



# OPEN EUROPEAN CHAMPIONSHIP 2022

RZESZÓW - POLAND, 08-11 DECEMBER



Approved by the Executive Committee

Prot. N°040/December 28.2021 Milan, Italy

REGULATION NOTICE APPLICATION

**Information letter for the**

## **Open European Championship 2022**

### **1. Goals and Objectives**

The competitions shall be held for the following purposes:

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

### **2. Dates and Places of Competitions**

**University Athletics Centre for Innovative Research in Sport**

**Hala Sportawa, University of Rzeszów**

**Str. Cicha, 2 / B , 35-326 Rzeszów, Poland**

**Programm:**

**Thursday 08.12.2022** - ARRIVAL DELEGATIONS, WEIGHTING 17.00-21.00

**Friday 09.12.2022** - COMPETITIONS LONG CYCLE 10' MEN'S AND WOMEN'S, DISABLE 10' MEN'S AND WOMEN'S (Additional weighting for athletes performing in Biathlon 10' Men's and Women's, Snatch 10' Men and Women's), CEREMONY.

**Saturday 10.12.2022** - COMPETITIONS BIATHLON 10' MEN'S AND WOMEN'S, SNATCH 10' MEN'S AND WOMEN'S, RELAY JERK 3' MEN'S AND WOMEN'S, MIX RELAY 3' MEN+WOMEN (Additional weighting for athletes performing in Jerk 30'-60', Long Cycle 30'-60', SNATCH 30' Men's and Women's), WKSF ASSEMBLY.

**Sunday 11.12.2022** - COMPETITIONS JERK 30'-60', LONG CYCLE 30'-60', SNATCH 30' MEN'S AND WOMEN'S,



## **DISCIPLINE:**

### **MEN:**

- LONG CYCLE ELITE 32KG
- LONG CYCLE AMATEUR 24KG
- LONG CYCLE MASTER 40-59 YEARS 24KG, 60-74 YEARS 16KG, +75 YEARS 12KG
- LONG CYCLE JUNIOR 19-22 YEARS 32KG (2000-2003)
- LONG CYCLE JUNIOR 16-18 YEARS 24KG (2004-2006)
- LONG CYCLE YOUTH 14-15 YEARS 16KG (2007-2008)

### **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 MASTER 35-54 YEARS 16KG, 55-64 YEARS 12KG, +65 YEARS 8KG (DOUBLE AND SINGLE KETTLEBELLS)
- LONG CYCLE JUNIOR 19-22 YEARS 20+20KG (2000-2003)
- LONG CYCLE JUNIOR 16-18 YEARS 16+16KG (2004-2006)
- LONG CYCLE YOUTH 14-15 YEARS 12+12KG (2007-2008)

### **MEN:**

- BIATHLON ELITE 32KG
- BIATHLON AMATEUR 24KG
- SNATCH AMATEUR 24KG
- BIATHLON MASTER 40-59 YEARS 24KG, 60-74 YEARS 16KG, +75 YEARS 12KG
- BIATHLON JUNIOR 19-22 YEARS 32KG (2000-2003)
- BIATHLON JUNIOR 16-18 YEARS 24KG (2004-2006)
- BIATHLON YOUTH 14-15 YEARS 16KG (2007-2008)
- DISABLET 16KG ABSOLUTE
- STUDENTS SNATCH 24KG ABSOLUTE

### **WOMEN:**

- BIATHLON ELITE 20+20KG
- SNATCH ELITE 24KG
- BIATHLON AMATEUR 16+16KG
- SNATCH AMATEUR 16KG
- BIATHLON MASTER 35-54 YEARS 16KG, 55-64 YEARS 12KG, +65 YEARS 8KG
- SNATCH MASTER 35-54 YEARS 16KG, 55-64 YEARS 12KG, +65 YEARS 8KG
- BIATHLON JUNIOR 19-22 YEARS 20+20KG (2000-2003)
- BIATHLON JUNIOR 16-18 YEARS 16+16KG (2004-2006)
- BIATHLON JUNIOR 14-15 YEARS 12+12KG (2007-2008)
- DISABLET 8KG ABSOLUTE
- STUDENTS SNATCH 16KG 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 16KG, 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 16KG, 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 16KG, 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)

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 32+32KG-24+24KG 3'X5 ATHLETE

**WOMEN:**

RELAY JERK 20+20KG-16+16KG 3'X3 ATHLETES

### 3. Competitions Management

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

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 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 **NO LIMITED** 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, Student and Disabled Men's and Women's there is **NO athlete limited**.

One month prior to the competition each National Team must submit their roster to the WKSF European 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.

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

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





**Relay Men:**

JERK 32+32KG -JERK 24+24kg 3 minutes x 5 athletes

**Relay Women:**

JERK 20+20KG- JERK 16+16kg 3 minutes x 3 athletes

**Relay Mix Men+Women:**

JERK 32KG MEN 3 ATHLETES+JERK 20KG WOMEN 2 ATHLETES

**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):

- LC Men Elite + LC Men Amateur 2 Athletes(50%) + LC Men Master 2 Athletes(50%) + Marathon 30' Elite 3 athletes + LC Women Elite double kettlebells + LC Women Elite single kettlebell + LC Women Master 1 Athlete(50%) + Marathon 30' Elite 3 Athletes
- 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**

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

If the weight category does not have a minimum of 3 athletes, they will automatically be moved to the next weight category and the calculation will be made in the WKSF coefficient (example: Long Cycle 10' in the 63kg weight category there are 1 athlete, this athlete will be moved to the next 68kg weight category and for example there are 2 athletes in the 68kg category, in total there will be 3 athletes, the award ceremony will be 63-68kg / 1st-2nd-3rd place calculated in WKSF coefficient).

Competitions participants taking the 1<sup>st</sup>- 2<sup>nd</sup>- 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 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, streaming, 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 European Championships go (40 € per organizing committee and 30 € for WKSF).

Costs from competitions Relay 75€ for the Team. Registration for the Relay is sent in the same way as registrations for individual disciplines and must be sent by the national representative list of athletes for Relay teams. Accreditation ANTI-DOPING shall comprise the price of a license for participation in the international competitions in the current year – (€ 30) from each participant

**Members Teams already Paid Annual Fee:** (Registration/Discipline):

Until 08.11.2022-70€

From 09.11 to 19.11.2022-90€

From 20.11 to 30.11.2022-110€

From 01.12 to 07.12.2022-130€

During Weigh In-150€

**Members Teams Didn't Pay Annual Fee:** (Registration/Discipline):

Until 08.11.2022-100€

From 09.11 to 19.11.2022-120€

From 20.11 to 30.11.2022-140€

From 01.12 to 07.12.2022-160€

During Weigh In-180€

**Teams NOT AFFILIATED:** (Registration/Discipline):

Until 08.11.2022-140€

From 09.11 to 19.11.2022-150€

From 20.11 to 30.11.2022-160€

From 01.12 to 07.12.2022-180€

During Weigh In-200€



## 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).

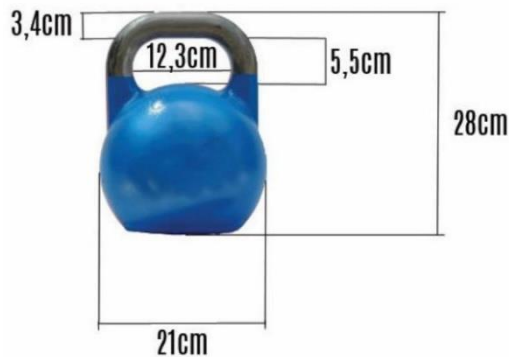
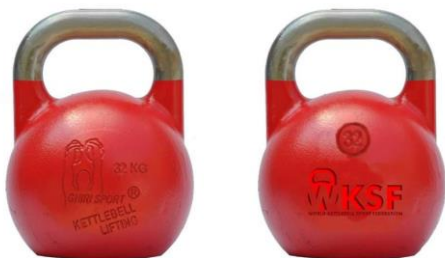
Recommended Hotels:

### Hotel

For enquiries:

WKSF Secretary General - [info.wksf@gmail.com](mailto:info.wksf@gmail.com)

WKSF Representative Poland – [andrzejodla@gmail.com](mailto:andrzejodla@gmail.com) WhatsApp +48 721263392



**Kettlebells for WKSF  
official competitions**

**This notice is an official invitation to the competitions!**

