



Prot. n. 03/23

Milan, Italy
21st January, 2023

SUBJECT: Master Male New Disciplines

Dear Members,

After an opinion request to all WKSF official members, the Direction Board received a total of 26 answers of opinion to complete the process a proposal Masters Male during the WKSF General Meeting 2022 in Poland during the European Championship.

From the 26 opinions requested, we announce:

OPTION 1 (Supported by 1 country)

. Use the *Coefficient** with all regular BW Categories at WKSF Regulations (as WKSF has at Application for European's 2022).

** Coefficient is only used, to merge a Body Weight Category to another, when a body weight category do not present at least 3 athletes for a full podium*

OPTION 2 (Supported by 19 countries)

. Use the *Coefficient** with all regular BW Categories at WKSF Regulations AND INSERT THE DISCIPLINE OF:

- ONLY SNATCH MASTER MALE
- ONE ARM LONG CYCLE MASTER MALE

One of the first goals of WKSF is to bring harmony to our regulations. Knowing that the age is a fact of less mobility and strength, the possibility to have this 2 new disciplines at Masters Male with 1 kettlebells at our 10' Classic Events will give the opportunity to have:

- a) the same disciplines between Male and Female.
- b) Masters Male that start lifting kettlebells over 30 years to compete in Classic 10' with 1 kettlebell.



OPTION 3 (Supported by 5 countries)

For Males, it was presented to Split Age Categories in seven. Change from 5 to 7 and merge the BW Categories in 3, in 2 for 16kg and Absolute for 12kg

. Males Ages / BW Category

40-44 / 45-49 / 50-54 (24kg) - BW Categories 74kg , 87kg , +87kg
55-59 (20kg) - BW Categories 74kg , 87kg , +87kg
60-64 / 65-69 (16kg) - BW Categories 80kg , +80kg
+70 (12kg) - BW Categories by Absolute

For Females, it was presented to start the Master Category at 40yo and split the Age Categories to have also 7 Categories. Over +65yo have 2 different Age Categories and merge the BW Categories.

. Females Ages / BW Category

40-44 / 45-49 / 50-54 (16kg) - BW Categories 58kg , 70kg , +70kg
55-59 (12kg) - BW Categories 75kg , 70kg , +70kg
60-64 (12kg) - BW Categories 65kg , +65kg
65-69 (8kg) - BW Categories 65kg , +65kg
+70 (8kg) - BW Categories by Absolute

Decision: After listen the opinions of all members, the WKSF Direction Board and the Executive Committee inform that: for next 5 years (2023-2027) the new disciplines of Master Males One Arm Long Cycle and One Arm Snatch, with the Kettlebell weights following the group ages already existed, will be part of the official WKSF competitions under the regular regulations of technique and penalties of the Classic WKSF Regulations for One Arm Snatch and One Arm Long Cycle Master Females applying the Coefficient Regulations for all merged body weights categories.

The President,
Ilirka Olen



WKSF
WORLD KETTLEBELL SPORT FEDERATION