



Prot. N°008 / 26 August 2020

Approved by the Executive Committee
of the WKSF on August 26, 2020
Turbigo, Italy



REGULATION NOTICE APPLICATION

Information letter for the **Kettlebell World CUP 2021**

1. Goals and Objectives

The competitions shall be held for the following purposes:

- to further develop and promote kettlebell lifting in the world;
- to determine competition winners;
- to strengthen and expand international cultural and sports relationships.

2. Dates and Places of Competitions

KETTLEBELL WORLD CUP 2021

WKSF / ITALY 19-21.03.2021

Via Rossini, 10

Vanzaghello(MI)

Programm:

Friday 19.03.2021 – **ARRIVAL OF DELEGATIONS, WEIGH-IN 17.00-20.00**

Saturday 20.03.2021 – **MEN'S AND WOMEN'S LONG CYCLE 10', DISABLED 10', MARATHON 30' JERK, SNATCH, LONG CYCLE (Additional weigh-in)**

Sunday 21.03.2021 - **MEN'S AND WOMEN'S BIATHLON, MEN'S AND WOMEN'S SNATCH, RELAY MEN'S AND WOMEN'S, MARATHON 60' JERK, LONG CYCLE. COMPETITIONS LONG CYCLE 5' MEN'S AND WOMEN'S.**



DISCIPLINES:

MEN:

- LONG CYCLE ELITE 32KG
- LONG CYCLE JUNIOR 19-22 YEARS 32KG (1999-2002)
- LONG CYCLE AMATEUR 24KG
- LONG CYCLE VETERAN 40-59 YEARS 24KG, 60-74 YEARS 16KG, +75 YEARS 12KG
- 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 JUNIOR 19-22 YEARS 20+20KG (1999-2002)
- LONG CYCLE VETERAN 35-54 YEARS 16KG, 55-64 YEARS 12KG, +65 YEARS 8KG (DOUBLE AND SINGLE KETTLEBELL)
- 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 JUNIOR 19-22 YEARS 32KG (1999-2002)
- BIATHLON AMATEUR 24KG
- SNATCH AMATEUR 24KG
- BIATHLON VETERAN 40-59 YEARS 24KG, 60-74 YEARS 16KG, +75 YEARS 12KG
- BIATHLON JUNIOR 16-18 YEARS 24KG (2003-2005)
- BIATHLON YOUTH 14-15 YEARS 16KG (2006-2007)
- DISABLED 16KG ABSOLUTE

WOMEN:

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



MEN:

- LONG CYCLE 30', 60' (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', 60' (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', 60' (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', 60' (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)

LONG CYCLE 5' (ELITE MEN 32KG, AMATEUR MEN 24KG /// CATEGORY 74KG, 87KH,+87KG)

LONG CYCLE 5' (ELITE WOMEN 20+20KG, AMATEUR WOMEN 16+16KG /// CATEGORY 58KG, 65KG,+65KG)

- **MEN:**
RELAY LONG CYCLE 32+32KG 3'X5 ATHLETES OR 24+24KG
- **WOMEN:**
RELAY LONG CYCLE 20+20KG 3'X3 ATHLETES OR 16+16KG
- **MIXED RELAY:**
RELAY LONG CYCLE OF MEN 3'X3 ATHLETES 32+32kg and WOMEN 3'X2 ATHLETES 20+20kg

3. Competition Management

The general management of competition and organization shall be performed by the WKSF Executive Committee. The immediate Competition Host shall be assigned to the national and territorial federations for kettlebell lifting at the place of competition, the Organizing Committee and the duly approved Main Jury.

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

4. Competition Participation

National teams and sportsmen from the countries cultivating kettlebell lifting shall be admitted to participate in the competition. The list of team members shall be defined before weigh-in of competitors. The number of



team members in each weight category shall be **NOT limited athletes** in each weight category and discipline for Elite Men and Women. In the categories of Amateur and Veterans, Junior 19-22, Youth 16-18, 14-15 years, Disabled Men and Women there is no athlete limit.

One month prior to the competition each National Team must submit their roster to the WKSF World Championship Committee. The National Team roster must be compliant with the above guidelines concerning the number of athletes in categories. Once this roster is submitted athletes may not change weight category. If an athlete fails to meet the listed weight, the athlete will be disqualified from competition.

An athlete who competes at the international level in the Elite category from January 1st to December 31 of the current year may not compete in the Amateur category.

Group: age groups and weights for each group:

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

Weight category Women: 52kg, 58kg, 65kg, 75kg, +75kg (Marathon 58kg, 65kg, +65kg)

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

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

Senior Men (SE):	23 years and more - kettlebells 32kg, 24kg
Senior Women (SE):	23 years and more - 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 Under 22 Men (U22):	19-22 years - kettlebells 32kg, 24kg
Juniors Under 22 Women (U22):	19-22 years - kettlebells 24kg, 20kg
Youth Men (U15):	14-15 years - kettlebells 16kg
(U18):	16-18 years - kettlebells 24kg
Youth Women (U15):	14-15 years - kettlebells 12kg
(U18):	16-18 years - kettlebells 16kg
Disable Men (D):	Absolute - kettlebells 16kg
Disable Women (D):	Absolute - kettlebells 8kg
Students Men (ST):	Absolute - kettlebells 24kg
Students Women (ST):	Absolute - kettlebells 16kg



Relay Men:

Long Cycle 32+32kg or 24+24kg 3 minutes x 5 athletes

Relay Women:

Long Cycle 20+20kg or 16+16kg 3 minutes x 3 athletes

Relay Mixed:

Long Cycle of Men 3'X3 Athletes 32+32kg or 24+24kg and Women 3'X2 Athletes 20+20kg or 16+16kg

5. Competition Program and Determination of Winners

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 shall be determined according to the results of scoring members of the countries (WKSF chart of the ranking points):

- LC Men Elite + LC Men Amateur 2 Athletes(50%) + LC Men master 2 Athletes(50%) + LC Women Elite double kettlebells + LC Women Elite single kettlebell + LC Women Master 1 Athlete(50%)
- Biathlon Men Elite + Biathlon Men Amateur 2 Athletes(50%) + Biathlon Men Master 2 Athletes(50%) + Snatch Men Amateur 1 Athlete(50%) + Biathlon Women Elite double kettlebells + Snatch Women Elite + Biathlon Women Master 1 Athlete (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 part of the general competition and subject to participation of at least minimum 3 teams from various countries. Men's and women's relay discipline at World Championships shall be Long Cycle.

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.
- Mixed Relay - Men 3 stages 3 minutes each and Women 2 stages 3 minutes.



The relay race results shall be determined based on the total number of Long Cycle repetitions 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, Disable 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.

Costs from competitions that match 70 €.

Payment 70€ by 18 February. Payment 90€ from 18 February to 13 March. Payment 100€ from March 14 to March 17. Payment and registration during weigh in 140€.

Judges receive a fee of 50 € for each day of service.

The initiation fee shall amount to:

Kettlebell World CUP WKSF / Italy – men and women, senior, juniors, masters, disable - €70 from each participant;

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. If the national organization has not paid the annual fee to the WKSF, then entry fee for each athlete from the country is doubled. For non-WKSF countries, the entry fee is doubled.



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.

National teams must present with matching team uniforms in national colors for the awards ceremony. Uniforms must consist of shoes, pants, and National Team jacket.

For enquiries:

E-mail: president.wksf@gmail.com ; info.wksf@gmail.com

This notice is an official invitation to the competitions!

