old (20 kg), 45-49 years old (18 kg), 50-54 years old (16 kg), 55-59 years old (14 kg), 60-64 years old (12 kg), 65-69 years old (10 kg). Performing with one weight -70-74 years old (8 kg), 75-79 years old (6 kg), 80-84 years old (4 kg), over 85 years old (2.5 kg).

Women. Under 18 (individual approach), 18-19 years old (10 kg), 20-21 years old (12 kg), 22-24 years old (14 kg), 25-29 years old (16 kg), 30-34 years old (12 kg), 35-39 years old (10 kg), 40-49 years old (8 kg), 50-59 years old (6 kg), 60-74 years old (4 kg), over 75 years old (2.5 kg).

Winners and prize-winners are determined in each age group and weight category, they are awarded a medal and a diploma.

2. Top performance sport

Weight categories. Men Up to 60 kg, up to 70 kg, up to 80 kg, up to 90 kg, over 90 kg.

Women. Up to 55, up to 60 kg, up to 65 kg, up to 70 kg, over 70 kg. Absolute age category.

Exercises and time-limits

- kettlebell jerk (3 min., 5 min., 15 min., 30 min., 60 minutes)
- kettlebell jerk long cycle (3 min., 5 min., 15 min., 30 min., 60 minutes)
- kettlebell snatch (3 min., 5 min., 15 min., 30 min., 60 minutes)
- kettlebell push (3 min., 5 min., 15 min., 30 min., 60 minutes)
- bench push of two kettlebells alternately (1 min., 1 hour)

All exercises, except for the bench push, are performed with one kettlebell. An athlete chooses kettlebell weight independently. A tactical approach is used taking into account individual physical training.

Winners and prize-winners are determined in each weight category by the largest amount of raised kilograms. They are awarded medals and diplomas for the first, second, third place. Winners in each exercise and time-limit are additionally awarded a prize.

3. Veterans of sport and mass sport

Weight categories. Men and women. Up to 55 kg, up to 60 kg, up

to 65 kg, up to 70 kg, up to 75 kg, up to 80 kg, up to 85 kg, up to 90 kg.
Men: up to 95 kg, up to 100 kg, up to 105 kg, up to 110 kg, over 110 kg.

Age groups and kettlebell weight. Men under 18 (individual approach), under 21 (20 kg), 22-34 years old (24 kg), 35-39 years old (22 kg), 40-44 years old (20 kg), 45-49 years old (18 kg), 50-54 years old (16 kg), 55-59 years old (14 kg), 60-64 years old (12 kg), 65-69 years old (10 kg). Athletes with one kettlebell 70- 74 years old (8 kg) and 75-79 years old (6 kg).

Women. Under 18 (individual approach), 18-19 years old (10 kg), 20-21 years old (12 kg), 22-24 years old (14 kg), 25-29 years old (16 kg), 30-34 years old (12 kg), 35-39 years old (10 kg), 40-49 years old (8 kg), 50-59 years old (6 kg), 60-74 years old (4 kg), over 75 (2.5 kg).

Exercises and time-limits. Men under 64

- jerk of two kettlebells with two hands (3 min., 5 min.)
- snatch change with one hand shift (3 min., 5 min.)
- jerk of two kettlebells long cycle (3 min., 5 min.)
- marathon (1 hour), half marathon (30 min.)
- kettlebell triathlon (3 min. jerk long cycle, 3 min. jerk, 3 min. snatch)
- **kettlebells of choice**
- free nomination (jerk, snatch, biathlon) 10 minutes.

Men 65-74 years old

- jerk change with one hand shift (2 min.)
- snatch change with one hand shift (2 min.)
- kettlebell triathlon (1 min. jerk long cycle, 1 min. jerk, 1 min. snatch). **Kettlebells of choice.**

Men 75 years old and older. All nominations with the time limit of 1 minute.

Women under 59

- jerk change with one hand shift (2 min., 5 min.)
- snatch change with one hand shift (2 min., 5 min.)
- one kettlebell jerk change with one hand shift (2 min., 5 min.)
- kettlebell marathon (1 hour) and half-marathon (30 minutes).
- free nomination (jerk, snatch, biathlon) 10 minutes.
- kettlebell triathlon (3 min. jerk long cycle, 3 min. jerk, 3 min.

snatch).

- bench push of two kettlebells alternately (1 min.). **Kettlebells of choice.**

Women over 60

- jerk change with one hand shift (2 min.)
- snatch change with one hand shift (2 min.).

4. Power juggling

Sports jugglers perform with individual programs in the nomination "Arbitrary ways of lifting kettlebells". Winners in the individual competition will be awarded a diploma, a medal and a prize.

5. Sport of beginners

Lifting one kettlebell (jerk, push, snatch, jerk long cycle) with the time limit of 1 minute. The participants will be awarded prizes.

6. Family sport

Simultaneous performance of family members (grandfather, grandmother, grandson, granddaughter, father, mother, son, daughter). Participants do the following exercises: jerk, snatch, jerk long cycle, kettlebell push (of choice) for 1 minute. The winners and prize winners are determined by the highest amount of raised kilograms. The winner-family is awarded a prize. Families that take second and third place are awarded medals and diplomas.

7. Kettlebell Sport. Performance under the Auspices of the World Association of Kettlebell Sport Clubs

7.1 Competition Program.

The competition is personal and team.

The competition is held in a 5 minutes and 10 minutes long cycle, 10 minutes biathlon, 5 and 10 minutes triathlon, marathon (60 minutes), half marathon (30 minutes) 3 min kettlebell jerk. Jerk and long cycle are performed with two weights (except for the marathon. Snatch is performed with one weight).

The mixed relay is held in the classic jerk. There are 5 stages of 3 minutes. Athletes can be of any weight category. Kettlebell weight:

men - 24 kg, women - 16 kg.

Age groups. Veterans (men and women). Under 40, under 50, under 60, under 70, under 80, over 80. Children: Under 14, under 18. Juniors: under 22. Groups of athletes: Amateurs and Professionals. Read more in Appendix 3.

- Biathlon includes jerk and snatch. Performance time is 10 minutes for each exercise. Kettlebell weight is chosen by an athlete and can be from 16 kg to 32 kg in each weight category. The absolute coefficient in a weight category is calculated according to the table (Appendix 1). According to the results of the performance in weight categories, an absolute champion is selected basing on the table (Appendix 2). Weight categories are listed in Appendix 3. Kettlebell weight is the same for both exercises.

- Triathlon consists of two arms long cycle, two arms jerk, one arm snatch. The exercise performance time is 5 minutes. One lift in a long cycle gives 3 points, one lift in a jerk - 2 points, one lift in a snatch - 1 point. Kettlebell weights are listed in Appendix 4. Rest between exercises lasts for at least 60 minutes. Weight categories are listed in Appendix 3.

Kettlebell weight is the same for all exercises.

- A half marathon (30 minutes) and a marathon (60 minutes) for men and women is held in kettlebell jerk, kettlebell snatch and one kettlebell long cycle. Kettlebell weights are listed in Appendix 4.

Weight categories for the marathon and half marathon are listed in Appendix 3.

Exercises are performed with unlimited change of hands during the set according to the rules of the kettlebell marathon. The winners of the marathon are determined in each weight category by the coefficient multiplied by the result in each exercise:

Kettlebell coefficient table in Marathon and Half Marathon.

| Points | 1 | 1,5 | 2 | 2,5 | 3 | 4 | 5 | 6 | 7 | 8,5 | 10 | 11,5 | 13 | 14,5 | 16 |
|---------------|---|-----|---|-----|---|---|---|---|---|-----|----|------|----|------|----|
| For the 1 rep | | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | | |
|-------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Men | 12 | 14 | 16 | 18 | 20 | 22 | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 38 | 40 |
| Women | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 | 26 | 28 | | 30 | | 32 |

- A snatch by men and women is performed with a chosen kettlebell: 16-36 kg for men, 12-24 kg for women with a coefficient (Appendix 1). It is allowed to change hands once. Weight categories are listed in Appendix 3.

- The long cycle is carried out according to the rules PRO and amateur rules (BOLT). The performance time is 10 minutes. Kettlebell weight can be chosen by an athlete (Appendix 4) Absolute coefficient in a weight category is calculated according to the table (Appendix 1). According to the results of the performance in the weight categories absolute champion is selected basing on the table of the definition of the absolute champion (Appendix 2). Weight categories are listed in Appendix 3.

Determining the winners of the competition.

Winners and prize winners in the individual competition are determined in all sport disciplines in accordance with the rules of WAKSC competition.

Prize winners in biathlon jerk, snatch for men and women, long cycle for men and women, are determined in each weight category in the absolute championship among the weights of apparatus (Appendix 1) and they are awarded medals and certificates.

Prize winners in triathlon for men are determined by the highest number of points in each weight category and awarded medals and certificates.

According to the table of coefficient (Appendix 2), absolute winners in biathlon for men, long cycle, snatch for men and women, are determined and awarded sponsor prizes. In the absolute championship among the teams winners are determined according to the maximum sum of all team members' lifts in all the exercises.

Winners in the individual championship are awarded certificates and prizes.

The marathon athletes are awarded certificates and medals of

the marathon participants. The winners in the marathon are determined by the product of the coefficient of weights and the number of lifts made and they are awarded valuable prizes.

Evaluation of the results for men and women: snatch - 1 point; long cycle - 1 point; biathlon with two hands: jerk - 1 point, snatch - 0.5 points, triathlon: long cycle - 3 points, jerk - 2 points, snatch - 1 point.

Team championship is carried out according to the 10 best personal team results plus the relay. One participant can give no more than two results in the team competition and in the team relay.

The format of the medal is in Appendix 5.

Team points are calculated according to the table:

| | | | | | | | | | | | | | |
|--------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| Place | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| Points | 30 | 27 | 25 | 23 | 22 | 21 | 20 | 19 | 18 | 17 | 16 | 15 | 14 |
| Place | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Points | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |

7.2 Financial expenses for the WAKSC World Cup.

Entry fees for participation in the competition: \$ 50 for men and women, \$ 40 for juniors, \$ 30 for veterans and young men in the First discipline, along with an application for participation in the competition. Pre-payment of the entry fee should be made before 00:00 06/01/2019 - 80% (\$ 40, \$ 32, \$ 24, respectively), until 00:00 10/01/2019 - 90 % (\$45, \$36, \$27, respectively) for the first discipline. The payment is made to Pay Pal ivandenisov82@mail.ru The payment for the Second and subsequent disciplines can be made at any time before the participants performance in this discipline and is \$ 25 for adults and \$ 20 for juniors, youths, veterans. Children under 12 are allowed to compete for free.

Advance registration is carried out by e-mail rosgiri@mail.ru. If you have any questions, please contact us by e-mail rosgiri@mail.ru. Sending invitations is possible only after registration and full payment of entry fees.

5. Program

November 15, 2019 (Friday)

08.00-21.00 - arrival, registration, weighing of participants, credentials committee, accommodation, meeting of the panel of judges, judges seminar.

November 16, 2019 (Saturday)

09.00 - inauguration of the competition

10.00 - the beginning of the competition. Sequence of performances in groups

1. Power juggling. Individual programs

2. Paralympic sport. Exercises with time limits of 1, 3, 5 minutes
(wheelchair athletes, athletes with musculoskeletal impairment, athletes with hearing and visual impairment)

3. Top performance sport (kettlebell triathlon)

Exercises with the time limits of 1, 3, 5 minutes

- kettlebell jerk (3 min., 5 min.)
- kettlebell jerk long cycle (3 min., 5 min.)
- kettlebell snatch (3 min. 5 min.)
- kettlebell push (3 min., 5 min.)
- bench push of two kettlebells alternately (1 min.)

4. Veterans of sport and mass sport.

Exercises with the time limits of 1, 2, 5 minutes. Women

- jerk change with one hand shift (2 min., 5 min.)
- snatch change with one hand shift (2 min., 5 min.)
- jerk change with one hand shift long cycle (2 min., 5 min.)
- bench push of two kettlebells alternately (1 min.)
- **kettlebells of choice**, jerk (2 min., 5 min.)
- **kettlebells of choice**, snatch (2 min., 5 min.)

Veterans of sport and mass sport.

Exercises with the time limit of 1, 2, 3, 5 minutes. Men

- two kettlebells jerk with two hands (3 min., 5 min.)
- snatch change with one hand shift (3 min., 5 min.)

- jerk of two kettlebells long cycle (3 min., 5 min.)
- kettlebell triathlon (3 min. jerk long cycle, 3 min. jerk, 3 min. snatch)
- kettlebells of choice, jerk (3 min., 5 min.)
- kettlebells of choice, snatch (3 min., 5 min.)
- jerk change with one hand shift (2 min.)
- snatch change with one hand shift (2 min.)
- kettlebell triathlon (1 min. jerk long cycle, 1 min. jerk, 1 min. snatch)
- **kettlebells of choice**, jerk 2 min.)
- **kettlebells of choice**, snatch (2 min.)

Men 75 years old and older. All nominations with the time limit of 1 minute.

5. Family sport

6. Sport of beginners

7. Kettlebell sport

- Jerk by men-amateurs 10 minutes
- Jerk by women-amateurs 10 minutes
- Jerk by men-professionals 10 minutes
- Jerk by women-professionals 10 minutes
- Snatch by men-amateurs 10 minutes
- Snatch by women-amateurs 10 minutes
- Snatch by men-professionals 10 minutes
- Snatch by women-professionals 10 minutes
- Long cycle 10 minutes (men and women)
- Half Marathon Part 1.
- Awarding the winners and prize-winners of the Jerk, Snatch, Long cycle, Half marathon.

8. Summing up the first day. Approval of the protocols.

November 17, 2019 (Sunday)

08.00 - the beginning of the competition. Sequence of participants' performances in groups.



1. Top performance sport (kettlebell triathlon)

Exercises with the time limit of 15, 30, 60 minutes

- kettlebell jerk (15 min., 30 min., 60 min.)
- kettlebell jerk long cycle (15 min., 30 min., 60 min.)
- kettlebell snatch (15 min., 30 min., 60 min.)
- kettlebell push (3 min., 5 min.)
- bench push of two kettlebells alternately (60 min.).

2. Veterans of sport and mass sport.

Exercises with the time limit of 10, 30, 60 minutes. Women

- one kettlebell jerk (10 min., 30 min., 60 min.)
- one kettlebell snatch (10 min., 30 min., 60 min.)
- one kettlebell jerk long cycle (10 min., 30 min., 60 min.)

Veterans of sport and mass sport

Exercises with the time limit of 10, 30, 60 minutes. Men

- marathon (60 min.), half marathon (30 min.)
- kettlebell triathlon (3 min. jerk long cycle, 3 min. jerk, 3 min. snatch)
- free nomination (jerk, snatch, biathlon 10 min.)

3. Kettlebell sport. Long cycle, marathon (men and women)

4. Summing up the second day. Approval of the protocols.

5. Closing the competition. Departure of the participants.

6. Determination of the team championship winners

Team championship is determined according to the maximum amount of kilograms (the best result) lifted by representatives of countries in the group “Top performance sport” in each of the exercises, weight categories and time limits.

1,2,3 places are awarded.

7. Financing

The competition is held on the self-financing basis. All costs of participants and representatives sending (travel, accommodation, meals, entry fee) are paid by the sending organization or the

participants themselves.

The target organizational fee of an athlete in each group and discipline is 25 euros (equivalent in Belarusian rubles). Target contributions are spent on the competition organization and conduction (paying for professional services to third parties), purchasing sports electronic equipment, arranging competition venues and awards, and other needs foreseen by the IKSF Regulations.

Entry fees are accepted in national currency.

Athletes participating in the Paralympic Sport group are exempt from paying target organizational fees upon presenting the disability card.

INFORMATION

on visa-free travel via the checkpoint “Minsk National Airport”

According to the Presidential Decree, effective from July 27, 2018, foreign citizens of 74 countries can enter Belarus for up to 30 days and exit the territory of Belarus only through the State border checkpoint of the Republic of Belarus “Minsk National Airport”.

The given order of visa-free movement through the airport does not extend to people coming to Belarus by plane from the Russian Federation, as well as to those who intend to fly to the airports of the Russian Federation (such flights are considered internal and do not have border control).

The term of visa-free stay is calculated in calendar days; the first day corresponds to the date of arrival, the last day coincides with the date of departure (regardless of the time of arrival and/or departure).

Visa-free regime does not extend to holders of diplomatic, service, special and other passports equivalent to them.

The trip is carried out for private, business, tourist or other purposes not related to employment, commercial activity and education, if the term of education exceeds 30 days.

To enter the Republic of Belarus in the visa-free regime via the checkpoint “Minsk National Airport”, foreign citizens should have the following documents:

- a valid passport. The passport must be valid at least 90 days beyond the intended date of departure from the Republic of Belarus;
- financial means: amount equivalent to not less than 2 base rates for each day of stay or 50 base rates if the stay is full 30 days, in Belarusian rubles or foreign currency;
- medical insurance policy with coverage for at least 10 000 euros, valid in Belarus during the whole stay.

For citizens of Vietnam, Haiti, Gambia, India, China, Lebanon, Namibia, Samoa a valid multiple visa of the EU member states or Schengen zone with a mark in passport on crossing the border of these states and tickets with confirmation of departure from “Minsk National Airport” within 30 days from the date of entry is a compulsory additional requirement.

NB: When staying in Belarus for more than 5 working days, foreign citizens need to register with the divisions on citizenship and

migration of the territorial bodies of internal affairs. When staying at hotels, hostels, sanatoriums and other collective accommodation facilities the registration of foreign citizens is carried out by the administration of such facilities by default upon check-in. The term of visa-free stay can not be extended beyond the established 30 days.

| LONG CYCLE KETTLEBELLS 10 MINUTES (Длинный цикл) | | | | | | | | | | | | | | | | | | | |
|--|------|------|----|------|----|-----|---------|------|------|-----|-------|-----|-------|---------|------|-----|-----|-----|-----|
| подъемы | 16 | 20 | 24 | 28 | 32 | 36 | подъемы | 16 | 20 | 24 | 28 | 32 | 36 | подъемы | 16 | 20 | 24 | 28 | 32 |
| 1 | 0,4 | 0,7 | 1 | 3 | 5 | 9 | 51 | 23 | 35,7 | 51 | 71 | 81 | 101,5 | 101 | 63 | 81 | 101 | 126 | 148 |
| 2 | 0,8 | 1,4 | 2 | 5 | 9 | 14 | 52 | 23,5 | 36,4 | 52 | 72 | 85 | 103 | 102 | 64 | 82 | 102 | 127 | 149 |
| 3 | 1,2 | 2,1 | 3 | 7 | 12 | 18 | 53 | 24 | 37,1 | 53 | 73 | 86 | 104,5 | 103 | 65 | 83 | 103 | 128 | 150 |
| 4 | 1,6 | 2,8 | 4 | 9 | 16 | 22 | 54 | 24,5 | 37,8 | 54 | 74 | 88 | 106 | 104 | 66 | 84 | 104 | 129 | 151 |
| 5 | 2 | 3,5 | 5 | 12 | 19 | 26 | 55 | 25 | 38,5 | 55 | 75 | 89 | 107,5 | 105 | 67 | 85 | 105 | 130 | 152 |
| 6 | 2,4 | 4,2 | 6 | 15 | 23 | 30 | 56 | 25,5 | 39,2 | 56 | 76 | 90 | 109 | 106 | 68 | 86 | 106 | 131 | 153 |
| 7 | 2,8 | 4,9 | 7 | 18 | 27 | 34 | 57 | 26 | 39,9 | 57 | 77 | 92 | 110,5 | 107 | 69 | 87 | 107 | 132 | 154 |
| 8 | 3,2 | 5,6 | 8 | 20 | 31 | 38 | 58 | 26,5 | 40,6 | 58 | 78 | 94 | 112 | 108 | 70 | 88 | 108 | 133 | 155 |
| 9 | 3,6 | 6,3 | 9 | 22 | 34 | 42 | 59 | 27 | 41,3 | 59 | 79 | 96 | 113,5 | 109 | 71 | 89 | 109 | 134 | 156 |
| 10 | 4 | 7 | 10 | 24 | 37 | 45 | 60 | 27,5 | 42 | 60 | 80 | 98 | 115 | 110 | 72 | 90 | 110 | 135 | 156 |
| 11 | 4,4 | 7,7 | 11 | 25,5 | 40 | 48 | 61 | 28 | 42,8 | 61 | 81 | 100 | 116,5 | 111 | 73 | 91 | 111 | 136 | 156 |
| 12 | 4,8 | 8,4 | 12 | 27 | 42 | 51 | 62 | 28,5 | 43,6 | 62 | 82 | 102 | 118 | 112 | 74 | 92 | 112 | 137 | 157 |
| 13 | 5,2 | 9,1 | 13 | 28,5 | 44 | 54 | 63 | 29 | 44,4 | 63 | 83 | 103 | 119,5 | 113 | 75 | 93 | 113 | 138 | 157 |
| 14 | 5,6 | 9,8 | 14 | 30 | 46 | 57 | 64 | 29,5 | 45,2 | 64 | 84 | 104 | 121 | 114 | 76 | 94 | 114 | 139 | 158 |
| 15 | 6 | 10,5 | 15 | 31,5 | 47 | 60 | 65 | 30 | 46 | 65 | 85 | 105 | 122,5 | 115 | 77 | 95 | 115 | 140 | 160 |
| 16 | 6,4 | 11,2 | 16 | 33 | 48 | 62 | 66 | 30,5 | 46,8 | 66 | 86 | 106 | 124 | 116 | 78 | 96 | 116 | 141 | |
| 17 | 6,8 | 11,9 | 17 | 34,5 | 50 | 64 | 67 | 31 | 47,6 | 67 | 87 | 107 | 125,5 | 117 | 79 | 97 | 117 | 142 | |
| 18 | 7,2 | 12,6 | 18 | 36 | 52 | 66 | 68 | 31,5 | 48,4 | 68 | 88 | 108 | 127 | 118 | 80 | 98 | 118 | 143 | |
| 19 | 7,6 | 13,3 | 19 | 37,5 | 54 | 68 | 69 | 32 | 49,2 | 69 | 89 | 109 | 128,5 | 119 | 81,5 | 99 | 119 | 144 | |
| 20 | 8 | 14 | 20 | 39 | 55 | 70 | 70 | 32,5 | 50 | 70 | 90 | 110 | 130 | 120 | 83 | 100 | 120 | 145 | |
| 21 | 8,4 | 14,7 | 21 | 40,5 | 56 | 71 | 71 | 33 | 51 | 71 | 91 | 111 | 131,5 | 121 | 84,5 | 101 | 121 | 146 | |
| 22 | 8,8 | 15,4 | 22 | 42 | 57 | 72 | 72 | 34 | 52 | 72 | 92 | 112 | 133 | 122 | 86 | 102 | 122 | 147 | |
| 23 | 9,2 | 16,1 | 23 | 43,5 | 58 | 73 | 73 | 35 | 53 | 73 | 93 | 113 | 134,5 | 123 | 87,5 | 103 | 123 | 148 | |
| 24 | 9,6 | 16,8 | 24 | 45 | 59 | 74 | 74 | 36 | 54 | 74 | 94 | 114 | 136 | 124 | 89 | 104 | 124 | 149 | |
| 25 | 10 | 17,5 | 25 | 46 | 60 | 75 | 75 | 37 | 55 | 75 | 95 | 115 | 137,5 | 125 | 90,5 | 105 | 125 | 150 | |
| 26 | 10,5 | 18,2 | 26 | 47 | 61 | 76 | 76 | 38 | 56 | 76 | 96 | 116 | 139 | 126 | 92 | 106 | 126 | 151 | |
| 27 | 11 | 18,9 | 27 | 48 | 62 | 77 | 77 | 39 | 57 | 77 | 97 | 117 | 140,5 | 127 | 93,5 | 107 | 127 | 152 | |
| 28 | 11,5 | 19,6 | 28 | 49 | 63 | 78 | 78 | 40 | 58 | 78 | 98 | 118 | 142 | 128 | 95 | 108 | 128 | 153 | |
| 29 | 12 | 20,3 | 29 | 50 | 64 | 79 | 79 | 41 | 59 | 79 | 99 | 119 | 143,5 | 129 | 96,5 | 109 | 129 | 154 | |
| 30 | 12,5 | 21 | 30 | 51 | 65 | 80 | 80 | 42 | 60 | 80 | 100 | 120 | 145 | 130 | 98 | 110 | 130 | 155 | |
| 31 | 13 | 21,7 | 31 | 51 | 65 | 81 | 81 | 43 | 61 | 81 | 101 | 121 | 146,5 | 131 | 99 | 111 | 131 | 156 | |
| 32 | 13,5 | 22,4 | 32 | 52 | 66 | 82 | 82 | 44 | 62 | 82 | 102 | 122 | 148 | 132 | 100 | 112 | 132 | 157 | |
| 33 | 14 | 23,1 | 33 | 53 | 67 | 83 | 83 | 45 | 63 | 83 | 103 | 123 | 149,5 | 133 | 101 | 113 | 133 | 158 | |
| 34 | 14,5 | 23,8 | 34 | 54 | 68 | 84 | 84 | 46 | 64 | 84 | 104 | 124 | 151 | 134 | 102 | 114 | 134 | 159 | |
| 35 | 15 | 24,5 | 35 | 55 | 68 | 85 | 85 | 47 | 65 | 85 | 105 | 125 | 152,5 | 135 | 103 | 115 | 135 | 160 | |
| 36 | 15,5 | 25,2 | 36 | 56 | 69 | 86 | 86 | 48 | 66 | 86 | 106 | 126 | 154 | 136 | 104 | 116 | 136 | | |
| 37 | 16 | 25,9 | 37 | 57 | 69 | 87 | 87 | 49 | 67 | 87 | 107 | 127 | 155,5 | 137 | 105 | 117 | 137 | | |
| 38 | 16,5 | 26,6 | 38 | 58 | 70 | 88 | 88 | 50 | 68 | 88 | 108 | 128 | 157 | 138 | 106 | 118 | 138 | | |
| 39 | 17 | 27,3 | 39 | 59 | 70 | 89 | 89 | 51 | 69 | 89 | 109 | 129 | 158,5 | 139 | 107 | 119 | 139 | | |
| 40 | 17,5 | 28 | 40 | 60 | 71 | 90 | 90 | 52 | 70 | 90 | 110 | 130 | 160 | 140 | 108 | 120 | 140 | | |
| 41 | 18 | 28,7 | 41 | 61 | 72 | 91 | 91 | 53 | 71 | 91 | 111,5 | 131 | 161,5 | 141 | 109 | 121 | 141 | | |
| 42 | 18,5 | 29,4 | 42 | 62 | 73 | 92 | 92 | 54 | 72 | 92 | 113 | 132 | 163 | 142 | 110 | 122 | 142 | | |
| 43 | 19 | 30,1 | 43 | 63 | 74 | 93 | 93 | 55 | 73 | 93 | 114,5 | 133 | 164,5 | 143 | 111 | 123 | 143 | | |
| 44 | 19,5 | 30,8 | 44 | 64 | 75 | 94 | 94 | 56 | 74 | 94 | 116 | 135 | 166 | 144 | 112 | 124 | 144 | | |
| 45 | 20 | 31,5 | 45 | 65 | 76 | 95 | 95 | 57 | 75 | 95 | 117,5 | 137 | 167,5 | 145 | 113 | 125 | 145 | | |
| 46 | 20,5 | 32,2 | 46 | 66 | 77 | 96 | 96 | 58 | 76 | 96 | 119 | 139 | 169 | 146 | 114 | 126 | 146 | | |
| 47 | 21 | 32,9 | 47 | 67 | 78 | 97 | 97 | 59 | 77 | 97 | 120,5 | 141 | 170,5 | 147 | 115 | 127 | 147 | | |
| 48 | 21,5 | 33,6 | 48 | 68 | 79 | 98 | 98 | 60 | 78 | 98 | 122 | 143 | 172 | 148 | 116 | 128 | 148 | | |
| 49 | 22 | 34,3 | 49 | 69 | 80 | 99 | 99 | 61 | 79 | 99 | 123,5 | 145 | 173,5 | 149 | 117 | 129 | 149 | | |
| 50 | 22,5 | 35 | 50 | 70 | 82 | 100 | 100 | 62 | 80 | 100 | 125 | 147 | 175 | 150 | 118 | 130 | 150 | | |

BIATHLON KETTLEBELL 10 MIN (jerk - 1point, snatch - 0,5 points) Двоеборье

| POINTS | 16 | 20 | 24 | 28 | 32 | 36 | POINTS | 16 | 20 | 24 | 28 | 32 | 36 | POINTS | 16 | 20 | 24 | 28 | 32 | 36 | POINTS | 16 | 20 | 24 | 28 |
|--------|------|------|----|------|-------|-----|--------|------|-------|-----|-------|-------|-------|--------|-------|-------|-----|-----|-----|-------|--------|-------|-------|-----|-----|
| 1 | 0,4 | 0,8 | 1 | 1,7 | 2,1 | 4 | 101 | 40,4 | 71,4 | 101 | 152,3 | 185,5 | 226,5 | 201 | 112 | 151,5 | 201 | 258 | 305 | 361 | 301 | 198 | 244 | 301 | 358 |
| 2 | 0,8 | 1,4 | 2 | 3,4 | 5 | 8 | 102 | 40,8 | 72,2 | 102 | 153,4 | 186,4 | 228 | 202 | 112,8 | 152,4 | 202 | 259 | 306 | 362,5 | 302 | 199 | 245 | 302 | 359 |
| 3 | 1,2 | 2 | 3 | 5,1 | 7,1 | 12 | 103 | 41,2 | 73 | 103 | 154,5 | 187,7 | 229,5 | 203 | 113,6 | 153,3 | 203 | 260 | 307 | 364 | 303 | 200 | 246 | 303 | 360 |
| 4 | 1,6 | 2,6 | 4 | 6,8 | 10 | 16 | 104 | 41,6 | 73,8 | 104 | 155,6 | 188,8 | 231 | 204 | 114,4 | 154,2 | 204 | 261 | 308 | 365,5 | 304 | 201,5 | 247,5 | 304 | 361 |
| 5 | 2 | 3,2 | 5 | 8,5 | 12,5 | 20 | 105 | 42,2 | 74,6 | 105 | 156,7 | 189,9 | 232,5 | 205 | 115,2 | 155,1 | 205 | 262 | 309 | 367 | 305 | 203 | 249 | 305 | 362 |
| 6 | 2,4 | 3,8 | 6 | 10,2 | 15 | 24 | 106 | 42,8 | 75,4 | 106 | 157,8 | 191 | 234 | 206 | 116 | 156 | 206 | 263 | 310 | 368,5 | 306 | 204,5 | 250,5 | 306 | 363 |
| 7 | 2,8 | 4,4 | 7 | 11,9 | 17,1 | 28 | 107 | 43,4 | 76,2 | 107 | 158,9 | 192,1 | 235,5 | 207 | 116,8 | 156,9 | 207 | 264 | 311 | 370 | 307 | 206 | 252 | 307 | 364 |
| 8 | 3,2 | 5 | 8 | 13,6 | 19,6 | 32 | 108 | 44 | 77 | 108 | 160 | 193,2 | 237 | 208 | 117,6 | 157,8 | 208 | 265 | 312 | 371,5 | 308 | 207,5 | 253,5 | 308 | 365 |
| 9 | 3,6 | 5,6 | 9 | 15,3 | 21,9 | 36 | 109 | 44,6 | 77,8 | 109 | 161,1 | 194,3 | 238,5 | 209 | 118,4 | 158,7 | 209 | 266 | 313 | 373 | 309 | 209 | 255 | 309 | 366 |
| 10 | 4 | 6,2 | 10 | 17 | 24,2 | 40 | 110 | 45,2 | 78,6 | 110 | 162,2 | 195,4 | 240 | 210 | 119,2 | 159,6 | 210 | 267 | 314 | 374,5 | 310 | 210,5 | 256,5 | 310 | 367 |
| 11 | 4,4 | 6,8 | 11 | 18,7 | 26,5 | 44 | 111 | 45,8 | 79,4 | 111 | 163,3 | 196,4 | 241,5 | 211 | 120 | 160,5 | 211 | 268 | 315 | 376 | 311 | 212 | 258 | 311 | 368 |
| 12 | 4,8 | 7,4 | 12 | 20,4 | 28,6 | 48 | 112 | 46,4 | 80,2 | 112 | 164,4 | 197,4 | 243 | 212 | 120,8 | 161,4 | 212 | 269 | 316 | 377,5 | 312 | 213,5 | 259,5 | 312 | 369 |
| 13 | 5,2 | 8 | 13 | 22,1 | 31,1 | 52 | 113 | 47 | 81 | 113 | 165,5 | 199 | 244,5 | 213 | 121,6 | 162,3 | 213 | 270 | 317 | 379 | 313 | 215 | 261 | 313 | 370 |
| 14 | 5,6 | 8,6 | 14 | 23,8 | 33,4 | 56 | 114 | 47,7 | 81,8 | 114 | 166,6 | 200,2 | 246 | 214 | 122,4 | 163,2 | 214 | 271 | 318 | 380,5 | 314 | 216,5 | 262,5 | 314 | 371 |
| 15 | 6 | 9,2 | 15 | 25,5 | 35,7 | 60 | 115 | 48,4 | 82,6 | 115 | 167,7 | 201,4 | 247,5 | 215 | 123,2 | 164,1 | 215 | 272 | 319 | 382 | 315 | 218 | 264 | 315 | 372 |
| 16 | 6,4 | 9,8 | 16 | 27,2 | 38 | 63 | 116 | 49,1 | 83,4 | 116 | 168,8 | 202,6 | 249 | 216 | 124 | 165 | 216 | 273 | 320 | 383,5 | 316 | 219,5 | 265,5 | 316 | 373 |
| 17 | 6,8 | 10,4 | 17 | 28,9 | 40,5 | 66 | 117 | 49,8 | 84,2 | 117 | 169,9 | 203,8 | 250,5 | 217 | 124,8 | 165,9 | 217 | 274 | 321 | 385 | 317 | 221 | 267 | 317 | 374 |
| 18 | 7,2 | 11 | 18 | 30,6 | 42,6 | 69 | 118 | 50,5 | 85 | 118 | 171 | 205,2 | 252 | 218 | 125,6 | 166,8 | 218 | 275 | 322 | 386,5 | 318 | 222,5 | 268,5 | 318 | 375 |
| 19 | 7,6 | 11,6 | 19 | 32,3 | 44,9 | 72 | 119 | 51,2 | 85,8 | 119 | 172,1 | 206,5 | 253,5 | 219 | 126,4 | 167,7 | 219 | 276 | 323 | 388 | 319 | 224 | 270 | 319 | 376 |
| 20 | 8 | 12,2 | 20 | 34 | 47,2 | 75 | 120 | 51,9 | 86,6 | 120 | 173,2 | 207,8 | 255 | 220 | 127,2 | 168,6 | 220 | 277 | 324 | 389,5 | 320 | 225,5 | 271 | 320 | 377 |
| 21 | 8,4 | 12,8 | 21 | 35,7 | 49,5 | 78 | 121 | 52,6 | 87,4 | 121 | 174,3 | 209,1 | 256,5 | 221 | 128 | 169,5 | 221 | 278 | 325 | 391 | 321 | 227 | 272 | 321 | 378 |
| 22 | 8,8 | 13,4 | 22 | 37,4 | 51,8 | 81 | 122 | 53,3 | 88,2 | 122 | 175,4 | 210,4 | 258 | 222 | 128,8 | 170,4 | 222 | 279 | 326 | 392,5 | 322 | 228,5 | 273 | 322 | 379 |
| 23 | 9,2 | 14 | 23 | 39,1 | 54,1 | 84 | 123 | 54 | 89 | 123 | 176,5 | 211,6 | 259,5 | 223 | 129,6 | 171,3 | 223 | 280 | 327 | 394 | 323 | 230 | 274 | 323 | 380 |
| 24 | 9,6 | 14,6 | 24 | 40,8 | 56,4 | 87 | 124 | 54,7 | 89,8 | 124 | 177,6 | 212,7 | 261 | 224 | 130,4 | 172,2 | 224 | 281 | 328 | 395,5 | 324 | 231 | 275 | 324 | 381 |
| 25 | 10 | 15,2 | 25 | 42,5 | 58,7 | 90 | 125 | 55,4 | 90,6 | 125 | 178,7 | 213,6 | 262,5 | 225 | 131,2 | 173,1 | 225 | 282 | 329 | 397 | 325 | 232 | 276 | 325 | 382 |
| 26 | 10,4 | 15,8 | 26 | 44,2 | 61 | 92 | 126 | 56,1 | 91,4 | 126 | 179,8 | 215 | 264 | 226 | 132 | 174 | 226 | 283 | 330 | 398,5 | 326 | 233 | 277 | 326 | 383 |
| 27 | 10,8 | 16,4 | 27 | 45,9 | 63,3 | 94 | 127 | 56,8 | 92,2 | 127 | 180,9 | 217,4 | 265,5 | 227 | 132,8 | 174,9 | 227 | 284 | 331 | 400 | 327 | 234 | 278 | 327 | 384 |
| 28 | 11,2 | 17 | 28 | 47,5 | 65,6 | 96 | 128 | 57,5 | 93 | 128 | 182 | 218,8 | 267 | 228 | 133,6 | 175,8 | 228 | 285 | 332 | | 328 | 235 | 279 | 328 | 385 |
| 29 | 11,6 | 17,6 | 29 | 49,1 | 67,9 | 98 | 129 | 58,2 | 93,8 | 129 | 183,1 | 220,2 | 268,5 | 229 | 134,4 | 176,7 | 229 | 286 | 333 | | 329 | 236 | 280 | 329 | 386 |
| 30 | 12 | 18,2 | 30 | 50,7 | 70,2 | 100 | 130 | 58,9 | 94,6 | 130 | 184,2 | 221,6 | 270 | 230 | 135,2 | 177,6 | 230 | 287 | 334 | | 330 | 237 | 281 | 330 | 387 |
| 31 | 12,4 | 18,8 | 31 | 52,3 | 72,5 | 102 | 131 | 59,6 | 95,4 | 131 | 185,3 | 223 | 271,5 | 231 | 136 | 178,5 | 231 | 288 | 335 | | 331 | 238 | 282 | 331 | 388 |
| 32 | 12,8 | 19,4 | 32 | 53,9 | 74,8 | 104 | 132 | 60,3 | 96,2 | 132 | 186,4 | 224,3 | 273 | 232 | 136,8 | 179,4 | 232 | 289 | 336 | | 332 | 239 | 283 | 332 | 389 |
| 33 | 13,2 | 20 | 33 | 55,5 | 77,1 | 106 | 133 | 61 | 97 | 133 | 187,5 | 225,6 | 274,5 | 233 | 137,6 | 180,3 | 233 | 290 | 337 | | 333 | 240 | 284 | 333 | 390 |
| 34 | 13,6 | 20,6 | 34 | 57 | 79,4 | 108 | 134 | 61,7 | 97,8 | 134 | 188,6 | 226,9 | 276 | 234 | 138,4 | 181,2 | 234 | 291 | 338 | | 334 | 241 | 285 | 334 | 391 |
| 35 | 14 | 21,2 | 35 | 58,5 | 81,7 | 110 | 135 | 62,4 | 98,6 | 135 | 189,7 | 227,7 | 277,5 | 235 | 139,2 | 182,1 | 235 | 292 | 339 | | 335 | 242 | 286 | 335 | 392 |
| 36 | 14,4 | 21,8 | 36 | 60 | 84 | 112 | 136 | 63,1 | 99,4 | 136 | 190,8 | 229,5 | 279 | 236 | 140 | 183 | 236 | 293 | 340 | | 336 | 243 | 287 | 336 | 393 |
| 37 | 14,8 | 22,4 | 37 | 61,5 | 86,1 | 114 | 137 | 63,8 | 100,2 | 137 | 191,9 | 230,8 | 280,5 | 237 | 140,8 | 183,9 | 237 | 294 | 341 | | 337 | 244 | 288 | 337 | 394 |
| 38 | 15,2 | 23 | 38 | 63 | 88,6 | 116 | 138 | 64,5 | 101 | 138 | 193 | 232 | 282 | 238 | 141,6 | 184,8 | 238 | 295 | 342 | | 338 | 245 | 289 | 338 | 395 |
| 39 | 15,6 | 23,6 | 39 | 64,5 | 90,9 | 118 | 139 | 65,2 | 101,8 | 139 | 194 | 233,2 | 283,5 | 239 | 142,4 | 185,7 | 239 | 296 | 343 | | 339 | 246 | 290 | 339 | 396 |
| 40 | 16 | 24,2 | 40 | 66 | 93,2 | 120 | 140 | 65,9 | 102,6 | 140 | 195 | 234,4 | 285 | 240 | 143,2 | 186,6 | 240 | 297 | 344 | | 340 | 247 | 291 | 340 | 397 |
| 41 | 16,4 | 24,8 | 41 | 67,5 | 95,1 | 122 | 141 | 66,6 | 103,4 | 141 | 196 | 235,6 | 286,5 | 241 | 144 | 187,5 | 241 | 298 | 345 | | 341 | 248 | 292 | 341 | 398 |
| 42 | 16,8 | 25,4 | 42 | 69 | 97,8 | 124 | 142 | 67,3 | 104,2 | 142 | 197 | 236,8 | 288 | 242 | 144,8 | 188,4 | 242 | 299 | 346 | | 342 | 249 | 293 | 342 | 399 |
| 43 | 17,2 | 26 | 43 | 70,5 | 100,1 | 126 | 143 | 68 | 105 | 143 | 198 | 238 | 289,5 | 243 | 145,6 | 189,3 | 243 | 300 | 347 | | 343 | 250 | 294 | 343 | 400 |
| 44 | 17,6 | 26,7 | 44 | 72 | 102,4 | 128 | 144 | 68,7 | 105,8 | 144 | 199 | 239,2 | 291 | 244 | 146,4 | 190,2 | 244 | 301 | 348 | | 344 | 251 | 295 | 344 | 401 |
| 45 | 18 | 27,4 | 45 | 73,5 | 104,7 | 130 | 145 | 69,4 | 106,6 | 145 | 200 | 240,4 | 292,5 | 245 | 147,2 | 191,1 | 245 | 302 | 349 | | 345 | 252 | 296 | 345 | 402 |
| 46 | 18,4 | 28,1 | 46 | 75 | 107 | 132 | 146 | 70,1 | 107,4 | 146 | 201 | 241,6 | 294 | 246 | 148 | 192 | 246 | 303 | 350 | | 346 | 253 | 297 | 346 | 403 |
| 47 | 18,8 | 28,8 | 47 | 76,5 | 109,1 | 134 | 147 | 70,8 | 108,2 | 147 | 202 | 242,8 | 295,5 | 247 | 148,8 | 192,9 | 247 | 304 | 351 | | 347 | 254 | 298 | 347 | 404 |
| 48 | 19,2 | 29,5 | 48 | 78 | 111,8 | 136 | 148 | 71,5 | 109 | 148 | 203 | 244 | 297 | 248 | 149,6 | 193,8 | 248 | 305 | 352 | | 348 | 255 | 299 | 348 | 405 |
| 49 | 19,6 | 30,2 | 49 | 79,5 | 113,9 | 138 | 149 | 72,2 | 109,8 | 149 | 204 | 245,2 | 298,5 | 249 | 150,4 | 194,7 | 249 | 306 | 353 | | 349 | 256 | 300 | 349 | 406 |
| 50 | 20 | 30,9 | 50 | 81 | 116,2 | 140 | 150 | 72,9 | 110,6 | 150 | 205 | 246,4 | 300 | 250 | 151,2 | 195,6 | 250 | 307 | 354 | | 350 | 257 | 301 | 350 | 407 |
| 51 | 20,4 | 31,6 | 51 | 82,5 | 118,5 | 142 | 151 | 73,6 | 111,4 | 151 | 206 | 247,6 | 301,5 | 251 | 152 | 196,5 | 251 | 308 | 355 | | 351 | 258 | 302 | 351 | |
| 52 | 20,8 | 32,3 | 52 | 84 | 120,8 | 144 | 152 | 74,3 | 112,2 | 152 | 207 | 248,8 | 303 | 252 | 152,9 | 197,4 | 252 | 309 | 356 | | 352 | 259 | 303 | 352 | |
| 53 | 21,2 | 33 | 53 | 85,5 | 123,1 | 146 | 153 | 75 | 113 | 153 | 208 | 250 | 304,5 | 253 | 153,8 | 198,3 | 253 | 310 | 357 | | 353 | 260 | 304 | 353 | |
| 54 | 21,6 | 33,8 | 54 | 87 | 125,4 | 148 | 154 | 75,7 | 113,8 | 154 | 209 | 251,2 | 306 | 254 | 154,7 | 199,2 | 254 | 311 | 358 | | 354 | 261 | 305 | 354 | |
| 55 | 22 | 34,6 | 55 | 88,5 | 127,5 | 150 | 155 | 76,4 | 114,6 | 155 | 210 | 252,4 | 307,5 | 255 | 155,6 | 200,1 | 255 | 312 | 359 | | 355 | 262 | 306 | 355 | |
| | | | | | | | | | | | | | | | | | | | | | | | | | |

SNATCH KETTLEBELL 10 min (рынок)

| подъемы | 12 | 16 | 20 | 24 | 28 | 32 | 36 | 40 | подъемы | 12 | 16 | 20 | 24 | 28 | 32 | 36 | 40 | подъемы | 12 | 16 | 20 | 24 | 28 | 32 | 36 | 40 |
|---------|------|------|------|----|------|-------|-------|-------|---------|------|------|-------|-----|-------|-------|-------|-------|---------|------|-----|-------|-----|-------|-------|-------|-------|
| 1 | 0,2 | 0,4 | 0,7 | 1 | 2 | 4 | 8 | 16 | 101 | 20,2 | 40,5 | 74,8 | 101 | 144,2 | 170 | 211 | 261 | 201 | 59 | 91 | 154,8 | 201 | 245 | 265 | 300 | 326 |
| 2 | 0,4 | 0,8 | 1,4 | 2 | 4 | 8 | 16 | 32 | 102 | 20,4 | 41 | 75,6 | 102 | 145,4 | 171 | 212,2 | 262 | 202 | 59,6 | 92 | 155,6 | 202 | 246 | 266 | 301 | 327 |
| 3 | 0,6 | 1,2 | 2,1 | 3 | 6 | 9 | 12 | 24 | 103 | 20,6 | 41,5 | 76,4 | 103 | 146,6 | 172 | 213,4 | 263 | 203 | 60,2 | 93 | 156,4 | 203 | 247 | 267 | 302 | 328 |
| 4 | 0,8 | 1,6 | 2,8 | 4 | 8 | 12 | 16 | 30 | 104 | 20,8 | 42 | 77,2 | 104 | 147,8 | 173 | 214,6 | 264 | 204 | 60,8 | 94 | 157,2 | 204 | 248 | 268 | 303 | 329 |
| 5 | 1 | 2 | 3,5 | 5 | 10 | 15 | 20 | 36 | 105 | 21 | 42,5 | 78 | 105 | 149 | 174 | 215,8 | 265 | 205 | 61,4 | 95 | 158 | 205 | 249 | 269 | 304 | 330 |
| 6 | 1,2 | 2,4 | 4,2 | 6 | 12 | 18 | 24 | 42 | 106 | 21,2 | 43 | 78,8 | 106 | 150,2 | 175 | 217 | 266 | 206 | 62 | 96 | 158,8 | 206 | 250 | 270 | 305 | 331 |
| 7 | 1,4 | 2,8 | 4,9 | 7 | 14 | 21 | 28 | 48 | 107 | 21,4 | 43,5 | 79,6 | 107 | 151,4 | 176 | 218,2 | 267 | 207 | 62,6 | 97 | 159,6 | 207 | 251 | 271 | 306 | 332 |
| 8 | 1,6 | 3,2 | 5,6 | 8 | 16 | 24 | 32 | 54 | 108 | 21,6 | 44 | 80,4 | 108 | 152,6 | 177 | 219,4 | 268 | 208 | 63,2 | 98 | 160,4 | 208 | 252 | 272 | 307 | 333 |
| 9 | 1,8 | 3,6 | 6,3 | 9 | 18 | 27 | 36 | 60 | 109 | 21,8 | 44,5 | 81,2 | 109 | 153,8 | 178 | 220,6 | 269 | 209 | 63,8 | 99 | 161,2 | 209 | 253 | 273 | 308 | 334 |
| 10 | 2 | 4 | 7 | 10 | 20 | 30 | 40 | 65 | 110 | 22 | 45 | 82 | 110 | 155 | 179 | 221,8 | 270 | 210 | 64,4 | 100 | 162 | 210 | 254 | 274 | 309 | 335 |
| 11 | 2,2 | 4,4 | 7,7 | 11 | 22 | 33 | 43 | 70 | 111 | 22,2 | 45,5 | 82,8 | 111 | 156,2 | 180 | 223 | 271 | 211 | 65 | 101 | 162,8 | 211 | 255 | 275 | 310,5 | 336,5 |
| 12 | 2,4 | 4,8 | 8,4 | 12 | 24 | 36 | 46 | 75 | 112 | 22,4 | 46 | 83,6 | 112 | 157,4 | 181,5 | 224,2 | 272 | 212 | 65,6 | 102 | 163,6 | 212 | 256 | 276,5 | 312 | 338 |
| 13 | 2,6 | 5,2 | 9,1 | 13 | 26 | 39 | 49 | 80 | 113 | 22,6 | 46,5 | 84,4 | 113 | 158,6 | 181 | 225,4 | 273 | 213 | 66,2 | 103 | 164,4 | 213 | 257 | 278 | 313,5 | 339,5 |
| 14 | 2,8 | 5,6 | 9,8 | 14 | 28 | 40 | 52 | 85 | 114 | 22,8 | 47 | 85,2 | 114 | 159,8 | 181,5 | 226,6 | 274 | 214 | 66,8 | 104 | 165,2 | 214 | 258 | 279,5 | 315 | 341 |
| 15 | 3 | 6 | 10,5 | 15 | 30 | 45 | 55 | 90 | 115 | 23 | 47,5 | 86 | 115 | 161 | 182 | 227,8 | 275 | 215 | 67,4 | 105 | 166 | 215 | 259 | 279 | 316,5 | 342,5 |
| 16 | 3,2 | 6,4 | 11,2 | 16 | 32 | 48 | 58 | 95 | 116 | 23,2 | 48 | 86,8 | 116 | 162,2 | 182,5 | 229 | 275,5 | 216 | 68 | 106 | 166,8 | 216 | 260 | 277,5 | 318 | 344 |
| 17 | 3,4 | 6,8 | 11,9 | 17 | 34 | 51 | 61 | 100 | 117 | 23,4 | 48,5 | 87,6 | 117 | 163,4 | 183 | 230 | 276 | 217 | 68,8 | 107 | 167,6 | 217 | 261 | 278 | 319,5 | 345,5 |
| 18 | 3,6 | 7,2 | 12,6 | 18 | 36 | 54 | 64 | 104 | 118 | 23,6 | 49 | 88,4 | 118 | 164,6 | 183,5 | 231 | 276,5 | 218 | 69,6 | 108 | 168,4 | 218 | 262 | 278,5 | 321 | 347 |
| 19 | 3,8 | 7,6 | 13,3 | 19 | 38 | 57 | 67 | 108 | 119 | 23,8 | 49,5 | 89,2 | 119 | 165,8 | 184 | 232 | 277 | 219 | 70,4 | 109 | 169,2 | 219 | 263 | 279 | 322,5 | 348,5 |
| 20 | 4 | 8 | 14 | 20 | 40 | 60 | 70 | 112 | 120 | 24 | 50 | 90 | 120 | 167 | 184,5 | 233 | 277,5 | 220 | 71,2 | 110 | 170 | 220 | 264 | 279,5 | 324 | 350 |
| 21 | 4,2 | 8,4 | 14,7 | 21 | 41,5 | 63 | 73 | 116 | 121 | 24,2 | 50,5 | 90,8 | 121 | 168,2 | 185 | 234 | 278 | 221 | 72 | 111 | 170,8 | 221 | 265 | 280 | 325,5 | 351,5 |
| 22 | 4,4 | 8,8 | 15,4 | 22 | 43 | 67 | 76 | 120 | 122 | 24,4 | 51 | 91,6 | 122 | 169,4 | 185,5 | 235 | 278,5 | 222 | 72,8 | 112 | 171,6 | 222 | 266 | 280,5 | 327 | 353 |
| 23 | 4,6 | 9,2 | 16,1 | 23 | 44,5 | 69 | 79 | 123 | 123 | 24,6 | 51,5 | 92,4 | 123 | 170,6 | 186 | 236 | 279 | 223 | 73,6 | 113 | 172,4 | 223 | 267 | 281 | 328,5 | 354,5 |
| 24 | 4,8 | 9,6 | 16,8 | 24 | 46 | 71 | 82 | 126 | 124 | 24,8 | 52 | 93,2 | 124 | 171,8 | 186,5 | 237 | 279,5 | 224 | 74,4 | 114 | 173,2 | 224 | 268 | 281,5 | 330 | 356 |
| 25 | 5 | 10 | 17,5 | 25 | 47,5 | 73 | 85 | 129 | 125 | 25 | 52,5 | 94 | 125 | 173 | 187 | 238 | 280 | 225 | 75,2 | 115 | 174 | 225 | 269 | 282 | 331,5 | 357,5 |
| 26 | 5,2 | 10,4 | 18,2 | 26 | 49 | 75 | 88 | 132 | 126 | 25,2 | 53 | 94,8 | 126 | 174,2 | 187,5 | 239 | 280,5 | 226 | 76 | 116 | 175 | 226 | 270 | 282,5 | 333 | 359 |
| 27 | 5,4 | 10,8 | 18,9 | 27 | 50,5 | 77 | 91 | 135 | 127 | 25,4 | 53,5 | 95,6 | 127 | 175,4 | 188 | 240 | 281 | 227 | 76,8 | 117 | 176 | 227 | 270,5 | 283 | 334,5 | 360,5 |
| 28 | 5,6 | 11,2 | 19,6 | 28 | 52 | 79 | 94 | 138 | 128 | 25,6 | 54 | 96,4 | 128 | 176,6 | 188,5 | 241 | 281,5 | 228 | 77,6 | 118 | 177 | 228 | 271 | 283,5 | 336 | 362 |
| 29 | 5,8 | 11,6 | 20,3 | 29 | 53,5 | 80,5 | 97 | 141 | 129 | 25,8 | 54,5 | 97,2 | 129 | 177,8 | 189 | 242 | 282 | 229 | 78,4 | 119 | 178 | 229 | 271,5 | 284 | 337,5 | 363,5 |
| 30 | 6 | 12 | 21 | 30 | 55 | 82 | 100 | 144 | 130 | 26 | 55 | 98 | 130 | 179 | 189,5 | 243 | 282,5 | 230 | 79,2 | 120 | 179 | 230 | 272 | 284,5 | 339 | 365 |
| 31 | 6,2 | 12,4 | 21,7 | 31 | 56,5 | 83,5 | 103 | 147 | 131 | 26,2 | 55,5 | 98,8 | 131 | 180,2 | 190 | 244 | 283 | 231 | 80 | 121 | 180 | 231 | 272,5 | 285 | 340,5 | 366,5 |
| 32 | 6,4 | 12,8 | 22,4 | 32 | 58 | 85 | 106 | 150 | 132 | 26,4 | 56 | 99,6 | 132 | 181,4 | 191,5 | 245 | 283,5 | 232 | 81 | 122 | 181 | 232 | 273 | 285 | 342 | 368 |
| 33 | 6,6 | 13,2 | 23,1 | 33 | 59,5 | 86,5 | 109 | 152 | 133 | 26,6 | 56,5 | 100,4 | 133 | 182,6 | 191,5 | 246 | 284 | 233 | 82 | 123 | 182 | 233 | 273,5 | 286 | 343,5 | 369,5 |
| 34 | 6,8 | 13,6 | 23,8 | 34 | 61 | 88 | 112 | 154 | 134 | 26,8 | 57 | 101,2 | 134 | 183,8 | 192 | 247 | 284,5 | 234 | 83 | 124 | 183 | 234 | 274 | 285 | 345 | 371 |
| 35 | 7 | 14 | 24,5 | 35 | 62,5 | 89,5 | 115 | 156 | 135 | 27 | 57,5 | 102 | 135 | 185 | 193 | 248 | 285 | 235 | 84 | 125 | 184 | 235 | 274,5 | 286 | 346,5 | 372,5 |
| 36 | 7,2 | 14,4 | 25,2 | 36 | 64 | 91 | 118 | 158 | 136 | 27,4 | 58 | 102,8 | 136 | 186 | 193 | 249 | 285,5 | 236 | 85 | 126 | 185 | 236 | 275 | 287 | 348 | 374 |
| 37 | 7,4 | 14,8 | 25,9 | 37 | 65,5 | 92,5 | 121 | 160 | 137 | 27,8 | 58,5 | 103,6 | 137 | 187 | 194 | 250 | 286 | 237 | 86 | 127 | 186 | 237 | 275,5 | 288 | 349,5 | 375,5 |
| 38 | 7,6 | 15,2 | 26,6 | 38 | 67 | 94 | 124 | 162 | 138 | 28,2 | 59 | 104,4 | 138 | 188 | 195 | 251 | 286,5 | 238 | 87 | 128 | 188 | 238 | 276 | 289 | 351 | 377 |
| 39 | 7,8 | 15,6 | 27,3 | 39 | 68,5 | 95,5 | 127 | 164 | 139 | 28,6 | 59,5 | 105,2 | 139 | 189 | 196 | 252 | 287 | 239 | 88 | 129 | 189 | 239 | 276,5 | 290 | 352,5 | 378,5 |
| 40 | 8 | 16 | 28 | 40 | 70 | 97 | 130 | 166 | 140 | 29 | 60 | 106 | 140 | 190 | 197 | 253 | 287,5 | 240 | 89 | 130 | 189 | 240 | 277 | 290,5 | 354 | 380 |
| 41 | 8,2 | 16,4 | 28,7 | 41 | 71,5 | 98,5 | 131,5 | 168 | 141 | 29,4 | 60,5 | 106,8 | 141 | 191 | 198 | 254 | 288 | 241 | 90 | 131 | 190 | 241 | 277,5 | 291 | | |
| 42 | 8,4 | 16,8 | 29,4 | 42 | 73 | 100 | 133 | 170 | 142 | 29,8 | 61 | 107,6 | 142 | 192 | 199 | 255 | 288,5 | 242 | 91 | 132 | 191 | 242 | 278 | 292 | | |
| 43 | 8,6 | 17,2 | 30,1 | 43 | 74,5 | 101,5 | 134,5 | 172 | 143 | 30,2 | 61,5 | 108,4 | 143 | 193 | 201 | 256 | 289 | 243 | 92 | 133 | 192 | 243 | 278,5 | 293 | | |
| 44 | 8,8 | 17,6 | 30,8 | 44 | 76 | 103 | 136 | 174 | 144 | 30,6 | 62 | 109,2 | 144 | 194 | 202 | 257 | 289,5 | 244 | 93 | 134 | 193 | 244 | 279 | 293,5 | | |
| 45 | 9 | 18 | 31,5 | 45 | 77,5 | 104,5 | 137,5 | 176 | 145 | 31 | 62,5 | 110 | 145 | 195 | 203 | 258 | 290 | 245 | 94 | 135 | 194 | 245 | 279,5 | 294 | | |
| 46 | 9,2 | 18,4 | 32,2 | 46 | 79 | 106 | 139 | 178 | 146 | 31,5 | 63 | 110,8 | 146 | 196 | 204 | 259 | 290,5 | 246 | 95 | 136 | 195 | 246 | 280 | 294,5 | | |
| 47 | 9,4 | 18,8 | 32,9 | 47 | 80,5 | 107,5 | 140,5 | 180 | 147 | 32 | 63,5 | 111,6 | 147 | 197 | 205 | 260 | 291 | 247 | 96 | 137 | 196 | 247 | 280,5 | 295 | | |
| 48 | 9,6 | 19,2 | 33,6 | 48 | 82 | 109 | 142 | 182 | 148 | 32,5 | 64 | 112,4 | 148 | 198 | 206 | 261 | 291,5 | 248 | 97 | 138 | 197 | 248 | 281 | 295,5 | | |
| 49 | 9,8 | 19,6 | 34,3 | 49 | 83,5 | 110,5 | 143,5 | 184 | 149 | 33 | 64,5 | 113,2 | 149 | 199 | 207 | 262 | 292 | 249 | 98 | 139 | 198 | 249 | 281,5 | 296 | | |
| 50 | 10 | 20 | 35 | 50 | 85 | 112 | 145 | 186 | 150 | 33,5 | 65 | 114 | 150 | 200 | 208 | 263 | 292,5 | 250 | 99 | 140 | 199 | 250 | 282 | 296,5 | | |
| 51 | 10,2 | 20,4 | 35,7 | 51 | 86,5 | 113,5 | 146,5 | 188 | 151 | 34 | 65,5 | 114,8 | 151 | 201 | 209 | 264 | 293 | 251 | 100 | 141 | 200 | 251 | 282,5 | 297 | | |
| 52 | 10,4 | 20,8 | 36,4 | 52 | 88 | 115 | 148 | 190 | 152 | 34,5 | 66 | 115,6 | 152 | 202 | 210,2 | 265 | 293,5 | 252 | 101 | 142 | 201 | 252 | 283 | 297,5 | | |
| 53 | 10,6 | 21,2 | 37,1 | 53 | 89,5 | 116,5 | 149,5 | 192 | 153 | 35 | 66,5 | 116,4 | 153 | 203 | 211,4 | 266 | 294 | 253 | 102 | 143 | 202 | 253 | 283,5 | 298 | | |
| 54 | 10,8 | 21,6 | 37,8 | 54 | 91 | 118 | 151 | 194 | 154 | 35,5 | 67 | 117,2 | 154 | 204 | 212,6 | 267 | 294,5 | 254 | 103 | 144 | 203 | 254 | 284 | 298,5 | | |
| 55 | 11 | 22 | 38,5 | 55 | 92,5 | 119,5 | 152,5 | 196</ | | | | | | | | | | | | | | | | | | |

В БЕЛАРУСЬ БЕЗ ВИЗЫ



Приехать в Беларусь без визы на 30 дней (включая дни прилета и вылета) могут граждане 74 государств.



Условие - прибытие и вылет через Национальный аэропорт Минск (не распространяется на лиц, прибывающих в Беларусь авиарейсами из России, а также намеревающихся осуществить вылет в аэропорты России).

ПРИ СЕБЕ НЕОБХОДИМО ИМЕТЬ



1 паспорт



2 страховой полис на сумму не менее 10 тыс. евро (можно оформить по прилету)



3 деньги - не менее 2 базовых величин (одна БВ сейчас составляет Br24,5) на день пребывания.

БЕЗВИЗОВЫЙ РЕЖИМ РАСПРОСТРАНЯЕТСЯ НА ГРАЖДАН СЛЕДУЮЩИХ ГОСУДАРСТВ

Австралия.
 Австрийская Республика.
 Республика Албания.
 Княжество Андорра.
 Антигуа и Барбуда.
 Барбадос.
 Королевство Бахрейн.
 Королевство Бельгия.
 Республика Болгария.
 Босния и Герцеговина.
 Республика Вануату.
 Государство-город Ватикан.
 Соединенное Королевство Великобритании и Северной Ирландии.
 Венгрия.
 Социалистическая Республика Вьетнам*.
 Республика Гаити*.
 Исламская Республика Гамбия*.
 Федеративная Республика Германия.
 Греческая Республика.
 Королевство Дания.
 Содружество Доминики.
 Республика Индия*.
 Республика Индонезия.
 Ирландия.

Республика Исландия.
 Королевство Испания.
 Итальянская Республика.
 Канада.
 Республика Кипр.
 Китайская Народная Республика*.
 Республика Корея.
 Государство Кувейт.
 Латвийская Республика**.
 Ливанская Республика*.
 Литовская Республика.
 Княжество Лихтенштейн.
 Великое Герцогство Люксембург.
 Республика Македония.
 Малайзия.
 Республика Мальта.
 Мексиканские Соединенные Штаты.
 Федеративные Штаты Микронезии.
 Княжество Монако.
 Республика Намибия*.
 Королевство Нидерландов.
 Республика Никарагуа.
 Новая Зеландия.
 Королевство Норвегия.
 Султанат Оман.

Республика Панама.
 Республика Перу.
 Республика Польша.
 Португальская Республика.
 Румыния.
 Независимое Государство Самоа*.
 Республика Сан-Марино.
 Королевство Саудовская Аравия.
 Республика Сейшель.
 Сент-Винсент и Гренадины.
 Республика Сингапур.
 Словацкая Республика.
 Республика Словения.
 Соединенные Штаты Америки.
 Восточная Республика Уругвай.
 Финляндская Республика.
 Французская Республика.
 Республика Хорватия.
 Чешская Республика.
 Республика Чили.
 Швейцарская Конфедерация.
 Королевство Швеция.
 Республика Эль-Сальвадор.
 Эстонская Республика***.
 Япония.

* При наличии в действительном документе для выезда за границу действительной многократной визы государств - членов Европейского союза или государств - участников Шенгенской зоны с отметкой о въезде на территорию государства - члена Европейского союза или государства - участника Шенгенской зоны, а также авиабилетов с подтверждением в них даты вылета из Национального аэропорта Минск.

** В том числе лица, имеющие статус негражданина Латвийской Республики.

*** В том числе лица без гражданства, постоянно проживающие в Эстонской Республике.



При пребывании в Беларуси более 5 рабочих дней иностранным гражданам необходимо зарегистрироваться в территориальных отделениях Департамента по гражданству и миграции Министерства внутренних дел Беларуси.

Источник: МИД Беларуси.

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DECREE OF THE PRESIDENT OF THE REPUBLIC OF BELARUS

№ 462

Minsk

On the establishment of a visa-free entry and exit order for foreign citizens

In order to improve the efficiency of the use of tourist infrastructure facilities and further development of cross-border tourism:

1. Set for citizens of states in accordance with the annex (hereinafter - citizens):

1.1. visa-free entry to the Republic of Belarus, exit from the Republic of Belarus through the State border of the Republic of Belarus at the road checkpoints Brest (Terespol), Domachevo (Slovatici), Peschatka (Polovtsi), the simplified crossing point Pererov (Belovezha), Brest (Terespol)¹, crossing point Brest airport and temporary stay with tourist purposes for up to ten days (hereinafter - temporary stay) in the territory of Brest, Brest, Zhabinka, Kamenets, Pruzhany districts of Brest region and Svislotch district of Grodno region (hereinafter - tourism and recreation zone "Brest");

1.2. visa-free entry to Republic of Belarus, exit from Republic of Belarus through the State border of Republic of Belarus at Bruzgi (Kuznitsa Bialostokskaya)² road checkpoint, Privalka (Raigardas), Lesnaya (Rudavka), Privalka (Shvndubre), Grodno (Kuznitsa Belostotskaya), airport of Grodno, and the temporary stay on the territory of the special tourist and recreational park Augustow channel and the surrounding territories³ (hereinafter - park "Augustow Canal").

¹ Under the railway crossing point Brest (Terespol) is understood the checkpoint at the railway station Brest-Vostochny in the central region, Brest.

² Under the railway crossing point Grodno (Kuznitsa Belostotskaya) is understood the checkpoint at the railway station Grodno.

³ Under the territories adjacent to the special tourist and recreational park "Augustow Canal" are understood the territory of Grodno and Grodno region.



2. Determine that the period of stay of citizens in the visa-free order of entry into the Republic of Belarus and departure from the Republic of Belarus in accordance with paragraph 1 of this Decree makes up the term of the tour realized by the tourist operator rendering services in the territory of the tourist-recreational zone "Brest" or the park "Augustow Canal" . When citizens purchase additional tourist services⁴ the length of stay is extended. The term of the tour, including when it is renewed, should not exceed the period of temporary stay.

3. Grounds for visa-free entry to the Republic of Belarus, departure from the Republic of Belarus and temporary stay on the territory of the tourist and recreational zone "Brest" or the park "Augustow Canal", including within the border zone and the border, in accordance with paragraph 1 of this Decree are the documents that give citizens the right to individual or group visits to the tourist-recreational zone "Brest" or the park "Augustow Canal".

Forms of documents specified in part one of this paragraph, the procedure for visiting citizens of the tourist and recreational zone "Brest" or the park "Augustovsky Canal" in accordance with paragraph 1 of this Decree are established by the Council of Ministers of the Republic of Belarus.

4. Citizen intending to visit the tourist and recreational zone "Brest" or the park "Avgustovsky canal", with a visa-free entry into the Republic of Belarus and departure from the Republic of Belarus in accordance with paragraph 1 of this Decree, must present a valid document for traveling abroad and a document granting the right for individual or group visits to the tourist and recreational zone "Brest" or the park "Augustow Canal".

5. To recognize as invalid the Decree of the President of the Republic of Belarus of March 9, 2015 N 115 "On the establishment of a visa-free entry and exit procedure for foreign citizens."

6. For the Council of Ministers of the Republic of Belarus to take measures to implement this Decree.

⁴ Additional tourist services are understood as tourism services, the purchase of which, as part of a tour implemented by a tourist operator, providing services on the territory of the tourist and recreational zone "Brest" or the park "Augustow Canal", entails an increase in the period of stay of citizens (additional accommodation in a hotel or similar accommodation facility , additional excursions, transfer services and other services).

7. This Decree enters into force on January 1, 2018.

President of the Republic of Belarus
A.Lukashenko

Annex
to the Decree of
President
of the Republic of
Belarus
26.12.2017 N 462

LIST

of countries for citizens of which a visa-free procedure of entry and exit is established

1. Australian Union.
2. Austrian Republic.
3. Republic of Albania.
4. Principality of Andorra.
5. Antigua and Barbuda.
6. Barbados.
7. Kingdom of Bahrain.
8. Kingdom of Belgium.
9. Republic of Bulgaria.
10. Bosnia and Herzegovina.
11. Republic of Vanuatu.
12. Vatican City.
13. United Kingdom of Great Britain and Northern Ireland.
14. Hungary.
15. Socialist Republic of Vietnam.
16. Republic of Haiti.
17. Islamic Republic of the Gambia.
18. Federal Republic of Germany.
19. Republic of Honduras.
20. Hong Kong (Hong Kong) - special administrative region of the People's Republic of China. <*>.
21. Hellenic Republic.
22. Kingdom of Denmark.
23. Commonwealth of Dominica.
24. Republic of India.
25. Republic of Indonesia.
26. Ireland.
27. Republic of Iceland.
28. Kingdom of Spain.
29. Italian Republic.
30. Canada.
31. Republic of Cyprus.
32. People's Republic of China.
33. Republic of Korea.

34. State of Kuwait.
35. Republic of Latvia <*>.
36. Lebanese Republic.
37. Republic of Lithuania.
38. Principality of Liechtenstein.
39. Grand Duchy of Luxembourg.
40. Republic of Macedonia.
41. Malaysia.
42. Republic of Malta.
43. Order of Malta. <*>.
44. Mexican United States.
45. Federated States of Micronesia.
46. Principality of Monaco.
47. Republic of Namibia.
48. Kingdom of the Netherlands.
49. Republic of Nicaragua.
50. New Zealand.
51. Kingdom of Norway.
52. Sultanate of Oman.
53. Republic of Panama.
54. Republic of Peru.
55. Republic of Poland.
56. Portuguese Republic.
57. Romania.
58. Independent State of Samoa.
59. Republic of San Marino.
60. Kingdom of Saudi Arabia.
61. Republic of Seychelles.
62. Saint Vincent and the Grenadines.
63. Republic of Singapore.
64. Slovak Republic.
65. Republic of Slovenia.
66. United States of America.
67. Eastern Republic of Uruguay.
68. Republic of Finland.
69. French Republic.
70. Republic of Croatia.
71. Czech Republic.

- 72. Republic of Chile.
 - 73. Swiss Confederation.
 - 74. Kingdom of Sweden.
 - 75. Republic of El Salvador.
 - 76. Republic of Estonia <***>.
 - 77. Japan.
-

<*>Is not a state.

<*> Including persons with non-citizen status of the Republic of Latvia.

<***> Including stateless persons, permanently residing in the Republic of Estonia..