



The WKSF is an international federation that aims at spreading Kettlebell Sport in the world with tenacity and passion.





• WWW.WKS F.SITE



• WKS F – WORLD KETTLEBELL SPORT FEDERATION





The resilience that becomes sport, this is the Kettlebell Sport.
Where passion, obsession and sacrifice join in a single discipline.



Kettlebell lifting (гиревой спорт, *girevoy sport*) is a weight lifting sport performed with kettlebells.

Competitive kettlebell lifting has a long history in USSR but developed as an Organised and standard sport under the name kettlebell lifting during the 1960s

The sport consists of three lifts: the snatch, jerk and the long cycle for 10'.

- **Snatch:** A single kettlebell is swung using one hand from between the knees to above the head in a single motion.
- **Jerk:** Two kettlebells are grasped in each arm at shoulder level and stabilized in the 'rack position', then jerked above the head. Can be performed with one kettlebell.
- **Long Cycle:** Two kettlebells are cleaned from knee level to the chest level, then jerked to above the head. **Can be performed with one kettlebell.**

GENERAL RULES

Competition can have a format of 10 minutes 30 minutes, 60 minutes and can be included a different timeline. Usually composed of three categories at Classic 10 minutes; biathlon, One Arm Long Cycle and the Long Cycle. Three different lifts for 30 minutes; One Arm LC, One Arm Jerk, Snatch and 2 different for 60 minutes; One Arm Jerk and One Arm Long Cycle.

- Biathlon involves the *girevik* (kettlebell lifter) performing a set of jerks for ten minutes, followed by a set of snatches for ten minutes.
- Long cycle involves the *girevik* performing a set of long cycle for ten minutes.
- Classic One Arm Long Cycle: involves the *girevik* performing a set of long cycles for ten minutes with only one hands switch allowed.
- One Arm Jerk involves the *girevik* performing a set of Jerk, with multi switches during 30 or 60 minutes.

GENERAL RULES

- One Arm LC involves the *girevik* performing a set of a single kettlebell Long Cycle with multi hand switch during 30 or 60 minutes.
- One Arm Snatch involves the *girevik* performing a set of snatch for 30 minutes with multi hands switch allowed.

Sanctioning bodies require the use of 1-pood (16 kg), 1.5-pood (24 kg), and 2-pood (32 kg) competition kettlebells of similar size with identified by colors of yellow, green, and red respectively. Some Masters Categories use a 12kg or 8kg Kettlebell identified by color of brown and blue.



The WKSF aims at the growth of Kettlebell Sport around the world. Through important competitions he wants to join countries under one color. At the heart of this there are athletes and passion for this tough sport.



Standard references for events and competitions





RANKINGS & RECORDS





QUALIFICATION MSEC | MS | CMS

WKSF offers!

Qualification MSEC, MS, CMS. Qualification is to be passed only in races on the calendar WKSF (world and continental championships).

The CMS is reached in National and International Championships, the MS and MSEC only in World Championships, Europeans, Continental Cups.

Instructions:

- To apply for a qualification
- To name surname, date of birth, qualification, type of competition, result, passport max 1MB.
- Payment 30 € (Paypal president.wksf@gmail.com or bank transfer payable to WKSF).
- WKSF gives an athlete Card, pin, certificate, report on the WKSF website.





Ranking Achievement





QUALIFICATION MSEC | MS | CMS

MEN										
LONG CYCLE	MSEC	MS	CMS	1	2	3	CMS	1	2	3
63	54	41	26	20	15	6	58	47	36	25
68	59	46	31	24	12	8	65	50	40	28
74	65	50	35	26	13	9	68	53	42	31
80	72	54	38	29	14	10	72	56	45	34
87	78	58	41	31	16	11	74	59	47	38
95	81	62	44	27	18	12	76	61	50	41
Up 95	84	65	47	29	20	14	78	63	53	44
BIATHLON	MSEC	MS	CMS	1	2	3	CMS	1	2	3
63	145	95	62	43	32	22	143	99	74	51
68	159	108	70	46	35	25	157	108	82	58
74	172	119	78	50	38	27	165	116	87	62
80	191	126	84	52	39	29	170	122	90	66
87	205	133	88	54	41	31	174	125	94	72
95	212	140	97	55	43	33	182	128	98	77
Up 95	217	145	101	56	43	34	185	130	100	80



QUALIFICATION MSEC | MS | CMS

WOMEN										
LONG CYCLE	MSEC	MS	CMS	1	2	3	CMS	1	2	3
52	65	46	30	23	20	14	50	34	29	21
58	71	52	33	26	23	19	56	38	33	28
65	78	58	37	31	26	21	62	43	37	31
75	85	65	42	34	28	24	69	48	40	34
UP 75	91	71	45	36	30	26	75	51	42	36
SNATCH	MSEC	MS	CMS	1	2	3	CMS	1	2	3
52	100	83	60	40	31	22	130	100	78	55
58	109	93	67	47	36	24	143	114	88	63
65	119	103	73	55	41	27	160	130	101	70
75	130	111	80	61	45	30	182	141	112	78
UP 75	140	118	86	63	48	32	186	145	115	82
BIATHLON	MSEC	MS	CMS	1	2	3	CMS	1	2	3
52	137	113	87	61	51	33	131	97	61	50
58	159	130	100	68	56	38	146	110	72	57
65	174	139	110	77	62	43	158	120	81	64
75	196	149	119	82	67	48	169	126	90	72
UP 75	203	154	130	88	72	50	178	133	94	76
OALC	MSEC	MS	CMS	1	2	3	CMS	1	2	3
52	95	75	55	35	20	13	100	75	50	40
58	103	82	63	38	23	16	105	80	55	45
65	112	90	70	42	26	19	110	85	60	50
75	123	98	76	46	29	23	115	90	65	55
UP 75	130	106	82	50	32	26	120	95	70	60





QUALIFICATION MSEC | MS | CMS

LONG CYCLE 30' - MEN										
weight cat.	MSEC	MS	CMS	1	2	3	CMS	1	2	3
74	360	310	240	200	180	150	340	320	290	230
87	380	330	260	220	190	160	360	340	310	250
over 87	400	350	280	240	200	170	380	360	330	270

JERK 30' - MEN										
weight cat.	MSEC	MS	CMS	1	2	3	CMS	1	2	3
74	560	510	440	390	360	330	550	510	390	310
87	590	530	460	410	370	340	570	530	410	330
over 87	620	550	480	430	380	350	590	550	430	350

SNATCH 30' - MEN										
weight cat.	MSEC	MS	CMS	1	2	3	CMS	1	2	3
74	450	400	350	300	250	190	480	420	360	300
87	480	420	370	320	270	210	500	440	380	320
over 87	510	440	390	340	290	230	520	460	400	350

LONG CYCLE 60' - MEN										
weight cat.	MSEC	MS	CMS	1	2	3	CMS	1	2	3
74	560	510	460	400	360	280	540	520	490	460
87	610	560	500	420	380	300	560	540	510	480
over 87	660	600	540	440	400	320	580	560	530	500

JERK 60' - MEN										
weight cat.	MSEC	MS	CMS	1	2	3	CMS	1	2	3
74	790	710	630	540	480	410	720	690	610	560
87	860	750	670	580	510	430	750	710	630	580
over 87	930	790	730	620	540	450	780	730	650	600





QUALIFICATION MSEC | MS | CMS

LONG CYCLE 30' - WOMEN										
weight cat.	MSEC	MS	CMS	1	2	3	CMS	1	2	3
58	360	310	240	200	180	150	340	320	290	230
65	380	330	260	220	190	160	360	340	310	250
over 65	400	350	280	240	200	170	380	360	330	270

JERK 30' - WOMEN										
weight cat.	MSEC	MS	CMS	1	2	3	CMS	1	2	3
58	560	510	440	390	360	330	550	510	390	310
65	590	530	460	410	370	340	570	530	410	330
over 65	620	550	480	430	380	350	590	550	430	350

SNATCH 30' - WOMEN										
weight cat.	MSEC	MS	CMS	1	2	3	CMS	1	2	3
58	480	430	350	300	250	190	480	420	360	300
65	530	450	370	320	270	210	500	440	380	320
over 65	580	490	390	340	290	230	520	460	400	350

LONG CYCLE 60' - WOMEN										
weight cat.	MSEC	MS	CMS	1	2	3	CMS	1	2	3
58	580	510	460	400	360	280	540	520	490	460
65	630	560	500	420	380	300	590	540	510	480
over 65	690	600	540	440	400	320	650	580	530	500

JERK 60' - WOMEN										
weight cat.	MSEC	MS	CMS	1	2	3	CMS	1	2	3
58	820	730	630	540	480	410	720	690	610	560
65	880	780	670	580	510	430	780	710	630	580
over 65	940	830	730	620	540	450	840	730	650	600

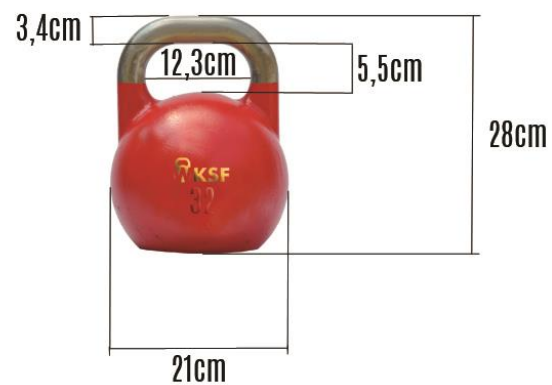




A new World Record, is recognized, only at Official WKSF Championships and the Anti-Doping Control is a mandatory requirement.



Kettlebell model corrected for competition:

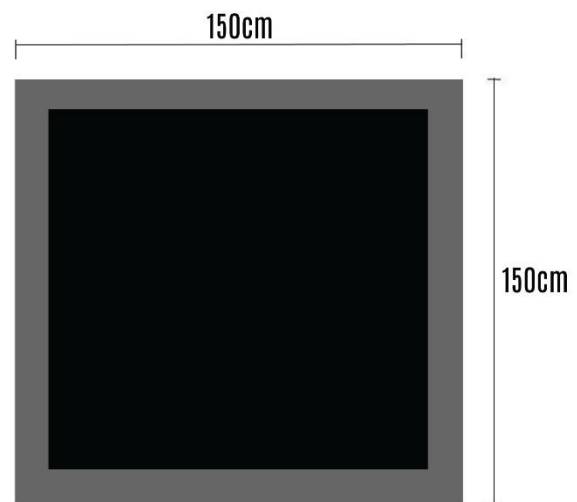


Uncorrect kettlebell model for competition:





Measures footsteps for competition:





Athles clothing WKSF:



Athletes during the world or continental parade must wear their own national uniform, equal to each athlete. This is to keep order and differentiate the different teams.



During the competition, athletes will be able to use their own country shirt or t-shirt, shorts (over knee) and socks (under the knee). It is possible to use body for snatch etc. Belt for lifting and wristbands, but respecting the regulation. **Very important** that the seal is the same for every athlete. In awards, athletes may wear a racing jacket or sweatshirt.



Judges clothing WKSF:



the judges of the world and continental competitions will have to wear a suit (preferably blue jacket and black trousers) with the WKSF logo, white shirt, blue, black or orange tie.



It is not possible to judge athletes if the judge is wearing blue jeans, sweatshirt, unlined jacket and no WKSF logo.



Medals for world and continental competitions:



It is essential that every global and continental event has its own custom medals and trophies. This is to give greater importance to events and to enhance athletes and their performance.

For a great event organization and prestige, low-cost medals or non-custom medals can not be used.





Cost For Competitions Organizations

World Championship 80€

(40 € for committee organization, 40 € for WKSF)

European Championship 70€

(40 € for committee organization, 30€ for WKSF)

Open Asia Cup 70€

(40 € for committee organization, 30€ for WKSF)

Open America Cup 70€

(40 € for committee organization, 30€ for WKSF)

Open Oceania Cup 70€

(40 € for committee organization, 30€ for WKSF)

Part of the costs incurred by signing up for the events remains for the organizing committee of the next event and the other part goes to WKSF.

Costs receiving organizing committee are for:

-Payment structure, medals, trophies, flyers, diplomas, overheads.

Costs receiving WKSF are for:

- Payment 300 € for World Record, scheduled to start from the second World Championship 2019 (only after qualifying for MSIK that will be published on the WKSF site)
- Payment judges 50€ for each day of service
- Payment fees for each day of service
- Payment for material for prizes
- Payment for purchase of technical material
- Payment for technical material transport
- Payment WADA membership affiliate, international organizations
- Payment for website, lawyer, notary, video clip, photo, registration.



COMPETITIONS PARTECIPATIONS

- National and sport teams from countries that cultivate kettlebell sports will be eligible to participate in the competitions.
- The list of team members must be defined before weighing the athletes.
- The number of members of each **weight category is limited to two athletes in the Elite Male and Female category and disciplines. Amateurs and Masters, Under 23 and Children's 14-15, Youth 16-18 years, Students and Disabled Male and Female No Limit.**
- One month before the competition, the national team must indicate up to 2 category and discipline athletes, indicate the weight category and no longer move from the category (if the athlete does not fit the weight category indicated, it must be expelled from the race).
- The athlete after paying the Anti-Doping Athlete License for the current year will be in the international competition in the Elite category with 32kg for male, 24kg or 20kg for female, until December 31 of the current year can not compete in the Amateur category. However, can take the license as Amateur and move to the Elite (once Elite, can not compete in the current year again as Amateur). It is possible to compete as Elite and Master.

COMPETITIONS PARTICIPATIONS

Group	Years	KB (kg)
Senior Male (SE):	>23 years	32kg,24kg
Senior Female (SE):	>23 years	24kg,20kg,16kg
Masters Male (M):	40- 49 years, 50-59 years	24kg
	60- 69 years, 70-74 years	16kg
	+75 years	12kg
Masters Female (M):	35- 44 years, 45-54 years	16kg
	55- 64 years	12kg
	+65 years	8kg
Juniors Under 23 Male:	19-22 years	32kg
Juniors Under 23 Female:	19-22 years	24,20kg
Children Male (U15):	14-15 years	16kg
Youth Male (U18):	16-18 years	24kg
Children Female (U15):	14-15 years	12kg
Youth Female (U18):	16-18 years	16kg



COMPETITIONS PARTECIPATIONS

Group	Years	KB (kg)
Disable Male (D):	Absolute	kettlebells 16kg
Disable Female (D):	Absolute	Kettlebell 8kg
Students Male (ST):	Absolute	24kg
Students Female (ST):	Absolute	16kg





CLASSIC 10 'WEIGHT CATEGORIES

	Weight
Male Senior, Master, U23:	63kg, 68kg, 74kg, 80kg, 87kg, 95kg, +95kg
Female Senior, Master, U23	52kg, 58kg, 65kg, 75kg, +75kg
Children Male (14 – 15) Youth Male (16 - 18)	52kg, 62kg, 72kg, +72kg
Children Female: (14 to 15) Youth Female (16-18)	48kg, 58kg, +58kg

MARATHON WEIGHT CATEGORIES

	Weight
Male Senior, Master, U23:	74kg, 87kg, +87kg
Female Senior, Master, U23	58kg, 65kg, +65kg
Children Male (14 – 15) Youth Male (16 - 18)	52kg, +52kg
Children Female: (14 to 15) Youth Female (16-18)	48kg, +48kg

COEFFICIENT USE: If a body weight category is not full (at least 3 athletes), the category will be merged to another/s category/ies and is used a Coefficient to calculate the winner of the merged category. WKSF promotes the full podium and the competition between the athletes.





MALE DISCIPLINES

Long Cycle	Biathlon
ELITE 32kg	ELITE 32kg
UNDER23 32kg	UNDER23 32kg
AMATEUR 24kg	AMATEUR 24kg
MASTER 40-59 YEARS 24kg, 60-74 YEARS 16kg, +75 YEARS 12kg	MASTER 40-59 YEARS 24kg, 60-74 YEARS 16kg, +75 YEARS 12kg
YOUTH 16-18 YEARS 24kg	YOUTH 16-18 YEARS 24kg
CHILDREN 14-15 YEARS 16kg	CHILDREN 14-15 YEARS 16kg
	SNATCH DISABLED 16kg
	SNATCH STUDENTS 24kg





FEMALE DISCIPLINES

Long Cycle	Biathlon
ELITE 20+20kg	BIATHLON ELITE 20+20kg
ELITE 24kg	SNATCH ELITE 24kg
AMATEUR 16+16kg	BIATHLON AMATEUR 16+16kg
AMATEUR 16kg	SNATCH AMATEUR 16kg
UNDER 23 20+20kg	UNDER 23 20+20kg
MASTERS 35-54 YEARS 16kg, 55-64 YEARS 12kg, +65 YEARS 8kg	MASTERS 35-54 YEARS 16kg, 55-64 YEARS 12kg, +65 YEARS 8kg
YOUTH 16-18 YEARS 16+16kg	YOUTH 16-18 YEARS 16+16kg
CHILDREN 14-15 YEARS 12+12kg	CHILDREN 14-15 YEARS 12+12kg
	SNATCH DISABLED 8kg
	SNATCH STUDENTS 16kg





TEAM RELAYS

	Long Cycle	Jerk
Male	32+32kg 3'x 5 Males	32+32kg 3'x 5 Males
Female	20+20kg 3'x 3 Females	20+20kg 3'x 3 Females
Mixed	32+32kg 3'x 3 Males 20+20kg 3'x 2 Females	32+32kg 3'x 3 Males 20+20kg 3'x 2 Females





OBLIGATIONS OF THE CONTINENTS

Europe

Asia

South America

North America

Oceania

Africa

- Develop kettlebell sport on the continent;
- Maximum cooperation and assistance in organizing the continental championship in kettlebell sport ;
- To organize seminars for the judges on kettlebell sport in the continent;
- Each continents obliged to recommend the judiciary for the judging of world championship and continental championship;
- Report to the Executive Committee on the development of kettlebell sport on the continent annually;
- To promote the development of kettlebell fitness in the continent;
- Scientific research in the field of kettlebell sports and presentation at the conference scents every two years;



AWARDS

- Recognition with Honor Medal for WKSF Promoters;
- Recognition of Best WKSF Officers with a License Plate and Diploma;
- Recognition at the Best National Team with more participating numbers with a plaque and diploma;
- Recognition for more Young Athletes with a License Plate and Diploma;
- Recognition to An Ancient Athlete with a plaque and diploma;
- Since 2019 World Records are recognized with a Award Ceremony and 300 € prize money in LONG CYCLE Male 32kg and Female 20kg, BIATHLON Male 32kg and Female 20kg;
- National Team Recognition 1-2-3 ranked in the overall standings with a trophy, 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 and a diploma;
- Awarded 1-2-3 prizes in each discipline and Junior Weight, Masters with a trophy, medal, diploma;



JUDGES

- Only national and international judges can judge in the world and continental championships;
- Two months before the competition, the Judge Coordinator must contact the certified judges to create a list of judges of the event;
- Judge Certification: Members of the WKSF Executive Committee, Coordinator and Judges WKSF components, coordinators and components of the various WKSF continents, WKSF affiliated national organizations;
- Each Judge will receive the 1st Category, National and International Judge's Certificate and Card Pass
- The Judges Manager sends all data of certified judges to the President and he prepares the cards where the judge receives the competition;
- Certified judge receives € 50 for each working day;
- The course teacher receives a excel table from WKSF secretary, and sends email to the judge responsible (personal data of the practitioner, photo shoot máx. 1Mega format, email contact). The Judges Manager sends certified emails;
- The *1st Category Judge* do not receive any work day payment.
- A *1st Category Judge* receives always a diploma at any judge work.



TO BECOME AN OFFICIAL WKSF JUDGE

ACHIEVE 1ST CATEGORY JUDGE LEVEL:

- To achieve the 1st Judge Level (1st Category Level) the student must complete successfully the WKSF Judge Course
- The cost of the course is 60 € (40 € goes for the course organizer, 20 € goes to WKSF to pay certificate, card, logo stitch, two logos for jacket and shirt).

JUDGE RECOGNITION FROM ANOTHER OFFICIAL INTERNATIONAL KETTLEBELL SPORT ORGANIZATION

- Judge's acceptance from another organization (pay 40 € to WKSF);



JUDGES ACHIEVEMENTS

ACHIEVE TO A NEW A JUDGE LEVEL:

- To achieve the ***National Judge Category***, the 1st Category Judge must complete the participation at:
 - . At least 5 x WKSF Official Competitions.
 - . or 5 x National Championships
 - . or 5x WKSF Championships
 - . or the summatory of 5 times of National and WKSF Championships to complete
- To achieve the ***International Judge Category***, the National Judge must complete the participation at:
 - . 3 x world championship
 - . 3 x continental championships
 - . 5 x national championships
 - . 3 x international races.



JUDGES



All judges will have a technical card. In this card will be shown the qualifications, the level of judge, personal data and a photo card. The judge, to operate in the competition only with a valid card for the current year.



EVENTS REGISTRATIONS

To have excellent organizational service, there will be novelties in our online pre-registration and payment field:

- Secretary provides national excel board teams to include all athletes participating in the championship;
- Rapporteur of the national team compiles excel-protocol pre-entry competition within one month of the competition;
- Teams have a maximum of 2 athletes/category Elite Male/Female for all disciplines (if the weight does not match, the athlete is disqualified). Unlimited for Amateur, Under 23, Children 14-15, Youth 16-18 and Masters;
- When Teams arrives at the competition and receives the material (Badge-Pass with Name, Photo, Date of Birth) for each athlete to appear in weighing and race;
- National Team Delegation must pay 80€/registration World Championship and 70 € for Continental Championships / Cups within one month to the competition by bank transfer to WKSF IBAN or by PAYPAL payment.
- Registrations start with a regular fee and after the end of each timeline registration has an extra fee payment.
- Each Athlete must pay, at 1st annual competition, an Annual Anti-Doping License of 30€ (once a year)

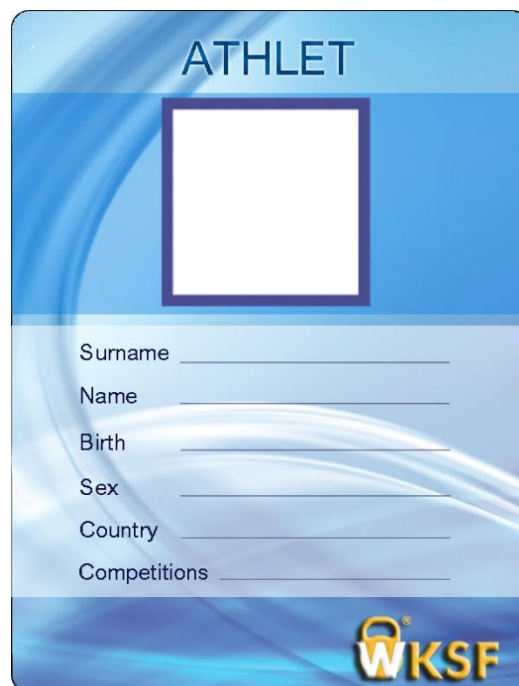
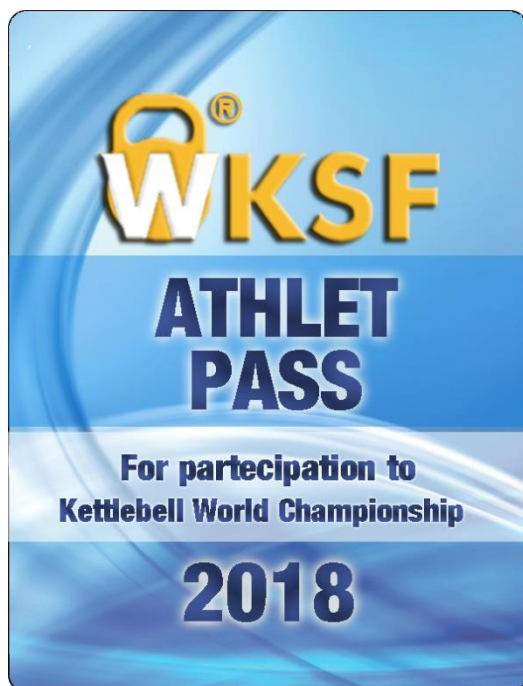


COMPETITION INSCRIPTION

1. Team representatives compile pre-competition protocol (will be sent by WKSF secretary) indicating maximum 2 Elite group athletes for each discipline and no limit participant in other groups (obviously good athletes).
2. Indicate the weight categories (if the athlete weighs does not enter the indicated category, it must be expelled from the competition).
3. The team representative compiles the excel or word sheet (inserting the data of athletes and photo cards).
4. Representatives pay the total cost of all athletes (by wire transfer or Paypal WKSF). The Federation then prepares invoices and passes.
5. If an athlete does not receive a visa or hurt before the competition (submit a medical record) the money for the race entry must be returned, in other cases not returned.
6. The secretary receives the email with pre-registration competitions and data for creating passes (prepare passes for each athlete).
7. The delegation arrives in the competition and team leader gets all pass-athletes from secretarial.
8. Each athlete is obligated to show the pass to weigh and climb on the platform to compete.



COMPETITION INSCRIPTION

A registration form for athletes. It has a blue header with the word 'ATHLET' and a large white square for a photo. Below the photo, there are fields for 'Surname', 'Name', 'Birth', 'Sex', 'Country', and 'Competitions', each followed by a horizontal line for text entry. The WKSF logo is in the bottom right corner.

Each athlete, after being enrolled in the competition, is provided with a "pass" containing his / her personal data, photo card and type of competitions to which he / she will participate.

The athlete is obligated to have it at any time of the competition, important to weighing and display it on the platform.



TEAM RESULTS

National team results are counted using WKSF table (receive points until 20th position):

POSITION	1	2	3	4	5	6	7	8	9	10	11	12	13	ETC..
Points	60	55	50	45	40	35	30	25	20	15	10	9	8

Elite Males (100%): 7 Athletes at Biathlon + 7 Athletes at Long Cycle

Amateur Males (50%): 2 Athletes at Biathlon and 2 Athletes at Long Cycle + 1 Athlete at Snatch

Master Males (50%): 2 Athletes at Biathlon + 2 Athletes at + Long Cycle +2 Athletes at Snatch + 2 Athletes at OALC.

Marathon Elite Males (100%): 3 Athletes of all disciplines.

Disabled Male (50%): 1 Athlete of all disciplines.

Elite Female (100%): 5 Athletes at Biathlon 2x20kg + 1 Athlete at Biathlon 2x24kg + 5 Athletes at TALC 2X20kg + 2 Athletes TALC 2x24kg + 5 Athletes at OALC + 5 Athletes at Snatch

Amateur Female (50%): 1 Athletes at OALC

Master Females (50%): 1 Athlete at Biathlon + 1 Athletes at TALC +1 Athlete at Snatch.

Marathon Elite Females (100%): 3 Athletes of all disciplines.

Disabled Females (50%): 1 Athlete of all disciplines.



Let's lift together
Let's smile together
Let's win together..



WORLD KETTLEBELL SPORT FEDERATION

The new organization that puts the athletes first

