



Approved by the Executive Committee
of the WKSF on December 22, 2020
Pr. N°017 Milan, Italy



REGULATION NOTICE APPLICATION

Information letter for the **Asian Championship 2021**

1. Goals and Objectives

The competitions shall be held for the following purposes:

- to further develop and promote Kettlebell Sport in the world, in the Continent Asia;
- to determine competitions winners;
- to strengthen and expand international cultural and sports relations.

2. Dates and Places of Competitions

ASIA CHAMPIONSHIP

Shanghai, China, 11-13 December 2021

Programm:

Friday 10.12.2021 - ARRIVAL DELEGATIONS, WEIGHTING 14.00-20.00

Saturday 11.12.2021 - COMPETITIONS LONG CYCLE , BIATHLON MEN AND WOMEN 10', SNATCH WOMEN 10', SNATCH MEN AMATEUR 10', DISABLE MEN AND WOMEN 10'

Sunday 12.12.2021 – COMPETITION 30' JERK-SNATCH-LONG CYCLE MEN AND WOMEN, 60' JERK, LONG CYCLE MEN AND WOMEN, RELAY



DISCIPLINE:

MEN:

- LONG CYCLE ELITE 32KG
- LONG CYCLE AMATEUR 24KG
- LONG CYCLE VETERANS 40-59 YEARS 24KG, 60-74 YEARS 16KG, +75 YEARS 12KG
- LONG CYCLE JUNIOR 19-22 YEARS 32KG (1999-2002)
- LONG CYCLE JUNIOR 16-18 YEARS 24KG (2003-2005)
- LONG CYCLE YOUTH 14-15 YEARS 16KG (2006-2007)

WOMEN:

- LONG CYCLE ELITE 24+24KG ABSOLUTE
- LONG CYCLE ELITE 20+20KG
- LONG CYCLE ELITE 24KG
- LONG CYCLE AMATEUR 16+16KG
- LONG CYCLE AMATEUR 16KG
- LONG CYCLE VETERANS 35-54 YEARS 16KG, 55-64 YEARS 12KG, +65 YEARS 8KG (DOUBLE AND SINGLE KETTLEBELLS)
- LONG CYCLE JUNIOR 19-22 YEARS 20+20KG (1999-2002)
- LONG CYCLE JUNIOR 16-18 YEARS 16+16KG (2003-2005)
- LONG CYCLE YOUTH 14-15 YEARS 12+12KG (2006-2007)

MEN:

- BIATHLON ELITE 32KG
- BIATHLON AMATEUR 24KG
- SNATCH AMATEUR 24KG
- BIATHLON VETERANS 40-59 YEARS 24KG, 60-74 YEARS 16KG, +75 YEARS 12KG
- BIATHLON JUNIOR 19-22 YEARS 32KG (1999-2002)
- BIATHLON JUNIOR 16-18 YEARS 24KG (2003-2005)
- BIATHLON YOUTH 14-15 YEARS 16KG (2006-2007)
- DISABLET 16KG ABSOLUTE

WOMEN:

- BIATHLON ELITE 20+20KG
- SNATCH ELITE 24KG
- BIATHLON AMATEUR 16+16KG
- SNATCH AMATEUR 16KG
- BIATHLON VETERANS 35-54 YEARS 16KG, 55-64 YEARS 12KG, +65 YEARS 8KG
- SNATCH VETERANS 35-54 YEARS 16KG, 55-64 YEARS 12KG, +65 YEARS 8KG
- BIATHLON JUNIOR 19-22 YEARS 20+20KG (1999-2002)
- BIATHLON JUNIOR 16-18 YEARS 16+16KG (2003-2005)
- BIATHLON JUNIOR 14-15 YEARS 12+12KG (2006-2007)
- DISABLET 8KG ABSOLUTE



MEN:

- LONG CYCLE 30' (ELITE 32KG, AMATEUR 24KG, JUNIOR 19-22 YEARS 32KG, JUNIOR 16-18 YEARS 24KG, YOUTH 14-15 YEARS 16KG, MASTER 40-49 YEARS 24KG, MASTER 50-59 YEARS 24KG, MASTER 60-69 YEARS 16KG, MASTER 70-74 YEARS 12KG, MASTER +75 YEARS 12KG)
- JERK 30' (ELITE 32KG, AMATEUR 24KG, JUNIOR 19-22 YEARS 32KG, JUNIOR 16-18 YEARS 24KG, YOUTH 14-15 YEARS 16KG, MASTER 40-49 YEARS 24KG, MASTER 50-59 YEARS 24KG, MASTER 60-69 YEARS 16KG, MASTER 70-74 YEARS 12KG, MASTER +75 YEARS 12KG)
- SNATCH 30' (ELITE 32KG, AMATEUR 24KG, JUNIOR 19-22 YEARS 32KG, JUNIOR 16-18 YEARS 24KG, YOUTH 14-15 YEARS 16KG, MASTER 40-49 YEARS 24KG, MASTER 50-59 YEARS 24KG, MASTER 60-69 YEARS 16KG, MASTER 70-74 YEARS 12KG, MASTER +75 YEARS 12KG)

WOMEN:

- LONG CYCLE 30' (ELITE 20KG, AMATEUR 16KG, JUNIOR 19-22 YEARS 20KG, JUNIOR 16-18 YEARS 16KG, YOUTH 14-15 YEARS 12KG, MASTER 35-44 YEARS 16KG, MASTER 45-54 YEARS 16KG, MASTER 55-64 YEARS 12KG, MASTER +65 YEARS 8KG)
- JERK 30' (ELITE 20KG, AMATEUR 16KG, JUNIOR 19-22 YEARS 20KG, JUNIOR 16-18 YEARS 16KG, YOUTH 14-15 YEARS 12KG, MASTER 35-44 YEARS 16KG, MASTER 45-54 YEARS 16KG, MASTER 55-64 YEARS 12KG, MASTER +65 YEARS 8KG)
- SNATCH 30' (ELITE 20KG, AMATEUR 16KG, JUNIOR 19-22 YEARS 20KG, JUNIOR 16-18 YEARS 16KG, YOUTH 14-15 YEARS 12KG, MASTER 35-44 YEARS 16KG, MASTER 45-54 YEARS 16KG, MASTER 55-64 YEARS 12KG, MASTER +65 YEARS 8KG)

WEIGHT CATEGORIES OF MEN FOR MARATHON **74KG , 87KG , +87KG**

WEIGHT CATEGORIES OF WOMEN FOR MARATHON **58KG , 65KG , +65KG**

The Rules for doing the Exercises are the same as in the classical ones, only a multiple hand change is allowed. Calculations of Winners among Men and Women in the group Elite and Amateur by Weight Categories.

Calculations of the Winners among Men and Women in the group Veterans (for the Every Age group),

Junior 19-22 years, 16-18 years, 14-15 years according to the Coefficient.

MEN:

RELAY JERK 24+24KG 3'X5 ATHLETE

WOMEN:

RELAY JERK 16+16KG 3'X3 ATHLETES

3. Competitions Management

The general management of competitions organization and holding shall be performed by the WKSF Executive Committee and commission Asia Continent.

The immediate competitions holding shall be assigned to the national and territorial federations for kettlebell lifting at the place of competitions, the Organizing Committee and the duly approved Main Jury.

The organizing committee of the following championships must provide auxiliary staff to judges (speaker, accompany athlete judge, musical director, assistant secretary, awards assistant, competition area assistant).



4. Competitions Participants

National teams and sportsmen from the countries cultivating kettlebell lifting shall be admitted to participation in the competitions. The list of team members shall be defined before weighing of competitors. The number of team members in each weight category shall be limited 2 athletes in category and disciplines Elite Men and Women. Amateur and Veterans, Junior 19-22 years, 14-15 years, 16-18 years, Disable Men and Women No Limite.

One month before the national team's racing competition indicates up to 2 athletes in category and discipline, indicate weight category and not move more from the category (if athlete does not enter the category of weight indicated, it must be expelled from the competition).

The athlete from January 1st of the current year will be in international competition in Elit category with 32kg, until December 31 of the current year can not compete in Amateur category.

Group: age groups and weights for each group

Weight category Men: 63kg, 68kg, 74kg, 80kg, 87kg, 95kg,+95kg

Weight category Women: 52kg, 58kg, 65kg, 75kg,+75kg

Weight category Your Men: 52kg, 62kg, 72kg, +72kg

Weight category Your Women: 48kg, 58kg, +58kg

Senior Men (SE):	23-34 years - kettlebells 32kg,24kg
Senior Women (SE):	23-34 years - kettlebells 24kg,20kg,16kg
Master Men (M):	40-49 years, 50-59 years - kettlebells 24kg 60-69 years, 70-74 years - kettlebells 16kg +75 years - kettlebells 12kg
Master Women (M):	35-44 years, 45-54 years - kettlebells 16kg 55-64 years - kettlebells 12kg +65 years - kettlebells 8kg
Juniors Men (U22):	19-22 years - kettlebells 32kg,24kg
Juniors Women (U22):	19-22 years - kettlebells 24kg,20kg
Juniors Men (U18):	16-18 years - kettlebells 24kg
Juniors Women (U18):	16-18 years - kettlebells 16kg
Youth Men (U15):	14-15 years - kettlebells 16kg
Youth Women (U15):	14-15 years - kettlebells 12kg
Disable Men (D):	Absolute - kettlebells 16kg
Disable Women (D):	Absolute - kettlebells 8kg
Students Men (ST):	Absolute - kettlebells 24kg
Students Women (ST):	Absolute - kettlebells 16kg



5. Competitions Programme and Winner Election

The competitions shall be held under the World Kettlebell Sport Federation Rules valid as of the competition date.

The team championship in World Championships and Continental Championships and Open Cup shall be determined according to the results of scoring members of the countries (WKSF chart of the ranking points):

- Long Cycle Men + Long Cycle Women category Elit double kettlebells + Long Cycle Women category Elit single kettlebell + Long Cycle Men category Amateur 2 Athletes(50%)
- Biathlon Men + Biathlon Women category Elit double kettlebells + Snatch Women category Elit + Biathlon Men category Amateur 2 Athletes(50%)

RANKING POINTS WKSF

Position	1	2	3	4	5	6	7	8	9	10	11	12
Points	60	55	50	45	40	35	30	25	20	15	10	9
Position	13	14	15	16	17	18	19	20	21	22	23	Etc.
Points	8	7	6	5	4	3	2	1	0	0	0	0

Relay races shall be held as a separate kind of competition subject to participation of at least minimum 3 teams from various countries. In case with the European, Asian, American, Oceanian Championship – jerking two kettlebells upwards from the chest and subsequent lowering to vertical hang Jerk.

The time-limit of the exercises:

Men – 5 stages lasting 3 minutes each. Team line-up: 5 members of various weight categories;

Women– 3 stages lasting 3 minutes each. Team line-up: 3 members of various weight categories.

The relay race results shall be determined based on the maximum number of kettlebells jerks made by each member of the relay race team. The relay race results shall not be included in any total team score (Relay Men's and Women's included in the offset only in the case of the same amount of points in the team event).

6. Awarding

Competitions participants taking the 1st- 2nd- 3rd prizes:

- National Team Recognition 1-2-3 ranked in the overall standings with a trophy, diploma;
- Awarded 1-2-3 prizes in Relay race participants and teams with trophy, medal, diploma;
- Awarded 1-2-3 prizes in each discipline and weight category Elite with a trophy, medal, diploma;
- Awarded 1-2-3 prizes in each discipline and weight category Amateur with a medal, diploma;
- Awarded 1-2-3 prizes in each discipline and weight category Junior, Veterans, Disabled with a medal, diploma.



7. Financing

Competitions participation costs (travel, meals, accommodation, initiation fee, accreditation) shall be incurred by the sending organizations.

Competitions organization and holding costs (sports premises leasing, advertising, posters, award attributes – diplomas, medals, valuable prizes, judges consideration etc.) shall be incurred by the competitions organizers, concerned organizations, and sponsors, the costs shall also be covered at the expense of the WKSF contributions from initiation fees on a share basis. World Championships and Championships or Continental Cups organizes a unique WKSF organ.

Costs from competitions that match 70 € in Asia Championships go (40 € per organizing committee and 30 € for WKSF).

Judges receive a fee of €50 for each day of service (only certified Judges, only when more than 50 participats).

The initiation fee shall amount to:

ASIA CHAMPIONSHIP 2021 (Shanghai, China) – men and women, senior, juniors, veterans, disable - €70 from each participant (Countries non affiliated with WKSF pay double registration €140. Countries affiliated to WKSF that have not paid an annual fee of €150 athletes pay registration to the competition €140).

Accreditation shall comprise the price of a license for participation in the international competitions in the current year – (€ 00) from each participant.

For those countries that failed to pay a collective membership fee (€ 150,00) to the WKSF.

8. Applications

A preliminary application for participation in the competitions shall be filed to the Organizing Committee and the WKSF at least 30 days prior to the competitions.

An individual application for participation in the competitions certified by a physician and the Federation (Association, Club), a passport (identity card) and other documents stipulated by the competitions rules shall be filed to the Credentials Committee on the day of arrival.

Team national present only with equal clothing in national colors In the awards ceremony (sneakers, rackets, national jacket).



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This notice is an official invitation to the competitions!

