

# WKSF ONLINE WORLD CUP



▶▶ TOGETHER WE ARE STRONGER

## RULES & REGULATIONS

### 15 DAYS COMPETITION

15.05.2020 - 19.05.2020 ELITE

20.05.2020 - 24.05.2020 MASTERS

25.05.2020 - 29.05.2020 AMATEURS



WORLD KETTLEBELL SPORT FEDERATION

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### 1. Purpose, Goals and Objectives

The competition shall be held for the following purpose:

- . by global lockdown situation
- . allowed all athletes maintain training and focus on personal goals
- . to further develop kettlebell sport around world
- . to strengthen and expand the communication of all community

### 2. Dates & Places

All athletes must protect society and WKSF recommend to STAY HOME and record personal performance at home.

- . the official time is determined by London Time (UK hour)
- . the Elite Category must send personal performance to WKSF contact between 00:00 of 15.05.2020 and 23:59 of 19.05.2020.
- . the Master Category must send personal performance to WKSF contact between 00:00 of 20.05.2020 and 23:59 of 24.05.2020.
- . the Amateur Category must send personal performance to WKSF contact between 00:00 of 25.05.2020 and 23:59 of 29.05.2020.

### 3. Categories & Disciplines

Only 3 Categories will be accepted with disciplines of Male Jerk, TALC, Snatch and Females Double Jerk, TALC, OALC, Snatch.

- . Elite Male Jerk, TALC, Snatch 32kg
- . Elite Female Jerk, TALC 20kg
- . Elite Female Snatch, OALC 24kg
- . Masters
  - . Male 40-59 24kg, 60-74 16kg, +74 12kg
  - . Female 35-54 16kg, 55-64 12kg, +64 8kg (Snatch, OALC, single and TALC, Jerk double Kettlebell)
- . Amateurs
  - . Male 24kg
  - . Female 16kg

### 4. Judges

Judges will be elected by Judge Commission and each judge will control athlete performance after receive video from WKSF Secretary.

- . the judge must follow the WKSF official clothing (shirt and tie) and record the visualization of performance following the WKSF guidelines, sending the recorded video to WKSF Secretary
- . will be paid 3€/video judged

### 5. Judge Guideline

- . the official judge must record video of his judgment. If possible in position to see head, face part of clothing and device watching.
- . the official judge must repeat each valid repetition in loud voice with number of repetition (in English) and invalid repetition with word "NO COUNT".

## 6. Record Video

- . the athlete must record video following WKSF Guidelines as:
  - . the video must recorded in format 9:16
  - . only if can't fit all body at screen can record in format 16:9 (WKSF ask only on last option to help the final edition of video by WKSF)
  - . the athlete must do in ONE film (not acceptable any cut) the weight of kettlebell and Body Weight on a digital weight scale
  - . the athlete must record video with light and never against light
  - . the video must be record to fit all body (feet and hands on fixation) and Kettlebell inside screen
  - . the video recorded must be without any additional sound, only atmosphere sound must be accepted



## 7. Send Video

The video must be sent to WKSF directly to [info.wksf@gmail.com](mailto:info.wksf@gmail.com) and recorded as **.mp4 file** with specific file identification "category\_ surname+name\_country"

**example:** Elite\_SandowEugene\_England

## 8. Trophies

The competition rules will be the official WKSF Rules & Regulations and followed in all WKSF championships. The athletes on podium will receive by email an official diploma and will receive a special gift on next WKSF World Championship. If the athlete not attend the competition, it will be delivered to national representative.

## 9. Competition Participation

The competition is an Open Competition and must be accepted any registration. Only WKSF Direction must decline any registration

## 10. Registration

The athlete can request to WKSF Secretary ([info.wksf@gmail.com](mailto:info.wksf@gmail.com)) the Registration Template. Must fill the registration form as required. If is the first WKSF competition the athlete must attach a sport photo at email.

The TimeLine registration is 06.05.2020 at 23:59 UK

Each discipline registration is accepted by payment of 15€ and payed by PAYPAL or BANK TRANSFER.

Attention: The payment to WKSF must be of 15€ and not charged any Bank or Paypal Fee. Please, be warn of your payment and be sure if you must pay additional fee.



[president.wksf@gmail.com](mailto:president.wksf@gmail.com)



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