



Prot. N°059 / 16 November 2018

Approved by the Executive Committee  
of the WKSF on November 10, 2018  
Maia, Portugal



# REGULATION NOTICE APPLICATION

## Information letter for the **Kettlebell World Championship 2019**

### 1. Goals and Objectives

The competitions shall be held for the following purposes:

- to further develop and promote kettlebell lifting in the world;
- to determine competitions winners;
- to strengthen and expand international cultural and sports relations.

### 2. Dates and Places of Competitions

**KETTLEBELL WORLD CHAMPIONSHIP**  
**WKSF / IRELAND 23-26.05.2019**  
Sports Complex is Gormanston Park  
Gormanston, County Meath  
Ireland

### Programm:

Thursday 23.05.2019 - **ARRIVAL DELEGATIONS, WEIGHTING 11.00-21.00**

Friday 24.05.2019 - **COMPETITIONS LONG CYCLE MEN AND WOMEN, DISABLET**

Saturday 25.05.2019 - **COMPETITIONS BIATHLON WOMEN, SNATCH WOMEN, STUDENT SNATCH MEN AND WOMEN**

Sunday 26.05.2019 - **COMPETITIONS BIATHLON MEN, SNATCH MEN AMATEUR, RELAY MEN AND WOMEN**



## **DISCIPLINE:**

### **MEN:**

- LONG CYCLE ELITE 32KG
- LONG CYCLE JUNIOR 19-22 YEARS 32KG (1997-2000)
- LONG CYCLE AMATEUR 24KG
- LONG CYCLE VETERANS 40-59 YEARS 24KG, 60-74 YEARS 16KG, +75 YEARS 12KG
- LONG CYCLE JUNIOR 16-18 YEARS 24KG (2001-2003)
- LONG CYCLE YOUTH 14-15 YEARS 16KG (2004-2005)

### **WOMEN:**

- LONG CYCLE ELITE 24+24KG ABSOLUTE
- LONG CYCLE ELITE 20+20KG
- LONG CYCLE ELITE 24KG
- LONG CYCLE AMATEUR 16+16KG
- LONG CYCLE AMATEUR 16KG
- LONG CYCLE JUNIOR 19-22 YEARS 20+20KG (1997-2000)
- LONG CYCLE VETERANS 35-54 YEARS 16KG, 55-64 YEARS 12KG, +65 YEARS 8KG (DOUBLE AND SINGLE KETTLEBELL)
- LONG CYCLE JUNIOR 16-18 YEARS 16+16KG (2001-2003)
- LONG CYCLE YOUTH 14-15 YEARS 12+12KG (2004-2005)

### **MEN:**

- BIATHLON ELITE 32KG
- BIATHLON JUNIOR 19-22 YEARS 32KG (1997-2000)
- BIATHLON AMATEUR 24KG
- SNATCH AMATEUR 24KG
- BIATHLON VETERANS 40-59 YEARS 24KG, 60-74 YEARS 16KG, +75 YEARS 12KG
- BIATHLON JUNIOR 16-18 YEARS 24KG (2001-2003)
- BIATHLON YOUTH 14-15 YEARS 16KG (2004-2005)
- DISABLET 16KG ABSOLUTE
- SNATCH STUDENTS 24KG ABSOLUTE

### **WOMEN:**

- BIATHLON ELITE 20+20KG
- SNATCH ELITE 24KG
- BIATHLON AMATEUR 16+16KG
- SNATCH AMATEUR 16KG
- BIATHLON JUNIOR 19-22 YEARS 20+20KG (1997-2000)
- BIATHLON VETERANS 35-54 YEARS 16+16KG, 55-64 YEARS 12+12KG, +65 YEARS 8+8KG
- SNATCH VETERANS 35-54 YEARS 16KG, 55-64 YEARS 12KG, +65 YEARS 8KG
- BIATHLON JUNIOR 16-18 YEARS 16+16KG (2001-2003)
- BIATHLON YOUTH 14-15 YEARS 12+12KG (2004-2005)
- DISABLET 8KG ABSOLUTE
- SNATCH STUDENTS 16KG ABSOLUTE



- **MEN:**  
RELAY LONG CYCLE 32+32KG 3'X5 ATHLETES
- **WOMEN:**  
RELAY LONG CYCLE 20+20KG 3'X3 ATHLETES
- **MIXED RELAY:**  
RELAY LONG CYCLE OF MEN 3'X3 ATHLETES 32+32kg and WOMEN 3'X2 ATHLETES

### 3. Competitions Management

The general management of competitions organization and holding shall be performed by the WKSF Executive Committee.

The immediate competitions holding shall be assigned to the national and territorial federations for kettlebell lifting at the place of competitions, the Organizing Committee and the duly approved Main Jury.

The organizing committee of the following championships must provide auxiliary staff to judges (speaker, accompany athlete judge, musical director, assistant secretary, awards assistant, competition area assistant).

### 4. Competitions Participants

National teams and sportsmen from the countries cultivating kettlebell lifting shall be admitted to participation in the competitions. The list of team members shall be defined before weighing of competitors. The number of team members in each weight category shall **be limited 2 athletes** in category and disciplines Elite Men and Women. Amateur and Veterans, Junior 19-22, Youth 16-18, 14-15 years, Student and Disabled Men and Women No Limite.

One month before the national team's racing competition indicates up to 2 athletes in category and discipline, indicate weight category and not move more from the category (if athlete does not enter the category of weight indicated, it must be expelled from the competition).

The athlete from January 1st of the current year will be in international competition in Elite category with 32kg, until December 31 of the current year can not compete in Amateur category.



**Group: age groups and weights for each group**

**Weight category Men:** 63kg, 68kg, 74kg, 80kg, 87kg, 95kg, +95kg  
**Weight category Women:** 52kg, 58kg, 65kg, 75kg, +75kg  
**Weight category Your Men:** 52kg, 62kg, 72kg, +72kg  
**Weight category Your Women:** 48kg, 58kg, +58kg

<b>Senior Men (SE):</b>	23 years and more - kettlebells 32kg, 24kg
<b>Senior Women (SE):</b>	23 years and more - kettlebells 24kg, 20kg, 16kg
<b>Veterans Men (M):</b>	40-49 years, 50-59 years - kettlebells 24kg 60-69 years, 70-74 years - kettlebells 16kg +75 years - kettlebells 12kg
<b>Veterans Women (M):</b>	35-44 years, 45-54 years - kettlebells 16kg 55-64 years - kettlebells 12kg +65 years - kettlebells 8kg
<b>Juniors Under 22 Men (U22):</b>	19-22 years - kettlebells 32kg, 24kg
<b>Juniors Under 22 Women (U22):</b>	19-22 years - kettlebells 24kg, 20kg
<b>Youth Men (U15):</b>	14-15 years - kettlebells 16kg
<b>(U18):</b>	16-18 years - kettlebells 24kg
<b>Youth Women (U15):</b>	14-15 years - kettlebells 12kg
<b>(U18):</b>	16-18 years - kettlebells 16kg
<b>Disable Men (D):</b>	Absolute - kettlebells 16kg
<b>Disable Women (D):</b>	Absolute - kettlebells 8kg
<b>Students Men (ST):</b>	Absolute - kettlebells 24kg
<b>Students Women (ST):</b>	Absolute - kettlebells 16kg





**Relay Men:**

Long Cycle 32+32kg 3 minutes x 5 athletes-Competitions World Championship

**Relay Women:**

Long Cycle 20+20kg 3 minutes x 3 athletes-Competitions World Championship

**Relay Mixed:**

Long Cycle of Men 3'X3 Athletes 32+32kg and Women 3'X2 Athletes 20+20kg

**5. Competitions Programme and Winner Election**

The competitions shall be held under the World Kettlebell Sport Federation Rules valid as of the competition date.

The team championship in World Championships and Continental Championships shall be determined according to the results of scoring members of the countries (WKSF chart of the ranking points):

- Long Cycle Men + Long Cycle Women category Elit double kettlebells+ Long Cycle category Elit single kettlebell + Long Cycle Men category Amateur 2 Athletes(50%)
- Biathlon Men + Biathlon Women category Elit double kettlebells + Snatch Women category Elit + Biathlon Men category Amateur 2 Athletes(50%)

**RANKING POINTS WKSF**

<b>Position</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Points</b>	60	55	50	45	40	35	30	25	20	15	10	9
<b>Position</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>Etc.</b>
<b>Points</b>	8	7	6	5	4	3	2	1	0	0	0	0

Relay races shall be held as a separate kind of competition subject to participation of at least minimum 3 teams from various countries. In case with the World Championship the relay race for men shall consist of jerking two kettlebells upwards from the chest Long Cycle.

The time-limit of the exercises:

- Men – 5 stages lasting 3 minutes each. Team line-up: 5 members of various weight categories;
- Women – 3 stages lasting 3 minutes each. Team line-up: 3 members of various weight categories.
- Mixed Relay - Men 3 stages 3 minutes each and Women 2 stages 3 minutes.



The relay race results shall be determined based on the maximum number of kettlebells long Cycle made by each member of the relay race team.

The relay race results shall not be included in any total team score (Relay Men's and Women's included in the offset only in the case of the same amount of points in the team event).

## 6. Awarding

Competitions participants taking the 1<sup>st</sup>- 2<sup>nd</sup>- 3<sup>rd</sup> prizes:

- National Team Recognition 1-2-3 ranked in the overall standings with a trophy, diploma;
- Awarded 1-2-3 prizes in Relay race participants and teams with trophy, medal, 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, diploma;
- Awarded 1-2-3 prizes in each discipline and weight category Junior, Veterans, Student, Disable with a medal, diploma.

## 7. Financing

Competitions participation costs (travel, meals, accommodation, initiation fee, accreditation) shall be incurred by the sending organizations.

Competitions organization and holding costs (sports premises leasing, advertising, posters, award attributes – diplomas, medals, valuable prizes, judges consideration etc.) shall be incurred by the competitions organizers, concerned organizations, and sponsors; the costs shall also be covered at the expense of the WKSF contributions from initiation fees on a share basis. World Championships organizes a unique WKSF organ.

Costs from competitions that match 80 € in World Championships go (40 € per organizing committee and 40 € for WKSF).

Payment 80€ by 23 April. Payment 100€ from 24 April to 08 May. Payment 140€ from May 9<sup>th</sup> to May 19<sup>th</sup>.

Payment and registration during weighing 180€.

Judges receive a fee of 50 € for each day of service.

The initiation fee shall amount to:

*Kettlebell World Championship WKSF / Ireland – men and women, senior, juniors, veterans, students, disable - €80 from each participant;*

Accreditation shall comprise the price of a license for participation in the international competitions in the current year – (€ 00) from each participant.

For those countries that failed to pay a collective membership fee (€ 00) to the WKSF.



## 8. Applications

A preliminary application for participation in the competitions shall be filed to the Organizing Committee and the WKSF at least 30 days prior to the competitions.

An individual application for participation in the competitions certified by a physician and the Federation (Association, Club...), a passport (identity card) and other documents stipulated by the competitions rules shall be filed to the Credentials Committee on the day of arrival.

Team national present only with equal clothing in national colors In the awards ceremony (sneakers, rackets, national jacket).

### Recommended Hotels:

**Gormanston Park, Gormanston, Meath**  
Ireland

Hostel style accommodation-at venue Group bookings of 10+ people (reference Kettlebell Worlds)  
+35316904021

**Cyty North Dublin Hotel, Gormanston**  
4\*Hotel accommodation-5 min drive  
(+3531)6906666

**Bracken Court Hotel, Balbriggan, co. Dublin**  
4\*Hotel accommodation-10 min drive  
(+3531)8413333

### For enquiries:

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**This notice is an official invitation to the competitions!**

