

Prot: 001/2024

Milan, Italy

26th January 2024

Subject: WKSF KETTLEBELL SPORT FOR ALL TOURNAMENT (ONLINE)

MISSION/PROJECT:

Under the Project of WKSF "KETTLEBELL SPORT FOR ALL", a project of our organization and also several partners (international organizations, as TAFISA), the WKSF brings an ONLINE TOURNMENT to challenge all Kettlebell community, federations representatives, associations, clubs, gyms, individual references, as Kettlebell Sport athletes, to participate on this project. It is an WKSF of inclusion, education, healthy and open to all!

The Tournament is a challenge to all new students and athletes of Kettlebells. Some gyms enthusiasts can start and try the competition of Kettlebell Lifting and a way to all coaches challenge many students at the gym, health club, clubs or even at home.

The Tournament is under the WKSF Regulations (technical). However, brings special regulation of Body Weight Categories, Kettlebell Weight (from 6kg to 60kg) and Coefficients as mandatory to find the final result (find more below).

Part of the fees registrations will go directly to a MONETARY WKSF FUND to help Young Athletes and Disabled Athletes to participate at the WKSF World Championships under the hands of the National Representatives, it can be with free entry (or discount) at the World's, help on accommodation or help on transport (it all depends the number of the fund and number of athletes include on the WKSF Kettlebell Sport For All).

COMPETITION: WKSF Kettlebell Sport For All Tournament

LOCAL: Virtual (Online with video submission)

TYPE: Open to all Athletes

MEMBERSHIP: Not mandatory



REGISTRATION: Under Official National Member or directly to WKSF

FEE: 20€/Registration

OFFICIAL REGISTRATION: Directly to info.wksf@gmail.com

PAYMENT: PayPal or Bank Transfer (always identification on payment with name + surname + WKSF Tournament)

PAYPAL – president.wksf@gmail.com

BANK TRANSFER -

| Numero Conto e Filiale | 000007201X07 | 127 - MALPENSA 2000 - FERNO | | | | | | | | | | | | |
|---|---|-----------------------------|-----------------------------------|----------------------|--------------|-----|-----|--------------|----|----|---|-------|-------|--------------|
| Intestazione | WORLD KETTLEBELL SPORT FEDERATION | | | | | | | | | | | | | |
| Codice IBAN | IT92C0569650230000007201X07 | | | | | | | | | | | | | |
| <small>NB - L'IBAN di un conto corrente italiano è lungo 27 caratteri (in altri paesi europei varia da 15 a 34). Su carta viene stampato a gruppi di quattro letteri/numeri separati da uno spazio. Invece, se viene digitato elettronicamente occorre scrivere per intero senza spazi.</small> | | | | | | | | | | | | | | |
| Scomposizione dell'IBAN | <table border="1"><thead><tr><th>Codice paese</th><th>Check digit (Cn Eur)</th><th>Cn</th><th>ABI</th><th>CAB</th><th>Numero conto</th></tr></thead><tbody><tr><td>IT</td><td>92</td><td>C</td><td>05696</td><td>50230</td><td>000007201X07</td></tr></tbody></table> | | Codice paese | Check digit (Cn Eur) | Cn | ABI | CAB | Numero conto | IT | 92 | C | 05696 | 50230 | 000007201X07 |
| Codice paese | Check digit (Cn Eur) | Cn | ABI | CAB | Numero conto | | | | | | | | | |
| IT | 92 | C | 05696 | 50230 | 000007201X07 | | | | | | | | | |
| Codice BIC/SWIFT | POS0IT22XXX | | | | | | | | | | | | | |
| <small>Per maggiore comodità riportiamo l'IBAN anche nei riquadri sottostanti, che potranno essere ritagliati e consegnati a terzi.</small> | | | | | | | | | | | | | | |
| Codice IBAN | IT92C0569650230000007201X07 | Codice IBAN | IT92C0569650230000007201X07 | | | | | | | | | | | |
| Codice BIC/SWIFT | POS0IT22XXX | Codice BIC/SWIFT | POS0IT22XXX | | | | | | | | | | | |
| Intestazione | WORLD KETTLEBELL SPORT FEDERATION | Intestazione | WORLD KETTLEBELL SPORT FEDERATION | | | | | | | | | | | |

REGISTRATION TIMELINE: From 26.01.2024 to 28.02.2024 (23:59 UK)

DOCUMENTATION TO COMPLETE REGISTRTION: NAME + SURNAME / DISCIPLINE / KETTLEBELL WEIGHT / BODY WEIGHT / COUNTRY (text it on the email)

DISCIPLINE: Each video will be validated by an official WKSF Judge

(Next Page)



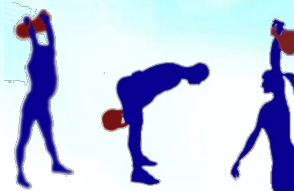
REGULATIONS:

1. All **Technical Regulation** are under the **WKSF Rule** (please, check the WKSF Regulations [here](#)).
2. The **Rank System** will be under **Coefficients**. Each athlete can lift **Kettlebells from 6kg to 60kg**.
3. The Kettlebells are free. Can use Iron Cast or Pro Kettlebells
4. The Disciplines available are:
 - **TWO ARMS LONG CYCLE (5 minutes)**
 - **ONE ARM LONG CYCLE (10 minutes)**
 - **ONE ARM LONG CYCLE (30 minutes)**
 - **ONE ARM SNATCH (10 minutes)**
 - **ONE ARM MILITAR SNATCH (12 minutes)**
5. Only the TALC is a discipline lifting 2 Kettlebells during 5 minutes.
6. The MILITAR SNATCH of 12 minutes and the ONE ARM LONG CYCLE of 30 minutes is a free hand change (change hands as wish).
7. The ONE ARM LONG CYCLE 10 minutes and ONE ARM SNATCH 10 minutes is only allowed to switch hand once.
8. All disciplines are splitted under 3 BWC (body weight categories), as:
MALE: 74kg / 87kg / +87kg
FEMALE: 58kg / 65kg / +65kg
9. The athletes will be merged/splitted by BWC and each is free to lift Kettlebells from 6kg to 60kg. The final results (valid repetitions) will be calculated under the Formula:

$$\text{RESULT} = \text{Repetitions} \times \text{Kettlebell Weight Coefficient}$$

Result will be announced by POINTS.

(Next Page)



KETTLEBELL WEIGHT COEFFICIENTS

| | | | | | | | | | |
|-------------|------|-------------|------|-------------|------|-------------|-------|-------------|-------|
| 6kg | 0,60 | 18kg | 2,70 | 30kg | 5,95 | 42kg | 10,80 | 54kg | 17,70 |
| 8kg | 0,90 | 20kg | 3,20 | 32kg | 6,65 | 44kg | 11,80 | 56kg | 19,40 |
| 10kg | 1,20 | 22kg | 3,70 | 34kg | 7,40 | 46kg | 12,85 | 58kg | 21,30 |
| 12kg | 1,50 | 24kg | 4,20 | 36kg | 8,20 | 48kg | 13,90 | 60kg | 23,50 |
| 14kg | 1,90 | 26kg | 4,75 | 38kg | 9,00 | 50kg | 15,00 | - | - |
| 16kg | 2,30 | 28kg | 5,35 | 40kg | 9,85 | 52kg | 16,30 | - | - |

EXAMPLE:

Athlete A at TALC 5 minutes at BWC 87kg (2x24kg)

RESULT= 45 repetitions x 4,20 = 189 points

Athlete B at TALC 5 minutes at BWC 87kg (2x32kg)

RESULT= 25 repetitions x 6,65 = 166 points

Athlete C at TALC 5 minutes at BWC 87kg (2x28kg)

RESULT= 34 repetitions x 5,35 = 181,9 points

FINAL RANK (Male - BWC 87kg)

1^o Athlete A / 2^o Athlete C / 3^o Athlete B

10. The Tournament doesn't split Age Categories as Masters or any Young or Junior, as also doesn't bring the Students Category. All Athletes are merged/splitted by BWC and Discipline.

11. Disabled can lift on the regular disciplines, check it [here](#) and [here](#).

12. VIDEOS SUBMISSION

- Videos must be upload to an online platform (Youtube)
- Athlete must send the link on the email
- Video must be record in a full body position from the feet to the top of the Fixation Position
- Avoid record against light. The Judge must check it clear and visible.
- Mandatory to use shorts and t.shirts. Elbows and knees must be clear.

(Next Page)



- f) Athlete **must start recording and use a digital scale to show the Kettlebell Weight and Body Weight.**
- g) The point f) is mandatory and must be very clear to the judge.
- h) The video must be 9:16. If use 16:9 format it must be under the point c) regulations.
- i) No editions are allowed. Use the video and send as recorded.
- j) Avoid to show any digital counter or voices counting the repetitions. The Official Judge will validate the performance.

RESULTS

13. The Judge will receive the link video and give the final result without any PROTEST allowed. The Judge is sovereign to present the final decision. Also, the WKSF Disciplinary Commission can receive any help request to validate any video performance and also will be sovereign at final decision.

14. The Results will be published at the WKSF Social Media and WKSF Website. The WKSF will not send any individual result or final rank to any athlete or Member.

15. For any additional decision, the WKSF Disciplinary and Board Direction can have the final word.

16. No Anti-Doping Test is requested.

PENALTIES & DUTIES

17. The judges penalties will follow the WKSF Guidelines Rules, from the Classic Disciplines and the Marathon Disciplines. The Military Snatch of 12 minutes multi hands switch doesn't allow any spotter from coach, friend or family. The 30 minutes competition follow the spotting guidelines.

18. The athlete shouldn't share the video before know the final result and repetitions validated by the official Judge.

(Next Page)



AWARDS

19. Only the 3 athletes in each BWC with more points receives an award.
20. The best athlete with more points receives a Diploma as 1st Place, the 2nd best athlete a Diploma with 2nd Place and the 3rd athlete with more points receives a diploma with 3rd Place on Ranking. All other athletes in the BWC are placed by number of points in a sequence from the 4th to the last athlete with the lower points on rank.
21. The Diplomas will be posted at the WKSF social media, the Rank Results will be also shared at the WKSF website.
22. The Diplomas will also be sent to each athlete by email as a .Pdf file format.



Oleh Ilika

WKSF President