



WELCOME



WKSF ONLINE KETTLEBELL SPORT CHAMPIONSHIP 2020

21.09-28.09.2020

FROM ALL & TO ALL

RULES & REGULATIONS

1. Purpose, Goals and Objectives
2. Dates & Places
3. Categories & Disciplines
4. Judges
5. Athletes
6. Record Video
7. Send Video
8. Trophies
9. Competition Participation
10. Registration

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 on Asia & Oceania Continents
- . 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.

- . Competition will be open during **21.09.2020** until **28.09.2020**
- . the official time is London Time (UK hour)

3. Categories & Disciplines

The Championship will have 2 Main disciplines:

- . [Classic 10 minutes](#)
- . [30´ minutes \(Half Marathon\)](#)

The Biathlon discipline won't be available and athletes will have opportunity to compete in "Only Jerk", "Only Snatch" and "Long Cycle" as well.

On 30 minutes competitions athletes will follow the WKSF 30´ minutes Regulations

On Female Category, will be available to accept on discipline TALC the 2x24kg competition as Absolute Category.

On Classic will be able to compete on disciplines of Male Jerk, TALC, Snatch and Females Double Jerk, TALC, OALC, Snatch.

- . Elite
 - . Male Jerk, TALC 2x32kg
 - . Male Snatch 1x32kg
 - . Female Jerk, TALC 2x20kg
 - . Female Snatch, OALC 1x24kg
 - . Female TALC 2x24kg (Absolute)
- . Masters
 - . Male 40-49 24kg, 50-59 24kg, 60-69 16kg, 70-74 16kg, +75 12kg
 - . Female 35-44 16kg, 45-54 16kg, 55-64 12kg, +64 8kg (Snatch, OALC, single and TALC, Jerk double Kettlebell)
- . Amateurs
 - . Male 24kg
 - . Female 16kg
- . Disabled
 - . Male 16kg
 - . Female 8kg
- . Juniors
 - . (14-15) Male 16kg / Female 12kg (do not compete at OALC)
 - . (16-18) Male 24kg / Female 16kg (do not compete at OALC)
 - . (19-22) Male 32kg / Female 20kg (do not compete at OALC)

. on 30´ minutes Competition

- . Disciplines of OALC, Snatch, One Arm Jerk
- . Elite Male 32kg
- . Elite Female 20kg
- . Amateur Male 24kg
- . Amateur Female 16kg
- . Master Male (40-59) 24kg
- . Master Male (60-74) 16kg
- . Master Male (+75) 12Kg
- . Master Female (35-54) 16kg
- . Master Female (55-64) 12kg
- . Master Female (+65) 8kg
- . Juniors Male (14-15) 16kg / (16-18) 24kg / (19-22) 32Kg
- . Juniors Female (14-15) 12kg / (16-18) 16kg / (19-22) 20g

* all Master and Juniors by Absolute Coefficient. Master will be AC by age category (check on official rules)

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 regulations
- . will be paid 3€/video judged

5. Judge Guideline

. the official judge must fill the official WKSF form and send to Secretary the "athlete judgment" with form filled and signed

6. Record Video

. the athlete must record video following WKSF Guidelines as:

- . athlete must present yourself with:
 - name
 - nationality
 - category
 - discipline
- . the video must recorded in format 9:16 or 16:9 format
- . 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
- . **Will not be accepted any video with extra (back sound) counting or with electronic counter on screen**

7. Send Video

The video must be sent to WKSF directly to info.wksf@gmail.com

- . video must be recorded and uploaded to **Youtube Channel**
- . athlete must send link of video
- . athlete must send email with:
 - name
 - nationality
 - category
 - discipline
 - link
- . **will not be accepted any video uploaded to a Clowd, Drive or by any other app or platform.**

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 WKSF will accept athletes registrations by official Representative

. Athletes must contact official country representative and ask for registration at WKSF ONLINE ASIA & OCEANIA KETTLEBELL SPORT CHAMPIONSHIP 2020

- . The representative must collect all forms and payments and send all together to WKSF Secretary.
- . Individual Representatives must collect all national athletes registrations and send all together.
- . Individual Representatives can't forbidden any national athlete to participate on competition
- . Non Members must send as individual registrations.

10. Registration

The representative/athlete must send email to WKSF Secretary (info.wksf@gmail.com) with all details filled on official Registration Template:

- . If Master/Junior must send copy of passport
- . Sport Photo (if is 1st official WKSF competition)
- . Payment confirmation

The TimeLine registration is **05.09.2020** at **23:59 UK (START at 26.08.2020)**

Each discipline registration is accepted by **payment of:**

- . **Official Representatives with Annual Fee payment - 20€**
- . **Official Representatives with Annual Fee Not payment - 20€+20€**
- . **Individual Representatives - 20€+20€**
- . **No Members - 20€ + 40€**

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

PAYPAL payment by email:

president.wksf@gmail.com

BANK TRASNFER

BANK NAME: SONDRIO

FILIAL: 127 MALPENSA 2000

IBAN: IT92 C056 9650 2300 0000 7201 X07

BIC/SWIFT: POSOIT2106U

BIC/SWIFT SEDE: POSOIT22

COUNTRY: ITALY