



Estonian Kiiking Association

KIIKING COMPETITION REGULATIONS

Estonia 2016

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FOREWORD

Kiiking is a sport invented and promoted in Estonia, which involves a person making a swing gain increasingly more momentum. The goal is to pass over the top bar with the longest shafts possible. Kiiking begins when a person's feet are higher than the head—otherwise it is regular swinging.

The first kiiking swing was designed and built in 1993 by Ado Kosk from Pärnu. The development of the kiiking swing as we know it today began in 1996, when the first metal swing with adjustable shafts was installed on the grounds of Sõduri farm in Pärnu. Ado also laid the groundwork for kiiking as a sport, as he was the first to swing around the spindle on a swing with adjustable shafts (in 1996).

As a sport, kiiking is measured very objectively—a kiiking attempt cannot be completed in a way that it meets the requirements, but does not count due to technical nuances. The swing will either go over the top or not, everything else is irrelevant. The longer the shafts, the harder it is to swing around the spindle. Motion is gained with the help of an established swinging technique, which requires good coordination and physical strength. Irrespective of the shaft length, one has to lift extra weight—slightly greater than three times the swinger's body mass—when moving downwards from the upper standing position and pushing oneself up from the squat right between the swing posts. The act requires less strength when rising earlier or later, but also with smaller amplitude. There are two factors that make swinging with longer shafts more difficult—time and wind drag. The longer the swing shafts, the faster the swing and the majority of the added energy will be spent on overcoming wind drag. Longer shafts also mean longer swinging time and the swinger will tire before they manage to swing around the spindle.

Apart from being a competitive sport, kiiking is also a form of entertainment: swinging over the top bar with shaft lengths that are considerably shorter than those used in competitive conditions allows one to experience the alternation of multiplied force of gravity as well as zero gravity and hanging upside down within the matter of seconds.

Kiiking seems easy, but in reality, it requires a lot of strength, stamina and also courage from beginners. In turn, it offers an experience and a surge of adrenaline. The latter help to make kiiking attractive to young people, most of whom may find traditional sports dull in today's world full of temptations and opportunities.

The Estonian Kiiking Federation (EKiikL, registry code: 80110926) was founded on 26 August, 1999, with the view of managing and developing kiiking as a sport in Estonia as well as in the world until the establishment of an international kiiking federation. EKiikL regularly determines the best swingers in Estonia and records their results. In 2003, the plenary meeting of the Estonian Olympic Committee (EOC) laid down the requirements for a sport for joining the committee, which the EKiikL unfortunately failed to meet. EKiikL stopped being a member of the EOC on April 27, 2006, but re-establishing its membership remains one of the associations's main objectives.

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DEFINITIONS

Age categories – criteria used to distinguish competitors by age. It applies to both sexes and is the basis for keeping competitions statistics and determining competition classes age limits.

Competition attempt – competitor's positive or negative attempt at registered height.

Competition class – a division of competitors that is based on sex and age categorie or joint categories and which is opened for certain competition or championship and which members compete with each other.

Competition guidelines – document that provides the conditions for a specific competition.

Competition jury – a body for solving disputes that might occur during competitions, which has the right to change the competition organiser's and referees' decisions.

Competition record – document that records the competitor's data, attempts, final result and ranking.

Competition registration – acceptance of competition conditions and presentation of required data pursuant to competition guidelines.

Competition result – the longest shaft length, at which the competitor made a full circle around the spindle.

Competition swing standard – requirements for a competition swing (Annex).

Competitor – in terms of the current regulations, an athlete who competes in kiiking.

Discarded attempt – competitors' decision not to go on the swing to compete on previously registered height. Competitor can not swap previously registered height for new height but loses competition attempt. Competing can continue if there are unused competition attempts.

Full circle – more than a 360° circle around the swing spindle, which involves the competitor rising above the swing spindle from one side, moving over the top bar and falling down on the other side of the swing posts.

General standing – table that lists the results of 30 best competitors in each competition class throughout the years. Indoor and outdoor competition results are recorded in separate scoreboards.

Land custodian – Natural person or a legal personality who owns the land on which the swing site is established or a person who has the right to authorise the use of the land under the swing site.

Measurement committee – group of referees, swing attendants and impartial observers who measure records on the basis of the national record and confirm the validity of measurement results.

Minimum length – shortest allowed shaft length in a competition class, determined by competition guidelines.

Organiser – representative of a competing sports club or the Estonian Kiiking Association responsible for the activities at the competition site and finding solutions for any problems that may occur on the competition day.

Personal responsibility agreement – agreement between the swing custodian and the competitor, which provides the rights, obligations and responsibilities of the swing user and swing custodian.

Position points – points awarded to a sports club/team for a position achieved by their member.

Record – kiiking record is the best result recorded within the limits of a legal or geographic group, competition class and competition conditions (indoor or outdoor).

Record measurement – competition result measurement conducted by the measurement committee pursuant to an established procedure.

Record registration report – a document with a fixed format where the referee registers a record pursuant to the current set of regulations.

Referee – person who fulfils the obligations described in the current document during a competition.

Result points – points awarded on a basis of the scoreboard to a competitor participating in a cup.

Season standings – the results of all competitors who competed in one indoor or outdoor season recorded in a summary table.

Shaft length – distance between the swing planks and swing spindle of a competition swing.

Shaft length adjustment – adjustment of the distance between the swing planks and spindle of a competition swing.

Starting length – shaft length at which a competitor will begin competing.

Swing attendant – person who fulfils the obligations described in the current document in swing's security area during a competition.

Swing custodian – owner of the swing, swing owner's representative or a person renting the swing from the owner, responsible for keeping the swing in good technical condition.

Swing planks – surface between shafts, on which the competitor stands.

Swing shafts – swing parts with adjustable length that join the swing planks with swing spindle and comply with the established requirements (Annex 1), from which the swinger grabs hold of with their hands.

Swing site – the entire area secluded for the competition.

Swing spindle – pivoting swing part, around which the swing moves.

Swing's security area – clearly demarcated area where other persons can only enter with the permission of a referee or a swing attendant.

Swing's working area – rectangular area between swing anchors, to which the swing movement is limited.

Technical fault – swing's technical condition that does not allow the swing to operate safely and causes the swing to be stopped.

INTRODUCTION

Kiiking involves swinging over the top bar with as long shafts as possible. The competitor who can make a full circle with the longest swing shafts is regarded as the best.

The current Estonian Kiiking Association's competition regulations were adopted at the general meeting of the Estonian Kiiking Association on 19.06.2016 in Järvakandi and regulate questions regarding kiiking as a sport. The Estonian Kiiking Association does not set any restrictions to persons and organisations who can organise kiiking competitions or pose sanctions to competitors who participated in a competition that did not comply with the current regulations, but accepts and recognises the results of the competitions that have been conducted pursuant to the current competition regulations and in cooperation with the Estonian Kiiking Association.

The current competition regulations are based on the following source documents: Estonian Sport Act (adopted on April 6, 2005), Estonian Sport Charter (adopted with revisions at the 5th Estonian Sport Congress on November 29, 2002 in Tartu), European Code of Sports Ethics *Fair Play—The Winning Way* (adopted at the 7th meeting of the European ministers responsible for sport on May 15, 1992 in Rhodes), Estonian Anti-Doping Regulations (adopted on January 1, 2010, compiled on the basis of the 2003 World Anti-Doping Code, the latest revision of which is effective since January 2015).

1. REQUIREMENTS FOR COMPETITION SITE AND CONDITIONS

- 1.1. Kiiking competitions can be held both indoors and outdoors. In both cases, the competition site is subject to similar technical and safety requirements. Since indoor swinging sites have developed a stationary infrastructure for swing installation, they generally do not exhibit factors that have to be considered when choosing an outdoor competition site. Consequently, the following chapter concerns requirements that need to be met in outdoor conditions. Additionally, these requirements have to be considered when constructing new sports facilities that allow indoor kiiking.
- 1.2. Above all, swing site must be chosen based on its suitability for conducting a safe competition. Safety must also be guaranteed for spectators on the swing site. Swing site must be easily accessible, allowing ambulance to provide urgent and swift assistance in the event of an accident.
- 1.3. The ground beneath the swing site must be smooth and uniformly dense under the base beam, so that parts of the base beam (support points for posts and backstays) would not sink unevenly due to excessive force applied during swinging. The base surface must also be durable enough and allow the anchors to be secured pursuant to the requirements. The locations for portable anchors cannot be significantly higher or lower than the swing's base beam and they must be installed on a smooth surface.

Special attention must be paid to the manufacturer's requirements concerning the depth of electrical, communication and water distribution networks in the ground.

- 1.4. Swing's entire working area must be clear of any external objects. Special attention must be paid to avoiding the danger of swinging against overhead electrical power lines. When installing multiple swings, there must be no overlap of the swings' working areas. Two swings are not allowed to work simultaneously if their working areas overlap.
- 1.5. Swing's security area must not be smaller than the swing's working area; its border must run at least one metre away from the border of the swing's working area. If one swing site has several swings, their security areas may be joined. Security area must be demarcated, so that unauthorised persons (especially small children) and animals could not enter the area unexpectedly.
- 1.6. At a minimum, referees must be provided with a work desk and chairs, documentation and writing instruments are provided by the head referee. Work desk must be situated outside the swing's security area and provide a clear view of everything that goes on in the swing's security area.

2. PERSONS INVOLVED IN COMPETITIONS, THEIR RIGHTS AND OBLIGATIONS

- 2.1. Persons who participate in a kiiking competition (activities on the swing site) are as follows: competition organiser, referees, swing attendants, competitors and members of the jury. Additionally, the competition organiser may include other persons with special assignments, such as photographer, camera operator, spokesperson, commentator, medic etc. One person may assume several roles, unless stated otherwise in the current regulations. Competition organisation and related persons along with their tasks are specified in the Annex.
- 2.2. Competition organiser is the highest authority regarding all activities on the competition site from the takeover of the swing site to its transfer back to the land custodian. Competition organiser is generally a representative of the sports club organising the competition.
- 2.3. Competition organiser is obliged to:
 - 2.3.1. Ensure the erection of swings and the availability of other necessary equipment and fittings and their installation on the swing site prior to the competition.
 - 2.3.2. Solve administrative problems that occur during the competition.
 - 2.3.3. Demand the adherence to the competition regulations as well as safety and security requirements from all persons involved in the competition and to instruct them prior to the competition or during the competition, if necessary.
 - 2.3.4. Ensure that competitors are awarded according to their achieved ranking during the award ceremony.

2.4. Competition organiser has the right to:

- 2.4.1. Stop swinging or the entire competition temporarily or permanently to ensure people's safety.
- 2.4.2. Participate in the competition as a competitor, unless it interferes with fulfilling the tasks described in the previous clause.

2.5. Each competition must have an appointed head referee. In addition to the head referee, the competition may include other referees who report to the head referee and fulfil similar tasks at their assigned swing/competition class.

2.6. Referee is obliged to:

- 2.6.1. Manage the competition process and thus determine the best swingers.
- 2.6.2. Operate pursuant to the current regulations and competition guidelines.
- 2.6.3. Demand the adherence to the competition regulations and competition guidelines from all persons involved in the competition.
- 2.6.4. Treat competitors neutrally and guarantee as equal conditions as possible for all competitors.
- 2.6.5. Register competitors and decide on the order of competing on the basis of registration order in case of equal starting lengths.
- 2.6.6. Ensure that the swing has been installed pursuant to the requirements (shafts and safety clamps are properly secured, wires tightened and anchors installed correctly), conduct a visual check of the swing's technical condition prior to the competition and notify the competition organiser in case of visible faults.
- 2.6.7. Measure swing shaft lengths prior to the competition to determine their whole value in centimetres. The result will always be rounded down.
- 2.6.8. Ensure that competition records are filled in constantly and correctly.
- 2.6.9. Forward all competition records to the management of the Estonian Kiiiking Association after the competition, who will then publish them on the Estonian Kiiiking Association's website.
- 2.6.10. Verify all records and diplomas with their signature.
- 2.6.11. Wear proper and presentable clothing during competition.

2.7. Referee has the right to:

- 2.7.1. Disqualify a competitor from the competition if they do not adhere to the requirements laid down in the current regulations.
- 2.7.2. Stop swinging or the entire competition temporarily or permanently to ensure people's safety.
- 2.7.3. Keep other records in addition to established forms to facilitate their work, which need not be presented to other parties after the competition.
- 2.7.4. Introduce assistant referees to manage the competition.
- 2.7.5. Participate in the competition as a competitor if the competition is managed together with an assistant referee in addition to the head referee and if the referee participates in a competition class managed by another referee. The referee can

only participate as a competitor if it does not interfere with the time management or quality of the competition.

2.7.6. Consider competitors competition attempt as discarded if competitor does not come to the swing within given time.

2.8. Swing operation is managed by swing attendants in the swing's security area. All persons except the competition organiser and referees must follow the swing attendants' orders.

2.9. Swing attendant is obliged to:

2.9.1. Follow the orders of the competition organiser and referees in questions related to competitions.

2.9.2. Be neutral and helpful towards all competitors.

2.9.3. Observe the swing's technical condition (including the state of the anchors attached in the ground) visually, report any visible faults or suspicions to the competition organiser and stop the swinging, if necessary.

2.9.4. Assist the competitor in finding hand straps in suitable length, arrange the hand straps at the correct height, fasten the competitor's hands and feet to the swing and push the competitor into motion.

2.9.5. Stop the swing after an attempt and ensure that the competitor does not release their hands before feet and to unfasten the swinger's feet before their hands.

2.9.6. Adjust the swing's shaft length according to the referee's instructions and report when the swing is ready for another attempt.

2.10. Swing attendant has the right to:

2.10.1. Stop the swinging upon noticing that the swing has a technical fault.

2.10.2. Participate in the competition as a competitor if the number of swing attendants present is sufficient for the swings to be attended uninterruptedly.

2.10.3. Leave the swing's security area for other reasons (for example, eating etc.), ensuring that the swing will be managed by another attendant.

2.10.4. Restrict the start of competition attempt if competitor is not willing to cooperate with swing attendant to use suitable safety equipment (for example, wants to use hand straps that are obviously too large).

2.11. Competition jury is a body established for solving disputes that occur during a competition. The competition organiser forms the jury prior to the competition on the competition site and records its membership in writing on one competition class protocol. The jury consists of one member from each sports club participating in the competition. If the complaint is related to a competitor appointed to the jury, the member shall withdraw from the jury and, if possible, be replaced by an alternate member from the same sports club. The alternate member shall have the same rights and obligations as a member of the jury. Additionally, other persons involved in the organisation of the competition may be appointed to the jury. The jury must include at least three adults, the jury cannot include the competition organiser or the head referee.

2.12. Jury (member) is obliged to:

- 2.12.1. Remain on the competition site throughout the competition.
- 2.12.2. Accept complaints and protests from competitors.
- 2.12.3. Collect evidence and investigate matters related to the content of the complaint;
- 2.12.4. Make a decision regarding the complaint, formalise the decision in writing and confirm it with the jury members' signatures.

2.13. Jury has the right to:

- 2.13.1. Change the decisions made by the head referee and the competition organiser.
- 2.13.2. A jury member may participate in the competition in every roles except head referee and organiser.

2.14. In terms of the current regulations, competitor is an athlete who competes in kiiking. Competitors swing on a kiiking swing to determine the best swinger.

2.15. Competitor is obliged to:

- 2.15.1. Be sober and responsible for their health condition.
- 2.15.2. Have signed a valid personal responsibility agreement.
- 2.15.3. Not to use forbidden substances and methods (for instance, performance-enhancing drugs etc.) to improve their result.
- 2.15.4. Wear proper sports clothing. The competitor is not allowed to wear clothes that alter the body shape and give the competitor an unfair advantage (in case of suspicion, the matters will be taken to the jury).
- 2.15.5. Go to the designated competition swing in competition clothing (i.e. without warm-up tracksuit) within one minute after being called to an attempt.
- 2.15.6. Wait for the swing attendant's respective signal before entering the security area.
- 2.15.7. Obey to the swing attendant's orders regarding the competition organisation and safety while in the security area.
- 2.15.8. Behave properly without disturbing other persons on the swing site and its surroundings.
- 2.15.9. Register the next shaft length with the referee within the maximum of 10 minutes after a successful attempt.

2.16. Competitor has the right to:

- 2.16.1. Contest the activities of the competition organiser, referee or swing attendant if they find that their rights have been violated or they have been treated unfairly compared to other competitors. The procedure for forwarding and processing of complaints is described in the Annex.
- 2.16.2. Receive another attempt at the same shaft length if swinging was interrupted due to a technical fault.
- 2.16.3. Rest for at least 10 minutes between two attempts (including an interrupted attempt).
- 2.16.4. Receive information on the progress of competition, including the shaft lengths marked for the other competitors' next attempts.

- 2.16.5. Discard competition attempt and continue the competition on next registered shaft length if competitor has unused competition attempts.
- 2.16.6. Ask their club representative or coach to fasten them on the swing and give the start push in terms they comply swing attendant put in charge by competition organiser.

3. COMPETITION PROCESS (REGISTRATION, COMPETING, AWARDING)

- 3.1. Kiiking competitions are open to all interested parties, except for persons who are banned from competing by any sporting federation for using forbidden substances or methods in sport or refusal to provide a sample for a doping test.
- 3.2. Before competing, one must register to the competition pursuant to the competition guidelines. The head referee may allow a competitor to swing even when they register after the competition has begun. In that case, the competitor's starting length can not be shorter than the shaft length set on the swing after the registration had ended.
- 3.3. Each competitor can register themselves individually or have themselves registered by a sports club representative.
According to the registering form the following data must be presented when registering a competitor:
 - 3.3.1. First and last name
 - 3.3.2. Age
 - 3.3.3. Estonian Kiiking Associations member club
 - 3.3.4. Starting length
 - 3.3.5. Place of residence (Country, if not Estonia. County and municipality or a city).
- 3.4. If a competitor competes in a class other than the open class, they must be prepared to verify their age on the basis of an identity document.
- 3.5. If the competition swing cannot be adjusted to the desired starting length, the head referee will round it to the nearest shaft length used on said competition-class swing. The starting length cannot be shorter than the minimum length assigned to this competition class in the competition guidelines.
- 3.6. If several competitors have the same starting length, the competitor who registered their attempt first will swing first.
- 3.7. Competitors are called to the swing by the referee who manages the competition class and/or the swing where the competitor is designated to swing. Competitors may be notified by a person authorised by the referees (for instance, head referee, commentator etc.). The first swinger must be notified of their turn at least five minutes before the attempt. When the competitor is called to an attempt, they must go to the respective swing within one minute. The competitor who is next up on the same

swing and/or in the same competition class must also be notified together with the swinger called to an attempt.

- 3.8. If several competitors wish to swing at the same shaft length during the competition, the competitor who registered their attempt first will swing first. The competitor can register only one shaft length at a time. If a competitor or their representative does not register the shaft length for the next attempt within one minute after the competitor has stepped off the swing, the shaft length registered for their next attempt cannot be shorter than the shaft length already set on the swing.
- 3.9. Competitor must receive at least 10 minutes of rest between attempts. The time can be shortened only at the competitor's own request.
- 3.10. Each competitor is entitled to up to five attempts. A successful attempt is a prerequisite for qualifying for the next attempt. Attempt begins when the swing has risen over 90° and ends when the competitor has made a full circle (successful attempt) or when the competitor has stopped adding momentum and the swing's pitch angle falls under 90° (failed attempt). If the attempt fails, the competition is over for said competitor and their last successful attempt will be considered as their result, except in two cases:
 - 3.10.1. If the attempt failed due to a technical fault (of the swing or its connections), the competitor must be allowed a new attempt.
 - 3.10.2. If the attempt failed due to *force majeure* (unexpected storm etc.), the head referee may allow the competitor a new attempt.
- 3.11. In order to make the competition process more effective and/or due to time/infrastructural limits, the competition organiser may limit the following in the competition guidelines:
 - 3.11.1. The competitor's right to choose a shaft length from the whole scale by assigning minimum lengths to competition classes
 - 3.11.2. The number of attempts for shorter shaft lengths in a competition class (for instance, max. three attempts with 6-metre shafts in men's open class)
 - 3.11.3. The number of attempts for all competitors by the maximum of two attempts
- 3.12. In kiiking, the competitor who makes a full circle with greater shaft length is considered better. If shaft lengths are equal, the competitor who achieved the result first is considered better. If competitors achieve the same final result, but they were asked to swing in the wrong order due to a referee's mistake, the result of the swinger who was supposed to swing first according to the registration is considered better.
- 3.13. If the shaft length cannot exceed a certain level due to infrastructural reasons caused by a physical obstruction (for instance, when swing planks hits the ceiling), but there are several competitors still competing at this shaft length, the best swinger can be determined as follows:

The competitor who manages to make more full circles in a row at the maximum safe shaft length is considered better; if the number of circles is equal, the

competitor who made the same number of circles first is considered better. If a competitor makes interval momentum and starts making full circles in another direction after their first full circle, the circles will be counted again from the beginning. If the competitor has any remaining attempts after their first successful swinging at maximum shaft length, they may use them to improve their result. The next attempt will be considered successful if the competitor exceeds the number of circles they made during the previous attempt. The real shaft length will still be recorded in the result statistics.

- 3.14. In case of infrastructural limits, the competition organisation must be coordinated with the management of the Estonian Kiiking Association who will determine the competition classes where swinging is allowed within said limits.

4. COMPETITION CLASSES, RESULT MEASUREMENT, RECORD FIXATION

4.1. The Estonian Kiiking Association records competition results in two gender and seven age categories. Indoor and outdoor competition results are treated separately. Competitors' age is counted based on birth date. Competition classes for each competition are determined by competition guidelines. Records are observed in all age categories, regardless of the competition class in which the competitor competes when setting a record.

4.2. Each gender has the following age categories:

- 4.2.1. Boys and girls up to 12 years of age (included)
- 4.2.2. Boys and girls from 13 to 16 years of age
- 4.2.3. Male and female juniors from 17 to 20 years of age
- 4.2.4. Men and women from 21 to 39 years of age (open class)
- 4.2.5. Male and female seniors from 40 to 49 years of age
- 4.2.6. Male and female seniors from 50 to 59 years of age
- 4.2.7. Male and female seniors over 60 years of age

4.3. Athletes can compete in their own age category, open class and an age category that remains between their own age category and open class on the basis of age. Competitors are not allowed to compete in other competition classes.

4.4. If the competitor does not belong to the open class and their age category is open for registration, the athlete cannot register themselves in the open class or a competition class nearest to the open class. If their age category has at least three competitors, the competitor is not allowed to compete in other competition classes. Competitor can compete in another competition class only on the following occasions:

- 4.4.1. If the competition organiser has not planned to open a competition class and has not written it down in the guidelines.
- 4.4.2. If the competition organiser has joined competition classes together after pre-registration has ended due to some competition classes having fewer than three competitors after pre-registration. Competition classes will be joined after pre-

- registration starting from the classes that are the furthest from the open class. The classes that acquire at least 3 competitors after they have been joined are opened.
- 4.4.3. If competition classes are joined, the joint class will be named based on the age category closest to the open class by naming the upper and lower age limits for the joint class.
- 4.5. The Estonian Kiiiking Association will observe Estonian and county records in each competition class in both indoor and outdoor conditions and publish season standings as well as general standings.
- 4.6. If a swing is found to have had a wrong shaft length after a competitor has made an attempt, the situation will always be resolved in favour of the competitor:
- 4.6.1. If the competitor has made a successful attempt, but the shafts are afterwards revealed to have been shorter than the length announced by the referee, the competitor may choose whether they register the actual result or receive a new attempt instead. If the competitor chooses to make a new attempt, the waived result will not be registered even if the competitor fails at their new attempt.
- 4.6.2. If the attempt was successful, but the shafts were longer than the length announced by the referee, the actual result will be registered as the competitor's result.
- 4.6.3. If the attempt failed, but the shafts are afterwards revealed to have been longer than the length announced by the referee, the competitor will receive a new attempt. In such case, the competitor is entitled to rest up to 30 minutes between the failed attempt and the new attempt.
- 4.6.4. If the actual shaft length is shorter than the length announced by the referee and the competitor does not succeed the attempt, it will be considered as a failed attempt and the actual shaft length will be marked in the report.
- 4.7. All records starting from Estonian record (in all competition classes) will be measured and recorded according to the procedure laid down in the current clause and fixed in the record registration report (Annex). Lower level and foreign records will be marked and taken into account, but these will not be measured according to the method described in the current clause:
- 4.7.1. When the referee announces a record attempt, it has to be timed and organised so that other swings would not be in operation at the time.
- 4.7.2. Measurement is conducted under the lead of the head referee, who forms a 4-member committee for this occasion. The committee will be formed prior to the attempt and it can include all adult persons except for the person attempting a record.
- 4.7.3. Measurement is done with a metal tape measure that must be longer than the shaft length for the attempted record.
- 4.7.4. One member of the measurement committee will place the 0 end of the tape measure against the swing's spindle where it meets the shaft, fixes the indication while keeping the tape still and reports the result to the head referee. The tape measure must extend from the spindle to the swing planks so that it would not have any kinks in it.

- 4.7.5. The head referee and other committee members will fix the indication of the tape measure on the top of the swing planks. The result will be rounded to the smallest full centimetre. The measurement process and the tape measure indication above the swing planks will be photographed and the taken photos must be forwarded electronically to the board of EKiiikL.
- 4.7.6. The head referee will record the result in the report. If the competitor has any remaining attempts and they set a new record, this will be marked in the same report in the respective box.
- 4.7.7. Record-keeping will cease after the record-setting competitor has finished competing.
- 4.7.8. In order to complete the report, the head referee will highlight the greatest record set by the competitor and draws a line through the empty boxes designated for marking unachieved results.
- 4.7.9. The committee members will sign the report after all boxes have been completed or struck through.

5. IMPLEMENTING PROVISIONS

- 5.1. The current competition regulations will enter into force in the beginning of the winter season 2016/2017 and will repeal all previous Estonian Kiiking Association Competition Regulations upon taking effect.
- 5.2. The current wording of the competition regulations will be adopted without the annexes listed in the current clause. The annexes will be added to the regulations with later decisions made at general meetings. The annexes will reflect on the following topics:
 1. Competition swing requirements
 2. Safety requirements for handling competition swings
 3. Competition organisation
 4. Procedure for filing, processing and solving complaints
 5. Procedure for imposing penalties for deliberate violation of regulations
 6. Qualification requirements for referees, swing attendants and kiiking instructors
 7. Kiiking score tables
- 5.3. The content of missing annexes is based on previous practice and oral and written instructions provided by the management of the Estonian Kiiking Association. The list of the planned annexes is not final and may change.