



WKSF President - Report 2018



Dear friends kettlebell lifters,

I am going to present my first report as President of the WKSF, but first allow me a brief personal introduction.

Oleh Ilika, I am an international athlete and I recently celebrated my first 30 years of activity in Kettlebell Sport

In all these years I have participated in over 400 competitions winning many titles, several times World Champion and European Champion, holder of various records including two Guinness World Records.

My life is inextricably linked to sport and what I most want is to continue on this path.

In the year 2000 I moved to Italy to promote the Kettlebell Sport in Europe and in the western world area that still did not know it.

Ten years ago I founded the Italian Federation, of which I am still President, Technical Sports Director and Coach of the Italian National Team. In these years with the Italian National Team we have won 7 times the World Championship and 6 times the European Championship

Until the year 2017 I dedicated my energies to evolve the International Federation IGSF, to which I belonged, succeeding, albeit with difficulty, to obtain results; but, unfortunately, not always my commitment has been positively received.

Many people in that organization, too many, wanted to remain as they were but I could not share their fears of change, I wanted to bring innovations, to face new challenges.

October 15th 2017 is the date when, during the IGSF General Conference, held on occasion of the World Championship, that took place in Greece, following the umpteenth closure to my innovation proposals, I made the decision to create a new organization that really had the purpose of promoting Kettlebell Sport in the world.

A 360° Kettlebell Sport, with various disciplines ranging from 3' to 3 h., as specified and described in the document "INTERNATIONAL RULES OF REFERING OF COMPETITIONS WKSF" chapter "1. Features and program of competitions" (1.2 *Cap time of competition: 3 minutes challenge, 5 minutes challenge, 10 minutes challenge, 30- minutes challenge, 1-hour challenge, 3 -hours challenge*).

I knew what awaited me, what I was going to meet, but my dream was to create an organization open to growth and open to innovations.

A democratic organization whose main objective was to aim for recognition as an Olympic Sport.

I do not deny that I presaged what, unfortunately, came true during the conference, and therefore I had been prepared some drafts on how the new organization could have been.

My initiative was immediately shared and supported by representatives from 24 countries around the world, most of whom were present at the conference

We met together in assembly and there we laid the foundation stone of the World Kettlebell Sport Federation (WKSF)

If the first stone was laid on October 15th from the day 16th we started to work, a hard work that already brought results.



To date, just one year from the foundation, the affiliated countries have gone from 24 to 51, distributed in the 5 continents: Europe, Asia, America, Africa and Oceania. *(the following Table 1 is being updated)*



But what was done in this first year?

● GLOBAL WORK PROJECTS

One of the major goals we have set as WKSF is to make ourselves known and to achieve greater visibility as a sport.

For this reason we are committed to activate contacts at the international level in order to present ourselves and acquire the necessary information to be able to join organizations that can help us achieve our goal.

During the year 2018 we have therefore activated contacts with

- TAFISA : The Association For International Sport of All
- GAISF : Global Association International Sport Federation
- WADA : World Anti Doping Agency
- OC : Olimpic Capital

For TAFISA we paid the registration fee and we sent all the necessary documentation to become members of this important international organization. We therefore await the response that will be communicated during the next TAFISA General Assembly of 2019, which will be held in Tokyo in November

With the General Secretary we went to Lausanne to GAISF, upon their invitation, for an informative meeting during which we acquired information on the necessary requirements to joint their organization.



We then prepared a presentation of WKSF and produced the required documentation that we delivered to the GAISF Membership Commission.

Regarding WADA, the access to WADA is currently only possible through GAISF, in the past was possible to access directly.

However, we are working on a strategy to activate doping control in our activities as soon as possible.

Again with the General Secretary we went back to Lausanne, this time to a meeting with Olympic Capital during which we presented the history of Kettlebell Sport, our values, our mission and our vision for the future.

In 2019 our commitment will continue, with particular attention to Olympic Capital.

● DOCUMENTATION

The documental aspect is another fundamental point in an organization and it is a point to which we have dedicated particular attention.

The following documentation has been prepared

- WKSF Official Act
- WKSF Official Statute: the statute is based on the maximum possibility of collaboration and interaction, (*eg online voting*)
- WKSF Regulations: in various languages, English, French, Russian and Spanish to make it more accessible to users.
- Annexes to the WKSF Regulations
 - Requirements for Participation on National Teams
 - Table Ages vs Category (Veterans + U22-15)
 - WKSF Muslem Rules
 - WKSF Disable Rules
 - Disciplines 30 ' / 1 h.
- WKSF Official Calendar
- WKSF Ethical Code
- WKSF Presentation containing detailed information and instructions concerning:
 - Material to be used and technical specifications (kettlebells, platforms)
 - Clothing for athletes
 - Clothing for judges
 - Medals and trophies
 - Cost of participation in competitions
- Definition of colors and format for basic documents, letterhead and technical sheets

● TECHNICAL AND ORGANIZATIONAL STANDARDS

I have also prepared a first set of technical and organizational specifications for:



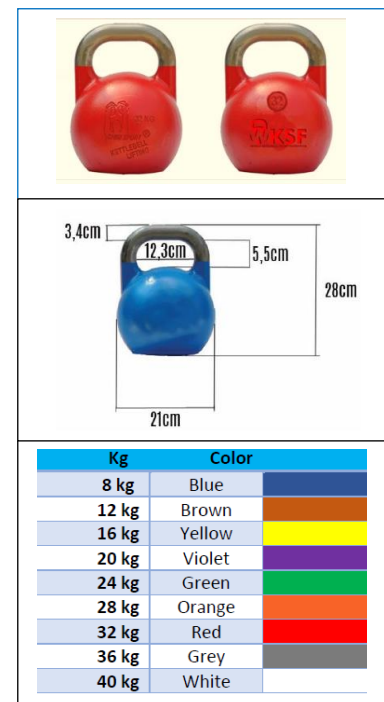
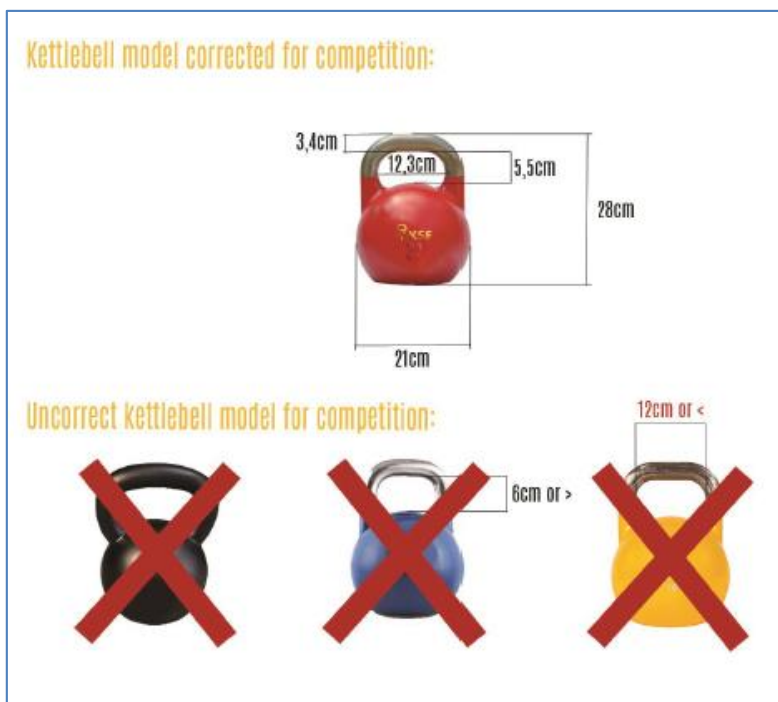
➤ **KETTLEBELLS**

I decided to give priority to the definition of the basic tool of our sport, the kettlebell.

Thanks to the experience gained over the years, both in the race and in training, I have worked hard to define a standard for kettlebells to be use.

In addition to the technical standard, weights and measures, the standard has also been defined that combines color with weight of the kettlebell.

I have also activated, under my control, a production of certified kettlebells for which I manage, directly, the sale.



➤ **JUDGES**

The judge of competition is an important component and as such has had my attention in defining:

- Formal clothing to wear in competitions
- The training course, in order to have prepared judges, with a homogeneous line of conduct and evaluation (*the goal is to eliminate or at least reduce the problems that sometimes occurred in the past*)
- The logo to be applied to the jackets and the logo for the ties

We have touched the result of the work done in the two main events of the year, the World Championship, held in Italy and the European Championship that took place in Portugal. And this is only the beginning

I also considered it important to define specific documentation in recognition of the function of judge

- Certificate for Judges (National and International)
- Personal Technical Card



- Dedicated Facebook page
- List of judges, with photos, on the WKSF website

➤ WKSF REQUIREMENTS FOR THE ORGANIZATION OF CHAMPIONSHIPS

Another point that it was considered necessary to develop is the guideline for the organization of the main WKSF events. (see below).

Requirements for a competition to be of the quality level set by WKSF:

- ✓ Obtain, where possible, the recognition by the State or by a body responsible for the development of sport at National level. Sponsorships by public bodies are also important and useful (*eg Region, Municipality, etc.*).
- ✓ Organize or provide the necessary information regarding transfer services from and to airport, train station, bus etc.
- ✓ Select a sports Hall suitable either from the point of view of the image and comfort and for the availability of services (*i.e. bar, restaurant, parking, etc.*)
- ✓ Select and give information on the availability of Hotels or other type of accommodation (*B & B, Hostels etc.*) within 10 Km. from the event location and the necessary information regarding transfer services from and to them
- ✓ The competition platforms must be of the standard size of 150 x 150 cm., Any protection for accidental falls of the kettlebells during the race must not be visible, if necessary they must be hidden under the banners on the ground in front of the platforms. (*mats or other in front of the platforms are allowed*)
- ✓ Kettlebells must comply with the standards defined by WKSF
- ✓ Monitor for each race platform
- ✓ Banner of length 20/22 m. x 3/4 m. height to be placed inside the competition area (*measure usually necessary for the 6/7 platforms usually used*)
- ✓ Set up vertical banners or roll-ups of 240 cm. in height x 120 cm. of width, with the WKSF logo and, if and where possible, the logo of the local organization that manages the event
- ✓ Banner for the prize-giving area, length 5/6 m. x 3 m. height, with the logo of the Championship, the logos of the organizers and sponsors
- ✓ Podium with positions for 1st - 2nd - 3rd classified, with the Championship logo
- ✓ Video streaming during the event
- ✓ Video streaming during the conference that will be announced on one of the days of the event
- ✓ Organize a prestigious opening ceremony of the championship
- ✓ Promote the event by press, on social networks (e.g. facebook) and, if possible, on television media
- ✓ Prepare what is necessary for the awards as foreseen by WKSF:
 - Trophies, medals and diplomas for the first three athletes classified in all disciplines and for all categories
 - The medals will have to be personalized for the championship and have their own tape (*the organizer will have to transmit to the WKSF Board of Directors, the prospect of the medal he wants to make for the event, for approval*)
 - Relay Awards: trophies for the 1st - 2nd - 3rd classified teams, medals for the athletes of the teams, diplomas for the 1st - 2nd - 3rd classified team and for the athletes of the teams
 - Awarding of the teams participating in the event: Trophies and Diplomas for 1st - 2nd - 3rd place



The requirements contained in the aforementioned document are very important, one of the objectives of the requirements for the World / European races is to give visibility to our sport, e.g. video streaming, video wall or led wall in the competition area ... Whoever attends or sees a streaming of our competition must have a visual impact that gives the sense of organization and the importance of what is taking place. For these reasons, these requirements should also be applied, as far as possible, in other competitions such as e.g. Continental Cups and Championships.

● MISCELLANEOUS

- We have made the official registration of the Federation at the "Agenzia delle Entrate" (*necessary since the headquarters of the Federation is in Italy*)
- The composition of the Executive Committee has been formalized
- The organizational and operational structure has been defined and the various commissions have been activated
- The WKSF ® mark has been registered
- The website has been created

● THE COMMISSIONS

Some of the Commissions, after having been activated, have already addressed issues for which they are responsible, providing some results.

- Judges Commission: coordinator Enrique (Kike) Quesada Sanchez
In the two main events of 2018, the World Championship and the European Championship, the Commission verified the technical specifications defined for the judges and Kike did an excellent job of coordinating and managing the judges.
- Continental Commissions

Some of the Continental Commissions have already started working, we congratulate their coordinators

- EUROPA Commission: coordinator Per Olhans
Thank you Per for the activity carried out for the promotion of the WKSF
- ASIA Commission: coordinator Dwypaiana Khruisnamurti
To him goes a special thanks for the work done during this year
- SOUTH AMERICA Commission - coordinator Christian Thier
I thank Christian for the good work done.
- NORTH AMERICA commission: coordinator Judy De Muro
OCEANIA commission: coordinator Zivka Jadranka Marinovich
AFRICA commission: coordinator Joseph Kaneka Kanu
in these areas we are working on the existing situation that has room for improvement, in some cases we need to overcome internal divisions, to aim for a fruitful collaboration from which everyone can benefit.
I remember that our common goal is the development of the Kettlebell Sport.



- **Communication Commission**
Excellent work done by the coordinator, Luca Corona, for the promotion of the Kettlebell Sport.

- **Technical Commission**
The Technical Commission - coordinator Yaremus Andriy carried out, during the World Championship and the European Championship, the checks aimed at verifying compliance with the standards described in the document: "WKSF REQUIREMENTS FOR THE ORGANIZATION OF WORLD CHAMPIONSHIPS AND EUROPEAN CHAMPIONSHIPS"

We also have other Commissions that, for objective reasons, were not able to complete or start activities in 2018, but all should take place during 2019.

- **Scientific Commission:** coordinator Abigail Johnston,
the Commission took charge of the study to define, during 2019, the disciplines for women in Kettlebell Sport.

Disable Sport Commission: coordinator Matteo Cossu,
this commission has already begun to work by defining the disciplines and categories for athletes in line with the requirements of the Olympic Committee.
- **Anti Doping Commission:** coordinator Malgorzata Albin
the start of activities is subject to membership of WADA, for which we are waiting for an answer, after which the President will be able to give an ok to proceed and work for the introduction of doping control in the main Kettlebell Sport competitions.
- **Student Sport Commission:** coordinator Pierluigi Esposito
Youth Activities Commission: coordinator Scott McLaughlin
these commissions should start work in 2019

● **NICE TO HAVE**

More than a "WHISH" should be a "MUST", we would like to have a strong commitment from everyone, each for his or her own role in WKSF, only in this way we can have a united and efficient organization. In particular we ask more attention on the following points:

- Commitment by the Referents of the Countries in responding to the requests arriving from the General Secretariat and / or from the President either if are regarding the sending of documentation for registration to the participation in events than when are related to the affiliation to WKSF and / or when additional documents are required to complete or update the existing files.
- Working with a global vision in favor of Kettlebell Sport: this means that we must abandon personalism for the benefit of all and the results we could achieve in this way.
Only a strong union can lead us to achieve the ambitious goals that we have set ourselves, and together we can do it.

● **FINAL CONSIDERATIONS**

I want to thank everyone, Athletes, Coaches, Judges, National Representatives, for their efforts during this year, a commitment that has allowed us to quickly grow "our" WKSF.



Thanks to the Coordinators and to the Members of the Commissions and to the Executive Committee Members, who have contributed to the definition of technical / sporting aspects.

Allow me, however, to give special thanks to those who, since the beginning of this adventure, have worked "underwater" in the "back stage" and continue to do so today, I refer to Luca Corona, Franco Gianella, Eduardo Fonseca, to whom I add the thanks for the support provided as Secretary General, and thanks to Kike Sanchez for the work of managing and coordinating the judges in our first two major events.

I would like to conclude my first annual report by reminding that we have already organized in this first year:

- ✓ The World Championship, in Italy with the participation of 25 countries and the presence of 340 athletes
- ✓ The European Championship with the participation of 20 countries and the presence of 150 athletes

I would like to point out that the World Championship 2018, despite being the first of our organization, had an excellent participation and also the European Championship was not far behind..

Both competitions were held in an atmosphere of friendship and healthy sports competition and the hope is that this positive climate will remain in the future.

We want to grow and we want a better and better organization and we can do it only if we all really want it and if we all move in unison to achieve the targets that we have agreed and that, always agreed, we will define in the future.

But we are already looking to the future, to the international calendar of 2019, an year that promises to be full of events, among the most important competitions we want to highlight the following:

- ✓ World Championship: 23 - 26 May, Ireland (Dublin)
- ✓ European Championship: 17 – 20 October, Ukraine (Uzhgorod)
- ✓ Asia Open Championship: 26 – 28 July, Taiwan (Taipei)
- ✓ Open Cup North America: 13 – 14 September, USA (Las Vegas)
- ✓ Open Cup South America: 13 – 15 September, Chile (Conception)

The year 2018 is coming to the end, so I'd like to wish you and your families a happy new year.

"ONLY FOWARD"

President WKSF
Oleh Ilika

