



Prot. N°040 / 28 December 2021

Approved by the Executive Committee
of the WKSF on December 28, 2021
Milan, Italy



REGULATION NOTICE APPLICATION

Information letter for the **Kettlebell World Championship 2022**

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 WKSF WORLD CHAMPIONSHIP

PORTUGAL 02-05.06.2022

Avenida Luis de Camoes

S/N 4470 Maia-Palacetto de città Maia (Portugal)

Program:

02.06.2022 – **ARRIVAL OF DELEGATIONS, WEIGH-IN 17.00-21.00**

03.06.2022 – **MEN'S AND WOMEN'S LONGCYCLE, DISABLED** (Additional weigh-in for athletes competing in Men's and Women's Biathlon and Snatch)

04.06.2022 - **MEN'S AND WOMEN'S BIATHLON, MEN'S AND WOMEN'S SNATCH, STUDENT SNATCH MEN'S AND**

WOMEN'S, RELAY MEN'S AND WOMEN'S (Additional weigh-in for athletes competing in Long Cycle , Jerk, Snatch 30' among Men and Women)

05.06.2022 - **COMPETITIONS FOR LONG CYCLE 30', JERK 30', SNATCH 30' MEN AND WOMEN, MIXED RELAY**

06.06.2022 - **DEPARTURE OF DELEGATIONS**



DISCIPLINES:

MEN:

- LONG CYCLE ELITE 32KG
- LONG CYCLE JUNIOR 19-22 YEARS 32KG (2000-2003)
- 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 (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 JUNIOR 19-22 YEARS 20+20KG (2000-2003)
- 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 (2004-2006)
- LONG CYCLE YOUTH 14-15 YEARS 12+12KG (2007-2008)

MEN:

- BIATHLON ELITE 32KG
- BIATHLON JUNIOR 19-22 YEARS 32KG (2000-2003)
- 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 (2004-2006)
- BIATHLON YOUTH 14-15 YEARS 16KG (2007-2008)
- DISABLED 16KG ABSOLUTE
- SNATCH STUDENT 24KG ABSOLUTE

WOMEN:

- BIATHLON ELITE 20+20KG
- SNATCH ELITE 24KG
- BIATHLON AMATEUR 16+16KG
- SNATCH AMATEUR 16KG
- BIATHLON JUNIOR 19-22 YEARS 20+20KG (2000-2003)
- 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 (2004-2006)
- BIATHLON YOUTH 14-15 YEARS 12+12KG (2007-2008)
- DISABLED 8KG ABSOLUTE
- SNATCH STUDENT 16KG 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 16KG, 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 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' (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)

- **MEN:**

RELAY LONG CYCLE 32+32KG 3'X5 ATHLETES

- **WOMEN:**

RELAY LONG CYCLE 20+20KG 3'X3 ATHLETES

- **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 **LIMITED 2 athlete** 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 and Women there is **NO LIMITED athlete**.



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.

Group: age groups and weights for each group:

- Weight category Men:** 63kg, 68kg, 74kg, 80kg, 87kg, 95kg, +95kg (Marathon 30' 74kg, 87kg, +87kg)
- Weight category Women:** 52kg, 58kg, 65kg, 75kg, +75kg (Marathon 30' 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 3 minutes x 5 athletes-Competitions World Championship

Relay Women:

Long Cycle 20+20kg 3 minutes x 3 athletes-Competitions World Championship

Relay Mixed:

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

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 7 Athletes + LC Men Amateur 2 Athletes(50%) + LC Men master 2 Athletes(50%) + Marathon Men 30' Elite 3 Athletes. LC Women Elite 5 Athletes double kettlebells + LC Women Elite 5 Athletes single kettlebell + LC Women Master 1 Athlete(50%) +Marathon 30' Women Elite 3 Athletes
- Biathlon Men Elite 7 Athletes + Biathlon Men Amateur 2 Athletes(50%) + Biathlon Men Master 2 Athletes(50%) + Snatch Men Amateur 1 Athlete(50%) + Biathlon Women Elite 5 Athletes double kettlebells + Snatch Women Elite 5 Athletes+ 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, Student, 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 80 € in World Championships go (40 € per organizing committee and 40€ for WKSF).

Payment 80€ by 05 May.

(+€20) Payment 100€ from 06 May to 15 May.

(+€40) Payment 120€ from 16 May to 29 May.

(+60€) Payment 140€ from 30 May to 01 June.

(+€80) Payment and registration during weigh in 160€.

The initiation fee shall amount to:

Kettlebell World Championship WKSF, Portugal (Maia) – men and women, senior, juniors, veterans, students, disable - € 80 from each participant (Countries non affiliated with WKSF pay registration € 160. Countries affiliated to WKSF that have not paid an annual fee of athletes pay registration to the competition €120).

Accreditation ANTI-DOPING shall comprise the price of a license for participation in the international competitions in the current year – (€ 30) 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.

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.

All participating athletes must have a medical examination for weightlifting sporting (kettlebell) activities (one copy to be left on record and another copy to keep for inspection).

9. Accommodation information

Official Hotel PREMIUM MAIA

For enquiries:

Secretary general WKSF: Eduardo Fonseca - info.wksf@gmail.com

President WKSF: Oleh Ilika - president.wksf@gmail.com

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

