



NORTH AMERICA OPEN CUP OAKLAND



Approved by the Executive Committee

Pr. N°040/December 28.2021 Milan, Italy

REGULATION NOTICE APPLICATION

Information letter for the

Open North America Cup 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 North America;
- to determine competitions winners;
- to strengthen and expand international cultural and sports relations.

2. Dates and Places of Competitions

Oakland, CA, USA 2022

USA

Programm:

Friday 05.08.2022 - ARRIVAL DELEGATIONS, WEIGHTING 17.00-21.00

Saturday 06.08.2022 –

COMPETITIONS LONG CYCLE 10' MEN'S AND WOMEN'S, DISABLE 10' MEN'S AND WOMEN'S.

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.

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 North America Cup 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: 74kg, 87kg, +87kg)
- Weight category Women:** 52kg, 58kg, 65kg, 75kg, +75kg (Marathon: 58kg, 65kg, +65kg)
- Weight category Your Men:** 52kg, 62kg, 72kg, +72kg (Marathon: Absolute Coefficient)
- Weight category Your Women:** 48kg, 58kg, +58kg (Marathon: Absolute coefficient)

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



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

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, North American, South American, Oceanian Championship or Cup– 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 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, 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 Open North America Cup go (40 € per organizing committee and 30 € for 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).

For enquiries:

WKSF Secretary General - info.wksf@gmail.com

WKSF Coordinator North America Commission, Judi De Muro - judemuro101@icloud.com

This notice is an official invitation to the competitions!

